



Sysco®

FOODIE

THE HEART OF FOOD & SERVICE™

SPRING 2017

RECIPE BOOK

VEGAN BEET QUINOA BURGER

Recipe by **Chef Kelly Bean**
Sysco Nashville

- 2 ea medium beets, peeled and chopped (4424729)
- 1½ c Carmelina Cannellini Beans, rinsed and drained (3424546)
- 1 c Village Harvest Golden Quinoa, cooked (2635775)
- 2 ea Sysco Natural Garlic Cloves (6651020)
- 4 T flax seed
- 2 T water
- ½ t Sysco Imperial McCormick Black Pepper (9806415)
- 1 t Sysco Classic Kosher Salt (6040760)

Prepare quinoa per instructions and set aside. Pulse flax seed and water in a food processor to combine. Then add beets, garlic, quinoa, beans, salt and pepper. Pulse until well blended.

Pat out burgers and place on wax paper. Chill for at least one hour or overnight for best results. Serve with carrot ginger chutney and arugula.



SPRING CONFIT POTATO NIÇOISE SALAD

Sysco Signature Recipe

- 8 ea Sysco Imperial Yukon Gold Potatoes (9903667)
- 4 ea Sysco Natural Garlic Cloves, chopped (6651020)
- 1 c Arrezzio Olive Oil (6332845)
- 1 ea Sysco Natural Fresh Thyme, sprig (2005262)
- 3 ea heirloom tomatoes (1221191)
- 1½ c frisée lettuce, torn (4565610)
- 12 ea French green beans, blanched (1706142)
- 12 ea Sysco Natural Standard Asparagus, blanched (0896654)
- 12 ea Niçoise olives, pitted (4551156)
- 3 ea Wholesome Farms Eggs, soft-boiled, shelled (3602984)
- 1 ea Sysco Imperial Radish, thinly sliced (6894232)
- salt and cracked black pepper to taste

Maple Mustard Seed Vinaigrette

- ½ c reserved olive oil from potatoes
- 2 T Creole mustard (4006862)
- 3 T Sysco Classic Apple Cider Vinegar (4069373)
- 1 T Sysco Imperial Maple Syrup (6219331)

Salad: Cut potatoes in half lengthwise and toss with salt and pepper. Place in hotel pan with olive oil, garlic and thyme. Cover and bake at 300° F for 30 minutes or until tender. Remove potatoes and cool. Reserve one-third cup olive oil for dressing. Core tomatoes and cut into three thick circles. Season with salt and pepper. Combine the frisée, asparagus, radishes, French beans and potatoes. Season with half of the vinaigrette.

Vinaigrette: Combine Creole mustard, maple syrup and vinegar. Whisk continually while gradually adding oil. Season with salt and pepper to taste.

To plate, shingle tomato slices, top with salad mix and place halved soft boiled eggs on top. Garnish with olives and drizzle with remaining vinaigrette.



ROASTED VEGETABLE SALAD WITH BEET PUREE AND CRANBERRY CHEESE

Recipe by **Chef Mary M. Adamcyk**
Sysco Boston

- 2 packs Sysco Imperial Red Beets, peeled and cooked (4424729)
- 2 c red radish, trimmed (2996999)
- 3 ea fresh Belgian endive (1008697)
- 3 heads multi-color cauliflower, one of each color (4015350)
- 2 c Sysco Imperial Pearl Onion (3959194)
- 1 c hazelnuts, blanched (1841404)
- 2 packs yellow tomato (2854375)
- 1 ea Sysco Imperial Anise, bunch (0527952)
- 2 T Sysco Classic Apple Cider Vinegar (4069373)
- ½ c Stilton cheese with cranberry (0046575)
- Sysco Classic Salt, to taste (6040760)
- Sysco Imperial McCormick Black Pepper, to taste (9806415)
- Arrezzio Extra Virgin Olive Oil, as needed (5846714)
- Fresh chive, as needed (1287341)

Cut 2 beets in half and puree with olive oil and vinegar (to taste).
Cut remaining beets into bite-sized pieces. Toss 1½ c radishes in oil with salt and pepper. Roast at 350° F for 10–15 minutes. Save remaining radish for garnish. Cut endive in half, toss with olive oil, salt and pepper. Grill until char marks appear.

Cut cauliflower into florets and toss with olive oil, salt and pepper. Roast on a sheet pan for 10–15 minutes at 350° F. Set aside ½ c raw pearl onions for garnish. Cut remaining onions in half from top to bottom, toss with olive oil and roast at 350° F until soft.

Roast hazelnuts at 350° F for 10 minutes or until browned.

Toss unroasted beets, radish and cauliflower in olive oil and cider vinegar (to taste).

Cut yellow tomatoes in half. Shave anise bulb and remaining raw radish paper thin using a mandoline. Toss raw veggie chips, sliced pearl onion and grilled endive with olive oil, vinegar and chives (to taste). Lay down a base of beet puree, then plate vegetables on top. Top with crumbled-cranberry cheese and toasted hazelnuts.

TIP: This dish is vibrant and colorful, allowing you to be as creative as you want when mixing colors and textures.



BOURBON STEAMED PEACHES AND CREAM

Recipe by **Chef Keith Schroeder**
High Road Ice Cream, Inc.

5 ea peaches, ripe
1 c dark brown sugar (5825668)
2 c water
½ c bourbon
⅓ t Sysco Classic Kosher Salt (6040760)
1 T lemon juice (3944574)
Wholesome Farms Ice Cream (2130060)

Score the bottoms of each peach with a ½" "X". In a steamer-topped pot, combine sugar, water, bourbon, salt and lemon juice. Bring to a rolling boil.

Place peaches in steamer basket scored-side up and steam covered for 3 minutes or until skin starts to peel away from score marks. Remove peaches and steamer basket. Let cool.

Continue boiling liquid mixture over medium-high heat for 5 minutes or until reduced syrup coats the back of a spoon. Turn off heat and let rest.

Peel cooled peaches, then tumble in syrup to coat. Scoop ice cream into a bowl and add peaches. Drizzle with 2 T syrup and serve warm.



CUBA LIBRE FLOAT

Sysco Signature Recipe
Pica y Salpica

15 oz Pica y Salpica Crema Mexicana Natural (4434811)
1 c Wholesome Farms Half and Half (4828554)
½ c Wholesome Farms Heavy Cream (4828802)
¾ c Sysco Classic Sugar (5087572)
2 t fresh-squeezed lemon juice
½ t vanilla bean paste (7012878)
⅛ t Sysco Classic Kosher Salt (6040760)
1½ T Sysco Classic Rum Extract (5239348)
Mexican Coke (0769497)
key lime, sliced (8160830)

Blend crema, half and half, cream, sugar, lemon juice, vanilla bean paste and salt until smooth and sugar has been mixed in. Pour mixture into ice cream maker and freeze (follow machine instructions for proper freezing). Ice cream may be used immediately or covered and frozen.

To assemble the float, place one scoop of ice cream into a chilled glass or cup. Add rum extract.

Slowly pour Mexican Coke over ice cream. Squeeze a lime wedge into the float. Serve with key lime slice and a straw.

ANCHO-CHOCOLATE POT DE CREMA

Sysco Signature Recipe
Pica y Salpica

1 c Pica y Salpica Crema Mexicana Natural (4434811)
1 c Wholesome Farms Heavy Whipping Cream (4828802)
5 oz Sysco Imperial Bittersweet Chocolate, chopped (5846902)
½ c Sysco Classic Sugar (5087572)
4 ea Wholesome Farms Egg Yolks (1462100)
1 t vanilla bean paste (7012878)
1 t Sysco Imperial McCormick Ancho Chile, ground (3206463)
½ t Sysco Imperial McCormick Cinnamon, ground (6639512)
1 c Wholesome Farms Heavy Cream (4828802)
1½ c Baker's Source Powdered Sugar (5593900)
Sysco Imperial Roasted Pepitas, salted (3637055)

Whisk crema Mexicana and heavy whipping cream in a medium saucepan and cook over medium heat until mixture begins to simmer, approximately 7 minutes. Do not boil. Remove from heat. Add chopped chocolate and whisk until chocolate melts and mixture is thoroughly combined. Set aside.

In a large mixing bowl, combine sugar, yolks, vanilla bean paste, ancho chile and cinnamon. Whisk until all ingredients are combined. Add half of the chocolate mixture and whisk slowly. Add remaining chocolate mixture and continue to whisk until well incorporated.

Run mixture through a fine mesh and divide evenly among 6 ramekins (4 oz). Place ramekins on a baking tray and bake for 25 minutes or until centers are almost set. Remove from oven and let cool for 1 hour. Then refrigerate for an additional hour.

Combine heavy cream and powdered sugar in a mixing bowl and whip until firm. Serve with a dollop of whipped cream and a sprinkle of roasted pepitas.

TIP: Take your presentation to the next level with a simple pepita brittle for garnish.



CUBA LIBRE FLOAT



ANCHO-CHOCOLATE POT
DE CREMA

MADAGASCAR VANILLA-BEAN AFFOGATO

Recipe by **Chef Patrick Clement**
Sysco/Pallas Foods, Ireland

2 quarts Wholesome Farms Reduced-Fat Vanilla Soft Serve Mix
(4331603)
½ t vanilla bean paste (7012878)
1 shot espresso (5954084)

Pour soft serve into ice cream maker and freeze for 25–45 minutes (follow machine instructions for proper freezing). Ice cream may be used immediately or covered and frozen.

Place one scoop of ice cream into a chilled glass. Spoon vanilla bean paste over ice cream.

Immediately pour a shot of espresso (chef recommends 2 ounces of hot Segafredo Zanetti Extra Strong Whole Bean coffee if espresso is unavailable). Serve immediately.

TIP: Delight guests with this surprising presentation – top ice cream with cotton candy and then pour espresso over it tableside.



GOAT CHEESE AND YOGURT CROSTINI

Recipe by **Chef Neil Doherty**
Sysco Corporate

½ c Wholesome Farms Non-Fat Greek Yogurt, plain (4360901)
6 oz Block & Barrel Goat Cheese (1140427)
1 c Arrezzio Balsamic Vinegar (5889654)
¼ c Sysco Classic Honey (4361432)
1 ea plum, quartered and thinly sliced, leave skin
1 ea peach, quartered and thinly sliced, leave skin
3 ea strawberries, hulled, quartered and thinly sliced
3 ea Baker's Source Baguette Slices, toasted (4427860)

Mix goat cheese and Greek yogurt until combined, cover and chill. In a small saucepan, stir balsamic vinegar and honey together. Bring to a boil over medium-high heat. Turn heat to low and simmer until mixture has reduced to about a cup, roughly 10–12 minutes. Set aside to cool.

Toast baguette slices. Spread goat cheese and yogurt mixture equally across toasted baguette slices. Clean, core and thinly slice fruit right before serving. Place slices of fruit on top of each baguette and finish with balsamic drizzle.

TIP: Add an additional layer of interest by toasting and chopping fresh hazelnuts. Toss with chopped tarragon and crumble on top of crostini.



RASPBERRY ITALIAN CREAM SODA

Sysco Signature Recipe

- 2 quarts Wholesome Farms Reduced-Fat Vanilla Soft Serve Mix (4331603)
- ½ c club soda or lemon-lime soda
- 2 T Monin Raspberry Syrup (5932500)
- 1 c Wholesome Farms Aerosol Whipped Topping (9813483)
- Sysco Imperial Fresh Raspberries (1681974)

Pour soft serve into ice cream maker and freeze for 25–45 minutes (follow machine instructions for proper freezing). Ice cream may be used immediately or covered and frozen.

To serve, place one scoop of ice cream into a chilled glass. Slowly pour soda over ice cream. Add raspberry syrup and top with whipped cream and a fresh raspberry.

PAVLOVA ROMANOFF

Recipe by **Chef Neil Doherty**
Sysco Corporate

Meringue

- 1 c Sysco Classic Superfine Granulated Sugar (5087572)
- 1 T Sysco Classic Cornstarch (4073441)
- 3 ea Wholesome Farms Large Egg Whites at room temperature (1394618)
- 3 T cold water
- 1 t Sysco Classic Distilled White Vinegar (4033007)

Filling

- 2 pints Sysco Natural Fresh Strawberries, washed and hulled (2105864)
- ¼ c Sysco Classic Sugar (5087572)
- ¼ c Grand Marnier or Cointreau
- ¼ c port wine
- 1 pint Wholesome Farms Vanilla Ice Cream (2130060)
- 1 c Wholesome Farms Heavy Cream (4828802)

Slice strawberries. Toss with sugar, Grand Marnier and port wine. Refrigerate for 2 hours.

Meringue: First, sieve sugar and cornstarch together. With electric mixer, beat egg whites and water to a soft peak, then gradually beat in sugar-cornstarch mixture until stiff, glossy peaks form. Beat in distilled vinegar. Place parchment paper on a sheet pan. Draw 4 circles 5" in diameter. Divide meringue equally among circles. Bake at 250° F for 1½ hours without opening oven. Meringue should be slightly golden, not brown.

Soften ice cream. Take half of macerated strawberries and whip together with heavy cream to a stiff peak. Fold in softened ice cream to form 4 equal quenelles.

To plate, top meringue with quenelle and drizzle with remaining macerated strawberries.



RASPBERRY ITALIAN
CREAM SODA



PAVLOVA ROMANOFF

NORTH AFRICAN SHAKSHUKA

Recipe by Chef **Brittany Jerome**
Sysco Columbia

- 3 T Arrezio Olive Oil (6332845)
- 1 ea Sysco Natural Red Onion, diced (1039494)
- 1 ea Sysco Natural Large Red Bell Pepper, ½" dice (8397689)
- 1 ea Sysco Natural Large Yellow Bell Pepper, ½" dice (1745171)
- 3–4 ea Sysco Natural Garlic Cloves, diced (6651020)
- ¾ t salt
- 1 t Sysco Classic Sugar (5087572)
- 1 t Sysco Imperial McCormick Cumin (5228713)
- ½ t Sysco Imperial McCormick Smoked Paprika (5806750)
- ½ t Sysco Imperial McCormick Coriander (5228671)
- ¼ t Sysco Imperial McCormick Cinnamon (6639512)
- ½ t Sysco Imperial McCormick Crushed Red Pepper (9806423)
- 1 c Arrezio Crushed Tomatoes (5989512)
- 3 ea Sysco Imperial Medium Fresh Tomatoes, peeled and diced (1763432)
- 4–6 Wholesome Farms Eggs, large (3602984)
- 1 T Sysco Imperial Fresh Parsley (7410723)
- 1 T Sysco Natural Fresh Cilantro, chopped (2219095)
- ¼ c finely diced chorizo (6118075)
- cracked pepper to taste
- Sysco Imperial Feta, crumbled (0135632)

Preheat oven to 400° F. In a large cast iron skillet, heat olive oil over medium heat. Cook onion until tender, about 5 minutes. Add sliced peppers and garlic. Turn heat down to medium-low and cook for 5 more minutes (until peppers are tender). Add sausage along with spices, sugar and salt. Cook for 2 more minutes. Add 1 cup of crushed tomatoes and fresh tomatoes. Simmer on low to a stew-like consistency (15 minutes), adding more water if it's too dry or thick. Taste and adjust seasoning.

Crack 4–6 eggs over the mixture, sprinkling each egg with a little salt and cracked pepper. Add crumbled feta over the top. Bake until egg whites are cooked and yolks are still soft. Remove from oven and top with fresh parsley and cilantro. Serve with toast or crusty bread.



RICE NOODLE BOWL WITH BRAISED SHORT RIB

Recipe by **Chef Jody DiSabantonio**
Sysco Nashville

Braised Short Rib

- 1 lb Buckhead Pride Sliced Chuck Flap Meat (7915026)
- 6 ea Sysco Natural Garlic, smashed (6651020)
- ½ ea Sysco Natural Onion, julienned (1094721)
- 3 T Sysco Imperial Ginger (1185545)
- 2 T lemongrass
- 2 T demi-glace
- 2 T black pepper, coarse ground (9806415)
- 1 T Sysco Classic Kosher Salt (6040760)
- ½ T Sysco Imperial McCormick Sriracha Seasoning (3772631)

Season meat with salt, pepper and sriracha. Sear in an over-proof pot, remove meat when seared. Add garlic, ginger, lemongrass and onion. Cook until browned. Add meat back into pot, cover halfway with water and add demi-glace. Braise at 250° F for 4 hours (45 minutes in pressure cookers). Remove meat and strain braising liquid. Reserve both and keep warm.

Noodle Bowl

- ¼ pkg Roland Wide Rice Stick Noodles (3464260)
- 8 oz Bonewerks Glace de Poulet (5949128)
- 4 T Sysco Imperial Ginger (1185545)
- 2 T lemongrass
- ½ ea Sysco Natural Onion, julienned (1094721)
- 8 ea Sysco Natural Garlic, smashed (6651020)
- 3 ea Dallas Star Anise (8651699)
- 2 T Sysco Classic Honey (4361432)
- 1 T Sysco Imperial McCormick Sriracha Seasoning (3772631)
- 4 ea Sysco Imperial Cinnamon Sticks (5228648)
- ¼ c Kikkoman Teriyaki Glaze (4232682)

- 2 T Roland Rice Vinegar (5220611)
- 1 ea Sysco Classic Carrot, sliced and blanched (9588757)
- ¼ ea Sysco Imperial Red Onion, julienned (8877748)
- 1 ea Sysco Imperial Tomato, julienned (6894125)
- 1 ea Sysco Imperial Green Bell Pepper, julienned (6686505)
- 2 oz power blend (3817901)
- ½ ea Wholesome Farms Egg, soft boiled (2105823)
- Sysco Classic Salt, to taste (6040760)
- Sysco Natural Mint, to taste (2037109)
- Sysco Natural Cilantro, to taste (2004646)
- Sysco Natural Basil, to taste (2004513)

Sautee ginger, garlic, lemongrass and onion until lightly browned. Add reserved braising liquid, star anise, cinnamon sticks, honey, teriyaki, rice vinegar, salt and Sriracha seasoning. Bring to a boil; reduce heat and simmer for 45 minutes. Reserve broth, keep hot. Cook rice noodles per package directions.

To soft boil eggs, place in salted water, bring to a boil, cook for 2 minutes. Remove eggs from water and peel. Next, blanch carrots and power blend. Place blanched veggies and remaining raw veggies (red onion, tomato, green peppers) cooked noodles and power blend in a bowl and top with hot broth. Add short rib. Garnish with mint, cilantro and basil. Top with half of a soft-boiled egg.



SIX CHEESE GOCCE AL FUNGHI WITH MUSHROOM CREAM SAUCE

Recipe by **Chef Tommaso Lestigni**
Carla's Pasta

- 36 ea Arrezio Six Cheese Gocce (4675054)
- 1 c Arrezio Wild Mushroom Pesto (8399487)
- 1 c Wholesome Farms Heavy Cream (4828802)
- 2 T Arrezio Shredded Parmesan Cheese (2433415)
- ½ c Arrezio Extra Virgin Olive Oil (5846714)
- 1 T Sysco Classic Salt (6040760)
- 1 T Sysco Imperial McCormick Black Pepper (9806415)
- 1 T Sysco Imperial Parsley, chopped (7410723)

Cook gocce in gently simmering water for 2–3 minutes. Drain and set aside.

To build the sauce, bring wild mushroom pesto to simmer in a saute pan. Whisk in heavy cream and reduce mixture to half of its original volume. Add 1½ T Parmesan cheese and season with salt and pepper.

To serve, lay down a bed of mushroom cream sauce and place pasta on top. Garnish with reserved Parmesan cheese and parsley.

TIP: For added flavor and visual appeal, garnish with sliced mushrooms and toasted pine nuts.



HUMMUS DUO

Sysco Signature Recipe

Lemon Yogurt Hummus

- 1 ea 15 oz can Sysco Classic Garbanzo Beans, drained (4062337)
- 1 ea Sysco Natural Garlic Cloves, minced (6651020)
- 1 t salt (6040760)
- pinch Sysco Imperial McCormick White Pepper (5229455)
- 1 T tahini paste (7190481)
- ½ c Sysco Natural Lemon Juice (3944574)
- ⅔ c Wholesome Farms Greek Yogurt, plain (4360901)
- 1 t Sysco Imperial McCormick Cumin, ground (5228713)
- Sysco Imperial McCormick Smoked Paprika (5806750)
- Arrezzio Olive Oil (6332845)

Blend garbanzo beans until smooth. Mix in garlic, salt, pepper, tahini, lemon juice, yogurt and cumin. Blend to desired consistency. Drizzle with olive oil, sprinkle with smoked paprika and serve with sliced veggies and pita triangles.

Roasted Carrot and Greek Yogurt Hummus

- 1 c Sysco Classic Garbanzo Beans, drained (4062337)
- 4 ea Sysco Imperial Carrots, medium (1184977)
- 1 ea Sysco Natural Garlic Cloves, minced (0077172)
- 1 t Sysco Classic Salt (6040760)
- pinch Sysco Imperial McCormick White Pepper (5229455)
- 1 T tahini paste (7190481)
- ½ c Sysco Natural Lemon Juice (3944574)
- ⅔ c Wholesome Farms Greek Yogurt, plain (4360901)
- 1 t Sysco Imperial McCormick Cumin, ground (5228713)
- Arrezzio Pine Nuts for garnish (6292817)
- Sysco Natural Garlic Chips for garnish (6651020)
- Arrezzio Olive Oil (6332845)

Drizzle carrots with oil and roast whole at 400° F for 30–40 minutes. Allow to cool slightly. Remove tops and reserve. Place carrots in a food processor along with garbanzos, garlic, tahini, lemon juice, yogurt and cumin. Blend until smooth. Season with salt and white pepper to taste. Drizzle with olive oil and top with garlic chips, roasted pine nuts and carrot tops.



PAPAS BRAVAS WITH SMOKED PAPRIKA AIOLI

Recipe by **Chef Neil Doherty**
Sysco Corporate

1 lb fingerling potatoes (1388123)
 ¼ c Arrezzio Olive Oil (6332845)
 ½ t smoked salt (3198550)
 1½ t Sysco Imperial McCormick Paprika (5229208)
 6 ea Sysco Natural Garlic Cloves, minced (6651020)
 ½ ea Sysco Natural Onion, medium, chopped (3818648)
 ¼ ea Sysco Natural Red Bell Pepper, chopped (8397689)
 ¼ ea Sysco Natural Yellow Bell Pepper, chopped (1745171)
 1 T Sysco Imperial Parsley (7410723)
 ½ c Murray's Manchego Cheese (5645445)
 ⅓ c mayonnaise (4002416)
 1 t Sysco Supreme Cherry Vinegar (5084777)
 salt and pepper to taste

Cut fingerling potatoes in half and rub with olive oil. Sprinkle with smoked salt and ½ teaspoon of paprika. Roast at 350° F for 20–25 minutes. For aioli, brown half of the garlic in 1 teaspoon of olive oil and 1 teaspoon of paprika. Cool and fold into the mayonnaise. Season with sherry vinegar, set aside. Next, heat 1 teaspoon of oil and saute onion and remaining garlic with red and yellow peppers until softened. Toss sauteed vegetables with potatoes and manchego cheese and place on a platter. Drizzle with aioli and garnish with chopped parsley.

TIP: Offer creative add-ons for an up-charge, such as shrimp, sausage, bacon and assorted cheeses.

