

Sysco

FOODIE

AT THE HEART OF FOOD & SERVICE™



WINTER 2018

RECIPE BOOK

JAPANESE CURRIED SEAFOOD STEW

Recipe by **Chef Bryan Hudson**
Sysco Raleigh

- 5 oz snapper filets
- 12 ea green-lipped mussels
- 12 ea IQF littleneck clams
- 16–20 ea Premier Gold Natural Wild Caught Gulf Shrimp, peeled and deveined
- 3 oz king crab
- ¼ t Sysco Imperial McCormick Turmeric
- 2 T peanut oil

FOR THE CURRY SAUCE

- ¼ t star anise, ground
- ¼ t Sysco Imperial McCormick Ground Cinnamon
- 1 t Baker's Source Light Brown Sugar
- ½ c sake or mirin cooking wine
- ¼ t Sysco Imperial McCormick Crushed Red Pepper
- 1 T sesame oil
- 1 T Sysco Imperial Minced Garlic
- 1 c onion, diced
- 1 t Sysco Imperial McCormick Curry Powder
- 4 c chicken stock
- 1 c Sysco Classic Carrots, sliced on ¼" bias
- 1 ea Fuji apple, peeled, skinned and julienned
- 2 ea Sysco Imperial McCormick Bay Leaves
- ½ c tomato paste
- ½ t cocoa powder
- 1 c potato, diced
- salt and pepper to taste

FOR PLATING

- 4 ea Wholesome Farms Eggs, boiled (optional)
- 2 c Jade Mountain Jasmine Rice, cooked
- 1 c Sysco Imperial Daikon Radish, shredded

Heat sesame oil in a large saucepot, then add the pepper flakes, garlic, ginger, apple and onions. Sweat this mixture down until the onions are translucent.

Deglaze the pan with the cooking wine and let reduce by half.

Add the chicken stock and all remaining ingredients for the curry sauce and cover the pot. Bring this mixture to a simmer for 30 minutes or until carrots and potatoes are almost tender.

Add shrimp and let these cook for 10 minutes, followed by the clams and mussels. Allow the clams and mussels to cook for 5–10 minutes or until the shells have opened.

To sear the fish, heat up a large, heavy; bottomed sauté pan. Add the peanut oil and the turmeric (this will color the oil a bright yellow).

Score the skin of the snapper so that it remains flat when cooking. Season both sides of the fish and sear skin-side down in the peanut oil. After 2–3 minutes over medium-high heat, carefully flip the fish over.

Cook for another 2–3 minutes or until an internal temperature of 130° F. Remove from the pan and serve over a bowl full of curried seafood. Crack the medium boiled egg into the broth of each bowl. Garnish with radish and serve with a side of steamed jasmine rice.



RUSTIC BOUILLABAISSE

Recipe by **Chef Daniele Mereu**
Sysco Victoria

4 oz Sysco Imperial Fresh Tomatoes, peeled, seeded, diced
4 oz white onion, thinly sliced
3½ oz fennel, thinly sliced
3 oz shallot, thinly sliced
3 oz leeks, thinly sliced
2½ oz Arrezzio Extra Virgin Olive Oil
1 oz Sysco Natural Garlic Cloves, thinly sliced
2 oz tomato paste
1.8 lbs fish bones and head
3 oz canola oil
3½ oz water
7½ oz white wine
3 g Sysco Natural Thyme
1 g Sysco Imperial McCormick Black Peppercorn, crushed
1 ea bay leaf
½ g saffron threads

SEAFOOD

4 ea octopus tentacles
12 ea mussels
12 ea clams
4 oz calamari
5 oz snapper

Clean and cut all the vegetables, combine them with the oil, and sweat them over low heat until tender and golden, about 25 minutes.

Add the tomato paste and sauté until browned, about 5 minutes, and then set aside. Coat the fish, bones and head in canola oil and bake them at 325° F in the oven until golden, about 25 minutes, then cool them down.

In a large pot, combine the water, bones, vegetables, wine, herbs and saffron threads, and cook for 1 hour at a simmer.

Once finished, skim for oil and remove fish bones and head. Add seafood of choice and simmer in the broth till done. Serve with grilled or toasted bread topped with a garlic aioli.



NORDIC SALMON POKE

Recipe by **Chef Nathan Luce**
Sysco Minnesota

- 4 oz Salmon Atlantic Poke Kit
- 4 oz Path of Life 5 Grain Blend
- 1 ea Sysco Imperial Beet, cooked, halved and cubed
- 1 ea Sysco Imperial Cucumber, sliced into 7 pieces
- 2 oz Sysco Imperial Broccoli Fresh Slaw Mix
- 1 oz Sysco Imperial Radish, trimmed and julienned
- 2 c pickled ginger brine
- 1 T pickled ginger
- 2 oz sunflower oil
- 2 t shichimi togarashi, divided
- 3 ea Sysco Imperial Baby Dill sprig
- 1 T Wholesome Farms Sour Cream

Heat the sunflower oil in a 10" skillet, then add 1 teaspoon of shichimi togarashi and the 5 grain blend. Once the grain is heated and you can smell the togarashi, remove from heat and place in the cooler until the grain blend temperature is at or under 40° F.

Slice cucumbers, julienne radishes, and place in a bowl with broccoli slaw and 2 cups of pickled ginger brine. Let the veggies set for at least 30 minutes.

Thaw and prepare salmon poke kit. In a small bowl, place cubed salmon and poke marinade and set aside.

Slice the beet in half and cut into cubes.

To assemble, place the spiced grain blend to one side of a serving bowl. Lay the beets, broccoli slaw, cucumber slices, pickled ginger, radish and salmon poke on top. Garnish with a dusting of shichimi togarashi, a dollop of sour cream, and dill.



PORK BELLY MOFONGO WITH CRIOLLA SAUCE SHRIMP

Recipe by **Chef Luis Reyes**

Sysco Central Florida

- 20 ea Premier Gold Natural Wild Caught Gulf Shrimp, peeled and deveined
- 3 ea green plantain
- 4 ea Sysco Imperial Garlic cloves, peeled
- 3 T Arrezzio Extra Virgin Olive Oil
- 1 T Wholesome Farms Unsalted Butter
- 6 oz Butcher's Block Pork Belly, cooked salt to taste
- 1 t Sysco Imperial Parsley, chopped
- 1 t fresh lime zest
- 1 ea vine-ripened tomato
- ½ ea Sysco Imperial Green Bell Pepper
- ½ ea Sysco Imperial White Onion
- 1 T Sysco Natural Fresh Cilantro, chopped
- 1 c Sysco Classic Tomatoes, diced in juice
- 1 c Sauternes wine
- ½ t Sysco Imperial Seafood Soup Base
- Block & Barrel Classic Pork Rind for garnish

Heat deep fryer to 350° F.

In a food processor, purée the bell pepper, onion and 2 garlic cloves.

In a sauté pan, heat 1 tablespoon of oil, season the shrimp with salt and cook until just done; remove from pan. Add the vegetable purée and cook until the liquid evaporates.

Add the fresh tomatoes and wine, reduce by half. Add the diced tomatoes with juice, ½ cup of water and the soup base. Bring to boil and simmer for 30 minutes at low heat. Season to taste; add shrimp, lemon zest and chopped cilantro, and keep warm.

Cut the pork belly into 2" cubes, fry for 3 minutes, and chop.

Peel the plantain and cut into 2" segments. Fry in deep fryer for 7 minutes. In a mortar, crush the remaining fresh garlic with a pinch of salt. Add the hot plantain and crush until smooth. Add the remaining olive oil and the butter then mix. Fold in the chopped pork belly and the chopped parsley. Adjust seasoning as needed. Keep warm.

To present, portion the mofongo into 4 spheres, place on plate, and portion 5 shrimp and sauce around them. Top with a crispy fried pork rind chip.



TIP: To easily peel the plantain, cut both ends off and make 3 incisions lengthwise just on the skin. Submerge the plantains in hot boiling water for 3 minutes (without boiling them) then use the back of a tablespoon to peel. This will help to remove the skin easily.

CHARRED OCTOPUS WITH ROASTED POTATO MEDLEY AND LEMON AIOLI

Recipe by **Chef Brian Littlejohn**
Sysco Las Vegas

FOR THE OCTOPUS

- 1 ea whole octopus, head and beak removed
- ¼ ea Sysco Imperial Daikon Radish, peeled and rough chopped
- 1 ea Sysco Imperial Medium Carrot, peeled and rough chopped
- 2 ea Sysco Imperial Celery, rough chopped
- ½ ea Sysco Imperial Yellow Onion, rough chopped
- 3 ea Sysco Imperial Parsley sprigs
- 5 ea Sysco Imperial Chives
- 2 ea Sysco Imperial Tarragon sprigs
- 3 ea Sysco Imperial Chervil sprigs
- 3 ea Sysco Imperial Thyme sprigs
- 4 ea Sysco Imperial Medium Fresh Tomatoes, peeled
- 3 T Arrezzio Olive Oil

FOR THE POTATOES

- 2 lbs mixed potato medley
- 1 T Arrezzio Olive Oil

FOR THE LEMON AIOLI

- ½ c Sysco Imperial Mayonnaise
- 3 ea Sysco Classic Lemon, zested
- ½ ea Sysco Classic Lemon, freshly squeezed

FOR PLATING

- 1 T Arrezzio Olive Oil
- 4 ea Sysco Imperial Heirloom Tomatoes, halved
- ½ T Wholesome Farms Unsalted Butter
- Sysco Classic Kosher Salt, to taste
- Sysco Imperial McCormick Black Pepper
- 1 T Lemon Aioli (see recipe)
- Sysco Imperial Parsley, chopped

Fill pot or 12" x 18" x 9" Cambro container halfway with water. Mount sous vide circulator (available at SuppliesOnTheFly.com) to side and preheat to 185° F.

FOR THE OCTOPUS

Place all ingredients inside re-sealable zipper bag and use the water displacement method, or place in a food saver bag and vacuum seal bag (do not smash product).

Once circulator has reached desired temperature, place bag in water until fully submerged and cook for 4 hours until tender.

After 4 hours, remove bag and place in ice bath. Once cooled, open bag, remove octopus, and strain liquid and reserve. Cut tentacles as close to body as possible and reserve in liquid.

TIP: The enzymes in the daikon will help break down the cell wall structure in the octopus to help tenderize during cooking.

FOR THE POTATOES

Toss potatoes in oil, place on sheet pan, and roast in oven at 350° F until fork tender.

FOR THE LEMON AIOLI

Whisk ingredients together until well blended.

FOR PLATING AND PRESENTATION

Place octopus tentacles on grill over high heat until they are just charred. Slice 2 tentacles into nice sized chunks and leave 1 whole.

Heat oil in a sauté pan. Place roasted potato halves in pan over high heat until they become a golden brown, then add octopus tentacles and halved cherry tomatoes and toss. Add ¼ cup of reserved octopus jus and reduce by half.

Mount with ½ tablespoon of butter and season with kosher salt and pepper to taste. Swirl lemon aioli around bottom of plate and mound potato, octopus and tomato mixture in center of aioli with the whole tentacle on top. Drizzle with olive oil and garnish with chopped parsley.



GULF OF MEXICO AGUACHILE

Recipe by **Chef Jennifer Kimberly**
Sysco West Texas

1–2 lbs Premier Gold Natural Wild Caught Gulf Shrimp, raw
2 c fresh lime juice
3 ea serrano peppers, thinly sliced
2 ea Sysco Imperial English Cucumbers,
peeled into ribbons and sliced (reserve ribbons)
2 ea Sysco Imperial Fresh Avocado, sliced
½ ea Sysco Imperial Red Onion, thinly sliced
1 oz epazote
½ t McCormick Sea Salt

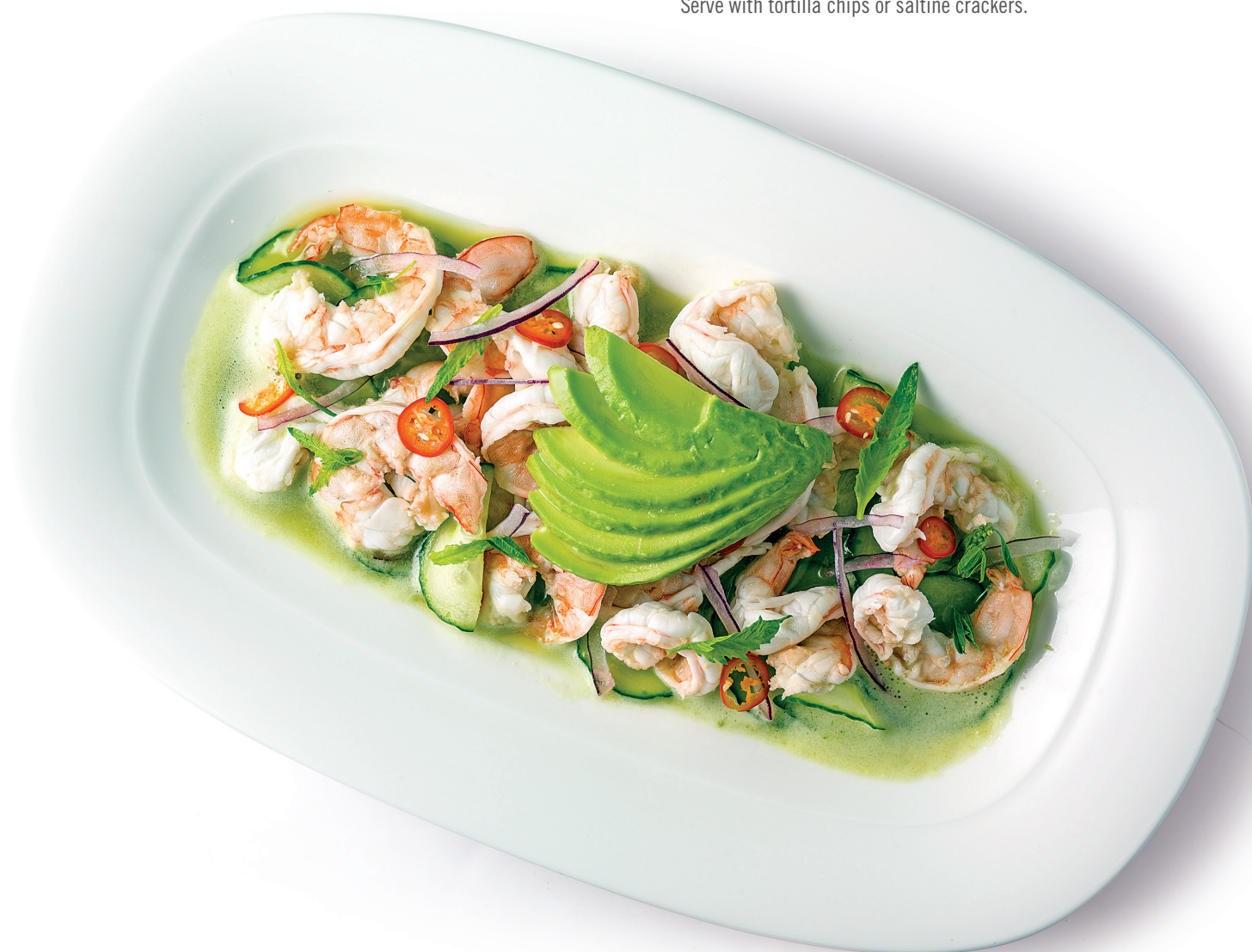
Peel, devein and butterfly the shrimp, then rinse and pat dry. Sprinkle the shrimp with sea salt.

In a large glass bowl, add the fresh lime juice and sliced serrano peppers. Using a mortar, lightly grind the peppers into the lime juice.

Pour the mixture over the shrimp and allow to marinate for 30 minutes.

Layer the sliced cucumbers on a serving plate. Top with the aguachile, sliced avocado, sliced red onion and epazote. Garnish with cucumber ribbons.

Serve with tortilla chips or saltine crackers.



FRIED CHICKEN POUTINE

Recipe by **Chef Michael Brown**
Sysco Edmonton

- 2 lbs Sysco Imperial Pub Style Fries
- 4 oz buttermilk chicken tenders,
fried and cut into ½" chicken pieces (see recipe below)
- 2 c mozzarella cheese curds
- 2 c brown gravy
- 4 ea slices of layout bacon 16/18 ct
- ¼ c Sysco Classic Green Onion, sliced
- ¼ c Sysco Imperial Jalapeño, sliced
- 2 T hot sauce

FOR THE BUTTERMILK CHICKEN TENDERS

Buttermilk Soak

- 3 c Wholesome Farms Buttermilk
- 2 T Sysco Classic Kosher Salt
- 1 T Sysco Imperial McCormick Black Pepper
- 2 t Sysco Imperial McCormick Cayenne Pepper
- 4 lbs frozen chicken tenders

Flour Dredge

- 2 c Sysco Classic All-purpose Flour
- 1 t Sysco Imperial McCormick Onion Powder
- 1 t Sysco Imperial McCormick Garlic Powder
- 1 t Sysco Classic Kosher Salt
- 1 t Sysco Imperial McCormick Black Pepper
- ½ t Sysco Imperial McCormick Cayenne Pepper

FOR THE CHICKEN

In a large bowl, combine the buttermilk with the salt, black pepper and cayenne. Add the chicken and stir to coat. Let stand at room temperature for 2 hours or refrigerate for 4 hours.

Dredge chicken in flour mixture until evenly coated.

Fry chicken in vegetable oil until cooked through and golden brown on the outside.

Remove from oil and let cool on wire rack or paper towel-lined plate. Once cooled, cut tenders into ½" pieces.

FOR THE POUTINE

Fry the french fries.

Cook bacon till crisp and chop.

Pull cheese curds into bite size pieces.

Arrange fries in boat then top with fried chicken pieces and cheese curds. Ladle on brown gravy.

Garnish with bacon, green onion and jalapeños. Drizzle with hot sauce.



CRAWFISH-STUFFED HUSHPUPPIES

Recipe by **Chef Neil Doherty**
Sysco Corporate

1½ c water
½ lb crawfish tails
1 pkg cornbread mix, 6 oz
½ c Sysco Classic All-purpose Flour
1 can cream-style corn, 8 oz
½ c Sysco Classic Green Onion, chopped
2 ea Sysco Imperial Jalapeño, diced
Sysco Classic Vegetable Oil

FOR RÉMOULADE SAUCE

⅓ c Sysco Imperial Fresh Parsley
⅓ c Sysco Classic Green Onion, chopped
¼ c capers, minced
1 c mayonnaise
2 T Arrezio Olive Oil
2 T lemon juice
1 t Dijon mustard

Bring the water to a boil, add crawfish tails, and cook 3–5 minutes or just until crawfish turn pink.

Drain and rinse with cold water.

For the hushpuppy batter, combine cornbread mix and flour in large bowl. Stir in corn, green onions and jalapeños just until dry ingredients are moistened. Then stir in crawfish tails.

Pour oil to a depth of 3" in a Dutch oven or large saucepan and heat to 375° F. Drop batter by teaspoonfuls into oil and fry in batches, 2 minutes each side or until golden brown.

Drain on paper towels and serve immediately with rémoulade sauce.

To prepare the sauce, place the parsley, green onion, capers and garlic in a blender or food processor and combine. Add the mayonnaise, olive oil, lemon juice and mustard. Blend well and chill.



SWIG & SWINE PIMENTO CHEESE

Recipe by **Chef Anthony DiBernardo**

Swig & Swine | Charleston, SC

1 lb	cream cheese, softened
½ c	Duke's mayo
¼ c	pimentos, diced
½ T	horseradish
½ T	garlic, chopped
½ T	cracked black pepper
	dash Worcestershire
1 t	kosher salt
	pinch cayenne
1½ lbs	shredded cheddar

Combine all ingredients well. Refrigerate until ready to serve. Serve with **Block & Barrel Pork Rinds** (chicharrones).



NORTH AFRICAN SHAKSHUKA

Recipe by **Chef Brittany Jerome**
Sysco Columbia

- 3 T Arrezzio Extra Virgin Olive Oil
- 1 ea Sysco Natural Red Onion, diced
- 1 ea Sysco Natural Large Red Bell Pepper, ½" dice
- 1 ea Sysco Natural Large Yellow Bell Pepper, ½" dice
- 3–4 ea Sysco Natural Garlic Cloves, diced
- ¾ t Sysco Classic Salt
- 1 t Sysco Classic Sugar
- 1 t Sysco Imperial McCormick Cumin
- ½ t Sysco Imperial McCormick Smoked Paprika
- ½ t Sysco Imperial McCormick Coriander
- ¼ t Sysco Imperial McCormick Cinnamon
- ½ t Sysco Imperial McCormick Crushed Red Pepper
- 1 c Arrezzio Crushed Tomatoes
- 3 ea Sysco Imperial Medium Fresh Tomatoes, peeled and diced
- 4–6 Wholesome Farms Eggs, large
- 1 T Sysco Imperial Fresh Parsley
- 1 T Sysco Natural Fresh Cilantro, chopped
- ¼ c finely diced chorizo
- cracked pepper to taste
- Sysco Imperial Feta, crumbled

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 chorizo 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 one egg with toast or crusty bread.



ITALIAN JACKFRUIT “TUNA” PASTA

Recipe by **Chef Massimo Balacchi**
Sysco Corporate

1 lb LaBella Spaghetti Pasta (whole wheat optional)
 ¼ c Arrezzio Extra Virgin Olive Oil
 6 ea Sysco Imperial Garlic Cloves, sliced
 ¼ c Sysco International Capers Nonpareil
 1½ lbs canned jackfruit
 15 ea black olives, sliced
 15 ea green olives, sliced
 2 lbs Sysco Imperial Cherry Tomatoes, halved
 1 ea Sysco Classic Lemon, whole, zested
 3 t Seaweed Nori Komi Furikake Wakame Powder
 ½ c Sysco Classic Breadcrumbs
 ½ c Sysco Imperial Italian Parsley, chopped
 Sysco Classic Black Pepper to taste

Heat a large sauté pan with olive oil then make a soffritto with the garlic, capers and canned jackfruit for 3–4 minutes, adding some of the jackfruit brine if necessary to prevent it from drying out.

Add the sliced olives and cherry tomatoes. Cook over medium heat for about 5 minutes.

Add the lemon zest and wakame powder.

Bring a large pot of water to a boil and cook the pasta according to the package directions, then drain it.

Transfer the pasta to the sauté pan and fold it in, adding breadcrumbs, chopped parsley and black pepper (optional). Serve promptly and enjoy!

