

FOODIE

AT THE HEART OF FOOD & SERVICE

Holiday Cheer!

DISCOVER FESTIVE DISHES FROM AROUND THE WORLD



IMPROVE
YOUR PLATING
PROWESS

/P.20

MAKE
YOUR OWN
MEAL KITS

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SEASONAL
BRUNCH,
SOLVED

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REDUCE
TEAM
TURNOVER

/P.26



Tourtière
Turnovers With
Cranberry Mustard
**Chef Christopher
Chabot,**
Sysco Calgary

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Sysco FOODIE

AT THE HEART OF FOOD & SERVICE™

Message from the Executive Editor

Dear Valued Sysco Customers,
Currently, two of the biggest trends in foodservice are local and global—and at Sysco, we don't see those changing anytime soon. While consumers are more curious than ever about local products and where their food comes from, they are also exploring global flavours and ethnic cuisine types.

The holidays, as steeped in tradition as they are, present a chance to explore some of the best ethnic food from around the world. We've asked



Bill Goetz
Senior Vice President,
Sales and Marketing

seven of our Sysco chefs to share traditional dishes inspired by faraway places that resonate this time of year with consumers in their local markets. From Portuguese Fish Stew in Boston to Spiced Potlatch Salmon in Seattle, seafood becomes a front-and-center celebratory protein. Check out the rest of the recipes on pages 28 to 31 for more inspiration for your menu.

We also give you everything you need to know to navigate the new world of subscription meal kits, which is disrupting business as usual for the restaurant industry.

Is there something you would like to see in *Foodie*? Email us at marketing@corp.sysco.ca. Your feedback is very important to us.

I'd like to wish each and every one of you a happy, prosperous holiday season and a very happy New Year.

Enjoy the issue,

Bill

Bill Goetz
Senior Vice President, Sales and Marketing



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DELIGHTFULLY SPICY.

SYSCO Imperial Buffalo Style
Chicken Dip Stuffed Jalapeños

RECIPE

Mediterranean Frittata

Ingredients:

- 2 cups liquid whole egg*
- 2 cups milk
- 300 g hash brown potatoes
- 150 g black olives, chopped
- 150 g green peppers, diced
- 150 g red peppers, diced
- 130 g shredded cheese
- 1 tsp garlic granules
- ¼ tsp salt
- ¼ tsp ground black pepper

*Option to use thawed Scrambled Egg Mix instead of liquid egg, milk and salt.

1. In a large bowl, mix together potatoes, green and red peppers and olives.
2. Blend in liquid egg, milk, garlic, salt and pepper. Pour egg mixture into baking dish and sprinkle with cheese.
3. Bake at 350°F for 45-50 mins or until the frittata reaches an internal temperature of 165°F (74°C).
4. Cut into squares and enjoy.

Make it Western by replacing the olives with diced cooked ham. For a bit of **Southwestern** heat, add some chopped jalapeño.

Switch
it up!



Create builds,
combos and
premium
sides.



Satisfyingly familiar yet amped up with spice, Buffalo Style Chicken Dip Stuffed Jalapeños give patrons the exceptional flavor, crunch and heat they crave.

Ask your Sysco Marketing Associate how you can motivate more sales with the bold, signature flavor of stuffed jalapeños.





When It Comes to Beef, We Focus on Freshness

At any given time, more than 14 million head of cattle are on feed for the U.S. and Canadian beef market. North American diners love their beef, and when you're ordering portions trimmed to perfection from Sysco, you can be sure you're getting not only the best value, but also the freshest and best-quality meats to suit your customers' taste.

What sets out beef apart? We focus on quality and freshness every step of the way with our unrivalled quality assurance process. Sysco uses vacuum-packaging technology and a high-tech-controlled "cold chain" delivery system. Combined, these prevent contamination and keep meat at the proper temperature through receiving, storage, processing, shipping and delivery. You can feel confident that every beef product, whether it's dry-aged steaks, Angus or ground beef, arrives with the care and quality you'd expect.

Once the beef arrives at your restaurant, check the packaging instructions right on the box for proper storage and cooking procedures and temperatures.



Stephen Friedheim III
General Manager
Derma Meat Co.

SUPPLIER PROFILE

Derma Meat Company

Steve Davidson is on the road a lot. As Director of Sales for Derma Meat Co., he supports his team at customer events and meets directly with his client portfolio of restaurants and caterers looking to fill their menus with quality cuts of meat.

Derma Meat Co. has been supplying Canadians with quality meats for almost 45 years. Owned and operated by Sysco Canada, Derma Meat Co. supplies its parent company with fresh and frozen steaks as well as specialty items. "We are their sourcing arm for meats like Japanese Wagyu or game," Davidson says.

Special Service, Specialty Products

With its base in the town of Vaughan, Ontario, just north of Toronto, Derma Meat Co. focuses on premium service for the Greater Toronto Area. "We know that square footage isn't cheap, so if you're going to open a restaurant and put a big walk-in [fridge] in downtown Toronto and pay \$80 per square foot for it, that doesn't make a lot of sense," says Davidson. "A lot of restaurants count on us instead to have their lunch steaks in the morning and their

dinner steaks show up in the afternoon. That's a service we provide."

Delivering fresh product twice daily is one example of how Derma Meats keeps its clients happy in a tight marketplace. "Our sourcing team is continuously looking for who's got the most consistent high-end product on the market," Davidson says, and

Meat's stuffing, marinating and skewering programs are extremely popular. Davidson points to a line of stuffed chicken "that customers can take right from their freezer to the oven, and then to the lunch," and to beef, chicken and pork satays and souvlakis: "We've had great success with those programs."



"We have someone who actually tastes the products we make every day. We go that extra mile to make sure what our customer gets is tender, flavourful—at the right age, the right spec and right trim. That is a massive insurance policy for clients who deal with us."

—Steve Davidson, Derma Meat Co.

before he meets with clients, he searches for options that "will blow the chef away."

A Perfect Partnership

"We have been able to leverage Sysco's relationships with national accounts," Davidson says. Prestigious restaurants and gourmet grocers all over the Toronto area rely on Derma Meats for USDA prime Wagyu steak and other offerings. Derma

Safety First, Always

Derma Meats places higher priority on quality, transparency and food safety. The company is halal-certified and has its Level 4 SQF certification, which Davidson refers to as "food safety on steroids." Sysco clients "should be assured that their meats are processed with the same care and attention to detail that all Derma clients have experienced for the last 40 years."



Pure Ingredients

Consumers increasingly want to know where their food comes from. They want clean, simple ingredients, too—and fewer artificial or processed foods. Wholesome Farms products are sourced from a trusted community of farmers. Only products that are “honestly dairy”—with milk, cream or egg as the first ingredient—are offered by Wholesome Farms. That means you can be confident you’re using products of exceptional quality. **Wholesome Farms Milk** goes from the cow to the carton in 72 hours.

Fresh Deliveries

In decades past, many homes had no refrigeration, so a daily delivery from the milkman ensured the dairy could be used without spoilage. That’s not just nostalgia—that’s the standard of quality

BRAND SPOTLIGHT

A baked potato basted in butter. Carrot cake topped with cream-cheese frosting. Dairy is both an essential ingredient in favourite recipes and an important nutrient on its own. The best dairy has a creamy flavour and peerless quality. That’s what Sysco’s Wholesome Farms delivers—just like the milkman of yesteryear.

Wholesome Farms upholds. Sysco’s team of more than 100 quality assurance professionals (the largest in the industry) and its end-to-end refrigeration system mean you can be sure products are delivered fresh and in perfect condition. And with our delivery schedules, you know your products will arrive at your doorstep—via temperature-controlled truck—at the date and time you requested.

Recipe Staple

With an abundance of essential vitamins and minerals, dairy’s health benefits continue to make it a popular choice for patrons over trendy non-dairy alternatives. In fact, dairy consumption is projected to rise an average annual rate of 1.8 per cent per person through 2022. Serve a scoop of **Wholesome Farms Ice Cream**, like French

Vanilla, with a slice of warm bread pudding, or blend **Wholesome Farms Greek Yogurt** into guacamole to give it a creamy twist—and an extra shot of protein to boot.

Delicious Flavour

Wholesome Farms’ products, known by customers for their taste and consistent quality, fit right into any recipe that calls for fresh-from-the-dairy goodness. Building on your patrons’ hunger for back-to-basics ingredients, try serving a house-made condiment—one of this year’s hottest food trends. One idea: a specialty mayonnaise using **Wholesome Farms Eggs**. Whether you’re making ice cream the star of your dish or using sour cream in a marinade, Wholesome Farms offers the high-quality, pure and fresh dairy products to be used as essentials in your recipes.



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 department 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 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

Aunt Gussie's
Grand Bend, Ontario



Aunt Gussie's restaurant, on Highway 21, just south of Grand Bend, Ontario, has been welcoming travellers and locals for generations. We spoke with owners **Pat and LeeAnn Powers** about how they have managed to keep up with 21st-century tastes while maintaining the charm of this roadside eatery.

Your restaurant has the rustic feel of an old country diner, but the menu is very modern. What's driving your menu? Years ago, we were driving around looking for somewhere our whole family could eat: a place where Pat could get steak, the kids could get pasta or chicken fingers, and I wanted something vegan and gluten-free. Needless to say, we had a difficult time finding such a restaurant. When Pat and I took over Aunt Gussie's 12 years ago, we wanted to create a restaurant with a diverse menu to satisfy all appetites. We make almost everything from scratch, and we have added many delicious gluten-free and vegan options to the menu.

LOCATION: Grand Bend, Ontario
TYPE OF FOOD: Mix of vegan and comfort food
WEBSITE: auntgussies.ca

What are some of your favourite dishes at the restaurant? The breakfast smoothie bowl is one of my favourites. It changes weekly; currently, it includes frozen blueberries and bananas, almond milk, avocado, spinach and kale, topped with homemade peanut-butter granola, berries, seeds and more fresh fruit. It is definitely a full meal. I also love the raw vegan tacos, which use ground nuts instead of meat. Pat's favourite is the stuffed jalapeños; they're filled with chipotle cream cheese and wrapped with locally sourced bacon. Our kids love the eggs Benedict, barbecue chicken pizza and our maple salmon.



Mushroom & Swiss Burger

"When we took over Aunt Gussie's 12 years ago, we wanted to create a restaurant with a diverse menu to satisfy all appetites." — **PAT AND LEEANN POWERS, OWNERS**



Pat and LeeAnn Powers and their three children

And what's a must-order item for new customers? People tell us we make the best burgers around. Our burgers are made in-house and cooked to order. We have a mushroom-and-Swiss burger, a Jackamole burger (with Monterey Jack cheese and guacamole) and Pat's favourite, the Bacon and Cheddar Burger. Another must-try would be our homemade Gingerbread Pancakes. Our guests tell us the pancakes have become part of their family summer holiday tradition.

You've run Aunt Gussie's for almost 13 years, but the restaurant has been in your family for a long time. What does that mean for you and the community? Our longevity is fairly unique. Our



Barbecue Chicken Pizza

daughter, who is 24, manages the front of house, and our teenage sons work in the kitchen. Our kids are the fifth generation working here! Aunt Gussie's is definitely a community tradition. People love to hold celebrations with us, whether it's Mother's Day, Father's Day, birthdays, anniversaries or local organizations holding lunch meetings. We try to promote local events and businesses, from hosting fundraisers to hanging the work of local artists on the walls.

What items do you typically source from Sysco? Whatever we can't source locally we get from Sysco. I brought up jackfruit [a plant popular with vegans for its meatiness] to our Sysco rep, and we've started to get our jackfruit

from Sysco as well as our gluten-free and vegan buns, which our guests love!

How has Sysco been integral to your success? Sysco Canada offers something called STIR Sessions—educational seminars that include instruction and advice on menu development, product selection, server training and social media—and we attend once or twice a year. We always do a new menu leading into spring/summer and sometimes fall, and we love hitting up the STIR Sessions before making menu changes. We find them valuable, a lot of fun—and filling! Our Sysco Marketing Associate, Kris Pageau, has also given us some great ideas, and is always supportive.

Everything You Need to Know to Navigate the Meal Kit Trend

When Chefs Plate launched in 2014, it marked the arrival of the meal kit trend in Canada. Since then, subscription meal kit delivery has boomed, disrupting established foodservice along the way. But restaurants have many options to compete for customers, from beefing up takeout offerings to building a meal kit of your own. Here are the facts and figures you need to join in on this potential revenue source.

KEEP IT SIMPLE

For consumers, convenience is king, and one driving force behind meal kits' popularity is how easy they make enjoying a home-cooked meal. Restaurants can tap into that desire for something convenient, but some dishes make better candidates for meal kits than others.



- Focus on trademark dishes that can be simplified.
- Avoid lengthy lists of ingredients.
- Keep in mind that not all customers are accomplished cooks.
- Sides can also make great meal kits (think at-home guacamole or DIY salsa).

BY THE NUMBERS

2014
Chefs Plate launches in Toronto; Goodfood and HelloFresh follow two years later

4%
Percentage of Canadians who purchased a meal kit in 2017, according to a Nielsen report

49%
Percentage of consumers who would "buy meal kits to prepare at home if their favourite restaurant offered them," according to a 2017 National Restaurant Association survey

\$2.2 BILLION
Value of meal-kit industry (in U.S. dollars), as estimated by *Time* magazine in 2017



PACKAGE MAKES PERFECT

Easy-to-follow instructions are an essential meal-kit inclusion, and illustrations can add clarity for consumers.



Ensure freshness by carefully considering how each ingredient needs to be packaged.



Think eco-friendly. Where possible, minimize the amount of packaging required and look into recyclable or compostable packing materials.

THINK FRESH

Many consumers are looking for healthy dining options and think of restaurants as serving heavier fare. Counter that impression by emphasizing organic, fresh ingredients in your meal kits.



WEIGH THE COSTS

Don't take on too much at once. Consider what will be required to produce meal kits in addition to your regular on-premise work, and don't be afraid to start small—even with a single dish.



TIME IS OF THE ESSENCE

No matter what dish you plan to pack into a meal kit, remember that customers are looking for something quick. The cooking process, from start to finish, should take about 30 minutes.



BE STRATEGIC

Think local. If your restaurant is close to a park or beach, grab-and-go kits with sandwiches and simple sides can be introduced as perfect picnic options. When it comes to the holidays, meal kits can reduce the amount of chaos in the kitchen, and delivering ready-to-cook turkeys and sides gives consumers one more thing to check off their to-do lists.



GET INSPIRED



Toronto-based Freshii launched its health-focused Meal Box program in 2016.

Chick-fil-A is currently testing meal kits at 150 locations in Atlanta, Georgia.

During the summer, New York City's Strip House offers Steaks to Go Kits.

OTHER OPTIONS TO TRY

Starting a meal kit service may not be the best fit for all restaurants, but businesses can still take steps to win back meal-kit customers.

STREAMLINE
the online ordering process so it's easy to use.

EMPHASIZE
your restaurant's food sources to draw attention to fresh, organic ingredients. Highlighting healthy dishes can also go a long way.

ADD
takeaway options and ensure a quick pickup process for consumers.

PARTNER
with delivery services to make your restaurant a viable at-home option.

YOUR MEALS SHOULD TASTE AS GOOD AT HOME AS THEY DO IN THE RESTAURANT!



1

SELECT YOUR MAIN PACKAGING

Sugarcane containers deliver superior results in maintaining food integrity for takeout and delivery. They are made from renewable resources and are 100% certified compostable. They can be used in a microwave or reheated in the oven up to 120°C (248°F). Great for leftovers!



2

SELECT YOUR SIDE PACKAGING

Choose from a variety of hinged containers, take out boxes, compostable cups and bowls with tight-fitting lids in various sizes that fit your food. Sysco has a variety of side packaging that is perfect for your appetizers, soups and salads!



3

DON'T FORGET THE CUTLERY!

Choose from a variety of disposable cutlery options: 100% certified compostable or sustainable plant/resin blend. They are ideal for use with hot or cold products and are perfect for events where appearance and durability count!



4

AND YOUR PAPER STRAWS!

Sysco Classic offers the highest quality paper straws that perform well in all types of cold beverages. No linings, resins or additives of any sort. Our paper straws ensure the strength and durability you've come to expect from a traditional plastic straw but without the environmental impact!

Sysco Earth Plus disposable products deliver affordable eco-friendly solutions that are good for both your business and the planet. Our BPI Certified Products ensure that you are supplying your customers with products that leave no hazardous materials behind.



Protecting the Earth, Plus Delivering Value

When you need hardworking delivery, takeout or catering packaging that does the job right every time, think of Sysco Earth Plus!

For more information, please contact your Marketing Associate



Heat Up Your Menu With Cold Brew Coffee

The hottest trend in coffee is ice cold—cold brew, that is. This year the chilled beverage appeared on nearly 4 per cent of U.S. menus, according to a recent food trends study, which represents a 44 per cent increase from the previous year.

Once the best-kept secret of hard-core coffee nerds, cold brew, with its smooth, even taste and high-octane kick, has clearly made it to the mainstream. While traditional iced coffee is made using the standard drip method, the cold brew process requires steeping ground coffee beans in cold or room-temperature water for an extended period. This time-consuming process makes cold brew more concentrated, giving it a smoother, less acidic taste as well as a higher caffeine content.

Cold brew has made its way from craft coffeehouses to national restaurant chains and even convenience stores, where

the drink is quickly becoming a staple. Chefs and restaurateurs are drawn to its versatility, as it can be served black, mixed with milk and sweetener, enhanced with flavoured syrups or infused with spices. Culinary creatives use it as a blank canvas for concocting other beverages, blending it into lattes, frappes and milkshakes or adding liquor to make specialty cocktails.

Thanks to increasing interest and demand, cold brew is now available in shelf-stable, prepackaged units such as bottles or cans. This also offers an easy way for restaurant operators to incorporate cold brew into their menus. The latest twist on the cold brew trend is adding protein or other nutrients to the coffee for a sturdier, more fortified drink.

No matter how you serve it, smooth, satisfying cold brew will be around for many seasons to come.



Embrace Winter Greens Like You Mean It

Diners have fallen in love with delectable, deeply healthy and inexpensive dark leafy greens. From maple-glazed Brussels sprouts to kale and quinoa salad, these greens are staying on the menu. Here are a few new ideas for cooking up green leafies from root to stem.

Make a salad for the season.

When making salads in fall and winter, reach for darker, slightly more bitter greens like chard, kohlrabi and dandelion greens, or chicories such as frisée and endive. Enliven the dish with flavours such as dried fruit, candied nuts and fragrant crumbled aged cheese. Then add a little more sustenance and fat by replacing the olive oil in your dressing with bacon fat. Adding chopped bacon brings another taste and texture to the dish.

Save the stems.

“I think Swiss chard is going to be the next kale,” says Chef Meegan Roberts, Culinary Consultant at Sysco Phoenix. If there’s one

thing she has learned about greens as a chef, it’s that you always remove the stem to get that nice consistency of texture when chopping—but don’t throw that stem away. “You can take those tender leaves and chop them up in a salad, and then pickle the stalk,” Roberts says.

“Leafy greens are so versatile, because you do have two vegetables in one,” she says. “I make a lot of beets, and I love to cook beet greens, too. I sauté them with a little lemon. Instead of throwing away the stem, you’re making another delicious dish out of it.”

Balance out the bitterness.

Some winter greens, such as mustard, collard and dandelion, have a pronounced

bitterness that tastes best when balanced in some way. With dandelion greens, Roberts suggests marinating them or tossing them with an acidic vinaigrette, such as one that uses anchovies and lemon. You can also mix them in a salad with a more neutral green such as traditional butter lettuce, romaine or curly endive. When using collards, a staple of Southern cooking, “I would use plenty of fat and flavourful braising liquid to cook those down,” Roberts says. “And it can also be turned into a soup.”

Ask your Marketing Associate about Sysco FreshPoint’s assortment of winter greens and frequent delivery schedule for getting the freshest produce directly to your kitchen.

Greens With Warm Pork Belly Salad, recipe page 28



A Global Feast

This season, enliven your holiday menu
with international flavours and ingredients,
from festive, colourful Latin American mole
to fragrant Portuguese fish stew.

This year, when seeking inspiration for your holiday menu, be bold. Start by looking around at on-trend international flavours such as Middle-Eastern and Latin-American to add panache to the celebrations. Festive should never mean flavourless. North American chefs are fortunate—we don't need to travel far to experience a variety of cultures. Both the United States and Canada have become delicious melting pots of global cuisines brought here by newcomers over

the course of decades, from the Italian influence on the East Coast to the vast Chinatown offerings of Vancouver. In the festive dishes featured here, we look to other cultures to shake up the holiday menu and bring a cast of fresh ingredients into the mix. In Italian, Austrian and Portuguese dishes, seafood takes centre stage, while in Latin America, mole is standard for celebrations. And in Seattle, a feast isn't complete without salmon and local vegetables.

Fish Gets Festive

"Here in southeastern Massachusetts, we are in the middle of a true melting pot of cuisine and ethnicity," says Chef Anthony McCauley, Culinary Consultant at Sysco Boston. "This area is highly influenced by Portuguese cuisine. The best scallops in the country are fished right here, the same scallops we sell daily under Sysco's Portico label." During the holidays, families here serve beautiful seafood stews, such as the Portuguese Fish Stew, sometimes with linguica sausage, saffron broth and fresh herbs and garlic.

"Because Austrians are mostly Catholic, we eat a lot of seafood during the holidays," says Chef Klaus Mandl, Culinary Consultant at Sysco Chicago. "Austrians like their schnitzels, dumplings, pork and sauerkraut." You see that Austrian and German influence all over the Midwest, including Chicago. But during the fall

and winter months in Austria, Mandl says, you'll find a variety of seafood on the menu, such as zander, Dover sole, trout and halibut. For an elegant holiday fish dish, see Chef Klaus's Halibut With Pumpkin Basil Spaetzle.

In Italy it is common to eat fish on Christmas Eve. The famed Feast of the Seven Fishes is a flamboyant invention of Italian-American immigrants. The dishes vary, but one constant is baccalà, the Southern Italian dish of salt cod. Chef Nora Galdiano, Culinary Consultant at Sysco Central Florida, is herself an American immigrant—she was born in the Philippines but grew up in Hawaii. Growing up, Galdiano was exposed to lomi-lomi salmon, a cured fish dish similar to ceviche, which also

inspired the salt cod portion of her Italian-style recipe for Herb-Crusted Cod Fillet and Poached Salt Cod.

Southern Comforts

In the city of El Paso, Texas, "You can stand on one side of the border and throw a rock into another country," says Chef Armando Pomaes, Executive Chef at Sysco New Mexico. Not surprisingly, the cultures and cuisine of El Paso and its neighbouring cities are strongly influenced by Mexico and Latin America. "In a lot of households you'll find a mix of Mexican cuisines," Pomaes says. The manchamantel sauce is a variation on a mole, which Pomaes serves with a crispy pork belly. Traditionally, the festive, brightly coloured sauce can take hours or even days to

Find recipes
for these dishes on
pages 28–29

Herb-Crusted Cod Fillet and Lemon-Olive Oil Poached Salt Cod

Seared Halibut With Pumpkin Basil Spaetzle

Portuguese Fish Stew

make. “I wanted to honour my culture but scale it down,” says Pomaes. “Here, you take the ingredients and throw them in the oven, then throw them in the blender.” To make the dish less labour intensive, use a precooked pork belly.

Of all American cities, perhaps New Orleans has the richest culinary heritage. “I learned in culinary school, no matter where you go, there is always someone better with a knife, or quicker in the kitchen, but they will never season food the way you do, coming from New Orleans,” says Chef Raymond Yakelis, Culinary Consultant at Sysco New Orleans. What some may not realize is the extent to which New Orleans cooking has gone beyond gumbo and jambalaya to become a hub of international cuisine. “We have African, Creole, Vietnamese, Hispanic—it’s a melting pot of flavours, and you can mould them all together and make something great,” says Yakelis, who used on-trend Middle Eastern and Indian ingredients to create his Tandoori Rack of Lamb With Japanese Eggplant.

“Rack of lamb is underutilized and has a wow factor when served,” says Yakelis.

Northern Exposure

In the Pacific Northwest, the tradition of feasting goes back a long way. Before there was Thanksgiving, “Native American people of the Salish tribe celebrated the harvest by the gathering wild vegetables, blackberries and the local abundance of salmon and shellfish,” says Chef Jeffrey Cox, culinary consultant at Sysco

Each Christmas, Quebec is gilded with lights and carpeted in snow. Families gather to celebrate and indulge in holiday foods such as the traditional Quebecois meat pie, the tourtière. “One of my favourite traditions is to gather together on Christmas Eve for my grandmother’s tourtière with homemade cranberry sauce,” says Chef Christopher Chabot, Culinary Consultant at Sysco Calgary. “When I can’t get home for the holidays, I like to make a simpler, bite-sized version that I

“Holidays are a special time to me. One of my favourite family traditions is to gather together for a Christmas Eve dinner of my grandmother’s tourtière, served with homemade cranberry sauce.”


—Chef Christopher Chabot, Sysco Calgary

Seattle. Not only does this part of the country feature ample coastline, but it’s also fertile land for growing produce, which provided inspiration for Cox’s Salmon With Butternut Squash Casserole.

call Tourtière Turnovers.” They can be made and frozen weeks in advance, then reheated, making them an easy addition to any holiday menu.



Find recipes
for these dishes on
pages 28–31



Make every dish more appealing and profitable when you pay attention to the details of your presentation.

The Art of Plating

WHAT A DIFFERENCE A PLATE MAKES. Those plain white—usually round—dishes preferred by most chefs are the blank canvases for culinary artistry. In fact, when it comes to plating and presentation, chefs generally approach the plate the way an artist approaches a canvas, keeping in mind specific rules about perception, composition, form and colour. And just like the artists of the last century, chefs should also be prepared to break all those rules when the moment—and the dish—calls for it.

Presentation is not just for fine dining establishments. A little effort can make the difference between a dish that makes our eyes pop and mouths water and one that just passes muster. Even more important, it can make the difference between a \$10 and a \$15 dish composed of almost identical ingredients. Little things like the size of the plate and proper placement of ingredients affects diners' perception of how large a portion is. And adding vibrant, creative garnishes is an inexpensive way to add value to any dish.

We're not saying that you should invest in a set of tweezers and squeeze bottles and start plating like it's 1999. But if you pay attention to some key elements on the plate, you can add panache to preparations—and even get free publicity on social media.

PLAYFUL PRESENTATION PAYS OFF ONLINE

Those unexpected garnishes. That gorgeous mash-up of colors and textures. Pay attention to them and you'll be rewarded when customers post pictures of your plates on social media. Great presentation is the number one way to get your food shared on Instagram.

So pick one dish and go all out. Your customers will gasp with joy, and then reach for their phones.

▼
BE PLAYFUL

The chef has deconstructed the traditional composition of protein, starch and veg and added some air to the plate, making room for more caper-butter sauce and the addition of fried sage.

▲
FRESHEN UP
Bring colour and texture to the dish with seasonal herbs.

▲
SERVED BY DESIGN
Arrange shapes in compositions that attract the diner's eye.

PLATED BUT DATED This dish shows a traditional composition with the plate divided into thirds: one-third for the protein, one-third for the starch and one-third for the vegetables. While there's nothing wrong with this presentation, it looks a little stodgy.

▼
TAKE A STAND
This simple cake stand elevates the cake to the height it deserves.

▲
ICING ON THE CAKE
The chef has topped this bravura cake with hand-shaved white chocolate ribbons—an elegant garnish in proportion with the cake itself.

▲
MAKE IT!
Find the recipe for the Oreo Cookie Crepe Cake by Chef Candace Hilger on page 31.

DON'T LET YOUR DESSERTS GO BARE

There is nothing wrong with this plain white plate, but the single raspberry and bare dish do not dress up the cake to the presentation standards customers have come to expect with desserts.





Get Ready for the Holiday Brunch Rush

The holidays can be a busy time filled with errands and obligations, but they also offer a chance to slow down and indulge with friends and family over brunch. Mixing classic dishes with seasonal flavours and flair, holiday brunch is a great opportunity for restaurants to get creative and surprise clientele with celebratory ambience and special menu offerings.

At this time of year, customers tend to dine out in large, festive groups, and are more open to lingering over a multi-course meal. “It’s a great testing ground for chefs to be as inventive as possible,” says Chef Michael Brown, Culinary Consultant at Sysco Edmonton. Many of the year’s food trends shine during the holidays, though Brown cautions, “It’s a fine balancing act when writing a holiday menu to try and please everyone without going too far out on a limb and losing your identity completely.”

Flavours at breakfast are growing in popularity, according to food-industry research firm Technomic. Winter is an ideal time to try out options like a savoury oatmeal, or *shakshuka* (a Mediterranean dish of ground lamb topped with fried eggs) with a pinch of chili.

Play with plants

Plant-based dining is another big trend, for brunch or anytime. “The most talked-about ingredients at the moment are plant-based proteins,” Brown says. He expects holiday menus

to offer vegetable equivalents to traditional meat-based items. “For example, jackfruit, lightly smoked, can take the place of Canadian bacon. Present it on a toasted waffle with a soft-poached egg and sun-dried-tomato-infused hollandaise sauce, topped with an arugula salad, for a twist on the classic eggs Benedict.”

Bling the beverages

“Brunch is always a treat, and customers want to relax and enjoy themselves, so operators that have exciting beverages

can capture that revenue opportunity,” Brown says. Fresh, fun low-alcohol cocktails are always popular, as are creative mocktails—a major drinks trend for the coming year. Instead of a Bellini, try mixing sparkling water with juices such as orange and berry. And remember seasonal garnishes, like cranberries, pine needles or even candy canes.

Brunch is a great opportunity to showcase your kitchen’s creativity, try out interesting food trends and attract a whole new group of customers.

Remember the classics

French toast, waffles, smoked salmon on bagels—these menu items will always have an audience, and they balance well with new dishes. “Most guests do like the traditional brunch favourites, but they also want to see the classics with new on-trend twists,” Brown says. Savoury, ethnic-inspired fla-



6 Ways to Improve Employee Well-Being

A happy face is almost a prerequisite in the hospitality business. But you'll really come out ahead if those smiles are genuine. When employees are truly happy and taking pride in their jobs, they'll be more productive. And they'll stick around, keeping labour woes at bay. Here are some steps operators can take to improve workplace well-being and help employees stay healthy, motivated and performing at their peak.

Encourage family meals

At least once a week, and usually more often, schedule time to eat together. "Have each of the cooks take a turn being in charge of the meal. When posed as a challenge, it becomes more exciting," says Jovan Djokovic, Business Resource Consultant for Sysco Eastern Wisconsin. "Tell them you have all these great ingredients and their task is to do something healthy, like a big salad they can be proud of."

Get outside

Life in the kitchen can be active, but that activity usually occurs within about four square feet. As weather permits, make time for outdoor fun. "Do morning stretches or take a walk," Djokovic suggests. "You could even organize a 'server Olympics' with other restaurants in the area."

Get on a water kick

"Drinking soda on the line can be a big problem. The calories, the sugar...it



dehydrates you and can lead to passing out," Djokovic says. "Encourage staff to drink water. Ask your cooks who can be the most creative with the ingredients you have on hand. Add lemons and cucumbers to water, and keep refilling all day."

Say thank you, often

Create and foster a culture of gratitude. "Employees need to feel appreciated," says Benjamin Groeger, Chef and Culinary Specialist for Sysco Arizona. "When they know you're grateful, it motivates them to do their best."

Don't forget the little things

Rotate your cooks from station to station so they can cross-train and feel more

empowered in their daily work. Groeger recommends inviting industry experts to come in and speak on special topics such as wine, charcuterie, ethnic cuisines or food safety.

Know when you truly need to intervene

If you get the feeling (or hear from a coworker) that one of your team members is struggling with a serious issue, such as alcohol, drugs or depression, don't waste time. Take him or her aside. "There has to be open communication," Groeger says. "Say you are concerned and offer help. Refer your employees to counselling if you see that they are clearly having problems. It's not an inquisition; it's real care for another human being."

'Tis the Season for Temporary Hiring

It's the most wonderful time of the year. And the most hectic. To take the holidays in stride—and make serving those private parties and tables of 17 look effortless—many restaurants will hire seasonal help. Here are some practical tips for doing so.



DON'T: Hire people that need tons of training

You'll have precious little ramp-up time; invest in people that can hit the ground running. If possible, have prospective employees work on a probationary period for a shift or two "so you can evaluate their ability to perform," says Benjamin Groeger, Chef and Culinary Specialist for Sysco Arizona. "Plus, you'll also see how they work with your permanent staff; it's important for everyone to gel."



DO: Use social media to recruit

Putting out the word on social media doesn't cost anything and has incredible reach. "Get on Facebook and Twitter and talk up the opportunity. Make sure to say 'Tell your friends' or 'Grab a college buddy,'" says Jovan Djokovic, Business Resource Consultant for Sysco Eastern Wisconsin.



DO: Be transparent

If you're hiring for just six weeks of work, stress the seasonal nature of the job. "When you interview, ask the candidate why that idea appeals to them," Groeger says. "If you get answers like 'I'm a college student on Christmas break,' it makes perfect sense and could be a mutually beneficial relationship." Ask what other types of jobs the candidate is currently applying for. "If you find they are going for full-time jobs, and yours is part-time, that could be a sign that they might leave if something else comes along," Groeger says.



DON'T: Underestimate your need

Hitting that magic number of seasonal employees can be tricky, but you don't want to come up short. "If you've already been through a holiday season, go through your historic records to get a gauge," Djokovic says. "But if you're new, always plan for more than you think you'll need. Better safe than sorry."



DO: Give everyone time off

Holidays are meant to be spent with people you love. Give everyone—temporary and permanent employees alike—a day off on the holiday or close to it. "If that's just not possible," Groeger says, "offer to invite your employee's family in for dinner and let them enjoy a meal together."



Greens With Warm Pork Belly Salad

CHEF MEEGAN ROBERTS
SYSCO ARIZONA
SERVES 4

PICKLED CHARD RIBS

- ¼ cup mirin
- 1 tsp. Sysco Classic salt
- 1 oz. rainbow chard ribs
- 4 oz. cooked pork belly, sliced
- 1 oz. apricot glaze
- 2 oz. Swiss chard leaves
- ½ oz. kohlrabi leaves
- 1 oz. dandelion greens
- 1 Wholesome Farms egg, fried
- 1 apricot, halved and grilled
- 1 oz. kohlrabi, sliced thin

VINAIGRETTE

- 1 oz. pork fat
- 1 Tbsp. whole-grain mustard
- 2 oz. mirin

FOR THE PICKLED CHARD RIBS

Heat mirin and salt in a large pot and bring to a boil. Slice ribs in half lengthwise and cut on the bias into 1-inch pieces. Place in a large heatproof bowl and pour hot liquid over them. Let chill at least one hour or overnight.

Slice pork belly into 1-ounce pieces, about 1 by ½ inch long. Render their fat in a small sauté pan. Once they have caramelized, pour off the fat to reserve for the vinaigrette. Add apricot glaze to the pan and glaze the pork.

Chop the leaves of the Swiss chard, kohlrabi and dandelion greens. Rinse and dry thoroughly.

FOR THE VINAIGRETTE

Place pork fat along with the mustard and mirin in a medium bowl and whisk to combine. Add the greens and toss with the dressing, making sure to coat evenly. Serve topped with the fried egg, grilled apricot, sliced kohlrabi, glazed pork belly and pickled chard ribs, removed from their marinade.

Seared Halibut With Pumpkin Basil Spaetzle

CHEF KLAUS MANDL
SYSCO CHICAGO
SERVES 4

PUMPKIN BASIL SPAETZLE

- 4 oz. Sysco Imperial Vegetable Soup Base
- 2 Wholesome Farms eggs
- 4 oz. Wholesome Farms whole milk
- Sysco Classic Kosher Salt and Sysco Imperial McCormick freshly ground black pepper
- 8 oz. Sysco Classic all-purpose flour
- ¼ oz. basil pesto
- 2 Tbsp. pumpkin purée
- 4 oz. Wholesome Farms butter, plus more for drizzling

SEARED HALIBUT

- 4 Tbsp. Arrezzio Imperial olive oil blend
- 4-6 oz. halibut fillets
- 2 mini peppers, cut into strips
- ¼ oz. Block and Barrel pork rinds
- 1 cucumber, peeled and shaved into thin strips
- 1 lemon
- ½ oz. pumpkin seed oil

Fill a 5-quart stockpot with 3 quarts water, add the vegetable base and bring to a boil. In a medium bowl, combine the eggs and milk with salt and pepper to taste and gradually add the flour until you have a smooth dough. Fold in the basil pesto and pumpkin purée. When the water is boiling, form a test dumpling using a teaspoon. Dip the spoon into the hot water, then cut out a small piece of dough and place it in the hot vegetable stock. Cook for about 3 minutes, then remove and test for doneness. Cook the remaining dumplings and place them in a cold-water bath.

To serve, heat half the butter and sauté the dumplings in the pan until golden brown. Heat a sauté pan, add the oil and when it’s hot, add halibut, seasoned with salt and pepper. Cook for 2 minutes on each side. Briefly grill the mini pepper strips. Cook pork rind in a deep fryer. Place halibut onto a serving plate, top with raw cucumbers and pork rind and

garnish with the pepper. Arrange the spaetzle into separate piles. Melt the remaining butter, add the juice of a lemon, season with salt and pepper and pour onto the plate. Drizzle with pumpkin seed oil and melted butter.

Portuguese Fish Stew (Caldeirada de Peixe)

CHEF ANTHONY MCCAULEY
SYSCO BOSTON
SERVES 2

- 3 Tbsp. Arrezzio Imperial olive oil, divided
- 1 fingerling potato, thinly sliced
- Sysco Classic Kosher salt and freshly ground Sysco Imperial McCormick black pepper to taste
- 1 ear of corn
- 1 Tbsp. Arrezzio Imperial olive oil
- 2 shallots, thinly sliced
- 2 cloves garlic, thinly sliced
- 2 oz. chorizo, diced
- 2 Imperial Fresh whole tomatoes, peeled and crushed
- 1½ Tbsp. Sysco Imperial fish soup base
- ¼ tsp. Sysco Imperial McCormick Hungarian paprika
- 1 tsp. fresh rosemary, finely chopped
- 1 tsp. thyme, finely chopped
- 4 oz. cod
- 3 oz. Portico Imperial lobster
- 6 Portico Imperial clams
- 6 Portico Imperial mussels
- ¼ lb. octopus
- 6 dry Portico Simply sea scallops 10/20
- 6 grape tomatoes, sliced

Heat 2 tablespoons oil in a large pan over medium heat and fry potato slices until golden-brown. Season with salt and pepper and set aside. To prepare the corn, lightly oil and fire-roast over an open flame until charred. Remove kernels and set aside. To prepare the broth, heat remaining oil in a pan over medium heat; sauté shallots, garlic and chorizo and cook until tender. Add tomatoes, fish base and 2 cups cold water. Bring to a simmer and season to taste. Add paprika and half the fresh herbs; remove from the heat and set aside.

To prepare the seafood, steam the cod for 4 to 6 minutes until fully cooked. Separately, steam the lobster, clams, mussels and octopus for 4 to 5 minutes to heat through. (Be careful not to over-cook.) In a hot oiled pan, sear the scallops and set aside. Warm the broth slowly and add roasted corn and grape tomatoes. To plate, use a slotted spoon to gently place the vegetables and ingredients from the broth into large shallow bowls. Arrange the seafood ingredients on the plates and garnish with fried potatoes and fresh herbs.

Crispy Pork Belly With Manchamantel Sauce

CHEF ARMANDO A. POMALES
SYSCO NEW MEXICO
SERVES 15

CRISPY PORK BELLY

- 6 lb. pork belly
- 2 Tbsp. Sysco Imperial McCormick ground black pepper
- ½ Tbsp. Sysco Imperial McCormick ground cinnamon
- ½ tsp. Sysco Imperial McCormick ground cloves
- ¼ tsp. Sysco Imperial McCormick ground allspice
- 3 Sysco Imperial McCormick bay leaves, crumbled
- 10 sprigs fresh thyme
- 2 oz. Sysco Classic kosher salt
- 1 oz. Sysco Classic sugar
- ½ cup honey
- ¼ cup rendered pork or duck fat
- Canola oil, rendered pork or duck fat for searing

MANCHAMANTEL SAUCE

- ¼ lb. whole dried ancho chillies, stems and seeds removed
- ¼ lb. ripe banana
- 1 large green apple, peeled and cored
- 1 lb. fresh pineapple, trimmed, skinned and cored
- 1½ tsp. brown sugar
- ¼ lb. Roma tomatoes
- 1½ tsp. Sysco Imperial McCormick ground cinnamon
- 1½ tsp. apple cider vinegar
- Pinch of ground cloves
- 1 tsp. salt
- 1½ tsp. peanut oil or lard

GARNISH

- Roasted poblano corn
- Chayote squash, sliced and steamed until tender
- 30 pearl onions, blanched
- Plantain, sliced and fried until crispy
- 1 cup fresh pineapple, diced

FOR THE CRISPY PORK

In a large bowl, coat the pork belly with the cure spices and the honey and toss to coat evenly. Place in a nonreactive container, cover and refrigerate for 24 hours. Heat a sous vide circulator to 160 degrees. Remove the pork from the cure, rinse and pat dry. Vacuum-seal pork belly with the rendered fat. Submerge the sealed pork into a preheated water bath and cook for 24 hours. Remove pork from water bath and let rest for 15 minutes. Plunge into an ice bath and chill for 20 to 30 minutes. Refrigerate until completely chilled.

Alternatively, instead of using a circulator, heat an oven to 250 degrees. Place pork belly in a hotel pan and cover with rendered fat. Bring to a simmer on the stovetop, then place in the oven and cook, uncovered, until pork is fork-tender, three to four hours. To make the dish even quicker and easier, use a precooked pork belly.

FOR THE MANCHAMANTEL SAUCE

Heat your oven to 350 degrees. Place chilies in a cast-iron skillet and toast both sides, being careful not to burn them. Bring a quart of cold water to a boil and add the chilies. Lower the heat and simmer for 10 minutes. Drain and set aside. Toss banana, apple and pineapple with brown sugar and roast in a large pan for 10 to 15 minutes. Add tomatoes to the fruit mixture and roast 10 minutes longer. Place chilies, fruit mixture, cinnamon, vinegar, cloves, and salt in a food processor and purée until smooth. Add a little water if necessary to thin the sauce slightly. Strain if desired. Place oil or lard in a deep skillet. Heat until almost

smoking and add the sauce. Fry for 3 to 5 minutes, stirring constantly. (Makes 3 cups of sauce.) To serve, warm the sauce and set it aside. Warm the poblano corn and set it aside. Divide the pork belly into 4-ounce portions. Heat the oil to almost smoking. Reduce the heat to medium and sauté the pork belly until it’s browned on all sides and warmed through. Divide sauce among plates, top with pork belly. Garnish with corn, chayote squash, pearl onions, fried plantain chips and diced pineapple.

Herb-Crusted Cod Fillet and Lemon-Olive Oil Poached Salt Cod

CHEF NORA GALDIANO
SYSCO CENTRAL FLORIDA
SERVES 4

HERB CRUST

- ¼ cup Italian parsley
- 3 large basil leaves
- ½ cup panko bread crumbs
- 2 Tbsp. Arrezzio Imperial olive oil blend
- 2 Tbsp. Arrezzio Imperial grated Parmesan cheese
- Pinch kosher salt

TOMATO COULIS

- 1 tbsp. Arrezzio Imperial olive oil blend
- 3 tomatoes, cored, blanched, peeled and seeded—juices reserved
- 3 cloves garlic, sliced
- 1 tsp. Sysco Classic tomato paste
- ½ tsp. Sysco Classic sugar
- 1 tsp. fresh oregano, chopped
- Kosher salt to taste
- 4-6 oz. Portico Atlantic cod fillets
- 1 egg white
- ¼ tsp. Dijon mustard
- 4 baby carrots, cut on the bias
- 8 cauliflower florets
- 8 Brussels sprout leaves
- 4 2-oz. portions salt cod
- ¼ cup Arrezzio Imperial olive oil blend
- 4 cloves garlic, sliced
- ¼ cup shallots, sliced into rings
- 4 mini assorted sweet peppers, cut into rings
- ¼ cup lemon juice
- ½ cup Sysco Imperial chicken stock
- 2 sprigs fresh thyme

YUKON GOLD POTATO PURÉE

- 1 lb. Yukon Gold potatoes, peeled and cut into ½-inch slices
- 1 tsp. salt
- 1 Tbsp. Wholesome Farms butter
- ¼ cup Wholesome Farms heavy cream, warm
- Kosher salt to taste

FOR THE HERB CRUST

In deep-fryer heated to 350 degrees, fry parsley and basil for 20 seconds. In a small food processor, combine breadcrumbs, fried herbs, olive oil, cheese and salt. Process until herbs are well-incorporated with the breadcrumbs and color is green. Set aside.

FOR THE TOMATO COULIS

In a small pot, warm olive oil. Add garlic, but don’t let it take on color. Add tomato paste, chopped tomatoes, reserved juices and sugar. Bring to a boil and reduce heat to low. Simmer gently, stirring periodically for 15 minutes. Add oregano and salt to taste, and cook for one minute longer. Transfer to a blender and purée until smooth. Set aside warmed.

FOR THE POTATO PURÉE

Place potatoes in a small pot with water to cover. Add salt and bring to a boil. Reduce heat to low and simmer for 15 minutes until cooked through. Drain potatoes and transfer to a blender. Add butter and warm heavy cream and process until puréed. Add more cream to adjust consistency, taste for seasoning and set aside warmed.

FOR THE SALT COD

Rinse excess salt off salt cod. Place in a water bath and chill for at least 8 hours, changing water four times. Drain cod. In a non-stick pan, warm olive oil over medium heat. Add garlic and shallots and sauté for 1 minute. Add sweet pepper, lemon juice, chicken stock and thyme. In a shallow pot with a lid, bring poaching liquid to 155 degrees. Add salt cod pieces, cover and gently poach for 2 minutes on each side. Remove from heat and keep warm.

FOR THE VEGETABLES

Blanch baby carrots in salted boiling water until tender. Set in an ice bath to stop the cooking. Using the same boiling water, follow the same process with the cauliflower florets, blanching any purple ones separately to prevent discoloration. Blanch Brussels sprout leaves for 5 seconds and immediately set in ice bath. Drain all vegetables. When ready to plate, warm vegetables (purple cauliflower in a separate pan) in olive oil and season to taste.

FOR THE HERB-CRUSTED COD FILLETS

Combine egg white and Dijon mustard. Beat slightly until Dijon is thoroughly incorporated. Blot excess moisture off cod fillets. Lightly season with salt and pepper. In a hot, oiled sauté pan, sear both sides of the fish, presentation-side first. Place on a paper towel-lined plate. Brush top of fillets with the egg white and Dijon mixture and carefully top with the herb crust. Transfer to a half-sheet pan and bake in 350-degree convection oven for about 5 minutes or until internal temperature reaches 135 degrees.

Tandoori Rack of Lamb With Japanese Eggplant

CHEF RAYMOND YAKELIS
SYSCO NEW ORLEANS
SERVES 2

LAMB RACK

- 1 lamb rack
- 1 tsp. olive oil
- 1 Tbsp. tandoori masala spice
- Salt and pepper to taste

EGGPLANT RELISH

- ¼ cup Arrezzio Imperial olive oil blend
- 1 Japanese eggplant, cut into ½-inch cubes
- 1 red sweet pepper, cut into ½-inch dice
- 1 yellow sweet pepper, cut into ½-inch dice
- 1 red onion, cut into ½-inch dice
- 1 tsp. garlic, chopped
- 2 Tbsp. pomegranate molasses
- 1 tsp. Sysco Natural fresh mint, chopped
- Salt and pepper to taste

POMEGRANATE SAUCE

- 1 Tbsp. Arrezzio Imperial olive oil blend
- 1 shallot, minced
- 2 cups pomegranate juice
- Juice of half a lime
- ½ cup cane syrup
- Salt and pepper to taste

HERB AND FETA SALAD

- Half bunch Sysco Natural Italian parsley, chopped
- 2 oz. Sysco fresh mint, minced
- 2 scallions, cleaned and diced
- 2 radishes, thinly sliced
- 1 Persian cucumber, thinly sliced
- 2 oz. Sysco Classic feta cheese, diced

GARNISH

- 2 Tbsp. pomegranate seeds
- 2 tsp. pistachios, chopped
- 2 figs, halved

FOR THE LAMB RACK

Cut lamb rack into two portions of four bones each. Then remove two bones on each portion, cleaning remainder. Rub lamb with olive oil and tandoori masala spice and season with salt and pepper. Sear lamb rack in hot skillet and finish in a 350-degree oven until internal temperature reaches 125 degrees. Remove and let sit for 5 minutes to firm up before slicing.

FOR THE EGGPLANT RELISH

Heat a skillet with the olive oil blend and fry the eggplant, peppers, onions and garlic stir-fry style. Drain excess oil and toss with pomegranate molasses and mint, and season with salt and pepper.

FOR THE POMEGRANATE SAUCE

In a sauté pan over medium heat, heat the oil. Add shallots and cook until translucent. Add pomegranate, lime juice and cane syrup and reduce until thick enough to coat the back of a spoon. Season with salt and pepper to taste.

FOR THE HERB AND FETA SALAD

On a plate, mound the parsley, mint and scallions. Shingle the radishes and cucumber on top. Finish with diced feta cheese.

TO GARNISH

Slice medallions of lamb to the bone about a quarter-inch thick. Place in center of plate, shingled out. Spoon on the eggplant relish; sprinkle pomegranate seeds and chopped pistachios. Finish with the pomegranate sauce and figs.

Tourtière Turnovers With Cranberry Mustard

CHEF CHRISTOPHER CHABOT
SYSCO, CALGARY
SERVES 15 (MAKES 48 TURNOVERS)

TOURTIÈRE TURNOVERS

- 1 russet potato, peeled and quartered
- 1 lb. ground pork and beef mix
- 8 slices thick-cut bacon
- 1 onion, finely chopped
- 1 stalk celery, finely diced
- 1 clove garlic, minced
- ½ tsp. dried thyme
- ½ tsp. ground sage
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ cup chopped fresh parsley
- Salt and freshly ground black pepper
- 4 sheets Baker’s Source frozen puff pastry, thawed
- 1 Wholesome Farms egg, beaten

CRANBERRY MUSTARD

- 2 cups frozen cranberries
- 2 oranges, with juice and zest
- 1 cup sugar
- 1 cup whole-grain mustard

FOR THE TOURTIÈRE TURNOVERS

Cook the potato in boiling salted water until tender, 15 to 20 minutes. Remove, mash and set aside, reserving ¼ of the potato water.

Bring the reserved potato water to a boil. Heat a saucepan over medium-high heat. Add pork and beef mix, bacon, onion, celery, garlic, thyme, sage, cinnamon and cloves, breaking up ground meat with a spoon. Add reserved potato water and bring to a simmer. Cook uncovered, stirring occasionally, until meat is no longer pink and liquid has reduced by half, about 45 minutes. Stir in potato, parsley, salt and pepper to taste and more of the other seasonings if desired. Let chill.

Cut each puff pastry sheet into 12 even squares and brush with egg (reserving remaining egg in the refrigerator). Place a heaping teaspoon of beef mixture in the center of each square. Fold the pastry over to enclose the filling and form a triangle. Seal the edges by pressing all around with the floured tines of a fork. (Turnovers can be prepared ahead to this point and refrigerated overnight. Or, freeze for up to 2 months. Thaw before baking.)

To serve, arrange turnovers on a baking sheet and brush with remaining egg. Bake in a 400-degree oven until golden-brown, about 20 minutes. Serve hot.

FOR THE CRANBERRY MUSTARD

In a small saucepan over medium-high heat, bring all the ingredients to a low boil, lower the heat and simmer until the cranberries are soft and tender and the liquid is reduced by half. Remove from the stove. Serve with the turnovers, or store up to a week in the refrigerator.

Potlatch Salmon With Butternut Squash Casserole

CHEF JEFFREY COX
SYSCO SEATTLE
SERVES 8

BUTTERNUT SQUASH CASSEROLE

- ¼ cup Arezzio Imperial olive oil blend, divided
- 2 lb. diced butternut squash
- Kosher salt
- White pepper
- 2 lb. kale, leaves shredded into 3/8-inch
- 2 cups vegetable broth
- 2 lb. Pulse Mélange

PACIFIC RIM GRAVY

- ¼ cup cornstarch
- 1 qt. chicken broth
- 3 oz. oyster sauce
- 1 Tbsp. Jade Mountain soy sauce
- 1 Tbsp. Sysco Classic brown sugar
- 1-2 tsp. Gochujang Korean chili paste

WHOLE ROASTED SALMON

- 1 whole sockeye salmon, head and scales removed
- 1 Tbsp. allspice
- 1 Tbsp. ground cinnamon
- 1 Tbsp white pepper, divided
- 1 Tbsp. ground coriander
- 2 Tbsp. brown sugar
- Kosher salt, to taste
- ¼ cup olive oil blend
- 3 whole oranges, peeled and sliced into ½-inch rounds
- 12 cloves garlic, crushed
- ½ cup sweet chili sauce
- Grilled lemons for garnish

FOR THE BUTTERNUT SQUASH CASSEROLE

Heat the oil in a large pan over high heat, and pan-sear the butternut squash, seasoning with salt and pepper to taste. Cook just until the squash begins to colour. Roast in a 400-degree oven for 30 minutes until al dente. Remove and set aside. Heat remaining oil

in a large heavy skillet over medium-high heat. Add kale, reduce heat and add half the vegetable broth. Stir in the pulse blend and roasted squash and season with salt and white pepper to taste. Add additional vegetable broth as needed to keep moist.

FOR THE PACIFIC RIM GRAVY

Combine cornstarch with 1 cup of the chicken broth; stir well to dissolve and set aside. In a saucepan over high heat, combine the oyster sauce, soy sauce, brown sugar and Gochujang. Whisk well to combine and bring to a simmer. Whisk together cornstarch/ broth mixture and slowly pour it into the saucepan, whisking to incorporate. Bring the gravy to a boil, then remove from heat and cover until needed for service. Taste for seasoning as needed.

FOR THE ROASTED SALMON

Rinse the salmon with cold water and pat dry. Remove fins and tail and discard. In a small bowl, mix together the allspice, cinnamon, half the white pepper, coriander and brown sugar and rub liberally into the interior of the salmon, reserving some for later. Rub olive oil, salt and the remaining white pepper onto the skin and allow to rest for 30 minutes.

Preheat the oven to 400 degrees. Make half-inch-deep slits every two inches in the skin. Fill the cavity with orange slices, garlic and sweet chili sauce. Place in the oven and roast for 45–50 minutes, basting every 15 minutes with pan juices.

Remove salmon from oven when internal temperature reaches 125 degrees 45–50 minutes; then let rest for 10 minutes. Plate salmon onto serving platter and garnish with grilled lemons.

Pan-Fried Oyster Dressing

CHEF JEFFREY COX
SYSCO SEATTLE
SERVES 10

- 1 gallon container cubed artisan bread
- ½ lb. butter
- ¼ cup garlic, minced
- 2 b. celery, diced
- 2 lb. onion, diced
- 2 Tbsp. sage, rubbed
- kosher salt
- white pepper
- Freshly ground black pepper
- 1 quart chicken broth
- 24 small oysters
- 1 quart buttermilk
- 1 cup fresh sage, sliced
- 4 cups cornmeal
- 1 Tbsp. salt
- 1 cup duck fat

Toast the cubed bread in a 350-degree oven. Melt the butter. Place butter, garlic, celery, onion, rubbed sage, 1 tablespoon kosher salt, 1 tablespoon white pepper and ½ tablespoon black pepper in a large pot and sauté the vegetables until sweated. Add the toasted croutons and broth, reduce heat and stir to heat through and mix. Adjust the seasoning; the croutons should be soft but not too mushy. Place the mixture in a baking pan and bake, covered, at 300 degrees for 45 minutes. Remove cover and bake for 15 minutes longer.

Gather the oysters and set up a breeding station. Combine the buttermilk with the fresh sage, and place the oysters in the mixture. Next combine the cornmeal, 1 tablespoon salt and 4 tablespoons white pepper. Bread the oysters in the cornmeal mixture, and reserve.

When ready to serve, pan-fry the oysters in duck fat, working in small batches. Hold warm. Stir in the dressing and gently fold in the oysters; place on a serving tray or in a bowl.

Heirloom Carrot and Dried Bing Cherry Salad

JEFFREY COX
SYSCO SEATTLE
SERVES 10

- ¼ cup Arrezzio Imperial olive oil
- 2 lb. purple carrots
- 2 lb. yellow carrots
- 2 lb. orange carrots
- 1 cup vegetable broth
- ½ lb. dried Bing cherries
- ¼ cup chopped garlic
- ½ cup white wine

Heat a large sauté pan over high heat, add oil and pan-sear the carrots, one colour at a time, and turn out into a mixing bowl. Return carrots to the pan and add broth, dried cherries and garlic. Deglaze with wine and remove from heat. Note: This salad can be made to order or prepared in advance.

Oreo Cookie Crepe Cake

CHEF CANDACE HILGER
SYSCO EASTERN MARYLAND
SERVES 12

CREPES

- 64 chocolate cookie halves from 32 Oreo cookies
- 2¼ cups Wholesome Farms milk
- 1½ cups water
- ½ cup Wholesome Farms butter
- 1 tsp. kosher salt
- 6 large Wholesome Farms eggs
- Nonstick cooking spray

FILLING

- ½ cup Wholesome Farms whole milk
- creme filling from 32 cookies
- ½ tsp. Sysco Classic salt
- 1 tsp. Sysco Imperial McCormick vanilla extract
- ½ cup Sysco Classic cornstarch
- 2 large egg yolks
- 2 Tbsp. Wholesome Farms butter, cut into ½-inch pieces
- 1 cup Wholesome Farms heavy cream
- ¼ cup powdered sugar

GARNISH

- White chocolate, shaved into wide ribbons
- Whole Oreo cookies
- Fresh mint sprigs

FOR THE CREPES

Place cookies, milk, water, butter, salt and eggs in blender and purée

until smooth. Heat a 9-inch nonstick crepe pan over medium heat. Lightly coat the pan in nonstick spray and ladle 2 ounces of crepe mix into the pan. (You’ll need to add more spray after about every 5 crepes.) Run the mixture around the base of the pan to fully cover the bottom; do not allow to go up the sides. Let cook until they start to appear dry and pull away, about 90 seconds. Flip each crepe onto a sheet of parchment paper and allow to cool. Continue until crepe batter is finished (you should get about 20 crepes).

FOR THE FILLING

In a saucepan over medium heat, add milk, creme filling, salt and vanilla and bring to a low simmer. In a mixing bowl, combine egg yolks and cornstarch and mix until fully combined. Temper the egg mixture with the warm creme mixture slowly; once eggs are tempered, add the mixture back into the saucepan. Cook until thick enough to coat the back of a wooden spoon, about 2–3 minutes. Remove pan from heat and fold in butter. Allow mixture to cool completely. Whip heavy cream and powdered sugar in a stand mixer until hard peaks form. Fold whipped cream into cooled egg mixture until fully incorporated.

To build the cake, place a cooled crepe on a serving plate, then apply a thin layer of filling on top. Add another crepe and repeat until desired layers are achieved.

TO GARNISH

Top cake with white chocolate ribbons and garnish with Oreos and mint sprigs.

DRIVER PROFILE



Francis Duncan 23 Years Driving for Sysco Vancouver

Q: What do you like most about working for Sysco?

A: This job can be tough, but the people I've worked with at Sysco Vancouver over the years have made it very enjoyable.

What is the most rewarding aspect of your job?

It feels great when my customers and supervisors recognize the extra effort and hard work I put in every day.

Describe how you help customers solve problems.

I always approach customer problems as a challenge. I like taking things that can negatively impact a customer's day or experience and helping to turn them into a positive.

Describe the relationship you have with your customers.

I would describe it as friendly and professional. It always makes me feel great when I come back from vacation and my customers tell me how much they missed me.

Of your Sysco customers, do you have a favourite dish or meal that they make?

There's a great place called The Keg Steakhouse and Bar, which has locations all over British Columbia. My favourite dish is the prime rib dinner.

Tell us something fun, weird or funny that has happened to you while working as a driver.

One time I was making a

delivery to an account that had a reputation for being haunted. It was a key-drop delivery in the dark, and it spooked me pretty good. I remember trying to be tough and not afraid, but by the end, I just wanted to get the heck out of there.

What kind of obstacles do you encounter that affect your job during an average day?

Traffic, weather and the way my skids and loads are built can all be challenging. It takes extra effort to provide the highest service level possible when so many things are outside of your control.

While driving in your truck, what radio station, music,

podcast, etc., are you usually listening to?

I like sports talk radio the most.

If you weren't driving for Sysco, what would you be doing?

I would be flying planes.

Do you have any driver quirks?

Are there certain roads you won't drive on, for example?
Do you have superstitions about driving or certain rituals you practice?

Not sure about quirks, but I have a mentality of getting the job done safely, efficiently and professionally.

Are Canadians good drivers?

Depends on the day of the week and what town you're in.



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¹ Technomic Canadian Sandwich Consumer Trend Report, 2016
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