

FOODIE

AT THE HEART OF FOOD & SERVICE



Sweet Potato,
Beer and Cheese
Bisque + Short
Rib Sandwich
Chef Chris Szymanski,
Sysco Eastern
Wisconsin



FRIED FISH
IN FOCUS
/P. 20

EASY V-DAY
TRUFFLES
/P. 12

THE LATEST
FOODIE
FORECAST
/P. 10

4 WAYS TO
GO GREEN
/P. 25

The *Perfect* Pair

SEVEN SOUPS AND SANDWICHES TO SERVE ALL WINTER



Beef Ribs with Cattlemen's® St Louis Original BBQ Sauce seasoned with NEW La Grille Fiery Habanero and Roasted Garlic seasoning.



EVEN BETTER TOGETHER



The #1 BBQ brand in Canada¹ and the top choice of professional pitmasters for over 50 years have come together to show you how BBQ was meant to be.

For more flavour inspiration, visit ClubHouseforChefs.ca/evenbettertogether

Cattlemen's® St. Louis Original Base BBQ Sauce	8454631
Club House La Grille Fiery Habanero	5290204

¹ Nielsen MarketTrack Latest 52 weeks Period ending Aug 19 2017
*Reg. TM McCormick Canada *Reg. TM The French's Food Company LLC. Used under licence.

Sysco FOODIE

AT THE HEART OF FOOD & SERVICE

Message From the Executive Editor

Dear Valued Sysco Customers,
We hope you had a wonderful holiday season, and we wish each of you a Happy New Year. Here at Sysco Canada, we are very excited about the many innovative new products and initiatives coming in 2019.

As the festivities die down and the cold settles in, restaurant guests are looking for hearty and delicious comfort foods to sustain them through the winter. What could be better than



Dominic Iezzi
Senior Vice President,
Sales and Marketing

a bowl of warming soup paired with a savoury sandwich? We've collected seven soup-and-sandwich combos that work with a variety of menus, day or night (see page 14).

One trend we see continuing in the new year is health and wellness. In this issue, you'll learn about the benefits of nutritional fibre, and how Sysco can help you add more high-fibre ingredients to your menu—including a colourful grain, bean and salmon bowl (page 8). Also, as flexitarianism and vegetarianism become more mainstream, operators need to get creative about recipes that use vegetables at the center of the plate (see page 9).

Are you looking for ways to save money and become more energy efficient? Check out our four tips for going green (page 25), which range from the practical to the somewhat fanciful.

We look forward to another great year as your most trusted partner. We are grateful for the chance to work with you and earn your business every day. If you have questions or comments, contact us at marketing@corp.sysco.ca. We love to hear from our customers!

Dominic Iezzi
Senior Vice President, Sales and Marketing



DEPARTMENTS

2 WORLD OF SYSKO

Discover what makes Sysco's seafood the freshest on the market, get to know one of our premier fish suppliers, see how Baker's Source products can increase your sales across dayparts and learn about a bistro and bakery located on a working farm.

8 CULINARY TRENDS

Understand the full benefits of fibre, veg out with plant-centric plates, stand out on Valentine's Day and get up to date on the latest food trends from coast to coast.

25 OPERATIONS

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Everything you need to bring the vibrant dishes on our pages to life.

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After years of delivering quality foods for Sysco Edmonton, driver Omar Albanna knows how to solve problems for his customers.

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What could be more comforting than a bowl of soup and a savoury sandwich? Discover tempting recipes, from a Pacific-rim pork and kimchi stew to a New England chowder brimming with seafood.

20 The Perfect Fish Fry

Crispy, golden, served with a squeeze of lemon, everyone loves fried fish—from fish and chips to Italy's *fritto misto*. Add these dishes to your menu and watch former seafood sceptics dig in.

For more information on becoming a Sysco customer, please email us at marketing@corp.sysco.ca.
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Fresh Seafood, Every Time

Whether you are serving seared scallops, crisp-fried fish and chips or spicy mahi tacos by the ocean, you need to feel confident that your fish is fresh and flavourful. When you order from Sysco, you know that not only will your seafood taste great, but it is also backed by the most comprehensive quality assurance system in foodservice.

“The key for us is having a full assortment of chilled, frozen and shelf-stable seafood, so you have the right product for the right application,” says Eric Buckner, Senior Director of Seafood at Sysco. This is true whether that means flying seafood in from harvest locations, bringing it

straight from the docks to Sysco facilities for processing or processing it at sea, where the fish is frozen at peak freshness and vacuum-sealed for distribution.

According to Buckner, “Sysco’s renowned quality assurance process ensures that only the best products reach the market.” Some of these controls include detailed specifications, point source inspection, food safety audits and social responsibility audits.

When you order one of the more than 100 varieties of seafood sold through Sysco’s award-winning **Portico Seafood Brand**, you can rest assured that the freshness and quality are always guaranteed.

SUPPLIER PROFILE

IFC Seafood

LOCATION
Montreal, Quebec
CATEGORY
Seafood
KNOWN FOR
Quality shrimp and scallops

Sourcing the very best catch has always been the focus of Montreal-based IFC Seafood. Since 1999, the marketer and importer has brought responsibly sourced, quality seafood products from all over the world—including the icy waters of the North Atlantic and sustainable farms in Asia—to the North American market. For more than three years, they have been an integral partner of Sysco Canada, supplying popular Portico, IFC, Olivia and VIA brand shrimp and scallops.

A Simple Mission

IFC was founded by Carlos Torralbo, who began with the simple mission of supplying retail and foodservice businesses in the Montreal area with a few premium seafood items, namely Icelandic scampi tails

(langoustines) and North Atlantic sea scallops. As positive feedback began to come in and momentum increased (early accounts included Costco), Torralbo grew the business and began selling cod, haddock, sole, shrimp and more. Now with a team of 16 people across Canada, the \$150 million-plus business imports from India, Thailand, Vietnam, Chile, Norway, Ecuador and other countries where fisheries and plants operate thoughtfully and sustainably.

Key Partnerships

According to Senior Vice President of Sales and Marketing Randy Riopelle, who came on board at IFC in 2011, a focused approach to customer relationship building has been key to IFC’s success.

“Trying to be everything to everybody has never been our goal,” Riopelle says. His team channels the majority of its efforts and resources toward a few key clients, including Sysco Canada. “Sysco has been an integral partner for IFC. We have shared goals and objectives, which has led to mutual growth opportunities,” he says. IFC is committed to delivering the objectives and expectations of its focused customer base.



Supplier Sustainability

IFC has also built long-standing relationships with just a few key suppliers per category. “We always travel to the plants, meet the teams and make sure they are meeting the standards we promise to our customers,” Riopelle says. Plant audits, customer specifications and sustainability requirements are aspects of the visits. IFC also works closely with several seafood sustainability groups including Ocean Wise and Seafood Watch.

In the future, says Riopelle, IFC will continue to introduce new products methodically and with care, expanding on their value-added offerings, which include marinated shrimp and scallops and ready-made meals. “Whatever we do, we’ll do our homework first,” Riopelle says.

Ask your Marketing Associate about fresh, high-quality seafood supplied by IFC.



IFC Seafood

“Sysco has been an integral partner for IFC. We have shared goals and objectives, which has led to mutual growth opportunities.”

—Randy Riopelle, Senior Vice President of Sales and Marketing

Baker's[®] Source

BRAND SPOTLIGHT

The smell of freshly baked bread evokes an array of positive emotions: the comfort of family and the happiness of home. It's no wonder baked goods form delicious bookends for so many meals—beginning with crusty rolls and ending with a luscious dessert. With Sysco's **Baker's Source** brand, you can choose from a variety of tempting par-baked, fully baked and ready-to-bake goods to go with every daypart.

Convenience Is Key

Baked goods are the perfect convenience food. No matter what kind of operation you run, these days, customers want to be able to stop in, grab a bite and go. Our specialty baked goods, including scones, muffins and doughnuts, make this especially easy. Our mini and bite-sized baked goods are perfect on-the-run snacks for any time of day. Sandwiches made on our ciabatta or batard breads or our new, on-trend artisan breads can be wrapped and ready to go in minutes.

Make the Most of Morning

The fastest-growing daypart in 2018 was breakfast, and the trend is expected to continue in the year to come. Customers crave croissants, muffins and morning breads of all kinds. But most operations don't have the staff to make breads and baked goods from scratch. That's why Sysco is your go-to for elegantly wrapped **Baker's Source Muffins**, **Chocolate Two-Bite Brownies** and much more. You brew the perfect cup of coffee, and we'll do the rest.

Nutritious and Delicious

Fresh-baked whole-grain breads are some of the healthiest foods on the planet. In fact, a recent study found that moderate consumers of carbohydrates have a lowered risk of mortality. We understand that today's

diners are interested in wellness and wholesome ingredients. That's why, among our 200 products, Baker's Source offers a range of nutritious breads, including whole-grain, barley and wheat berry breads, such as our **Multi-Grain Roll**.

The Sweet Spot

Preparing dessert is a time-consuming specialty. Baker's Source offers options that work for every daypart, from lunch to snack to after-dinner desserts. Try our easy-to-prepare **Fudge Brownie Mix** or frozen **Chocolate Chip Cookie Dough** for casual sweets that can be taken on the go.

Baking from scratch can be labour-intensive and add to your kitchen staffing needs. With muffins and brioches to brighten your morning service and cakes, cookies and pastry to round out the night, there is every reason to make Baker's Source your trusted partner in the kitchen.



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 CFIA 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.



Farmhand Pizza



Strawberry Rhubarb and Blueberry Pie

CUSTOMER PROFILE

Roost Vineyard Bistro & Farm Bakery

North Saanich, British Columbia

It started with a farm on the Saanich Peninsula north of Victoria. Then came the bakery, the market, the winery and the bistro. We talked to **Dallas Bohl**, who owns **Roost Vineyard Bistro & Farm Bakery** with his wife, Sarah, about what's next for the family business.

How would you describe Roost in a few words?

We have a 10-acre farm that my father-in-law, Hamish, bought sight unseen 25 years ago, when all that was here was asparagus, a few buildings and a big barbed wire fence around the compound. Since then, he's planted acres of wheat and grapes, raised sheep and planted fruit trees. We've also planted a chef's garden and built up the winery. We've also split our operations into the vineyard bistro and the farm bakery.

What are some signature dishes that guests must try?

In the bistro, we built our own wood-fire pizza oven. It was outside for years, and then we built the whole restaurant around it. We try to source the pizza ingredients, if not from our farm, then locally. We have a Little Ducky Pizza: It's duck confit and local

pears, plus walnuts from the farm next door. We also have a new pasta program with our own flour, all made in-house, and we pair pasta with our wines. In the bakery, our cinnamon buns have been a staple forever, along with our giant meatloaf and smoked-meat sandwiches.

What is it like running Roost as a family business?

I first met my wife, Sarah, when she gave me a tour of the farm at the grand opening of Roost. She showed me the ostriches and the wheat program. After about a year and a half of chasing her around, we finally started dating, and now we run the business together. It's great working with Hamish, Sarah's father. He's been our winemaker up until this fall, and his interest and energy have driven everything we do. My kids are 7 and 10. The way I envision it, one of them is

going to be front of house, and one of them is going to be back of house.

What items do you typically source from Sysco?

Sysco is great at getting local products. There was a man in the area growing wild mushrooms, which was not done until recently. He didn't have the distribution to be able to do it without Sysco. Sysco has been able to develop relationships with locals, and I think that's been very key for us growing as a business. The sales reps have been very helpful in our growth, too.

How has Sysco been a partner in your growth and success?

Our first Sysco sales rep used to come in every week when he first got on our territory. We were primarily using other suppliers at that point. Just through his

personality and perseverance, we started purchasing drinks and a few things. All of a sudden, Sysco is our primary supplier. Jason [Moldowan] took over as our sales rep, and he has been great with his knowledge and experience working in the front of house of restaurants. As we grow into a restaurant, and not just a bakery, he has been a huge resource for us.

What's in the future for Roost?

We have a world-class winemaker from Oregon who just joined our team. We've got one of the best celebrity chefs in Victoria, Garrett Schack, who just joined us two weeks ago. He is very focused on local ingredients and beverages. As we look ahead, our next step is to take the bistro to the next level, with wine pairings and events that showcase some of these stories we've had on the farm.

Fit Fibre Into Your Menu

As customers seek out healthier choices, there is one nutrient you should consider adding to your menu mix: fibre. With all the detox cleanses, weight-loss schemes and ever-changing requests for fad diet foods, it's easy to lose focus on what really matters. By putting a variety of high-fibre foods on the menu, we are contributing to the kind of well-balanced diet that remains constant through all the varying nutrition trends, and there's a reason why.

Fibre Fosters Health

Unlike other essential food components such as fats and proteins, fibre isn't absorbed by the body; instead, it remains relatively intact as it passes through the digestive system. Foods rich in fibre have been known to help lower "bad" cholesterol levels, which can reduce your risk of heart disease. They're also good for stabilizing blood sugar levels, which can reduce your

risk for Type 2 diabetes. Fibre can also help you achieve and maintain a healthy weight by making you feel fuller. Plus, a high-fibre diet has been linked to improved gut and brain health and decreased brain inflammation.

Serve the Rainbow

"Since fibre-rich foods fill you up more than foods with low fibre content, they can help curb cravings you may have for unhealthy food," says Jason Knapp, Senior Manager of Business Resources at Sysco. Before joining Sysco, Knapp ran a health and wellness restaurant, so he is familiar with the benefits of fibre and the role it plays in your diet. "I like to follow the 'five a day the colourful way' philosophy," he adds, referring to the idea of eating at least five daily servings of

fruits and vegetables. "As a chef, I look for ways to make my food presentable. Nature does that for me by giving us all these fibre-rich foods in a multitude of colours."

Vibrant veggies such as peas, artichokes, broccoli, carrots and Brussels sprouts are all high in fibre, as are fruits like apples, raspberries, bananas and oranges. Lentils, beans and nuts can be added to recipes to raise the fibre content on your menu, along with healthy whole grains like barley, wheat bran, brown rice and oats. For a great nutritious menu idea, check out Chef Knapp's Southwest Grain Bowl With Salmon, made with high-fibre black beans, colourful mixed vegetables and heart-healthy 5 grain blend.

Ask your Marketing Associate about the range of healthy high-fibre products available from Sysco and FreshPoint, such as fruits, vegetables, grains and legumes.

Vegetables, Reimagined

Whether we identify as vegetarian, vegan, flexitarian or omnivore—we all know we should be incorporating more fruits and vegetables into our diets. Customers are becoming more aware of and knowledgeable about health and wellness issues related to eating, and restaurateurs need to be prepared to meet their needs. Plus, plant-based eating and meat alternatives are the fastest-growing food trend in North America right now. Ignore them at your peril.

Central to Your Health

According to recent research, a diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer and lower blood sugar, which keeps your appetite in check.

One way operators can fulfill customers' growing desire for healthier food is to feature more nutrition-packed fruits, vegetables and grains in main dishes, as opposed to relegating them to sides. One way to achieve this is by thinking creatively and substituting proteins with plants.

Options Are Key

As the number of diners requesting meat-free dishes grows, the key is to offer an array of appealing choices and alternatives on the menu. According to Valerie Hoover, Marketing Manager at Sysco and a registered dietitian, "Chefs are beginning to use more beans, lentils, soy and whole grains when making preparations such as tacos, enchiladas or soups," says Hoover. "You can add a sauce or seasonings to spice up the ingredients if needed."

By making creative substitutions, chefs are bringing vegetables off the sidelines and into the centre of the plate. Not long ago, it would have been hard to believe

that cauliflower rice or zucchini spaghetti would be common restaurant menu items, or that we would be eating vegan raw "tuna" and creating seared "scallops" out of turnips, as shown here. When it comes to innovative cooking with vegetables, there's no limit to what your imagination can dream up.

Searred Turnip "Scallops"
With Butternut Sauce;
recipe page 26.

Likelihood of
customers to order
a plant-based dish

49%

—Technomic



Foodie Trendwatch

As an operator, it's crucial to stay on top of the latest culinary trends. We talked with Sysco chefs across Canada and the United States to bring you the latest food forecast, from vegan junk food in Edmonton to tricked-out tater tots in Maine.



1 The Rise of Vegan Junk Food

BEN WIERSMA
CULINARY BUSINESS
REVIEW SPECIALIST
SYSCO EDMONTON

"About a year ago, a vegan cinnamon bun purveyor opened

here. You can also find vegan gelato. And one pub serves nachos with vegan cheese, vegan wings made with cauliflower and a vegan chili cheese dog. We're actually short on the Beyond® products in Canada right now because A&W is selling the Beyond Burger® and it's done so well. Every business review we do now includes some kind of vegan or vegetarian option because that's what our customers are demanding. We give them ideas and options."



2 Plant-Based Proteins in Ethnic Cuisine

CHEF BENJAMIN UDAVE
EXECUTIVE CHEF
SYSCO PACIFIC MARKET

"Chefs are reinventing ethnic cuisines such as Mexican, substituting the proteins with vegetables and fruits such as cauliflower, coconut and jackfruit. Diners today are trying to eat less meat, but they still want the flavours. They don't want just a salad or steamed vegetables. If you take something like jackfruit, you can marinate it and cook it in a chile sauce, and it will pick up the flavour of the chiles. I've seen vegan pozole, vegan ceviche. You can never replace meat, but creative chefs are making the effort."



3 Southeast Asian Flavours

LAURIE WOLFE
CULINARY CONSULTANT
SYSCO WINNIPEG

"Ethnic cuisines—particularly Southeast Asian flavours like Korean, Thai, Vietnamese and Filipino—are really prominent here. Anything that's fermented is hugely popular because of gut health, so kimchi is a big deal. Here at Sysco Winnipeg, we've made a Reuben sandwich with kimchi instead of sauerkraut. We meet with a lot of small establishments, so we show

them how to take a traditional dish like red pepper bisque and give it a twist by adding coconut milk and Thai basil to appeal more to millennials and Gen Z's, who have a more robust palate."



4 Gourmet Food Halls

CHEF OJAN BAGHER
CULINARY CONSULTANT
SYSCO HOUSTON

"Gourmet food halls are booming here in Texas. The old food courts have gone through an evolution. It used to be that you could go to the mall and get a pretzel or quick-service food. These new food courts remind me of the hawker markets in Singapore or Hong Kong, where many different and wonderful independent restaurants share an eating space, and diners can choose among an array of food styles. Here in Houston, you might have menus ranging from artisanal pizza to ramen to an upscale barbecue place that smokes its brisket for 16 hours. It's a one-stop shop for food lovers."



5 Kicked-Up Comfort Foods

JOLENE DANCEY
BUSINESS RESOURCE
CONSULTANT
SYSCO CENTRAL ONTARIO

"People want homey braised dishes and comfort foods like meatloaf on a sandwich. They're making grilled cheese, but it's a kicked-up version with artisan breads and special cheeses. And it's not plain tomato soup; maybe the customer has to pour the soup over condiments in the bowl. People want to know where their food comes from. They don't want a box with a long list of ingredients."



6 Healthier Versions of Southern Classics

CHEF MARCUS MEANS
CULINARY CONSULTANT
SYSCO ATLANTA

"In Atlanta, chefs are using clean-label items, local proteins and doing things like using stocks and bases instead of butter, or baking chicken instead of frying it. You might go into a restaurant and see braised greens on the menu, but instead of using lard they've used stock or soup base. I've seen greens braised in sweet tea. That has a healthy twist to it, but it's still Southern."



7 Unique Takes on Tater Tots

PATRICK BRITTEN
MARKET CHEF NORTHEAST
SYSCO NORTHERN
NEW ENGLAND

"On local menus, I've seen tater tots with sriracha aioli, and [tots] pressed into a waffle press to serve like chicken and waffles. Here at the Sysco OpCo, when we do business reviews, we've fried up Sysco Imperial Potato Tater Barrels with smoked chicken, serrano salsa, Cotija cheese and cilantro crema. We're also doing a poutine with tater tots instead of french fries, using cheese curds from a local cheesemaker. Everyone grew up on tater tots. Plus, they come precooked and frozen, so they're a labour saver for chefs."

FUTURE WATCH

That's Eatertainment!

The National Restaurant Association predicts that by 2020, 70 per cent of all restaurant meals will be eaten off-premise. But just as television didn't mean the end of movies, takeout and delivery will soon settle into a subset of—and not a substitute for—dining out. For

every trend, there is a countertrend. Look no further than the latest culinary wave: eatertainment. What is it? Think of places that combine great food with some kind of experience, whether that means karaoke, film, arcade games or even bowling.

Chocolate Truffles Conquer Valentine's Day

It's no secret that Valentine's Day is one of the busiest days of the year for restaurants across North America. According to the National Restaurant Association (NRA), Valentine's Day is the second-most-popular holiday for dining out in the U.S. and Canada, with Mother's Day taking the top spot. When asked in an NRA poll which factors they considered most when choosing a Valentine's Day dining destination, 42 per cent of patrons said they chose to dine at a favourite restaurant—either their own or their partner's. Twenty-one per cent based their choice on whether or not the restaurant had a romantic atmosphere, while 13

per cent picked a location that offered a special menu or promotion. With so many restaurants competing for business on the big night, what can you do to stand out on Valentine's Day? While traditional Valentine's Day dinner specials certainly can bring the crowds, the holiday presents restaurateurs with the opportunity to curate a distinctive experience for their patrons and think of little ways to make customers feel special. It's all in the details, such as greeting guests with a champagne toast or giving them a small plate or takeaway box of stunning chocolate truffles at the end of the meal.

The truffles shown here are surprisingly quick and easy to make. Use **Baker's Source Fudge Brownie Mix** to bake, roll, dip in melted **Sysco Imperial Chocolate Chips**, and top with your favourite decoration. This sweet treat is the perfect end to a romantic dinner. Looking for another way to sweeten the holiday? Try planning a hands-on activity, like teaching guests how to make romantic-themed cocktails for an extra fee. Do it early before the house gets too busy. You'll engage customers and, more importantly, create vivid memories of your venue for when the next special occasion arises.

* Valentine's Day gets crazy in the kitchen, which makes these time-saving speed-scratch truffles the perfect sweet treat.

* Serve the truffles as an add-on dessert or box them up with a ribbon and offer them as a gift when guests leave.

* Make these truffles your own by adding toppings such as crushed peppermint or dragées.

* Chocolate Brownie Truffles; recipe page 26.

Soup + Sandwich

The Ultimate Comfort Combo

On a cold day, a bowl of soup warms us from the inside out. Thick chowders rich with seafood, silky bisques with tomato or lobster, a savoury pho or ramen—soup is the ultimate in comfort food. Although they can be light or hearty, soups are always satisfying, especially when paired with a favourite sandwich. Classic couplings like grilled cheese with tomato soup call out for modern reinventions, such as this grilled pimento and cheese sandwich with tasso ham (right), partnered with a gumbo-style chicken and vegetable soup (left).



GUMBO-STYLE CHICKEN
AND VEGETABLE SOUP +
GRILLED TASSO AND
PIMENTO CHEESE SANDWICH

Chef Bryan Hudson,
Sysco Raleigh

TOPPED UP

69% of customers are more willing to purchase soup that's topped with high-quality garnishes.

—Technomic

THAI-STYLE TOMATO BISQUE + WONTON CHEESE STICKS AND SHRIMP TEMPURA

Chef Peter Ecker,
Sysco Winnipeg

FREE-RANGE CHICKEN AND WILD RICE SOUP + WINTER BLT WITH TOMATO-BACON JAM

Chef Nate Luce,
Sysco Minnesota

THE PERFECT DATE

When we asked seven Sysco chefs from the U.S. and Canada for their own original soup-and-sandwich pairings, they drew upon their backgrounds and regional cuisines, as well as their own ingenuity. Chef Nate Luce, in the heartland of Minnesota, created a silky chicken and wild rice soup with an updated BLT made with Tomato-Bacon Jam and Brussels sprout leaves (left-hand page). Chef Peter Ecker of Sysco Winnipeg created a Thai-style tomato and coconut bisque (left-hand page) with crispy cheese-stuffed wontons, topped with tempura shrimp for added Asian flair.

SEAFOOD IN THE MIX

Soup is a winning dish in the hands of a capable chef for many reasons. For one, it is an easy way for operators to introduce more seafood onto the menu. Diners who might not normally eat fish will order a clam chowder or seafood stew. Many customers would like to add more seafood to their diet, and soup makes it accessible.

But don't hide that delicious fish, says Andrew Rivera-Myers, Culinary Consultant at Sysco Northern New England. He uses "big chunks of fish, so not only can you see the seafood, you can also taste it," he says of his New England Seafood Chowder

(below). "I only lightly thicken my chowder, and I like to go bold. I use a heavily smoked bacon, which imparts a really nice flavour to the broth." He also uses a fair amount of freshly ground black pepper and other spices to enhance the natural taste of the fish and add a little heat in the colder months.

To go with the chowder, Rivera-Myers has created a classic Lobster Roll, freshened up with a bit of basil mayonnaise (below). The sandwich is made with chunks of lobster meat mixed with basil pesto on a **Baker's Source Split-Top Hot Dog Bun**, and accented with fresh celery leaves.

NEW ENGLAND SEAFOOD CHOWDER + LOBSTER ROLLS WITH BASIL MAYONNAISE

Chef Andrew Rivera-Myers,
Sysco Northern New England

Find recipes for
these dishes and more
on pages 27-30

EARTHY AND SPICY

“The Midwest is known for cooking that’s simple but also satisfying and filling,” says Chris Szymanski, Culinary Specialist at Sysco East Wisconsin, who created a Sweet Potato, Beer & Cheese Bisque and Short Rib Sandwich With Red Wine Pickles (this page). “The farmers and blue-collar workers of this area appreciate a rich, hot soup or stew after a long day.”

Soup is also a great vehicle for showcasing trending ethnic flavours such as Korean kimchi in Chef John Williams’ Pork and Kimchi Stew (right-hand page) or fresh chiles and other Latin ingredients in Chef Jennifer Kimberly’s brightly coloured Chicken Tortilla Soup (right-hand page).

IN THE SOUP

Chefs love soups for their versatility. You can cook them from scratch, from stock to garnish, or start with a **Sysco Classic Soup Base** in **chicken, beef or vegetable** to speed things along. Soups are a way to let colourful vegetables shine: think vibrant butternut squash and bright peas. But they are also an efficient way to use up “ugly” or unused vegetable scraps, saving money and avoiding food waste.

When making a rustic stew, you might leave the vegetables roughly chopped. When going for something more refined, you can use a chinoise or an immersion blender to get a smooth, silky consistency. If you prefer to keep things light and

healthy, lean on olive oil, with vegetables or chicken for your stock. If instead you’d prefer to serve something with full-bodied flavour, add butter or a ham hock at the base when sautéing the mirepoix. At the end, finish with **Wholesome Farms Butter or Cream**, or shave **Arrezzio Parmesan Cheese** on top for added richness. Top with a high-quality garnish such as a sprinkling of fresh herbs and homemade croutons and you’ve got a delicious meal that always has a place at the table.

SOUP IT UP!

GET CREATIVE

Think up clever names and menu descriptions for your soups.

PROVIDE OPTIONS

Give customers a choice of both cups and bowls to suit all appetites.

PREDICT THE WEATHER

Offer a soup-and-sandwich special when the temperature drops.

EDUCATE YOUR CUSTOMERS

Boast about health benefits of soup ingredients like organic and non-GMO on your menu.

SWEET POTATO, BEER &
CHEESE BISQUE + SHORT RIB
SANDWICH WITH RED
WINE PICKLES

Chef Chris Szymanski,
Sysco Eastern Wisconsin

CHICKEN TORTILLA
SOUP + BUTTERMILK NAAN
QUESADILLAS WITH
GREEN CHILE QUESO

Chef Jennifer Kimberly,
Sysco West Texas

PORK AND KIMCHI STEW +
KOREAN STREET TOAST

Chef John Williams,
Sysco Sacramento &
Chef Benjamin Udave,
Sysco Los Angeles

Find recipes for
these dishes and more
on pages 27-30

Crispy, golden brown, still warm
in the centre. Dipped in sauce or doused with
a squeeze of lemon. There you have:

The Perfect Fish Fry



~
Salmon Fish & Chips With
Carrot Apple Cherry
Slaw; recipe page 30

Perhaps the best way to enjoy fried fish is by the ocean, where you can smell a salty breeze and watch the day's catch being hauled ashore. But the lack of a sea view doesn't stop landlocked consumers from ordering plenty of seafood. In fact, the lean, healthy protein and omega-3-packed nutrition of fish and shellfish have never been more in demand, whether you're on the docks of Vancouver or in downtown Winnipeg. This is especially true of irresistible fried fish. Whether it's breaded or lightly battered, everyone loves crispy, golden-brown seafood, especially when it is sprinkled with salt and pepper and paired with a tangy sauce.



65% of consumers
eat seafood at least
every 90 days.
—Technomic

FIVE SAUCES TO FINISH YOUR FISH FRY



1. TURMERIC AIOLI
The right accent
for any fried fish or
seafood.



**2. TAMARIND
CHILE DIPPING
SAUCE**
Works well with
fried shrimp or
calamari.



**3. AJI AMARILLO
DIPPING SAUCE**
Chile paste spices
up this sauce.



**4. GOCHUJANG
MAYO**
Heat up your fish
and chips with this
Korean chile paste.



**5. RED CURRY
SHRIMP SAUCE**
A Southeast
Asian update on
a classic sauce.



Recipes for the sauces can
be found on page 31.



Seafood sales increased more than 3% in 2017.
—Nielsen

Fritto Misto
With Turmeric Aioli;
recipe page 31

IN THE PAST FIVE YEARS, 44 per cent of American and British consumers have added more seafood to their diets, according to Cargill's Feed4Thought Survey, with shrimp, salmon and tuna at the top of the list. There will always be die-hard seafood fans—those who love to pick apart crabs' legs piece by painstaking piece, or slurp down oysters on the half shell with no chaser. But even patrons who are normally squeamish about our sea-dwelling friends still appreciate the most accessible of seafoods: good old-fashioned fish and chips, whether wrapped in newspaper or served on bone china. Though it is usually made with cod, any firm white fish works well. You can also get creative and follow Sysco chef Greg Meeker's lead by using salmon instead (previous page) for fantastic results. Or take the dish upscale by using flavourful halibut when it's in season, typically from mid-March through early November.

Fried fish of any kind, as well as fried shrimp, fried calamari or fried anything, pairs perfectly with Sysco dips and sauces. Use them as is or customize to suit your tastes by adding fresh chopped herbs such

BREADING vs. BATTERING

Chef Greg Meeker of Sysco Seattle

"Breading fish comes out more consistently in the end, but it requires a three-step process. First dip the fish fillet in flour, then egg and finally in the breadcrumbs. Flour basically acts as the food glue, the egg activates the glue and aids browning and the breadcrumbs stick to all that. Don't forget to add salt and pepper.

Battering is the easiest way to prepare fish but the hardest to execute. If the batter's too thick, too thin, if it doesn't have enough effervescence, and if the batter is not chilled correctly, it tends to blast off the fish. It will blow up."

For Chef Meeker's batter recipe, which won't blast off your fish when you cook it, see page 30.

as parsley and dill or spices like turmeric or paprika. Adding a spice paste like Korean gochujang to mayonnaise is also an easy way to make your own sauce. Squeeze a lime or lemon, add salt and you're there.

Italy, which is surrounded by ocean on three sides, has its own version of fried fish—the *fritto misto* (left-hand page). Literally translated as "fried mix," it is a delicious combination of seafood and vegetables coated in a light tempura-like batter and fried, then served with a simple sauce or just a lemon wedge. You can use octopus, calamari, small fish like fresh sardines and chunks of bigger white fish, and vegetables

such as sliced eggplant, sliced zucchini or whatever you have on hand. The key is the light coating and right frying oil. The ingredients should shine through and not taste greasy or loaded down with a heavy breading or batter. Top the dish off with chile flakes and a little sea salt and serve.

If you've been hesitant to add more seafood to your menu, take heart. Proximity to a coast or lake is not a requirement, as Sysco distributes its high-quality, exquisite **Portico Seafood** all over the country. And a plate of ever-popular fish and chips or crisp and satisfying fritto misto is a great way to start.



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4 Smart Tips for Going Green

For a foodservice operation, becoming more environmentally sustainable and energy efficient doesn't just feel good—it's also important for the bottom line.

"What you can't afford is to not go green in some big or small way," says Michael Oshman, CEO and founder of the Green Restaurant Association, which works with restaurants in both the United States and Canada. "And you can start by stopping: Stop buying plastic straws, stop using paper coverings or washable linens to dress your tables," he says. You can also start crunching the numbers on some of the top cost-saving trends to see what makes the most sense for you and your restaurant. Here are four resource-saving suggestions.

1. Install low-flow prerinse spray nozzles

Swapping out the valve on the prerinse nozzle at your dish station saves water, energy and money. Conventional spray valves consume up to one-third of the water in a commercial kitchen; studies show replacing just one fixture can save between \$115 and \$165 per year in energy and water costs.

You can save between \$1,400 and \$1,800 per valve over five years in water and energy, according to a prerinse spray valve study conducted by the city of Calgary, Alberta.

2. Use LED lighting

Restaurant lighting is pricey, accounting for 10 to 25 per cent of an operation's energy costs. LED lighting is about 90 per cent more efficient, says Peter Stabins, Senior Vice President for Canada Energy. Restaurants that make the switch, such as the Tin Cup Sports Grill in Oakville, Ontario are saving more than precious energy; they're also saving money.

The Tin Cup Sports Grill replaced 79 lights in its 3,000-square-foot restaurant,



including everything from the outdoor signage to the washrooms, for a savings of \$1,500 per year.

3. Install electric-car-charging stations

Electric vehicle sales have grown 214 per cent since 2017, according to FleetCarma, a group that hopes to speed the transition to electric cars. For example, 14,626 new plug-in electric vehicles rolled through Tim Hortons' drive-throughs between April and June of 2018. The previous year, only 4,659 e-cars drove through.

"It's the same principle as Wi-Fi," says Brian Millar, Communications Advisor for Plug'n Drive, a nonprofit that promotes e-cars in Toronto. "I've stopped specifically at certain locations because they have charging. I know my car will be charging for 30 minutes, so I end up buying lunch."

Costs vary between \$5,000 and \$15,000, depending on how much electrical work is required and the number of stations you want to add.

4. Plant a living wall

Imagine a fresh green garden growing on your restaurant's dining room wall, and being able to clip fresh herbs to accent the dishes coming out of your kitchen. Studies show vertical gardens can produce oxygen-rich air and even cut air conditioning costs in the summer. Plus, you might just save money on herbs and lettuces.

The average cost of installing a living wall system, complete with edible plants, is \$195 to \$265 per square foot, according to Architek, a Vancouver-based living architecture technologies company that is dedicated to creating more sustainable building practices.



Southwest Grain Bowl With Salmon

CHEF JASON KNAPP
SYSCO CORPORATE
SERVES 2

CHARRED LIME CREMA

- 3 limes
- ½ cup crema Mexicana
- ¼ tsp. Sysco Classic kosher salt

ROASTED BUTTERNUT SQUASH

- 8 oz. butternut squash, cut into ½-inch dice
- 3 Tbsp. Arrezzio Imperial olive oil blend
- Salt and freshly ground black pepper to taste

BOWL

- 1 cup 5 Grain Blend
- 1 Tbsp. plus 2 tsp. Arrezzio Imperial olive oil blend
- 3 Tbsp. yellow onion, diced
- ½ cup roasted red bell pepper, diced
- 1 Tbsp. minced garlic
- 1 Tbsp. plus 2 tsp. Sysco Classic kosher salt
- 2 tsp. plus ½ tsp. Sysco Imperial ground pepper
- 1½ cups roasted corn and poblano chiles
- 1½ cups black beans, drained and rinsed

SALMON

- 2 6-oz. salmon fillets
- 1 tsp. turmeric
- 1 tsp. Cajun seasoning
- 2 Tbsp. Arrezzio Imperial olive oil blend

GARNISH

- ½ cup fresh radishes, shaved
- 1 cup cooked beets, cut into ½-inch dice
- 1 cup golden beets, wedged
- ½ cup fennel, shaved
- ½ cup carrots, thinly sliced
- Daikon sprouts for garnish

FOR THE CHARRED LIME CREMA

Heat grill to high heat. Zest the limes and reserve the zest. Cut the limes in half and grill, cut side down, until they have a deep char. Remove from heat; cool for 5 minutes. In a small bowl, juice the limes into the crema Mexicana, add the zest and kosher salt, and mix until combined. Chill until ready to serve.

FOR THE BUTTERNUT SQUASH

In a bowl, toss the butternut squash, oil, and salt and pepper. Place on sheet pan and roast at 350 degrees until tender, about 35 minutes, tossing the squash about halfway through cooking.

FOR THE BOWL

Blanch the five-grain blend and drain; hold warm. Heat two sauté pans over medium-high heat. In one pan, heat 1 tablespoon of oil. Add the onion, roasted red pepper and garlic. Sauté until the onion softens, tossing occasionally to not burn garlic. Add 1 tablespoon of the salt and 2 teaspoons of the pepper, combine and keep warm.

In the other sauté pan, heat the remaining 2 teaspoons oil. Add the corn blend and beans and sauté until hot. Add remaining salt and pepper, combine and keep warm.

FOR THE SALMON

Season salmon fillets with the turmeric and Cajun seasoning. Heat 2 tablespoons of oil in a sauté pan over medium-high heat. Place salmon fillets in pan. Reduce heat to medium. Once the salmon is golden brown, turn the filets over and cook until desired doneness, about 4 minutes on each side.

TO GARNISH

In two wide-rimmed bowls, place portions of the sautéed 5 Grain Blend, black beans and corn-poblano blend. Lay a salmon fillet across the top. Garnish each bowl with ¼ cup each of radish,

fennel and carrots, and ½ cup of beets and roasted butternut squash. Finish with the daikon sprouts, charred lime crema and lime wedge.



Seared Turnip “Scallops” With Butternut Sauce

CHEF NEIL JOHNSON
SYSCO MONTANA
SERVES 1

BUTTERNUT SAUCE

- 1 cup vegetable stock
- 1 cup butternut squash, cut into ¼-inch dice
- ½ tsp. minced fresh ginger
- ¼ tsp. turmeric
- 2 Tbsp. extra virgin olive oil
- Salt and freshly ground pepper to taste

TURMERIC OIL

- 2 Tbsp. vegetable oil
- ¼ tsp. turmeric
- ¼ tsp. Sysco Imperial Cajun seasoning

SEARED TURNIP “SCALLOPS”

- 3 turnips, peeled
- Sysco Classic kosher salt
- 2 Tbsp. Arrezzio Imperial olive oil blend
- ½ cup 5 Grain Blend
- Fennel, shaved
- Brussel sprout leaves
- Carrots, cooked and julienned
- 1 golden beet, cooked and thinly sliced
- 2 red beets, cooked and thinly sliced
- 1 oz. pistachios, toasted
- Fresh basil leaves for garnish

FOR THE BUTTERNUT SAUCE

In a small saucepan, bring vegetable stock to a low boil. Add butternut squash, ginger and turmeric and simmer until the squash is tender, about 20

minutes. Drain and purée squash in a blender with the olive oil until silky smooth; adjust seasoning with salt and pepper.

FOR THE TURMERIC OIL

In a bowl, whisk together the vegetable oil, turmeric and Cajun seasoning; set aside.

FOR THE TURNIP “SCALLOPS”

Bring a pot of salted water to a boil. Add turnips and cook until fork-tender, 30 to 35 minutes. Remove and set aside until cool. Using a ring mould, cut the turnips to the size of a U/12 scallop. Heat the oil in a sauté pan over medium heat; add turnips and sauté, brushing with the turmeric oil, until slightly seared. Cook the 5 Grain Blend according to the instructions on the bag.

Heat the oil in a pan over medium heat and sauté the vegetables, cooking the fennel, Brussel sprout leaves and carrots first, followed separately by the golden beets and finally the red beets, so as not to stain the other vegetables.

Plate the turnips with the 5 Grain Blend and sautéed vegetables next to the turnip scallops on top of the butternut ginger sauce. Garnish with toasted pistachios and basil and serve.



Chocolate Brownie Truffles

CHEF NEIL DOHERTY
SYSCO CORPORATE
MAKES 8 DOZEN

- 6 lb. Fudge Brownie Mix
- 20 oz. water
- 1 cup Sysco Imperial Chocolate Chips, melted
- Rock sugar to garnish
- Dehydrated strawberries to garnish

In the bowl of a mixer, combine the brownie mix and water.

Using a paddle, mix on low for 30 seconds. Scrape down bowl and paddle, and mix on low for 30 seconds longer. Pour the batter into greased sheet pans. Bake at 350 degrees for 25 to 20 minutes.

Let the brownies cool. Scoop 1 ounce of brownie and roll into balls. Place in a cooler for 15 minutes to firm.

Melt the chocolate chips in microwave until smooth. Using a fork, dip brownie balls into melted chocolate and set on a parchment-lined sheet pan.

To garnish, sprinkle with rock sugar or dehydrated berries. Place in cooler for 15 minutes to firm up.



Thai-Style Tomato Bisque With Wonton Cheese Sticks

CHEF PETER ECKER
SYSCO WINNIPEG
SERVES 8

WONTON CHEESE STICKS

- 2 Tbsp. all-purpose flour
- 8 wonton wrappers
- 4 oz. paneer (Indian cheese), cut into 8 long pieces

TOMATO BISQUE

- 3 oz. plus 2 oz. Arrezzio Imperial olive oil blend
- 1 Tbsp. chopped lemon grass (use food processor)
- 1 Tbsp. chopped Thai basil
- 1 qt. Walters Caesar mix
- 1 qt. Sysco Imperial tomato sauce
- 1 can Jade Mountain coconut milk
- 2 makrut lime leaves
- 1 lb. Portico shrimp (31-40), thawed, peeled and deveined

- 1 lb. walleye (whitefish fillet) cut into ½-inch pieces
- 1 English cucumber, peeled and shaved into ribbons
- Sea salt to taste
- 2 oz. rice wine vinegar
- 8 chile peppers
- 16 pieces Jade Mountain shrimp tempura, reserved for garnish

FOR THE WONTON CHEESE STICKS

In a bowl, combine flour with 1 tablespoon of water. Lay out wonton wrappers and brush with flour-water mix. Place cheese inside each wonton, roll into a cigar shape and set aside for 2 minutes; deep-fry for 2 minutes until wontons are golden brown. Remove to a pan lined with paper towels.

FOR THE TOMATO BISQUE

In a stockpot, heat 3 ounces of oil over low heat. Add the lemon grass and Thai basil and sauté for 3 minutes until aromatic. Add the Walters Caesar mix, tomato sauce, coconut milk and lime leaves, raise the heat to medium and simmer for 30 to 40 minutes. Heat remaining oil in a pan over medium-low heat and cook the shrimp and fish for 4 to 5 minutes until tender.

In a bowl, mix the cucumber ribbons with the sea salt, rice wine vinegar and chile peppers and marinate for 10 minutes.

To assemble the bisque, place the cooked fish and shrimp in the bottom of each bowl, place the marinated cucumber ribbons on top and ladle the coconut milk mixture over. Garnish with lime, Thai basil and tempura shrimp. Serve with fried wonton cheese sticks.



Pork and Kimchi Stew

CHEF JOHN WILLIAMS
SYSCO SACRAMENTO
SERVES 4

- 1 Tbsp. vegetable oil
- 10 oz. sous vide pork belly, cut into 2-by-¼-inch slices
- 2 cups kimchi, coarsely chopped, plus ¼ cup kimchi liquid
- ½ tsp. soy sauce
- 3 Tbsp. gochujang
- 1 tsp. granulated sugar
- Pinch Sysco Classic kosher salt
- 14 oz. firm tofu, drained, cut in half and then into ½-inch slices
- Daikon sprouts, for garnish

In a heavy-bottomed saucepan, heat the oil over medium heat. Add the pork belly and sear on both sides to render some of the fat, about 2.5 minutes per side. Raise heat to high and add the kimchi, kimchi liquid, soy sauce, gochujang, sugar and salt. Stir to combine and add 4 cups water. Bring to a boil, reduce to a simmer and let cook for 15 minutes. Add the tofu and cook 3 minutes longer. Add the sprouts and serve.



Korean Street Toast

CHEF BENJAMIN UDAVE
SYSCO LOS ANGELES
SERVES 1

- 2 Wholesome Farms eggs, beaten
- ½ cup shredded cabbage and carrot mix
- Salt and freshly ground black pepper to taste

- 1 tsp. canola oil
- 1 Tbsp. Wholesome Farms butter
- 2 slices white bread
- 1 slice American cheese
- 1 slice Block and Barrel ham
- 1 tsp. sugar
- 1 oz. House Recipe ketchup
- Additional cabbage for garnish

In a medium bowl, combine the beaten egg and cabbage-carrot mix. Season to taste with salt and pepper. Heat the oil in a saucepan over medium-high. Place the cabbage mixture in the pan, making a square shape to match the bread. In a separate pan over medium heat, melt the butter. Add the bread and toast on both sides. To assemble, place the cooked cabbage mixture on the first slice of bread; top with the cheese, followed by the ham. Sprinkle with sugar and finish with a drizzle of ketchup. Garnish with crisp cabbage for added crunch.



New England Seafood Chowder

CHEF ANDREW RIVERA-MYERS
SYSCO NORTHERN
NEW ENGLAND
SERVES 18

- ½ lb. Wholesome Farms butter
- 1 lb. Sysco Classic bacon, cut into ½-inch strips
- 4 cups diced onion
- 2 cups diced celery
- ½ cup minced garlic
- 1 tsp. crushed red pepper flakes
- ½ cup all-purpose flour
- 2 cups white wine
- 1 can clam juice
- 1 can chopped ocean clams, with juice
- 1 qt. Wholesome Farms whole milk
- 1 qt. Wholesome Farms heavy cream

- 1½ Tbsp. Sysco Classic kosher salt
- 1 Tbsp. freshly ground black pepper
- 4 cups peeled and diced Sysco Imperial Russet potatoes
- 1½ lb. Portico 26/30 shrimp, tails removed
- 1½ lb. Fresh Portico haddock, cut into 1-inch chunks
- 1½ lb. Portico 10/20 scallops, halved
- 54 fresh littleneck clams
- 6 Tbsp. chopped parsley
- 6 Tbsp. minced chives
- Mixed microgreens for garnish

Heat the butter in a heavy-bottomed stockpot over medium heat. Add the bacon and cook until the fat renders, about 10 minutes. Add the onion and celery and allow to cook until translucent but not browned. Add the garlic and red pepper flakes and allow to lightly toast. Add the flour and stir constantly; the mixture will get a little thick. Continue stirring and cook until the flour is light brown, approximately 3 minutes longer. Deglaze with the white wine, stirring, for about 4 minutes, just enough for the alcohol to cook out. Add the clam juice, chopped clams with their juice, milk, heavy cream, salt and pepper. Stir vigorously to remove clumps.

Add the potatoes and bring to a rapid boil; then lower the heat and simmer until the potatoes are tender, about 30 minutes. Remove the pot from the heat, add the shrimp, haddock and scallops, and stir gently to lightly cook the seafood, about 5 minutes.

To serve, place a large sauté pan over high heat and add 3 of the littleneck clams. Next add 12 ounces of the chowder. Cover the pan, lower the heat to medium and allow the chowder to cook

gently, just until the clams open. Transfer to a bowl, making sure to get the seafood pieces on top. Garnish with parsley, chives and microgreens.



Lobster Rolls With Basil Mayonnaise

CHEF ANDREW RIVERA-MYERS
SYSCO NORTHERN
NEW ENGLAND
SERVES 8

- 2 lb. fresh lobster meat
- ½ cup Sysco Imperial mayonnaise
- ¼ cup basil pesto
- Salt and freshly ground black pepper
- 16 Baker's Source hot dog buns
- Celery leaves for garnish

Tear the lobster into bite-sized pieces, leaving some big pieces of claw intact. In a large bowl, combine the mayonnaise and basil pesto with the lobster meat and gently mix. Season to taste with salt and pepper.

To serve, put 2 ounces of the lobster mixture on each bun, then top with celery leaves.



Free-Range Chicken and Wild Rice Soup

CHEF NATE LUCE
SYSCO MINNESOTA
SERVES 8

- 1 whole organic, free-range chicken
- Sysco Classic kosher salt
- 2 cups cooked wild rice
- 2 Tbsp. Wholesome Farms unsalted butter
- 2 leeks, light-green and white parts only, diced
- 1 cup diced carrots
- 1 cup diced celery
- 2 Tbsp. Sysco Imperial chicken base
- 10 sprigs flat-leaf parsley, plus more (minced) for garnish
- 3 sprigs fresh thyme
- 1 bay leaf
- ½ cup Wholesome Farms heavy cream

First, dry-brine the chicken by placing it in a sheet pan and coating it all over with kosher salt. Place it in a cooler, uncovered, for at least 12 hours.

Roast the chicken at 375 degrees for 35 minutes or until the internal temp reaches 165 degrees. Remove the skin and finely dice the meat; reserve in the cooler. Cook the wild rice according to package directions, cool and set aside.

In a 6-quart pot, heat the butter and add the leeks, carrots and celery. Sauté the vegetables until slightly softened. Add 6 cups of cold water along with the chicken base, parsley, thyme and bay leaf and let simmer for 20 minutes. Add the diced chicken and wild rice and continue to simmer for 10 minutes longer. Add the cream and simmer for another 5 minutes. Ladle the soup into bowls and garnish with parsley.



Winter BLT With Tomato-Bacon Jam

CHEF NATE LUCE
SYSCO MINNESOTA
SERVES 1

- TOMATO-BACON JAM**
- 1 qt. Slow Roasted Tomato Wedges
 - 4 slices Sysco Classic bacon
 - 2 onions, chopped
 - ½ cup sugar
 - ¼ cup light brown sugar
 - 2 Tbsp. apple cider vinegar
 - 1 tsp. Sysco Classic kosher salt

- WINTER BLT**
- 1 Tbsp. Wholesome Farms butter
 - 2 slices Texas toast
 - 4 oz. sous vide pork belly
 - Brussels sprout leaves

FOR THE TOMATO-BACON JAM
Drain oil from the tomatoes (save for other uses) and process tomatoes in a blender or food processor until they reach a paste-like consistency. In a large stainless steel pan over medium heat, cook the bacon until the fat renders. Dice and set aside. Add onions to the pan and cook until caramelized. Add the processed tomatoes, sugar, brown sugar, vinegar and salt. Bring the mixture to a boil, then lower heat and simmer, stirring occasionally, until the processed tomatoes have further broken down and you get a jam-like consistency, about 20 minutes. Add diced bacon and cook for 5 minutes longer. Let cool. Store in a cooler for up to 7 days. (Yields about 5 cups of jam.)

FOR THE WINTER BLT
Spread butter on both sides of the Texas toast and toast on a pan or flattop grill. Sear the pork belly until golden brown on each side. Place the Brussels sprout leaves in the fat from the pork belly and cook until crisp. To assemble the sandwich, spread Tomato-Bacon Jam on one slice of the toast, arrange the Brussels sprout leaves and top with the pork belly and the other slice of toast.



Chicken Tortilla Soup

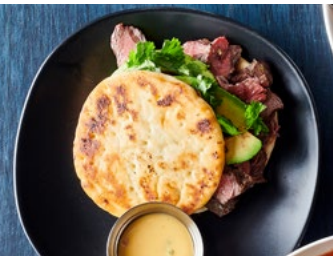
CHEF JENNIFER KIMBERLY
SYSCO WEST TEXAS
SERVES 20

- ⅓ cup Arrezzio Imperial olive oil blend
- 1 cup diced onion
- 2 Tbsp chopped garlic
- 1 cup diced carrot
- 1 cup diced celery
- ¼ cup finely diced jalapeno chile, seeds removed
- ¼ tsp. oregano
- ¼ tsp. ground cumin
- 1 cup frozen-and-thawed green chiles, chopped
- 2 cups canned plum tomatoes, hand-crushed
- 4 Tbsp. Sysco Imperial chicken base
- 1 Tbsp. Minor's adobo concentrate
- 3 corn tortillas, fried
- 1 cup chopped fresh cilantro
- Salt and black pepper to taste

- TO SERVE**
- 4 Sysco Classic chicken breast halves, cooked and shredded
 - Casa Solana Cotija cheese
 - Casa Solana corn tortillas, julienned and fried
 - Avocado, peeled and sliced
 - Jalapeno chiles, finely sliced
 - Fresh lime, cut into wedges

In a large stockpot over medium heat, warm the oil. Add the onion, garlic, carrot, celery and jalapeno and sauté until the onions are translucent. Add the oregano, cumin, green chiles, plum tomatoes, chicken base and adobo concentrate, then briefly sauté and stir all ingredients together to dissolve the base. Add 2 quarts water and bring to a boil; reduce and simmer until the flavours have melded, 20 to 25 minutes. Fry the corn tortillas in a deep fryer; remove and let cool slightly. Crumble the tortillas by hand and fold into the soup as a thickener. Fold in the cilantro, and season with salt and pepper.

To serve, place 2 ounces of shredded chicken in each bowl; ladle 8 ounces of soup into each bowl and top with the Cotija cheese, corn tortilla strips, avocado slices and jalapeno. Serve with a lime wedge on the side.



Buttermilk Naan Quesadillas With Green Chile Queso

CHEF JENNIFER KIMBERLY
SYSCO WEST TEXAS
SERVES 1

- GREEN CHILE QUESO**
- 5 lb. Queso Seguro
 - 1 qt. Wholesome Farms heavy cream
 - 2 cups fresh or frozen-and-thawed green chiles, chopped

- BUTTERMILK NAAN QUESADILLAS**
- 4 oz. beef sirloin flap, seasoned and grilled
 - ¼ tsp. Sysco Imperial Montreal steak seasoning
 - 2 buttermilk naan
 - 2 oz. Casa Solana refried beans
 - 2 oz. avocado, sliced

FOR THE GREEN CHILE QUESO
In a heavy saucepot over medium-low heat, warm the Queso Seguro, heavy cream and green chiles. Stir until the cheese melts. Set aside warm. (Yields 1 gallon.)

FOR THE NAAN QUESADILLAS
Season beef with granulated garlic and Montreal steak seasoning and grill over medium-high heat to desired doneness, or until internal temperature reaches 135 degrees. Slice the beef against the grain and set aside. Heat the naan on the grill. Warm up the refried beans and spread on each naan. Top the bottom naan with sliced beef, avocado and green chile queso, and top with additional naan to form a quesadilla-style sandwich.



Gumbo-Style Chicken and Vegetable Soup

CHEF BRYAN HUDSON
SYSCO RALEIGH
SERVES 8

- ½ lb. Andouille sausage, cut into ¼-inch slices
- 1 cup 5 Grain Blend
- ½ lb. okra, halved
- 2 corn cobbettes, sliced into ½-inch rounds
- 1 leek, cut into ¼-inch slices
- ¼ cup Arrezzio Imperial olive oil blend
- ½ cup celery root, cut into ¼-inch dice
- ½ cup rutabaga, cut into ¼-inch dice
- ½ cup turnip, cut into ¼-inch dice
- 1 Tbsp. chopped garlic

- 2 bay leaves
- 1 cup Burgundy cooking wine
- 2 cups Minor's reduced chicken stock
- 1 cup whole stewed tomatoes, crushed by hand
- ½ lb. Sysco Classic chicken breast, pulled apart
- ½ cup sweet potato, finely diced
- 1 Tbsp. fresh thyme
- ¼ tsp. cayenne pepper
- 2 Tbsp. Mike's Hot Honey (optional)
- Salt and freshly ground pepper to taste

In a large stockpot over medium heat, cook and render the sausage. Toss the 5 Grain Blend, half the okra, corn and leek in olive oil, and roast at 375 degrees until browned, about 10 minutes. Add celery root, rutabaga, turnip, garlic and bay leaves, and sweat until vegetables are translucent. Deglaze stockpot with Burgundy wine and reduce by half. Add chicken stock, 4 cups water, roasted vegetables and remaining ingredients to the stockpot. Let the soup come to a low simmer until vegetables are cooked through, 8 to 10 minutes. Garnish with roasted corn slices and remaining okra and serve.



Grilled Tasso and Pimento Cheese Sandwich

CHEF BRYAN HUDSON
SYSCO RALEIGH
SERVES 4

- 1 cup pimento cheese
- 1 cup tasso ham, minced
- 8 slices Texas toast
- 4 thin slices fontina cheese
- ¼ cup clarified butter

In a mixing bowl, fold together pimento cheese and tasso ham. Divide the mixture among 4 slices of bread. Lay one slice of fontina on each sandwich. Lay the remaining bread on top. Heat the clarified butter on a griddle or pan over medium heat. Toast the sandwiches on both sides until the bread is golden brown and the cheese is melty. Alternatively, brush a bit of butter on the top and bottom of each sandwich and toast in an oven at 400 degrees for 6 to 8 minutes.



Sweet Potato, Beer and Cheese Bisque

CHEF CHRIS SZYMANSKI
SYSCO EASTERN WISCONSIN
SERVES 64

- 1 lb. Wholesome Farms butter
- 1 lb. onion, finely diced
- 8 oz. carrot, finely diced
- 8 oz. celery, finely diced
- Salt and white pepper to taste
- 3 Tbsp. fresh thyme, chopped
- 6 oz. all-purpose flour
- 2 qt. Wholesome Farms whole milk
- 2 qt. Wholesome Farms heavy cream
- 2 qt. Marzen-style lager or brown ale
- 1 lb. frozen peeled and diced sweet potato
- 4 Tbsp. ground mustard seed
- 2 Tbsp. Sysco Imperial McCormick smoked paprika
- 8 oz. light brown sugar
- 1½ Tbsp. ground allspice
- 4 lb. fontina cheese, shredded
- 2 lb. shredded Cheddar Jack cheese

GARNISH

- ½ oz. diced seasoned sweet potato, fried
- 1 oz. wild mushrooms, roasted and sliced
- Chives, thinly sliced

Heat a large, heavy stockpot over medium heat and add the butter. Add onion, carrot and celery along with a bit of salt and pepper. Gently sweat the vegetables, stirring occasionally, until tender, 7 to 10 minutes. Add thyme and flour and whisk well to make a roux. Continue to cook, stirring often, until fragrant and bubbly, about 3 minutes longer. One at a time, slowly whisk the milk, cream and beer in a steady stream, stirring constantly, until all of the liquid is added. Reduce heat to medium-low. Add the sweet potato, paprika, brown sugar and allspice and bring to a simmer, whisking occasionally. Cook until the sweet potatoes are soft and the soup has thickened slightly, 15 minutes longer.

Remove the pot from the heat and, using an immersion blender, slowly add the shredded cheese. Purée well until completely smooth and thickened. Check seasoning and adjust with salt and pepper. Ladle the soup into bowls and garnish with fried sweet potatoes, wild mushrooms and chives.



Short Rib Sandwich With Red Wine Pickles

CHEF CHRIS SZYMANSKI
SYSCO EASTERN WISCONSIN
SERVES 1

RED WINE PICKLES

- 2 cups red wine vinegar
- 1 cup pinot noir or merlot
- 2 cups granulated sugar
- 2 Tbsp. Sysco Classic kosher salt
- 1 lb. shallots, julienned
- 1 lb. radishes, sliced

SHORT RIB SANDWICH

- 8 oz. chuck short rib flap
- Salt and freshly ground pepper, to taste
- 1 Tbsp. vegetable oil
- 1 cup beef broth
- 4 oz. mirepoix (onion, carrot, celery), roughly diced
- 1 sprig fresh thyme
- 2 Tbsp. Sysco Imperial mayonnaise
- ½ oz. Calabrese peppers, chopped
- 1 Baker’s Source Classic Everything brioche bun
- 1 oz. white Cheddar cheese, sliced
- ¼ oz. Heritage Blend greens

FOR THE PICKLES

In a saucepan over medium-high heat, bring the vinegar, red wine, sugar and salt to a boil. Whisk well to dissolve the sugar. Add shallots and radishes and lower the heat to a simmer. As soon as the mixture reaches a simmer, remove from the heat and allow to cool to room temperature. Place in an airtight container in the cooler at least overnight and up to 1 week. (Yields 2 quarts.)

FOR THE SHORT RIB SANDWICH

Preheat oven to 325 degrees. Season beef liberally with salt and pepper. In a sauté pan over medium-high heat, warm the vegetable oil. Add the beef and sear well, then move to a separate heavy baking dish with beef broth, mirepoix and thyme. Cover tightly and braise in oven until fork-tender, 3 to 3½ hours. Remove beef from the oven and allow to rest, covered, for 20 minutes. In a bowl, combine the mayonnaise and chopped Calabrese peppers, and season with salt and pepper.

To assemble the sandwich, split and toast the brioche bun and place 1 tablespoon of Calabrese pepper mayo on each side. Place the cheddar on the bun and top with braised short rib. Gently

spoon 2 tablespoons of braising liquid over the top. Top the beef with 1 ounce of red wine pickles and the Heritage greens and then with the remaining bun, and serve immediately.



Salmon Fish and Chips With Carrot Apple Cherry Slaw

CHEF GREG MEEKER
SYSCO SEATTLE
SERVES 4

CARROT APPLE CHERRY SLAW

- 4 cups Sysco Imperial carrot matchsticks
- 4 oz. dried cherries, roughly chopped
- 1 Sysco Imperial Granny Smith apple, finely diced
- ¼ cup fresh lime juice
- ¼ cup Mike’s Hot Honey
- 2 tsp. Sysco Classic kosher salt

TARTAR SAUCE

- 1 cup Sysco Imperial tartar sauce
- 1 Tbsp. malt vinegar
- 2 tsp. Sysco Imperial McCormick smoked paprika

FRENCH FRIES

- 2 Sysco Imperial Russet potato, shoestring cut

FISH AND BATTER

- 12 oz. salmon, skinned and cut into 1 oz. strips
- 1 cup Sysco Classic cornstarch
- 4 cups all-purpose flour
- 2 Tbsp. Sysco Classic baking powder
- 2 tsp. Sysco Classic kosher salt
- 1 tsp. Sysco Imperial Cajun seasoning
- 16 oz. Pilsner beer

FOR THE SLAW

In a mixing bowl, combine carrots, cherries and apple. In a separate bowl, combine lime juice, honey and salt and mix well. Pour dressing over carrot mixture and toss until well combined. Set aside in a cooler.

FOR THE SAUCE

In a bowl, combine tartar sauce, malt vinegar and smoked paprika. Mix well and chill.

FOR THE FRIES

Soak potato shoestrings overnight; drain and dry thoroughly. Blanch-fry potatoes in a 300-degree deep fryer until limp and hot. Spread on paper towel-lined sheet pans and chill. Raise fryer temperature to 350 degrees. Cook blanched fries in fryer until crisp and golden brown. Drain briefly on paper towels. Season to taste.

FOR THE FISH AND BATTER

Dry fish thoroughly and chill. Place cornstarch in a pie pan and set aside. In a large mixing bowl, whisk together flour, baking powder, salt and Cajun seasoning. Slowly add beer to the dry mixture, whisking until batter is completely smooth. (Add water if necessary to make a crepe batter-like consistency.) Place in cooler to chill for 15 to 20 minutes.

Dredge each piece of fish in cornstarch, then dip one strip at a time in batter, coating completely and gently shaking off excess batter. Ease each piece into the fryer, wiggling back and forth. Shake the fry basket gently to prevent fish from sticking to bottom. Cook the fish until golden brown, and internal temperature reaches 145 degrees, turning frequently to create even browning. Move fish from fryer onto plate covered with paper towels. Serve fish with slaw and fries, topped with tartar sauce.



Fritto Misto

CHEF NEIL DOHERTY
SYSCO CORPORATE
SERVES 4

TEMPURA BATTER

- 1 cup all-purpose flour
- ½ cup cornstarch
- 2 Tbsp. baking soda
- ½ tsp. Sysco Imperial Cajun seasoning
- 2 cups chilled club soda

FRITTO MISTO

- Vegetable oil for frying
- 4 artichoke hearts
- 4 carrot sticks, cut into ¼-inch batons
- 2 slices avocado
- 4 onion rings
- 4 zucchini sticks
- 4 broccoli florets
- 4 oyster mushrooms
- 6 21-25 Portico shrimp, peeled and deveined
- 4 oz. calamari tubes and tentacles
- 2 oz. whitefish, cubed
- 6 mussels in the shell

GARNISH

- ¼ cup parsley, fried without batter
- ¼ cup basil leaves, fried without batter,
- Whole lemons, cut into wedges
- Salt and freshly ground black pepper

FOR THE TEMPURA BATTER

Sieve the flour, cornstarch and baking soda together into a mixing bowl; add the Cajun seasoning, then slowly whisk in cold club soda until the mixture takes on a crepe batter-like consistency. Keep chilled.

FOR THE FRITTO MISTO

Heat frying oil to 375 degrees. Dip the items in batter (first the veggies, followed by the seafood) and let excess drip off, hold in oil and wiggle, then release (this will help each item to not stick to the basket). Fry till crispy and golden.

Remove from the basket and place on paper towel; keep warm while frying additional items. Arrange on platter and garnish with fried parsley and basil, accompanied with lemons and **Turmeric Aioli** (see recipe, below). Sprinkle with salt and ground pepper.

Dipping Sauces for Fried Fish

CHEF NEIL DOHERTY
SYSCO CORPORATE

AJI AMARILLO DIPPING SAUCE

- 2 green onions, white and green parts, chopped
- 2 Tbsp. aji amarillo paste
- ½ cup Sysco Imperial mayonnaise
- ¼ cup Wholesome Farms sour cream
- ¼ cup queso fresco
- Juice of 1 lime
- Salt and freshly ground black pepper

Put the green onions, aji amarillo paste, mayonnaise, sour cream, queso fresco and lime juice into the container of a blender and process until the mixture is smooth and creamy. Season the sauce with salt and pepper to taste. Chill until ready to serve.

GOCHUJANG MAYO

- ½ cup Sysco Imperial mayonnaise
- 1 Tbsp. gochujang
- 1 tsp. soy sauce
- Juice of 1 lime
- 1 Tbsp. sugar

In a bowl, whisk together mayonnaise, gochujang, soy sauce, lime juice and sugar.

TURMERIC AIOLI

- ½ cup Sysco Imperial mayonnaise
- 1 tsp. turmeric powder
- 1 clove garlic, finely chopped
- Juice of 1 lemon
- ½ tsp. Sysco Classic kosher salt
- ¼ tsp. freshly ground black pepper

In a bowl, whisk together the mayonnaise, turmeric, garlic, lemon juice, salt and pepper.

TAMARIND CHILE DIPPING SAUCE

- 4 oz. tamarind paste
- 1 1-inch piece fresh ginger, peeled and grated
- 3 cloves garlic, minced
- 3 Tbsp. sugar, plus more to taste
- 1 Tbsp. sambal oelek
- 2 tsp. fish sauce
- 1 tsp. soy sauce
- 2 Tbsp. cornstarch

In a medium saucepan over high heat, combine the tamarind paste, ginger, garlic, sugar, sambal oelek, fish sauce, soy sauce, and 4 tablespoons cold water and bring to a boil. Reduce heat to low and let simmer for 5 minutes, stirring frequently. In a small bowl, combine the cornstarch with 2 tablespoons water to make a slurry. When the cornstarch mixture is smooth, whisk into the tamarind sauce, continuing to whisk until the sauce thickens, about 1 minute. Remove the pan from the heat and let the sauce cool. Before serving, taste and adjust the seasoning, adding more sugar if necessary to balance the tartness of the tamarind.

RED CURRY SHRIMP SAUCE

- ½ cup Sysco Imperial mayonnaise
- ¼ cup House Recipe ketchup
- 2 Tbsp. finely minced lemongrass
- 2 tsp. Thai red curry paste
- Juice of 1 lime
- 1 tsp. Sysco Classic kosher salt
- 1 tsp. freshly ground black pepper

In a bowl, whisk together the mayonnaise, ketchup, lemon grass, curry paste, lime juice, salt and pepper until smooth.

DRIVER PROFILE



Omar Albanna

Eight Years Driving for Sysco Edmonton

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

A: I really like working independently and running my own business. I have a great partnership with Sysco, helping our customers to succeed.

What is the most rewarding aspect of your job?

Working with our customers. I build great relationships with them—and I also keep physically fit.

Describe how you help customers solve problems.

I always try to be as helpful as possible to make the customer happy. I also ask questions about what I can do to help improve their experience.

Describe the relationship you have with your customers.

The relationships are amazing! When I hear feedback from my customers that I'm the best driver they've had, it makes it all worth it.

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

Rehandling cases that are not efficiently positioned on the load can sometimes extend my workday. I appreciate all the support I am getting from my supervisors to help correct those challenges, and I'm encouraged by the efforts I see the company making to improve our systems and make the process better.

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

One time I split my pants wide open when getting into the trailer. It was pretty embarrassing!

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

I would be learning another language, like French. I already speak Arabic, and I'm fluent in English as a second language. I studied French in university, and I'm working on improving my fluency.

While driving, what music or podcast do you listen to?

I often listen to Yanni. The music takes my mind off the

stress of the job and keeps me in a positive state of mind.

What is your go-to meal or beverage when on the road?

I don't like to eat anything too heavy while working. Things like Danishes and coffee help keep me energized.

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

Sorrentino's has great pasta, and The Cheesecake Cafe has amazing ice cream cheesecake!

Are Canadians good drivers?

Very good! I've travelled all over—drivers in Edmonton are much better than in the United States, Turkey or Saudi Arabia.



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CHEWY CHERRY OAT BAR

A smooth cherry fruit fill sits on top of a chewy oatmeal crust. Topped with crunchy golden crumble and yogurt drizzle, this easy to serve dessert is a delicious finish to any meal. SUPC #5214849

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