

# FOODIE

AT THE HEART OF FOOD & SERVICE

## Rise and Dine

+

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WITHOUT  
BOUNDARIES**  
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# FROM OCEAN TO PLATE IN RECORD TIME.



## What makes our Atlantic salmon so extraordinary?

Perhaps it's because our salmon are sustainably raised and harvested in the cold, clear waters of the North Atlantic. Or maybe it's because our salmon always arrives at your door faster than you ever dreamed possible. From the first bite until the last, we're confident you'll discover that our passion and unswerving dedication make all the difference in the world.

To learn more about our sustainable seafood, visit [truenorthseafood.com/about](http://truenorthseafood.com/about)

True North Seafood is a proud supplier for Portico® Seafood by Sysco. True North Seafood is the only North American salmon producer that has fully-integrated highest level 4-star BAP certification.



## Sysco FOODIE

AT THE HEART OF FOOD & SERVICE

### Message From the Executive Editor

Dear Valued Sysco Customer,  
Welcome to our Big Breakfast Issue!

We are excited to dive into both the culinary and operations sides of this delicious and profitable daypart. To see what's hot in breakfast service across Canada and the U.S., go to our regional trend map on page 16. For tips, insights and inspiration on how to grow your breakfast operation, see our feature story on page 12. And get the latest on Sysco's versatile packaging for on-the-go breakfast (or any meal) on page 18.



**Dominic Iezzi**

Senior Vice President,  
Sales and Marketing

See what's big with premium burgers, from grass-fed patties to distinctive buns (page 20). And don't forget the sides: See our suggestions for adding interesting spices, sauces and dips to french fries as a way to increase sales (page 9). One of the biggest challenges facing operators these days is food waste. We spoke with Andrew Greene of Chartwells Higher Ed., which serves thousands of meals per day to college students, about how his organization has adapted a no-waste mindset and passed that attitude, along with the tools needed for success, to the entire team (page 11). Finally, it may be summer, but it's not too soon to start planning for fall and winter events. Our holiday checklist (page 27) gets you ready.

As your most trusted business partner, we are grateful for the chance to work with you and earn your business every day. If you have questions or comments, please contact us at [marketing@corp.sysco.ca](mailto:marketing@corp.sysco.ca). We love to hear from our customers!

**Dominic Iezzi**

Senior Vice President, Sales and Marketing



Summer Haze Burger  
With Lemon-Thyme Fries;  
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### DEPARTMENTS

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#### 9 CULINARY TRENDS

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For more information on becoming a Sysco customer, please email us at [marketing@corp.sysco.ca](mailto:marketing@corp.sysco.ca).  
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# Fresh Honest Dairy

Eggs, butter, milk—these are all key ingredients in the commercial kitchen. When it comes to fresh dairy, Sysco's **Wholesome Farms** brand offers quality, consistency and safety you can count on. Backed by Sysco's quality assurance team, the largest in the industry, your fresh dairy—from milk, cream and eggs to ice cream and sour cream—comes with a guarantee of the highest safety standards.

Sysco's end-to-end refrigerated supply chain means all items are shipped and delivered cold from start to finish. This includes being transported in trucks

outfitted with time temperature recorders to ensure the temperature never rises above 4.5 degrees, which means the products maintain the best flavour and freshness.

When you order from Wholesome Farms, key products, including milk and shell eggs, are sourced from a trusted community of farmers and packaged within 72 hours of leaving the farm. With only clean and pure ingredients and no added hormones or antibiotics, Wholesome Farms allows you to worry less about your dairy supply so you can focus more on running your business.



**Cargill**

#### LOCATION

Minneapolis, MN

#### CATEGORY

Agricultural Products

#### KNOWN FOR

Quality Ground Beef

## SUPPLIER PROFILE

# Cargill

Founded in 1865, Cargill has grown from a grain-storage business to a multinational giant, providing the world with agricultural goods and products. It also supplies the high-quality ground beef for Sysco's Fire River Farms brand, including bulk grind and patties, fresh as well as frozen.

### Constant Innovation

"Cargill has been producing Fire River Farms ground beef for more than 15 years," says Travis Vest, Corporate Account Manager at Cargill. "And we will continue to invest in our relationship with Sysco. We have recently added a specialist to our team who concentrates on nothing but ground beef products."

While more midrange restaurants are embracing fresh patties in place of frozen when making burgers these days, "it doesn't need to be an either/or proposition," says

Tony Neuman, Customer Marketing Manager at Cargill. There is a time and a place for both, according to Neuman. Frozen patties can reduce waste and the chances for spoilage. Sysco's patties are flash-frozen at the height of freshness to preserve the quality and taste.

### Our Safety Commitment

When it comes to ground beef, safety and quality are the primary focus for both Cargill and Sysco. All Cargill and Sysco trucks that transport fresh meat are equipped with time temperature recorders that certify the temperature "never goes above 4.5 degrees, and the cold chain is maintained from when the beef leaves Cargill's dock until it reaches your back door," says Yale Lary, Quality Assurance Department PQM (Product Quality Management) Manager at Sysco. "Cargill is helping us to be a leader in the industry for food safety," says Lary.

"Cargill micro-tests all of our ground beef and has state-of-the-art traceability systems, so if they have to pull back a

product, they know exactly where everything is before it even reaches the customer," says Lary. Beyond their top-level safety and cold-chain controls, however, says Lary, "They are early adopters of technology, such as an online quality verification system, and they are constantly innovating and developing new products and ingredients that bring quality and value to the customer. They even helped Sysco develop our own proprietary beef blends, including our preseasoned beef patties."

When you place a sizzling burger on a bun or serve your signature sliders to a diner, you need to feel confident in the meat's safety and quality, as well as its great, consistent taste. Cargill and Sysco have combined forces to make Fire River Farms the best on the market.





## Savour the Moment

Canadians love coffee. Regular coffee drinkers consume roughly three cups of the beverage every day, according to the Coffee Association of Canada. Coffees from Sysco's **Citavo** brand provide a wakeful jolt in the morning, a break from routine during the workday and a refined and flavourful way to finish off any meal.

The Citavo brand offers a variety of coffee flavours and formats, from dark roasts to decaf, that work well in any operation and with any brewing equipment. "We source the best coffee beans from around the world," says Alan Grebinski, Director of Sales at Mother Parker's, which has been Sysco Canada's preferred coffee supplier for more than 20 years.

### Brewing the Best

"Citavo's coffee lineup provides everything you need to offer the right solution for your consumers," says Grebinski. This includes a broad array of taste profiles, both classic and on-trend. One of the newest products Sysco offers is the **Citavo Donut Shop Coffee**, a light-bodied blend that evokes the flavour experience of your favourite doughnut shop coffee. Needless to say, it

goes well with a doughnut—or any pastry. In a similar vein, the medium-bodied **Citavo Café Blend** is roasted to resemble your favourite quick-service chain brew.

### Quality From Field to Cup

A few Citavo products are organic, Fair Trade or single-origin, which makes for a great cup of coffee and also gives operators a selling point to flaunt on menus and blackboards. The **Organic Free Trade Peruvian Coffee** is grown with no herbicides or pesticides, so just the taste of this naturally wonderful coffee comes through. The single-origin **100% Colombian Coffee**, which also comes in decaf, has a rich flavour and fruity aroma. For operations that do large-volume service, the **Citavo Stonebranch Hospitality Blend** offers a medium-roast at great value.

"We have long-standing relationships with the exporters in the countries where we buy coffee," says Grebinski. "They know the standards we are looking for, so we get the consistent quality we want." Nonetheless, the coffee continues to be tested "from the farm level right through to when it arrives in North America, when it comes to our plants—both before and after we roast it."

Once the coffee is roasted, Grebinski explains, there are several specialists on the team—all led by a master coffee grader—who do nothing but "cup" coffee and monitor the blends and ingredients to maintain the highest standards. "We are controlling everything from field to cup," says Grebinski. It's a multistep process that ensures everything meets the taste profile and consistency customers have come to expect from premium Citavo products.



#### 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 team 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 labelling, 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.





Scallops in Champagne  
Basil Vinaigrette



Lobster Melt  
and PEI Mussels



Fish Tacos

CUSTOMER PROFILE

# Peake's Quay

## Charlottetown, Prince Edward Island

**Peake's Quay** attracts diners from May through October with its pristine view and stellar menu offerings. We chatted with owner **Liam Dolan** about how he uses the restaurant's prime waterfront location to highlight the region's superior seafood.

**How would you describe Peake's Quay?**  
We have great food with a view. The restaurant is right on the water in Prince Edward Island (PEI), and we have a large patio that overlooks the marina. I opened the restaurant 24 years ago, and over the last few years we've upgraded the menu and put a much bigger focus on food. We also host a lot of group events because we're right next to the convention centre.

**Your two children are part-owners of the restaurant. What's it like running Peake's Quay as a family business?**  
It's absolutely wonderful to be able to build this type of operation and have your kids with you while you're doing it. My kids understand what it takes to run the restaurant, how many hours you have to put into it and the importance of high-quality food and service.

**Throughout the summer, Peake's Quay hosts outdoor concerts. Tell us a little about that.**  
We offer two shows a day, seven days a week in summer, weather permitting. The concerts are quite a draw, especially because our location is so great. We try to promote local talent, so we feature a variety of musicians. The concerts give people a real taste of our regional culture and what PEI is all about, and donations go to the Children's Wish Foundation.

**What are some signature dishes on your menu?**  
Our oysters are fantastic. PEI has the best oysters in the world, as far as I'm concerned. Our mussels are unbelievable, and so is our lobster. The bacon-wrapped scallops are another favourite item on the menu. We serve a lot of dishes made with fresh

haddock, including fish and chips, fish cakes, fish tacos and seafood chowder.

**What items do you typically source from Sysco?**  
We get a lot of our seafood from Sysco, as well as all of our dry goods. We buy our bacon-wrapped scallops from Sysco, all our fresh haddock and some of our halibut. Occasionally we will order lobster meat from them, too, which we use in several different dishes.

**How has Sysco been integral to your growth and success?**  
The Sysco representatives I work with are very sincere. They're cooperative, easy to work with and they understand what we need. They're great about making sure they have our products in stock, and the team there really understands our business. In

addition to owning Peake's Quay, I run the annual Prince Edward Island International Shellfish Festival, which takes place every September. We bring in celebrity chefs from all over Canada, and the event continues to grow each year. Since Sysco came on board as a sponsor, it has allowed me to make the festival even better.

**What's in the future for Peake's Quay?**  
We are constantly upgrading the food and service. I've renovated quite a bit over the past few years, but I'd like to do more. Our restaurant seats 400 and we have a massive deck, but we have to close the deck when it rains. I'd like to allow for more space for large group events, so everyone can fit inside more comfortably during bad weather. Ideally, I want to be able to handle larger crowds while still maintaining the restaurant's open, bright atmosphere.





## TASTING IS BELIEVING... REMARKABLY FRESH.

Our ice cream is 100% Canadian and we have a great variety of flavours.



VANILLA 9993411



MAPLE WALNUT 9993098



CHOCOLATE 9992959



STRAWBERRY 9993312

# The Versatile French Fry

Eaten by themselves, **french fries** are a crispy, savoury treat. But when dressed with the right seasonings and paired with a tangy sauce or dip, what was once a simple, inexpensive side or appetizer becomes an elevated taste sensation.

## Coated for Crunch

"One reason our **Sysco Imperial Ultimate Crisp** and **Sysco Imperial Phantom Fries** are hugely popular across the board is their menu versatility," says Jim Mosley, Product Manager at Sysco. Both the Ultimate Crisp and the skin-on Phantom (used in the Peri Peri Fries, shown here) have a special coating that retains crispness. This has a range of benefits, whether you would like your fries to cling to a sauce or to each other

as part of a loaded fry concept, poutine or nacho build. It is especially helpful if fries make up part of your takeout or delivery menu and need to maintain their crunch on the ride home.

## Dressed to Thrill

According to Bruce Barnes, Menu Consultant at Sysco, more operators are pairing the humble fry with upscale dipping sauces and exotic spice blends or seasoned salts. "Harissa fries, chipotle fries ... you can get a couple dollars more per serving as an appetizer or a side when you add the right seasonings," Barnes says. "It's super-easy, and because the french fry is an inexpensive product, the margins are great."

Drizzle fries with fresh herbs and feta

cheese for a halo of freshness and health. Use them as a blank canvas for ethnic flavours, such as West African, Greek or Japanese; go upscale with black truffle salt or another seasoned salt of your choice.

## Fries on Top

Different Sysco fry products, such as our **Sysco Imperial Potato Chip Skin-On Recipe Choice** and **Sysco Imperial Waffle Fries**, can also be used in a wide variety of applications, adding crunch on top of salads and even burgers. Fries also make a great soup topper, providing both texture and a bit of hearty flavour.

Ask your Sysco Representative about our wide range of fry options and applications.



Greek-Style Fries; recipe on page 28.



Find recipes for Furi Furi Fries (center) and Peri Peri Fries (right) on [SyscoFoodie.com](http://SyscoFoodie.com).







# Sysco Canada's growth is home grown.

We partner with more local ranchers, farmers, growers, and producers than any other distributor in the industry. This helps us to support local farm-to-table initiatives and deliver the freshest products available, regardless of location.

82% of Canadian restaurants SAY ENVIRONMENTAL SUSTAINABILITY is important to success<sup>1</sup>

Canadian consumers are MORE LIKELY TO PURCHASE ITEMS THAT ARE Fresh, Natural & Locally Sourced<sup>2</sup>

62% of consumers say the AVAILABILITY OF LOCALLY SOURCED FOOD WOULD MAKE THEM CHOOSE one restaurant over another<sup>3</sup>

<sup>1</sup> Source: Restaurants Canada - Nov 2018, <sup>2</sup> Source: Technomic - Oct 2018, <sup>3</sup> Source: National Restaurant Association



## BREAD & BUTTER PUDDING WITH RAISINS



**Chef Chris Chabot**  
Sysco Alberta, Culinary Consultant



WHOLE LIQUID EGG  
Burnbrae Farms  
2677714 | 12 x 1 kg



GRANULATED WHITE SUGAR



UNSALTED BUTTER  
Wholesome Farms  
3211707 | 25 x 454 g



DRIED RAISINS



BREAD CHALLAH LOAF  
Ace Bakery  
2897694 | 15 x 460 g



MILK 2%

### METHOD

1. In a large bowl, whisk together eggs, sugar, butter and milk.
2. Pour the mixture over the bread and raisins, and mix until most of the liquid is absorbed.
3. Scoop the finished mixture into greased muffin pans.
4. Bake at 350°F/176°C, for 20 minutes or until a skewer comes out clean.

### Canadian-Inspired Alternatives

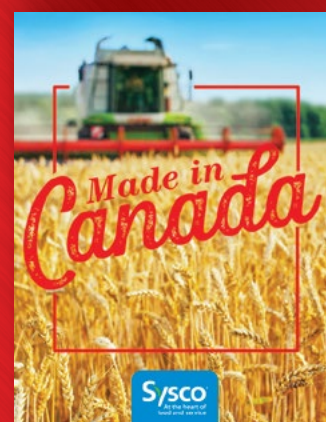
Maple Cinnamon and Saskatoon Berry



Goat Cheese, Dill and Pickled Onions, Topped with Smoked Salmon



Mushrooms, Bacon and Parmesan, Topped with Chipotle BBQ Sauce



Check out our list of Canadian products and Canadian inspired recipes in our latest product catalogue!



Students in a Chartwells Higher Ed teaching kitchen with Waste Warrior Chef Jet.

staff with the tools like tomato sharks to get every ounce of tomato, and they use ingredients such as red bliss potatoes, which don't need to be peeled. Greene also believes trends like root-to-stem cooking are positive and here to stay. But most important, he says, is to impart knowledge and connect downstream users with the entire food supply chain, from farmers to truck drivers. Once each person understands where a tomato comes from and all the work that goes into getting it to the plate, they won't want to waste any part of it.

### Moving the Needle

Food waste is an ethical, economic and environmental issue. By measuring results, taking practical steps and sharing knowledge, you can achieve significant reductions in food waste. "At Chartwells Higher Ed," says Greene, "we're lucky to be led and empowered by our VP of Sustainability and Culinary Services, Laura Lapp, and inspired by our CEO, Lisa McEuen, who always expects us to 'be brilliant at the basics.' We will continue to move the needle forward on food waste and other sustainable innovations each and every day."



## Rethink Food Waste

Tracking, using the right tools and a change in mindset can help reduce food waste in any operation.

As 40 per cent of the world's food goes uneaten, and millions of tons of food are sent to landfills annually, operators have both a challenge and an opportunity. By measuring and reducing food waste, restaurateurs can both save money and help save the planet.

### Measure and Track

To reduce food waste, you need to know how much of your weekly food order is going unused. From there you can track how each change you make to manage waste affects that number.

We spoke with trained chef and Waste Warrior Andrew Greene, M.B.A., CCC, the Purchasing Manager at Chartwells Higher Ed, about why curtailing food waste is partly a matter of mindset. To start, says Greene, "Food waste is not waste, until it's wasted. The amount of food we serve is massive, and it's a great responsibility." Greene and his colleagues track every pea and potato through customized production and waste software. Yet, he says, technology is not the key. "Empower and educate your staff to manage waste," he

says, "and ask yourself what you can do to contribute, for example by visiting [StopFoodWaste-Day.com](https://www.stopfoodwasteday.com) to take the pledge and become a Waste Warrior."

### A Waste-Not State of Mind

Start with the basics, like using smaller plates for portion control, for example. Also, it has been shown that people waste less food in an all-you-can-eat environment when they have to carry their own plates, so consider ditching the trays, as Chartwells Higher Ed has done. Chartwells provides kitchen



# Rise and Dine

Add profit to the plate when you put a fresh twist on breakfast classics.



Hatch Chile Crab Cake Wafflewich With Green Tomato Fries

## Waffles, grits and Benedicts are standards on the breakfast menu.

But as consumers become more sophisticated, chefs are upping their game, using high-end ingredients and technical prowess to make these once-modest dishes sing. What can operators do to elevate their own breakfast dishes from satisfactory to extraordinary?

### Set Your Plate Apart

"Most customers are looking for plates that go the extra mile," says Chef Brian Dorsey, Culinary Consultant at Sysco Denver. "When you add something to a plate, don't just do it because it looks pretty, but

because it pulls the dish together, making it more flavourful and visually appealing." For example, the Lemon and Thai Basil Blueberry Waffles (next page), made with Sysco Classic Blueberry Muffin Batter, are topped with homemade preserves to more fully develop the blueberry flavour. The Thai basil, meanwhile, is an unexpected counterpoint. "It's all about layering the flavours in interesting ways," Dorsey says.

You can also elevate a dish by adding unusual, exotic or luxurious ingredients to

Cheesy Grits With Pulled Pork & Spring Vegetables

Find recipes for these dishes on pages 28-30.





the mix. Avocado toast is a simple concept, but one that continues to be reinvented by chefs—and enjoyed by diners—all across North America. Here, we've added not only rich smoked salmon to our Whipped Avocado Toast but also a hint of salty prosciutto to further set it apart.

### Rethink Waffles

Waffles are perennially popular. But instead of topping them with the classics and stopping there, consider using them as the basis for a deluxe breakfast sandwich, as we've done with the Crab Cake Wafflewich. Not only does this plate reinvent the breakfast sandwich concept, but like the avocado toast, it also takes advantage of the current seafood trend, which is gracing breakfast menus across the country. Whether you mix smoked salmon or crabmeat into scrambled eggs or use smoked trout or lobster in a deluxe Benedict, seafood is a surefire way to elevate a morning dish and add value to the plate.

  
**Whipped Avocado Toast With Smoked Salmon and a Mango Bellini**

### A Healthy Margin

Many people think breakfast is a low-margin daypart. "The bills may be small, but the margins are usually high because the ingredient costs are so low," says Bruce Barnes, Sysco Menu Consultant. Eggs cost less than half as much as most proteins. Batter-based dishes "cost little but seem elegant when you dress them up," Barnes says. "Just go easy with steak and eggs or you'll miss out on the benefits."

  
**Braised Short Rib Eggs Benedict With Cheesy Grits**



  
**Lemon and Thai Basil Blueberry Waffles**

Find recipes for these dishes on pages 28–30.

### Strawberry Almond Cornbread Waffles

CHEF JACQUELINE LAU  
SYSCO HAWAII  
SERVES 4

- 2 cups Corn Muffin Mix
- Canola oil spray
- 1 cup almond butter, room temperature
- 12 fresh strawberries, sliced
- 2 cups Wholesome Farms Imperial Greek Vanilla Yogurt
- ½ cup strawberry filling
- ½ cup sliced almonds

Follow the directions to prepare the corn muffin mix. Preheat the waffle iron and coat with oil spray. Spoon about 2 ounces corn muffin mix onto the hot waffle iron and bake until golden-brown. Once you've made 8 waffles, spread almond butter on half of them. For each serving, place 3 strawberry slices on the almond butter and sandwich with another waffle. Top with ¼ cup of Greek yogurt, strawberry filling and sliced almonds.

Another great idea for remaking the waffle—and layering flavours—is to stuff ingredients inside the batter before cooking instead of, and in addition to, placing them on top. This can be done using speed-scratch ingredients such as blueberry muffin batter, or simply by adding the flavourings of your choice to Sysco Classic Waffle and Pancake Batter.

### Be a Champion of Breakfast

Whether you serve retro pancakes with a twist or protein power bowls, morning service has become a complex but profitable daypart. So profitable, in fact, that breakfast has eased into the afternoon, and brunch has quietly crept from weekends to Friday and then Thursday. "If I were advising someone about starting up a breakfast operation, I would say offer clean, appealing plates of food made from fresh ingredients," says Dorsey. "You need great service and an inviting atmosphere. And finally, give people a reason to come back."





# What's Cooking From Coast to Coast

We canvassed seven Sysco chefs across Canada and the United States to find out the latest regional **breakfast trends**. What we found ranges from avocado-and-grain bowls in Victoria to cod cakes and moose sausage in Newfoundland.



## 1 Plant-Based Plates

CHEF RYAN GIBSON  
SYSCO VICTORIA

"Victoria is such a breakfast town. It seems like every restaurant serves breakfast,

and people line up as if they are waiting for a nightclub. Menus are split into two polar opposites. On the one hand, you have a lot of places serving very health-forward, organic and locally sourced plant-based plates. Think scrambled tofu with roasted yam hash; breakfast bowls with grains and avocado. On the other hand, you've got funky hangover food, like Benedicts with curried hollandaise or bacon and eggs with jalapeno jelly."



## 2 Hyperlocal Ingredients

CHEF JAY MARSHALL  
SYSCO SAN FRANCISCO

"The Bay Area is unique in that consumers are looking for the most local and sustainable

ingredients they can get. In terms of breakfast dishes, you see a lot of standards, but with every ingredient and farm called out on the menu. For example, you'll see French toast made from local sourdough bread, or eggs and bacon made from farm-fresh eggs and cruelty-free bacon. At Sysco San Francisco, we stock lots of local fruits and vegetables grown in the Salinas Valley to meet that need."



## 3 Liquid Breakfast

CHEF JAVIER U. LOPEZ  
SYSCO HOUSTON

"In Houston, I see a lot of plant-based juices and fruit smoothies with a yogurt base. Coffee drinks are also big, and at brunch, diners often order coffee cocktails with a shot of alcohol. Weekend brunch is a social gathering; it's a way of life here in Houston. I've even created my own brunch cocktail that combines tequila and espresso with frothy milk, called the 'Texicana Cappuccino.' It sets the tone for the rest of the day."



## 4 Breakfast Power Bowls

CHEF ALEJANDRO WINZER  
SYSCO SOUTHWESTERN  
ONTARIO

"The minimum wage in Ontario is high, so it's important to do a high volume if you're going to serve breakfast. Tim Hortons serves an all-day breakfast, and a lot of others are following suit. Diners are looking for healthy items like clean-label jams with no sugar added, or meats with no hormones or filler. Breakfast power bowls are especially popular. They usually combine high-protein grains like quinoa with fruits and vegetables."



## 5 Artisanal Bacon by Itself

CHEF JAHNA GEORGE  
SYSCO LOUISVILLE

"Breakfast is big in Louisville. Everything from stuffed omelettes to protein bowls to

customized cold brew coffee. But the trend I am seeing the most around town is bacon served by itself as an appetizer or side. Chefs are taking good-quality thick-cut bacon, like **Sysco Reliance** or **Classic Smoked Bacon**, and serving it candied or spiced with jalapeno or cayenne, often standing upright in a glass or stainless steel cup. It's a tasty appetizer to much on before your main breakfast dish arrives."



## 6 Instagram-Worthy Brunch Dishes

CHEF BONNIE RAY  
SYSCO CHARLOTTE

"The so-called Brunch Bill, which came out in summer of 2017, allowed alcohol sales to begin at 10 a.m. instead of noon on Sundays, and that just kicked the Charlotte brunch scene into high gear. The thing I'm seeing most now is Instagrammable dishes. If it's something I can

brag about to my friends, all the more reason to order it. This is pushing operators to go a little over the top. One local restaurant offers a bloody mary with a Monte Cristo sandwich perched on top for brunch. It's camera-friendly, plus you can charge \$12.95."



## 7 Traditional Newfoundland Breakfast

CHEF KATIE  
MULLALEY-WALTERS  
SYSCO ST. JOHN'S

"When people come here to visit, they want to try the traditional Newfoundland breakfast. That consists of saltfish cakes, made with salt cod, mashed potatoes and savoury; these are served with a poached egg, side salad or scrunchions (fried cured pork fat). You can also get pan-fried or deep-fried touts, traditionally made from leftover bread dough and served with molasses. Moose sausage is popular, as well; restaurants buy it straight from hunters. We also love biscuits served with wild blueberry jam."

## FUTURE WATCH

### Back to Bread

This may be the year carbs make a comeback. There will always be a small percentage of people who simply cannot eat gluten, and a larger percentage who think they can't or would prefer not to. But bread and pastries are too fundamental to our culture and cuisine—and

too darn delicious—to ever give up. Look for more operators, and especially breakfast and brunch places, to embrace the bread basket, offering more in the way of artisanal fresh-baked goods of all kinds, from slow-rise bread to homemade doughnuts.



# Get Up and Go!

**BREAKFAST TO-GO** is gaining ground. About a third of all consumers, including 45 per cent of millennials, want meals they can pack and take with them, according to Technomic's *Breakfast Consumer Trend Report*. Many breakfast eaters in a hurry are choosing egg sandwiches, grain-and-protein bowls and juices and smoothies for an easy morning meal. For operators who want to get in on the grab-and-go game, the right packaging can be as important as the right product. **Sysco's Earth Plus, Classic and Trendz** paper and plastic to-go containers are a great place to start.

*Ask your Sysco Representative about our assortment of environmentally friendly disposable products.*

## Smoothies To-Go

Fruit-based juices and smoothies are always popular and convenient to carry. Offer a creamy smoothie like the one shown here, made with grilled pineapple, sweetened with **Sysco Classic Honey** and thickened with **Wholesome Farms Heavy Cream**. Serve in a convenient to-go cup made by **Earth Plus**.

## A Pie in the Hand

Spanish empanadas make a perfect start to the day. Simply roll out a premade dough and fill it with your choice of meat and vegetables. Fry or bake, and package in grease-resistant **Sysco Classic Sandwich Bags** or **Earth Plus Microwaveable Boxes**, both made from recyclable paper.

## Grab-and-Go Goodies

Sysco's Baker's Source line of baked goods offers a variety of tasty morning snacks. Many of Sysco's muffins can be customized with toppings such as fruit or whipped cream. Buying prebaked or thaw-and-serve muffins saves time and labour in the kitchen.

Grilled Pineapple Cream Smoothie

Beyond Protein Breakfast Bowl in a two-compartment box.

Find recipes for these dishes on [SyscoFoodie.com](http://SyscoFoodie.com).

Bacon, Egg and Cheddar Empanadas; Beyond Sausage®, Tofu and Plantain Empanadas and Spanish Omelette Hand Pie



# Thrill of the Grill

Chefs go over the top with a new generation  
of gourmet burgers.



Summer Haze  
Burger With  
Lemon-Thyme  
Fries

69% of consumers  
eat beef at least  
once a week, with  
burgers and steaks  
leading the way.  
—Technomic



Cuban Burger  
With Sweet  
Potato Fries

Find recipes for  
these dishes  
on pages 29–30.

Kimchi  
Burger  
With  
Bulgogi  
Fries

**T**HE HAMBURGER is becoming bigger, busier and more gourmet. While a chuck-blend patty topped with American cheese will always be popular, it is being overtaken by fancier fare. With an array of interesting flavours and ingredients, these new burgers attract a wider swath of consumers and demand a higher price point. At Sysco, we have everything you need to build the best burger, plus inspiration for that additional zing.

## Patties With Purpose

To make a great burger, start with the right patty. Sysco's **Fire River Farms** brand offers a wide variety of fresh and frozen patties in every size, from 8-ounce rounds down to 2-ounce sliders. "The trend for independent operators is to move toward fresh patties," says Clayton Irwin, Beef Category Manager at Sysco. With Sysco's fresh ground beef's

## KIMCHI BURGER

CHEF CHRIS VOMUND  
SYSCO ST. LOUIS  
SERVES 1

### BURGER

- 1 Fire River Imperial Homestyle Choice Fresh 80/20 Beef Patty
- 1 Sysco Classic Gourmet Hamburger 4-inch Bun

### KIMCHI SLAW

- 8 cups Aprio Kale Fresh Vegetable Blend
- 3 Tbsp. Korean gochujang chili paste
- 2 tsp. fish sauce
- 2 Tbsp. Huy Fong Chili Garlic paste
- 1 Tbsp. fresh ginger, minced
- 3 Tbsp. Sysco Classic Pure Clover Grade A Honey
- 1 Tbsp. Sysco Seasoned Rice Vinegar
- 1 Tbsp. kosher salt and freshly ground black pepper to taste

### GARLIC SERRANO AIOLI

- 1 cup Sysco Classic Mayonnaise
- 1 cup Kogi BBQ Serrano Chili Sauce

### HOISIN AGRODOLCE

- 5 Tbsp. Koon Chun Hoisin Sauce
- 2 Tbsp. Sysco Seasoned Rice Vinegar

### FOR THE KIMCHI SLAW

In a large bowl, mix together the kale blend, gochujang, fish sauce, chili garlic paste, ginger, honey, vinegar and salt and pepper. Work the mixture together with your hands until the kale mix is evenly coated. Combine the mayonnaise and serrano chili sauce and set aside.

### FOR THE HOISIN AGRODOLCE

In a small jar, combine the hoisin sauce and rice vinegar; shake until well-mixed.

### FOR THE BURGER

Season the burger patty with salt and pepper and place on a hot grill; cook to desired doneness. While the burger is cooking, lightly oil or butter the bun and toast until golden. Top with Kimchi Slaw and drizzle with Hoisin Agrodolce. Serve with Bulgogi Fries (recipe on page 30) and Garlic Serrano Aioli.



extended shelf life and our unbeatable quality assurance standards (see page 3), frozen is no longer a food safety necessity. “But frozen still has its place,” says Irwin. Sysco’s frozen patties are individually quick frozen to eliminate flavour degradation, and waffle-scored for better airflow and a faster cook time—a key factor for customers who do a high-volume burger business.

## The Meat of the Matter

Recently, more operators have begun to make use of high-end and mixed meats in patties to use in their burgers. “Consumers will pay a small upcharge for a better quality hamburger, and a larger one for something like wagyu beef,” says Bruce Barnes, Menu Consultant at Sysco. Sysco

offers a range of primal-specific cuts and blends, from chuck and sirloin and beyond.

## Savour the Flavours

While many diners still enjoy a plain burger, others expect and want more—especially if they are paying a premium. Toppers like house-made kimchi, pickled vegetables, a fried egg and **Sysco Classic Onion Rings** add spice, flavour and crunch to the mix. Artisanal cheeses such as local goat or Gouda pair well with different varieties of meats like ground lamb and pork.

Consumers expect distinctive tastes and a distinctive look, too, in their burgers. The right bun can provide both. **Challah Buns** have an undertone of sweetness, and a golden-brown woven top. **Baker’s Source**

**Hawaiian Brioche Buns** come in regular and slider size and include real pineapple chunks. Sysco’s popular **Baker’s Source Potato Bun** uses potato starch for a softer, lighter texture.

According to Bruce Barnes, consumers appreciate a variety of burgers to choose from, but it’s best not to have too many items in any one category. Consider offering one nonmeat option and one nonbun option, for example, says Barnes. And include a build-your-own burger, too. That way, everyone gets exactly what they want.



Pimiento Cheese Burger With Sysco Imperial Waffle Fries

Find recipes for these dishes on pages 29–30.

## PRO-TIP

Use a 7-ounce patty for the same standard bun coverage as an 8-ounce patty. You can charge the same amount for the burger and save money on each unit.



Pepper Jack Juicy Lucy Burger Bowl



Brussels and Burger Power Bowl With Turkey or Beef



## OR GO WITHOUT THE BUN....

Gluten-free and low-carb diets have driven burgers out of the traditional bun and into the embrace of lettuce leaves and other alternatives. Now with the rise of the Burger Bowl, patties can cozy up to a colourful array of vegetables, as well as beans and grains—or even rest on a bed of french fries.



# Chill Out

Sweeten your summer menu with these blissful ice cream treats.



Ice Cream Cookie Sandwiches



Key Lime Pie Milkshake



Sweet Potato Bubble Waffle With Cinnamon Ice Cream and Strawberry Bacon Drizzle



Find recipes for these dishes on page 31.

WHEN TEMPERATURES RISE, diners seek out delectable chilled desserts. From the nostalgic taste of an ice cream sandwich to a milkshake made with leftover pie, we have cool recipes to fit right into your summer menu.

We all remember the hot lazy days of childhood when we would chase after the neighbourhood ice cream man in his musical truck. Bring a little bit of that summertime fun and flavour to your menu this season. No one will want to skip dessert when it includes these frozen treats.

## Between Two Cookies

These fun and delicious ice cream sandwiches use **Baker's Source Classic Chocolate Chip, Peanut Butter and Sugar Cookies** as the bookends for **Wholesome Farms Vanilla, Strawberry and Chocolate Ice Cream**. The cookies, which start as labour-saving thaw-and-serve discs, allow for endless customization. The peanut butter cookies are packed with real peanut slivers, while the sugar cookie has a rich buttery taste. The chocolate chip cookie is one of Sysco's most popular desserts on the market. Once you're done shaping the sandwiches, dip them in melted chocolate and decorate the outside with sprinkles, crumbled cookies or M&M's Minis.

## A Dazzling Combination

Waffles are all the rage right now. You can stuff them with sweet and savoury ingredients at breakfast and then use that same waffle mix to make a delicious bed for a chilled dessert. In this recipe, the chef has added mashed sweet potato to the waffle mix to create sweet potato waffles and topped it with **Wholesome Farms Vanilla Ice Cream** flavoured with cinnamon. He then combined strawberry preserves with hot bacon drippings and drizzled it on top for a sweet and savoury dish worthy of Instagram.

## There's a Pie in My Shake

Not sure what to do with that leftover Key lime pie—or any pie, for that matter? Mix it up in a blender with several scoops of **Wholesome Farms Vanilla Ice Cream** to make a rich milkshake. Top it with accents that complement the original flavours, such as shaved lime zest and smashed graham cracker crumbs. Add a shot of alcohol to make a grown-up version.



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## Your Holiday-Planning Checklist

Get ahead of the game! Start preparing for fall and winter holiday events now so you won't be caught off guard later.



### IN MAY

Inspect your tools and equipment, from small to large.

Make sure to inspect tools and equipment—especially before a high-volume season:

- Are your ice machines working?
- Is your walk-in holding temperature properly?
- Are your thermometers in working order?
- Do you have the right food storage?

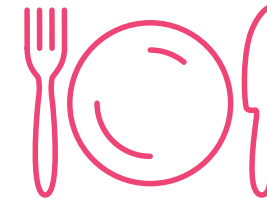
Consult with the experts: “We have product specialists who can help you find the right product to fit your needs, and equipment specialists who can outfit your entire kitchen,” says Wendy Abney, Vice President of Merchandising.



### IN JUNE

Start on menus; order necessary equipment.

Summer is the time to begin preparing your menus for fall and winter holidays. Sysco can help with menu planning as well as supplies. Think of menus that will work well for banquets and large crowds, such as premade single-bite appetizers and desserts, and of dishes that are popular in the fall and winter, such as soups, stews and braised meats. For those events where holding food temperature will be critical, be sure to order the right equipment. Abney recommends the **Sterno SpeedHeat**, a new flameless warming product that travels well. For help with planning menus, ask your Marketing Associate about **Menu Consulting Services** available through your local Sysco company.



### IN JULY

Stock up on table settings and disposables.

You'll want to create special table settings and a festive atmosphere for holiday parties. Invest in table settings, such as attractive eco-friendly disposable plates made by **Gallimore**. A lot of items break over the summer, as well, so it's a great time to restock glassware. Consider freshening up the waitstaff's apparel for big events. Scaling up on the atmosphere and apparel “allows you to upcharge the food that you're serving because you're putting on a better presentation,” Abney says.



### IN AUGUST

Take inventory and plan ahead to avoid problems.

“It's good to think ahead and to order ahead—even if you use delayed delivery—because you don't want the event to arrive and find you're not prepared,” Abney says. Take an inventory of table settings, including:

- plates
  - tablecloths
  - glasses
  - stands
  - sugar holders
  - salt and pepper shakers.
- Be sure you have enough buffet equipment, including serving baskets and tongs. No matter how well you plan, there will be last-minute surprises. Nonetheless, it's always best to think several months ahead.





## Hatch Chile Crab Cake Wafflewich With Green Tomato Fries

CHEF JAVIER U. LOPEZ  
SYSCO HOUSTON  
SERVES 4

- BLUE CORN WAFFLES**
- ½ cup blue corn flour
  - ¼ cup all-purpose flour
  - 1½ tsp. baking powder
  - ½ tsp. Sysco Classic Kosher Salt
  - ¼ tsp. black pepper
  - 1 large egg
  - 5 oz. Wholesome Farms Whole Milk
  - 1 oz. Wholesome Farms Unsalted Butter, melted
  - 1 jalapeno pepper, diced
  - ¼ cup cilantro, chopped
  - 4 oz. Casa Solana Pepper Jack Cheese, shredded
  - 1 Tbsp. Mike’s Hot Honey
  - 4 large red radicchio leaves

- SUNNY SIDE-UP EGG**
- Canola oil as needed
  - 4 Wholesome Farms Classic Shell Eggs
  - Kosher salt

- BLACKENED CRAB CAKE**
- Canola oil as needed
  - 4 3-oz. Jalapeno and Hatch Green Chili Crab Cakes

- NAPA SLAW**
- 2 oz. napa cabbage
  - Juice of ½ lemon
  - Sysco Classic Kosher Salt
  - 1½ Tbsp. Louisiana Remoulade Sauce

- GREEN TOMATO FRIES**
- 4 green tomatoes
  - Sysco Classic Kosher Salt
  - 1½ Tbsp. Imperial McCormick Cajun Seasoning
  - 4 oz. all-purpose flour
  - ¾ cup buttermilk
  - ¾ cup Sysco Classic Cornmeal

- TURMERIC GARLIC AIOLI**
- ½ cup Sysco Imperial Mayonnaise
  - 1 tsp. Imperial McCormick Turmeric Powder
  - 1 clove garlic, finely chopped
  - Juice of 1lemon

- ½ tsp. Sysco Classic Kosher Salt
- ¼ tsp. Imperial McCormick Freshly Ground Black Pepper

**FOR THE BLUE CORN WAFFLES**

Preheat the waffle iron. In a mixing bowl, combine the flours, baking powder, salt and pepper, and mix well. In another bowl, combine the egg, milk and butter and whisk them well. Then add the remaining ingredients and combine. Add the wet ingredients to the dry ingredients and mix well. Pour 2 ounces of batter into the centre of the waffle iron and cook for about 3 minutes. Hold the waffles until ready to build the sandwiches.

**FOR THE SUNNY SIDE-UP EGG**

Heat the oil in a nonstick skillet over low heat until slightly shimmering. Crack an egg into a small ramekin and slowly add it to the skillet; repeat with the other eggs, adding them to the other side of the skillet. Cover with a tight lid and cook, uninterrupted, until the whites are completely set but the yolks are still runny, 2 to 2 ½ minutes. Slide the eggs out of the skillet onto a plate and season with salt to taste.

**FOR THE BLACKENED CRAB CAKE**

Heat a skillet over medium-low heat, add oil and sear the crab cakes on both sides. Cook until the internal temperature reaches 165 degrees, usually about 2 minutes per side. Remove crab cakes from the skillet; hold warm until plating.

**FOR THE NAPA SLAW**

Place napa cabbage in a mixing bowl along with the lemon juice, salt and remoulade sauce. Mix well and reserve until plating.

**FOR THE GREEN TOMATO FRIES**

Slice tomatoes into “petals,” leaving the cores intact; then cut the petals into sticks and place them in a mixing bowl. Season with salt and Cajun seasoning. Add the flour and mix well. Dip tomato pieces into the buttermilk and then into the cornmeal. Place

them in a deep-fryer heated to 350 degrees and fry until golden-brown, about 3 minutes. Remove and hold until plating.

**FOR THE AIOLI**

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

**FOR PLATING**

In the centre of a plate, place 1 waffle lined with radicchio, the egg and then the crab cake, followed by the napa slaw. Lastly, crown with another waffle and insert a bamboo pick to hold it all together. The pick also breaks the yolk for final presentation. Garnish with green tomato fries and serve with the aioli on the side.

## Greek-Style Fries

CORPORATE CULINARY TEAM  
SERVES 4

- 24 oz. Sysco Imperial Thick-Cut Fries
- 3 Tbsp. olive oil
- 3 Tbsp. chopped parsley
- 3 Tbsp. chopped oregano
- 2 Tbsp. chopped mint
- Salt and freshly ground pepper to taste
- ½ cup crumbled feta cheese
- ¼ cup chopped green onions
- 1½ Tbsp. lemon zest

Fry the french fries according to package directions and then drain. Toss the hot fries with the olive oil, parsley, oregano, mint, salt and pepper. Serve warm, topped with the crumbled feta, green onions and lemon zest.

## Whipped Avocado Toast With Smoked Salmon

CHEF JAHNA GEORGE  
SYSCO LOUISVILLE  
SERVES 1 TO 2

- WHIPPED AVOCADO SPREAD**
- 16 oz. Anchor Chef Heavy Ultra High Temperature cream
  - 1 Tbsp. fresh lemon juice
  - 5.29 oz. package Boursin Garlic & Fine Herbs Cheese
  - ½ tray Hass fresh avocado chunk, pulp packaged pouch
  - 1 tsp. Sysco Classic Kosher Salt

- TOAST AND EGGS**
- 2 slices jalapeno cornbread loaf
  - 2 large Wholesome Farms eggs
  - 5 oz. Sliced Smoked Portico Atlantic Salmon Fillet
  - 2 slices Coliseum domestic prosciutto
  - 1 tsp. nonpareil capers
  - ¼ oz. micro greens
  - ½ oz. Imperial fresh red radish ministicks

- MANGO BELLINI**
- 1 pouch mango smoothie
  - 5 oz. Champagne
  - 1 tsp. Lyons sauce assortment
  - 1 tsp. sugar, for rim garnish

**FOR THE WHIPPED AVOCADO SPREAD**

Put heavy cream in a mixing bowl and mix on medium speed for 3 to 4 minutes. Add lemon juice and Boursin cheese and continue to whip until the ingredients are thoroughly combined and whipped, about 3 minutes longer. Remove the mixture from the mixer, fold in the avocado pulp and salt, making sure not to fully incorporate; there should be swirls of green and white. Chill, covered, until ready to use.

**FOR THE TOAST AND EGGS**

Toast jalapeno cornbread slices on a grill for 10 to 15 seconds and set aside. Poach eggs in boiling water for about 3 minutes. Top each slice of cornbread with 2 ounces of the whipped avocado spread. Add 2.5 ounces of the sliced salmon on top of the whipped spread. Deep-fry the prosciutto slices for 30 seconds, drain and place one slice on top of each toast. Add the eggs, and garnish with capers, micro greens and radish sticks.

**FOR THE MANGO BELLINI**

Pour the mango smoothie pouch into a blender. Add the Champagne and blend for 20 to 30 seconds until smooth. Garnish a glass with any flavour from the Lyons assortment by squeezing a little around the rim; then press into granulated sugar.

## Braised Short Rib Eggs Benedict With Cheesy Grits

CHEF BRIAN DORSEY  
SYSCO DENVER  
SERVES 8

- 2 lbs. Butcher’s Block Beef Short Ribs
- Kosher salt and freshly ground black pepper
- ½ cup olive oil, divided
- 4 cups jumbo yellow onions, roughly chopped
- 4 cups celery, roughly chopped
- 4 cups carrots, roughly chopped
- 3 cloves garlic, roughly chopped
- ½ oz. fresh minced rosemary
- ½ oz. fresh minced thyme
- 64 oz. Burgundy cooking wine
- ¾ cup Savoury Creation beef broth concentrate reconstituted with 1 gallon water

- SALSA VERDE**
- 6 cloves Imperial Fresh garlic, peeled
  - 2½ cups Imperial Fresh cilantro
  - ½ Casa Solana Imperial avocado
  - 2 Imperial Fresh Jalapeno Chiles, deep fried
  - ½ cup Imperial Fresh Spinach
  - ¼ cup Sysco Classic Salad Oil
  - 1 cup water
  - Salt and freshly ground black pepper to taste

- CREAMY GRITS**
- 4 cups chicken broth
  - 1 cup quick grits
  - 1 cup Wholesome Farms Heavy Cream
  - ½ tsp. Sysco Classic Kosher Salt
  - ½ tsp. Imperial McCormick Freshly Ground Black Pepper
  - ½ cup all-purpose flour
  - 8 large Wholesome Farms Classic Shell Eggs
  - ½ cup Mexican crema
  - ½ cup freshly grated queso fresco
  - Micro cilantro, for garnish

**FOR THE BRAISED SHORT RIBS**

Cut the chuck muscle into 6-ounce cubed portions. Heavily season the meat with salt and pepper. Add ¼ cup of olive oil to a large rondeau set to medium-high heat. Add the seasoned meat and sear well on all sides. Then remove the meat and set aside. Add the onion, celery, carrots and garlic to the same rondeau with the additional ¼ cup of olive oil. Season vegetables lightly with salt and pepper and sweat over medium heat for 15 minutes.

Add the beef back to the pot with the vegetables. Add the rosemary and thyme, the Burgundy and the reconstituted beef broth and bring to a boil. Cover with parchment paper and aluminum foil to seal. Place in a 300-degree oven for 6 hours.

**FOR THE SALSA VERDE**

In a food processor, combine all the ingredients and blend until smooth.

**FOR THE CREAMY GRITS**

Bring chicken stock to a rapid boil in a heavy saucepan and slowly stir in the grits. Simmer, covered, for 5 to 7 minutes, or until thickened, stirring occasionally. Remove from the heat. Stir in the heavy cream and season with salt and pepper. Pour the grits into a shallow container to let them set up. Once the grits are firm and cool, cut them into desired shapes and dredge in flour, shaking off excess. Deep-fry in fryer set at 350 degrees for 1 to 2 minutes. Remove and let drain on paper towels. Reserve for plating.

In a saucepan, bring 2 to 3 inches water to a boil; reduce to a simmer. Break a cold egg into a custard cup or small glass bowl. Holding the cup close to the water’s surface, carefully pour the egg into water. Repeat with another egg. (Be sure to use a large enough pan so the eggs don’t touch.) Cook uncovered for 3 to 5 minutes or until whites and yolks are firm and not runny. Remove eggs with a slotted spoon.

To plate, place 2 grit cakes on the centre of each plate. Shred the beef (reserve liquid and discard the vegetables) and distribute it on top of each cake evenly. Place a poached egg on each stack. Ladle 2 ounces salsa verde over each egg. Add 1 tablespoon of crema to each stack. Garnish with queso fresco crumbles and micro cilantro.

## Cheesy Grits With Pulled Pork & Spring Vegetables

CHEF BRIAN DORSEY  
SYSCO DENVER  
SERVES 4

- CAROLINA JUS**
- ½ cup Cattlemen’s Carolina Gold Tangy BBQ sauce
  - ¼ cup apple juice
  - ¼ cup apple cider vinegar
  - 1 Tbsp. brown sugar
  - 1 Tbsp. whole grain mustard
  - 1 tsp. Imperial McCormick Paprika
  - ½ tsp. Worcestershire sauce
  - ½ tsp. Imperial McCormick Cayenne Pepper
  - Sysco Classic Salt to taste

- CHEESY GRITS WITH PULLED PORK**
- 3 cups chicken stock
  - 1 cup quick grits
  - 1 cup Wholesome Farms Heavy Cream
  - 1 cup Haystack Mountain goat cheese
  - 8 oz. Butcher’s Block Pulled Pork
  - 2 Tbsp. white vinegar
  - 1 qt. simmering water
  - 1 tsp. Sysco Classic kosher salt
  - 4 Wholesome Farms Classic Shell Eggs

- SPRING VEGETABLES**
- 1 oz. fava beans, blanched and peeled
  - 1 oz. fresh English peas
  - 2 oz. shaved fennel
  - 1 quick-pickled shallot
  - A few fresh mint sprigs, chopped
  - A few fresh micro pea shoots
  - Olive oil to taste
  - Juice of 1lemon

**FOR THE CAROLINA JUS**

Combine all ingredients in a medium saucepan; whisk gently to incorporate. Cook on medium heat for 15 to 20 minutes until reduced. Set aside to cool.

**FOR THE CHEESY GRITS**

Bring chicken stock to a boil in a heavy saucepan and gently stir in grits. Simmer, covered, 5 to 7 minutes or until thickened, stirring occasionally. Remove from heat and slowly stir in heavy cream and goat cheese. Season with salt and white pepper. Reserve for plating.

On a flattop, heat the pulled pork until the edges are crisp and the meat is heated through. While the pork is heating, pour the vinegar into the quart of simmering water and swirl the water. Add salt, crack the egg into a separate bowl and then gently tip it into the simmering water. Let the egg cook until the white is set and the yolk is soft, around 3 minutes. Remove with a slotted spoon and drain on paper towels.

**FOR THE SPRING VEGETABLES**

In a mixing bowl, combine fava beans, peas, shaved fennel, shallots, mint and pea shoots. Drizzle with herb oil and lemon juice and toss until coated.

To serve, divide grits into 4 dishes. Place pulled pork on top of the grits. Dress with the Carolina Jus. Divide dressed vegetables among the 4 dishes.

## Lemon and Thai Basil Blueberry Waffles

CHEF JACQUELINE LAU  
SYSCO HAWAII  
SERVES 4

- WILD BLUEBERRY PRESERVES**
- 3 cups Sysco Classic Blueberries
  - 3 cups sugar
  - ¼ tsp. ground cinnamon
  - ¼ tsp salt
  - Juice of ½ lemon

- WAFFLES**
- Canola oil spray, as needed
  - 8 oz. Baker’s Source Scoop and Bake Blueberry Muffin Batter
  - 1 cup cream cheese, cut into ½-inch dice (12 pieces)
  - ¼ cup wild blueberry preserves
  - 2 Tbsp. Thai basil leaves
  - ¾ cup crème fraiche
  - 3 Tbsp. honey
  - Juice and zest of 1lemon

**FOR BLUEBERRY PRESERVES**

Combine the berries and sugar in a medium saucepan over high heat. Cook, stirring frequently, until the berries begin to simmer. Stir in the cinnamon, salt and lemon juice and bring to a boil. Cook for approximately 30 minutes, until the jam has thickened. Set aside to cool.



FOR THE WAFFLES

Preheat the waffle iron. Spray the pan with oil before scooping blueberry muffin batter. Scoop approximately 2 ounces into the waffle iron. Add 2 small pieces of the cream cheese to the waffle. Close waffle iron and bake until golden-brown. Create a sandwich using 2 blueberry waffles. Spread blueberry preserves on 1 of the waffles and sprinkle a pinch of chopped Thai basil on top. Sandwich them together. Combine crème fraiche, honey, lemon juice and lemon zest and set aside. Serve waffles warm with a side of lemon crème fraiche.

Pepper Jack Juicy Lucy Burger Bowl

CHEF AMY ELLIOTT  
SYSCO MINNESOTA  
SERVES 4

QUICK-PICKLED VEGGIES

- 1 cup red cabbage, chopped
- 1 cup shredded carrots
- 1 cup thinly sliced cucumbers
- 12 oz. rice vinegar
- 12 oz. ginger beer

JUICY LUCY BURGER BOWL

- 4 cups tricolored quinoa
- ¾ cup olive oil
- 1 cup red Hatch chiles
- 5 Tbsp. micro cilantro, chopped Salt
- 4 5.3-oz. Fire River Farms Ground Beef Patties
- 4 Tbsp. Arrezzio Imperial Parmesan cheese, grated
- 2 tsp. Sysco Classic Kosher Salt
- 8 slices Block and Barrel Classic Pepper Jack Cheese, cut in ¼-inch slices
- 2 cups fresh corn kernels
- 12 shishito peppers
- 4 oz. arugula
- Corn shoot micro greens for garnish

FOR THE QUICK-PICKLED VEGGIES

Let the vegetables sit in the pickling solution (below) for at least an hour up to 7 days, chilled. In separate containers, pickle the red cabbage, carrots and cucumbers. Heat 50 per cent vinegar and 50 per cent ginger beer solution, pour over the vegetables until submerged; cover tightly.

FOR THE JUICY LUCY BURGER BOWL

Place the quinoa in a fine-mesh strainer; rinse under running water and drain. Heat ¼ cup of olive oil in a small saucepan over medium-high heat until shimmering. Add the drained quinoa and cook, stirring constantly, about 2 minutes. Add 8 cups water and bring to a boil. Stir and bring to a rolling boil. Lower the heat and cook, covered, for 15 minutes. Once the quinoa is cooked, add the Hatch chiles and chopped cilantro. Season with salt to taste. Set aside.

In a small bowl, combine the beef, Parmesan cheese and salt. Divide into 8 patties. On 4 of the patties, place the pepper jack cheese, then the remaining 4 patties on top of them. Close burgers at the seams. Preheat a pan over medium-high heat. Add the burgers, cover and cook 6 to 8 minutes or until internal temperature reaches 165 degrees.

In a dry sauté pan over high heat, roast the corn kernels. Season with salt and set aside. In the same sauté pan, add ¼ cup oil. Heat to shimmering, then add shishito peppers, turning until slightly blistered. Set aside.

To assemble: Drizzle arugula with ¼ cup oil and salt to taste. Place in a serving bowl. Top with quinoa, corn, shishito peppers, carrots, cucumbers and red cabbage. Cut the stuffed patties in half and place in the centre of the bowl. Garnish with corn shoots.

Summer Haze Burger With Lemon-Thyme Fries

CHEF AMY ELLIOTT  
SYSCO MINNESOTA  
SERVES 4

- 4 5.3-oz. Fire River Farms Ground Beef Patties Salt to taste
- 4 Baker's Source Classic Brioche Buns

- 2 Tbsp. Kewpie Mayo
- 1 cup roasted red pepper fillets, rinsed and julienned
- 1 oz. crunchy romaine lettuce
- 1 oz. fresh arugula
- 8 oz. Purple Haze goat cheese (or other local cheese)
- 1½ lb. Sysco Classic French Fries
- 2 Tbsp. lemon juice powder
- 2 Tbsp. fresh parsley, chopped
- 2 tsp. fresh thyme, chopped

Preheat grill to medium-high heat. Liberally season both sides of the burgers with salt. Lightly butter the cut side of each bun, and add to grill until just toasted.

On the base of the brioche buns, add mayo, julienned red peppers, romaine lettuce. On the top buns, smear goat cheese and place on top of burgers.

Place burger patties on the grill and cook for 3 minutes on each side. Remove from heat and place atop the buns.

Deep-fry french fries in a 350-degree fryer. Remove and let drain. Toss with lemon juice powder, parsely, thyme and salt to taste. Serve with the burger.

Bulgogi Fries

CHEF CHRIS VOMUND  
SYSCO ST. LOUIS  
SERVES 1

- 4 oz. Sysco Imperial Phantom Plus Skin-On Potato Fry
- 1 tsp. D'Allesandro Seasoning Bulgogi Seasoning

Cook fries for 4 minutes in 350-degree fryer. Remove from the fryer and drain. Sprinkle with bulgogi seasoning.

Cuban Burger

CHEF DOUGLAS SISK  
SYSCO SOUTH FLORIDA  
SERVES 1

- 1 5.33-oz. Fire River Farms Beef Burger Patty
- 1½ oz. Block & Barrel Swiss cheese
- Salt and freshly ground black pepper to taste
- 1 oz. Sysco Imperial Mayonnaise
- ½ oz. whole-grain mustard
- 1 4.5-inch Baker's Source Brioche Bun

- 1 oz. Butcher's Block Cooked Pork Loin, shaved
- 2 oz. Block & Barrel Sliced Ham
- 4 dill pickle slices

Grill burger to desired doneness, melting cheese on top of the patty, and season on both sides with salt and pepper. Set aside and keep warm. Combine mayonnaise and mustard and smear on the bottom bun.

Place burger on the bottom bun and shingle cooked pork loin on top. Pile on the sliced ham and top with pickles. Place the top bun on the burger and press in a panini press, if available, for 1 to 2 minutes.

Brussels and Burger Power Bowl

CHEF KELLY BEAN  
SYSCO NASHVILLE  
SERVES 1

- 4 oz. Brussels sprouts
- ¼ cup Path of Life 5 Grain Blend
- 2 Divina Hot Pickled Okra
- Olive oil, as needed
- 1 ground chuck beef patty or ground turkey patty
- Salt and freshly ground black pepper to taste
- ½ oz. Imperial Fresh Arcadian Lettuce Mix
- 2 oz. Imperial Fresh Heirloom Mix Tomatoes, sliced
- 1 oz. pickled red onions
- ½ tsp. Sriracha Sauce
- ¼ tsp. Mike's Hot Honey

DIRECTIONS

Slice the Brussels sprouts and blanch them in boiling water for 2 minutes. Then place them in ice water to shock and set aside. Once chilled, drain the Brussels sprouts on a paper towel. Heat a dry pan and add a drizzle of olive oil. Cook the Brussels sprouts until slightly browned.

Thaw the 5 Grain Blend and place in a bowl. Slice the okra into thin strips and combine with the grain blend.

Season the patty liberally with a good amount of salt and pepper. Cook on a grill or in a frying pan until the internal temperature reaches 160 degrees. Place the Arcadian Lettuce Mix in a

bowl with the tomato slices on top. Place the grain mixture and Brussels sprouts in the bowl and top with cooked burger and pickled onions. Finish it off with a splash of sriracha and hot honey.

Nashville “Hot Bacon” Pimiento Cheese Burger

CHEF KELLY BEAN  
SYSCO NASHVILLE  
SERVES 1

NASHVILLE HOT BACON

- ¼ cup light brown sugar
- 1 Tbsp. Imperial McCormick Cayenne Pepper
- 1 tsp. Imperial McCormick Smoked Paprika
- 1 tsp. kosher salt
- 12 slices cold-smoked thick-cut bacon

PIMENTO CHEESE BURGER

- 1 chuck-brisket-sirloin blend smash-style burger patty
- Salt and freshly ground black pepper
- ½ tsp. Sysco Imperial Mayonnaise
- 1 tsp. Dromedary diced pimientos
- 1 oz. Block & Barrel Shredded Sharp Cheddar Cheese
- 1 tsp. Sriracha Sauce
- ½ cup Baker's Source Classic All-Purpose Flour
- 2 ½-inch slices green tomato
- 1 Wholesome Farms Classic Shell Egg, beaten
- ¾ cup panko breadcrumbs
- 1 4.25-inch challah bun
- 2 slices cold-smoked thick-cut Bacon
- 4 Schwartz spicy pickle chips

FOR THE NASHVILLE HOT BACON

In a bowl, combine brown sugar, cayenne, paprika and salt. Lay bacon on a sheet pan lined with parchment and coat the bacon on one side with the hot mixture. Bake in a 360-degree oven until crispy and set on paper towel to drain.

FOR THE BURGER

Season the patty liberally with salt and pepper and cook in a skillet or on a flattop until it reaches desired doneness. Combine the mayonnaise, pimientos, cheddar and sriracha and let chill. Season the flour with salt and pepper.

Dredge tomatoes in flour, then in the beaten egg, then in the panko. Cook the breaded tomatoes in a 350-degree deep fryer for 1 to 2 minutes, turning once during cooking.

To build the burger, toast the bun. Then layer with the patty, pimiento cheese, fried green tomatoes and pickles, and top with the hot bacon.

Ice Cream Cookie Sandwiches

CHEF CATHERINE ANNE ALBERT  
SYSCO MEMPHIS  
SERVES 3

- 2 Baker's Source Classic Chocolate Chip Cookies (frozen discs)
- 2 Baker's Source Classic Peanut Butter Cookies (frozen discs)
- 2 Baker's Source Classic Sugar Cookies (frozen discs)
- 3 oz. Wholesome Farms Classic Vanilla Ice Cream
- 3 oz. Wholesome Farms Classic Chocolate Ice Cream
- 3 oz. Wholesome Farms Classic Strawberry Ice Cream
- 2 cups chocolate chips
- Sprinkles, crushed cookies or hard candies for garnish

Bake the cookies according to the package directions and place them in freezer to cool. Using a 3-ounce scoop, place 1 scoop of ice cream between 2 chilled cookies and press them together to form a sandwich. Place the cookies in the freezer.

Melt the chocolate chips in a double boiler. Once chocolate is melted, remove the cookie sandwiches from the freezer and dip them into the melted chocolate as desired. Decorate by rolling the wet chocolate parts in sprinkles, crushed cookies or crushed candy, then chill until ready to serve.

Sweet Potato Bubble Waffle With Cinnamon Ice Cream and

Strawberry Bacon Drizzle

CHEF BRYAN HUDSON  
SYSCO RALEIGH  
SERVES 4

SWEET POTATO WAFFLE

- 1 cup praline pecans
- 1 cup Mashed Sweet Potato
- 1 cup water
- 2 cups Belgian Waffle Mix
- ½ tsp. Imperial McCormick Ground Cinnamon
- Pinch of Sysco Classic Kosher Salt

CINNAMON ICE CREAM

- ½ tsp. Imperial McCormick Ground Cinnamon
- ½ cup Sysco Classic Granulated Sugar
- ¼ cup water
- 2 cups Wholesome Farms Imperial Vanilla Ice Cream

STRAWBERRY BACON DRIZZLE

- 1 cup Sysco Classic Strawberry Preserves
- 2 Tbsp. bacon drippings
- ¼ cup hot water
- ½ tsp. Sysco Classic Kosher Salt

FOR PLATING

- 1 cup Imperial Fresh Strawberries, cleaned and quartered
- 1 cup Wholesome Farms Extra-Creamy Whipped Topping (optional)
- Extra whole pralines

FOR THE WAFFLE

Preheat a waffle iron. Chop praline pecans in a food processor (keeping some whole to garnish at the end) until finely ground. In a medium bowl, whisk the sweet potato and ½ cup water until thoroughly combined. In a separate large bowl, whisk the waffle mix, cinnamon, ground pecans and salt together to remove clumps. Add the sweet potato mixture to the dry ingredients. Add the remaining water to thin out the mixture as needed. Whisk until ribbons can be seen when lifting the batter up with the whisk. Evenly drizzle 1 cup waffle batter (depending on the iron used) onto the hot waffle iron. Close the iron and cook 3 to 5 minutes. Remove the waffle and keep warm for service.

FOR THE CINNAMON ICE CREAM

In a small saucepan, combine the cinnamon, sugar and water and bring to a simmer until sugar is dissolved. Let cool. Place the ice cream in a mixing bowl and refrigerate for 10 to 15 minutes, or until workable. Quickly fold half of the cinnamon simple syrup into the ice cream; return the ice cream to the freezer for at least 2 hours.

FOR THE STRAWBERRY BACON DRIZZLE

In a blender, combine all ingredients and process until smooth. Allow to cool.

Place the hot waffle on a plate with most of the fresh strawberries in the middle. Place a 4-ounce scoop of cinnamon ice cream on top and coat the ice cream with some of the strawberry-bacon drizzle. Drizzle the remaining half of the cinnamon simple syrup over the dessert, and top with whipped cream, whole pralines and more of the quartered strawberries, if desired.

Key Lime Pie Milkshake

CHEF ERIC STREETS  
SYSCO JACKSONVILLE  
SERVES 2

- 2 slices Key lime pie
- 3 scoops Wholesome Farms Imperial Vanilla Ice Cream
- 2 cups Wholesome Farms Whole Milk
- 3 oz. Wholesome Farms Whipped Cream
- 2 Tbsp. graham cracker crumbs
- 2 tsp. lime zest

In a stainless-steel shaker, combine pie slices, ice cream and milk. Blend in a shake machine for 45 seconds, until smooth. Pour into tall chilled glasses and top with whipped cream, graham cracker crumbs and lime zest. Add a shot of your favourite liqueur, if you wish, to turn this into a grown-up treat.



## DRIVER PROFILE



# Royston Brown

Driving for Sysco Central Ontario for 25 years

### What do you like most about driving for Sysco?

I enjoy the independence. Also, the physical work helps me maintain a good level of fitness.

### What is the most rewarding aspect of your job?

I love being thanked by my customers.

### How have you helped customers solve problems?

Having good communication with the customer's salesperson definitely helps.

### Describe the relationship you have with your customers.

I have good rapport with my

customers. I try to greet them by name when I see them and thank them when I leave.

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

Weather and traffic are my biggest obstacles.

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

One time a customer gave me a candy apple for the ride home, and the entire apple got stuck to my teeth while I was driving. I had to drive with it hanging out of my mouth until the candy melted and I could remove it.

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

I would probably be driving. Previously, I had worked for a major soft drink company. I might have stayed there, but they restructured, so we had the option to move on. And here I am today.

### What is your go-to meal while on the road?

I keep it simple: I like my coffee and a good banana.

### While driving in your truck, what radio station or music are you usually playing?

I listen to Golden Oldies 96.7. I like the music from my youth.

### Of the Sysco customers you deliver to, do you have a favourite dish or meal that they make?

I used to deliver to a chip truck that made the best fish and chips.

### What driver quirks do you possess?

I don't like backtracking. I don't like it when I have to drive by a customer's location and then come back later in the day to make the delivery.

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Thinly slice the Craft White Baguette, brush with garlic butter, sprinkle with cheese and bake. Garnish with toppings.



**Stuffed Dinner Roll**  
Pipe filling into the Craft Dinner Roll. Try it with cream cheese or make it a mini calzone with mozzarella, basil, and sundried tomato.

75%

of consumers will pay extra for clean label ingredients.

Food Insider Journal, 2017

65%

of consumers are more likely to purchase sandwiches described as artisan.

Technomic, Sandwich Consumer Trend Report, 2017

**Craft White Baguette** (5373186)  
18" x 2.25"



**Craft Multigrain Baguette** (5373240)  
18" x 2.25"



**Craft Hoagie Roll** (5373192)  
7.5" x 2.75"



**Craft White Dinner Roll** (5373255)  
3.5" x 2.5"



**Craft French Loaf** (5373267)  
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