

# FOODIE

AT THE HEART OF FOOD & SERVICE

**TOP FOOD  
TRENDS  
FOR 2020**  
/P.12

**VEGGIE  
SANDWICHES  
THAT SATISFY**  
/P.20

**SEAFOOD  
& PASTA:  
A PERFECT  
MATCH**  
/P.22

**MAKE YOUR  
MENU  
DO MORE**  
/P.27

# HUNGRY FOR CHOICE

**IS YOUR  
MENU  
READY FOR  
CHANGING  
DIETARY  
LIFESTYLES?**





# YOUR PIZZA. OUR FLOUR. ITALIAN INSPIRED. CANADIAN GROWN.

**A**t Ardent Mills, we're proud to be the company behind some of the most trusted flour brands in the pizza business. Our latest addition, Primo Mulino® Neapolitan-Style flour (SUPC 1922867), is perfect for thin pizza crusts, flatbreads, breadsticks and more. Made with a proprietary blend of select Canadian prairie wheat varieties, it delivers the functionality you need for long fermentations, hand tossing and fast, high-heat baking. Create perfectly consistent Neapolitan-style pizzas with a signature crisp exterior and delicate bite. Authentic Italian-style flour, trusted Canadian source. That's the Primo Mulino promise—and the Ardent Mills advantage. **For information and samples, contact your Ardent Mills account manager, visit [ardentmills.ca](http://ardentmills.ca) or call 888-295-9470.**

GROWN ON  
FAMILY FARMSTRUSTED  
BRANDSAUTHENTIC  
BRICK OVEN STYLE CRUSTYOUR PERFECT  
PIZZA


Nourishing what's next.®

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# TABLE *of* CONTENTS



## FEATURES

- 14 Consumers Crave Choice**  
Get current on growing food trends that belong on your menu—including plant-based eating, pescatarianism and high-protein snack foods.
- 20 Heavy on the Veggies**  
These satisfying plant-based sandwiches make delicious use of ingredients like eggplant, avocado and rich cheeses.
- 22 Seafood on Top**  
Elevate and upsell your pasta dishes when you add fish and shellfish to the mix. Whether seared, grilled or mixed into a sauce, seafood adds a touch of class to any dish.

## DEPARTMENTS

- 2 World of Sysco**  
Our exceptional people and products.
- 9 Culinary Trends**  
What's new and hot in the foodservice industry.
- 25 Operations**  
Expert advice for managing your business.
- 28 Recipes**  
Restaurant-ready dishes created by our chefs.
- 32 Back of Our House**  
Skilled Sysco chefs who can help you thrive.

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on our social channels.

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-  [@SyscoCanada](https://twitter.com/SyscoCanada)





# Say (Fresh) Cheese!

From a breakfast omelette to a cheeseburger in the evening, Canadian consumers crave cheese. Domestic favourites include mainstays such as cheddar, goat cheese and feta, according to the *Canadian Restaurant & Foodservice News*. Sysco supplies these and many more to chefs and restaurateurs under various brands, including Block & Barrel. And the exclusive supplier for the Block & Barrel brand is leading Canadian cheese manufacturer Saputo.

“Since its founding in 1954, Saputo has grown by leaning on its strong heritage and family values, crafting everything from fresh Italian cheese such as mozzarella and ricotta to award-winning brie and goat

cheeses,” says Randy Norman, National Sales Manager for Food Service at Saputo. Saputo ensures compliance to all regulatory requirements for food quality and labelling. All facilities supplying Sysco are audited annually by the regulatory agency, internally and by third parties under the GFSI standards. Saputo’s commitment to quality extends to its farmer/suppliers, too. “We know that the best cheeses begin with high-quality milk from healthy and well-cared-for animals,” Norman says.

Saputo will continue to partner with Sysco to supply fresh and nutritious dairy products while meeting the evolving needs of the Canadian marketplace.



Gran Valle de Montecelo 12-Month Aged Manchego



**WESTON FOODS**  
FOODSERVICE

**LOCATION**  
Toronto

**CATEGORY**  
Baked Goods

**KNOWN FOR**  
Breads, buns and rolls

## SUPPLIER PROFILE

# Weston Foods

“It all started more than 100 years ago with the idea of providing high-quality bread to the public,” says Owen Rilan, Director of Foodservice for Weston Foods in Canada. George Weston began baking as an apprentice at age 12. In 1882, he established Weston Bakeries in Toronto. By the turn of the century, Weston had built the company into one of Canada’s largest bakeries. “Weston Foods has evolved in size and scale over 100-plus years,” says Rilan, “and while we’ve expanded into other categories, the heart and soul of our company is bread.”

### Both Sides of the Bun

Today, Weston Foods has baking facilities in every major city across Canada and several in the U.S., with products ranging from doughnuts to artisan breads. Even at a large

scale, however, Weston Foods maintains a connection to its customers. “We have a national sales team across Canada in every market to support Sysco customers,” says Rilan. “We rely on insight from the team to direct where we innovate or focus product assortment.” At the moment, burgers are a growth category, and Weston Foods sees potential for both gourmet-style brioche buns, as well as the thinner, softer buns used on old-fashioned cheeseburgers.

Under the Weston Foods umbrella, you will find brands that represent high-volume baked goods to supply mainstream food-service operations. But the company also has an artisanal side: “We have technology that is able to essentially replicate baking by hand,” explains Rilan. “We do modern versions of what an old European-style bakery would have made, using simple ingredients and long fermentation.”

### Beyond Bread

Breads and buns are not the only categories Weston Foods supplies to foodservice customers. It also produces bagels, English

muffins, tortillas and more. The demand for tortillas in particular is so great, says Rilan, suppliers can barely keep up. “Everybody wants tortillas in multiple formats—not just burritos and tacos. In many cases, operators are using tortillas as alternatives to bread for sandwiches.” As Canada continues to become a mosaic of cultures, globally inspired menu items, such as those using tortillas, will increase. “Tortillas are an easy way to add that flair with familiar flavours,” says Rilan.

### A Perfect Partnership

Food cost and food safety are primary concerns for operators across Canada. To ease labour costs, Weston Foods offers a range of thaw-and-serve products such as baguettes that look house-made but save time in the kitchen. On the safety side, Weston Foods, like Sysco, prides itself on its level of commitment to food safety and quality assurance “across all our production facilities, to the highest corporate standard,” Rilan says. “Meeting Sysco’s quality standards is a top priority for us.”





# The Bold Flavours of Italy

A bowlful of hearty pasta, a slice of authentic wood-fired pizza—Italian food has become Canada’s favourite comfort food. Sysco’s **Arrezzio** brand brings craftsman-quality ingredients to your kitchen, whether you operate an Italian restaurant or would just like to add more Italian flavour to your menu.

### Authentic Quality Products

Arrezzio works with the best producers in Italy and North America to create full-flavour products for Sysco customers, often using the time-honoured production processes of the Old World. **Arrezzio Classic Pasta**, a dried pasta made in Italy, from 100% durum (semolina) wheat, comes in a range of traditional and versatile shapes to suit any dish. It is perfect for use in Italian restaurants—and any kind of operation that would like to promote the authenticity of their ingredients.

### Layers of Flavour

The Arrezzio brand covers products as diverse as tomato sauce, prosciutto, anchovies and pesto—the building blocks of Italian cuisine. The brand is divided into tiers: **Arrezzio Classic** and **Arrezzio Imperial**. Arrezzio Classic products—which include a variety of meats, cheeses and tomato sauces as well as the imported pasta—are distinguished by their excellent value. Arrezzio Imperial products offer premium performance and exceptional value.

### Mix It Up!

Many Arrezzio items call out for use in pizzas, pastas and traditional Italian applications, but “a lot of these items can swap into other kinds of cuisine,” says Alfredo Guido, Sysco’s Director of Italian Sales. “I see a lot of mixing of genres these days, such as Japanese–Italian fusion.” Many chefs consider **Arrezzio Imperial Pesto** to be one of the most versatile ingredients in their kitchen—pairing it with roast chicken or topping a shrimp salad for lunch.

### The Promise of Quality

Not only are Arrezzio products made with the highest quality standards, but they also are backed by Sysco’s unprecedented supply chain management and delivery reliability. This means your order comes with the confidence of a carefully monitored producer network and the largest quality assurance team in the industry.

*Talk to your Sales Representative to learn more about how Arrezzio products can bring flavour to your menu.*



### 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.





Owners  
Tonya and Dwayne Abbott



Banquet Burger  
With Home Fries



Turkey Club Wrap  
With Home Fries



Blueberry Loaf  
and assorted breads

## Rosie's Restaurant & Bakery



Local Pan-Fried Cod  
With Home Fries

### CUSTOMER PROFILE

# Rosie's Restaurant & Bakery

## Gander, Newfoundland

Gander, Newfoundland, gained renown after 9/11 when thousands of travellers were stranded there. We spoke to **Dwayne Abbott** about how he and wife **Tonya** manage Gander's popular dining spot **Rosie's Restaurant & Bakery**.

**Rosie's wasn't on the scene yet, but can you tell me a little bit about Gander on 9/11?**

I was around that day when the strikes happened in New York and planes started being diverted into Gander. I was working at the community centre and we were getting ready, but we were not prepared for 6,000 people to drop in overnight. But over time, the town managed it. Passengers were being lodged in schools. And they didn't just stay here in Gander, but in the surrounding communities, too.

**How did Rosie's get started?**

Rosie's was originally located in a little town on the eastern tip of Newfoundland called Eastport, but they had a fire. Six years ago, the previous owners moved the

restaurant here to Gander. Three years ago, they retired, so my wife, Tonya, and I bought the place, and we run it together. I had always dreamed of owning a restaurant. I worked in the catering business for 20-odd years, and I've always had a passion for cooking. To me, restaurant work is not hard, it's exciting. We took Rosie's and changed it around, made it our own. Now Rosie's is probably the top restaurant in central Newfoundland, if not one of the top on the island.

**What are some of the signature dishes on your menu?**

Rosie's is well known for our Thursday's Newfoundland Jig's Dinner. We also do a lot of cod au gratin, lasagna, spaghetti, fish and chips, and liver. Some patrons make

a three-hour drive just for our traditional Newfoundland Sunday dinner. You get two types of meat plus potatoes, turnip, cabbage, carrot and for dessert, a Newfoundland pudding.



There are certain things that we will not buy anywhere else but Sysco because they offer such great products.



**What items do you typically source from Sysco?**

We buy all our produce from Sysco. We buy a lot of our bakery items, plus dry grocery

and frozen items. We really like the Sysco pie fillings. All our meat is from Sysco. I buy a lot of protein because of the high quality and consistency. There are certain things that we will not buy anywhere else but Sysco because they offer such great products.

**How has Sysco been an integral partner in your success?**

Sysco is a very dependable and reliable company. Michelle Goodyear has been a great Sales Representative for us. She works very hard—and Sysco works very hard—to make sure that we get everything we need. Sometimes in Gander, we have supply issues because of our remote location and the severe weather. Sysco really keeps you informed about that, so you can be prepared and stock up in advance.



# New Sweet Potato Waves

— Sysco —  
**Imperial**

Ridge-cut for extra crunch.  
Coated in a batter  
for extra savoury taste.

With the sweet-heat product category up 6.5% over the last 4 years<sup>1</sup>, Sweet Potato Waves are patron pleasers. Bursting with on-trend sweet and savoury flavour, Sweet Potato Waves increase menu variety and inspire signature add-ons that customers will love. They also deliver consistent cuts and the high quality standards operators have come to expect from Sysco Imperial.

1 Dataessential Adoption Trend Cycle

**Features and Benefits:**  
Health Halo, Delivery Friendly,  
Versatile, Ovenable, Gluten  
Friendly, Vegetarian, AND...

Unique to  
**Sysco**

SUPC	Product Description	Cut Size	Case Pack	Case Wt. (lb)		Cooking Method	Temp	Time Minutes
				Net	Gross			
5309572	Sysco Imperial Sweet Potato Waves	3/8" x 3/4"	6/2.5 lb.	15	15.92	Convection Fry	425 °F 350 °F	8 - 12 3 - 3 ½

## One Potato, Two Potato

Go whole hog or meat-free with loaded fries for game day.

A vegetarian and a carnivore walk into a bar—maybe you’ve heard this joke before. What if the story continued: A vegetarian and a carnivore walk into a bar to watch their favourite game on TV, and both find menu options for snacks and apps that meet their dining needs. With so many new meatlike alternative proteins, this scenario can become a reality for your operation.

To illustrate how you can make easy substitutions without disrupting your menu, we’ve created two plays on a popular shareable bar snack: loaded French fries. A

meat-eater’s delight, the Pig Skin Loaded Fries features both applewood-smoked **Sysco Classic bacon** and labour-saving precooked pulled pork piled on a strong foundation of hearty **Sysco Imperial ½-inch skin-on French fries**.

For vegetarians, flexitarians and anyone who would simply like to cut down on meat consumption, our Loaded Plant-Based “Chorizo” Fries dish has all the flavour of beef without the meat itself. Instead, the recipe uses **Maple Leaf Lightlife Plant-Based Ground**. This product has a rich,

meaty taste and the texture of ground beef. It is protein-packed and ready to use across your menu, in tacos, burritos, vegan meat-loaves and many other applications. Here, we’ve sautéed the plant-based protein with a “chorizo” spice blend for extra flavour before topping French fries with it, alongside two kinds of cheese, sliced jalapeno chiles and Mexican-style crema.

*Talk to your Sales Representative about Sysco products that would work well for your game day snacks and apps.*



Loaded Plant-Based “Chorizo” Fries (left) and Pig Skin Loaded Fries (right); find these recipes on [SyscoFoodie.com](https://www.syscofoodie.com).



# Alternative Dairy Goes Mainstream

New options in nondairy beverages add versatility across your menu.

If you've been in a coffee shop or grocery store in the last few years, you'll have noticed the proliferation of nondairy beverages. Consumers have embraced this trend for a variety of reasons—because of allergies, in order to avoid animal products or just for a different flavour profile. That increased consumer demand is having a big impact on the market, including on restaurant menus. Sysco Canada offers an assortment of nondairy beverages so you can give your customers the choices they crave most.

Silk's alternative dairy products range from the versatile original unsweetened almond and soy beverages to on-trend flavours like cashew and coconut. Use them

across your menu: A simple swap with a nondairy product can work in most recipes, from breakfast beverages and creamy soups to nondairy salad dressings.

For coffees and teas, Silk has specialty nondairy soy and almond-hazelnut creamers, which offer a more decadent, creamy texture than the regular nondairy beverages. Another breakfast menu win: Substitute plain or vanilla-flavoured coconut-milk yogurt for traditional yogurt in breakfast bowls as a nondairy option. Best of all, studies show that when consumers have the option to order healthful alternatives customized to their own needs, they are willing to pay an upcharge.



Almond Chai Tea Latte

Creamy Vegan Tomato Soup; find recipes for these dishes on page 28.

Dairy-Free Ranch Dressing

**88%**  
of nondairy beverage consumers say availability of milk alternatives plays a role in their choice of dining place.\*

\*SunOpta Non-Dairy Study, April 2018



# UNITE FOR THE LOVE OF COFFEE



## 5 NEW COFFEE BLENDS

Marley Coffee® traces its origins to the farmlands of Jamaica where legendary musician Bob Marley learned a deep respect for nature and humanity that helped guide his life. Marley Coffee® is a fully Fairtrade certified portfolio of premium coffee that also supports One Tree Planted, focused on reforestation.



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GET  
STAND  
UP  
LIGHT ROAST

100%  
PERUVIAN  
LIGHT ROAST

ONE LOVE  
MEDIUM ROAST

100%  
BRAZILIAN  
MEDIUM ROAST

Simmer  
DOWN  
MEDIUM DECAF

Buffalo  
Soldier  
MEDIUM DARK

LIVELY UP  
DARK ROAST

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# Food Trends Forecast for 2020

As consumers become better informed about health and wellness, dietary trends are following suit. The rise of robotics, clean-label ingredients and local and sustainable sourcing are just some of the top trends our Sysco chefs are predicting for the year 2020.



## Neil Doherty

SENIOR DIRECTOR OF  
CULINARY DEVELOPMENT  
SYSCO CORPORATION

**Robotics:** As labour costs rise, it's becoming more economical to automate areas of our industry. Yesterday's science fiction is today's reality as advances in robotics show up in foodservice operations, including:

- Touch-screen restaurant kiosks
- Computer-barista coffee and espresso machines
- Retail robotic bread baking
- Automated salad kiosks
- C-stores without attendants



## Christopher MacAdam

CULINARY SPECIALIST/CHEF  
SYSCO ATLANTIC

**Olympic Fever:** We've seen a growing interest in ethnic and fusion cuisines here in Atlantic Canada. With the Summer 2020 Olympics heading to Tokyo, I would also expect restaurants to jump on board. Some Japanese ingredients and dishes might include:

- Miso
- Dashi
- Sushi
- Sashimi
- Tempura



## Kelly Bean

CULINARY CONSULTANT  
SYSCO NASHVILLE

**Protein Snacks:** Consumers are looking for protein any way they can get it, so adding more protein-rich options to your menu, including popular plant-based and beverage choices, can keep them coming back. Some options include:

- Low-carb, high-protein snacks
- Extra protein added to dishes and ingredients
- Grab-and-go snacks such as cheese and sausage, cubed turkey breast, hard-boiled eggs and kabobs
- Grains like quinoa and farro



## Chef Benjamin Udave

MARKET CHEF  
SYSCO LOS ANGELES

**Regional Cuisine:** Food is not all created equal, nor should it all taste the same. With the number of millennial and Gen Z diners continuing to rise, regional ethnic cuisines need to be as authentic as possible, and street food is in!

- Middle Eastern
- North African
- Greek by region
- Mexican: Norteño, Yucatán, Oaxacan
- Indian/Northern India
- Japanese/ramen by region
- Italian by region: Sardinian, Roman



## Kirk Borchardt

CULINARY SPECIALIST  
SYSCO PRAIRIES

**Ghost Kitchens:** With the increased cost of running a traditional restaurant plus the rise of third-party delivery apps, we will continue to see more "ghost kitchens"—a restaurant that services delivery only, with no storefront. Some of the benefits include:

- Low overhead (can exist in any neighbourhood)
- The ability to run two or more restaurant concepts out of the same space
- No seating or front-of-house staff
- It's a great R&D lab for a future full-service concept



## Jason Knapp

CULINARY CONSULTANT  
SYSCO ARKANSAS

**Convenient Sous Vide:** As sous vide cooking has made its way into mainstream kitchens, the main struggle for chefs is paying for the extra labour and costly equipment required. Now, with the advent of convenient sous vide products, it's easy to make a delicious dish of tender short ribs. Other top sous vide ingredients are:

- Filet mignon
- Eggs
- Salmon
- Chicken breast
- Lobster tail



## Kevin Penner

BUSINESS RESOURCE  
CONSULTANT  
SYSCO PRAIRIES

**Sustainability:** Chefs and restaurateurs are looking for environmentally sustainable approaches to foodservice. Here are a few ways to make your operation greener:

- Buy local and seasonal produce
- Use traditional preserving methods like canning and pickling
- Buy and serve non-GMO, organic and ethically sourced ingredients
- Reduce your waste footprint and carbon emissions
- Inspire others on social media!



# CONSUMERS CRAVE CHOICE

Build more inclusive menus to meet the dietary lifestyles of today's diner.

**C**ONSUMER TASTES are always evolving. As millennials and Gen Z'ers become the new wave of restaurant consumers, they are changing the foodservice landscape. Heavily influenced by digital media, they are passionate about their health and that of the planet. And they are the drivers behind plant-based/vegan and high-protein diets such as keto and Whole30. According to a recent Technomic survey, "The majority of consumers who follow a specialty diet describe themselves in flexible terms, such as 'semivegetarian' or 'flexitarian.'" What they are looking for is *options*. Operators have a chance to be more inclusive by offering menu choices that cater to various dietary lifestyles, such as plant-based alternatives, meatless versions of existing dishes, fish-based dishes and high-protein snacks. Sysco has the products and resources to help you navigate these shifting consumer behaviours.

➤  
SYSCO  
IMPERIAL RECIPE  
CHOICE CHIPS  
WITH HOUSE RECIPE  
KETCHUP

◀  
FEISTY FETA  
AND AVOCADO  
PLANT-BASED  
BURGER

## PLANT-BASED OPTIONS

"This is a pivotal time in our industry," says Jay Ashton, Business Resources Lead for Sysco Canada. "Consumers are starting to shift how they order food. It still has to taste good—and have balance and flavour—but it is also about what the food will do to you—the function that food serves in your body." According to Ashton and others, dietary lifestyles such as veganism and flexitarianism, where consumers try to eat mainly plants, plus some meat, can no longer be considered trends. "Plant-based eating is here to stay," says Ashton, "and will continue to impact what restaurateurs and chefs put on their menus."

Ashton believes it will take "a lot of work and knowledge" for operators to continue to expand plant-based offerings across the menu to meet increasing consumer demand. At first, vegetarian entrée options were based largely around vegetables and grains: stuffed squashes, meaty eggplant dishes, pasta and rice dishes. Now, consumers are asking for more: plant-based proteins that have the taste and satisfaction of meat.

Sysco has responded to the market demand by offering customers a range of alternative proteins, such as the Maple Leaf Lightlife Plant-Based Burger, which has a meatlike taste and texture and can be used in all of your favourite burger preparations. It is featured here, in the Feisty Feta and Avocado Plant-Based Burger (pictured, left-hand page). Another alternative protein, Maple Leaf Lightlife Plant-Based Ground, which has the same attributes as the burger patty, can be used for preparations such as tacos, vegan meatloaf or wherever you would normally use ground beef.

◀  
GREEN GODDESS  
PASTA BOWL  
WITH SEARED  
TOFU

FIND THESE RECIPES  
AND MORE ON  
PAGES 28-29 AND ON  
SYSCOFOODIE.COM

### OTHER PLANT-BASED ALTERNATIVES

#### JACKFRUIT

Tropical jackfruit has a neutral flavour and dense texture that is perfect for replacing shredded chicken or pork.

#### TOFU

Soy-based tofu has been the backbone protein of meatless dining. Use creative recipes, and it is both delicious and easy to prepare.

#### SEITAN

Made from wheat gluten, seitan has the right texture to create a versatile range of "fake" meats.

#### BEANS

Whole or mashed, blended into soups or folded into tacos, beans are always satisfying. Pair with rice for a great balance of nutrition.



# SEAFOOD STANDS OUT

A NATURALLY LEAN PROTEIN, seafood is a beneficial addition to any dietary lifestyle—whether or not someone calls themselves a pescatarian (a vegetarian who incorporates seafood into their diet). In fact, shrimp and many finfish are known for providing a powerful punch of protein, without much saturated fat. Although shrimp and salmon reign as the most popular seafood among U.S. consumers, creative operators can also achieve great success by serving something slightly different, like a delicious grilled branzino with roasted beets or fillet of snapper rubbed with jerk spices.

Although we usually think of seafood as a dinner or lunch ingredient, you can use it across the dayparts and across your menu to make the most of your inventory. For example, elevate and lighten up a breakfast by replacing smoked meats with seafood. Smoked salmon makes a terrific substitute for ham or sausage, and also raises your check average by several dollars.

Diners have become increasingly interested in the wholesomeness of their food. Sysco's **Portico Simply** tier of chemical-free, additive-free, all-natural seafood meets this market demand. All of Portico's seafood undergoes stringent supplier controls and quality assurance processes. So, whether you're serving a delicious dish of seafood pasta (page 22) or one of the beautiful recipes on these pages, you'll have the confidence of unrivalled freshness and quality.

45% of those eating more seafood say they're doing it because they're trying to eat healthier.

—Technomic

BRANZINO WITH ROASTED BEETS, OLIVE TAPENADE AND PISTACHIO CRUMBLE

HONEY-MUSTARD SALMON AND SMASHED POTATOES OVER HARICOTS VERTS WITH CHORIZO

FIND THESE RECIPES AND MORE ON PAGES 28-29 AND ON [SYSCOFOODIE.COM](https://www.syscofoodie.com)

## FISH NUTRITION FACTS

### SALMON

Delicious salmon is one of the fattier fish, but it is swimming in healthy omega-3 oils, as well as being high in protein.

### SHRIMP

They may be small, but shrimp are packed with protein and light on calories. Make them a mainstay of your menu year-round.

### SNAPPER

A 3-ounce serving of snapper comes with 23 delicious grams of protein and plenty of vitamin B12.

### BRANZINO

Branzino is a lean white fish with a delicate, mild flavour when cooked. Each 3.5-ounce fillet has about 15 grams of powerful protein.



# HIGH-PROTEIN SNACKS

THE GRAB-AND-GO PHENOMENON is here to stay. Consumers today—from university students to busy parents—are not necessarily sitting down for three square meals, but are instead partaking in several smaller meals and snacks throughout the day. More and more, diners are looking for nutrition-packed, high-protein snacks that are not only tasty and high-quality but are also convenient enough to take in the car, to work, to pick up the kids—wherever their day may take them.

From old-school low-carb diets like Atkins to keto, paleo and Whole30, protein is one very popular nutrient—and for good reason. Unlike carbs and fat, protein makes you feel fuller for longer—which also makes it the perfect snack.

Sysco's **Block & Barrel** brand offers an array of cheeses and deli meats that can be placed, along with other protein snacks, into convenient to-go boxes near to your point of sale. Try combinations of protein-packed snacks such as hard-boiled eggs; salami, coppa or other cured meats; cashews, pistachios or other nuts; cheese slices such as cheddar or blue; and even grilled chicken breast. Place prepared protein boxes (such as those pictured) in your refrigerated case along with carbonated beverages, and you've got the perfect snack or light lunch for busy diners on the run.



# BUILD YOUR OWN BOX

To make your own protein-based snack packs for consumers on the go, use your imagination plus plain plastic four-square containers. Simply fill with the proteins of your choice. Start with a wedge of cheese and sliced deli meats from Sysco's **Block & Barrel** brand. Fill in the squares with items like edamame; turkey or beef jerky; roasted almonds, cashews or walnuts; vegetables with hummus; and a hard-boiled egg. You can balance out the box with fruits that travel well, such as green and red grapes and apple slices.

1

A hard-boiled egg is the perfect protein snack. Portable when you're on the go, a large egg gives you 77 calories, 6 grams of protein and 5 grams of fat.

2

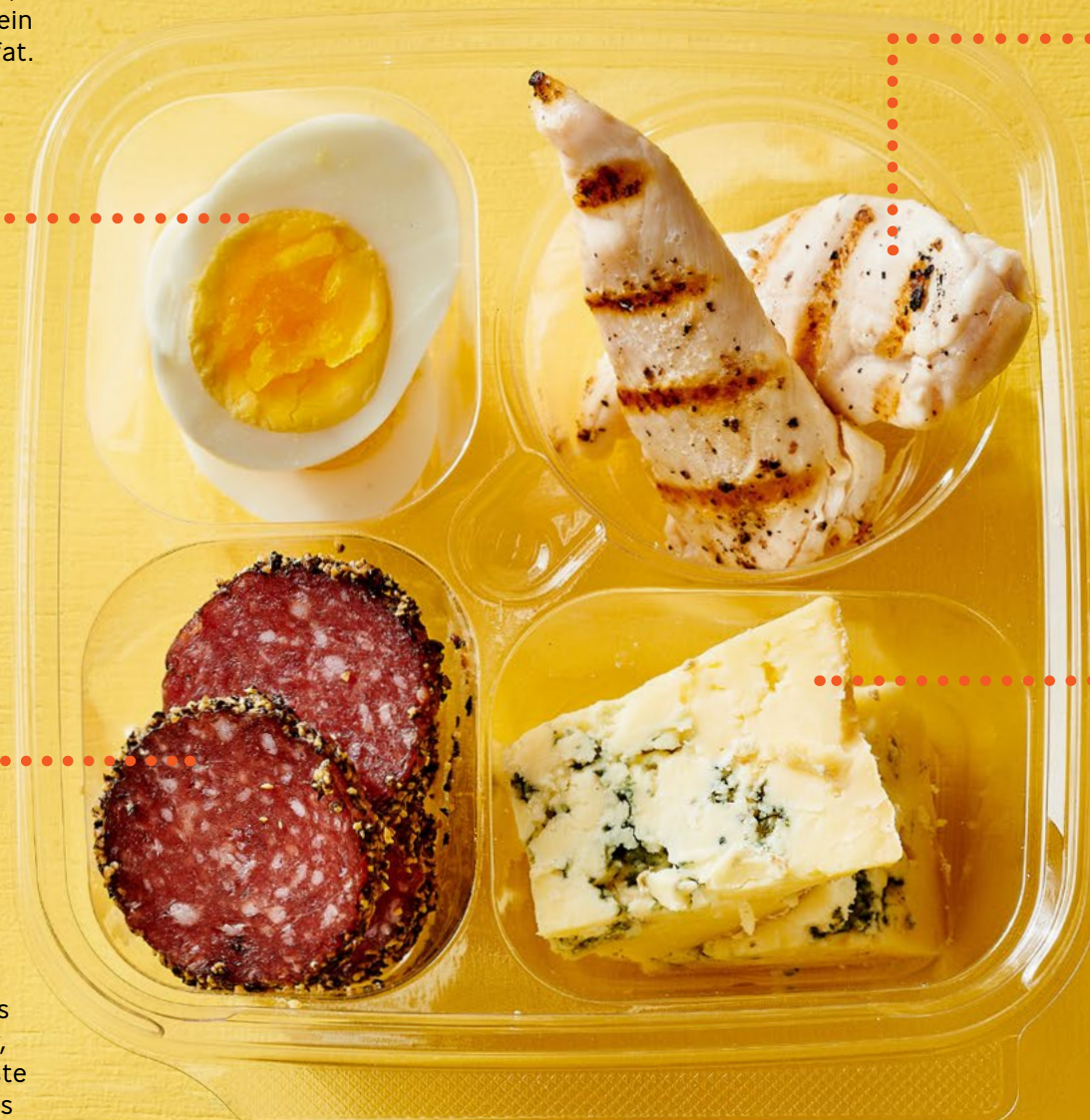
Grilled chicken breast is a lean, low-fat source of protein that pairs well with other snacks. One 3.5-ounce serving offers 26 grams of protein.

4

The tangy flavour of aged blue cheese satisfies your taste buds and your hunger. Each one-ounce slice has 6 grams of protein.\*

3

Cured meats have a salty, satisfying taste that matches with most cheeses. Each ounce provides about 6 grams of protein.



Ask your Sales Representative how Sysco can help you build a more inclusive menu with the right product mix for today's dining lifestyles.

\*All nutrition information is from U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. [fda.nal.usda.gov](http://fda.nal.usda.gov).



# HEAVY ON THE VEGGIES

Sandwiches are the ultimate portable meal. So, it makes sense that sandwich fillings have been diversifying along with current dining trends. Millennial consumers are interested in bold international flavours as well as plant-based eating—and the humble sandwich has evolved to reflect those passions, bringing in different flavour profiles and using vegetables in tasty and surprising ways. As more diners make vegetables a central feature of their diet, operators are following suit, featuring rich, delicious, veggie-centric options on their sandwich menu.

“If you do it right, you won’t miss the meat at all,” says Chef Neil Doherty, Senior Director of Culinary Development at Sysco. “Vegetarian sandwiches don’t have to be wimpy.” They can be just as hearty, rich and satisfying as their protein-heavy counterparts. By using ingredients like marinated, grilled portobello mushrooms, cheeses and breaded, fried avocado, you can create truly gratifying vegetarian sandwiches with layer upon layer of rich flavour.

The Eggplant Parmesan Sandwich is a quintessential Italian-American classic. The precut and breaded **Arrezzio Imperial Breaded Eggplant Cutlet** is ready for the fryer, which saves time and labour. Combine it with three types of Arrezzio cheese on a toasted **Baker’s Source Panini Vienna Roll**, and you have a sandwich to serve with pride.

Everyone loves a good banh mi—the wonderful Vietnamese sandwich often filled with grilled chicken or pork and pickled vegetables. In this meatless version, McCain Breaded Avocado Slices add savoury crunch and a rich taste complement to the lighter traditional toppings of carrot, daikon radish and cilantro.

In the Portobello “Bacon” BLT, the mushrooms take on an earthy, meaty flavour. They don’t try to replace bacon but instead bring their own unique taste. Made with fresh basil, cilantro and mint on a Maplehurst Brioche Bun, the sandwich appeals to vegetarian and flexitarian diners, as well as to anyone interested in adding more plants to their diet.



Portobello  
“Bacon” BLT

Eggplant Parmesan  
Sandwich With Three  
Cheeses and Basil.  
Find recipes for these  
dishes on pages 29–30.

THESE FLAVOURFUL VEGETARIAN SANDWICHES—INSPIRED BY DIFFERENT ETHNIC CUISINES—BRING PLANT POWER TO YOUR MENU WITHOUT SACRIFICING DINER SATISFACTION.



Crunchy Avocado  
Banh Mi



# Seafood on Top

Elevate your pasta dishes with the addition of Portico brand seafood.

A simple bowl of pasta with tomato or cream sauce is homey and rustic. Top the same bowl with perfectly grilled shrimp or add a mix of fresh fish and shellfish, and you instantly elevate it to something special. For a range of seafood pasta options, mix and match Sysco's **Arrezzo** brand pastas and sauces with **Portico** quality seafood and watch your customers dive in.

Start with classic combinations like linguine with clams or grilled salmon with creamy fettuccine. Or go deeper with a sophisticated dish of lobster ravioli and Champagne-saffron sauce.

These days, many diners are interested in eating wholesome ingredients. They want to have confidence in the quality, freshness and sustainability of their food. When you use **Portico Simply** all-natural seafood—including favourites like shrimp, halibut, tilapia and Pacific cod—in your pasta applications, you can rest easy knowing that this product contains no hormones, antibiotics or GMOs.

Diners perceive seafood as something a little special and rare, and they are willing to pay more for it. "Seafood is one of the few things home cooks still feel insecure about cooking for themselves, so they will seek it out on restaurant menus," says Neil Doherty, Sysco's Senior Director of Culinary Development. This is especially true during Lent (from Feb. 26 to April 9 this year), when many of the world's Catholics refrain from eating meat on Fridays.

*Ask your Sales Representative about the assortment of Portico seafood available in your market region, or request a consultation with one of Sysco's seafood specialists to learn more.*



## SUN-DRIED TOMATO AND CAPER SNAPPER PICCATA

A twist on classic chicken piccata, this dish is made with lean snapper nestled in angel hair pasta and topped with caper and sun-dried-tomato oil. If you can't find snapper, use a thin fish such as sea bass.

## MANICOTTI DI MARE

A riot of fresh fish and shellfish make up the stew surrounding these delicate manicotti. When it comes to the unwritten rule that you shouldn't eat seafood with Parmesan cheese, Alfredo Guido, Sysco Director of Italian Food Sales, says, "Whatever tastes good to you is right."

## SEAFOOD FETTUCCINE WITH KALE AND LEMON-GARLIC CREAM

For this satisfying plate, **Portico Atlantic salmon** and **Portico Classic shrimp** are seared and then tossed with sautéed kale and fettuccine in a lemon-garlic cream. To personalize the dish, you can easily omit either the shrimp or salmon, or substitute spinach or arugula for the kale.

Find recipes for these dishes on pages 30–31.





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9663360	76g (36 x 76g)	FC Chicken Thigh Skewers	
0497883	85g (40 x 85g)	FC Pork Skewers	

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# Webinar Wednesday

Sysco’s live series offers updates on crucial issues facing the foodservice industry.

Have you ever wanted to ask a head chef which flavours are trending? Or pick the brain of a social media expert about the secrets to having an effective online presence? You can do that and more when you log in to Sysco Canada’s **Webinar Wednesday** series. It’s a free service to help you grow your business and better serve your customers. You’ll get culinary ideas, firsthand information and live chats with industry experts from all over the world. We spoke with Jay Ashton, Business Resources Lead at Sysco Canada, to get the scoop.

**Who:** Previous Webinar Wednesdays guests have included RestaurantOwner.com’s Jim Laube, marketing research leader David Coletto from Abacus Data and Uber Eats’ Christopher Ager. “We’ve even had the president and CEO of Facebook Canada,” says Ashton.

**What:** Available to all Sysco Canada customers, Webinar Wednesdays tackles everything you need to know to help grow your business. Every two weeks, you can be a part of an hour-long live session that touches on subjects such as food photography, leadership and industry innovations. “With Webinar Wednesdays, we’re becoming the TED Talks of the foodservice industry,” says Ashton.

**Where:** Access the webinars wherever you are, using your phone or laptop:

- Go to [Sysco.ca](http://Sysco.ca) and click on the “Webinar Wednesday” page.
- Ask your Sysco Representative to send you the link.
- Look for the link posted on all of Sysco Canada’s social media channels, including Facebook, Twitter, Instagram and LinkedIn.

**When:** Every two weeks on Wednesday at 2 p.m. Eastern time. If you aren’t available to view it live, you can view each recording at your convenience.

**Why:** The food industry is always changing, with a constant influx of new information. Webinar Wednesdays helps narrow it down so you get key updates from the right people. And because it’s a live session, you can comment and ask questions. “It’s almost like getting a business consultation for free,” says Ashton.

Guest speakers are chosen specifically with Sysco customers’ needs in mind. “When you look at it from a customer’s perspective, this is an efficient, easy way to get great information,” Ashton says. “It’s an opportunity to interact with leading experts and touch on the most relevant subjects in the industry.”





# 5 Tools for a Spotless Kitchen and Bathroom

Maintaining a pristine restaurant is key to creating a positive overall dining experience for the customer. In recent surveys, consumers rated restaurant kitchen and bathroom cleanliness to be as important as the food served. Sysco's **Keystone** brand, a partnership of Sysco and **Ecolab**, combines both companies' strengths to deliver essential cleaning products that save time, cost and labour for your operation. Here are five ways Keystone can help you keep your facility spotless for your diners and staff.

## 1. Clean and Safe Floors

A dirty, slippery restaurant kitchen or bathroom floor is not only off-putting but also dangerous. And it is one of the most challenging back-of-house areas for operators. **Keystone Sanitizing Wash 'n Walk™** is a mop-on floor cleaner that doesn't require rinsing, saving both water and time. Wash 'n Walk's bio-based enzymes break down oil and grease, and its nonslip formula keeps working longer than most cleaners.

## 2. The Fryer and Flattop

Keeping the fryer and grill clean is crucial: It limits the transfer of flavours and smells and increases the life of your cooking oil. For the grill, **Keystone Greaselift™** is a PPE-free product, which means personal protective equipment like gloves and goggles are not necessary. With **Keystone Express Fryer Cleaner™**, there is no hot liquid involved, and it's quicker than doing an entire boil-out. It's also noncaustic and safe on aluminum.

## 3. Perfect Tableware

Sparkling (or spotted and dull) tableware is one of the first things diners notice when being seated at a restaurant, setting the tone for the meal. With the **Keystone Dish-machine Program**, operators can choose between single- and double-door machines with glass washers and high-temperature sanitizing. A state-of-the-art control system helps manage total cost and gives consistent cleaning results.

## 4. Handwashing Magic

In foodservice, handwashing is critical. **Ecolab Handcare System**, is a perfect solution. An easy-to-use leakproof capsule, the soap is designed to ensure that every drop is used. (Available soon in Keystone.)

## 5. The Restroom Fix

Keystone has a complete array of solutions for bathroom cleanliness, including floor cleaners, air fresheners, hand soaps and bleach disinfectants. With Keystone, operators can achieve a unified branded look. And most importantly, **Keystone Peroxide Disinfectant and Glass Cleaner** and **Keystone Bleach Disinfectant Cleaner** are the best in the industry.

*Keep your kitchen clean with Keystone. Ask your Sales Representative about which products would work best for your business.*



# Make the Most of Your Menu

Mediocre menu design can mean money left on the table.

At first glance, a restaurant menu might seem like the means to an end: a way to order food. In reality, a well-designed menu is crucial to success, giving operators the chance to enhance not only the dining experience but also their bottom line. "A menu is the one piece of marketing that every diner will see and touch," says Sysco Menu Consultant Bruce Barnes. "They may not see a billboard or an ad on TV, but the menu is their direct link."

## Don't Overdo It

There are a number of things to consider when designing a menu, from the layout to size to the number of dishes featured. Barnes says one common mistake he sees is restaurants trying to do too much. "More than ever, customers want to make quick decisions, they want to be presented

with what's guaranteed to be good and with something that they shouldn't miss." Instead of overwhelming guests with everything from soup to nuts, Barnes suggests paring down the menu so it focuses on what your restaurant does well and what is making a profit, as well as on low-labour items that don't burden the kitchen.

"Fonts, colours and contrast are all crucial elements to good design," says Barnes. With dim restaurant lighting and an aging baby boomer population, easy readability is also key. And if you use photos, be sure they are high-quality images that reflect what the final dish will look like.

## Highlight What's New and Different

Your menu is your No. 1 marketing tool, and a great way to introduce diners to

what's new in your kitchen. Operators can highlight specific dietary options like gluten-free, vegan, sugar-free and more by putting an icon next to them or placing them in a special section of the menu (e.g., "The Lighter Side"). Barnes also suggests showcasing these healthy options by using bright colours (greens work well) and fresher font choices.

Not sure where to start? Sysco Menu Services can help. "Our menu consultants work with customers by looking at their current menu and talking to them about their specific issues," Barnes says. "We can tailor menu designs to meet the needs of each operation."

*Is your menu maximized for profitability? Talk to your Sales Representative about scheduling a review with Sysco's Menu Services team.*





### Dairy-Free Ranch Dressing

CHEF SCOTT COPELAND  
SYSCO CENTRAL FLORIDA  
MAKES 4 SERVINGS

- 3 cups raw cashews
- 3 cups unsweetened almond milk
- 1½ Tbsp. lemon juice
- 1½ Tbsp. garlic, minced
- ¾ Tbsp. onion powder
- 3¾ tsp. Sysco Classic apple cider vinegar
- Kosher salt and coarsely ground black pepper to taste
- 3 tsp. Sysco Imperial maple syrup
- 3 Tbsp. chopped fresh dill
- 3 Tbsp. chopped fresh parsley
- 3 Tbsp. sliced fresh chives, plus more for garnish

Soak cashews in hot water for at least 3 hours or up to overnight. In a bowl, combine the almond milk and lemon. After a few minutes, the milk will begin to thicken and curdle. Drain and rinse the cashews several times and transfer to a blender. Add the almond milk mixture, garlic, onion powder, apple cider vinegar, salt, pepper and maple syrup. Blend for 1 to 2 minutes or until smooth. Add the fresh herbs and pulse just enough to combine. Adjust seasonings if needed. Garnish with chives and serve.



### Almond Chai Tea Latte

SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 1

- 8 oz. strong-brewed chai tea, hot
- 6 oz. unsweetened almond milk, hot
- 1 tsp. Sysco Classic honey
- 1 tsp. ground cinnamon

In a milk blender, blend the tea, almond milk and honey on high speed until foamy, about 1 minute. Pour into a mug, sprinkle with the ground cinnamon and serve right away.



### Creamy Vegan Tomato Soup

SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 2

- 10 5x6 Imperial Fresh tomatoes
- 2 onions, chopped
- 12 cloves garlic
- ½ cup olive oil
- 1 tsp. dried oregano
- 2 Tbsp. sugar
- ½ tsp. dried red pepper flakes
- ½ tsp. salt
- 4 cups unsweetened almond milk
- 4 cups basil leaves, torn

Heat the oven to 450 degrees. Place the tomatoes, onions and garlic on a baking sheet. Drizzle with the olive oil and season with the oregano, sugar, pepper flakes

and salt. Roast, stirring halfway through, until the garlic and onions are soft, and the tomatoes are beginning to brown, 40–50 minutes. Purée the vegetable mixture and transfer to large pot over medium heat. Stir in the almond milk until combined and heated through. Serve the soup, topped with the torn basil.



### Feisty Feta and Avocado Plant-Based Burger

SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 1

- 1½ Tbsp. Arrezzio Classic olive oil, divided
- 1 Maple Leaf Lightlife Plant-Based Burger
- ¼ avocado, sliced
- 1 slice vegan cheese
- 1 Maplehurst Brioche Bun
- 1 oz. butter lettuce
- 1 slice tomato
- 2 slices red onion
- 4 Block & Barrel Imperial hamburger dill pickle slices
- 2 Tbsp. feta spread

Heat 1 tablespoon of the olive oil over medium-high heat on a flattop grill. Grill each patty in the oil until browned and heated through, 2 to 3 minutes per side. While the patty is still on the grill, place the avocado slices and vegan cheese on top. Add a few teaspoons of water to the grill and cover with a dome for

15 seconds to melt the cheese. Meanwhile, heat the remaining half tablespoon of olive oil on the flattop grill. Place the bun, cut sides down, on the grill to toast. To build the burger, place the butter lettuce on the bottom bun followed by the tomato, onion and pickle slices. Remove the patty from the grill when the cheese is melted and place on top of the pickles. Layer the feta spread on the top bun and place on top of the burger.



### Green Goddess Pasta Bowl With Seared Tofu

SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 4–6

- GREEN GODDESS PESTO**
- ½ cup Sysco Natural basil leaves, packed
- ½ cup Sysco Natural parsley, packed
- ½ cup cashews, toasted
- ¼ cup water
- ¼ cup olive oil
- 2 Tbsp. tahini
- Juice from 1 lemon
- 2 cloves garlic
- Salt, to taste

- VEGETABLES**
- 1 broccoli head, cut into small florets
- 1 bunch asparagus spears, cut into 1-inch pieces
- 1 tsp. Arrezzio Classic olive oil
- Sea salt, to taste

- PASTA AND TOFU**
- 1 lb. Arrezzio linguine
- 2 cups frozen peas
- 1 lb. firm tofu
- 1 tsp. turmeric
- Sysco Imperial nonstick cooking spray

- TO SERVE**
- Cherry tomatoes, blistered
- Sesame seeds, toasted
- Freshly ground black pepper, to taste

**FOR GREEN GODDESS PESTO**  
Place all the ingredients in a blender on high speed and blend until smooth. Add salt to taste.

**FOR THE VEGETABLES**  
Heat the oven to 425 degrees. Place the broccoli and asparagus on a baking sheet. Drizzle with olive oil and sprinkle with sea salt. Place the sheet in the oven and roast until the vegetables are cooked through and starting to brown, about 25 minutes.

**FOR THE PASTA AND TOFU**  
Bring a large pot of well-salted water to boil over high heat. Add the linguine and cook according to the package directions. In the last minute of cooking, add the frozen peas to the pot. Drain the pasta and peas and set aside. Meanwhile, dust the tofu with turmeric. Use the nonstick spray to lightly oil a sauté pan over medium-high heat and sear the tofu until heated through.

**TO SERVE**  
Pour the pesto over the pasta and toss. Add the roasted vegetables to the pot and toss again. Plate the pasta and top with the seared tofu and blistered cherry tomatoes. Finish with the toasted sesame seeds and freshly ground black pepper.



### Honey-Mustard Salmon and Smashed Potatoes Over Haricots Verts With Chorizo

CHEF IAN COOPER  
TRINITY SEAFOOD  
SERVES 1

- HONEY-MUSTARD SALMON**
- 6 oz. International Imperial whole-grain mustard
- 3 oz. Sysco Classic honey
- 6 oz. Portico Pride salmon fillet

- SMASHED POTATOES**
- 3 oz. fingerling potatoes
- 3 Tbsp. Arrezzio Classic olive oil
- Sea salt and coarsely ground pepper, to taste
- 2 oz. grated Arrezzio Parmesan cheese

- HARICOTS VERTS WITH CHORIZO**
- 2 Tbsp. Wholesome Farms butter
- 4 oz. haricots verts
- 3 oz. European Imports chorizo, thinly sliced on the bias
- Sea salt and coarsely ground pepper, to taste

**FOR THE HONEY-MUSTARD SALMON**  
Heat the oven to 350 degrees. Mix the whole-grain mustard with the honey; set aside. In a nonstick sauté pan over medium-high heat, sear the salmon for 2 to 3 minutes. Then place the salmon fillet, uncooked-side down, on a sheet pan lined with parchment paper and lightly glaze it with the honey-mustard mix. Place in the oven for about 3 minutes to cook through; remove and set aside.

**FOR THE SMASHED POTATOES**  
Increase the oven heat to 375 degrees. In a mixing bowl, toss the fingerling potatoes with olive oil, salt and pepper. Roast for about 25 minutes. Remove the potatoes from the oven, let cool and smash them lightly with a meat mallet. Fry the potatoes in a deep fryer until crispy. Remove and let cool; sprinkle with Parmesan cheese.

**FOR THE HARICOTS VERTS WITH CHORIZO**  
In a sauté pan over medium-high heat, melt the butter. Add the haricots verts and chorizo and sauté, seasoning with salt and pepper, to taste, until the haricots verts are cooked through. To plate, place the haricots verts and chorizo first and rest the smashed potatoes on top. Gently place the salmon on top of the potatoes and finish with the remaining honey-mustard sauce.



### Branzino With Roasted Beets, Olive Tapenade and Pistachio Crumble

CHEF IAN COOPER  
TRINITY SEAFOOD  
SERVES 6

- ¼ cup Sysco Imperial Kalamata olives
- 3 cloves garlic
- 2 Imperial Fresh shallots
- 2 Tbsp. Sysco Natural chopped fresh parsley
- 3 Tbsp. Arrezzio Classic olive oil, divided
- 6 5-oz. Portico branzino fillets
- Salt and coarsely ground pepper, to taste
- 1 Imperial Fresh red beet, roasted and thinly sliced

- 3 Tbsp. Champagne vinaigrette
- 2 oz. mâche or other baby greens
- 2 Tbsp. Sysco Classic crumbled pistachios

To make the tapenade, combine the olives, garlic, shallots, parsley and 1 tablespoon of olive oil in a blender and process until the mixture still has some texture. To cook the branzino, season the fillets on both sides with salt and pepper. In a sauté pan, heat the remaining 2 tablespoons of olive oil over medium-high heat. Add the branzino, skin-side down, and cook for about 5 minutes, pressing lightly on the fish to crisp the skin. Flip the fish and cook for 2 minutes longer. To serve, first plate the sliced beets. Set the fish on top of the beets and place the tapenade on the side. Drizzle with the Champagne vinaigrette and garnish with mâche and crumbled pistachios.



### Eggplant Parmesan Sandwich With Three Cheeses and Basil

CHEF NEIL DOHERTY  
SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 1

- 3 pieces Arrezzio Imperial breaded eggplant cutlet
- 1½ oz. Arrezzio Imperial Premium marinara sauce, warmed
- 4 medium Imperial Fresh basil leaves



- ½ oz. Arrezzio shredded mozzarella cheese
- 1 oz. Arrezzio Imperial provolone cheese
- ½ oz. Arrezzio Imperial shredded Parmesan cheese
- 2 tsp. Arrezzio Classic extra-virgin olive oil
- ½ tsp. peeled, puréed Imperial Fresh garlic
- ½ tsp. crushed red pepper flakes
- 1 Baker’s Source Panini Vienna Roll

Fry the eggplant slices in a deep fryer and place on a sizzle plate to keep warm. Ladle the warm marinara sauce over the eggplant and top with the basil leaves. Sprinkle evenly with the shredded mozzarella, provolone and Parmesan. In a small bowl, combine the olive oil, puréed garlic and crushed red pepper flakes. Open the hoagie roll and brush both sides with the garlic-oil mixture. Place both sides of the roll, cut side up, and the eggplant under a salamander to melt the cheese. Use a spatula to place the eggplant on the roll. Serve with your favorite side dish.



## Portobello “Bacon” BLT

- CHEF OJAN BAGHER  
SYSCO HOUSTON  
SERVES 2
- 4 Tbsp. Sysco Classic clover honey, divided
  - 2 Tbsp. Arrezzio Classic extra-virgin olive oil, divided

- Juice of 1 lemon, divided
- 1 Tbsp. Imperial McCormick California-style garlic pepper
- ½ Tbsp. Sysco Classic kosher salt
- 1 tsp. Imperial McCormick ground cayenne pepper
- 2 Imperial Fresh portobello mushrooms, cut into ¼-inch slices
- 2 Maplehurst Brioche Buns
- 4 oz. goat cheese, softened
- 1 oz. Imperial Fresh Thai basil leaves
- 1 oz. cilantro leaves
- 1 oz. Imperial Fresh mint leaves
- 4 slices Imperial Fresh tomato

Heat the oven to 400 degrees. In a large bowl, mix together 2 tablespoons of the honey, 1 tablespoon of the olive oil and half the lemon juice plus the garlic pepper, salt and cayenne pepper. Toss the portobello slices in the mixture and set aside for 20 minutes to marinate. Spread out the mushroom slices on a sheet pan lined with parchment paper and roast for 20 minutes. Open the brioche buns and spread the goat cheese on both sides. Toast them in the oven for 2 minutes. In another bowl, mix the remaining honey, oil and lemon juice and toss with the basil, cilantro and mint leaves. To assemble the sandwiches, place the herbs on the bottom bun and lay 2 tomato slices on top. Drizzle with the remaining honey-lemon oil from the herb bowl and top with the mushroom slices (now “portobello bacon”).



## Crunchy Avocado Banh Mi

- CHEF OJAN BAGHER  
SYSCO HOUSTON  
SERVES 1
- 1 cup International Supreme rice wine vinegar
  - ½ cup Sysco Classic sugar
  - ¾ tsp. kosher salt
  - 1 oz. julienned carrot
  - 1 oz. julienned daikon radish
  - 3 Tbsp. Sysco Imperial mayonnaise
  - 2 tsp. Sriracha
  - 4–5 pieces McCain breaded avocado slices
  - 1 6-inch Baker’s Source Panini Vienna Roll, split and toasted
  - ½ jalapeno chile, thinly sliced
  - 1 Tbsp. minced cilantro for garnish
  - 1 Wholesome Farms egg, for garnish

In a saucepan over medium-high heat, combine the vinegar, sugar and salt and bring to a simmer. Cook, stirring to dissolve the sugar, for 1 minute. Remove from the heat. When cool, add the julienned carrots and daikon. Let stand until the vegetables are lightly pickled, about 15 minutes. Strain the vegetables and discard the liquid.

In a bowl, mix the mayonnaise and sriracha. In a deep fryer heated to 350 degrees, fry the breaded avocado slices until crisp. Remove and set aside. Slice the hoagie roll and toast on a flattop grill or in the oven. Place the fried avocado pieces on the bottom half of the toasted roll. Spread the mayonnaise mixture

on the top half of the roll. Fill the sandwich with the pickled vegetables, sliced jalapeno and cilantro leaves. Cook an egg using your preferred method and place in the centre of the sandwich. Cut the sandwich in half—right through the egg—and serve.



## Manicotti di Mare (Cheese Manicotti With Seafood)

- CARLA’S PASTA  
SOUTH WINDSOR,  
CONNECTICUT  
SERVES 1
- 2 each Arrezzio cheese manicotti
  - 2 oz. Arrezzio Parmesan cheese
  - 2 oz. Arrezzio Classic extra-virgin olive oil
  - 1 clove garlic, sliced
  - ½ green jalapeno chile, sliced
  - ½ red jalapeno chile, sliced
  - 1 baby octopus, sliced
  - 3 Portico Imperial black mussels
  - 3 Portico Imperial clams
  - 3 cherry tomatoes, sliced
  - 2 oz. white wine
  - 14 oz. Arrezzio Imperial basil pesto
  - 2 garlic croutons
  - 2 grilled Jumbo Portico Fresh shrimp

Heat the oven to 350 degrees. Slice the cheese manicotti into four pieces. Place the manicotti pieces on a sheet pan, sprinkle with the Parmesan cheese and bake for 8 minutes. In a small sauté pan, heat the olive oil. Add the garlic and jalapeno and sauté

for 2 minutes. Add the sliced octopus, mussels and clams and cook for 4 minutes (discard any mussels or clams that do not open). Add the tomatoes, white wine and basil pesto and cook to reduce the sauce. To plate, place the manicotti in a circle and add the mixed seafood to the centre of the circle with the shellfish outside. Finish the dish with garlic croutons and top with 2 grilled jumbo shrimp.



## Sun-Dried Tomato and Caper Snapper Piccata

- SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 4
- SUN-DRIED TOMATO AND CAPER OIL**
- 1 cup Arrezzio Classic extra-virgin olive oil
  - 8 cloves garlic, minced
  - 2 cups Arrezzio Imperial sun-dried tomatoes
  - ½ cup International Imperial capers
  - ¼ cup dry white wine
  - ¼ cup fresh Italian parsley
  - ½ tsp. kosher salt
- PASTA**
- 1 lb. angel hair pasta
  - 1 Tbsp. Arrezzio Classic olive oil

- SNAPPER PICCATA**
- ½ cup Sysco Classic all-purpose flour
  - ¼ cup almond meal
  - 2 Tbsp. Arrezzio Imperial grated Parmesan cheese
  - 1 tsp. kosher salt
  - 4 Portico Pride snapper fillets

- TO SERVE**
- ½ cup Arrezzio Classic olive oil
  - ½ cup capers
  - 2 Tbsp. Arrezzio Classic shredded Parmesan cheese

**FOR THE SUN-DRIED TOMATO AND CAPER OIL**

Heat the olive oil in a saucepan over medium-low heat. Add the garlic, sun-dried tomatoes, capers and wine. Cook, stirring occasionally, until the tomatoes are tender and starting to fall apart, about 35 minutes. Add the parsley and salt and remove from heat. (If not using right away, let cool and refrigerate in an airtight container for up to 6 days. Makes about 2 cups.)

**FOR THE PASTA**

Prepare the pasta according to the package directions. Drain and drizzle with the olive oil. Set aside warm.

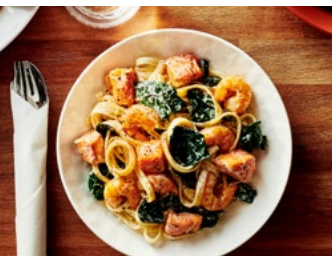
**FOR THE SNAPPER PICCATA**

In a medium bowl, combine the flour, almond meal, Parmesan cheese and salt. Coat each snapper fillet with the flour mixture.

**TO SERVE**

Heat the olive oil in a sauté pan over medium heat. Add the snapper fillets and cook, flipping until the fillets are golden brown on the outside and cooked through, about 6 minutes. Drain on a sheet pan lined with paper towels. In the same sauté pan, add the cooked pasta and the tomato-caper oil and cook, stirring frequently, until just heated through, about 4 minutes. Serve

the pasta topped with a snapper fillet, drizzled with the sauce and sprinkled with additional capers and the shredded Parmesan.



## Seafood Fettuccine With Kale and Lemon-Garlic Cream

- SYSCO CULINARY TEAM  
HOUSTON, TEXAS  
SERVES 4
- LEMON-GARLIC CREAM**
- ¼ cup Wholesome Farms salted butter
  - 4 cloves garlic, minced
  - 8 oz. Wholesome Farms cream cheese, cut into pieces
  - 1¼ cups Wholesome Farms whole milk
  - 2 tsp. lemon zest
  - ½ tsp. freshly ground black pepper
  - 1 cup Arrezzio Imperial grated Parmesan cheese

- SHRIMP AND SALMON**
- 1 lb. large Portico Classic shrimp, peeled and deveined, tails removed
  - ½ lb. Sysco Portico Atlantic salmon, skin off, cut into 1-inch pieces
  - ½ tsp. kosher salt
  - ½ tsp. freshly ground black pepper
  - 2 Tbsp. Arrezzio Classic olive oil

- FETTUCCHINE**
- 1 lb. Arrezzio fettuccine
  - 2 Tbsp. Arrezzio Classic olive oil

- TO SERVE**
- 2 Tbsp. Arrezzio Classic olive oil
  - 4 cups lacinato kale
  - Freshly ground black pepper, to taste

**FOR THE LEMON-GARLIC CREAM**

In a saucepan over medium-low heat, melt the butter. Add the

garlic and cook, stirring, until lightly browned, about two minutes. Whisk in cream cheese, milk, lemon zest and pepper until smooth. Bring to a simmer, whisking constantly; add the Parmesan cheese. Remove from heat and strain through a fine-mesh sieve. (If not using it right away, refrigerate in an airtight container for up to 6 days. Makes about 2½ cups.)

**FOR THE SHRIMP AND SALMON**

Season the shrimp and salmon with the salt and pepper. Heat 1 tablespoon of the olive oil in a nonstick sauté pan over medium-high heat. Add the shrimp and sear, flipping once, until golden on the outside and cooked through, about 5 minutes. In a separate nonstick sauté pan over medium-high heat, heat the remaining tablespoon of the olive oil. Add the salmon pieces and cook, stirring a bit and turning once, until seared on the outside and cooked through, about 6 minutes.

**FOR THE FETTUCCHINE**

Prepare the fettuccine according to the package directions. Drain and drizzle with the olive oil.

**TO SERVE**

Heat the olive oil in a sauté pan over medium-high heat. Add the kale and cook, stirring frequently, until just tender, about 3 minutes. Add the shrimp, salmon, fettuccine and lemon-garlic cream and cook, stirring gently, until just heated through, about 3 minutes. Serve garnished with the freshly ground black pepper.



## BACK OF OUR HOUSE



**Chef Kyle Brandt**  
Sysco Ontario South

# Delivering Real Value

As a teenager in Stratford, Ontario, Chef Kyle Brandt started out in the food industry by washing dishes. But curiosity and key mentors helped launch a career that led him to his role as Culinary Specialist and Chef at Sysco Ontario South. He now has the opportunity to give back what the industry has given him, as he helps Sysco customers find success in their operations.

“At my first job, I asked a lot of questions about the food,” says Brandt. The head chef took note of his burgeoning interest, and after two months, put him on pastries. “At age 14, being given that kind of responsibility was unheard of,” says Brandt. “It made me feel like part of the team. Seeing people enjoying the food that I had made was life-changing for me.”

### Helping Build Success

Chef Brandt went on to occupy a range of positions in the industry, working the kitchens in private fine dining, family-owned pubs and corporate groups. This range comes in handy now as he works with a wide array of customers.

One particular Sysco customer didn’t have much experience in the industry but was eager to seize on the smokehouse trend. Brandt helped him build the concept

“  
Customers find real  
value from a  
culinary session.”

from the ground up. “We made sure his menu design and wording were right,” says Brandt. “We put specific menu items in the right places and helped him position vegetarian and vegan items throughout the menu to add depth and interest.

“We went with a kale slaw instead of the standard cabbage, so it would add a pop to the plate. I also walked him through the type of labour that hand-chipped fries entail so he could make a decision that was right for his business. Sysco carries amazing fresh potatoes, but we also have value-added products to help customers manage their workload.”

### Growing Relationships

When customers come in to meet with Brandt and his colleagues, he first pulls samples of products to show them. “A lot of customers find real value from a culinary

session here,” says Brandt. “And there is no pressure to purchase. We never push product on the client.”

Customers come from near and far to consult with Brandt and team, with one from as far away as Dubai. “They sold these little dessert buns, but they didn’t have much experience with a full restaurant,” says Brandt. He helped the client to broaden their menu to include more dinner fare. Brandt even makes offsite visits to help operators do things such as program special ovens and equipment.

Brandt feels that he’s now able to pay forward the support he received throughout his career. “Chefs are very different people,” he says. “We’re passionate, artistic. When we see another person to mentor, we jump at the opportunity. Watching that potential grow and bloom is really special.”



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