



CUTTING EDGE

SOLUTIONS

RECIPE BOOK

FALL '22



Fresh ideas and innovation to help you
run your business and drive profits

Sysco



An EDGE ABOVE THE REST

Our Cutting Edge Solutions help you run your kitchen with confidence and succeed in this constantly evolving industry. Sourced from leading and up-and-coming suppliers at the forefront of innovation, these better-for-you ingredients and labor-saving products help you keep your menu updated and delight guests with exciting flavors and items. Sysco is proud to present these new profit opportunities for your business to give you an edge above your competition.



On-Trend Flavors

Spark new interest in your menu with chef-tested, on-trend ingredients that help you create unique signature dishes.



Customer Satisfaction

Satisfy your customers' changing dietary preferences with better-for-you products that complement your menu.



Profitable Solutions

Save valuable time and labor with versatile products that can help you achieve operational excellence and maximize your profitability.



RECIPES FEATURING New Fall '22 Products

- 04 - 06 Sysco Imperial Habanero Pepper Bacon Jam
- 07 - 09 Portico Simply Norwegian Farm-Raised Cod Loins
- 10 - 11 Sysco Imperial Sous Vide Chicken Breasts
- 12 - 13 Spiceology Buffalo Lemon Pepper Seasoning
- 14 - 15 Spiceology Smoked Chipotle Herbs de Provence Seasoning
- 16 - 17 Spiceology Orange Gochugaru Chile Seasoning
- 18 - 19 Sysco Classic Pearled Couscous with Roasted Vegetables
- 20 - 21 Sysco Classic Time Crunch'd Extended Hold Boneless Wings
- 22 - 23 Sysco Imperial Fresh Jicam Wraps
- 24 - 25 Sysco Imperial Peruvian-Inspired Vegetable Stew with Chicken
- 26 - 27 Sysco Imperial Sweet Potato Coconut Soup with Thai Curry
- 28 - 29 Sysco Imperial Lemon Leche Cake
- 30 - 31 Sysco Imperial Chocolate, Banana, and Peanut Butter Cheesecake

INGREDIENTS

Sysco Imperial Habanero Hot Bacon Jam	3 tsp
Wholesome Farms Classic eggs, hard boiled	12 each
Sysco Imperial mayonnaise	1 tbsp
Sysco Classic kosher salt	to taste
Sysco Imperial black pepper	as garnish
micro greens	as garnish

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Slice eggs in half, take out the hard-boiled egg yolk and place into a mixing bowl.
2. Mix together egg yolk, mayonnaise and Habanero Hot Bacon Jam. Salt & pepper to taste.
3. Fill the yolk mixture into a piping bag and pipe into the open faced sliced eggs.
4. Top with more Habanero Hot Bacon Jam (Optional).



DEVILED EGGS

with Habanero Hot Bacon Jam



Hot Habanero CHICKEN BISCUIT



INGREDIENTS

Sysco Imperial Habanero Hot Bacon Jam	6 oz
Sysco Classic boneless chicken thighs	6 each
Wholesome Farms buttermilk	1 cup
pickle juice	2 tbsp
Sysco Imperial/McCormick cayenne pepper	2 tsp
Sysco Imperial/McCormick chili powder	2 tsp
Sysco Imperial/McCormick paprika	2 tsp
Sysco Classic all purpose flour	2 cup
Bakers Source biscuits, large	6 each
Block & Barrel sliced pickles	12 each
Sysco Classic peanut oil	

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Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. In a large ziploc bag add your buttermilk, pickle juice, cayenne pepper, chili powder, paprika and chicken thighs.
2. Mix around to incorporate well.
3. Let marinate at least overnight.
4. In another ziploc bag or paper bag add your all purpose flour, salt and pepper.
5. Heat the peanut oil in a fryer until it reaches 300°F.
6. Take your marinated chicken, shake off excess buttermilk and add to flour bag.
7. Shake well and make sure all chicken is coated with flour.
8. Carefully, add your floured chicken to the peanut oil, three pieces at a time.
9. Fry for about 8 to 10 minutes or until chicken reaches internal temperature of 165°F.
10. Remove chicken and pat with paper towel to absorb excess grease. Repeat until all chicken is fried.
11. Heat Habanero Hot Bacon Jam, carefully glaze chicken with jam.
12. Assemble the biscuit with the glazed chicken and pickles.

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INGREDIENTS

Sysco Imperial Habanero Hot Bacon Jam	8 tsp
Portico Simply sea scallops	8 large
Sysco Classic Maple bacon, cut in half	4 slices
Packer toothpicks	8 each
crostini	4 sliced
Arrezzo garlic butter	2 tbsp
Arrezzo Imperial parmesan cheese	4 tbsp
Imperial Fresh green onion	garnish

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Wrap the scallops tightly with a piece of bacon and use toothpick to stabilize.
2. Spread garlic butter on crostinis.
3. Bake scallops and garlic crostinis in separate baking dishes, crostinis can go straight on oven racks, at 400° until desired crispness of bacon and until the bread is golden brown.
4. Top Crostinis with parmesan cheese until melted.
5. Place 1 tsp Habanero Hot Bacon Jam under each scallop, use green onions to garnish.

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SEA SCALLOPS with Habanero Hot Bacon Jam



Pan Seared Farm Raised **ATLANTIC COD** with Celery Root Puree



INGREDIENTS

Potico Simply Norwegian Farm-Raised Cod Loins	2ct - 6oz
Syso Classic canola oil	1 tbsp
Imperial Fresh lemon juice	1 tsp
Imperial Fresh celery root (peel/chop)	2 cups
Imperial Fresh garlic cloves	2 count
Wholesome Farms heavy cream	2 cups
Wholesome Farms Imperial unsalted butter	2 tbsp
English peas	1/4 cup
golden chanterelles	1/4 cup
Sysco Classic kosher salt	to taste
Imperial/McCormick ground pepper	to taste
micro greens (garnish)	
Arrezzo Imperial olive oil (garnish)	



**CLICK OR SCAN
TO SHOP INGREDIENTS**



METHOD

- For the celery root puree:** Place the chopped celery root and garlic cloves into a sauce pot and cover with heavy cream. Bring to a boil and then lower heat to a simmer. Cook until the celery root is fork tender. About 25 minutes. Strain celery root and garlic cloves through a strainer, but make sure to reserve the cream. Transfer the celery root and garlic cloves into a blender or food processor. Begin to puree celery root and garlic and slowly add reserved cream to smooth out. Add a pinch of salt and cracked black pepper along with butter. Puree until mixture is smooth.
- For the cod:** Preheat oven to 375°F. Season cod loins on both sides with salt and pepper. Heat up

canola oil in a sauté pan and, once oil starts to shimmer, place cod in pan. Sear loins on one side for 3 minutes. Flip loins over in pan and transfer pan to heated oven. Cook in oven for 5 to 7 minutes. Remove from oven and drizzle lemon juice on top of cod.

- In two separate pans sauté the English peas and golden chanterelles season with salt and pepper to taste.
- To plate:** Spoon out ½ to ¾ cup of the celery root puree onto each plate. Place a piece of cod on top of the puree. Place 2 tbs of the peas around the fish and place 2 tbs of the mushrooms on top of the fish filet. Garnish with colorful micro greens and drizzle with olive oil.

Chef Notes The Farm Raised Atlantic Cod is all natural and is perfect to get a good crust which is key to this dish. Different types of greens will also bring out robust flavors that is perfectly paired with the Cod Loin.



Norwegian COD TACOS



INGREDIENTS

Potico Simply Norwegian Farm-Raised Cod Loins	3ct - 2oz
Old Bay seasoning	1/2 tsp
Sysco Imperial/McCormick ground cumin	1/4 tsp
Sysco Imperial/McCormick chili powder	1/4 tsp
Sysco Imperial/McCormick garlic powder	1/4 tsp
Wholesome Farms Classic sour cream	1/4 cup
Imperial Fresh lime (Juiced)	1 count
chipotle in adobo sauce	1 tsp
Casa Solana corn tortilla 6"	3 count
Imperial Fresh red cabbage (shredded)	1 cup
Sysco Classic red wine vinegar	1 tbsp
Sysco Classic honey	1 tbsp



CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Preheat grill to 400°F. Coat grill grates with oil and/or grill spray.
2. In mixing bowl, combine Old Bay seasoning, cumin, chili powder and garlic powder. Season cod loins liberally with seasoning mixture.
3. Mix sour cream and adobo sauce together and set aside.
4. Mix red cabbage, red wine vinegar, honey and lime juice together. Set aside.
5. Place cod on grill and cook for 5 minutes. Flip cod and cook for another 5 minutes. Remove from grill and let rest for 5 minutes.
6. Grill corn tortillas while the cod is resting.
7. **To assemble:** Place spoonful of sour cream mixture on corn tortilla. Add the cod and top with cabbage mixture.

INGREDIENTS

Potico Simply Norwegian Farm-Raised Cod Loins	2ct - 6oz
Sysco Classic all purpose flour	1 cup
Sysco Classic baking powder	1 tsp
Sysco Classic kosher salt	1 tsp
light beer (chilled)	12oz
Sysco Imperial Potatoes French Fry Cut	3 count
Sysco Imperial tartar sauce	1/4 cup
Imperial Fresh lemon	1 count
Sysco Imperial oil	



CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

- 1. For the cod:** preheat fryer to 375°F.
- In a bowl, combine flour, baking powder and salt. Mix together. Add the beer and whisk to form batter.
- Dry cod loins well and dip into batter to coat fish well.
- Fry fish in hot oil for 8 minutes or until batter turn golden brown.
- Remove fish from oil, dry excess oil off on paper towel and season with salt immediately. Serve with fries and tartar sauce on the side. Squeeze lemon on fish as well.
- 6. For the chips:** preheat fryer to 300°F. Soak cut fries in a bowl full of water at least 20 minutes. Remove potatoes from water and dry thoroughly.
- Fry potatoes for 3 minutes at 300°F. Remove potatoes from fryer and let dry on paper towels.
- Increase temperature of fryer to 375°F. Once fries are cool, put them back in 375°F fryer and fry a second time for 3 minutes. Remove fries from fryer and season with salt.

Chef Notes Make it your own by using different types of beer to get the perfect beer battered fish as well as seasoning the fries or up selling by offering sweet potato fries. Tarter sauce and malt vinegar is a must for pairing.



Beer Battered FISH AND CHIPS



BBQ Chicken PIZZA



INGREDIENTS

Sysco Imperial Sous Vide Chicken Breasts	2 ea
Arrezzio Classic pizza dough	1 ball
Jade Mountain soy sauce	2
water	1 cup
Sysco Imperial maple syrup	1 cup
Sysco Classic tomato paste	1 cup
Jade Mountain hoisin sauce	1/2 cup
Jade Mountain rice wine vinegar	1/4 cup
Imperial/McCormick garlic powder	1 tsp
Imperial/McCormick ginger powder	1 tsp
Imperial Fresh red onion	1/4 cup
Imperial Fresh jalapeño	1 ea
Imperial Fresh scallions	1/4 cup
Casa Solana Imperial cheddar cheese	1 cup
Imperial Fresh cilantro	2 tbs
Imperial Fresh grape tomatoes	8-10 each

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Pre heat oven to 450°F.
2. Combine soy sauce, water, maple syrup, tomato paste, hoisin sauce, rice wine vinegar, garlic powder and ginger powder in sauce pan. Bring to a simmer over medium heat and reduce to a syrupy glaze. Season with salt and pepper to taste.
3. Lightly flour a pizza pan or sheet pan and work dough into a pizza base.
4. Sauce the base evenly with the Maple Hoisin BBQ Sauce.
5. Evenly distribute the sliced red onion, jalapeno and cheddar cheese.
6. Top with the sliced breast fillet and scallions.
7. Bake for 15-20 minutes, turning once or until crust is golden brown and cheese is bubbly.
8. Top with fresh cilantro, slice and serve.

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INGREDIENTS

Sysco Imperial Sous Vide Chicken Breasts	4 ea
Imperial Fresh fingerling potatoes	1 lb
Imperial Fresh asparagus	1 lb
Imperial Fresh cherry tomatoes	1 cup
Imperial Fresh lemons	2 ea
Imperial Fresh oregano	6-8 sprigs
Imperial Fresh rosemary	6-8 sprigs
Wholesome Farms Classic clarified butter	2 tbs
Sysco Classic kosher salt	to taste
Sysco Imperial/McCormick black pepper	to taste

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Preheat an oven to 425°F.
2. Combine fingerling potatoes, lemons, and cherry tomatoes in a non-reactive bowl. Coat in butter, salt and pepper to taste.
3. Lay out vegetables on a lightly greased sheet pan.
4. Bake until potatoes are almost done through, about 30 min.
5. Remove the pan from the oven and place breast fillets on the bed of vegetables.
6. Add the rosemary and oregano over the contents of the sheet pan evenly.
7. Bake an additional 10 minutes until the chicken breast register 165°F internal temperature and potatoes are cooked through.
8. Remove the pan from the oven and allow to rest for 5 min before serving.

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Sheet Pan CHICKEN DINNER



INGREDIENTS

Spiceology Buffalo Lemon Pepper Seasoning	3/4 cup
Imperial Fresh cauliflower	1 head
Sysco Classic corn starch	2 cup
water	.5 gal
Sysco Classic kosher salt	1.4 cup

For the Tahini:

Tahini Paste	1/4 cup
Sysco Classic pure honey	2 tsp
Arrezio Imperial olive oil	1/4 cup
Sysco Natural lemon juice	to taste
Sysco Imperial dijon mustard	2 tsp
Spiceology Buffalo Lemon Pepper	1 tbsp
Ice Water	2 tbsp

SPICEOLOGY

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Combine warm water, salt and 1/2C of buffalo lemon pepper and make a quick brine.
2. Slice cauliflower head into 4 steaks.
3. Place steaks into brine for minimum 2hr.
4. Once brined, place cauliflower steaks in bowl with starch and coat evenly.
5. Place steaks into fryer at 375°F until golden brown.
6. Dust with remaining Buffalo Lemon Pepper blend.
7. Serve immediately with Buffalo Lemon Pepper Tahini.



Buffalo Lemon Pepper **CAULIFLOWER STEAKS**

Buffalo Lemon Pepper SHRIMP



INGREDIENTS

Spiceology Buffalo Lemon Pepper Seasoning	3 tbs
Portico Classic jumbo white shrimp 21/25	1 lb
Sysco Classic corn starch	2 tbs
Imperial Fresh lime wedges	3 each
Fresno chile	1 each
Imperial Fresh cilantro	1-2 tbs

SPICEOLOGY

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Preheat your fryer to 350°F. Begin by splitting the shrimp down the back and removing the vein set aside. In a large bowl mix the corn starch and 2 tbs of the buffalo lemon pepper seasoning together add the shrimp to the bowl and toss to coat.
2. Slice the lime into wedges and slice the Fresno chili. Pick the cilantro leaves set aside for garnish.
3. Place the shrimp carefully into the fryer in 2 batches careful that the oil does not boil over. After 2-3 minutes remove sprinkle the remaining 1 tbs of the seasoning and toss. Drain of excess oil place on to platter and garnish as the picture enjoy!

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INGREDIENTS

Spiceology Smoky Chipotle Herbs de Provence Seasoning	2 tbsp
Imperial Fresh tomatoes	2 lbs
Arrezzo Imperial olive oil	1/2 cup
Imperial Fresh garlic cloves, minced	3 each
Arrezzo parmesan cheese, shaved	1/2 cup

SPICEOLOGY

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Preheat oven to 425°F.
2. If using large tomatoes, slice them in half and place in a baking dish. If using small tomatoes or a combination of large and small you can leave the smaller tomatoes whole.
3. Combine the olive oil, garlic, and Spiceology Smoky Chipotle Herbs de Provence seasoning and pour over the tomatoes.
4. Place the pan in the oven and bake until tomatoes are tender and slightly blistered, about 30-45 minutes.
5. Remove from the oven and set the oven to broil. Sprinkle the shaved parmesan over the tomatoes and return to broil just until the cheese is melted, 2-3 minutes.
6. Serve immediately.

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Smoky Chipotle Herbs de Provence **TOMATOES PROVENCAL**



Smoky Chipotle Herb De Provence

LAMB RACK



INGREDIENTS

Spiceology Smoky Chipotle Herbs De Provence Seasoning	2 tbs
Sysco Imperial lamb rack 20-24 oz	1 each
Imperial Fresh fingerling potato	1 lb
Arrezzio Imperial olive oil	1/4 cup
Sysco Classic Pearled Couscous with Roasted Vegetables	2 cups
lamb demi glace	1/4 cup
Sysco Classic kosher salt	to taste
Sysco Imperial/McCormick black pepper	to taste

SPICEOLOGY

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Wash and cut the fingerling potatoes in half. Pat dry and toss with 2 tbs of olive oil and season with salt and pepper to taste. Place on a lined baking pan and roast for 20 minutes at 350°F.
2. Season the lamb rack with the Smoky Chipotle Herbs De Provence and place in a pan set to high heat with 2 tbs of oil to sear all sides 2-3 minutes per side. Transfer to the oven for an additional 10-14 minutes until an internal temperature of 118°F is reached for med-rare take out and let rest for 5 minutes covered with foil.
3. While the lamb is resting remove the potatoes from oven and reserve warm. Begin by sautéing the pearled couscous blend with a 1/4 cup of lamb demi and season with salt and pepper to taste set aside.
4. **To plate:** place the potatoes on one side of a rectangular platter and the couscous on the other side. Cut the lamb rack in between the bones for 7 good size chops (you will always lose one bone or the last chop is double cut) garnish with fresh herbs and a final dusting of the Smoky Chipotle Herbs De Provence.

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INGREDIENTS

Spiceology Orange Gochugaru Seasoning	1/4 cup
Buckhead Beef chuck flap	2 each 8 oz
Jade Mountain soy sauce	3 fl oz
Jade Mountain rice wine vinegar	3 fl oz

For the dressing:

Sysco Classic beef stock	10 fl oz
Sysco Imperial mayonnaise	2 fl oz
Jade Mountain rice wine vinegar	2 fl oz
Jade Mountain soy sauce	1 tbs
Sysco Classic honey	1 fl oz
Sysco Classic vegetable oil	2 fl oz
Spiceology Orange Gochugaru Seasoning	1 1/2 tbs
Sysco Imperial orange segments	4 pcs.

For the slaw:

Imperial Fresh red cabbage chiffonade	1/4 cup
Imperial Fresh red onion, julienned	1/4 cup
Imperial Fresh carrot, shaved	1/2 cup
watermelon radish julienned	1/4 cup
Imperial Fresh celery julienned	1/4 cup
Imperial Fresh celery leaves	as garnish
Sysco Imperial McCormick sesame seeds	as garnish

SPICEOLOGY

CLICK OR SCAN
TO SHOP INGREDIENTS



Orange Gochugaru SHORT RIBS

METHOD

1. Coat the chuck flap with 2 tablespoons of seasoning at least 15 minutes before cooking.
2. Sear chuck flap for 5 minutes per side.
3. In hotel pan or other baking dish, mix the remaining ingredients.
4. Once the chuck flap is seared, place in pan over the liquid.
5. Cover tightly and cook at 300°F for 3 hours, basting the ribs every 30 minutes. Once fork tender reserve hot.
6. Segment an orange and set aside for garnish.
7. Chiffonade red cabbage, julienne red onion, celery, watermelon radish, and shave the carrot into ribbons using a peeler into a large bowl. Add mayonnaise, rice wine vinegar, soy sauce, honey, vegetable oil, and orange gochugaru blend and mix well; set aside until ready for plating.
8. In a bowl place about 1 cup of the slaw mixture in the middle. Place your braised short rib on top and garnish with the sesame seeds, celery leaves, and the orange segments.

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INGREDIENTS

**Sysco Classic Pearled Couscous
w/ Roasted Vegetables** 2.5 lb

Sysco Classic garbanzos 8.5 oz

Reliance Fresh sweet potato, diced 11 oz

Sysco Imperial Fresh broccoli, florets 8 oz

tahini dressing 12 oz

Arrezzio Imperial olive oil as needed

Sysco Classic kosher salt as needed

Imperial/McCormick black pepper as needed



CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Cook couscous blend according to bag directions.
2. Toss broccoli and sweet potatoes in olive oil, salt and pepper.
3. Oven roast broccoli and sweet potatoes until charred and fork tender.
4. Drain chickpeas.
5. Plate couscous blend, top with roasted broccoli, roasted sweet potato, and chickpeas.
6. Drizzle with tahini dressing, or toss to coat.



Couscous with Roasted Vegetables

VEGAN BUDDHA BOWL



INGREDIENTS

Sysco Classic Pearled Couscous with Roasted Vegetables	1 bag
Wholesome Farms butter	3 tbsp
Spiceology Orange Gochugaru Seasoning	3 tbsp
Sysco Imperial pumpkin seeds	1/2 cup
Sysco Supreme dried cranberries	1/2 cup
Imperial Fresh Thai Basil fresh chopped	1/2 cup
Sysco Classic kosher salt	to taste
Sysco Imperial/McCormick black pepper	to taste



CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. In a large hot sauté pan add the butter and the Orange Gochugaru.
2. Place the Pearled Couscous and begin stirring to coat with butter and seasoning, cook for 5-7 minutes.
3. Last add the pumpkin seeds and dried cranberries continue to cook for 1-2 minutes.
4. **To plate:** place 1 ½ -2 cups in a bowl and sprinkle with Thai basil.



Orange Gouchugaru BUDDHA BOWL



COUSCOUS

Risotto-Style



INGREDIENTS

Sysco Classic Pearled Couscous w/ Roasted Vegetables	2.5 lbs
vegetable stock, unsalted	2 lbs
Wholesome Farms Imperial butter, unsalted	1.25 oz
Arrezzio Classic parmesan cheese, shredded	2 oz
Sysco Classic kosher salt	to taste
Arrezzio Classic parmesan cheese	garnish



CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Place frozen couscous blend in pan. Add vegetable stock and turn on high heat.
2. Cook, stirring constantly, until stock has reduced and dish is creamy.
3. Add butter and parmesan cheese.
4. Taste and add salt as needed.
5. Garnish with parmesan cheese.



Nashville Hot **CHICKEN TACOS** with Pickles and Cotija Cheese



INGREDIENTS

Sysco Classic Time Crunch'd Extended Hold Boneless Wings	16 oz
Casa Solana Classic corn tortillas 6"	8 each
House Recipe Nashville style hot chicken sauce	8 oz
Block & Barrel Classic bread and butter pickles, sliced	4 oz
Pica y Salpica cotija cheese, crumbled	4 oz

For the Nashville Sauce:

Imperial/McCormick ground cayene pepper	1/4 cup
Sysco Classic light brown cane sugar	3 tbsp
Sysco Classic light chili powder	1 tsp
Sysco Classic garlic powder	1 tsp
Imperial/McCormick paprika	1 tsp
Sysco Imperial zero fat liquid shortening	1 cup



METHOD

1. Deep fry the boneless chicken wings at 350°F for 5-6 minutes or until 165°F internal temperature.
2. Toss the boneless chicken wings in Nashville Style Hot Sauce.
3. Warm soft tortillas and fill with 2 oz boneless chicken wings, .5 oz pickles and .5 oz cotija cheese.
4. **For the Nashville sauce:** mix the first 5 ingredients in a medium-sized bowl, then add one cup of hot oil (at least 300 degrees) and mix together.
5. Serve immediately.

CLICK OR SCAN
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INGREDIENTS

Sysco Classic Time Crunch'd Extended Hold Boneless Wings	16 oz
Sysco Imperial bbq sauce	2 oz
Imperial Fresh celery sticks	2oz
Imperial Fresh carrot sticks	2oz



CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Deep fry boneless chicken wings in a 350°F fryer for 5-6 minutes or until 165°F internal temperature.
2. Serve with your choice of signature sauce, celery and carrot sticks.



Fried Boneless **CHICKEN BASKET** with BBQ Sauce



INGREDIENTS

For the taco:

Sysco Imperial Fresh Jicama Wraps	2 Packs
Buckhead Meat boneless beef short ribs (3" Cubes)	4 Lbs
Sysco Classic kosher salt	to taste
Imperial/McCormick black pepper	to taste
Sysco Classic all purpose flour (for dredging)	1/2 cup
Sysco Wholesome Farms Classic butter	1/4 cup
Sysco Classic vegetable oil	2 tbsp
Imperial Fresh shallots diced	2 each
Imperial Fresh carrot diced	1 each
Imperial Fresh celery rib diced	1 each
red wine	1 bottle
Sysco Classic beef broth	32 oz
Imperial/McCormick bay leaves	2 leaves
Imperial Fresh parsley	2 springs
Spiceology Orange Gochugaru Seasoning	3 tbsp

For the dressing:

Jade Mountain rice vinegar	1/4 cup
Imperial/McCormick sesame seeds	1 tbsp
Sysco Classic salad oil	1/2 cup

For the slaw:

Imperial Fresh cilantro	1 bunch
Imperial Fresh carrot shaved	1 1/2 cup
Imperial Fresh cucumber fine julienne	1 cup
Imperial Fresh radish fine julienne	1/4 cup
Sysco Imperial sesame seeds	2 tbsp
Imperial Fresh shallot sliced	2 each
Imperial Fresh green onion chopped	1/4 cup
Sysco Classic kosher salt	to taste
Imperial/McCormick black pepper	to taste
Sysco Imperial crunchy garlic	garnish

METHOD

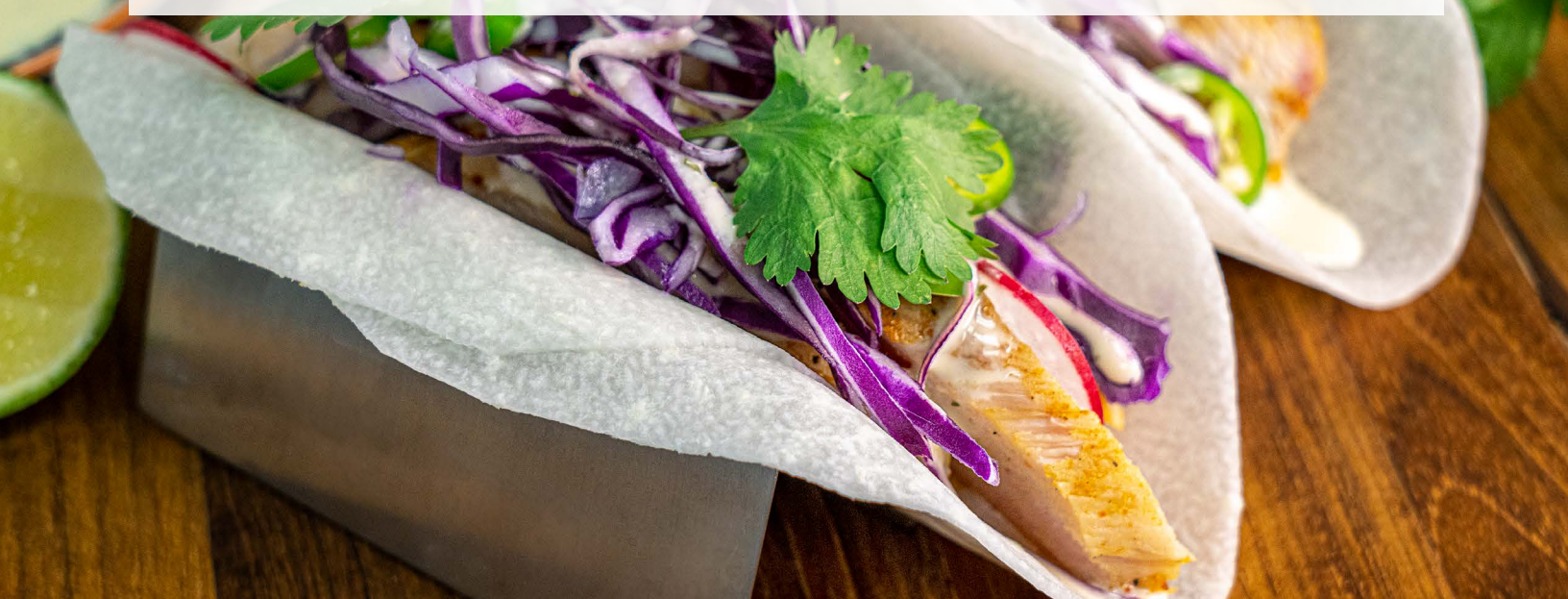
1. Preheat oven to 325°F.
2. Season the beef with salt and pepper. Dredge the beef in the flour and shake off any excess. Heat vegetable oil in a large Dutch oven over medium/high heat. Sear the beef on all sides until nice and golden brown. Remove meat and set aside.
3. Melt another tbsp butter in the pot. Add the shallots, carrots, and celery. Cook until the vegetables have softened, about 10 minutes. Add the red wine, scraping any browned pieces off the bottom of the pot, and simmer until the wine volume has reduced by half. Add the beef back to the pot. Add the beef broth until liquid level is half the height of the contents of the pot. Do not submerge the meat in the broth. Bring the pot to a boil, cover with the lid, and transfer to the preheated oven. Cook for 2.5 - 3 hours or until the meat is very tender. Remove from the oven and allow to cool slightly. Shred the meat with a fork, add the Orange Gochugaru and mix cover, keep warm on the side until the tacos are ready to be assembled.
4. For the dressing combine all ingredients and mix well.
5. For the Slaw: Combine all ingredients in a bowl minus the shallot and green onion toss with the dressing and reserve.
6. To assemble the wraps place the jicama down double if you would like. Place 2oz of the cooked short rib in the middle top with slaw and garnish with green onion shallot and the crunchy garlic sauce.

KOREAN SHORT RIB TACOS with Jicama Wraps



CHICKEN LETTUCE WRAP

with Jicama Wraps



INGREDIENTS

Imperial Fresh Jicama Wraps	1 pqt
Arrezio Imperial olive oil	1 tbsp
Sysco Imperial Sous Vide Chicken Breast	1 Lb
Imperial Fresh garlic cloves minced	3 Cloves
Imperial Fresh onions diced	1 each
Imperial Fresh green onions sliced thin	2 each
Jade Mountain hoisin sauce	1/4 cup
Jade Mountain soy sauce	1 tbsp
Jade Mountain rice wine vinegar	1 tbsp
Imperial Fresh freshly grated ginger	1 tbsp
sriracha	1 tbsp
whole water chestnuts, drained and diced	8oz
Sysco Classic kosher salt	to taste
Imperial/McCormick black pepper	to taste
Crispy Rice noodles	garnish

METHOD

1. Heat the olive oil in a skillet over medium/high heat. Add the ground chicken and cook until lightly browned and no longer pink, about 3 - 5 minutes. Make sure to break up clumps as the chicken cooks.
2. Stir in the garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger, and sriracha. Sauté for 1 - 2 minutes until the onions have become translucent.
3. Stir in the water chestnuts and green onions. Sauté for 1 - 2 minutes until tender. Season with salt and pepper to taste.
4. Spoon filling into jicama wraps and garnish with crispy rice noodles.



—Imperial—
FRESH
Hand Selected Produce
SINCE 1983

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Peruvian STEW



INGREDIENTS

**Sysco Imperial Peruvian-Inspired
Vegetable Stew with Chicken**

1 bag

nasturtium leaves

as garnish

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CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Place bag into a large pot of water and bring to boil then lower to simmer until fully heated.
2. **To plate:** place 8 oz of soup in a bowl and garnish with the nasturtium leaves.

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PERUVIAN STEW

with Tortilla Strips & Avocado

INGREDIENTS

Sysco Imperial Peruvian-Inspired Vegetable Stew with Chicken	1 bag
Imperial Fresh avocado	2 each
Imperial Fresh cilantro leaves	1/2 cup
Imperial Fresh grape tomato	1/2 cup
Casa Solana Classic corn tortilla	5 each

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Place bag into a large pot of water and bring to boil then lower to simmer until fully heated.
2. Cut the tortillas into strips about 1/4 inch thick and deep fry until golden-brown and crispy. When they come out drain well.
3. Cut the tomatoes into wedges and pick the cilantro leaves set aside.
4. Last cut the avocado into quarters and then large dice, 1 avocado quarter per bowl.
5. Ladle 8 oz of soup into a bowl and garnish with the tortilla strips, tomatoes, avocado, and the cilantro leaves.



THAI CURRY SWEET POTATO SOUP with Scallops

INGREDIENTS

Sysco Imperial Sweet Potato Coconut Soup W/Thai Curry	1 bag
Portico Simply scallop dry pack 10-20	5 each
Spiceology Smoky Chipotle Herbs De Provence Seasoning	1 tbs
Sysco Natural lime juice	to taste
Imperial Fresh tomato small dice	as garnish
micro greens	as garnish

— Sysco —
Imperial

SPICEOLOGY

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Place the sweet potato soup bag in large pot of water bring to a boil and lower to a simmer until heated all the way through.
2. Season the scallops with the Smoky Chipotle Herbs De Provence and sear in a hot pan 2 minutes each side.
3. **To plate:** place 6 oz of the soup in a bowl and then top with the seared scallops. Squeeze fresh lime juice to taste and garnish with the small diced tomatoes and micro greens.

INGREDIENTS

**Sysco Imperial Sweet Potato
Coconut Soup W/Thai Curry** 1 bag

Imperial Fresh sweet potato medium diced 4 cups

Imperial Fresh serrano pepper as garnish

Imperial Fresh celery leaves as garnish

Imperial Fresh Tomato as garnish

micro green as garnish

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

1. Place the sweet potato soup bag in large pot of water bring to a boil and lower to a simmer until heated all the way through.
2. While the soup is heating up, peel and cut the potato into a medium dice and blanch in salted water for 5-8 minutes. Just until slightly softened. Reserve keep hot.
3. Thinly slice the serrano pepper, pick the celery leaves, and fine julienne the tomato. Set aside.
4. **To plate:** ladle 8 oz of the soup in a bowl and place 1/2 cup of the blanched sweet potatoes in, top with garnishes.

CUTTING
EDGE
SOLUTIONS

Thai Curry Sweet Potato SOUP





LEMON LECHE CAKE

Parfait

INGREDIENTS

Sysco Imperial Lemon Leche Cake	3 oz
Sysco Classic raspberry	1 cup
Sysco Classic sugar	1/4 cup
Sysco Natural lemon juice	2 tsp
peaches sliced fresh	3-4 pcs
Wholesome Farms Classic heavy whipping cream	3 tbs
Sysco Imperial Fresh mint for garnish	1 sprig

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

- For the raspberry sauce:** place raspberries in a small pot with the sugar and lemon juice. Cook until the raspberries have broken down and melted with the sugar. Place in a blender and process until smooth. Strain through a fine chinois and place in a squeeze bottle refrigerate.
- Whip heavy cream until stiff peak is achieved set aside for plating.
- In a mason jar or bowl your choice alternate raspberry sauce, lemon leche cake and the sliced peaches top with whipped heavy cream and add mint for garnish.

LEMON LECHE CAKE



INGREDIENTS

Sysco Imperial Lemon Leche Cake	4 oz
Sysco Classic raspberry	1 cup
Sysco Classic sugar	1/4 cup
Sysco Natural lemon juice	2 tbs
Wholesome Farms Classic heavy whipping cream	3 tbs
Imperial Fresh strawberry sliced	1 each
edible flower for garnish	as garnish
lemon zest	as garnish

METHOD

- 1. For the raspberry sauce:** place raspberries in a small pot with the sugar and lemon juice. Cook until the raspberries have broken down and melted with the sugar. Place in a blender and process until smooth. Strain through a fine chinois and place in a squeeze bottle and refrigerate.
- 2.** Whip heavy cream until stiff peaks are achieved and set aside for plating.
- 3.** Slice the strawberry very thin and zest the lemon and set aside for plating.
- 4. To plate:** place the lemon leche cake in the middle of a plate and top with the heavy cream. Place the strawberry slices and alternate with the edible flowers on top of the cake. Drizzle with the raspberry sauce on the plate and sprinkle the lemon zest around for added flavor and color.

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



CUTTING
EDGE
SOLUTIONS

INGREDIENTS

**Sysco Imperial Chocolate,
Banana and Peanut Butter Cheesecake** 1 pc

Sysco Classic raspberry 1 1/4 cup divided

Sysco Classic sugar 1/4 cup

Sysco Natural lemon juice 3 tbs

blueberry 1 oz

Imperial Fresh strawberry 1 each

Sysco Imperial Fresh mint as garnish

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

- 1. For the raspberry sauce:** place 1 cup of raspberries in a small pot with the sugar and lemon juice. Cook until the raspberries have broken down and melted with the sugar. Place in a blender and process until smooth. Strain through a fine chinois and place in a squeeze bottle refrigerate.
- 2.** Slice the strawberry and slice in half the remaining raspberries set aside.
- 3. To plate:** place the cheesecake in the middle of a plate and place the berries next to the cheesecake. Drizzle with raspberry sauce and finish with mint.

CUTTING
EDGE
SOLUTIONS

CHOCOLATE, BANANA AND PEANUT BUTTER CHEESECAKE with Fruit



CHOCOLATE, BANANA AND PEANUT BUTTER CHEESECAKE with Bacon



INGREDIENTS

Sysco Imperial Chocolate, Banana and Peanut Butter Cheesecake	1 pc
Imperial Fresh raspberries	1 cup
Sysco Classic sugar	1/4 cup
Sysco Natural lemon juice	3 tbs
Sysco Classic bacon	2 pcs
Sysco Classic sugar	1 tbs
Imperial Fresh banana	1/2 each
Sysco Imperial Fresh mint	as garnish

— Sysco —
Imperial

CLICK OR SCAN
TO SHOP INGREDIENTS



METHOD

- 1. For the raspberry sauce:** place raspberries in a small pot with the sugar and lemon juice. Cook until the raspberries have broken down and melted with the sugar. Place in a blender and process until smooth. Strain through a fine chinois and place in a squeeze bottle refrigerate.
- 2.** Cook bacon until desired doneness.
- 3.** Slice the banana on a heavy bias and sprinkle with the turbinado sugar and brulee when ready to plate.
- 4. To plate:** place the cheesecake in the middle of the plate. Next to the cheesecake ladle the raspberry sauce lay the bruleed bananas and top with the bacon strips finish with mint garnish.

CUTTING
EDGE
SOLUTIONS

