





# Get a Taste of Success THIS SPRING

# **COMING SOON FROM CUTTING EDGE SOLUTIONS:**

Discover innovation! Elevate your menu effortlessly with Cutting Edge Solutions. Our exclusive items will help you save labor, increase profitability, and gain a competitive edge.

# WHOLESOME FARMS **CULINARY CREAM**

A shelf-stable cream that's great for speedscratch applications like hollandaise. Easy to use and doesn't separate, with a smooth texture and balanced flavor.

# **SWEET STREET UBE & YUZU INDIVIDUAL CHEESECAKES**

Creamy, delicious crustless cheesecakes in natural, trending flavors that are gluten-free, free of GMOs, and made with rBst-free dairy and cage-free eggs.

# **EARTH PLUS AGAVE STRAWS**

An upcycled and certified biodegradable sustainable straw that works as a durable and superior plastic alternative.

# SYSCO SIMPLY **PIZZA CRUSTS**

Hand-stretched and stone-baked, these gluten-free Pinsa and Neopolitan-style crusts feature rising air pockets, which give each product an authentic look and taste.

**AND MORE!** 













# **DEAR SYSCO CUSTOMERS,**

At Sysco, our Purpose is our motivating force—Connecting the world to share food and care for one another. The food business is exciting, vibrant, engaging, and filled with personal connections. We are honored to work alongside you and your business in this wonderful space we call home. From identifying trending ingredients, to introducing solutions that enhance operational efficiencies, to ensuring that we deliver on time and in full each and every day, we can supply you with everything you need to exceed your guests' expectations. I am excited for what 2024 holds for our industry, and I look forward to seeing you in the kitchens.

The new year brings endless possibilities. It provides an opportunity to transform your menu, revamp operations, and push boundaries. This edition of **Sysco Foodie**, "Fresh Starts: Innovation & Inspiration 2024," provides real-world and inventive ideas to help you confidently tackle any challenge.

Our Purpose speaks to taking care of each other, which includes taking care of our planet. We recently introduced our commitment to sustainable practices at Sysco called, "One Planet. One Table." Why one planet? We only have one—there is no 'Plan B.' Sysco will work with our food production partners to ensure that our produce is environmentally sourced, our protein does not produce excessive greenhouse gas emissions, and our seafood is harvested responsibly. We will also work hard to reduce the amount of plastic in our packaging, something that is beneficial for everyone. This edition of Sysco Foodie will highlight "From the Source," featuring more on our dedication to sustainability. As the leader in the foodservice distribution space, Sysco is dedicated to advancing sustainability, helping to protect our planet while ensuring we provide the fresh food you deserve and expect.

And that's just a taste of what's in store! The pages ahead are filled with profit-boosting recipes and fresh ideas to help differentiate your menu and share your talents with the world.

Thank you for your continued partnership. While you concentrate on the passion that fuels your business, you can rest assured that we will take care of the rest.



Wishing you an innovative and inspiring 2024.

# Kevin Hourican President and Chief Executive Officer Sysco Corporation

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One planet. One table.

Sysco



At Sysco, we connect people with all the goodness the planet has to offer. We rely on the health of our planet and the resilience of our food systems to feed the world. That's why we're taking action to drive positive change in a way that will benefit people, the products we supply, and our planet for generations to come.

Many customers share our commitment and want more sustainable options. Sysco is proud to offer an industry-leading range of sustainably focused products, all backed by the highest sustainability certifications and standards.

We're making it easier for you to find these items and incorporate them into your menus, so you can serve delicious meals today and make a commitment to a better tomorrow.

Together, we can build a more sustainable future.

# CRITERIA FOR ONE PLANET. ONE TABLE.

We have defined a new global vision to help our customers make more sustainable choices. Items included meet one or more of the following criteria:

- Products with internationally recognized 3rd-party certifications. These standards recognize items with strong sustainability practices in key areas like agriculture and land practices, human welfare, waste diversion, and reduced climate impacts
- Plant-based alternative proteins

- Seafood from suppliers included in our 2025 Sustainable Seafood Sourcing Commitments
- Produce included in Sysco's 2025 Sustainable Fresh Produce Commitment in partnership with the Sustainable Food Group Sustainability Standard

At the heart of **One Planet. One Table.**, Sysco is dedicated to providing products to feed communities that were sourced and produced with our planet and people in mind.

# **#1** REDUCE WASTE

Products that reduce waste have been developed with the intention of reusability, recyclability, compostability, and source reduction – all to minimize waste and leave a smaller footprint on our planet.

# **#2** RESPONSIBLY SOURCED

Products that are made better include those that are grown, harvested, and sourced in a manner that's more sustainable and respectful than other similar products.

# **#3** ECO FOCUS

Products that are produced using methods that aim to minimize harm to the environment, use sustainable practices, and promote biodiversity.





# **SYSCO 2025 SEAFOOD COMMITMENTS INCLUDE:**

- Advancing Traceability
- Improving Sustainable Sourcing
- Protecting Endangered Species



Join us in our mission to make a positive impact on the planet.

Scan the code to learn more about **One Planet. One Table.** 

# FRESH TAKE THE FROM Chef

Beyond the plate, the meals we create can truly be medicine—I've experienced it since childhood in Ireland. Watching my mother and grandmother use various ingredients in unexpected ways, I learned food's profound ability to heal. For colds and flu, there was no better cure-all than a hot toddy—tea with a shot of whiskey, lemon, honey, and cloves. While it wasn't my favorite, my mum made sure I took a spoonful of cod liver oil during the long winter months to keep my bones strong. Beef tea, barley water, and dandelion leaves were also the norm to promote good health.

My wife also carries her Puerto Rican roots of timehonored remedies, especially teas. Her abuela would prepare comfort in a cup that could soothe and heal just about anything. Upset stomach? Warm milk with ginger and cinnamon. Can't sleep? Boil raisins. Nauseous? Lemon, ginger, and orange leaves. For us, "functional foods" aren't a trend but our tradition.

We chefs have an invaluable gift—sharing vitality through food. This year, let's develop menus focused on well-being, intentionally sourcing ingredients that heal.

In 2024, embrace fresh opportunities to infuse medicinal purposes in your cooking. Craft food as function—not forgetting flavor but remembering its force. Put care into serving complete nourishment and share age-old wisdom with a modern twist. Our patrons' well-being rests on the intention we put into each plate.

Here's to a new year of connecting the world to share food and care for one another.

Chef Neil

Chef Neil Doherty
Corporate Executive Chef, Sysco Corporation





Functional foods are blowing up thanks to their health hype. But let's keep it real—this isn't a new concept. Our grandparents were all over these in their day. They ate fresh, real foods and whipped up natural remedies for whatever ailed them. Feeling under the weather? Chicken soup to the rescue. Need immune support? Mix honey and cinnamon.

These functional foods kept our grandparents' health on point. But soon, processed foods loaded with salt, sugar, and unhealthy fats took over.

Now, diners are circling back to their roots. They want health AND flavor, and you can deliver both. The best part? You probably have many of these ingredients already stocked. Lean into global dishes that are

already popular and spotlight their healthy perks on your menu.

Turn the page for inspiration on how to let functional foods shine!

# Functional Foods



# > FISH OIL

# **Origin:** Global Waters

Perks: Liquid gold for your health. Packed with omega-3 fatty acids that your heart and brain adore.

Menu Inspo: Add to fish broth as a finishing or drizzle over salads.



#### > AVOCADO OIL

# **Origin:** Mexico, Central America, & South America

Perks: Heart-healthy, skin-friendly, and packed with potassium, fiber, and vitamins. Helps with blood pressure, cholesterol, and fights inflammation.

Menu Inspo: Incorporate into dressings, marinades, and desserts.



### PAPAYA

# Origin: Mexico & Central America

Perks: Ancient healing with modern vibes. Papaya will help you detox, boost metabolism, and fire up your energy.

Menu Inspo: Team up with fresh fish for a double boost of omega-3s.



### > PURPLE POTATOES

#### Origin: Peru & Bolivia

**Perks:** Packed with antioxidants for health and flavor. They combat diseases, regulate blood sugar, and reduce cancer risk. Bonus: More magnesium and phosphorus than regular spuds.

Menu Inspo: Swap them in for plain potatoes.



# Origin: The **Mediterranean Region**

Perks: A true multitasker. Fennel is a flavor enhancer and digestive champion. It adds a sweet anise kick to your dishes.

Menu Inspo: Roast, sauté, or slice fennel thinly in salads and slaws.



# OREGANO

# **Origin:** The **Mediterranean Region**

**Perks:** Oregano has been the go-to for centuries to kick nausea, fight inflammation, and boost antioxidants.

Menu Inspo: Infuse oregano into oils, butters, pesto, and marinades, or sprinkle over any dish for a burst of Mediterranean flavor.



# **Origin:** The Mediterranean Region

**Perks:** Sweet, vibrant, and chock-full of vitamins and minerals. Beets are your go-to for boosting endurance, blood flow, and overall health.

**Menu Inspo:** Explore beet's sweet and savory potential in salads, spreads, juices, and desserts.



## > FLAXSEED

# Origin: Egypt & the Middle East

**Perks:** Tiny but mighty! These little seeds are a powerhouse of omega-3s and fiber.

**Menu Inspo:** Give fish or chicken a crunchy exterior with a flaxseed crust, or incorporate into salad dressings or smoothies.



## **LAVENDER**

# **Origin:** The Mediterranean Region

**Perks:** Not just for potpourri. Lavender soothes the soul, helps you relax, aids in digestion, and makes your dishes bloom with flavor.

**Menu Inspo:** Add a pinch of dried lavender to desserts, cocktails, and mocktails for a floral twist.



# **▶ MUSHROOMS**

# **Origin:** China & Japan

**Perks:** Nature's nutrient bombs. Mushrooms help boost the immune system, heart health, and sleep quality.

**Menu Inspo:** Add dried mushrooms to tea or combine with spices and non-dairy milk to whip up a cozy latte.



#### **TURMERIC**

# Origin: India

**Perks:** Golden goodness with anti-inflammatory and antioxidant powers. Great for the heart and brain. It may even help ward off cancer, Alzheimer's, and arthritis.

**Menu Inspo:** Mix into rice as a colorant, or add to cocktails, smoothies, shakes, and lattes.



Scan here to shop these ingredients.



# **GINGER**

# Origin: Southeast Asia, India, & China

**Perks:** This spicy superstar goes way back. It fights nausea, tummy trouble, inflammation, and more.

**Menu Inspo:** Part of the "Asian trinity," use it to add a zing to stir-fries, sauces, dips, and drinks.

# Marketing FUNCTIONAL FOODS ON YOUR Menu

Promoting functional foods on your menu can be a great way to cater to a growing segment of health-conscious diners. Here are some strategies for effectively promoting medicinal ingredients.





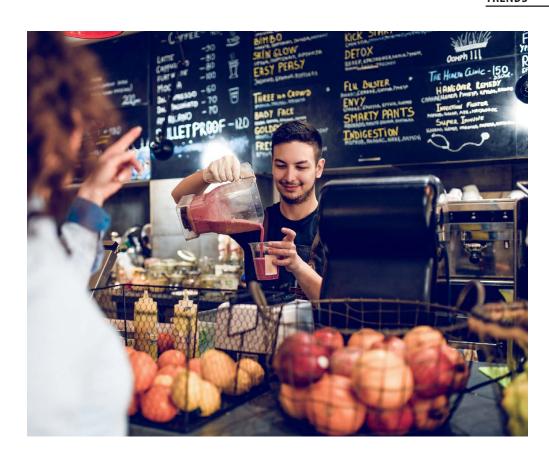
# HIGHLIGHT HEALTH BENEFITS

Clearly outline the health benefits of ingredients; for example, mention that ginger aids digestion and turmeric reduces inflammation in concise menu descriptions.



# CREATE DEDICATED MENU SECTIONS

Create distinct menu categories for these dishes, such as "Wellness Boosters" or "Medicinal Eats," to make it easy for customers to identify these options.





# USE DESCRIPTIVE LANGUAGE

Enhance the appeal with appetizing language. Instead of "turmeric," use "golden turmeric" or "spiced turmeric" to make the ingredients sound delicious and appealing.



# INCORPORATE SYMBOLIC ICONS

Use icons like ginger roots or turmeric symbols to highlight menu items featuring these ingredients, making them easily identifiable.



# EDUCATIONAL INSERTS

Add an educational insert with infographics, articles, or fun facts about ingredient benefits to engage and educate diners.



# OFFER CUSTOMIZATION OPTIONS

Empower customers to personalize their meals with ingredient "boosters" they can add to items like smoothies, salads, or bowls.



# PROMOTE SEASONAL SPECIALS

Introduce seasonal specials, such as "Turmeric-Spiced Soup" or "Purple Potato & Beet Gratin," to highlight these ingredients.



# LEVERAGE SOCIAL MEDIA

Engage your audience on social media by sharing content about ingredient benefits, behind-the-scenes applications, and customer reviews.



# Portico Bringing The Future of Sustainable Alaskan Seafood to The Table

**"OUR JOURNEY TO COOK** SUSTAINABLY STARTS WITH **RESPONSIBLE SOURCING FROM** THE ICY WATERS OF ALASKA."

**Chef Neil Doherty** 





With diners increasingly seeking responsibly sourced menu options, chefs across the country are looking for seafood that tastes incredible and does right by the planet. That's why our Portico Seafood brand is proud to partner with Trident Seafoods—a trusted supplier dedicated to exceptional quality and responsible sourcing, to deliver the finest seafood.

At Sysco, we are working to drive positive impacts across our supply chain and to minimize waste and harm to the environment. We know our customers care deeply about sourcing ethically and you can feel confident knowing Portico Seafood exceeds the highest standards for quality, sustainability, and traceability.

So how do we do this? Trident is using advanced tracking systems that pinpoint catch locations and times, providing full transparency from ocean to plate. Slashing waste and energy consumption at plants. Reducing the transportation impact, using 1,766 fewer containers, and implementing eco-friendly logistics. And the taste? Simply outstanding. Alaska's icy, pristine waters produce seafood with unparalleled freshness, texture, and flavor. Beyond sustainability, consistency and quality are unmatched. From wildcaught salmon to succulent pollock caught in the Bering Sea, chefs will love working with seafood of such high caliber. A true win-win, they can serve delicious and healthy meals today while also serving a commitment to a better tomorrow.





Scan to visit Sysco Shop to purchase Portico products.

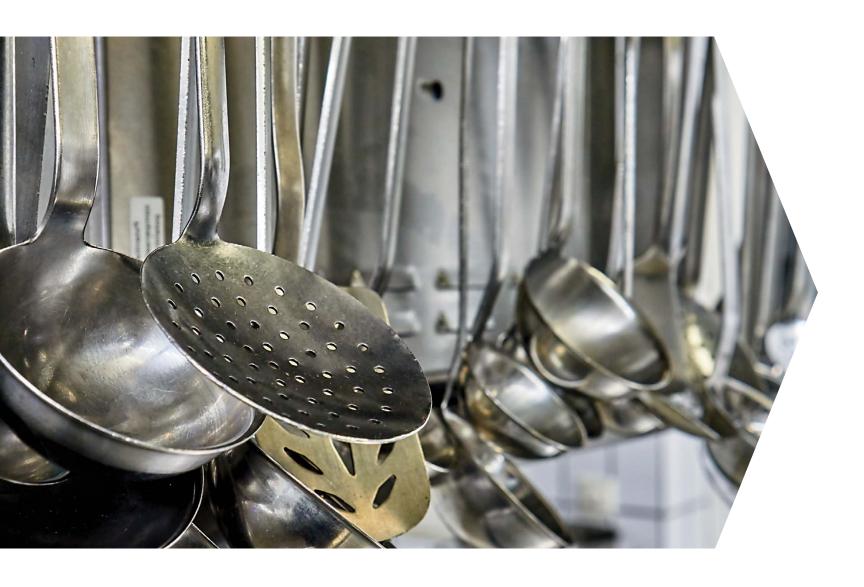


Sustainability isn't just a buzzword for Sysco. Achieving near-zero waste, developing innovative products, and incorporating robust monitoring, Trident showcases an unwavering dedication to sustainable practices, and these commitments matter to us, our customers, and their diners. Together, we can grow and secure a truly sustainable future, ensuring the highest quality seafood and fisheries that remain sustainable for the long haul.

Sysco is building an industry-leading assortment of sustainable products backed by best-in-class sustainability certifications and standards. Built on shared values and a commitment to sustainability, the partnership between Trident and Sysco promises a thriving future that benefits foodservice customers while safeguarding oceans and the communities that depend on them.



# Stocking Up Your TIPS Kitchen: NEW YEAR





A well-equipped kitchen full of essentials is the key to an efficient restaurant. The start of a new year is the perfect time to take stock of your inventory, bid farewell to the worn-out and outdated, and usher in new items that will boost your kitchen productivity.

Whether you need to replace items or enhance your operation with something new, Supplies on the Fly (SOTF) has everything you need to ensure your kitchen is fully equipped to make this year a success. As the ultimate 24/7 source for more than 170,000 products alongside reliable customer support, SOTF can equip your business from top to bottom with everyday kitchen staples to more specialty items.

# HERE ARE SOME VITAL TIPS TO KEEP YOUR KITCHEN HUMMING WITH EFFICIENCY IN THE YEAR AHEAD:

Organize & Assess. Start by taking stock of your current inventory. Identify what's running low, what's frequently used, and what might need an update. Organize your storage areas for easy access to essential items.

Plan Smart Purchases. Create a list of staple items you'll need regularly – from spices and oils to pantry basics and cleaning supplies. Plan purchases wisely to avoid overstocking or running out of crucial supplies.

**Storage & Rotation.** Don't forget to service and maintain existing kitchen equipment to prolong its lifespan. Regular maintenance can save you from having to replace expensive appliances prematurely. Implement a "First In, First Out" (FIFO) system to use older inventory before newer ones.

Utilize Technology. Digital inventory management systems can alert you when stock levels are running low, minimize food waste, and help keep track of your supplies more efficiently.

Train Staff. Involve your kitchen staff in the restocking process. They can provide valuable insights on which ingredients and tools are essential and which ones can be eliminated.

# Introducing...



Sysco Supplies offers durable, trusted, and innovative foodservice essentials from tabletop to food preparation, and janitorial supplies.

# Why Sysco Supplies?

- Next-day delivery on locally stocked items
- Backed by Sysco's industryleading quality assurance
- Convenient online ordering and fast shipping through Sysco Shop or Supplies on the Fly





Scan the code to learn more about Sysco Supplies.

# Frozen Bread RISESTOTHE OCCASION

You've always heard that baking fresh bread daily is a must for top flavor and quality. But we're flipping the script on bread-baking myths.

Our Baker's Source frozen breads and rolls deliver that fresh-from-the-oven taste and texture without the grind of mixing, proofing, and baking every single day. We're talking major time and labor savers, plus way less waste, and reliable consistency. And your customers will still get that warm bakery feel when those frozen loaves hit your oven. But the secret is that you can nail that experience without the expense of skilled labor or a second kitchen shift.

So don't sweat baking everything from scratch daily. Elevate your bread offerings with our artisan par-baked loaves, adding a premium touch that commands a higher price point. Par-baked, then blast-frozen to keep that cellular structure intact, these breads bring a richer color, thicker crust, and handcrafted look and taste to the table. Pop them in the oven for next-level sandwiches, apps, and basket bread.

Our frozen and par-baked breads have you covered with fresh-baked taste and quality without the blood, sweat, and tears. Let us do the work while you wow your customers!





# De Busting Myths

# **CHALLENGING FROZEN BREAD MYTHS**

There's been some confusion about whether fresh or frozen bread reigns supreme. We're busting these myths and giving you the lowdown on how frozen bread can benefit your business.

**MYTH #1** 

BREAD SHOULD BE REFRIGERATED

The Bust: To keep your bread performing at its best, never re-refrigerate defrosted bread. Refrigeration can cause the starch to recrystallize, lose moisture, and accelerate staleness. The beauty of using a frozen product is that you can stage only what you need without wasting.

**MYTH #3** 

FROZEN BREAD SEEMS MORE FXPENSIVE MYTH

#2
FROZEN BREAD
LOSES FLAVOR

The Bust: Forget the idea that frozen bread is flavorless. Our flash-freezing technique locks in that just-baked taste by preserving the dough structure and moisture levels. When the bread is slacked out, a quick refresh in your oven activates the moisture, crisps up the crust, and warms the soft interior—creating a fresh-from-the-oven taste. Plus, we do not add anything to the bread—our product is designed explicitly for foodservice. Just remember, once it's thawed, don't store it in the cooler.

**The Bust:** Forget the hassle of buying tons of ingredients, hiring a baker, splurging on fancy ovens, or running a second shift. Our par-baked breads are budget-friendly and offer thaw-warm-serve preparation for speed-to-plate magic that cuts prep time and costs. These products bring the taste and aroma of fresh-baked without the skilled labor or time-consuming prep. Bonus: the frozen state of the bread keeps inventory in check as it has an extended shelf life, so you're always stocked and never left in a bind.



Scan the code to shop bread products.





You built your reputation on culinary artistry. Now it's time to work the same magic on your cocktail program. We're stirring the pot on mixology trends, from farmer's marketforward ingredients to highly Instagrammable presentations. From innovative products from European Imports to share-worthy presentations, experiment with these products and techniques to take your cocktails to the next level.



## **RECONSIDER COCKTAIL PRICING**

Consider pricing cocktails based on the care put into each element. Handcrafted cocktails made properly with top-shelf liquor, fresh-squeezed juices, house-made infusions, specialized ice, and tableside flair deserve a premium price. You don't compromise on sourcing quality ingredients for your menus; the same discerning standards apply when crafting cocktails.



#### **BYOB**

Build buzz and check averages with BYOB (Build-Your-Own Beverages). Provide base spirits for custom crafting with bitters, herbs, spices, and syrups.



#### THINK OUTSIDE THE GLASS

Vessels are an extension of the experience, so present drinks in unique drinkware like barrelinspired mugs, tiki mugs, Mason jars, hollowed-out fruit, or coupes with edible rims.



#### **POUR PIZZAZZ WITH INNOVATIVE PRODUCTS**

Elevate classics with 1883 Syrups, available in 50+ flavors, and infuse liquors for explosively flavorful homemade liqueurs. Craft a Bloody Mary bar that slays with gourmet pickled veggies, shrimp swizzles, fresh oysters, or sliders and skewers. Look at fruits and flowers in a whole new way—muddle, infuse, and garnish with brilliantly hued hibiscus flowers and dehydrated citrus slices.



# **LEVEL UP YOUR CUBE GAME**

Wow guests with unique ice cubes. Shape cubes using silicone molds, freeze edible flowers or fruits inside, or create smoky ice with wood chips.





Scan here to shop specialty products.



# **INFUSE SPIRITS IN-HOUSE FOR UNIQUE FLAVORS**

Craft functional drinks by infusing vodkas, rums, and gins with spices, fruits, and herbs. Design vibrant mixes like berry-infused vodka or cinnamon and honey rum to delight guests while boosting wellness.



# DRESS UP YOUR Valentine's Day Desserts

Seasonal and limited-time dessert offerings can be the secret sauce for enticing customers to order dessert during specific times of the year. Treats that are visually stunning, artfully presented, and offer complex, balanced flavors can maximize the potential of your dessert menu.

The good news is that you don't need a complete overhaul; minor adjustments to your current dessert offerings can give them a special touch.



Transport diners with globally inspired desserts. Check out trends like Japanese mochi with crazy fillings, heart-shaped French macarons, or Middle Eastern baklava.

#### **MINI DESSERTS**

Bigger isn't always better – mini desserts can lead to better profit margins. Offer smaller portions for less overwhelming servings or mini versions of popular desserts to allow diners to taste a bit of everything. Sharing is caring, right?

# UNIQUE FLAVOR COMBINATIONS

Trending flavors like matcha, lavender, and innovative fruit pairings are on the rise. You can also evoke nostalgia with profiles like s'mores, cookie dough, and banana pudding.

# INSTAGRAM-WORTHY DESSERTS

Think bold, eye-popping colors that scream "Look at me" on your followers' feeds. Desserts with vibrant colors, intricately piped flowers and patterns, and interactive spins like cracking open a chocolate dome can turn your desserts into social media gold.

# PLANT-BASED & VEGAN DESSERTS

Cater to the growing demand for plant-based and vegan choices with dairy-free ice creams, cakes, and pastries. We provide a range of plant-based ingredients to help you craft these creations.

# ENHANCE EXISTING DESSERTS

Elevate your existing dessert menu with romantic flair. Think heart-shaped everything, creative sauces, edible glitter, and unexpected festive garnishes.



Scan here to shop all things dessert.

# STREAMLINE DESSERT PREP

If you lack in-house dessert-making resources, we've got you covered. From fudge lava cakes and artisan cheesecakes to tiramisu, our pre-made desserts offer quality and convenience, without the hassle of scratchmade desserts.

SYSCO IMPERIAL MINI STRAWBERRY CAKE





# THEVERSATILE ART OF CHARCUTERIE

# **GIVE IT GLOBAL FLAVOR**

Incorporating international cured meats, cheeses, and accompaniments allows for a diverse and adventurous tasting experience. Try profiles such as:





To complement our tried and true assortment of **Block and Barrel, Casa Solana**, and **Arrezzio Imperial** meats and cheeses, **European Imports** offers a

diverse variety of additional specialty meats, cheeses, and gourmet products to perfectly complete your charcuterie boards.

## BIG FLAVOR, SMALL PACKAGE

To cater to smaller gatherings or personal portions, try mini or individual charcuterie boards. These can be customized for specific dietary preferences and are perfect for intimate gatherings. Try glass jars for "jarcuterie," disposable charcuterie paper cones, or our ready-made Mini Charcuterie Snack Packs.

# OTHER BOARD TRENDS TO TRY

#### **Plant-Based**

To cater to vegan diners, offer a swap on meats and cheeses for plant-based alternatives. Always make sure you have plenty of other meatless

of other meatless options on all boards so there's a little something for everyone regardless of diet.

#### Sustainable

For environmentally conscious customers, try incorporating eco-friendly serving ware such as bamboo or wooden platters, glass jars, and other sustainable materials.

#### **DIY/Take-Home Kits**

These are gaining popularity and allow people to assemble their own boards at home.
Try Sysco's pre-packaged kits that come with a presentation guide.

- Busseto
   Charcuterie Kit
- Divina Snacks and Starters Platter



## **EASY ACCESS!**

Scan to visit Sysco Shop to purchase charcuterie ingredients.





# **ELEVATE SHAREABLES**

Shareable dishes do more than curb cravings; they create shared moments that drive customer loyalty. Try these tips:

- Deliver Unexpected Surprises: Explore a spectrum of textures and sauces for classics like wings, from sweet-heat fusion to smoky barbeque or trending concepts, like Nashville Hot Chicken.
- Worldly Twists: Get creative with flavor fusions, like Sysco Classic Chicken Katsu or Korean-inspired chicken wings with gochujang or Japanese-inspired ponzu glazes.

▶ BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF CHRISTOPHER AKERS

I love working with chicken because it's such a versatile protein that adapts to any flavor. In these recipes, I fused it with two of my ethnic food categories: Asian and Hispanic. I'm all about thinking outside the box with trends and creating recipes that are unique and fun but still a breeze to execute.



Firecracker Chicken Sliders ~ p. 41

Nashville Hot Chicken Nachos ~ p. 40

> Truffle Parmesan Wings ~ p. 41

# **SAUCY ENHANCEMENTS**

From truffle oil and Korean hot sauce to bang bang, Japanese ponzu, and more, utilize a variety of sauces that offer a premium, memorable flavor experience.



EASY ACCESS! Scan to visit Sysco Shop to purchase the recipe ingredients.

FOODIE



# TAKE THE SIDE WORK OFF YOUR PLATE

Running a busy kitchen? Our labor-saving, boldly flavored steakhouse sides aren't limited to just steakhouses. Skip the hassle of prep – simply heat and serve crave-worthy sides that are reliable, consistent, and require no skill to prep. Your guests get the wow factor while you free up labor and headspace to focus on sizzling steaks, fresh seafood, and signature dishes.



# ➤ BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF HENRY TRAN

Surf and turf, but make it next level. Umami-rich miso butter amps up the lobster's sweetness, and the shio koji marinade adds depths and complexity to the steak for a creative pairing that elevates the traditional surf and turf concept, delights the senses, and showcases culinary ingenuity.



Casa Solana Classic Mexican Roasted Street Corn Dip



EASY ACCESS!
Scan to visit Sysco Shop
to purchase the
recipe ingredients.



Sysco Classic Hashbrown Casserole

Sysco Classic Hatch Chile Macaroni & Cheese



Sysco Classic Spinach & Artichoke Dip







Get creative! Mix and match your land and sea proteins for some fresh surf and turf ideas that'll impress your diners without breaking the bank. Whether it's a romantic Valentine's Day dinner for two or a limited-time special, we've got your back with a huge seafood selection, perfectly portioned meats, and ready-to-rock steakhouse sides. We're all about making things easy for you while cranking up that wow factor.



# BUCKHEAD/NEWPORT PRIDE CENTER CUT CHOICE FILET

This filet is the champion of tenderness and it can pair up with just about anything—not just lobster, but halibut, salmon, scallops, and a whole lot more.



# BUTCHER'S BLOCK AUSTRALIAN RACK OF LAMB

Lamb has a mild gaminess that pairs up nicely with lobster, scallops, or shrimp. The classy, more exotic cousin of beef, lamb gives your menu a touch of unique pizzazz. The best part? It's a breeze to portion and cook just the way your diners like it.



# BUCKHEAD/NEWPORT PRIDE BASEBALL CUT TOP SIRLOIN

This cut is juicy, marbled, and bursting with bold flavor. It's like the MVP that can go toe-to-toe with rich lobster, shrimp, scallops, or salmon without breaking a sweat. Wanna kick it up? Slap on some compound butter or a dollop of demi-glace, and you've got yourself a winner!



# BUCKHEAD/NEWPORT PRIDE CENTER CUT STRIP STEAK

This cut is the real deal! It's tender, offers great value, and pairs like a charm with any fish or shellfish.

Just imagine, a 10 to 12-ounce serving of this beauty, teamed up with a 4-ounce lobster tail or a crispy crab cake, and you've got yourself a match made in heaven!



# BUCKHEAD/NEWPORT PRIDE FLAT IRON STEAK

Flat iron steak is the second most tender cut and back-of-house staff loves its versatility. Grill, sear, or skewer, and pair with shrimp, lobster, or crab. And get this—flat iron isn't just for dinner; it's a breakfast game-changer, too. Surf, turf, and everything in between—flat iron's got you covered!

# SEA





# **PORTICO SIMPLY SEA SCALLOPS**

While small in stature our Portico scallops are BIG on flavor and easily profiles. Whether you choose to sear or grill, a touch of care is all these scallops need to reveal their inherent sweet and briny taste.



# **PORTICO ATLANTIC SALMON**

This fish is all about versatility, which means you can keep it simple with the prep. It can hang with its landfaring cousins, like ribeye or strip loin, driving flavorful profits.



## PORTICO CLASSIC GARLIC & HERB **MARINATED BUTTERFLIED SHRIMP**

These shrimp come pre-marinated, so you can say goodbye to the hassle of seasoning. Easy prep? Check. Consistency? Check. Flavor? Double-check. And let's not forget their shell-on presentation makes your plates look like works of art. Grill, sauté, or fry, and you've got yourself a surf partner that can groove with all sorts of beef options.



#### **KING CRAB LEGS**

These are the kings of easy prep! No fuss, no muss—just heat and serve. They bring fancy cooking acrobatics. Whether you're rollin' with a juicy ribeye or a tender filet mignon, these crab legs bring a touch of luxury to the classic land and sea combo.

# HOOK DINERS WITH INNOVATIVE SEAFOOD SPECIALS

Ready to reel in more traffic this Lent season? Lent is your time to shine with mouthwatering seafood specials. With many customers opting for meat-free Fridays, now is the perfect time to entice Lent observers and seafood fanatics with innovative offerings.

Mediterranean

Masala-Spiced Pollock Naan Soft Tacos ~ p. 42





# ▶ BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF QUIENTINA STEWART

Exploring diverse cultures and flavors while incorporating our own heritage allows us to thoughtfully blend creativity with tradition to push the art of food forward. Welcoming new customers with familiar tastes creates fans, and our fusion of contemporary and time-honored techniques achieves the unique balance chefs are always seeking to highlight.



# LEAN ON VALUE-ADDED SEAFOOD

With portioned cuts, breaded fish, and cleaned and filleted products, our value-added seafood saves you time and labor, so prep is fast and flavor stays peak. Keep it simple, though—awesome seafood should speak for itself. A quick char, a perfect sear, a strategic squeeze of citrus, and you're set. Round out offerings with our speed-scratch sides like cheese grits, spinach and artichoke dip, and mac and cheese. Check those out on pages 28-29.

## LIGHT, NUTRIENT-PACKED DISHES APPEAL TO ALL

Health-conscious diners will bite, too. Highlight lighter prep methods and fresh components like herbs, citrus, and veggies to make it pop. Simple prep methods, such as cooking seafood "en papiotte" will make the natural flavor of the quality seafood the star.

Potato Crusted

Haddock ~ p. 42



# CAST A WIDE NET WITH SUSTAINABLE OFFERINGS

Leverage Lent's
demand with specials
that are approachable
and feature quality
sustainable seafood
from Sysco. Our Portico
products are traceable
to the source and pass
strict quality checks.
Plus, Portico standards
ensure guaranteed net
weight, count, and
uniformity.

# CROSS-UTILIZE INGREDIENTS ACROSS CUISINES

Jazz up your menu by putting a seafood spin on current top-sellers. Add salmon to bowls, tacos, wraps, or flatbreads, or bake cod into mac and cheese, or slip into sandwiches. Consider easy yet flavor-packed items like masala-spiced pollock tacos, potatocrusted haddock, miso-glazed salmon, Mexican shrimp ceviche tostadas, or crab cake sliders. Crossutilize ingredients you already have on hand for cost and labor savings.



EASY ACCESS!
Scan to visit Sysco Shop to purchase the recipe ingredients.



# ENERGIZE MORNING MENUS

With 25% of consumers eager to order more plant-forward breakfasts (*Datassential*), boost morning menus with energizing, nutrient-dense options. Spotlight fresh produce with vibrant smoothies, root vegetable hashes, innovative toasts, and veggie-packed frittatas. Sysco FreshPoint offers the freshest fruits and vegetables for plant-powered breakfast and brunch offerings.

# EASY WAYS TO POWER UP DISHES WITH FUNCTIONAL FOODS



# **Revamp familiar favorites**

Experiment with turmeric lattes, ginger stir-fries, and matcha pancakes.



#### **Craft artisanal condiments**

Elevate health-conscious options with condiments like turmeric tahini or ginger ketchup.



#### Go natural

Use fermentation, sprouting, or dehydrating to emphasize natural flavors and retain nutrients.



# ▶ BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF CYNTHIA SANTANA

Caribbean flavors blend African, Indian, and European influences, awakening the senses with each bite. Traditional dishes mix savory and sweet with lively herbs. Cilantro jazzes up stews, rice, and marinades, while mango adds a sweet and succulent touch, balancing the savory goodness. It's a flavorful dance that captures the essence of Caribbean culture.

# DIVERSIFY YOUR MENU FOR THE PLANT-CURIOUS

Even meat lovers are craving more vegetables these days. But basic swaps won't cut it. You have to load plant-based plates with flavors that are familiar yet totally droolworthy. For example, to make an artisanal steak sandwich accessible to plant-focused customers, offer substitutes like grilled portobellos or sautéed tofu.



Sliced Portobello Sandwich ~ p. 43



EASY ACCESS! Scan to visit Sysco Shop to purchase the recipe ingredients.

# Elevating Kitchens ONE SOLUTION AT ATIME

# WITH CULINARY SPECIALIST CHEF JENNIFER KIMBERLY

For as long as she can remember, food has been Chef Jennifer's passion. She grew up in the kitchen, learning at her grandmother's side. Her late father, who she calls her biggest inspiration, instilled in her a lifelong love of cooking.

"The kitchen is where all my best memories live," Chef Jennifer says. "Food has a way of bringing people together and sparking joy."

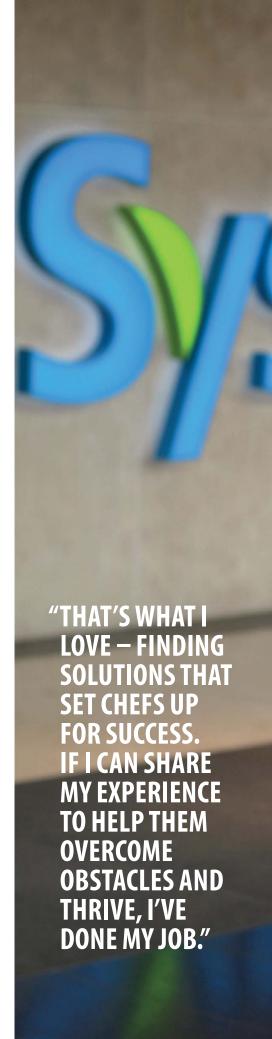
After attending culinary school at El Centro College in Dallas, TX, she dove headfirst into restaurant kitchens, refining her skills and developing her own style. She's never shied away from the challenges of this male-dominated industry. These days, Chef Jennifer dedicates her efforts to assisting chefs across Texas, multitasking in various roles. Serving as a Sysco Culinary Specialist for more than ten years, she consistently mentors clients and thrives on the everchanging challenges that each day, and even each hour, presents.

Working at a test kitchen helped shape Chef Jennifer into the innovative mentor she is today. Here, she created a scratch recipe book, which allowed her to master ingredients and dish components, even when specific items weren't readily available. She says, "Learning this skill has helped me serve customers better. If an ingredient becomes unavailable, I can taste it, re-create it, and save customers' most popular dishes."

Her longtime customer was on the verge of losing their famous potato green chili soup when the premade base they used for years was suddenly discontinued. Chef Jennifer sprang into action, whipping up a fromscratch spin on what they already had using leftover inventory they were throwing away. Not only did she save the soup, but her madefrom-scratch version helped the restaurant reduce waste and increase profits.

"I love helping other chefs problem-solve and take their food to the next level," she says. "It's so fulfilling to see their businesses succeed."







# Q & A WITH CHEF JENNIFER KIMBERLY

# WHAT ARE YOUR TOP 3 GO-TO **SYSCO PRODUCTS?**

House Recipe Hot Honey: "This



honey is my new favorite, and there's no comparison to

other brands. It has a great natural honey flavor that's sweet, savory, and so versatile."

**Portico Shrimp:** "It's the best



quality and closest to fresh you can get. I even buy

them for my house."

Casa Solana Cheeses: "There's



lots of queso made out here, but our

cheeses really stand out in taste and quality."

# WHAT'S YOUR TOP ADVICE **FOR CHEFS?**

"Clean as you go. I can't stress that enough. It makes all the difference in running an efficient kitchen."

"When an ingredient isn't available, take it as an opportunity to get creative. I've helped recreate and even improve some of my clients' signature dishes this way."

"With labor shortages, look for ways to maximize value-added products to streamline prep. I'm happy to help chefs strategize kitchen workflows or identify how to replace unavailable ingredients."

# FROM OUR DENVER CULINARY SPECIALISTS

# 100 TIPS FOR Hoodies

Think you've seen it all in Denver? Think again. See Denver through the eyes and taste buds of our seasoned chefs. Two of our Southern Rockies Culinary Specialists, Chef Brian Dorsey and Chef Daniel Kane reveal hidden gems, trending flavors, and insider tips that make the Mile High City a haven for foodies.

# WHAT TO SEE & DO

# **CHEF BRIAN DORSEY**

No matter the season, Denver offers so many diverse experiences. Ski, snowmobile, and ice fish in the winter, and ride the whitewater rapids or kayak try horseback riding and mountain biking, or head to Gunnison River to experience some of the best trout fishing in the state.

hidden ski paradise in the Rockies. It's the best ski town in Colorado, though I may be biased; I've lived here for ten years! This

#### **CHEF DANIEL KANE**

Beyond the slopes, our mountain towns offer tons of cool activities during the non-ski seasons. There's something for



# **WHAT TO EAT**

# **CHEF DANIEL KANE**

After nearly three decades exploring Colorado's culinary scene, I'm sharing my picks for dining across Denver and the majestic Rockies. These restaurants capture the spirit and flavors of Colorado and offer phenomenal dishes you don't want to miss.

#### **BRECKENRIDGE**

- ➤ Sauce on the Maggie: Italian classics meet gourmet preparations, like arancini, chicken marsala, and land and sea specials, for the perfect post-slope dining.
- BoLD Restaurant and Bar: Elevated American breakfasts, brunches, Mediterranean-inspired lunches, and dinners perfect for socializing.

#### **STEAMBOAT SPRINGS**

- Primrose: Chef-driven cuisine featuring hand-cut steaks, fresh seafood, curated wines, and craft cocktails.
- ➤ Café Diva: Intimate fine dining with a new menu for each season featuring naturally raised meats, sustainable seafood, local produce, and vegetarian and glutenfriendly options.

#### **ASPEN**

- ➤ Mawa's Kitchen: A James Beard-acclaimed gem with rotating menus reflecting Chef Mawa McQueen's French and African heritages.
- **➤ Mi Chola:** Playful, progressive Mexican cuisine in a hip, casual setting.
- ➤ Chica: Chef Lorena Garcia's modern Mexican cuisine offers vibrant flavors, inventive shareable plates, and a dynamic wine and mixology program.

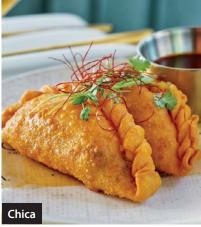


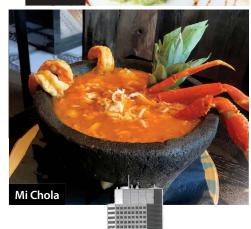
















## **CHASHU CHICKEN BAO**

#### Yield: 1 serving

#### Chashu Chicken

- 3 ct Imperial Fresh limes
- 24 fl oz Aji Manjo mirin cooking wine
- 8 oz **Sysco Classic** extra fine granulated cane sugar
- 3 oz **Imperial Fresh** ginger
- 2 oz Imperial Fresh peeled garlic
- 2 oz **Imperial Fresh** iceless green onion
- 1 oz **Imperial/McCormick** whole bay leaves
- 1 qt Jade Mountain Classic soy sauce
- 8 fl oz tap water
- 5 lb **Sysco Classic** CVP random 10 ounce & up chicken breast

#### **Bang Bang Sauce**

- 6 oz sriracha chili sauce
- 1½ cups **Sysco Classic** banquet extra heavy duty mayonnaise
- 34 cup sweet Thai chili sauce

#### Korean Hot Sauce

- 4 oz sriracha chili sauce
- 4 oz sriracha sambal hot sauce
- 2 oz kimchee base sauce
- 1 tbl Jade Mountain Japanese seasoned rice vinegar

#### **Japanese Pickles**

- ½ lb **Imperial Fresh** jumbo carrots
- 1 ct Imperial Fresh cucumber
- 4 oz **Sysco Classic** extra fine granulated cane sugar
- 2 oz **Sysco Classic** coarse kosher salt flakes
- 1½ qt **Jade Mountain** Japanese seasoned rice vinegar
- 1½ qt tap water

#### Bao Bao

- 6 plain bao buns, folded butterfly-shaped
- 6 oz Chashu Chicken

- 2 oz frozen chicken skins
- 3 tbl Bang Bang Sauce
- 1½ oz kecap manis sweet soy sauce
- 1 oz Korean Hot Sauce
- 2 oz Japanese Pickles Imperial Fresh iceless green onion and/or furikake seasoning for garnish
- 1. Chashu Chicken: Preheat oven to 265°F. Combine all ingredients, except chicken, and mix thoroughly. Place chicken in a hotel pan; pour liquid over chicken so that it is completely submerged. Cover with foil and place in oven; bake for 45 minutes. Place in cooler and cool overnight, leaving proteins in cooking liquid. Remove chicken and shred. Yield: 4¼ pounds.
- 2. Bang Bang Sauce: Combine all ingredients in a mixing bowl and mix thoroughly. Yield: 24 fluid ounces.
- **3. Korean Hot Sauce:** Combine all ingredients in a mixing bowl and mix thoroughly. Yield: 10 ounces.
- 4. Japanese Pickles: On a Japanese mandolin, cut carrots and cucumbers into 1/8-inch slices; place in an airtight container. Bring sugar, salt, vinegar and water to a rolling boil until sugar and salt are dissolved, then remove from heat. Pour hot pickle liquid over vegetables and let stand, covered, for 15 minutes. Remove cover and cool using proper cooling procedures. Yield: 1 pound.
- **5. Bao Bao:** Place buns in a steamer for 2 minutes.
- **6.** Place Chashu Chicken in a sauté pan and cook until hot and slightly charred.
- **7.** In a 350°F fryer, fry chicken skins until crispy.
- **8.** To build, first place the chashu in buns, followed by the chicken skins. Place in a holder and sauce with the bang bang, sweet soy and hot sauce; garnish with pickles, furikake and onion.



# NASHVILLE HOT CHICKEN NACHOS

# Yield: 1-2 servings

- 3 fl oz **Arezzio Classic** 80/20 olive oil blend
- 1 oz Nashville hot chicken seasoning
- 2 oz **Pica y Salpica** crema Mexicana
- 1/4 ct Imperial Fresh cilantro bunch
- 2 tsp Sysco Natural ultrapasteurized premium lime juice Sysco Classic coarse kosher salt and Imperial/McCormick coarse ground black pepper to taste
- 4 fl oz Casa Solana Imperial fresh chunk Hass avocado pulp Imperial/McCormick granulated garlic to taste
- 1 oz unsliced old smokehouse applewood slab bacon
- ½ oz **Imperial Fresh** ¼-inch diced yellow onion
- 3 oz beer
- 5 oz **Casa Solana Classic** fancy pinto beans
- 2 jalapeños
- ½ oz Imperial/McCormick dark chili powder
- ½ oz Imperial/McCormick ground coriander
- ½ oz Imperial/McCormick ground cumin
- 8 oz **Sysco Classic** CVP boneless skinless chicken thighs
  - Sysco Supreme pan coating spray
- Ib Casa Solana precut unfried tortilla chips
- 1 lb raw thin white corn tortilla chips
- 4 oz **Casa Solana Classic** hatch queso
- 8 oz jalapeño Jack cheese
- 5 oz **Imperial Fresh** ¼-inch shredded lettuce
- 2 oz Imperial Fresh pico de gallo Salsa for garnish

- **1. Nashville Hot Sauce:** Bring 1 oz of oil to 200°F and remove from heat. Add seasoning; let stand.
- **2. Cilantro Lime Crema:** Combine the crema, cilantro and 1 tsp lime juice in a blender. Mix until smooth and season with salt and pepper to taste.
- **3. Guacamole:** Combine the chunky avocado pulp, garlic and remaining 1 tsp lime juice, mix in a bowl and season with salt and pepper to taste.
- 4. Borracho Beans: Begin with dicing bacon into ¼-inch dice, and place in cold pot and turn heat on high. Add onion after bacon has begun to render. Cook onion and bacon down until caramelized. Deglaze with beer and cook, reducing the liquid by half. Add beans and cook for an additional 15 minutes. Salt to taste and cool using proper cooling procedures.
- 5. Jalapeños Colorado: Begin by slicing jalapeños into a ¼-inch slice and place in a mixing bowl. Toss with 1 oz of oil, chili powder, coriander, and cumin. Using a grilling screen, place jalapeños on char grill and grill until charred a quarter of the way. Cool using proper cooling procedures.
- **6.** To smoke the chicken, set smoker at 225°F and fill wood reservoir with cider-soaked wood chips. Smoke for 20 minutes until chicken is fully cooked. Shred and cool using proper cooling procedures.
- 7. Preheat oven to 400°F, and line a sheet tray with parchment paper and spray with cooking spray. Preheat the fryer to 350°F. Once fryer is up to temperature, fry chips off in batches and lightly salt. Reserve for recipe build.
- **8.** Place the chips evenly on the lined sheet tray. Next add the smoked chicken, followed by the Nashville Hot Sauce. Add the Borrachos, hatch queso and jalapeño Jack cheese. Repeat to build 2 layers. Place in oven and cook until cheese is melted, about 3 to 4 minutes.
- 9. Take a #10 can with top and bottom removed and place on a plate. Remove the nachos from the oven and place in the can.
- **10.** Place lettuce, pico, then salsa and guacamole garnish in the can and press down lightly to compact the nachos; be careful not to break the chips.
- **11.** Remove the can tableside and garnish with Jalapeños Colorado and Cilantro Lime Crema.



# TRUFFLE PARMESAN WINGS

#### Yield: 1 serving

- 1 lb **Sysco Classic** roasted large chicken wings
- 2 oz truffle Parmesan cheese topper
- ½ cup fine cut mild tangy giardiniera
- **1.** Preheat fryer to 350°F. Place wings in fryer and cook for 4 minutes.
- **2.** Place wings in a mixing bowl and toss with cheese topper; garnish with giardiniera.



# FIRECRACKER CHICKEN SLIDERS

#### Yield: 1 serving

- 4 oz **Sysco Classic** CVP random 10 ounce & up chicken breast, cut into 2 (2-ounce) pieces
- 2 oz pre dip batter mix
- 3 oz **Sysco Classic** one step seasoned chicken breading mix
- 2½ oz shredded **Imperial Fresh** red cabbage
- 2 tbl Asian coleslaw dressing
- 1½ fl oz firecracker sauce
- 1/4 oz mild chili crisp
- 2 Hawaiian slider buns
- 1 oz jalapeño ponzu
- oz Sysco Imperial blue cheese crumbles
   Chopped fresh chives for garnish

- **1.** Place chicken in batter pre dip, then in breading and toss evenly.
- 2. In a 350°F fryer, carefully place chicken pieces in fryer. Fry for 2 to 3 minutes until internal temperature reaches 165°F.
- **3.** Take the shredded cabbage and lightly dress with Asian coleslaw dressing.
- **4.** In a mixing bowl, add the firecracker sauce and half of the chili crisp. Remove the hot chicken from the fryer and toss in the sauce.
- **5.** Serve the chicken on buns topped with the slaw, jalapeño ponzu, the remainder of chili crisp and blue cheese garnished with chives.



# SURF AND TURF SHIO KOJI TOMAHAWK AND MISO

ORANGE GOCHUGARU RAINBOW CARROTS, GARLIC RED MASHED POTATOES (not pictured)

#### Yield: 1-2 servings

**BUTTER LOBSTER** 

- 6 oz **Sysco Imperial** garlic roasted red skin mashed potatoes
- 34 oz Buckhead/Newport Pride Reserve tomahawk rib steak
- 2 oz Japanese shio koji sauce Salt and pepper to taste
- oz Wholesome Farms Imperial unsalted butter
- 1/4 oz shiro white miso paste
- 14 oz 6–8 oz wild West Australian lobster tails
- 5 oz peeled tri-color baby carrots
- 1 tbl Arrezzio Classic 80/20 olive oil blend
- ½ oz chile orange gochugaru seasoning

Furikake seasoning and/or charred orange slices for garnish (optional)

- 1. In a large pot with water, place boil in the bag mashed potatoes and bring up to temperature according to the directions.
- 2. Marinate tomahawk in shio koji sauce for 24 hours. Salt and pepper to taste. Mark on the grill and finish in the oven at 475°F until internal temperature reaches 125°F and rest on a roasting rack; cut.
- **3.** Mix together the butter and miso. Spread some miso butter on lobster tail and reserve the rest for dipping. Roast lobster at 475°F for 6 to 8 minutes.
- **4.** Toss carrots in 1 tbl of neutral oil and toss with gochugaru seasoning. Roast at 475°F for 4 to 6 minutes.
- **5.** To plate, place the cut steak and lobster tails on a large plate and garnish with miso butter. In 2 separate side dishes, place the carrots and mashed potatoes. Serve immediately garnished with furikake and/or charred orange slices, if desired.



# MEDITERRANEAN COD EN PAPIOTTE

#### Yield: 4 servings

- 1 ct Imperial Fresh medium fresh zucchini squash
- 24 oz **Portico Classic** IQF Asian Atlantic cod loin
- 74 oz Sysco Classic coarse kosher salt flakes
  Imperial/McCormick coarse ground black pepper to taste
- 2 ct Imperial Fresh lemon
- 2 oz shallot
- 1 oz **Imperial Fresh** thyme sprigs
- 6 oz Greek Kalamata olives in tin
- 6 oz roasted red cherry tomatoes
- 10 oz **Sysco Imperial** quartered artichokes
- 8 fl oz Arrezzio Classic olive oil
- 1. Preheat oven to 400°F. Fold a 12 x 16-inch sheet of parchment paper in half, then open it. Add several slices

of zucchini in the center of one half, then top with a piece of cod. Season with salt and pepper.

- 2. Top the cod with 2 to 3 lemon slices, ½ oz shallot, a sprig of thyme, 5 olives, 5 tomatoes and 5 artichoke quarters (it's okay if these fall to the side). Drizzle a little olive oil on top.
- **3.** Fold the top half of the parchment paper over the bottom half, then tightly roll up the edges around the cod. Repeat this process with the other 3 pieces of cod.
- **4.** Place the 4 parchment packets on a baking sheet, place in the oven, and bake for 14 to 18 minutes (depending on thickness), or until the cod is opaque and flakes easily with a fork.
- **5.** Use a knife to pierce the center of each parchment packet, and open it before serving.

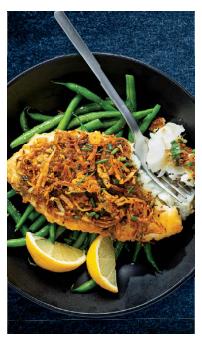


# MASALA-SPICED POLLOCK NAAN SOFT TACOS

#### Yield: 4 servings

- 3½ fl oz **Sysco Classic** canola salad oil
- 1½ oz garam masala spice
- 2 fl oz **Sysco Imperial** Caribbean mango vinaigrette
- 1 fl oz Sysco Natural lightly pasteurized lime juice Imperial/McCormick ground cumin to taste
- 8 oz **Imperial Fresh** ¼-inch chopped cabbage slaw mix
- 2 oz pickled purple onion
- ½ oz **Imperial Fresh** cleaned & washed fresh cilantro, chopped
- 6 oz **Wholesome Farms Classic** plain whole fat Greek yogurt
- 8 oz Mezete classic hummus
- 12 units **Portico Classic** battered pub style Alaska pollock bites

- Salt to taste
- 8 units Baker's Source Imperial caramelized onion buttermilk naan bread rounds
- 1 fl oz **Sysco Imperial** liquid zero butter-it alternative
- 2 oz cilantro chutneyMicro cilantro for garnish
- 1. In a medium skillet, warm canola oil and masala spice over medium heat until fragrant. Cool and reserve.
- 2. With an immersion blender, combine mango vinaigrette with lime juice and cumin. In a medium bowl, combine slaw mix with dressing, pickled onion and chopped cilantro. Chill and reserve
- **3.** With an immersion blender, combine yogurt and spices from oil. Reserve in squeeze bottle and chill.
- **4.** In a preheated fryer, cook pollock pieces until golden brown and internal temperature reaches 165°F. Lightly salt and hot hold.
- **5.** Warm portions of naan, brush with butter-it and reserved spice oil. Warm hold.
- **6.** To assemble: Take 2 portions of naan and apply 1oz each of yogurt sauce and hummus inside each. Place 1½ pieces (depending on size) of cooked pollock atop each naan. Top that with 1½ oz chilled slaw (per naan). Garnish with a few sprigs of micro cilantro and 1 tsp of chutney. Wrap each in a taco shape and secure with parchment paper for service.



# POTATO CRUSTED HADDOCK

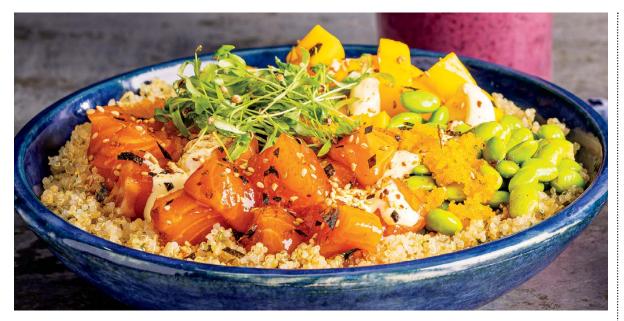
#### Yield: 4 servings

- 24 oz **Portico Classic** 10-12 oz boneless skinless haddock fillets
- 3 ct 70 count organic russet potatoes
- 3 oz Imperial Fresh whole peeled fresh shallots
- 2 oz **Imperial Fresh** iceless green onions
- 2 oz **Sysco Classic** coarse kosher salt flakes
- oz Sysco Classic coarse ground black pepper Imperial/McCormick whole
- 4 ct Wholesome Farms Classic

- USDA grade AA white shell large eggs
- oz **Sysco Supreme** pan coating spray
- 2 pt **Sysco Classic** canola salad oil
- 1½ oz **Imperial Fresh** chives, chopped
- 1. Preheat oven to 450°F. Lightly coat a sheet pan with cooking spray.
- 2. Shred the potatoes with a cheese grater or in a food processor. Remove the starchy water from the potatoes by firmly squeezing them between both hands.
- **3.** Chop the shallots and green onions. Mix together the potatoes, shallots and green onions, as well as salt, pepper and thyme to taste; set aside.
- **4.** Put flour in a shallow dish suitable for dredging; whisk eggs and place in another shallow dish.

- **5.** Portion haddock into 5 to 6-oz pieces and salt and pepper each side.
- **6.** Divide potato mixture into 8 equal portions. Reserve 2 portions of potato for each piece of fish. Flatten 4 of the portions and top with haddock. Place remaining potato portions (1 per piece of fish) on top of haddock.
- 7. In a preheated sauté pan with oil, carefully place coated fish portions. Cook on medium heat until golden brown exterior is achieved. Drain excess oil and place portions on prepared sheet pan. Place in preheated oven and cook until 145°F internal temperature is reached and fish is flaky, but still moist. Garnish with chopped chives.

**Chef Tip:** Serve haddock over steamed green beans with lemon wedges.



# SALMON POKE BOWL WITH AJI AMARILLO SAUCE

#### Yield: 1 serving

- 4 oz **Portico Pride** E trim salmon fillet
- 2 oz soy marinade
- 2 oz shelled whole edamame
- 3 oz cilantro lime quinoa

- 2 oz S**ysco Reliance** IQF mango chunks
- oz aji amarillo crema
   Furikake seasoning, cilantro micro greens and/or tobiko masago caviar for garnish (optional)
- 1. Cut salmon into small cubes and mix with  $\frac{2}{3}$  of the soy marinade.
- 2. Lightly toast the shelled edamame in a sauté pan and mix with remainder of the soy marinade. Let cool.
- **3.** In a large salad bowl, begin with the quinoa and work your way around the bowl with all ingredients, keeping them separate and alternating color for a nice presentation; garnish with furikake seasoning, micro greens and/ or masago, if desired.



# BLUEBERRY MANGO COCONUT SMOOTHIE

#### Yield: 1 serving

- 3 oz **Sysco Classic** IQF grade A blueberries
- 3 oz Sysco Reliance IQF mango chunks
- 1 oz unsweetened coconut milk
- 1 fl oz organic agave sweetener
- ½ cup ice
- 1/2 cup water Skewered coconut and fresh blueberries for garnish (optional)

In a blender, combine blueberries, mango, coconut milk, agave, ice and water. Blend until smooth. Serve garnished with skewers, if desired.



# SLICED PORTOBELLO SANDWICH

#### Yield: 1 serving

- portobello mushroom
   Arrezzio Classic 80/20 olive oil blend
   Salt and pepper to taste
- 4¾ oz **Baker's Source** artisan ciabatta sandwich bread

- 1 oz **Pica y Salpica** queso panela cheese
- 1 fl oz **Sysco Imperial** culinary premium mayonnaise
- 1 oz pickled red onion
- 1 oz **Imperial Fresh** artisan lettuce
- ½ oz chimichurri
- **1.** Brush mushroom with oil; season with salt and pepper. Grill and slice.
- **2.** Slice and toast bread. Slice the queso panela and sear on the plancha for 1 minute on each side. Reserve.
- **3.** To assemble your sandwich, spread mayonnaise on bread. Start with your sliced mushroom, grilled panela cheese, pickled red onions, lettuce, and finish with 1 tbl chimichurri.





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