

**Sysco®**

# FOODIE



*Sun's Out,  
Dine Out*

**FROM THE  
SOURCE: POINT  
REYES CHEESE**

~ P. 4

**CUTTING EDGE  
SOLUTIONS  
NEW SPRING  
LINEUP** ~ P. 14

**TRANSFORMING  
SALAD  
EXPERIENCES**

~ P. 18

# Modernize Your Kitchen

FOR  
MAXIMUM  
EFFICIENCY

No matter what industry you're in, it's all about the need for speed. Being able to execute quickly and efficiently is crucial for staying competitive. But how and where do you start to find the right solutions, especially for big ticket items like equipment?



## ASK YOURSELF THESE QUESTIONS:

**Are you facing demands for faster, more consistent service?**  
Innovations like automated cookers and speed ovens provide unmatched speed and precision.

**Has your business grown so much that your current equipment cannot keep up?**  
Upgrading to the right equipment can improve your production and ensure the quality of your food at a higher volume.

**Are you dealing with labor shortages and trying to keep costs down?**  
The right tools and equipment make it easier to prep food and reduce employee costs.

Whether you need to invest in a new char-broiler, deep fryer, convection oven, or even a Robot Coupe, immersion blender, or chopper, **Supplies on the Fly** can help with any equipment upgrades and labor-saving prep equipment. We have expert teams to help you every step of the way, including equipment financing plans. Kitchen design and layout services and post-installation help and support are available.

**supplies**  
**onthefly.com**  
a Sysco company



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SAVINGS  
JUST  
FOR YOU**

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## DEAR VALUED CUSTOMERS,

As your needs evolve, Sysco is dedicated to evolving alongside you.

At Sysco, we understand that rising food and labor costs have been a challenge for most restaurant operators over the past few years. We remain committed to providing value to our customers and that focus has never been more important. By leveraging our global purchasing scale and ensuring Sysco brand product alternatives are available, we can pass on money-saving options to our customers. To help with rising labor costs, we are increasing the number of “ready-made” product solutions that will make your kitchen more efficient and give you the outstanding flavor profiles you have come to expect.

Current food trends show consumers have a growing appetite for fresh, healthy options like salads and bowls, with international flavors. Our job is to help you turn these trends into profits. That’s why Sysco offers solutions to help you capitalize on new trends, without overworking your staff.

From our custom-cut produce to globally inspired dressings and sauces, we provide products designed to make sought-after menu items achievable on any scale. Elevate your offerings with our Sysco FreshPoint lettuces and bespoke value-added produce, farmed through sustainable practices. These items deliver flavorful and responsibly sourced ingredients for salads, sandwiches, and beyond! They also streamline your kitchen by reducing labor-intensive tasks like prep, washing, cutting, and portioning.

We are excited to give you a sneak peek at our upcoming CES product launch that includes convenient items like pre-portioned proteins, on-trend street foods, and ready-to-use desserts that require minimal prep and training. Stay tuned for more details!

We look forward to continuing to innovate together to build your business, profitably. Thank you for being a valued partner.



Sincerely,

*Kevin*

**Kevin Hourican**

President and Chief Executive Officer Sysco Corporation

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# Cheesemaking

## DRIVEN BY HEART, DELIVERED WITH CARE

For chefs in search of top-tier ingredients, **Point Reyes Farmstead Cheese Company** delivers quality and conscience in every wheel of cheese. What began in 1959 as a family-owned dairy farm famous for its high-quality milk blossomed into an internationally renowned cheesemaker. Today, Point Reyes sustains the legacy through innovation and uncompromising care from farm to kitchen.

### ROOTED IN TRADITION, DEFINED BY INNOVATION

The story began with Bob and Dean Giacomini, pioneers who dedicated 40 years to cultivating a successful dairy farming business. Passing the baton to their visionary daughters—Lynn Stray (COO), Jill Basch (CMO), and Diana Hagan (CFO)—the family took a bold leap. Rather than abandoning

tradition, the sisters redefined it, transforming the dairy farm into an eco-conscious, artisanal cheesemaking farmstead.

To diversify themselves, the sisters set their sights on blue cheese production, birthing their iconic **Point Reyes Original Blue™** and **Bay Blue**. In a market lacking high-end blue cheese alternatives, they embraced the challenge,

navigating the intricacies of handling blue mold spores and achieving the delicate balance of oxygen. The result? An exceptional, award-winning product that has stood the test of time. From there, their offerings expanded, encompassing a distinct Italian-inspired line called Toma, featuring award-winning **Point Reyes Toma** and **TomaTruffle**.



Lynn Stray (COO), Jill Basch (CMO), and Diana Hagan (CFO)

**CRAFTED WITH  
PRECISION, SOURCED  
FROM WITHIN**

What sets Point Reyes apart is their farmstead approach—crafting each wheel mere yards from the milking parlor, using only milk from their own cows. This meticulous oversight guarantees unparalleled consistency from barn to aging room. Their commitment to education and entertainment is evident as they invite you to tour and explore their farm and culinary center, “The Fork,” where you can immerse yourself in the experience of their cheeses, handcrafted with love and a profound connection to the land.





## PIONEERS IN SUSTAINABILITY

The Giacomini family wove sustainability into their company from the very beginning. Beyond using the farm's milk as the raw material for their cheese, they implement eco-conscious practices that impact their farm, product, and the planet. The farm's renewable energy program uses technology and innovation to capture harmful greenhouse gas emissions. They're one of the first dairies to install a methane digester to harvest methane and convert it into clean, renewable energy and fertilizer, powering their farm sustainably while reducing emissions. They use all the wastewater in their energy program and compost the solids into nutrient-rich soil that nourishes the land and makes cozy bedding for the cows. Recycling everything helps them drive lasting environmental change.

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Earlier this year, the Sysco Team visited the Point Reyes farm, witnessing firsthand the synergy of passion and precision that goes into crafting each wheel.



Scan to learn more about Point Reyes Farmstead Cheese Company.

## "CRAFTSMANSHIP AND SUSTAINABILITY AREN'T JUST BUZZWORDS AT POINT REYES; THEY'RE A WAY OF LIFE."

Chef Neil Doherty

### PARTNERSHIPS FOR REACH AND IMPACT

In 2005, Point Reyes forged powerful alliances with Sysco and European Imports, propelling their artisanal cheeses from local gems to national sensations. This partnership wasn't just about distribution; it was a

symphony of values, bringing the company's mission and commitment to sustainability and ethical ingredients directly to tables across the U.S.

"Chefs were key in our growth and brand development," said Lynn Stray. "Sysco's specialized program with European Imports expanded

our geographical footprint and heightened accessibility for chefs seeking sustainable, ethical ingredients." These alliances were more than just a leap; they were a catapult for Point Reyes, enabling them to ascend while maintaining their dedication to sustainable practices and core values.

## IT ALL STARTS WITH THE COWS

At Point Reyes, happy cows create happy cheese. Raising and breeding calves on the property, their cows graze year-round on organic pastures in ideal mild temperatures, resulting in milk of unparalleled quality. They optimize cow health and comfort by controlling genetics and nutrition, ensuring they're actively shaping their well-being. In 2019, they took cow care to new heights, implementing a revolutionary robotic milking system that allows cows the freedom to be milked when they want—unlike traditional systems where cows are milked every 12 hours. Executing this system resulted in happier, healthier cows and a remarkable 10 to 12 percent increase in milk yield. Plus, the introduction of cow collars, similar to Fitbits, provides valuable data on their well-being, from temperature to medical history, allowing the team to stay ahead of their health needs and ensure a healthier herd.

## POWERED BY WOMEN, DRIVEN BY VALUES

"We've built this company on empathy and relationships," said Lynn Stray. Point Reyes employs a total of 105 employees, with

nine families and three dedicated cheesemakers calling the farm home. Their unique approach creates a genuine family culture, driving high employee retention. As sisters turned CEOs, they foster an environment where empathy, connection, and care fuel innovation. Being 100% women-owned and certified by the Women's Business Enterprise National Council (WBENC), Point Reyes is a leader in their field. Trailblazers recognized by Oprah – A Point Reyes Gift Basket was selected as one of Oprah's Favorite Things – these women use empathy without sacrificing quality or sustainability. Being women-led is about recognizing employees, animals, and the planet as partners to be empowered, not resources to be exploited. Above all, it means bringing compassion into culinary craft. When women have equal opportunity to lead, positive change follows; Point Reyes Farmstead Cheese Company is proof.

For chefs seeking sustainable ingredients without sacrificing flavor, Point Reyes delivers. Their commitment to stewardship and quality from pasture to plate results in exceptional cheese you can feel good about serving. When ethics and excellence unite at the source, you taste the difference.



Scan to shop Point Reyes products.

FRESH  
TAKE  
FROM

# The Chef

I get it; the daily grind of juggling labor shortages and food costs while ensuring guests leave happy is challenging. It's tough balancing guest satisfaction and operational sanity.

That's why I'm excited to share solutions that can relieve some stress and make life a little easier. Our value-added produce that's pre-washed and ready to use is a simple way to cut prep while still serving fresh, top-quality dishes you can take pride in. Shareable salads and platters like the ones you'll see in the Taste section allow guests the freedom to customize while simplifying execution. Instead of reworking menus, you can leverage solutions that please customers without exhausting your team. These efficiencies become especially crucial when streamlining plans for upcoming occasions like Mother's Day.

Simply put, we've got your back. Your passion and skill deserve support, and these products provide the practical tools you need to persevere, despite the obstacles.

Cheers and have a flavorful day,

*Chef Neil*

Chef Neil Doherty  
Corporate Executive Chef, Sysco Corporation





# Salads

## AROUND THE CLOCK

In the age of mindful eating, salads are a trendsetter packed with today's hottest innovations. From ethnic inspirations to highly customizable builds, salads deliver the flavor, personalization, and nutrition diners crave.

Chefs are cashing in, with salads driving profits and guest satisfaction across dayparts. Their versatility works for breakfast bowls, lunchtime chef specials, and satisfying dinner options. Produce-focused and plant-forward, the vibrant colors and fresh flavors make salads Insta-worthy and approachable for herbivores and carnivores alike. No more relegating salads to side status. It's time to redefine and maximize their profit potential.



### FOR BREAKFAST

#### ▶ Seize the AM Opportunity

Breakfast salads are hot right now and set the stage for a memorable **Mother's Day** brunch. Consumers crave fresh morning options that energize, like arugula with jammy eggs, bacon, and pickled onions – or crisp greens with smoked salmon and avocado. Don't sleep on salads with ancient grain bases; top with berries and nuts or sweet potatoes and pumpkin seeds. For a heartier option, poached or soft-boiled eggs or Greek yogurt can add some protein without overwhelming the salad.

*Looking for  
Mother's Day inspo?  
Elevate your menu with  
vibrant salads from  
brunch to dinner!*



## FOR LUNCH

### ► Craft Next-Level Signatures

Elevate lunch by playing with flavors, textures, and colors. Utilize common and trendy proteins like chicken, steak, and sustainable seafood or plant-forward options. Pickle and char vegetables for seasonal crunch and flavor. Toast nuts, seeds, and grains for satisfying bites, and dress to impress with lemon tahini, green goddess, or black garlic vinaigrettes. Artfully drizzle and garnish with truffle honey, infused oils, and microgreens.

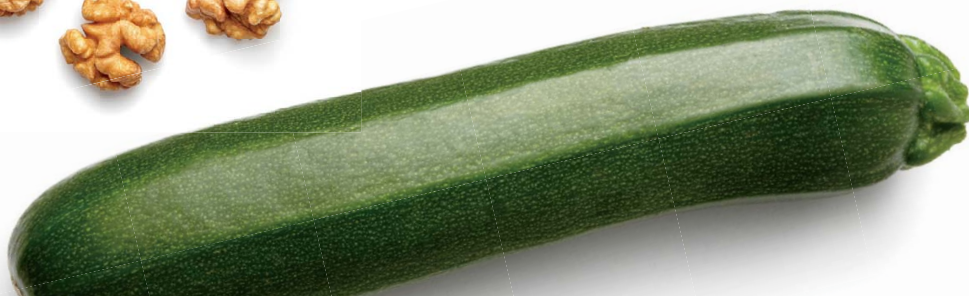


### ► Flavor-Up with Global Ingredients

Entice more adventurous palates with globally inspired salads featuring less common ingredients like yuzu, ponzu, harissa, zhoug, preserved lemon, tahini, edamame, and ras el hanout spices. Blur the line between salads and bowls with bases beyond lettuce like cauliflower rice, zucchini noodles, and roasted veggies for heartier, filling options.

### ► Add Texture & Brightness

Flash-pickled and fermented toppings add tangy flavors and probiotics. Crunchy, creamy, crispy textures from slaws, toasted nuts and seeds, crumbled tortillas, and crispy chickpeas elevate each bite. Make it Insta-worthy with edible flowers, vibrant produce, and artful drizzling.



## FOR DINNER

### ▶ Spotlight with Bold, Profitable Proteins

Profitable proteins satisfy bigger appetites and drive repeat business. Get creative with protein preparations while remaining labor-friendly. Pack flavor and satisfaction with seared tuna, blackened shrimp, sous vide short ribs, and beer-braised pork belly. Include plant-based options like crispy tofu, tempeh, beans, lentils, and legumes. These please vegetarian diners while delivering margins as high as meat. Upcharge these proteins as add-ons to encourage customization and offer half portions to grow appeal.

### ▶ Make it Premium

Encourage customization and boost checks by upcharging high-margin specialty ingredients. Components like elevated proteins and artisanal cheeses justify premium pricing. Made-in-house dressings and vinaigrettes let you highlight seasonal ingredients and global flavors in each batch. Get inspired by curries, peri peri, harissa, and chimichurri. Indulgent extras add perceived value, too. Crunchy bacon lardons, fried shallots, and stunning edible flowers all say gourmet.

Suggest premium artisanal bread pairings for an upscale opportunity. Upgrade with specialty artisanal breads like **Baker's Source** Naan, Pita Breads, Rustic French, or Ciabatta—handcrafted breads that perfectly complement boldly flavored salads.

**Baker's**  
source®



# A Nation of Customization:

PERSONALIZED PLATES ARE THE NEW NORM IN DINING

Customers want what they want, exactly how they want it. Customization is nothing new, but it's dominating the food industry now more than ever. Diners have high expectations, and the bar has been raised for restaurants to provide outstanding and customized dining.

With countless cooking shows and professional and home chefs on social media, diners are eager to join in and tweak dishes to suit their tastes, whether substituting ingredients, combining unexpected flavors, or adding an extra dash of this or that.

But as operators, we know it's not that easy. In today's labor-constrained market, finding and retaining quality staff to accommodate customization may not be feasible. Even if you're lucky enough to have the staff, can you afford the added time and labor needed to execute? Slower service times, higher food and labor costs, and juggling a diverse range of ingredients—we understand how tough it is. However, learning how to address these challenges and implement the right strategies is key.

And while it may require operators to adjust their way of thinking, customization has advantages. Build-your-own options allow creativity without high risk. They accommodate dietary preferences, reduce waste with cross-utilization, and keep guests feeling welcome, appreciated, and ultimately, coming back for more.





## ► CREATIVE CUSTOMIZATION IDEAS

Start with the basics and train staff to handle dietary requests, ingredient substitutions, and unique food pairing suggestions. Then, get creative with customization strategies that make diners happy while maintaining efficient operations. The reward? Loyal, satisfied guests.

### **Build-Your-Own Bowls:**

Provide bases like rice, quinoa, or greens and various proteins, veggies, toppings, and sauces to mix and match.

### **Seasonal Specials:**

Regularly revamp your menu with seasonal specials to keep things fresh.

### **DIY Pizzas or Flatbreads:**

Offer various crusts, sauces, cheeses, and toppings. (See page 26 for inspiration!)

### **Customizable Salads:**

Your salads, their rules. Let diners select greens, veggies, proteins, toppings, and dressings.

### **Create-Your-Own Tacos/Burritos/Sandwiches:**

Allow guests to pick shell/bread, fillings, toppings, and sauces to suit their tastes.

## ► BENEFITS BEYOND THE PLATE

Personalized service propels your business by:

### **Creating Happy, Loyal Customers:**

Personalize the dining experience, accommodate dietary needs, and watch the positive word-of-mouth buzz spread.

### **Knowing Your Customers Better:**

Gather insights on preferences and behavior to better understand your crowd.

### **Streamlining Smarter Operations:**

Understand customer preferences, use your resources wisely, and watch your operations run smoother than ever.

### **Boosting Your Bottom Line:**

Happy customers and positive buzz translate to increased revenue; personalization pays off!

## ► TECH SOLUTIONS FOR EFFICIENT CUSTOMIZATION

Utilize technology to streamline customization without overburdening your staff. Leverage kiosks, digital menus, and QR code scanners to empower customers to customize orders while heightening back-of-house productivity.

Restaurant marketing software can also assist with sending automated emails based on customer spend and visit history, gathering feedback through post-meal surveys, and consolidating reviews from platforms like Yelp® and Tripadvisor® to help spot trends. By leveraging these new technologies, operators can enhance guest experience, foster loyalty, and maintain operational efficiency.

Sysco's Restaurant Solutions platform features partners like Pop Menu and POS systems like Cake that provide online ordering, email marketing, and social media capabilities.



For tailored solutions, contact your Sales Consultant or scan the code for more information.



# DISCOVER SPRING'S *Groundbreaking Lineup*

This spring, we've meticulously curated a selection of **exclusive, new, and innovative** products designed to help operators alleviate stress in the kitchen and add unique, globally inspired dishes to their menus. From reliable kitchen staples to **labor-saving solutions** that enhance efficiency, we're excited to bring this new lineup to you.



**8-INCH  
WRAPPED  
AGAVE STRAW**



## **SIPPING SUSTAINABLY**

Available in three different varieties, these agave-based straws mimic the feel and texture of plastic but are made from upcycled materials – the residual agave fibers from tequila production. They don't get soggy like paper straws and provide a durable plastic alternative that is biodegradable, compostable, and cost-competitive.

*See page 31 for more eco-friendly Earth Plus offerings!*

**5-INCH  
COCKTAIL  
AGAVE STRAW**



**8-INCH  
JUMBO WRAPPED  
AGAVE STRAW**



**GROUND BEEF  
CHUCK SLIDER/  
SMASH CHUB**



**FIRE RIVER  
FARMS®**

**SMASHABLE SOLUTION**

This 80/20 ground beef is conveniently marked with 2-ounce lines, making it easy for the back of the house to portion consistently for sliders and smash burgers.



**GLUTEN-FREE  
PARBAKED  
PIZZA CRUSTS**

**PIZZA WITH MORE POWER, ZERO GLUTEN**

Available in both Pinsa and Neapolitan-style crusts, these gluten-free parbaked products are made with premium quality flours and non-GMO ingredients, then hand-stretched and stone-baked for the taste and texture of traditional, artisan-style pizza. A great item for operators wanting to appeal to consumers with alternative diets.



**MARGHERITA  
PIZZA CUPCAKE**



**POP-IN-YOUR-MOUTH PIZZA**

A unique twist on traditional pizza, this product from The Pizza Cupcake is made from a trade-secret dough recipe with premium Italian ingredients for a mess-free, gourmet pizza experience delivered in a convenient, cupcake-shaped snack.

**NO-COMPROMISE INDULGENCES**

Free from GMOs and any artificial additives, these creamy, rich, individually sized cheesecakes from Sweet Street are made with better-for-you ingredients and the latest on-trend, unique flavors. Serve these treats as is or customize and plate with different sauces, fruits, and garnishes.

**Sweet Street Individual Cheesecakes are available in two trending varieties:**



**YUZU  
CHEESECAKE**



**UBE  
CHEESECAKE**

**ON-TREND CHOWDER**

Made with authentic spices and traditional chorizo, this slow-cooked corn chowder delivers all the flavors of trendy Mexican street corn. It is ready to use and ideal as both a stand-alone soup or a speed-scratch ingredient for dips, sauces, enchiladas, and more.



**ELOTE  
 CHORIZO  
 CHOWDER**

**STREET FOOD MADE SIMPLE**

This fully cooked, seasoned, shredded dark meat chicken is marinated in a traditional blend of spices for a rich, warm, and earthy flavor reminiscent of spit-roasted Turkish street food. Operators can add authentic ethnic flavor to their menus in endless ways—all with low labor and minimal prep.

**SHREDDED CHICKEN SHAWARMA FULLY COOKED**



**LAYERED FLAVOR SLAYER**

Previously unavailable commercially, these on-trend desserts feature eleven paper-thin crepes layered with a subtly flavored, lightly sweetened, velvety whipped pastry cream for the ultimate end to a meal.

**Crepe Cakes are available in three delicious flavors:**

**VANILLA**

**CHOCOLATE  
 HAZELNUT**

**TROPICAL**

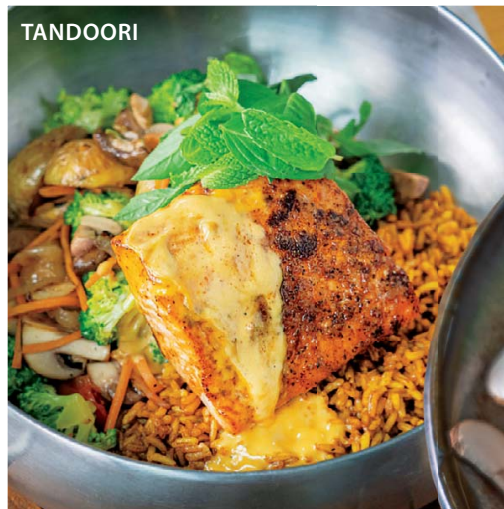




**FLAVORFUL FOUNDATIONS**

Crafted by chefs and made with premium, carefully selected ingredients, these sauces remain shelf-stable even after opening, and are one of the most versatile and simplest starters to keep on hand for glazes, sauces, condiments, and marinades, adding a deep, dynamic layer of flavor without overpowering any recipe.

**Shelf-Stable Chef Starter Sauces are available in three flavorful varieties:**



TANDOORI



MISO-MUSTARD



BULGOGI

TRENDS

**DESIRABLE DARK CUT**

This all-natural, boneless, dark meat chicken is minimally processed, deboned by hand, and left skin-on to lock in amazing flavor and moisture. The larger size gives operators flexible portions out of one cut for great efficiency.

**BONELESS  
CHICKEN  
LEG MEAT  
SKIN ON**



Scan to learn more about Cutting Edge Solutions products or add them to your next order.

# Transforming Salad Experiences: ETHNIC FLAVORS & CREATIVE PRESENTATIONS

As you gear up for the bustling summer months, with hordes of diners expected for Mother's Day, Father's Day, and summer outings, now's the time to strategize ways to streamline

operations while maximizing flavor and guest satisfaction.

Luckily, salads can be a game-changer for restaurants seeking efficiency and profitability. With minimal

cooking and prep required, salads offer a versatile canvas for innovation and cost-effective menu options.

From composed salads to shareable platters, explore

the following pages for actionable tips on labor-saving ingredients, creative plating techniques, global flavor exploration, and beyond.



## ▶ BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF LUIS REYES

Incorporating various proteins, grains or legumes, and vegetables in a composed salad is a great way to add value and profits. Utilizing ingredients commonly found in Latin entrées, we combined chilled plantains, fresh garbanzos, avocados, capers, olives, pickled onions, greens, cucumbers, tomatoes, cheese, and dressing for varied textures, flavors, and colors.

Fresh Garbanzo and Sweet Plantain Chopped Salad  
~ p. 40



**ELEVATE & SIMPLIFY**

From stocking up on high-volume essentials to leveraging time-saving ingredients, elevate salads while simplifying your kitchen workflow. Ease prep with ready-to-use items like Sysco FreshPoint Natural ready to eat garbanzo beans – a versatile addition to salads, sides, and shareables. No more time-consuming soaking and boiling – just a quick protein-packed salad topper or cost-friendly base for quick-pickled chickpeas, falafel, hummus, and more.

**Gỏi Tôm (Vietnamese Shrimp Salad)**  
~ p. 40

**▶ BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF PHU LU**

Gỏi, a staple in Vietnamese cuisine, is a versatile salad enjoyed across mealtimes and occasions. Typically featuring a cabbage base, it incorporates crunchy vegetables, fresh herbs, crispy fried shallots, peanuts, and Nước chấm dressing, a sweet, tart, and sometimes spicy fish sauce-based condiment. Any protein can be added, like shrimp or chicken for Gỏi Gà that creates a balance of sweet, savory, sour, and salty flavors with amazing crunchy textures.

**CUSTOMIZE DRESSINGS WITH EASE**

Signature dressings elevate salads, but you don't always have to make them from scratch. Customize your dressings effortlessly by starting with Sysco brand dressings as a base, then enhance with a range of mix-ins, creating unique flavor profiles that reflect your culinary style.

**EASY ACCESS!**

Scan to visit Sysco Shop to purchase ingredients.



## ► BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF MARCUS MEANS

Fried green tomatoes (FGT) are a timeless classic that evokes a sense of old-fashioned Southern comfort. They've evolved with various breading options, from seasoned flour to cornmeal, breadcrumbs, and even cornflakes! It's no longer just an appetizer – pair it with coleslaw or pimento cheese for a contrast of hot crispiness and cool creaminess. FGT also makes a cost-effective family-style buffet item. Elevate it further with proteins like crab cakes or shrimp or incorporate into burgers.

## CHARM CUSTOMERS WITH FAMILIAR FAVORITES

Platters are all the rage right now, offering both convenience and sociability. Upgrade shareables with cherished classics like a Southern favorite: fried green tomatoes. Complement their irresistible crunch with other Southern-inspired elements like pimento cheese spread and black-eyed pea relish for a nostalgic presentation.

## PROFIT BOOSTERS

Premium proteins, simple substitutions, and creative pairings earn their price tags. Beyond expected proteins, get creative with additions like pickled shrimp, grilled halloumi, or crispy tofu. These on-trend ingredients entice health-minded diners and justify higher prices.

Pickled Shrimp with Fried Green Tomatoes  
~ p. 40



**EASY ACCESS!**  
Scan to visit Sysco Shop to purchase ingredients.

## PLATES THAT POP

With the right artistic plating, you'll have diners ooh-ing and ahh-ing over your salads. And these well-executed presentations can justify higher price points. By simply layering ingredients in composed rows, you can easily make a salad more desirable.

Salad Niçoise is the perfect canvas for showstopping presentations. Artfully separate the ingredients on a shareable platter for an edible masterpiece. When you make your offerings Instagram-worthy, diners will come back for more.



### ► BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF JEREMIAH LYNCH

The rethinking of classic cuisines is where trends are being created across the nation, and with a bit of a fun twist, we can catch the eyes of our guests. There are many French and Mediterranean dishes that – with a bolder and brighter presentation – will make your dish the centerpiece of the table!

Portico Tuna  
Salad Niçoise  
with Ancient  
Grains ~ p. 41



Family  
Style  
Filipino  
Platter  
~ p. 41



**EASY ACCESS!**  
Scan to visit Sysco Shop  
to purchase ingredients.

## FILIPINO FUSION: VIBRANT GLOBAL FLAVORS

Diners crave global tastes, and adding these vibrant flavors to your menu is easier than you think. From composed salads to shareable platters, let the spirit of ethnic cuisine inspire your creations, but don't be afraid to put your own spin on tradition.

## CRAFT SIGNATURE COMBOS

Entice diners with sweet, sour, and salty – the hallmark flavors of Filipino cuisine. Mix hearty pork adobo and succulent chicken skewers with the refreshing zing of papaya salad and the tangy kick of cucumber namasu.

## TROPICAL TEMPTATIONS

Explore other trending Filipino flavors to create exotic but approachable mash-ups. Infuse dressings and vinaigrettes with the unique citrus tang of calamansi, mango's luscious sweetness, and coconut milk's creamy richness. Transport diners to exotic destinations with every bite.

## SHAREABLE SUCCESS

Family-style platters and shareable plates are a win-win. They cater to diners' evolving preferences while maximizing your profitability. These dishes encourage exploration and customization, letting guests savor diverse flavors at their own pace. Plus, they're cost-effective, optimizing ingredients and driving revenue.



### ► BEHIND THE RECIPES: FLAVOR NOTES FROM CHEF NORA GALDIANO

Filipino cuisine reflects a rich history of influences from the Malays, Chinese, Spanish, Japanese, and Americans. Dishes like pork adobo, chicken skewers, Shanghai lumpia, steamed rice, papaya salad, and cucumber namasu embody this vibrant fusion. Enjoyed in communal feasts called Kamayan, these flavorful foods are traditionally served on banana leaves, inviting diners to savor them with their fingers.





# EUROPEAN — IMPORTS — a Sysco company

## GET CREATIVE WITH EUROPEAN IMPORTS

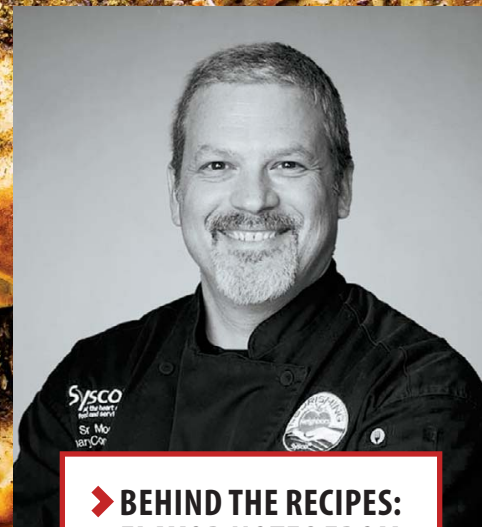
You may think global dishes are out of reach, but with specialty ingredients from European Imports, the world is at your fingertips. To complement our tried-and-true produce assortment, European Imports offers a diverse variety of seasonings and ethnic products to make your dishes stand out.

## SERVE UP MEDITERRANEAN MEZZE MAGIC

A vibrant meze platter is perfect for snacking and sharing. With the Mediterranean diet remaining at the forefront of health trends, health-conscious diners are drawn to the bold flavors and nourishing qualities of these ingredients. From the satisfying crunch of Fattoush salad to creamy potatoes draped in vibrant green tahini sauce and the refreshing burst of Israeli salad seasoned with fragrant za'atar, each bite is an adventure for the senses.

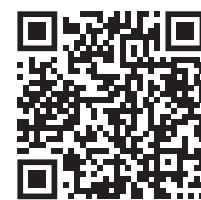
Mezze  
Platter  
~ p. 42





► **BEHIND THE RECIPES:  
FLAVOR NOTES FROM  
CHEF SNIR MOR**

The mezze platter is the epitome of Mediterranean hospitality. While guests contemplate their main course order, the table will be covered with a dozen small shareable plates accompanied by freshly baked flatbread. It's an ice breaker that brings people together and makes them smile. For me, it's the cheapest way to take a trip back home.



**EASY ACCESS!**

Scan to visit Sysco Shop to purchase ingredients.

# Innovative Pizza:

CRUSTS,  
TOPPINGS &  
BEYOND

America's love affair with pizza is undeniable, with 93% of consumers naming it among their top craved dishes (*Datassential*). This beloved classic offers an incredibly versatile canvas for culinary creativity across all segments and cuisines – ripe for innovation, cross-utilization, menu diversification, and social dining experiences.

## PIZZA FROM AM TO PM

While breakfast pizza isn't a new concept, the booming morning daypart allows for unique spins. Experiment with unconventional crusts like biscuits, croissants, or pancake bases for breakfast pizzas. Offer mashups such as mini egg pizza muffins or a pizza eggs benedict flight.

With the uptick in snacking occasions, pizza remains a beloved choice for a quick bite. One of our newest CES items, the **Margherita Pizza Cupcake**, offers a cupcake-style snack experience tailored for easy grab-and-go convenience.

For dessert, tempt diners with sweet, inventive pizzas featuring cookie, brownie, waffle, or churro crusts. Encourage interactive dining with build-your-own dessert pizza bars.

### MARGHERITA PIZZA CUPCAKE



## DIVERSIFY YOUR CRUST

Today's diners are embracing plant-based eating and dietary lifestyles like never before. To cater to this demand, expand your crust offerings beyond traditional wheat-based varieties. From gluten-free and cauliflower to whole grain and high-protein options, specialized crusts enable you to create personalized pizza experiences.

Pair our innovative crusts like the gluten-free **Arrezzo Imperial Pinsa** and **Neapolitan-style** varieties with vibrant, flavorful toppings. The **Sysco Simply Cauliflower Crust** lends itself perfectly to vegetable-forward builds loaded with roasted veggies, fresh

greens, and dairy-free cheeses. Explore unique veggie combos like caramelized fennel, roasted beets, and arugula or buffalo cauliflower with vegan ranch.

By tailoring your crust selections, you can satisfy vegetarian, vegan, gluten-free and carb-conscious diners with inclusive customizable options while staying ahead of dietary trends.



### SYSCO SIMPLY CAULIFLOWER CRUST



## A SLICE OF GLOBAL INSPIRATION

Flatbreads make the perfect canvas to showcase diverse global flavors and ingredients. Cross-utilize toppings from salads, sandwiches, and more to minimize waste and craft offerings that resonate for occasions like Cinco de Mayo. Kick things up a notch with a breakfast chilaquiles flatbread or a zesty carne asada pizza, featuring marinated steak, roasted peppers, and a drizzle of creamy avocado crema. Or, pay homage to the beloved street food scene with a Mexican street corn flatbread topped with charred corn, cotija, and a tangy lime crema. Transport diners on a global flavor adventure by infusing flatbreads and pizzas with diverse regional cuisines.

## SHARE THE LOVE OF PIZZA

In an era where shared experiences reign supreme, shareable pizzas drive social dining across dayparts. Pizzas featuring vibrant, visually captivating ingredients are a must for capturing that perfect Instagram-worthy, "hover-over-the-table" moment. Capitalize on pizza's shareability for brunch with starters like a breakfast taco flatbread or happy hour menus with mezze flatbread samplers. The built-in shareability of pizza makes it a versatile menu addition for fostering communal dining that translates to higher satisfaction and spend.



ARREZZIO  
IMPERIAL  
PINSA AND  
NEAPOLITAN-  
STYLE PIZZA  
CRUSTS





# Smokin' Hot BBQ

MADE  
SIMPLE



Barbecue fever is at an all-time high, with 94% of diners craving smoky, saucy goodness like pulled pork, fall-off-the-bone ribs, and melt-in-your-mouth brisket (*Datassential*). But what's behind this insatiable appetite for all things grilled and smoked?

At its core, barbecue is deeply ingrained in American culture, with regional traditions dating back generations. From the slow-smoked whole hog pits of the Carolinas to the beef brisket meccas of Texas, each region has distinct flavors and techniques. In Memphis, ribs are meticulously spiced and hickory-smoked, while Kansas City BBQ shines with its signature molasses-based sauces.

No matter the style, barbecue has a certain magic that keeps people coming back for more. It's the aromas of woodsmoke, the crackling bark, the velvety meat that renders fork-tender from hours smoldering over woodchips. With Mother's Day, Cinco de Mayo, and summer holidays approaching, now's the perfect time to capitalize on America's insatiable barbecue cravings.

## PIT-SMOKED PERFECTION STARTS HERE

For operators looking to craft their own signature smoked meats, it all starts with the right raw proteins. A quality brisket is the perfect vehicle to blend custom rubs, mops, and wood smoke. Our selections check all the boxes – authentic, craveable, and simplified for your success. Here are our top choices for untrimmed briskets that are primed for you to put your unique stamp on.

- ◆ **IMPERIAL PRIME:** Rich marbling and intense beefy flavor. **Highest yield at 55%.**
- ◆ **ANGUS RESERVE HIGH CHOICE:** Exact match to all 10 Certified Angus attributes with ample marbling and consistency. **54% yield.**
- ◆ **IMPERIAL CHOICE:** Excellent quality at a more budget-friendly price point. **45% yield.**
- ◆ **CHOICE:** Nice marbling and balanced value. **46% yield.**
- ◆ **SELECT:** Lean yet flavorful. Value-focused option at **52% yield.**



## SATISFY BARBECUE CRAVINGS WITHOUT THE HASSLE

Looking to offer authentic barbecue without the hassle of smoking in-house? Our authentic meats deliver bold flavors and tender textures without the hands-on smoking. Simply heat and serve piles of pre-sliced brisket on artisanal buns, or create mouthwatering pulled pork tacos and sauce-slathered ribs with gorgeous charred crusts. We handle the tedious prep so your customers can indulge in quintessential barbecue.





## GLOBAL BARBECUE INSPIRATION

American pitmasters are taking cues from cuisines around the world, infusing smoky meats with a variety of international flavors. Korean barbecue is having a major moment, with its signature kalbi (marinated short ribs) and gochujang-spiked sauces. Brine pork or beef in a ginger-garlic-gochujang marinade for an addictively sweet, spicy, umami kick.

Mexican influences are also heating things up. Achiote-rubbed smoked chicken gets a flavor boost from citrusy Yucatán spices like annatto seed and bitter orange. For pork, try robust moles, chilies, and spices like cinnamon and cloves in rubs and mops. Experiment with North African chermoula or Vietnamese lemongrass and fish sauce for incredible depth. Low and slow smoking melds these vibrant flavors magically.



## MORE MEAT, MORE MONEY

Barbecue is all about going big, but what if you went even bigger? We're talkin' larger, meatier **Butcher's Block** pork ribs that can seriously maximize margins. Their precise size specifications guarantee uniformity from case to case. By offering three bones from a larger Butcher's Block rib instead of four bones from a smaller rib, you can achieve the same or greater portion of meat, maximizing profitability without compromising satisfaction. With Butcher's Block, you get the meaty impact and the supply stability necessary to consistently plate the perfect portions.

## SIGNATURE SAUCES MADE EASY

To capitalize on the barbecue craze, we have all the sauces and spices you need to take your 'cue to the next level. From our Kansas City-style and **House Recipe** sauces to dry rubs like our Imperial BBQ Spice, infuse finger-lickin' flavor into brisket, ribs, pulled pork—you name it.





# Serving Sustainability

## WITHOUT SACRIFICE

With more outdoor activities ahead, it's essential to ensure your operations are equipped for increased demand for delivery and takeout. Our **Earth Plus** line offers eco-friendly disposable solutions that maintain quality, performance, and food safety, aligning with your passion for sustainability while benefiting your brand and bottom line.

Rooted in the four R's (reduce, reuse, recycle, and renew), Earth Plus offers a comprehensive suite of compostable containers, plates, bowls, cups, cutlery, straws, and more. Crafted from renewable materials like bagasse and post-consumer recycled content, Earth Plus ensures durability and performance without compromising safety or quality.

Our sturdy hinged containers, paper cartons, and soup containers accommodate heavier foods, with secure locking lids for leak protection and no grease sink-through. Plus, these planet-friendly products significantly reduce plastic waste.

New legislation is also driving change, especially concerning PFAS (polyfluoroalkyl substances) found in fibrous products like paper and molded fiber, used as moisture or grease barriers. Often referred to as "forever chemicals" due to their environmental persistence, PFAS are increasingly banned across many states. Our Earth Plus assortment offers items without intentionally added PFAS that still provide excellent grease

performance and durability with wet, heavy foods.

The best part? These planet-friendly options now cost about the same as conventional disposables. Advances in sustainable research and production have narrowed the price gap, making eco-friendly choices more accessible.

This is your opportunity to demonstrate your values, lead the industry, and create a positive impact on the planet.

Contact your Sales Consultant today to access our Earth Plus Conversion Tool & Custom Catalog Builder so you can directly compare environmentally friendly alternatives to your existing products.

### REVOLUTIONIZE YOUR KITCHEN, IGNITE CHANGE

• **Agave Straws:** Earth Plus Agave Straws biodegrade quickly and they're certified eco-friendly by BPI (Biodegradable Products Institute) and TÜV (Technical Inspection Association). Check these out on page 14.

• **100% Recycled Fiber Hot Cups:** Made from 100% post-consumer recycled fibers, these recyclable cups are made from renewable resources.

• **Sustainability To-Go:** As off-premise dining rises, Earth Plus offers packaging that maintains food quality and integrity with a lower eco-footprint.

• **Reduce Environmental Impact:** Switching to Earth Plus cuts plastic use by 20% and reduces your carbon footprint by 50% compared to polystyrene counterparts.

• **Cultivate Loyalty & Boost Profits:** Studies show Millennials/Gen Z are willing to pay more for sustainable choices, with 66% of consumers favoring environmentally responsible practices.



# Level Up Your Lettuce Game:

SOURCING MATTERS

— Sysco | freshpoint —  
**NATURAL**  
*Hand Selected Produce*  
— SINCE 1983 —

— Imperial —  
**FRESH**  
*Hand Selected Produce*  
— SINCE 1983 —

— Reliance —  
**FRESH**  
*Hand Selected Produce*  
— SINCE 1983 —

Premium ingredients are the lifeblood of any restaurant kitchen. That's why we make it our mission to seek out and deliver produce that surpasses the highest standards. Our lettuce is the perfect example.

Picture those lush fields where our Sysco FreshPoint Natural and Imperial Fresh lettuces start their journey. Nurtured with precision and care, these lettuce varieties are sourced from farmers who go above

and beyond to do right by the planet. The suppliers of these products participate in the third-party verified certification program Sustainable Food Group Sustainability Standard, which considers factors such as environmental conservation, soil health, responsible nutrient use, and irrigation management. Participating farmers are committed to the welfare of growers and reducing the environmental impacts of

on-field practices. Here, lettuce cultivation isn't just a practice; it's a testament to our shared responsibility to the environment.



Scan here for more information on Sysco's **One Planet. One Table.** program to learn more about our Sustainability efforts.



**One planet.  
One table.**

**Sysco**





Beyond sustainability, we're equally obsessed with delivering incredibly fresh and delicious lettuce while also meeting the most stringent safety, reliability, and quality standards. Only the best lettuce—those that meet or exceed the strict U.S. #1 grade—earns its place in our inventory and on your tables. Our trusted **Quality Assurance (QA)** team tirelessly monitors growing conditions, pre-cooling processes, and product temperatures, ensuring a closely monitored cold chain from farm to customer to ensure the longest possible shelf life once the product hits your kitchen.

Each **Sysco FreshPoint** produce case is marked with a traceable Julian date code, linking it back to its original farms and fields with access to grower documentation that's key for recall readiness. Our Traceability and Recall Preparedness programs empower our Regulatory Compliance team to swiftly address any concerns, protecting you and your guests.

We're committed to serving you freshness that's sustainable and safe. Now that's field to fork freshness!



## CHOP LESS, CREATE MORE

If daily vegetable prep feels like a hassle, we've got options to simplify prep. Our value-added produce comes pre-washed, pre-cut, peeled, or trimmed, allowing you to effortlessly reduce labor, minimize waste, and maximize flavor.

Take our pre-cut lettuce, for example. It comes pre-washed, so it's ready to incorporate into recipes immediately, saving your staff the hassle of trimming and washing heads. The chopped lettuce pieces also allow for more accurate portioning, inventory management, and less spoilage. Plus, it's Hazard Analysis and Critical Control Point (HACCP) safe and used in a variety of healthcare institutions and hospitals, including the world-renowned MD Anderson Cancer Hospital.

## ADD THESE VALUE-ADDED VARIETIES TO YOUR LETTUCE LINEUP!

- ▶ **Sysco FreshPoint Natural Chopped Romaine** features consistent pre-chopped leaves, cutting down on waste and prep time, while its flat packaging saves space in the cooler.
- ▶ **Imperial Fresh Spring Lettuce Mix** is a hand-picked, bite-sized seasonal blend containing at least nine varieties of baby leaf lettuce. Its variety of leaf colors, shapes, and flavors may include romaine, tango, mizuna, green or red oak, green chard, arugula, red leaf, lolla rossa, radicchio, or frisée.
- ▶ **Imperial Fresh Sweet Spring Lettuce Mix** does not contain any varieties from the Chicory family, providing a less bitter blend of baby leaves than traditional spring mixes.



GET REAL-TIME PRODUCE  
REPORTS FOR THE LATEST  
SUPPLY AND DEMAND UPDATES  
ON MARKET CORNER



Scan the code to  
visit Market Corner on  
[SyscoFoodie.com](https://www.SyscoFoodie.com)

**Sysco**  
At the heart of  
food and service

**MARKET CORNER**  
*Ingredients for your Success*



# Bring New Life to Your Tables

WITH SUPERIOR  
BACON & LETTUCE

The BLT is a timeless classic, but today's menus demand more. Our wide variety of bacon and lettuce allows you to rejuvenate its appeal. Made with fresh pork bellies\* and naturally smoked over hardwood, our bacon brings unrivaled flavor, while our crisp romaine maintains the highest quality freshness and higher yield.

Together, we provide the ingredients to fuel creativity and deliver modern intrigue in familiar favorites. Whether you're reimagining BLTs or enhancing existing menu items with premium bacon and lettuce, we have a match for any creation.

## SYSCO BACON: BRINGING HOME THE BEST

Bacon – it sizzles, satisfies, and sells. But are you tapping the full potential of this menu staple? Not all bacon is created equal. Our wide range of bacon options can accommodate nearly any need. From our **Sysco Supreme** center cut that crisps to perfection to our **Sysco Reliance** end-to-end cuts that are perfect when a center cut isn't necessary, we offer the right bacon for every dish.

## EXPLORE VARIOUS CUTS TO SUIT YOUR NEEDS.

**Sysco Supreme:** The true center-cut cold-smoked bacon absorbs more smoke for unmatched flavor and better crisping. Perfect for premium BLTs.

**Sysco Imperial:** A center-cut bacon traditionally smoked with the ideal fat-to-lean ratio for excellent consistency. Ideal for breakfast platters, hearty sandwiches, and pasta dishes.

**Sysco Classic:** A quality center-cut choice aligned with industry standards, utilize this bacon in breakfast buffets or bacon-wrapped appetizers for reliable results.

**Sysco Reliance:** An end-to-end cut offering consistent quality without being confined to the center. A versatile option for any application – think chopped for salads, baked into biscuits, or sprinkled over Brussels sprouts.

— Sysco —  
*Supreme*

— Sysco —  
*Imperial*

— Sysco —  
Classic

— Sysco —  
Reliance

\*Prop 12 bacons can utilize previously frozen pork bellies

**LET-TUCE ELEVATE YOUR OFFERINGS**

Grown in the prime growing regions of the U.S., our greens boast unmatched quality and flavor, delivering the freshness your dishes demand.

**Handled with Care from Field to Walk-In**

- Fields are monitored and inspected daily.
- Lettuces are picked from the center of the field to avoid the dust and exhaust from farming vehicles.
- Hand-harvested lettuce to ensure only quality heads are picked two hours from harvest to coolers.
- Outer wrapper leaves are removed for a better yield to the operator.
- Ongoing inspections by our Quality Assurance Team to ensure industry-leading quality: Before Harvest | During Harvest | In Cooler | When Shipped | When Received

Looking for more labor savers? Our triple-washed, pre-cut, HACCP-certified blends make vibrant bases effortless. Use them as is or blend with other vegetables like red cabbage or carrots to add color and texture. Our lettuce is also cut with a water jet, reducing rust and oxidation for more usable product. So, no matter what you dream up as your next innovation, know that our lettuce and leafy greens are more than just ingredients—they're the building blocks for your menu offerings. And being HACCP-certified, they're perfect for hospitals and senior living.

**DISCOVER OUR RANGE OF OPTIONS TAILORED TO SUIT YOUR NEEDS.**



**Whole Romaine Heads:** Ideal for creating sturdy BLT structures or grilling for a smoky edge.



**Romaine Hearts:** Smaller, lighter in color, and slightly sweeter in flavor with a crisp texture, this romaine is perfect for Caesar salads.



**Value-Added:** Labor saver! Ready-to-use lettuce that has been washed, chopped, or shredded for ease of use.



**Iceberg:** Available as whole heads, shredded, or chopped for ease of use.



**Leaf Lettuce:** Available whole or packed in single leaves called crowns or fillets for faster prep with less waste. The **Imperial Fresh** "Better Burger" leaf, a cross between green leaf and iceberg, has little to no ribs for more leaves per carton and features an even better plate appeal.



Other outstanding **Sysco FreshPoint** options that deliver excellent plate coverage and enhanced flavor include:

- Regular and baby spinach
- Nutrient-rich kale
- Peppery arugula
- A spring mix or mesclun blend of young greens and herbs for a sweet, spicy and bitter note

# Making a Difference

FOR SYSCO & THE  
COMMUNITY WITH  
CULINARY SPECIALIST  
**CHEF LUIS REYES**

Puerto Rican-born Chef Luis Reyes developed a passion for food growing up in the kitchen with his family. They instilled in him the belief that food isn't just a necessity but a way to savor life with loved ones. Moments in the kitchen with his mother and grandmother and summers spent fishing and gardening with his grandfather gave Chef Luis an even deeper connection with food.

After high school, Chef Luis dabbled in accounting, but working at a bakery and cooking for roommates helped him quickly realize the culinary world was where he was meant to be.

Joining Sysco in 2005, Chef Luis, now a Culinary Specialist in Palmetto, Florida, integrates his Latin global fusion style and knack for culinary expertise to support Sysco customers in achieving their goals. With a vision to "become customers' most valued and trusted business partner," he caters to his customers' unique needs and curates products, resources, and concepts that help keep them open, trendy, and profitable.

Throughout his Sysco career, Chef Luis has earned accolades for his dynamic approach and commitment to staying on-trend, winning contests like "Best Burger of Sysco Chefs" and a winning recipe for Cholula Hot Sauce, leading to a sponsored week in Mexico.

He constantly challenges himself, exploring new culinary areas to serve customers better. His journey embodies resilience, continuous learning, and pushing boundaries. Most importantly, he integrates his "make a difference" mindset into his role at Sysco. From the beginning, Chef Luis has prioritized helping the community through working with charities like March of Dimes and supporting events like Taste of Orlando.

Recently, his small idea made a big impact on Sysco's service and community outreach. Chefs were driving up to six hours to meet with Sysco Culinary Specialists across Florida, so Chef Luis jokingly suggested getting

a food truck to bring the food to them.

The joke quickly became reality when he took the initiative, crunched numbers with his team, and leased, then purchased, the company's first food truck, which has since become a major success. The truck allows Sysco to better serve customers while giving back. They use it to visit customer locations and offer meals that highlight new products. It also enabled them to serve 1,400 meals for a local food drive in one night. "The truck stays in our parking lot, and I take care of it with pride."

Chef Luis makes a difference through exemplary service to customers and compassion for others. His story shows how small ideas can have a meaningful impact when executed with care and inspires fellow chefs to use their talents to give back.



**“AS A CHEF, I’M ALWAYS GOING BACK TO WHERE I CAME FROM. WE HAVE TO GROW AND EAT AND THERE ARE MANY NOT FORTUNATE ENOUGH TO DO THAT. I LIKE TO GIVE BACK TO THE COMMUNITY WITH THE TIME AND RESOURCES WE HAVE.”**



FROM CHEF NORA GALDIANO

# Travel TIPS FOR Foodies

There's more to Orlando than the famous theme parks and tourist attractions. Get the scoop from our Culinary Specialist, Chef Nora Galdiano, for a taste of the city's diverse and vibrant culture.

## WHY I LOVE LIVING IN ORLANDO

Orlando's vibe is diverse, open-minded,

innovative, and fun. As a chef, living here is a dream. It's surreal to have all the theme parks practically in my backyard. Millions of people visit this city yearly, yet I get to call it home. Plus, it's centralized, so you can see another city in just a few hours. There's also affordable living, warm and sunny days that remind me of growing up in Hawaii, and Asian restaurants scattered all over town—what's not to love?

## DAYTIME ATTRACTIONS

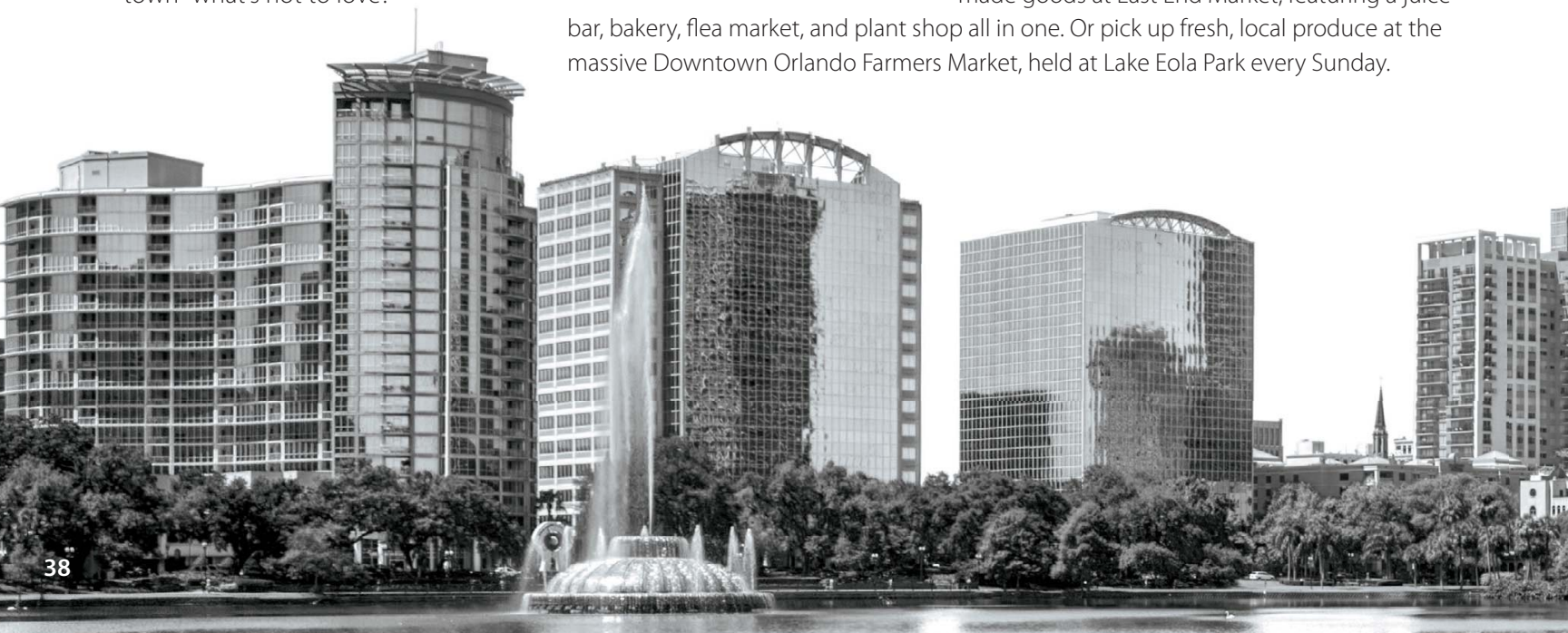


**Relax in Nature:** Escape the city buzz by connecting with nature at Wekiwa Springs and Blue Springs State Park. Swim, kayak, or soak up the lush vegetation and spot manatees and gators along crystal-clear springs. For garden lovers, Leu Gardens is a tropical oasis perfect for strolling through vibrant greenery, seasonal blooms, and events and festivals year-round.

**Learn Something New:** Less than an hour away in Cape Canaveral, explore Kennedy Space Center, home of NASA, for interactive learning experiences for all ages.

**Wander Markets and Shops:** Discover locally made goods at East End Market, featuring a juice

bar, bakery, flea market, and plant shop all in one. Or pick up fresh, local produce at the massive Downtown Orlando Farmers Market, held at Lake Eola Park every Sunday.



## EXPERIENCE THE NIGHTLIFE

Sunset means Orlando comes alive! Sip craft cocktails at trendy bars like Blue Martini Orlando, which offers three unique bar experiences. Howl at the Moon and House of Blues in Disney Springs also provide drinks, music, and entertainment well into the night. And there's so much to experience at Universal CityWalk; it's full of dining, entertainment, and attractions for all ages.



## TASTE YOUR WAY THROUGH ORLANDO

Orlando is a foodie destination offering everything from chains and startups to Michelin-starred restaurants. My go-tos? KPOT Korean BBQ & Hot Pot and Volcano Hot Pot. Start with traditional appetizers like Korean fried chicken, kimchi, and mandu (dumplings). Then, immerse yourself in authentic Korean flavors and traditions as you cook your own meats, seafood, and vegetables. Pair it with customizable dipping sauces that cater to any palate. Other must-try Korean dishes? Samgyeopsal (pork belly), Galbi (marinated beef short rib), and Bulgogi (marinated thin sliced beef).

For a social vibe, check out The Moderne's creative fusion tapas, perfect for sharing. And don't leave Orlando without trying a Florida classic: key lime pie. Tasting key lime pies at different locations to compare who makes the best is one of my favorite pastimes—the jury's still out, but Sysco's key lime pie is excellent!



**Chef Nora Galdiano,**  
CEC, AAC



## FRESH GARBANZO AND SWEET PLANTAIN CHOPPED SALAD

**Yield: 2 servings**

- 3 oz fresh green plantain  
Salt to taste
- 2 oz **Pica y Salpica** frozen ripe plantain slices
- 8 oz **Sysco FreshPoint Natural** ready to eat garbanzo beans
- 2 fl oz **Arrezzo Imperial** robusto extra virgin olive oil
- 2 oz Iberico chorizo sausage, diced
- 1 oz **Sysco Imperial** sliced Manzanilla green olives without pimento
- 1 oz **Imperial Fresh** large green bell pepper, diced
- 1 oz **Sysco Classic** diced Spanish pimientos
- 1 oz **Sysco Imperial** imported nonpareil capers
- 1 oz **Sysco Supreme** sherry vinegar from Spain
- 1 oz **Imperial Fresh** jumbo red onion
- 2 fl oz **Sysco Classic** 50 grain distilled white vinegar
- 2 oz **Imperial Fresh** mixed medley tomatoes
- ¼ **Imperial Fresh** Hass avocado
- ¼ **Imperial Fresh** medium seedless English cucumber, diced
- 1 ct **Imperial Fresh** lime, zested and juiced
- 3 fl oz **Sysco Classic** golden Italian dressing
- 1 oz **Imperial Fresh** cleaned & washed fresh cilantro
- 4 oz **Butcher's Block Prime** frozen all-natural pork tenderloin
- 1 oz Sazón no msg tropical seasoning
- Imperial/McCormick** whole Mexican oregano leaves to taste
- ¼ head fresh Boston butter lettuce
- 1 oz **Pica y Salpica** queso fresco

1. Peel green plantain and slice on slicer. Place in a bowl with chilled salted water. Pat dry and fry at 350°F. Season with salt and keep dry.

2. For the Plantain Salad, place the plantain slices on a sheet tray and roast at 375°F for 25 minutes. Chill and dice. Combine with the garbanzos, 1 fl oz olive oil, diced chorizo, olives, diced bell pepper, diced pimientos, capers, and sherry vinegar in a bowl. Season with salt and let marinate for 30 minutes.

3. Slice red onion and let marinate in a bowl in white vinegar and salt for at least 3 hours. Drain and chill.

4. For the Avocado Chopped Salad, combine tomatoes, avocado and diced cucumber in a bowl, and season with

lime juice and salt.

5. For the Cilantro Dressing, purée golden Italian dressing and cilantro in a blender. Keep chilled.

6. For the Pork Chunks, dice prime pork and marinate with Sazón, lime zest, oregano, salt and 1 fl oz olive oil in a bowl. Sear in a heated cast-iron skillet until done.

7. Arrange the lettuce with plantain chips, Plantain Salad and chopped cucumber and avocado on a plate. Top with the prime pork and pickled onions; drizzle with dressing, grate queso fresco over top and serve.

**Chef Tip:** Substitute any protein for the prime pork or omit chorizo and pork for a vegetarian option.

## GỎI TÔM (VIETNAMESE SHRIMP SALAD)

**Yield: 8 ounces dressing/  
1 serving Gỏi Tôm**

### Nuoc Cham Dressing

- 6 tbl water
- 1 fl oz **Sysco Natural** lightly pasteurized lime juice
- 1 oz fish sauce
- 1 oz **Sysco Classic** 10x confectioners cane sugar
- ½ fl oz chili garlic sauce
- ¼ oz **Arrezzo Classic** chopped natural garlic in water

### Gỏi Tôm

- 1 cup neutral oil
- 1 oz **Imperial Fresh** whole peeled fresh shallots, thinly sliced
- 3 oz **Portico Classic** raw 31/40 count peeled and deveined tail-off white shrimp
- 2 oz **Imperial Fresh** green cabbage, shaved
- 1 oz **Imperial Fresh** red cabbage, shaved
- ½ oz **Imperial Fresh** red onion, shaved
- ½ oz **Imperial Fresh** ½-inch matchstick shredded carrots
- ¼ ct **Reliance Fresh** long English cucumber, thinly sliced
- ¼ oz cello pack fresh red radish, thinly sliced
- ¼ cup **Imperial Fresh** cherry tomatoes, halved
- ½ oz **Imperial Fresh** mint, torn, plus additional for garnish
- ½ oz **Imperial Fresh** cleaned & washed fresh cilantro, torn, plus additional for garnish
- 2 oz Nuoc Cham Dressing
- Sysco Classic** unsalted dry roasted granulated peanuts for garnish

1. **Nuoc Cham Dressing:** Combine all ingredients and mix well.

2. **Gỏi Tôm:** In a stockpot, place oil and shallots. Bring to a simmer; slowly fry shallots until golden brown. Remove shallots and allow to drain on paper towels.

3. While shallots are frying, poach shrimp until just cooked. Remove shrimp and allow to cool.

4. Combine all vegetables and shrimp in a large mixing bowl, and add mint and cilantro. Add Nuoc Cham Dressing, and mix well.

5. Garnish with peanuts, fried shallots, and more torn herbs on top.

## PICKLED SHRIMP WITH FRIED GREEN TOMATOES PLATTER

**Yield: 4 servings**

- 1 ct **Imperial Fresh** collard greens
- 4 oz **Imperial Fresh** baby kale
- ½ lb pimento cheese spread
- 12 ct **Cornflake-Crusted Fried Green Tomatoes**
- 8 oz Pickled Shrimp
- 8 oz **Black-Eyed Pea Relish** with grilled **Imperial Fresh** lemons

1. Begin by cleaning and drying the collard greens and julienne very thin. Mix with the baby kale and set aside.

2. For the platter, spread the pimento cheese on half of the platter and shingle Fried Green Tomatoes; top with 12 to 15 pieces of the Pickled Shrimp. On the other half of the platter, place the greens mixture; top with the Black-Eyed Pea Relish and the grilled lemons. Enjoy!

**Chef Tip:** Serve with crostini for added texture.

## CORNFLAKE-CRUSTED FRIED GREEN TOMATOES

**Yield: 4 servings**

- 8 oz **Wholesome Farms Classic** 1% buttermilk
- 2 ct **Wholesome Farms Classic** USDA Grade AA medium white shell eggs
- 1 oz **Imperial/McCormick** garlic powder
- 1 lb **Imperial Fresh** green tomatoes
- 16 oz **Sysco Classic** enriched bleached malted all-purpose flour
- 8 oz cornflake crumbs
- 1 oz **Imperial/McCormick** extra fancy paprika
- 1 oz **Imperial/McCormick** ground cayenne pepper

**Sysco Classic** salt and **Imperial/McCormick** black pepper to taste  
**Sysco Imperial** neutral oil for frying

1. Whisk together buttermilk, eggs and ½ ounce garlic powder in a bowl.

2. Cut the green tomatoes into ½-inch slices. Add them to the buttermilk mixture. Let sit for 10 minutes while you make the cornflake mixture.

3. In a bowl, combine flour, cornflake crumbs, paprika, cayenne, salt, pepper and ½ ounce garlic powder.

4. Heat 2 inches of oil in a large cast-iron skillet over medium-high heat. You want the oil to be about 350°F. Or turn your fryer on to 350°F. Test it by dropping a small pinch of cornflake mixture into the oil. It should sizzle right away. Remove the tomatoes from the buttermilk mixture and coat in cornflake mixture.

5. Fry tomatoes for about 1 minute per side if using cast-iron skillet or about 2 minutes in fryer; remove from grease and drain.

## PICKLED SHRIMP

**Yield: 4 servings**

- 2 ct **Reliance Fresh** choice lemons, sliced
- 2 ct **Reliance Fresh** limes, sliced
- 1 ct **Reliance Fresh** choice orange, sliced
- 8 fl oz **Sysco Classic** 50 grain apple cider vinegar
- 1 oz **Imperial Fresh** peeled garlic
- ½ oz **Imperial/McCormick** whole pickling spice
- 2 to 3 ct **Imperial/McCormick** whole bay leaves
- 1 lb **Portico Classic** 16/20 count easy peel white shrimp
- Sysco Classic** salt and **Imperial/McCormick** black pepper to taste

1. In a large non-reactive saucepot, place the sliced lemons, limes, orange, vinegar, garlic, pickling spice and bay leaves. Bring to a boil and then turn off; let chill.

2. Peel the shrimp and place in a saucepot of boiling water with salt just long enough for the shrimp to curl slightly, about 1 minute. Take out and let cool.

3. Place the blanched shrimp in the pickling liquid and let set for 6 to 24 hours. The next day the shrimp are ready for service.



**BLACK-EYED PEA RELISH**

**Yield: 4 servings**

- ¾ lb Sysco Classic black-eyed peas
- ¼ lb Imperial Fresh matchstick shredded carrots
- ¼ lb Imperial Fresh mixed medley tomatoes
- ¼ lb Imperial Fresh jumbo red onion
- ¼ lb sugar snap peas, blanched
- ¼ lb Sysco Classic whole kernel corn, thawed
- Sysco Classic salt and Imperial/McCormick black pepper
- 4 ct Reliance Fresh choice lemons
- 3 fl oz House Recipe hot honey
- 1 tsp Imperial Fresh oregano
- 1 tsp Imperial Fresh thyme
- 8 fl oz Arrezzo Classic extra virgin canola olive oil
- Imperial/McCormick crushed red pepper to taste

1. Place the black-eyed peas, carrots, tomatoes, red onion, blanched sugar snap peas and thawed corn in a bowl and season with salt and pepper. Set aside.

2. For the lemon vinaigrette, cut the lemons in half and grill or sear; reserve 4 pieces for garnish, but juice the other 4 in a bowl to make the vinaigrette. Add the hot honey to the lemon juice; chop the oregano and thyme, and add to the bowl. Whisk while adding the oil in the bowl; season with salt and pepper, and the crushed red pepper. Reserve.

3. Mix the relish and vinaigrette together and let marinate at least 1 hour. This will act as the vinaigrette for the greens.

**PORTICO TUNA SALAD  
NIÇOISE WITH ANCIENT  
GRAINS**

**Yield: 4 servings**

- 1 ct Imperial Fresh bunch parsley
- 1 oz Imperial Fresh basil
- ¼ oz Arrezzo Classic anchovy paste
- ¼ oz Imperial Fresh peeled garlic
- ¼ oz Imperial/McCormick coarse ground black pepper
- ½ oz Sysco Imperial Dijon mustard with white wine in tin
- ¾ cup Arrezzo Imperial avocado oil
- ¼ lb Imperial Fresh peeled and cooked beets
- 2½ oz Sysco Classic extra fine granulated cane sugar
- 1 oz Sysco Classic coarse kosher salt flakes
- ¼ oz Imperial/McCormick ground coriander
- ¼ oz Imperial/McCormick ground turmeric
- 1 cup Arrezzo Imperial red wine vinegar from Italy

- 6 ct Wholesome Farms Imperial hard-cooked cage-free eggs
- Sysco Classic salt to taste
- ½ lb Sysco Supreme whole haricot verts
- 6 oz Imperial Fresh medium yellow squash
- Imperial/McCormick black pepper to taste
- 8 oz Arrezzo Imperial long-stem Italian artichoke hearts
- 8 oz sweet bell pepper medley
- ½ lb Portico Imperial (4-ounce) tasteless smoke skinless yellowfin tuna steaks
- ½ oz smoked chipotle herbs de Provence
- 8 oz Imperial Fresh tender greens lettuce
- 8 oz 5-way grain blend, cooked
- 4 oz Sysco Imperial pitted Kalamata olives

1. The first 7 ingredients will be for the Niçoise Dressing. Process all ingredients, including ½ cup avocado oil, in a food processor on pulse, being sure not to over-blend.

2. The next 7 ingredients will be for the pickled eggs. Combine the beets with a rough chop and 1 cup of water in a small saucepot and bring to a simmer. Simmer for 20 minutes; we are just imparting the color. Add the sugar, salt, coriander, turmeric, vinegar and 1 cup water, and simmer for 1 minute or until the sugar is dissolved. Let the brine cool to room temperature. Next, transfer to a container that will let you add the eggs and the brine while covering the eggs completely. Let them pickle for 2 to 3 days.

3. Bring a saucepot of salted water to a boil and blanch the haricot verts, then shock in an ice bath.

4. Slice and toss the yellow squash in salt, pepper and 2 tablespoons avocado oil; lightly grill, then set aside to cool.

5. Drain and rinse your artichoke hearts; julienne the medley of peppers.

6. Season the tuna steaks with smoked chipotle herbs de Provence and pan sear in 2 tablespoons avocado oil, 1 minute on each side. Let rest before slicing.

7. To assemble the salad; we want to set this up like a traditional Cobb-style, but can also be chopped. Slice the eggs. On a large platter, we want to do a linear plating. Begin with the greens on the top half of the plate. Separate the top half and bottom half with the grain blend. Begin alternating the toppings in

a line formation on the bottom half of the platter, making sure that the colors alternate. Begin with the pickled eggs, grilled squash, sliced tuna, olives, pepper medley, haricot verts and then the artichokes. Serve the dressing on the side and use as needed. Enjoy!

**Chef Tip:** This salad contains heart-healthy nutrients like omegas, fiber, and probiotics. Fermented eggs add acidity and balance, while colorful vegetables promote cardiovascular and gut health.

**FAMILY STYLE FILIPINO  
PLATTER**

**Yield: 4 servings**

- 24 oz Pork Adobo
- 16 oz Filipino Papaya Salad
- 8 oz Cucumber Namasu
- 8 oz Sweet and Tangy Sauce
- 10 Shrimp and Pork Lumpia Shanghai
- 6 Chicken Barbecue Skewers
- 8 oz Jade Mountain Classic 103 long grain rice

Bay leaves to taste

Fresh mint, fresh cilantro, Thai basil, green onions, fresh lime wedges and/or banana leaf for garnish

1. Begin by having all prep work and items cooked. Cook rice according to the directions, adding bay leaves for flavor. Once done, keep warm.

2. This is a family style dinner with all components placed on a platter for self-serve. On a large platter, place all components: pork, salad, namasu, sauce, fried lumpia, skewers and rice. Dress up with herbs: mint, cilantro, Thai basil, green onions and/or fresh lime wedges. Also, a great garnish would be banana leaf.

**PORK ADOBO**

**Yield: 5 servings**

- 1 oz Imperial Fresh peeled garlic
- 1 tsp Imperial/McCormick whole black peppercorns
- 2 lb Butcher's Block boneless pork butt (6 to 9 lb each)
- 4 fl oz Sysco Classic 50 grain apple cider vinegar
- 2 fl oz gluten free soy sauce
- 1 oz Sysco Classic extra fine granulated cane sugar
- ¼ tsp Sysco Classic kosher salt
- 1 ea. Imperial/McCormick whole bay leaves

1. Mince the garlic. Crack the black peppercorns. Cut the pork butt into 1-inch cubes.

2. In a medium stainless steel pot, combine all the ingredients plus ½ cup water. Bring to a boil, turn heat down to medium. Simmer, covered, for 45 minutes or until the meat is tender. Stir periodically. Taste for seasoning.

**Chef Tip:** Serve with steamed rice.

**FILIPINO PAPAYA SALAD**

**Yield: 4 servings**

- 1½ units fresh green papaya
- 1 oz plus ¼ tsp Sysco Classic kosher salt
- 2 oz Imperial Fresh jumbo carrots
- 1 oz assorted mini sweet peppers
- 1 oz Imperial Fresh jumbo red onion
- 4 oz Sysco Classic extra fine granulated cane sugar
- 2 fl oz Sysco Classic 50 grain distilled white vinegar
- 2 fl oz calamansi citrus juice
- 2 fl oz fish sauce
- ½ oz Imperial Fresh peeled garlic, minced

1. Peel the papaya. Cut in half lengthwise and scrape out the seeds. Using a mandolin, julienne the papaya to 2 to 2½ inches long. Finished weight should be 1 lb. Place in a mixing bowl. Sprinkle the 1 oz of salt all over the papaya and mix to evenly distribute the salt. Let it sit for 15 minutes.

2. Using a mandolin, julienne the carrots, cut mini sweet peppers into thin rings and shave the red onion.

3. For the Calamansi Dressing, combine the sugar and vinegar in a small saucepot. Bring to a boil until sugar is dissolved. Remove from heat, transfer to a small mixing bowl and let it cool to room temperature. Add the juice, fish sauce, garlic and ¼ tsp salt to the vinegar-sugar mixture. Mix with a whisk to thoroughly combine.

4. Briefly rinse the papaya with water, drain and blot off excess moisture with paper towel. Combine the papaya with the carrots, mini sweet peppers, red onion and Calamansi Dressing in a medium mixing bowl and mix thoroughly. Taste for seasoning. Add calamansi juice or vinegar for more acidic flavor, if desired. Keep refrigerated until ready to serve. Makes 1 quart.

**Chef Tip:** For optimal flavor, use fresh calamansi juice. This papaya salad offers a quick twist on Atchara. Serve alongside Filipino classics like pork adobo, chicken barbecue skewers, lumpia, and steamed rice.

## CUCUMBER NAMASU

**Yield: 3 servings**

- 1 ct Imperial Fresh medium seedless English cucumbers
- ¼ oz plus 2 g Sysco Classic kosher salt
- 4 fl oz Jade Mountain Japanese seasoned rice vinegar
- 2 oz Sysco Classic extra fine granulated cane sugar
- ½ tsp Imperial Fresh ginger root
- 2 oz Imperial Fresh jumbo carrots
- 1 oz Imperial Fresh jumbo yellow onion

1. Peel the cucumber into 3 to 4 sections to create stripes. Slice cucumber into ⅛ to ¼-inch wheels. Sprinkle ¼ oz salt all over and mix to distribute evenly. Let it sit at room temperature for 15 to 20 minutes to let the moisture draw out.

2. In a small saucepot, combine rice vinegar, sugar and 2 g of salt. Bring to a boil to dissolve sugar and salt. Transfer to a small mixing bowl and cool to room temperature. Grate the ginger with a zester and add to the liquid mixture.

3. Peel the carrots and slice thin, about 1 to 1½ inches long. Julienne the onion, about 1 inch long.

4. Briefly rinse the cucumber slices with water, drain and blot off excess moisture with paper towel. Add the cucumber, carrots, and onion to the ginger dressing. Mix well. Let it sit in the refrigerator for at least 1 hour before serving for the flavors to come together.

## SWEET AND TANGY SAUCE

**Yield: 10 servings**

- 4 fl oz Sysco Classic 50 grain apple cider vinegar
- 6 oz Sysco Classic extra fine granulated cane sugar
- ½ tsp Sysco Classic kosher salt
- 3 oz House Recipe Imperial upside-down squeeze red ketchup
- ¾ oz Sysco Classic food grade cornstarch
- 3 oz sweet chili sauce

1. In a small saucepot, combine vinegar, sugar, salt, ketchup and ½ cup water. Bring to a boil. Turn heat down to medium and simmer for 2 minutes.

2. Mix cornstarch with water. Slowly stir into the ketchup mixture. Mix with wire whisk, making sure there are no lumps. Cook until sauce thickens, about 1 minute.

3. Remove from heat and stir in sweet chili sauce. Cool, store, label and refrigerate.

**Chef Tip:** Adjust flavors with more sugar for sweetness, vinegar for sourness, or sweet chili sauce for heat.

## SHRIMP AND PORK LUMPIA SHANGHAI

**Yield: 10 servings**

- 4 oz Imperial Fresh shoestring carrots
- 2 oz Imperial Fresh jumbo yellow onion
- 1 oz Imperial Fresh peeled garlic
- 1 oz Imperial Fresh iceless green onions
- 1 lb Portico Classic raw 31/40 count peeled and deveined tail-off white shrimp
- 1 lb Butcher's Block 80/20 fine ground pork
- 2 ct Wholesale Farms Classic USDA Grade AA medium white shell eggs
- ½ oz Sysco Classic kosher salt
- ¼ oz Imperial/McCormick ground black pepper
- 10 ct spring roll wrappers  
Sysco Imperial neutral oil for frying

1. Prep the vegetables: rough chop the carrots so they're about ¼ to ½-inch pieces. Mince the yellow onion and garlic. Chop the green onions.

2. Place shrimp in a food processor. Process for 15 seconds, scrape sides of bowl and process another 10 seconds. Mixture should be a paste consistency with some tiny shrimp pieces.

3. Combine all the filling ingredients in a medium size mixing bowl, and mix thoroughly. Cook a small piece and taste for seasoning. Adjust accordingly. Place ⅓ of the filling in a disposable pastry bag and cut tip of bag so opening is about ⅓-inch wide.

4. On a clean prep table, separate and lay out wrappers 10 at a time. Pipe out filling from left to right, leaving ¼-inch space on each wrapper. Roll tightly away from you. Wet edges with a touch of water to seal. Repeat the process with the remaining wrappers.

5. Place the lumpia in the freezer for about 15 minutes until they are slightly frozen. Using scissors, cut the rolls into 3 pieces. Keep in the freezer until ready to use.

6. Deep fry the lumpia in 350°F oil for 3 to 4 minutes. Make sure filling is cooked thoroughly. Serve immediately with sweet and tangy sauce.

## CHICKEN BARBECUE SKEWERS

**Yield: 4 servings**

- 8 units 10-inch bamboo skewers
- 2 fl oz gluten free soy sauce
- 2 fl oz Sysco Classic 50 grain apple cider vinegar
- 2 oz House Recipe Imperial upside-down squeeze red ketchup
- 2 oz Sysco Classic light brown cane sugar
- 1 oz Imperial Fresh peeled garlic, minced  
Sysco Classic kosher salt to taste  
Imperial/McCormick pure ground black pepper
- 2 lb Sysco Classic controlled vacuum packed boneless skinless chicken thighs, cut into ¾-inch cubes

1. Soak the bamboo skewers in water to prevent them from burning.

2. For the marinade, combine all the remaining ingredients, except chicken, in a medium mixing bowl and mix thoroughly. Add the cubed chicken thighs, and mix to evenly distribute the marinade. Cover with plastic wrap and marinate under refrigeration for at least 4 hours.

3. Remove the bamboo skewers from the water. Thread 4 oz of chicken through each of the skewers, leaving about 3 to 4 inches on one side. Set the skewers on a half sheet tray. Save any marinade that's left for basting.

4. Place a 3-inch-wide strip of foil on one side of the grill. Place the skewers on a medium-high heat seasoned grill, with the skewer handle resting over the strip of foil to prevent it from burning. Grill the chicken skewers for about 3 minutes on one side. Turn them over and baste with leftover marinade. Grill for another 3 minutes while frequently turning and basting to ensure chicken is evenly cooked on both sides. Cook until internal temperature reaches 165°F. Serve immediately.

## MEZZE PLATTER

### BABA GANOUSH

**Yield: 6 servings**

- 4 ct Imperial Fresh eggplant  
Sysco Classic coarse kosher salt and ground black pepper to taste
- 2 fl oz Arrezzio Classic olive oil
- 1 ct Reliance Fresh choice lemon, juiced
- 4 oz tahini sesame paste in tin
- 2 oz Imperial Fresh peeled garlic

Chopped Imperial Fresh parsley and Arrezzio Classic extra virgin olive oil for garnish

1. Score the cut side of the eggplant with a knife and sprinkle with kosher salt and pepper. Let the eggplants rest for half an hour. Wipe off the accumulated water and brush with 2 tablespoons of olive oil. Place the eggplant, cut side up, on a baking sheet and roast at 425°F until deep golden on top and soft inside, about 30 minutes.

2. Let the eggplant cool for 10 minutes and scoop the flesh of the eggplant into a food processor together with the rest of the olive oil, lemon juice, tahini and garlic. Process until smooth and season with extra salt and pepper, if needed. Serve topped with chopped parsley and extra virgin olive oil.

**Chef Tip:** Swap 2 tablespoons olive oil with 4 ounces melted white chocolate, plus 1½ teaspoons each cumin and paprika to elevate this easy, shareable dish.

## LEBANESE LENTIL SALAD

**Yield: 6 servings**

- 4½ oz Sysco Imperial French green lentils  
Sysco Classic salt and Imperial/McCormick black pepper to taste
- 2 fl oz Arrezzio Classic olive oil
- 1 oz Imperial Fresh peeled garlic
- ½ oz Imperial/McCormick ground cumin
- 1 tsp Imperial/McCormick ground allspice
- 1 ct Imperial Fresh bunch parsley, chopped
- 1 ct Reliance Fresh choice lemon, juiced
- 3½ oz Imperial Fresh mint, chopped

1. Place lentils in a pot, cover with 1 quart of water and 1 teaspoon of salt. Bring to a simmer and cook until the lentils are just tender, but not falling apart, about 20 minutes. Drain and rinse the lentils in cold water.

2. Place the olive oil in a small saucepan; add garlic and cook over low heat until the oil bubbles gently around the garlic. Add cumin and allspice to the pan and cook for a few minutes until very fragrant. Pour the oil mixture over the lentils; add parsley, lemon juice and mint.

3. Toss to combine, season with salt and pepper, and serve at room temperature.

**Chef Tip:** Du Puy lentils are preferred for their sturdiness. Cooking them with salt helps maintain their integrity.

**POTATOES WITH GREEN TAHINI SAUCE**

**Yield: 6 servings**

- 3 lb marble mix potatoes
- 2 ct **Reliance Fresh** choice lemons, juiced
- 4 lb **Imperial Fresh** Italian parsley
- 4 oz **Imperial Fresh** cleaned & washed fresh cilantro
- 4 oz tahini sesame paste in tin
- ½ oz **Imperial Fresh** peeled garlic
- Sysco Classic** salt to taste
- Arrezzo Classic** olive oil to taste

1. Cover the potatoes in cold salted water in a stockpot; bring to a boil and simmer until tender, about 15 to 20 minutes. Drain the potatoes, place in a pan, cover with plastic wrap and let cool to room temperature. In a food processor, combine lemon juice, parsley, cilantro, tahini and garlic. Process until smooth, adding water (about 2 tablespoons) to reach the desired consistency.

2. Cut the potatoes in half, toss in a bowl with the tahini sauce, adjust seasoning with salt and serve drizzled with olive oil.

**Chef Tip:** This Middle Eastern twist on Spanish patatas bravas works well as a side. Swap new potatoes for crispy cubed breakfast potatoes.

**MUHAMMARA**

**Yield: 6 servings**

- 4½ oz **Sysco Imperial** unsalted raw whole cashews
- 2 ct **House Recipe 2** per packet saltine crackers
- 1 ct **Reliance Fresh** choice lemon, juiced
- 28 oz **Arrezzo Imperial** fire roasted red pepper strips
- 2 fl oz **Arrezzo Classic** olive oil
- 1 fl oz **House Recipe** hot honey
- 1 oz **Imperial Fresh** peeled garlic
- ½ oz **Imperial/McCormick** extra fancy paprika
- ½ oz **Imperial/McCormick** extra ground cumin
- Sysco Classic** salt and **Imperial/McCormick** black pepper to taste

Process cashews and crackers in a food processor until roughly chopped. Add the rest of the ingredients, and keep processing until a coarse purée forms. Adjust seasoning with salt and pepper, and keep refrigerated.

**Chef Tip:** Using cashews instead of traditional walnuts brings creaminess and neutral flavor. Grill fresh bell peppers for extra smoky depth.

**ISRAELI SALAD**

**Yield: 6 servings**

- 4 ct **Imperial Fresh** tomatoes
- 1 ct **Imperial Fresh** medium seedless English cucumber
- 3 oz **Imperial Fresh** jumbo red onion
- 2 fl oz **Arrezzo Classic** olive oil
- 1 ct **Reliance Fresh** choice lemon, juiced
- 1 tbl za'atar
- Sysco Classic** salt and **Imperial/McCormick** black pepper to taste
- 4 oz **Sysco Imperial** feta cheese

1. Core the tomatoes, cut into ¼-inch dice and leave in a colander to drain.

2. Cut the cucumber lengthwise in half. Using a spoon, scrape out the soft seeds in the middle, cut into ¼-inch dice. Dice the red onion.

3. Whisk together olive oil and lemon juice in a bowl.

4. Toss together tomatoes, cucumber and red onion in a bowl. Pour in the oil mixture and add the za'atar; toss to coat the vegetables. Season with salt and pepper, keeping in mind that the feta cheese adds to the salt content of the salad.

5. Sprinkle the feta cheese on top of the salad and gently mix the salad until the feta is evenly spread.

**Chef Tip:** Prepare salad components separately to maintain freshness. Add feta after tossing to prevent crumbling and color alteration.

**FATTOUSH**

**Yield: 6 servings**

- 3 ct **Imperial Fresh** tomatoes
- 1 ct **Imperial Fresh** medium seedless English cucumber
- 3 oz **Imperial Fresh** baby arugula
- 2 oz **Imperial Fresh** cleaned & washed fresh cilantro
- 2 oz **Imperial Fresh** iceless green onions
- 2 oz **Imperial Fresh** Italian parsley
- 2 oz **Imperial Fresh** mint
- 2 ct **Baker's Source Classic** 7-inch pita bread
- 2 fl oz **Arrezzo Classic** olive oil plus additional for brushing
- Sysco Classic** salt and **Imperial/McCormick** black pepper to taste
- 1 ct **Reliance Fresh** choice lemon, juiced
- ½ oz **Imperial Fresh** peeled garlic

1. Cut the tomatoes into large ½-inch cubes. Cut the cucumber in half lengthwise, scoop the seeds with a spoon, discard the seeds and slice the cucumber

into thin slices. Chop the arugula, cilantro, green onions, parsley and mint. Reserve.

2. Butterfly each pita into 2 rounds. Brush the craggy side of the pita halves with olive oil, and season with salt and pepper. Bake at 350°F until the pitas are crisp and the sides begin to brown, about 10 minutes. Set aside to cool and break into large chips.

3. In a mixing bowl, whisk together lemon juice, garlic and salt until the salt has fully dissolved. Add the olive oil to the bowl and whisk to combine. Add the tomatoes, cucumber, arugula, cilantro, green onions, parsley and mint; toss together with the pita chips until the dressing evenly coats the salad and serve.

**Chef Tip:** Use premade pita chips for convenience. Serve immediately after adding the chips to maintain their crunchiness.

**FALAFEL**

**Yield: 6 servings**

- 8 oz **Sysco FreshPoint Natural** ready to eat garbanzo beans
- 2 oz **Baker's Source Classic** ½-inch sliced white Pullman bread
- 2 oz **Imperial Fresh** large red bell pepper
- 2 oz **Imperial Fresh** super colossal yellow onion
- 2 oz **Imperial Fresh** cleaned & washed fresh cilantro
- 2 oz **Imperial Fresh** Italian parsley
- 1 oz **Imperial Fresh** peeled garlic
- 1 tsp **Sysco Classic** baking powder
- 1 tsp **Imperial/McCormick** extra fancy paprika
- 1 tsp **Imperial/McCormick** ground coriander
- 1 tsp **Imperial/McCormick** ground cumin
- Sysco Classic** salt and **Imperial/McCormick** black pepper to taste
- Sysco Imperial** neutral oil for frying

1. Drain and rinse the garbanzo beans. In a food processor bowl, place bread, bell pepper, onion, cilantro, parsley, garlic, baking powder, paprika, coriander, cumin, salt and black pepper. Process until a purée forms, add the garbanzo beans, and process until beans have a rough sand-like consistency. Be careful not to overprocess the beans; stop a few times during the process to scrape the side of the food processor and push down the mixture.

2. Place the falafel mixture in an airtight container and refrigerate for 2 hours or up to 2 days. This will help the starch in the beans develop and keep the falafel balls together during the frying.

Form the mixture into balls of about ½-inch thick and 1½-inch diameter. Fry the falafel balls in 350°F oil. Don't be afraid to cook the falafel until it becomes dark brown, it will take about 3 to 4 minutes. Serve hot.

**Chef Tip:** Avoid canned garbanzo beans; their starches are washed off, leading to falafel that falls apart. Soak garbanzo beans in baking soda for better results.

**SOUS VIDE BEET SALAD**

**Yield: 6 servings**

- 3 oz **Sysco Classic** walnut halves & pieces
- 2 oz **Imperial Fresh** baby arugula
- 2 oz **Imperial Fresh** jumbo red onion
- 1 oz **Imperial Fresh** baby dill
- 1 oz **Imperial Fresh** peeled garlic
- 1 lb **Imperial Fresh** sous vide peeled and cooked beets
- 8 fl oz **Arrezzo Imperial** white wine vinegar from Italy
- 2 oz **Sysco Classic** extra fine granulated cane sugar
- 1 fl oz **Arrezzo Classic** olive oil
- Sysco Classic** salt to taste

1. Chop the walnuts, arugula, red onion and dill; roast the garlic and chop.

2. Cut the beets into ½-inch dice. In a bowl, whisk vinegar, sugar and roasted garlic. Add the beets to the bowl, toss to cover the beets in the pickling liquid, and let marinate at room temperature for 2 hours. Remove the beets from the pickling liquid to a bowl; add walnuts, arugula, red onion, dill and olive oil. Toss to combine and season with salt and some pickling liquid, if needed. Serve.

**Chef Tip:** Substitute sous vide beets with roasted beets for a richer flavor.



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# Global Cuisine

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