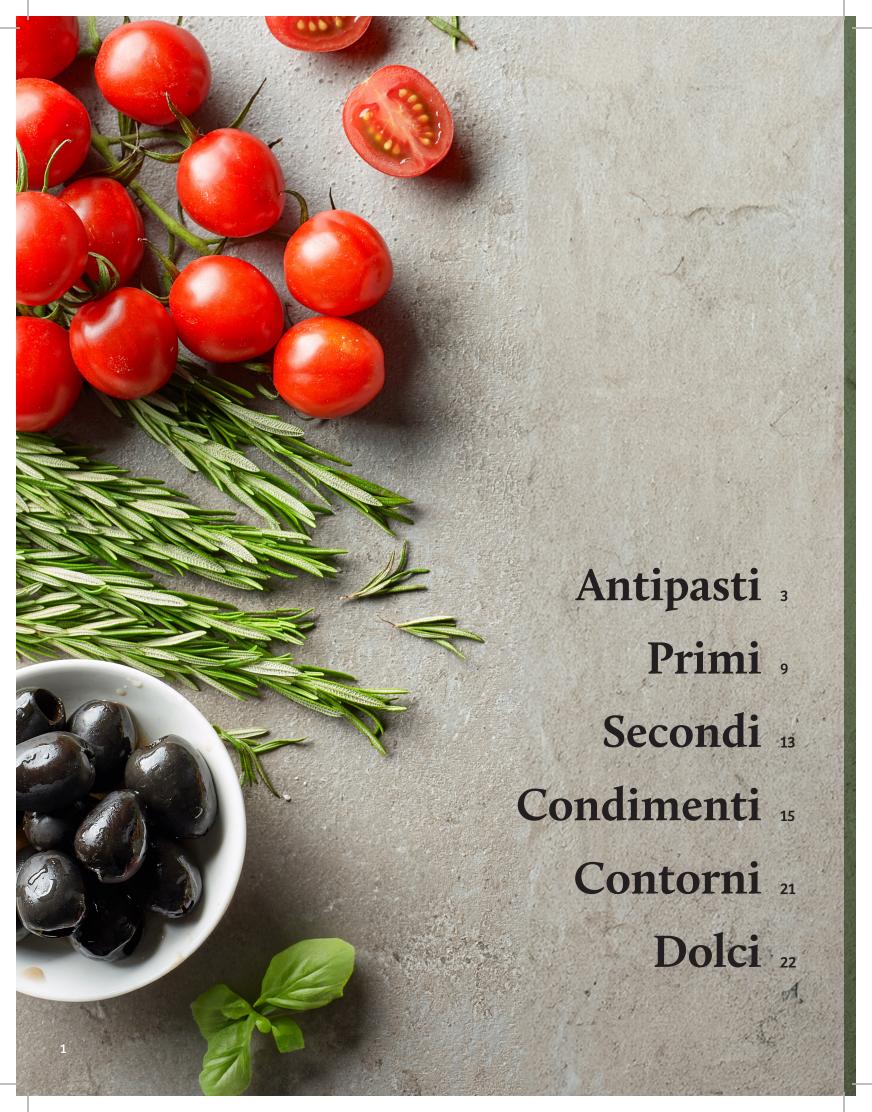
ITALIAN

GUIDE

S/SCO°
At the heart of food and service



Italian cuisine draws people together, inspiring great conversations & a sense of belonging. Creating meals that delight requires a love for food & family, paired with a commitment to the finest ingredients. At Sysco, we celebrate these values with operators that share our passion.

From the proven recipes of the traditionalist to the innovative craftsmanship of the modern chef, Italian cuisine's universal appeal originates from a focus on high quality ingredients blended together in perfect harmony.

Selecting the perfect cheese or ideal olive oil, to create the perfect recipe for your menu, is Sysco's priority.

So whether you're a long-standing neighborhood location that's loyal to their family recipes, or a new concept that's driven by the vision for modern-day versions of old world classics, this guide will help you to get to know us and why Sysco Knows Italian.



Antipasti

BEFORE THE MEAL

The origins of the term "Antipasto" trace back to ancient Rome, where "ante-paestum" referred to dishes served "before the main meal." These appetizers featured light flavors and simple preparations, setting the stage for the larger meal to come.



ITALIAN DELI MEATS

PROSCIUTTI

Prosciutto di Parma

Prosciutto di Parma is a premium, imported ham manufactured in the Parma region of Italy. Each ham is individually selected and hand-salted with pure sea salt. They're cured for a minimum of 400 days, allowing the salty flavors to intensify and produce a top-quality product.

Domestic Prosciutto

Prosciutto is a traditional dry-cured Italian ham. It's cured using only salt, then dried and aged for 8 to 12 months.

SOPRESSATA

Sopressata is a coarse-ground, slow-aged salami. It's made from pork and seasoned with spices, peppercorns and red wine, giving it a mild flavor.

MORTADELLA

Mortadella, also known as "Italian bologna," has a mild, soft, buttery flavor that's achieved by slowly dry-roasting a blend of select cuts of lean pork studded with peppercorns and cubes of fat. Made of finely ground, fully cooked pork, Mortadella is thoroughly blended, seasoned with dried pork stock, and flavored with visible pieces of fat that are specially selected for their velvety smooth texture and taste. It contains no artificial flavors, colors, ingredients.

HOT CAPICOLLO

Hot Capicollo is a cooked, lean cut of select pork that's marinated in a brine and seasoned with paprika and spices.

SALAMI

Genoa Salami

Genoa Salami is a fermented and air-dried pork salami that's cured and seasoned with Italian spices.

Hard Salami

Hard Salami is a traditional salami that's been cured, fermented and air-dried. Made from select cuts of pork and beef and seasoned with spices and natural smoke flavor.

PANCETTA

Pancetta is an Italian-style bacon made from pork belly. Each piece is rubbed with spices, hand-rolled, dry-cured and packaged. Cooking is required prior to consumption.









FORMAGGI

CHEESE

Cheese production continues to grow in the U.S., and along with it so does the need for new flavors, variety and new menu concepts to meet consumer demands.

At Sysco, our goal is to make it easy for our customers to grow while always keeping in mind the importance of quality and integrity.



Hard Cheese

PARMIGIANO REGGIANO • GRANA PADANO • ASIAGO PECORINO ROMANO • FONTINA • PARMESAN • ROMANO



HARD WHEELS

Italian D.O.P. Wheels

DOM & IMP NON D.O.P. Wheels

HARD CONVERTED

Grated Shredded Shaved

Soft Cheese

FRESH MOZZARELLA
BURRATA
MASCARPONE





HARD ITALIAN CHEESE

IMPORTED D.O.P.

PECORINO ROMANO



Pecorino Romano dates back to ancient Roman times. While some of this cheese is still made in Latium, the area surrounding Rome, major production is now situated in Sardinia and Sicily.

Pecorino Romano is produced only seven months of the year, when the sheep are giving milk. It is aged for at least six months before leaving Italy and is Consorzio approved.

GRANA PADANO



Produced in a slightly less controlled environment, Grana production starts every morning at 3 am using the skimmed milk collected the day before. Grana can be produced anytime of the year unlike Reggiano. It is produced in Italy, particularly in the Po Valley. Because of the less tightly controlled environment, the cow's milk may not be as uniform as that of the milk used in making Reggiano. This causes the lighter color of Grana compared to that of Reggiano. Grana is aged 18 months before leaving Italy.

PARMIGIANO REGGIANO



Reggiano was first produced, and is still to this day produced, in Italy within a carefully defined region called the Zona Tipica. Its production is heavily regulated by the Italian Government. It is made during a specific time frame from April 1 through November 11 when milk production from only grass-fed cows is at its peak. Producers mix whole milk from the cow's morning milking with the naturally skim milk of the previous evening's milking, resulting in a part-skim mixture. It is required to be aged no less than 24 months before leaving Italy.

Property of the state of the st

What is D.O.P.?

The Denominazione di Origine Protetta (D.O.P.) cheeses must have qualities or characteristics which are determined by the region of production. It must be produced, processed and prepared exclusively in that region, according to the consortium guidelines. Cheeses that do not have the D.O.P. symbol emblazed on the rind do not meet those stringent specifications.

DOMESTIC & IMPORTED





The aging of Asiago changes the texture of the cheese from elastic and firm to hard and granular. The three aged varieties available are Fresh, Medium and Aged. Fresh Asiago is aged 2 months and is semi-firm with a mild, slightly tangy flavor. Medium Asiago is aged 6 months and has a crumbly texture and more intense flavor. Aged Asiago is aged 12 months and transforms the cheese into a firmer. sharp cheese.

FONTINA



Fontina cheese is a classic Italian cheese that dates back to 12th century Aosta Valley. The texture and flavor of Fontina depends on how long it has been aged.

PARMESAN



ROMANO



Parmesan originated in the Reggio and Parma regions of Italy. Domestically made Parmesan has a minimum age requirement of ten months which gives the cheese its golden color, and a unique granular texture that simply melts in your mouth.

Romano is one of the most popular Italian cheeses and is made from cow's milk. Domestically made Romano has a minimum age requirement of five months.

DID YOU KNOW?

The Skinny on Parmesan with Whey Most everyone has heard the old nursery rhyme about Little Miss Muffet eating her curds and whey. So what exactly is whey? When cheese is made, milk is divided into curds and whey. Curds are the milk solids while whey is the milk liquid.

Whey is often added to Parmesan to stretch the product and to reduce cost. Basically, whey is a low-cost protein. It is easy to tell whether or not Parmesan contains whey. First, whey burns very easily. Second, whey is very sweet in flavor.







DRY PASTA

It offers great plate coverage on its own & allows for a reduced portion size of high-cost proteins without sacrificing plate coverage – which in turn delivers a hearty meal at a competitive menu price for guests.



FROM WHEAT TO PASTA

Key Quality Parameters

The characteristics of durum wheat are a fundamental factor for defining the quality of the pasta.

WHEAT

- Appearance
- Organoleptic Properties
- Chemical Properties
- Food Safety
- · Shape, Color
- Taste, Smell
- Protein and gluten quality
- No Mycotoxins or Pesticides

PASTA

- Appearance
- Organoleptic Properties
- Food Safety
- Yellow
- Smell of Wheat
- "Al Dente", Firm Bite
- Healthy and Safe



THE MILL Quality Parameters

- Purpose of milling: separating the inner part of the wheat (semolina) from the outer part (flour and bran)
- The quality of Semolina extracted from wheat is roughly 65–70%
- There are different types of wheat distinguished by: Country of Origin (i.e. Italy), protein and gluten content, color, etc.

SYSCO DRY PASTA SELECTION





- Bronze-die cut pasta
- 100% durum wheat semolina
- Imported from Italy
- Best texture, retains sauces best





- Teflon and Bronze-die cut pasta
- Finest quality durum wheat
- Better texture & sauce retention



- Teflon-die cut pasta
- Durum wheat semolina
- Imported from Italy
- Good texture & sauce retention



PENNE RIGATE

The edges of penne are angle cut and resemble the quill of pen giving the pasta its name. Rigate means striped. Penne rigate has a large diameter and ridges making it ideal for retaining sauces on its entire surface.



WHAT IS EXTRUSION?

- Extrusion defines the shape and texture of the pasta.
- Pasta dough is forced through various shaped dies under very high pressures to produce a wide range of different shapes of pasta products.

BRONZE DIES

- Creates rough surface.
- Sauces stick better to the rough surface.

TEFLON DIES

- Creates a smoother pasta surface that appears bright yellow in color.
- Most domestic pasta shapes are made with Teflon dies.





RISOTTO

For chefs that are considering adding the perfect Risotto allo Zafferano or Risotto al Limone to their menu, Sysco offers several brands of Carnaroli or Arborio Rice, like our Arrezzio Arborio Rice.

Hailing from the cool climate and fertile grounds of the Po River Valley in Northern Italy, Arrezzio Arborio Rice is the finest grade available providing a luscious, creamy texture when cooked.





Arrezzio frozen pasta is made by replicating the time honored hand-kneading and rolling process of lamination, yielding a consistent thin and smooth textured "al dente" pasta, revered by chefs for its durable and forgiving nature in busy kitchens.

Arrezzio frozen pasta is mixed, kneaded, rolled, formed, cooked, and frozen within 35 minutes, locking in all the flavor and textures that demanding chefs are looking for.

Because they are pre-cooked to their optimum "al dente" texture, the flavor and fresh quality are locked in, provide unsurpassed food-safety, and fast speed-to-plate performance.







JUMBO ROUND RAVIOLI

Large round egg pasta pillows available with various filling options.



TORTELLINI

Little egg pasta cardinal caps filled with Ricotta, imported Romano cheeses and spices.



JUMBO SQUARE RAVIOLI

Large square egg pasta pillows available with various filling options.



GNOCCHI

Oval shaped pasta dumpling flavored with potato and ricotta cheese.



MEDIUM SQUARE RAVIOLI

Medium square egg pasta pillows available with various filling options.



CHEESE MANICOTTI

Egg pasta tube filled with Ricotta, imported Romano (made with sheep's milk), Parmesan and Mozzarella cheeses.



EGG PASTA SHEETS

Fits a half steam pan for quick prep time. Great for making lasagna, lasagna roll ups, Manicotti, Cannelloni, and string pasta.



CHEESE STUFFED SHELLS

Egg pasta shells stuffed with Ricotta and imported Romano cheeses and spices.



Secondi

Choosing the right protein to create the perfect recipe in an Italian restaurant, is an art. Chefs take pride in serving the perfect Veal Chop, or Chicken Parmigiana or a fresh and delicate Branzino. We are committed to delivering custom-cut steaks, chops, poultry and seafood with dependable quality and freshness.



CARNI

Whether you need to create succulent Osso Buco Milanese, or a tender golden brown Veal Milanese, or a perfectly seasoned Veal Piccata.









THE BRAND ADVANTAGE

- Highest quality veal available.
- Integrated system from feed to grower certification means customers can be assured of the source and freshness of Butcher's Block Reserve veal.

CUSTOMER SOLUTIONS

- Multiple sizes of portion control items, in cuts and trim specs for maximum value.
- Consistent high quality product—color, size and conformation.
- USDA process verified and certified.

FEATURES. ADVANTAGES & BENEFITS

- Animals are raised by certified growers who must meet USDA standards and are regularly audited.
- State-of-the-art feed and production facilities used.
- The oversight and attention to detail produces the highest quality, consistent products.

















PESCI

Our passion for seafood and sourcing extends to how we build collaborative partnerships with fisheries and the men and women who harvest the bounty of our oceans, ensuring quality seafood can be enjoyed by generations to come. We are unrelenting in our pursuit of perfection.

Whether you are looking to select the freshest Branzino or those sweetest shrimp for Cioppino, Sysco offers an assortment that meets your needs.

From local lakes and waterways to the vast seas, our seafood options are as diverse as they are delectable. By partnering directly with local, domestic, and global fisheries, we guarantee a wide variety of fresh fish and shellfish delivered daily. And with our industry leading sustainability and traceability practices, you can be confident that your seafood is ethically sourced.

Today's competitive dining landscape demands a robust seafood selection for operators aiming to enhance their menus and appeal. High quality seafood complements the rich flavors of premium dishes and caters to the growing demand for variety, health-conscious options, and next-level dining experiences.



Condimenti

CONDIMENTS

GRADES OF OLIVE OIL

EXTRA VIRGIN OLIVE OIL

- Extracted without chemicals, high heat or processing aids. (AKA "First Pressed", "Cold Pressed")
- Most flavorful option
- Naturally, Non-GMO
- Free Acidity < 0.8%
- Must have zero taste defects
- Must have one positive taste attribute*
- Smokepoint: 320–375 degrees
- Hot Uses: medium heat applications that an olive flavor is desired – sauté, slow roasting, and oil poaching
- Cold Uses: finishing oil, dipping, dressings, and marinades

OLIVE OIL

- Blend of Refined Olive Oil & Extra Virgin Olive Oil (can be up to 20%)
- Oil which does not meet the Extra Virgin or Virgin grades; must be refined to remove impurities, odors and flavors
- Blended with Extra Virgin Olive Oil to add flavor (AKA "Classic" or "Pure")
- Naturally Non-GMO
- Free Acidity < 1%
- Neutral/Less robust flavor
- Smokepoint: 391-468 degrees
- Hot Uses: high heat applications such as sauté, stir-fry, roasting, searing
- Cold Uses: dressings, pesto herb oils, and marinades

OLIVE POMACE OIL

- Blend of refined olive oil that is chemically extracted from seeds and skins of the olive
- Must be refined with high heat and solvent and blended with olive oil
- Free Acidity < 1%

OLIVE OIL

- Naturally Non-GMO.
- Not "olive oil" by IOC standards
- The most economical grade
- Smokepoint: 465 degrees
- Hot Uses: high heat applications such as sautéing, frying, searing, and grilling
- Cold Uses: not recommended due to a bitter flavor

*Needs to meet the chemical requirements of <0.8% acidity + organoleptic (tasting)

THINGS TO KNOW

COLOR – NOT AN INDICATION OF QUALITY

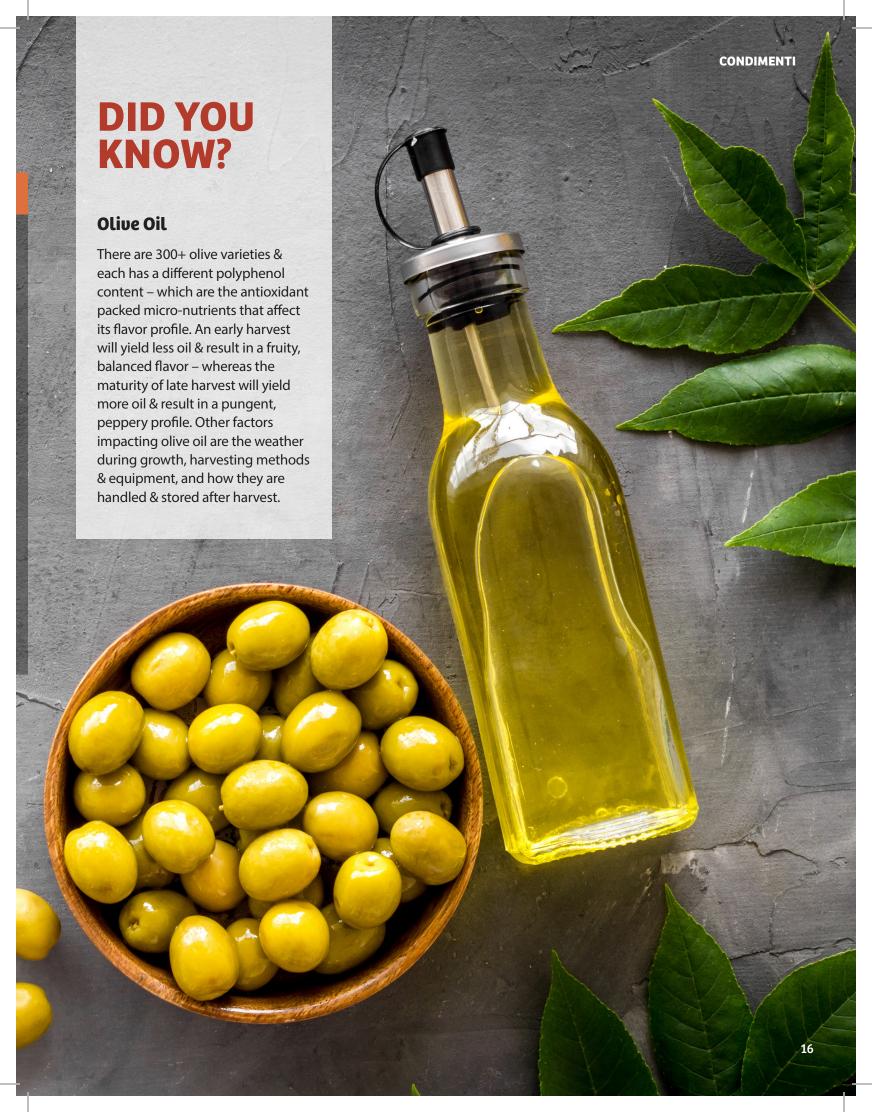
- · Affected by harvesting date and variety.
- Does not indicate intensity or style.
- · Changes in storage and with filtering.
- Dependent on the pigments in the fruit.
 Chlorophyll is one of the main pigments in olive oil. Green Olives give a green oil because of the high chlorophyll content. The chlorophyll content decreases as the fruit matures so olives picked green produce a greener oil with a "grassy" flavor.
- Ripe olives give a yellow oil because of the carotenoid (yellow red) pigments.

NOT ALL OILS ARE CREATED EQUAL

- Read and understand the label.
- Beware of Ingredient labels listing "Pomace,"
 "Pomace Oil" or "Pomace Rape Oil", statements such as "up to 25% extra virgin olive oil".
- Read the label to confirm country of origin, ingredient statement, authenticity and quality seal.

THINGS THAT AFFECT THE QUALITY OF OLIVE OIL

- · Light: store out of sunlight.
- Oxygen: keep it sealed.
- Heat: store away from heat sources.
- Age: does not get better with age like wine



OLIVE OIL

TRUSTED BRAND

 Strict specifications that ensure the flavor profile will be the same from lot to lot.

QUALITY ASSURANCE

- Our product quality is unparalleled.
 A highly qualified team of Quality
 Assurance associates backs every product in the Arrezzio Brand.
- Point Source Inspection Process

 every lot must be tested before product is accepted. This provides traceability and guarantees authenticity.



a NEW WORLD of FRESH

TRULY®

We harvest our olives at the peak of freshness in the Fall and promptly coldextract them in our state-of-the-art mill. The fresh flavor of the oil is maintained by holding it in our climate controlled cellar prior to packaging. We are dedicated to superior quality every step of the way.



FRUTTO DELLA TERRA EXTRA VIRGIN OLIVE OIL

Carefully crafted from a blend of the best cultivated variety of Italian olives, harvested at the right stage of ripeness for a unique harmony of fruity, spicy and bitter flavors. From a single country of origin, a certified product of Italy, made from olives strictly grown in Italy.



FRUTTATO EXTRA VIRGIN OLIVE OIL

6/750ML • GLASS

A product of Italy, Fruttato Extra Virgin Olive Oil has an intense robust, bold, and peppery flavor profile.



EXTRA VIRGIN OLIVE OIL

BAG-IN-BOX • 10L

Bag-in-Box Extra Virgin Olive Oil has a fruity, smooth and balanced flavor.

DELICATO EXTRA VIRGIN OLIVE OIL

3/1 GAL • TIN

Delicato Extra Virgin Olive Oil is a mild balanced, fruity, and pungent oil with a hint of pepper.

ROBUSTO EXTRA VIRGIN OLIVE OIL

3/1 GAL • TIN | 4/3L • PET

Robusto Extra Virgin Olive Oil has a full-bodied medium to robust body with a fruity hint and peppery finish.



OLIVE OIL

3/1 GAL • TIN

Olive Oil is produced from refined olive oil with a blend of extra virgin olive oils. Olive oil provides most health benefits found in extra virgin olive oil without the strong flavor.

OLIVE POMACE OIL

3/1 GAL • TIN | 4/3L • PET

Olive Pomace Oil is produced from olive pomace with a blend of virgin oils. It is an economical alternative to extra virgin or olive oils.

BLENDED OILS

BLENDED OLIVE OIL 90/10

This product features a blend of 90% vegetable oil and 10% pomace olive oil.

BLENDED OLIVE OIL 80/20

This product features a blend of 80% vegetable oil and 20% pomace olive oil.

BLENDED OLIVE OIL 75/25

This product features a blend of 75% vegetable oil and 25% pomace olive oil.



CORTO

a NEW WORLD of FRESH

51-49®

We designed 51–49° to provide fresh olive oil flavor and aroma with slightly less intensity than our TRULY° Extra Virgin Olive Oil. The combination of 51% Extra Virgin Olive Oil and 49% Non–GMO Expeller Pressed Canola delivers just enough olive oil flavor to compliment delicate foods without overpowering them. 51–49° is great for dressing salads, finishing warm entrees, light sautéing, and enriching signature sauces.

LA PADELLA®

La Padella® is crafted specifically for high-performance sautéing with authentic olive oil character. The "backbone" of La Padella® is provided by rice bran oil which delivers a superior high smoke point, and fresh extra virgin olive oil which adds real olive oil flavor and aroma. This precision blend is completed with Avocado and Grapeseed Oils to make La Padella® the perfect choice for high-performance kitchens seeking flavor authenticity. From a single country of origin, a certified product of Italy, made from olives strictly grown in Italy.



BLENDED OLIVE OIL

- Arrezzio Blended Olive Oils are 100% plant-based, better-for-you oils with a wide range of culinary applications where a less assertive olive oil flavor is desired.
- With a smoke point of 465° F, our Arrezzio Blended Olive oils are perfect for high-heat applications such as sautéing, pan-frying, grilling, and searing.
- Backed by Sysco's quality assurance, this oil is crafted adhering to strict specifications and accurate blend ratios that ensure a consistent flavor profile and unparalleled product quality.



At Sysco, we understand that chefs require a particular ingredient to craft that ultimate Italian dish to create an unforgettable experience for their guests.

Because of that,
European Imports, a
Sysco Company, offers
a variety of Italian
products, to satisfy
the traditionalist or
the modern culinary
craftsman to enhance
and transform any
menu with robust
flavors inspired by the
very best of Italy.

Please visit **eiltd.com** for a full product list or ask your Sales Consultant for any specific ingredients you may be looking for.

ITALIAN SALUMI



IL NUMERO UNO

600 DAY PARMA PROSCIUTTO

Parma Prosciutto has a sweet and delicate ham taste with a pinkish-red meat marbled with fat. Slice it as thin as possible.



DOK DALL'AVE

SAN DANIELE PROSCIUTTO

This ham is aged 24 months. Dok Dall'Ave only chooses the best legs from Italian certified pigs that are fed with cereal and milk serum. The resulting meat is delicate, soft and sweet.



MAESTRI PORK CHEEK

AUTHENTIC ITALIAN GUANCIALE

Guanciale originates from the Italian word guancia meaning cheek. Maestri Guanciale is made from first choice pork jowl, then salted, flavored and slow-cured for approximately 3 months.

ITALIAN CHEESES



PERLAGRIGIA

SOTTO CENERE

A creamy cow's milk cheese with truffles incorporated and coated in a mix of spices and ash. Made near Veneto eastern Italian.



TALEGGIO

LATTE CRUDO

Celebrated washed rind cheese from the mountains and vales of northern Italy, becoming more intense in flavor and aroma with age. This one is made with raw milk for a more earthy and robust flavor.



VENTO D'ESTATE

With a waxy rind that displays bits of hay & a cream-colored, crumbly & dense paste, Vento d'Estate smells of wood and freshly cut grass; flavor is milky with a sharp tang.

OLIVES

CUCINA VIVA

WHOLE CASTELVETRANO OLIVE

The most beautiful spring-green olive, mild and sweet...whole with pit, harvested in Sicily.



CUCINA VIVA

WHOLE GREEN CERIGNOLA

The gentle giant of olives! The largest caliber olive with a mild flavor, meaty fruit, and a large pit. Harvested in Puglia.



CUCINA VIVA

YELLOW ROASTED PEPPERS

Italian roasted yellow peppers with occasional flecks of black from the roasting process & packed w/ vinegar, sugar, salt and water. Good roasted flavor, slightly sweet with a hint of vinegar.





CUCINA VIVA

FIRST CHOICE DRIED PORCINI

Porcini is the Italian name-Crêpe is the French name. Both are the same Boletus Mushroom. Store all dried mushrooms in a cool dry dark place. Woodsy, earthy flavor typical of dried mushrooms.



FRANTOIA

EXTRA VIRGIN OLIVE OIL

Imported from Italy, unfiltered extra virgin olive oil. A blend from three different olives, Biancolilla, Cerasuola, and Nocellara del Belive. Contains oils from Italy, Greece, Spain, and Portugal.



SAN GIULIANO

BALSAMIC VINEGAR

This balsamic is aged over 10 years and has a deep musty flavor.





FABBRI

AMARENA WILD **CHERRIES**

Semi-candied cherries from Italy. Very high quality, will not harden when used in gelatos and ice creams.



FABBRI

PISTACHIO PASTE BUCKET

Brightly colored pistachio paste for flavoring gelato and other pastry items.



PERLA CHOCOLATE CUSTARD **PASTRY**

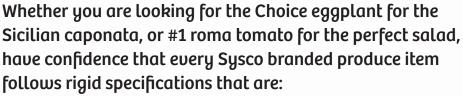
Ready to bake product. It becomes a crispy pastry with butter, shaped like a 'shell', covered with a thin layer of cocoa paste & a special sugar, filled with chocolate cream.

Contorni

SIDE DISHES

Produce is a key staple in the Italian cuisine. Either cooked or raw greens, potato, mushrooms or legumes such as beans, peas, lentils, chickpeas, they always accompanied by the second course of meat, fish or eggs. Sometimes, they are served at the end of the meal, like a nice arugula salad tossed in a fresh lemon and olive oil, topped with scales of Parmigiano Reggiano.





- Equal to or more stringent than USDA standards.
- Monitored daily by both the producers and by our personnel, both in the fields and processing plants.
- Harvested in early morning, packed to order, and loaded from source.

Another Reason to buy produce from Sysco? COLD CHAIN MANAGEMENT

One of the most important aspects of food safety is cold chain management. With this process, Sysco guarantees maximum freshness by constantly monitoring produce temperatures as the product moves from field to fork.







