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EDITION 37 | 2025

Sysco® FOODIE

YOUR MENU *Our Brands*

CLIMATE-CONSCIOUS MENUS ~ P.5

CUTTING EDGE SOLUTIONS ~ P.8

SOUS VIDE 2.0 ~ P.32



YOUR MENU

Our Brands

Exceptional dishes require more than just great ingredients—they need quality, consistency, and reliable performance you can trust. Sysco Brands offer an extensive portfolio that stands alongside national brands, providing premium ingredients for kitchens where excellence matters.

Your kitchen runs on precision, and so do our products. From quality proteins and fresh produce to specialty ingredients, pantry staples, and front-of-house essentials, each Sysco brand product is rigorously tested by the industry's largest Quality Assurance team to ensure it meets exacting standards.

No matter your concept or cuisine, Sysco Brands provide the selection, reliability, and value to help you execute every dish with confidence. When quality is your standard, settle for nothing less than Sysco Brands—trusted, tested, and only available here.



DEAR VALUED CUSTOMERS,

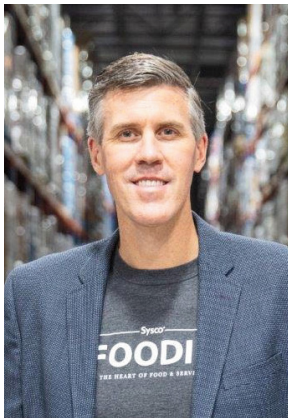
At Sysco, we're passionate about food and service, which shows in everything we do. Every product we offer and delivery we make exemplifies our commitment to your success. We know the pride you take in each plate you serve, and we are equally proud to be your source for high-quality ingredients and cutting-edge solutions that empower your business.

With food costs rising, product affordability is more critical than ever. Our family of brands delivers more than just quality ingredients—we provide reliable performance, cost-saving strategies, and the flexibility you need to thrive in any kitchen. From bold flavors to dependable value, our Sysco brand products are designed to help you craft unforgettable dishes while maximizing efficiency and profitability. Our portfolio of labor-saving options, including ready-to-cook proteins, prepped vegetables, and scratch-quality sauces, further reduces prep time without sacrificing the delicious flavors your guests expect.

Simplify your menu planning and create with confidence! We stay ahead of culinary trends, offering globally inspired flavors, responsibly sourced ingredients, and innovative approaches that make your job easier. Backed by the largest quality assurance team in the industry, Sysco brands guarantee consistent excellence in every dish.

Your success is our success. We're proud to be your kitchen partner, providing the ingredients, solutions, and support you need to thrive. As you push culinary boundaries and create unforgettable experiences, Sysco is here to support you every step of the way. Here's to a season of innovation, inspiration, and a shared journey to your best year yet.

We want to partner with you to ensure Sysco is meeting your needs. We welcome your feedback on how we can better serve your business.



Sincerely,

Kevin

Kevin Hourican

Chair of the Board and
Chief Executive Officer

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FRESH TAKE FROM The Chef

One of the greatest rewards of being a chef is connecting with food at its source. Recently, I visited the family behind Sysco's Prestige oysters. Watching them recycle shells to rebuild reefs reminded me that our work isn't just about cooking. It's about honoring the ecosystems and people that make great food possible.

That's the mindset I bring to developing Sysco's Cutting Edge Solutions (CES) items—products built to solve real kitchen challenges, from labor shortages to efficiency, without cutting corners on quality or price. But beyond convenience, I'm equally passionate about ingredients with purpose and functional foods, like kelp. Growing up in Ballina, Ireland, we ate it like dried jerky. Turns out, we were onto something—kelp is packed with nutrients and sustainability benefits.

Our industry is evolving rapidly, blending tradition with technology and using sustainability to spark new ideas. But at its core, it's still about great food and the chefs who bring it to life. When we respect where food comes from, we open the door to where it can take us.

Let's keep pushing boundaries, learning from each other, and strengthening this industry together. Looking forward to what's next.

Cheers,

Chef Neil

Chef Neil Doherty
Corporate Executive Chef, Sysco Corporation





Climate-Conscious Menus: DRIVING PROFITS THROUGH SUSTAINABILITY

Sustainability isn't a feel-good trend; it's a critical business move. As chefs and restaurant operators, integrating climate-conscious ingredients into your menus can reduce costs, build loyalty, and position your brand as a leader. A sustainable menu isn't just good for the planet; it's a great financial decision for your business. Here's how to make eco-friendly dining work for you.



WHY CLIMATE-CONSCIOUS FOODS ARE GOOD FOR BUSINESS

Climate-conscious foods—like regeneratively farmed vegetables, sustainably sourced seafood, and locally grown ingredients—offer more than environmental benefits. They bring flavor, profitability, and a competitive edge. Here's what they can do for your operation:

- **Help Lower Costs:** Reduce waste and maximize every ingredient.
- **Increase Revenue:** Over 70% of diners are willing to pay more for sustainably sourced meals (Foodservice Equipment Journal).
- **Enhance Brand Value:** Sustainability attracts environmentally conscious guests who return and spread the word.

Partnering with suppliers like **FreshPoint** helps you access fresher ingredients, lower transportation costs, and stay aligned with sustainable practices.



MENU STRATEGIES THAT SELL

- Showcase plant-forward dishes with premium pricing and vivid descriptions.
- Purchase hand-harvested or heirloom products and use these detailed terms to enhance their perceived value.
- Highlight seasonal, local ingredients in inventive ways.
- Incorporate “rescued” ingredients to create signature dishes with a story.



TELL YOUR STORY, BUILD LOYALTY

Guests care about where their food comes from—so share your journey. Use menu descriptions, social media, signage, or your staff to highlight efforts like sourcing locally, reducing waste, or supporting small farms.

DISCOVER SUSTAINABILITY IN SECONDS WITH SYSCO SHOP

Make sustainability simple with Sysco's **One Planet. One Table.** With the new sustainability filter in **Sysco Shop**, finding certified sustainable products takes seconds—no extra research, no extra steps. Whether you need responsibly sourced seafood, eco-friendly packaging, or sustainably farmed produce, we make it easy to source smarter. Your guests expect it; your competition is doing it—stay ahead, boost your reputation, and grow your bottom line.



START TODAY WITH A SIMPLE PLAN

Not sure where to begin? Here's your roadmap:

1. Audit Your Menu

Spot opportunities to add sustainable options.

2. Revamp Three Dishes

Swap in climate-conscious ingredients.

3. Set New Prices

Reflect the value of your eco-friendly choices.

4. Craft Your Message

Use storytelling to connect with diners.

5. Train Your Team

Help staff share your sustainability initiatives.

6. Measure Success

Track costs, feedback, and sales to refine your approach.

5 STEPS TO A MORE SUSTAINABLE MENU

1. Rethink Proteins: Blend mushrooms with meat, feature heritage breeds, or make plant-based proteins the star.

2. Reduce Waste: Get creative with scraps and fine-tune portions to minimize leftovers.

3. Choose Sustainable Seafood: Serve eco-friendly fish and shellfish.

4. Streamline Prep: Use Sysco's pre-prepped, speed-scratch solutions to save time and labor.

5. Go Green with Packaging: Opt for Sysco Earth Plus® compostable packaging or switch to reusable dining room items.

Sysco | Shop



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Visit Sysco Shop to purchase products.



What's New

AND NEXT



Thriving in foodservice means staying adaptable, innovative, and ahead of the curve. Cutting Edge Solutions (CES) makes this easier by giving you exclusive access to cutting-edge ingredients and game-changing solutions that enhance your menu and streamline operations. With four new product launches annually and full support from Sysco's marketing and sales teams, CES helps you attract new guests and keep loyal ones coming back.



CASA SOLANA CLASSIC
FIRECRACKER APPETIZERS

Add a creative touch to your menu with these unique, crispy appetizers that combine visual appeal with bold, on-trend flavors. Available in three culturally inspired varieties, they offer versatility for a range of applications—from shareable appetizer platters to unique burger toppings or even as a standout garnish for a Bloody Mary. Elevate your offerings with these easy-to-prep options that deliver both flavor and presentation.

Available in three options:
Jalapeño Bacon Cream Cheese
Black Bean, Corn and Cheese
Southwest Steak and Cheese

CASA SOLANA IMPERIAL
CHORIZO VERDE

Made with fresh poblano peppers, leafy greens, pineapple, and a perfectly balanced spice blend, this bold, authentic chorizo verde delivers a fresh, dynamic flavor in every bite. Its natural green color—derived from plants—comes without artificial coloring, while its nitrate-free, preservative-free profile makes it a clean-label option diners crave. From tacos and breakfast classics to elevated small plates, chorizo verde offers a versatile ingredient for menus that demand creativity, quality, and a health-conscious edge.



BAKER'S SOURCE IMPERIAL
SWEET POTATO ARTISAN BUNS

Give your burgers and sandwiches a standout twist with these sweet potato artisan buns, packed with bold jalapeño, cheddar, and sweet potato flavors. Perfect for adding a burst of color, texture, and flavor to your offerings, these buns are sure to make every dish unforgettable.

Available in two options:
Jalapeño Cheddar Sweet Potato Hamburger Bun
Sweet Potato Hamburger Bun



PORTICO CLASSIC

BUFFALO BREADED ALASKAN POLLOCK WINGS

Turn up the heat with these buffalo-style wings, made with crispy breaded wild-caught Alaskan pollock and a robust spice blend. Ready to prepare and versatile, they cater to the growing demand for bold, flavorful offerings.



PORTICO CLASSIC

BIKINI SHRIMP

Upgrade your seafood menu with bikini shrimp, a premium, all-natural shrimp sourced from responsibly managed Ecuadorian farms. These head-on, tail-on, body peeled shrimp boast a striking bikini style that impresses both on the plate and the palate. A perfect addition for chefs looking to elevate their dishes with a versatile, high-quality ingredient.

Available in two sizes:

Bikini Shrimp, Head-On, Tail-On, Body Peeled 10/20

Bikini Shrimp, Head-On, Tail-On, Body Peeled 20/30



ARREZZIO IMPERIAL

AVOCADO EXTRA VIRGIN OLIVE OIL BLEND

Expand your kitchen's versatility with this premium 50/50 blend of avocado oil and extra virgin olive oil. Combining the high smoke point of avocado oil with the rich flavor of extra virgin olive oil, this blend is excellent for a wide range of culinary applications—from high-heat cooking to elegant finishing touches.



ARREZZIO IMPERIAL

NEAPOLITAN CHEESE PIZZA

Made with premium ingredients, our new Neapolitan-style cheese and tomato pizza offers an authentic taste of a traditional Italian pizza, without the gluten, making it a preferred option for consumers with alternative diets.

Hand-stretched and stone-baked to perfection, this pizza is also ideal for customization.

Available in two sizes:
8-inch
12-inch





WHOLE SOME FARMS CLASSIC
**SWEET CREAM
COLD FOAM
AEROSOL TOPPING**

Turn every sip into an experience with this new sweet cream cold foam. Its velvety texture and subtle sweetness bring a luxurious twist to any drink, making it the perfect addition to your menu with no extra steps or equipment required.

SYSCO CLASSIC
**JAPANESE SOUFFLÉ
CHEESECAKES**

Marrying the creamy decadence of cheesecake with the airy elegance of a soufflé, these Japanese-style single-serve cheesecakes bring a sophisticated edge to a classic favorite. Expertly crafted for a cloud-like texture and impeccable presentation, they offer a dessert experience that's as visually captivating as it is indulgent. An ideal choice for chefs aiming to elevate their dessert offerings with a versatile, high-impact addition.

Available in two flavors:
Matcha Japanese Soufflé Cheesecake
Plain Japanese Soufflé Cheesecake



SYSCO CLASSIC
**GRILLED SOUS VIDE
CHICKEN BREAST PIECES**

Unlock convenience and flavor with these fully cooked, grilled chicken breast pieces, prepared using the sous vide method to ensure perfect tenderness and taste. Ideal for fast-paced kitchens, this versatile ingredient opens the door to countless high-quality, creative dishes—all with consistent results and minimal prep time.



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SYSCO PREMIUM
GREEK YOGURT
TZATZIKI DIP

Made with Greek yogurt, real cucumber morsels, garlic, and lemon juice, this authentic tzatziki dip is the perfect addition to your Mediterranean-inspired dishes. It's versatile as a spread, topping, dip, or dressing, and a better-for-you alternative to traditional dressings and dips.

SYSCO PREMIUM
HOT HONEY PEACH
CHEESECAKE

Impress your guests with a decadent, chef-inspired cheesecake with a kick. Crafted with real cream cheese, this dessert combines a rich cinnamon base, sweet peach filling, and a buttery shortbread crumble, topped with a spicy hot honey drizzle. It's the perfect addition to any menu, with minimal preparation required.



NEWMAN'S OWN®
SOUTHWEST
RANCH DRESSING
PACKET



Add bold, southwestern flair to your menu with this Southwest-flavored ranch dressing. Featuring a creamy blend of smoky chipotle and just the right kick of spice, this versatile dressing enhances everything from appetizers to entrées. Free of gluten, high fructose corn syrup, and artificial colors, it's a flavorful option your customers can feel good about.



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Add **Cutting Edge Solutions**
products to your next order.

CUTTING
EDGE
SOLUTIONS

SOUTHERN BBQ: HEAT & HEART

BBQ has broken free from its regional roots. Its smoky, bold flavors are now a nationwide obsession, with Cajun-inspired profiles leading the charge on menus coast to coast. For today's menus, this is more than a trend—it's a golden opportunity to create, innovate, and profit, with the ever-popular chicken sandwich as the star.

THIGHS ON THE RISE

Chicken thighs are having their moment thanks to their rich flavor and unmatched juiciness. For chefs, they're a game-changer—delivering bold, satisfying bites that diners crave while also being cost-efficient.

OPERATIONAL GOLD

BBQ chicken sandwiches are a win for both dine-in and takeout menus. Their stackable, portable nature makes them ideal for high-volume service without compromising quality. Build them with speed and consistency in mind while keeping the artisanal touches that make them stand out.

A CANVAS FOR CREATIVITY

The BBQ chicken sandwich is more than just a classic—it's a versatile platform for bold innovation and big profits. Chicken is a menu powerhouse for good reason:

- **Diners Love It:** Its adaptability makes it perfect for a variety of flavors and styles.
- **Kitchens Appreciate It:** Chicken is easy to prep, cost-effective, and operationally efficient.
- **Profits Soar:** With lower food costs than beef, chicken sandwiches offer high margins without sacrificing flavor.



FLAVOR NOTES FROM CHEF JEREME NEMETH



A chicken sandwich isn't just a menu filler—it's a statement. With so many out there, differentiation is crucial. My Southern roots inspired my approach: sweet tea brine, flavorful leg meat for better margins, peach-apple components, and toast replacing traditional buns to amp up the crunch. What will make your chicken sandwich unforgettable?



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purchase ingredients.

Southern
Belle
Chicken
Sando
~ p. 39



TELL YOUR BBQ STORY

In a crowded BBQ market, a strong narrative can set you apart. Use these strategies to make your BBQ sandwich unforgettable:

- > **Signature Recipes:** Highlight your house-made sauces and spice blends.
- > **Regional Twists:** Offer seasonal variations inspired by regional BBQ styles—like Memphis sweet-and-spicy or Texas smoky brisket-style.
- > **Local Sourcing:** Spotlight locally sourced ingredients to connect with diners who value sustainability and authenticity.

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CREATIVE LAYER IDEAS

- > **Tangy Toppings:** Apple cider vinegar slaws or sesame oil-dressed greens add crunch and brightness.
- > **Layered Textures:** Add crispy onion straws, fluffy brioche buns, or candied bacon.
- > **Slay with Sauces:** Regional BBQ sauces or unique glazes offer bold, memorable flavors.
- > **Dynamic Condiments:** Cajun aioli or bourbon-infused honey provide unexpected depth.
- > **Pickled Elements:** Spicy pickles or pickled onions add zing and balance.



COLD SEAFOOD, HOT PROFITS



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Spring Seafood
Salad with
Green Goddess
Dressing
~ p. 40

Cold seafood dishes are a chef's dream when it comes to efficiency and profit margins. Prep ahead, portion precisely, and serve chilled—offering premium dishes with minimal service-time stress. A seafood platter or chilled salad can achieve food costs of just 35–40% and still command top prices. Plus, it streamlines workflows during peak hours.

THE COLD GOLD STANDARD

To integrate cold seafood dishes seamlessly into your menu, keep these tips in mind:

- Use slower hours to prep seafood, sauces, and garnishes.
- Cross-utilize seafood and sauces across multiple dishes.
- Control portions to reduce waste and boost margins.
- Offer various sizes or plating options to appeal to a range of diners and price points.
- Feature seasonal specials to keep your menu fresh and profitable.

BOTTOM LINE BOOSTERS

Premium Pricing: Seafood is a luxury protein—price it accordingly.

Composed Plates: Elevate simple dishes with thoughtful garnishes and sauces to justify higher prices.

Daypart Profitability: Add seafood to brunch or lunch menus to increase revenue.

Batch-Bottled Sauces: Offer house-made sauces like green goddess as an upsell or take-home option.

SMART SEASONAL MOVES

Seafood can thrive on any seasonal menu and there are easy ways to make sure it feels exclusive and timely. Track market trends: when prices spike, pivot to local catches like Alaskan king salmon in the summer or New England lobster in the fall; when shellfish prices dip, feature a seafood tower with options like Gulf Coast oysters or Pacific Northwest mussels. Your menu should evolve with the tides—both seasonal and market-driven.

CAPITALIZE ON THE GREEN GODDESS TREND

Green goddess dressing is trending for its vibrant look, fresh flavor, and long shelf life. This herb-packed sauce pairs beautifully with seafood and works across your menu, offering popularity and profitability.

The Ceviche Advantage

Ceviche is a high-margin, low-labor gem that delivers both quality and profit. Batch-prepare for fast service, upsell as an appetizer or shareable plate, and elevate with house-made chips or crispy plantains—while keeping costs in check.



FLAVOR NOTES FROM CHEF STEVEN MARY



Spring brings vibrant flavors and colors—think sweet early sprouts, fresh herbs, and crisp mineral notes. This dish balances soft bitterness with sweet and acidic flavors, all wrapped in a creamy finish. The poached seafood, paired with high-hydration vegetables, lettuces, lemon essence, and crisp white wine, captures the essence of spring's brightness and sweetness.



PRODUCE POWER PLAYS

Summer produce is at its peak, and while salads, grilled veggies, and fruit-forward desserts are classic, they're everywhere. The key to standing out? Turn those sun-soaked ingredients into unexpected, show-stopping, profit-boosting dishes that are low-effort and high-impact.

COOL SOUPS ARE WARM-WEATHER WINNERS

Forget heavy, cream-laden soups—opt for refreshing options featuring bold flavors and seasonal ingredients that are light on prep and deliver big results.

Spring Melon & Cucumber

Gazpacho with Crab: Purée honeydew or cantaloupe with cucumber, lime juice, and basil. Top with lump crab for a luxurious, refreshing dish. (See recipe on page 41!)

Strawberry Gazpacho: Blend strawberries with red bell pepper, sherry vinegar, and basil for a fruity twist. Drizzle with olive oil and cracked black pepper for a vibrant finish.

Tomato & Watermelon Chilled

Soup: Combine overripe tomatoes, watermelon, and Thai basil for an upscale soup that delivers serious flavor with minimal food cost.

Sweet Corn Chowder with

Coconut Milk: Swap heavy cream for coconut milk for a light, dairy-free chowder. Serve hot or cold for maximum versatility.

—Imperial—
FRESH
Hand Selected Produce
SINCE 1983



FLAVOR NOTES FROM CHEF STEVEN MARY

Spring brings the first arrival of honeydew melons. Their crisp, sweet, bright, and clean notes pair perfectly with crab! Try swapping out melon for tomatoes for a surprisingly refreshing version of classic gazpacho throughout warmer seasons.

Spring
Melon
Gazpacho
& Crab
~ p. 41



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purchase ingredients.

SMART SAVORY TARTS

Savory tarts combine premium presentation with streamlined prep. Plus, tarts are versatile—make them in different sizes to suit appetizers, sides, or entrées.

Summer Squash Tart:

Layer thin zucchini or yellow squash with ricotta and fresh herbs for a dish that justifies a premium price.

Cherry Tomato & Caramelized Onion Tart:

Add thyme and a drizzle of olive oil for a rustic yet refined offering.

PROFITABILITY MEETS PREP EFFICIENCY

These dishes are prep-friendly and perfect for leveraging downtime:

- Soups can be prepped in bulk; flavors improve overnight.
- Use pre-made or prepared tart shells to save time, or par-bake them during prep and finish to order.
- Prep tart components like caramelized onions and sliced vegetables ahead of time for quick assembly and baking during service.
- Cross-utilize prepped ingredients across menu items.

ELEVATE THE EXPERIENCE (AND THE CHECK AVERAGE)

Small premium touches can boost perceived value:

- Enhance chilled soups with grilled shrimp, lump crab, or herb-infused oils.
- Finish tarts with gourmet accents like sea salt, truffle oil, or microgreens.
- Suggest wine or craft beer pairings to complement seasonal flavors and encourage upselling.

FLAVOR NOTES FROM CHEF SIMON HUDSON SYSCO IRELAND



I've always been drawn to how the visual elements of a dish can enhance the flavor. Working with Sysco Ireland has only deepened this appreciation—we believe texture is crucial, but above all, it's about flavor—flavor, flavor, flavor. This tart has it all: vibrant color, great texture, and bold taste. The layers beneath the vegetables create a surprising depth of flavor, like an invisible burst that hits with every bite. It's the perfect balance of freshness, flavor, and visual appeal that represents what our culinary team at Sysco Ireland strives for in every creation.



Vegetable Spiral Tart
~ p. 41



SCAN TO SHOP
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SUPERCARGE YOUR SUMMER SALADS

Boring salads are a missed opportunity. Today's diners want more—and they're willing to pay for it. Make your salad station a profit center with smart cross-utilization, premium flavors, and buzz-worthy menu differentiation. Here's how to turn greens into gold.

FLAVOR STACKING: SALAD BUILDS THAT WOW

The strategic layering of flavors and textures transforms a simple salad into a high-margin, high-impact menu item. Incorporate versatile proteins, leverage global flavor profiles, and minimize waste through smart integration. Think global ingredients with a twist, like a short rib salad with crispy ube chips, fresh papaya, and a kick of togarashi dressing. Every element adds value, turning simple into sensational.

INTRODUCE GLOBAL FLAVORS, NO EXPERTISE REQUIRED

Even if your menu doesn't lean into global cuisine, a few well-placed ingredients can introduce worldly flavors without a steep technical learning curve. Low-cost Southeast Asian ingredients like Thai basil, yuzu, and zesty coconut-lime vinaigrettes or miso-based dressings elevate dishes with minimal effort. Balance is key—play with sweet, salty, sour, and umami to create premium bowls.

Miso Braised
Boneless Beef
Short Rib Salad
~ p. 42



MAXIMIZE PROFITS WITH SMARTER, MULTI-USE INGREDIENTS

The key to boosting margins is using versatile ingredients that minimize waste and maximize flavor. Strategic cross-utilization keeps inventory lean while adding variety and value to your menu.

Layered Crunch: Swap basic croutons for puffed rice or crispy shallots to elevate texture and profitability.

Seasonal Spotlight: Take advantage of peak-season ingredients—blend ripe papaya into dressings, dice it for salsas, or shave into ribbons for vibrant salad toppers. Rotate in summer stone fruits or winter citrus for fresh, cost-effective options.

Multi-Tasking Proteins: Marinate once, then serve across salads, tacos, or bánh mì to streamline prep and reduce waste.

Bold Garnishes: Ube chips add a pop of color, unique texture, and a premium touch that sets your salads apart.

One Dressing, Many Uses: A versatile vinaigrette works as both a salad dressing and a marinade, saving time and ingredient costs.



SCAN TO SHOP

Visit Sysco Shop to purchase ingredients.



SUMMER SWEETS SIMPLIFIED

Summer is peak season for dessert sales—71% of diners are more likely to order dessert during the warmer months, with 68% specifically seeking seasonal fruit-based options (National Restaurant Association). The challenge? Delivering stunning, high-quality desserts while keeping operations smooth and profits strong. The key lies in finding that sweet spot between efficiency and wow factor.



THE ART (AND PROFIT) OF THE TART

Tarts check every box: they're visually striking, highly versatile, and surprisingly simple to execute. Whether plated for fine dining, featured in a catering spread, or stocked in a grab-and-go case, tarts deliver a polished, upscale experience with minimal labor.

Operators can create fillings from scratch for a signature touch or streamline production with high-quality pre-made options. Pairing these with ready-to-use tart shells ensures consistency and speed without sacrificing presentation.

SMARTER DESSERT STRATEGIES

To create summer desserts that shine, focus on options that:

Maximize prep during off-peak hours: Utilize components that can be made in advance, assembled to order, and stored easily.

Elevate with simple finishing touches: Transform basic items into premium offerings with fresh berries, edible flowers, or quick-tempered chocolate decorations.

Hold their integrity: Choose desserts that maintain texture and presentation even during rush periods, like citrus-based fillings and stabilized creams.

Drive profitability across service styles: Versatile dessert bases allow seamless adaptation from elegant plated service to grab-and-go formats, maximizing your return on prep time and inventory.



INNOVATIVE OPERATIONS, BIGGER PROFITS

Tarts aren't just a crowd-pleaser—they're a smart business move. Here's why:



Predictable Costs & Easy Storage: Pre-portioned, ready-to-use tart shells maintain freshness, reduce waste, and ensure consistent portion control.



Minimal Skilled Labor Needed: Quick assembly keeps back-of-house operations running smoothly, even during peak hours.



Versatile & Scalable: Perfect for plated dine-in service, catering events, coffee shop displays, or grab-and-go offerings.



Creative Freedom: Seasonal ingredients help you easily refresh your menu—turn a classic lemon tart into a summer hit with fresh berries, herb-infused whipped cream, or candied citrus.



Premium Appeal: A beautifully presented tart commands a higher price point while requiring minimal extra effort.

BUILD BETTER TARTS WITH QUALITY INGREDIENTS

Exceptional desserts start with high-quality components that streamline prep while maintaining premium flavor. Whether you need ready-to-fill tart shells, decadent fillings, or elegant garnishes, **European Imports** has you covered. From classic berry-forward flavors to globally inspired creations, our curated selection helps you craft signature tarts with consistency and ease.

EUROPEAN
— IMPORTS —
a Sysco company

FLAVOR NOTES FROM CHEF LIZ FALLER



I love reinventing classics, like this lemon poppy seed tart. A zesty short-crust meets a rich pastry cream enhanced with Hero lemon compound. European Imports mousse mix stabilizes the filling for clean slices. A lemon glaze on raspberries adds shine, while candied lemon peel, meringue kisses, or edible flowers make a stunning finish.

Lemon
Poppy Seed
& Raspberry
Tart ~ p. 42



SCAN TO SHOP
Visit Sysco Shop to
purchase ingredients.



STRATEGIC
MODIFICATIONS
FOR YOUR

Summer Menu

Summer is prime time for restaurants to capture hungry diners seeking fresh, memorable experiences. The secret to making the most of this golden season? Letting your menu become your strongest asset. By making smart, strategic adjustments, you can transform your kitchen into a model of efficiency while showcasing the bounty of peak-season ingredients. Your summer menu can be the key that unlocks greater profitability and delights both your team and guests. Here's how to turn your seasonal offerings into a powerhouse of success.



COST CONTROL STARTS WITH SMART PRICING

In today's market, menu pricing isn't set-it-and-forget-it. Staying ahead of costs requires regular adjustments:

Menu Audits: Don't wait for ingredient costs to spike—review your menu frequently to ensure profitability. If a dish isn't selling as expected, consider repositioning it as a limited-time special or adjusting the portion size.

Ingredient Substitutions: Keep an eye on market fluctuations and swap expensive ingredients for budget-friendly, seasonal alternatives. For example, when fresh berries get pricey, switch to frozen options for desserts.

STRETCH YOUR INGREDIENTS, NOT YOUR BUDGET

Waste is one of the fastest ways to drain profits. Smart ingredient utilization can cut costs without compromising quality or flavor:



Pickling & Fermenting: Preserve excess cucumbers, tomatoes, or citrus peels to create house-made pickles, condiments, and garnishes that add depth to your dishes.

Freezing for Future Use: Freeze peak-season berries for desserts and cocktails. Save vegetable trimmings for broths and stocks. Lock in summer flavors now to use when prices climb later.



Cross-Utilization: Get more mileage from your ingredients. Use pickling brine as a marinade, incorporate fermented vegetables into vinaigrettes or sauces, or repurpose roasted proteins into sandwiches and bowls.



DESIGN YOUR MENU FOR MAXIMUM PROFITABILITY

Your menu layout can subtly steer customers toward high-margin items. Here's how to make it work for you:

Prioritize Best Sellers: Use sales data to identify your top-performing dishes and feature them in prime menu locations (top-right corner, chef's specials, or highlighted callout box).

Know Your True Costs: Track every ingredient cost—even garnishes and sauces—to ensure accurate pricing. Small adjustments can protect your margins.

Test & Tweak: Use sales data from your POS system to identify underperforming dishes and remove or rework them. Experiment with slight price increases to see how demand responds.

STAY AHEAD OF CHANGING COSTS

The key to maintaining profitability is ongoing cost management. Here are a few strategies to stay ahead:

Track Recipe Costs Regularly: Include every ingredient, down to oil, spices, and garnishes. These details matter.

Optimize Labor Efficiency: While house-made pickles or fermented vegetables take time upfront, they can save money long-term while adding a signature touch to your menu.

Leverage Seasonal Trends: Lighter, produce-driven dishes are summer hits and typically more cost-effective. Keep a pulse on seasonal ingredient pricing to balance value and profitability.

PORTION CONTROL = PROFIT CONTROL

Consistent portions aren't just about waste reduction—they directly impact your bottom line.

Standardize Portions:

Make sure your team serves consistent portions to prevent overages, even small ones.

Adjust for Plate Waste: If guests frequently leave food behind, consider reducing portion sizes while keeping flavor impact high. This improves guest satisfaction while saving on food costs.

COST CONTROL STARTS WITH SMART PRICING

In today's market, menu pricing isn't set-it-and-forget-it. Staying ahead of costs requires regular adjustments:

Menu Audits: Don't wait for ingredient costs to spike—review your menu frequently to ensure profitability. If a dish isn't selling as expected, consider repositioning it as a limited-time special or adjusting the portion size.

Ingredient Substitutions: Keep an eye on market fluctuations and swap expensive ingredients for budget-friendly, seasonal alternatives. For example, when fresh berries get pricey, switch to frozen options for desserts.

Sysco Studio is a powerful online tool that helps analyze food costs and menu performance, giving you the confidence to make data-driven decisions.

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Feeding Hope:

COTTON CULINARY
TURNS CATERING
INTO COMPASSION



In the world of hospitality, many businesses go beyond serving great food—they're driven by a passion to make a difference. Cotton Culinary is a prime example, seamlessly blending exceptional catering with critical disaster relief services, delivering nourishment, comfort, and hope when communities need it most.

But great food at scale requires more than just skill—it demands precision, efficiency, and trusted partnerships. Cotton Culinary's long-standing collaboration with Sysco ensures they have the resources, ingredients, and logistical support to execute flawlessly, whether catering corporate events or feeding thousands in their most desperate moments.

Since 1996, Cotton Culinary and Sysco have worked together to elevate catering and community relief efforts. Over the years, this partnership has grown into a well-oiled machine. Cotton Culinary's Executive Chef, Wade Schindler, explains, "With Sysco, we built a playbook—one call and they make it happen. Whether we need supplies in Mississippi or Asheville, a Sysco trailer is ready to roll." From crawfish boils to large-scale disaster response, Sysco's reliability allows Cotton Culinary to focus on what they do best: crafting exceptional meals under any circumstance.





Whether feeding thousands at major events or providing critical support during disaster relief efforts, Cotton Culinary's professionalism and dedication set them apart. As Chef Nei Doherty puts it, "Cotton Culinary has been an exceptional partner for years. From rodeo events to disaster relief, their professionalism shines through in every project. We've built an incredible collaborative relationship that spans from local events to large-scale catering. It's been a pleasure working directly with Wade and the Cotton Culinary team." This strong partnership is built on trust, expertise, and a shared passion for delivering outstanding food experiences.

During the COVID-19 pandemic, the Cotton Culinary team and Chef Neil Doherty traveled city to city, delivering hundreds of boxed lunches to hospital staff, showcasing their commitment to frontline workers. "It was one of the most rewarding experiences," says Wade. "The look on their faces and the gratitude they expressed meant the world to us." Through their Cotton Foundation, they continue to step up during hurricanes, wildfires, and other disasters, providing not just food, but a sense of security and relief.



**“WE’VE BUILT
A STRONG,
COLLABORATIVE
PARTNERSHIP WITH
COTTON CULINARY,
WORKING TOGETHER
ON EVERYTHING
FROM LARGE-SCALE
CATERING TO
DISASTER RELIEF.
IT’S ALWAYS A
PLEASURE WORKING
WITH WADE AND
HIS TEAM.”**

~ Chef Neil Doherty



Beyond crisis response, Cotton Culinary pushes culinary boundaries, from executing high-profile events to winning awards with creative bites like their figgy piggy at the Rodeo BBQ cook-off. Their partnership with Sysco fuels this innovation, allowing them to dream big and access specialty ingredients, trend-forward products, and expert insights that help them stay ahead of industry trends.

For linemen restoring power after a hurricane, truck drivers keeping supply chains moving, and military personnel in disaster zones, a well-prepared meal is more than sustenance—it's comfort, recognition, and humanity. Through every event, crisis, and plate served, Cotton Culinary continues to redefine what it means to cater with purpose.



Scan to learn more
about Cotton Culinary.



Sous Vide 2.0:

REDEFINING
KITCHEN
EFFICIENCY

What if you could nail perfect consistency, cut down on waste, and ease pressure during peak hours—all with one method? That's the power of sous vide. With new innovations making it more accessible and flexible, sous vide can help you deliver top-notch quality, run a smoother kitchen, and drive profits.

SOUS VIDE'S JOURNEY TO THE SPOTLIGHT

Sous vide, French for “under vacuum,” has transformed professional kitchens since it evolved from a lab technique to culinary use in the 1970s. Offering unparalleled temperature control, sous vide delivers perfect textures and intensified flavors that traditional techniques can't match. Its ability to reduce labor through overnight cooking while ensuring consistency has made it essential in kitchens of all sizes—from fine dining to quick-service restaurants seeking efficiency without sacrificing quality.

TAKING SOUS VIDE TO THE NEXT LEVEL

If you've mastered the basics, elevate your sous vide game with these advanced techniques:

- 1. Multi-Step Cooking:** Achieve ideal consistency by cooking at sequential temperatures—like rendering pork belly fat at a higher temperature, then finishing it at a lower setting for tenderness.
- 2. Bold Infusions:** Infuse oils, syrups, or cocktails with unique ingredients for standout flavors.
- 3. Precision Searing:** Combine sous vide with high-heat searing for perfect caramelization.
- 4. Temperature Staging:** Hold multiple proteins at their optimal temperature, streamlining service during busy hours.
- 5. Batch Processing:** Slow-cook tougher cuts overnight, freeing time during peak hours.

BUILD YOUR SOUS VIDE ARSENAL WITH SYSCO

Sysco offers the latest innovations to keep your kitchen on the cutting edge:

Sysco Premium Proteins: Premium pre-portioned cuts like short ribs, salmon fillets, and chicken breasts, ideal for sous vide.

Sous Vide Ovens: Combine the water bath accuracy with oven versatility, perfect for kitchens that need flexibility or space-saving solutions.

Top-Tier Equipment: Equip your kitchen with immersion circulators, vacuum sealers, and eco-friendly pouches for efficient sous vide cooking.

Specialty Seasonings: Enhance your dishes with Sysco's exclusive seasoning blends.

Wi-Fi-Enabled Circulators: Adjust cooking temperatures remotely for pinpoint precision, even when you're not on the line.



Whether cooking for a few or hundreds, Sysco's products streamline operations and boost profits.

READY TO TAKE YOUR SOUS VIDE COOKING TO THE NEXT LEVEL?

Contact your Sysco Sales Consultant today or schedule a Culinary Consultation to explore how these innovations can work for your kitchen.



SYSKO CHEFS DUSTIN ALEXANDER &
JAVIER LOPEZ - TEXAS HILL COUNTRY

Travel TIPS FOR Foodies

Nestled between Austin and San Antonio, Texas Hill Country is where history, hospitality, and an extraordinary food scene collide. The best way to truly experience this cultural crossroads? Slow down. Take the scenic routes, visit mom-and-pop spots, and savor everything from down-home comfort food to refined dining—all with a side of warm southern hospitality.

Sysco Chefs Dustin Alexander and Javier Lopez share what makes Hill Country so special. "The magic here comes from its small towns staying true to themselves," says Chef Dustin. Whether you come for the barbecue, the wine, or the adventure, one thing's for sure—Texas Hill Country offers a culinary experience worth savoring.



A CULINARY CROSSROADS

Defined by rolling hills, winding rivers, and small towns with deep-rooted culinary traditions, Texas Hill Country blends German heritage, Texas barbecue, and Mexican influences into one dynamic food scene. "It's a melting pot of flavors," says Chef Javier. "You'll find traditional German schnitzel next to authentic Mexican street tacos and world-class Texas brisket. That's what makes this region so special." This fusion presents

a unique opportunity for chefs to craft menus that balance comfort, tradition, and bold innovation.

Local ingredients shine here—sweet Texas peaches, zesty grapefruit, and rich Texas Gold Cheddar elevate dishes across the region. From venison chili to smoked brisket and chicken-fried anything, every bite reinforces the mantra that everything—including flavor—is bigger in Texas.

**"THE MAGIC HERE
COMES FROM ITS
SMALL TOWNS
STAYING TRUE TO
THEMSELVES."**

~ Chef Dustin



MENU INSPIRATION & MUST-TRY SPOTS

For chefs looking to capture the essence of Hill Country, Chef Javier and Chef Dustin recommend:

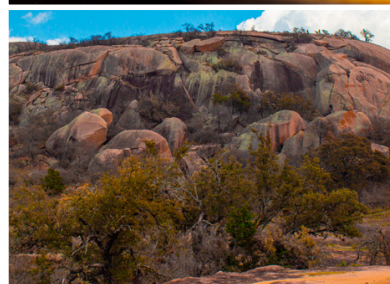
- > **HILL & VINE:** A modern twist on comfort food, showcasing regional ingredients.
- > **COOPER'S ORIGINAL PIT BBQ:** With the same pit serving smoky perfection since 1953, this is where you taste history.
- > **FREDERICKSBURG BREWERY:** A go-to for craft beers and classic pub fare.
- > **BLACK'S BBQ:** "You cannot leave the area without going here," says Chef Javier. "It's original amazing BBQ done right."
- > **VAUDEVILLE:** A fine dining experience that stays true to its Hill Country roots.
- > **BLUE BONNET CAFÉ:** Where down-home charm meets southern hospitality.

FESTIVALS & HIDDEN GEMS

Plan your visit around one of the region's top food festivals—the Texas Hill Country Wine & Food Festival, the Great Texas BBQ for smoky perfection, or enjoy the sweet side of Texas at Fredericksburg's Peach Jamboree.

EXPLORING THE HILL COUNTRY

Beyond the exceptional dining scene, Hill Country offers endless inspiration—check out scenic wineries like Duchman Family Winery, hike at Enchanted Rock, or relax by Blanco State Park with local wine and artisanal cheeses. Looking for a hidden gem? Explore Colorado Bend State Park, where you can ride horseback along scenic trails and water, or escape to Lost Maples State Natural Area for breathtaking fall foliage and a peaceful retreat. "There's no wrong way to explore and enjoy this area," says Chef Javier.



"IT'S A MELTING POT OF FLAVORS."

~ Chef Javier



Chef Raquel: INSPIRING INNOVATION THROUGH SIMPLICITY & STORYTELLING

A storyteller, problem solver, and culinary artist, Chef Raquel honors and respects where food comes from and where it's headed. To her, food is more than taste—it's about connection, culture, and creativity. Raised between California and Virginia, she merges the West Coast's vibrant flavors with the South's soulful traditions. Her passion runs deep, rooted in her family's history as owners of Virginia's largest Black-owned farm, where she helped with livestock butchering and farm operations, learning firsthand the deep connection between food, land, and legacy.

From an early age, Chef Raquel developed a profound respect for fresh, high-quality ingredients and the people who produce them. That respect shapes her cooking philosophy: "Less is more." She creates dishes that tell a story by allowing ingredients to shine with simplicity while maximizing flavor and efficiency.

As a Sysco Culinary Specialist, Chef Raquel helps chefs and operators bring their visions to life—mentoring, collaborating, and tailoring solutions to elevate their operations. "The most

rewarding part of my role is helping customers discover new flavors and techniques," she shares. Whether developing menu items, refining presentations, or streamlining workflows, her approach is practical and impactful.

One major advantage of working with Sysco, she says, is access to top-tier ingredients and industry-leading support. She particularly relies on Sysco's produce, which meets the highest specifications and undergoes rigorous quality assurance. "Sysco provides alerts on any field

issues, ensuring we always deliver the best product to customers," she explains.

Beyond the kitchen, Chef Raquel passionately advocates diversity and inclusion in the culinary world, believing that varied perspectives lead to richer, more dynamic menus. "Sysco's commitment to diversity allows chefs to reflect the cultural richness of the communities they serve. That means incorporating global flavors with authenticity."



Her advice to chefs? Take full advantage of Sysco's resources. "Explore the range of products and services, and don't be afraid to experiment. Our specialists provide invaluable support, from plating to kitchen efficiency, helping restaurants and their teams increase profitability while maintaining quality." She also emphasizes the importance of open communication with suppliers.

"A COMMON MISTAKE CHEFS MAKE IS NOT CLEARLY COMMUNICATING THEIR NEEDS. STRONG SUPPLIER RELATIONSHIPS ENSURE YOU GET THE BEST PRODUCTS FOR YOUR KITCHEN."

Chef Raquel's proudest achievement isn't a single dish or accolade—it's the impact she makes every day. "I'm often asked, 'Why don't you have a restaurant?' But in many ways, I feel like I have many. Through my work with Sysco, I get to create culinary art and help others bring their visions to life, and that is truly rewarding."

With her passion, innovation, and dedication to helping chefs succeed, Chef Raquel is shaping the future of foodservice—one simple dish, conversation, and kitchen at a time.

"THE MOST REWARDING PART OF MY ROLE IS HELPING CUSTOMERS DISCOVER NEW FLAVORS AND TECHNIQUES."



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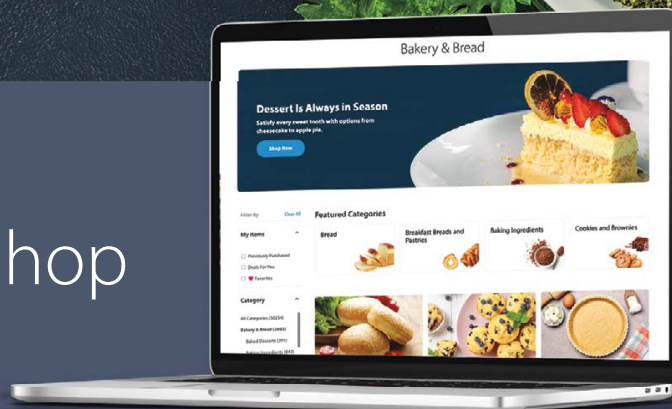


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SOUTHERN BELLE CHICKEN SANDO

Yield: 3 servings

- 1 qt water
- 1 ea **Sysco Classic** boneless skin-on chicken leg, meat removed
- ¼ cup plus 1 tsp **Sysco Classic** extra fine cane sugar
- 2 tbl **Sysco Classic** coarse kosher salt flakes plus additional to taste
- 1 ea **Citavo Imperial** black iced tea bag
- 1 tsp **Sysco Classic** double acting baking powder
- 4 cups **Wholesome Farms Classic** 1% milk
- 14 ounces **Casa Solana Classic** sweetened condensed milk
- 3 cups **Sysco Classic** Western breading mix
- 1 cup **Baker's Source Classic** complete buttermilk biscuit mix
- ½ ea **Imperial Fresh** napa cabbage head
- 1 ea **Imperial Fresh** extra fancy Granny Smith apple
- ¼ cup julienned **Imperial Fresh** jumbo carrots
- ½ cup **Sysco Reliance** Southern style mayonnaise
- 2 tbl **Sysco Classic** 50 grain apple cider vinegar
- 1 tsp **House Recipe Classic** yellow mustard

Imperial/McCormick coarse ground black pepper to taste

- 1 tbl finely sliced **Imperial Fresh** chives
- ¼ cup **Wholesome Farms Imperial** 83% unsalted butter
- ¼ cup **Sysco Imperial** hot pepper peach sauce
- 6 ¾-inch-thick slices **Baker's Source Classic** Texas toast
- Sliced **Casa Solana Classic** jalapeño pepper for garnish

1. Heat ¼ cup sugar, kosher salt and water in a small saucepan over medium heat, stirring to dissolve sugar until mixture is steaming but not simmering, about 3 minutes. Remove from heat and immediately add tea bag; let steep for 10 minutes. Carefully remove tea bag, squeezing out excess over saucepan; discard bag. Add baking powder and stir to dissolve. Pour in 2 cups of ice, stir and let brine cool. Once brine has cooled, add chicken leg meat to the brine, ensuring it is completely submerged. Let chicken brine for 1 to 3 hours under refrigeration.

2. In a stainless steel bowl, mix the milk and condensed milk together until smooth.

3. For the breading, in a larger stainless steel bowl, whisk together the Western breading and biscuit mix until incorporated.

4. Begin with the half head of cabbage and soak in ice water for 5 minutes; remove and drain excess moisture with single-use towels. While the cabbage dries, using a mandolin or similar tool, carefully julienne the apple. Next, julienne the cabbage to ¼-inch shreds.

5. For the slaw dressing, whisk ¼ cup of mayonnaise (reserve the remainder for building the sandwich), cider vinegar, mustard, remaining 1 teaspoon sugar, and a pinch of kosher salt and black pepper in a medium stainless steel bowl until smooth. To the mixture, add the shredded cabbage, julienned apple, julienned carrot and sliced chives. Using a gloved hand, gently incorporate all ingredients until coated with the mayonnaise mixture. The slaw should be lightly sauced and fresh, not heavy and mayo saturated.

6. For cooking the chicken, using tongs, pull chicken pieces from brine, letting excess drip off, and gently place into dry breading. Using gloved hands, flip and coat chicken generously in dry breading. Next, dip dredged chicken pieces into the milk mixture, coating the pieces entirely, then quickly back into the breading mixture, coating generously. Do not let excess milk drain off of the chicken; these clumps will create attractive texture on the exterior of the chicken once fried. Working immediately, gently lower dredged

chicken into hot oil, moving to prevent sticking as needed; deep fry at 350°F for 4 to 5 minutes or to a minimum internal temperature of 165°F. Once chicken has reached the appropriate internal temperature, drain excess grease and sprinkle with kosher salt to taste.

7. To assemble the Sando, melt the butter in a medium sauté pan over medium heat. Add slices of Texas toast in batches and toast on 1 side until golden and crispy (a flat top griddle would perform as well). Next, lay toasted bread on a work space, spread reserved mayonnaise from coast to coast on each slice of toast. On the bottom slices of toast, evenly distribute pickled jalapeños. Next, add cooked chicken on top of jalapeños. Spread pepper peach sauce evenly between chicken, applying directly to top of chicken. Top chicken with ½ cup of prepared slaw and finish with top piece of Texas toast. Optional garnish: Grilled peaches would make a great addition to this sandwich.

Chef Tip: Sysco brioche bun can be substituted for Texas toast. Pickled jalapeños add a nice heat element, but can be substituted with pickled cucumbers, if desired.



SPRING SEAFOOD SALAD WITH GREEN GODDESS DRESSING

Yield: 1 serving

- 3 oz **Portico Simply** skinless Norwegian Atlantic salmon (6 oz portioned)
- 2 oz green lip mussels
- 2 oz **Portico Classic** 26/30 count easy peel white shrimp
- 2 oz **Portico Imperial** fully trimmed 5–8-inch tub calamari
- 4 fl oz white wine
- 2 oz Old Bay® seasoning
- ½ oz **Imperial Fresh** peeled garlic
- ½ oz **Imperial/McCormick** bay leaves
- 1 ea **Reliance Fresh** choice lemon, juiced
- 2 oz **Imperial Fresh** artisan lettuce
- ¼ ea **Imperial Fresh** seedless English cucumber

- 1 oz red radish
- 1 oz sugar snap peas
- Green Goddess Dressing (see recipe)
- 1 ea **Wholesome Farms Imperial** hard-cooked cage free egg

1. Thaw all seafood overnight in the refrigerator.

2. For the court bouillon, place the wine, Old Bay, garlic, bay leaves and lemon juice in a saucepot. Add 1 quart of water; bring to a boil and simmer for 10 minutes.

3. For poaching the seafood, separately add the seafood to the court bouillon and cook until ¾ of the way cooked. Remove the seafood and let rest. The seafood will finish cooking as it sets. Place in the cooler for at least 4 hours; overnight is best.

4. For the salad, clean, wash, and dry the lettuce. For the cucumber and radish, thinly slice and keep refrigerated. Blanch the sugar snap peas and shock; slice on a heavy bias and reserve.

5. In a bowl, toss the poached seafood with the dressing, and set aside. On a large plate, arrange the cleaned lettuce and top with the egg grated on a box grater. Top with the poached seafood and garnish with the radish and cucumber. Drizzle 1 tablespoon of the dressing around the plate. Optionally, you can reserve some of the herbs from the dressing and make a small herb salad to top the seafood.

GREEN GODDESS DRESSING

Yield: 12 servings

- 2 ea **Imperial Fresh** peeled garlic cloves
- ½ ea **Imperial Fresh** Hass avocado
- 1 cup **Wholesome Farms Classic** plain whole fat Greek yogurt
- ¼ cup chopped **Imperial Fresh** Italian parsley leaves
- 2 tbl **Arrezzio Imperial** avocado oil
- 2 tbl chopped **Imperial Fresh** baby dill
- 2 tbl chopped **Imperial Fresh** tarragon
- 1 tbl chopped **Imperial Fresh** chives
- 1 tbl **Sysco Imperial** imported nonpareil capers
- Sysco Classic** salt and pepper to taste

Combine all ingredients in a food processor and process until desired texture is achieved.



SPRING MELON GAZPACHO & CRAB

Yield: 6 servings

- 8 ea Imperial Fresh basil leaves plus additional for garnish
- 1 ea Imperial Fresh honeydew melon
- 1 ea Imperial Fresh peeled garlic
- ½ ea Imperial Fresh jumbo red onion
- 1 ea Imperial Fresh red bell pepper
- 1 ea Imperial Fresh cucumber
- ¼ cup Arrezzio Imperial robusto extra virgin olive oil
- 2 tbl Sysco Classic 50 grain apple cider vinegar
- Sysco Classic salt and pepper to taste
- 6 oz your choice of crabmeat
- Pea shoots for garnish

1. Clean and rough chop the basil, melon, garlic and onion. Peel and rough chop the bell pepper; peel, seed and rough chop the cucumber. Combine vegetables with the oil and vinegar, salt and pepper in an airtight container and refrigerate overnight.

2. Place all ingredients in a blender and process until smooth (about 90 seconds). Strain through medium sieve and check/adjust seasoning. Chill and reserve gazpacho.

3. For plating, pour gazpacho into a bowl and garnish with crabmeat; optionally garnish with basil leaves and pea shoots.

VEGETABLE SPIRAL TART

Yield: 6 servings

- 2 lb medium fresh zucchini squash
- 2 lb medium yellow squash
- 1½ lb Japanese daikon radish
- 1 lb peeled tri-color baby carrots
- 2 ea eggplant
- 1 cup Arrezzio Imperial robusto extra virgin olive oil
- 1 tbl chopped Imperial Fresh rosemary
- 1 tbl chopped Imperial Fresh thyme
- Sysco Classic salt and pepper to taste
- 1 ea sweet butter tart shell
- 1 cup Arrezzio Imperial julienne sun-dried tomatoes in oil
- 3 ea Imperial Fresh peeled garlic
- 1 ea Reliance Fresh choice lemon, juiced
- 1 cup Imperial Fresh ready to use cleaned kale
- ¼ cup Arrezzio Classic grated Parmesan cheese
- ¼ cup Sysco Classic raw shelled pine nuts

1. Slice all the vegetables lengthwise and place in a large container with olive oil, thyme and rosemary. Season with salt and pepper and reserve.

2. Place the pastry shell on a nonstick sheet pan or on a silicone silpat.

3. Purée the sun-dried tomatoes with ¾ cup of olive oil. Spread evenly on the base of the tart shell.

4. Roll 1 piece of the vegetable into a spiral and place in the center of the tart.

5. Roll a second vegetable, alternating the colors, around the first piece and continue to build, changing the colors until you reach the outer edge.

6. Drizzle with ¼ cup of olive oil over the top, and season with salt and pepper. Bake at 325°F for 40 to 45 minutes. After 30 minutes, keep checking so you do not overcook and rotate so the tart does not get too dark. Remove the tart from the oven and place on a cooling rack for 10 minutes.

7. To make the kale pesto, add the garlic, lemon juice, kale, cheese, olive oil and pine nuts in a blender. Pulse until well combined. Season with salt and pepper. Check consistency and add oil if too dry.

8. To serve, cut the tart into 6 pieces and plate with a seasonal salad and dress the tart with the kale pesto.





MISO BRAISED BONELESS BEEF SHORT RIB SALAD

Yield: 4 servings

- 1½ lb whole beef chuck flap meat
- 1¼ cups **Arrezzo Imperial** 50/50 avocado/extra virgin olive oil blend
- ½ lb **Imperial Fresh** jumbo yellow onion
- ½ cup chopped carrot
- 2 tbl chopped **Imperial Fresh** peeled garlic
- 2 tbl **Imperial Fresh** ginger root
- 1 qt **Sysco Classic** beef broth
- ½ cup **Sysco Classic** mustard miso glaze starter
- ⅓ cup **Sysco Classic** dark brown cane sugar
- ½ cup **Jade Mountain** Japanese seasoned rice vinegar
- 2 tbl **Jade Mountain Classic** blended sesame oil
- 2 tbl togarashi chile spice
- 1 ea **Imperial Fresh** Hass avocado
- 1 ea **Imperial Fresh** seedless English cucumber
- ½ ea Mexican papaya
- 1 ea mango

- 1 cup **Imperial Fresh** grape tomatoes
 - ¼ cup **Imperial Fresh** jumbo red onion
 - 2 ea fresh Boston butter lettuce heads
 - 1 cup shaved ube potato
 - Sysco Classic** salt and pepper to taste
1. For the braised short rib, cut the chuck flap into 2 x 2 chunks and sear in a large saucepot on all sides with ¼ cup oil blend; remove chuck flap. Add the onion, carrot, garlic and ginger, and sauté. Add the beef broth, miso starter and brown sugar; bring to a simmer. Add the seared chuck flap back to the saucepot and braise in the oven, covered, at 300°F for 3 hours. Check for tenderness after 3 hours. If more time is needed, place back in the oven to braise and check every 20 minutes. The chuck flap should be fork-tender. Remove the chuck flap from the braising liquid and strain, saving the liquid. Discard the vegetables and place the liquid and chuck flap in a container; reserve hot.
 2. For the vinaigrette, place the vinegar, sesame oil, togarashi, 1 tablespoon of the braising liquid and remaining 1 cup

oil blend in a squeeze bottle; shake until well incorporated. Reserve cold until ready to serve. (Vinaigrette needs to be kept refrigerated.)

3. For the salad, dice the avocado, cucumber and papaya. With a peeler, shave the mango into ribbons; cut the tomatoes in half and shave the red onion. Wash and dry the bibb/butter lettuce leaves keeping them whole. Reserve.

4. For the ube chips, thinly slice the ube and soak in hot water for 5 minutes. Remove and dry very well. Deep fry at 350°F for 3 to 4 minutes until crispy. Season with salt and pepper. Reserve until ready to plate.

5. For plating, place 3 to 4 lettuce leaves on the plate and mix the avocado mixture with some of the vinaigrette in a bowl. Arrange the lettuce and avocado mixture on the plate, tearing the lettuce leaves in half if they are too big. Place 3 to 4 ounces of the braised chuck flap on top, lightly shredding with your hands. Finish with more vinaigrette around the salad and place the ube chips as a crunchy garnish.

LEMON, POPPY SEED & RASPBERRY TART

Yield: 12 servings

- 12 ea **Wholesome Farms Classic** USDA Grade AA extra-large white egg yolks
- 2 cups **Wholesome Farms Classic** whole milk
- 1 cup **Sysco Classic** extra fine granulated cane sugar
- 2 tbl cornstarch
- 2 tbl **Wholesome Farms Classic** unsalted butter
- ⅛ tsp **Sysco Classic** coarse kosher salt flakes
- ¼ cup neutral mousse mix
- 1 cup **Wholesome Farms Classic** extended shelf-life 40% heavy cream
- ½ cup lemon fruit compound
- ½ cup seedless raspberry jam
- 2 prepared **Lemon Poppy Seed Short Crusts**
- 1½ pt fresh raspberries
- ¼ cup apricot gel glaze

1. For the pastry cream, combine the egg yolks, milk, sugar, cornstarch, butter and salt in a medium, heavy bottom saucepan. Gently break up the egg



yolks with a whisk, being careful to not whisk too vigorously, adding too much air to the mixture. Heat over medium-low heat, whisking gently and constantly for about 8 to 10 minutes. You will gradually feel the mixture getting thicker, and you will start to see some bubbles, just short of a boil. The pastry cream will temp to about 175°F; whisk quickly for 1 minute.

2. Remove pastry cream from the heat and strain through a fine chinois into a clean bowl or small sheet tray and spread out thin. Cover with plastic wrap touching the pastry cream surface to avoid a skin from forming. Allow to cool somewhat before placing in the refrigerator to cool completely. When ready to use, whisk again to loosen and smooth. This will be a thick custard.

3. For the lemon tart filling, prepare the mousse mix with the heavy cream following the directions on the box. Reserve cold.

4. Whisk the chilled pastry cream to remove any lumps. Combine all of the pastry cream (2¼ cups), 2 cups of the prepared mousse mix and 6 tablespoons of the lemon compound, gently folding together to combine.

5. Spread an even layer of ¼ cup jam on the bottom of each tart crust. Evenly divide the lemon tart filling between 2 baked crusts over the jam, and use an offset spatula to even it out. Cover the top with the fresh raspberries.

6. Heat the apricot glaze and ¼ cup water for about 10 to 15 seconds to incorporate and stir together to evenly combine, then use a pastry brush to gently brush the berries, giving them a shine. Serve chilled.

LEMON POPPY SEED SHORT CRUST

Yield: 12 servings

- 2 cups **Sysco Classic** enriched bleached malted all-purpose flour
- 1 cup **Sysco Classic** 10x confectioners cane sugar
- 8 oz **Wholesome Farms Classic** unsalted butter
- 1 tbl **Imperial/McCormick** poppy seeds
- 1 ea **Reliance Fresh** choice lemons
- ½ tsp **Sysco Classic** coarse kosher salt flakes

1. Combine all ingredients in a food processor and pulse multiple times until the dough starts to come together. When the dough looks crumbly, but holds together when you pinch it, it is ready. If not, pulse a few more times until it is.

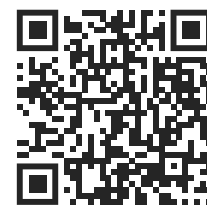
2. Transfer dough into a 9-inch round tart pan with a removable bottom. (If the pan is nonstick, there's no need to grease the pan.) Press the dough against the rim and the bottom of the pan, being careful to press into an even layer. Use a bench scraper to trim off the excess dough. Prepare 2 crusts in 2 pans since the filling makes enough for 2 tarts.

3. Freeze the tart shells for at least 30 minutes before baking.

4. When ready to bake, place the tart shells on a half sheet tray to catch butter runoff, and bake at 350°F for 24 to 26 minutes, until the crust is starting to reach a golden brown. The dough will shrink slightly.

5. Allow the crust to cool completely in the tart pan. Fill and assemble while still in the tart pan.

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