

FOODIE

AT THE HEART OF FOOD & SERVICE

**TOP FOOD
TRENDS
FOR 2020**
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**VEGGIE
SANDWICHES
THAT SATISFY**
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**SEAFOOD
& PASTA:
A PERFECT
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**MAKE YOUR
MENU
DO MORE**
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HUNGRY FOR CHOICE

**IS YOUR
MENU
READY FOR
CHANGING
DIETARY
LIFESTYLES?**

MEET THE
SYSCO SIMPLY
PLANT BASED
MEATLESS
BURGER PATTY

HUMMUS BEYOND DIPPING

Sabra Hummus

is making Avocado Toast Green with Envy!



Raspberry Lemon Hummus Toast



Ignite your plant-forward creativity at sabra.com/foodservice and by contacting your Sysco Marketing Associate for Sabra ordering information

Classic Hummus - 5lb
Red Pepper Hummus - 5lb

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Find more recipes, tips and inspiration online and on our social channels.

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Say (Fresh) Cheese!

American diners love cheese, from domestic favorites like cheddar and Jack to more exotic products such as smoked Sicilian provola or an aged manchego from Spain. European Imports, a Sysco company, can deliver fresh cheeses from all over the world straight to your kitchen door. Looking for something to serve with that chevre or brie? European Imports carries everything you need, including gourmet crackers, jams and cured meats.

European Imports offers more than 5,000 products, with over 1,000 high-quality foreign and domestic cheeses. Soft, ripened cheeses, such as goat cheese and Taleggio are imported in a refrigerated container that leaves France every two weeks. Cheeses with a shorter shelf life, such as *mozzarella di bufala*, are brought to the European Imports warehouse in the U.S. via air freight. Both types are then sent to Sysco warehouses nationwide, so chefs and operators can expect delivery in one to two days, ensuring freshness and quality.

When handling cheese, freshness and safety are essential. European Imports follows FDA regulations and ensures that each shipment follows the standards set by the Food Safety Modernization Act. Whether you would like to offer an elegant cheese board appetizer or take your cheeseburger to the next level, European Imports has the products you need.

European Imports Cheeses

- 1 Beehive Hatch Chile-Rubbed Cheddar
- 2 Gran Valle de Montecelo 12-Month Aged Manchego
- 3 Mustard Seed Gouda from Holland
- 4 Smoked Sicilian Provola
- 5 Quicke's Vintage Cheddar
- 6 Amber Valley Blue Stilton
- 7 Uplands Farmstead Pleasant Ridge Reserve
- 8 Cypress Grove Truffle Tremor



LOCATION

Reading, Pennsylvania

CATEGORY

Desserts

KNOWN FOR

Cookies, cakes and brownies



SUPPLIER PROFILE

Sweet Street

Since 1979, Sweet Street has produced on-trend gourmet desserts that not only taste great but are also made with clean ingredients. Considering the company's success, it's hard to imagine that founder and CEO Sandy Solmon, once a photographer, had not planned to join the food business. But after moving from Berkeley, California, to Reading, Pennsylvania, Solmon found the industry was a natural fit. "I understood intuitively that food was the glue that got us all to pause and talk to each other, and I love those moments of community and conversation," she says.

Today, Sweet Street makes more than 300 desserts, from layer cakes and cheesecakes to bars and cookies. A shared love of delivering quality and flavor, focusing on innovation and anticipating the market has helped Sysco and Sweet Street maintain a successful partnership for more than 10 years. "Both companies are committed to

growing the dessert assortment, delighting our customers and making it profitable and successful for those mutual customers," says Solmon.

Sweet Support

Sweet Street supplies Sysco with a range of desserts, including bestsellers like the individually wrapped Manifesto cookie bar line and the Pullman line. "We sell an incredibly large cross section of products across all the Sysco locations," says Solmon.

When Sysco asked Solmon and Sweet Street to participate in the Cutting Edge Solutions innovations platform, it was an exciting and logical next step in the partnership. "I felt our strategies were aligning in a new way. It's certainly cultivated a different bond between us, because innovation is where Sweet Street shines," says Solmon. The resulting **Luscious Layers** cake line features cheesecakes and layer cakes that look and taste great. "I would put the **Banana Toffee Bourbon Cake** up there as one of our masterpieces," Solmon says.

Commitment to Quality

Over the years, Sweet Street has anticipated and met market trends. When customers began asking for desserts made with healthier ingredients, Sweet Street obliged without compromising on taste. Today, the company's products are made without trans fats, and the GMO-free Manifesto line is one of the company's most popular.

Like Sysco, Sweet Street is deeply committed to safety and quality assurance. The company has extensive QA systems in place, from regular inspections to environmental monitoring. "Our entire team, from R&D to delivery, is quality-focused," Solmon says.

In the end, it all comes back to creating high-quality, delicious desserts. "People love to sell our products because they make customers happy," says Solmon. "And that's a great way to build a relationship."

Talk to your Marketing Associate to discover what Sweet Street products are available in your market.



The Bold Flavors of Italy

A bowlful of hearty pasta, a slice of authentic wood-fired pizza—Italian food has become America’s comfort food. Sysco’s **Arrezzo** brand brings craftsman-quality Italian ingredients to your kitchen, whether you operate an Italian restaurant or would like to incorporate more Italian flavor into your menu.

Authentic Quality Products

Arrezzo works with the best producers in Italy and the U.S. to create full-flavor products for Sysco customers, using the time-honored production processes of the Old World. **Arrezzo Classic Pasta** is an imported dried pasta, made in Italy from 100% durum (semolina) wheat. It is perfect for Italian restaurants—and any kind of operation—that would like to promote the authenticity of their ingredients.

Arrezzo’s high-performing **Pasta La Bella**, also made from 100% durum (semolina) wheat, is domestically produced by one single supplier, which provides for high levels of transparency and quality control. Known for its consistency of texture and color, this is a great choice for any restaurant across the board that is looking for an excellent and reliable product.

Another standout item, **Arrezzo Riserva Mozzarella** is an all-natural cheese that uses no anti-caking agent, so it is perfect for gourmet and artisanal pizzas.

The mozzarella is made by a single supplier in California, which ensures quality and consistency year-round.

Three Tiers of Flavor

The Arrezzo brand covers products as diverse as tomato sauce, prosciutto, anchovies and basil pesto—the building blocks of Italian cuisine. The brand is divided into three tiers: Arrezzo Classic, Arrezzo Imperial and Arrezzo Riserva. Arrezzo Classic products—which include a variety of meats, cheeses and tomato sauces as well as imported pasta—are distinguished by their excellent value. Arrezzo Imperial products offer premium performance and exceptional value. And items under the Riserva name have unique formulations, using the highest-quality ingredients.

Mix It Up!

Although many Arrezzo products call out for use in traditional Italian applications, “a lot of these items can swap into other kinds

of cuisine,” says Alfredo Guido, Sysco’s Director of Italian Sales. “I see a lot of mixing of genres these days, such as Japanese-Italian fusion. Don’t be afraid to try out bold combinations.” Many chefs, for example, consider **Arrezzo Imperial Pesto** to be one of the most versatile ingredients in their repertoire, whether they are pairing it with roasted potatoes or topping a shrimp salad for a quick lunch special.

The Promise of Quality

Not only are Arrezzo products made with the highest quality standards, but they also are backed by Sysco’s unprecedented supply chain management and delivery reliability. This means your order comes with the confidence of a carefully monitored producer network and the largest quality assurance team in the industry.

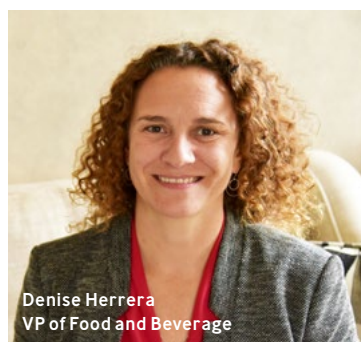
Talk to your Marketing Associate to learn more about how Arrezzo products can bring flavor to your menu.



Sysco Brand QA Promise
Our Sysco Brand products meet the most exacting standards for safety, reliability and quality. All Sysco brands are backed by the largest Quality Assurance team in the industry.



FRESH new look, SAME great brands
You may notice that our brands look a little different. Driven by our companywide commitment to more sustainable operations, and new FDA regulations on clear and clean labeling, our products’ packaging now features a fresh new look. Rest assured that no matter what changes on the outside, the quality and consistency you’ve come to rely on remain the same.



Denise Herrera
VP of Food and Beverage



Maxx Burger



Asian Ahi Salad

BURTONS GRILL & BAR



Paleo NY Strip



CUSTOMER PROFILE

Burton's Grill & Bar

Eastern Seaboard

From Massachusetts to Florida, **Burton's Grill & Bar** greets guests with scratch-cooked food, made to order. We spoke to **Denise Herrera**, VP of Food and Beverage, about how this chain has adapted so well to consumers' dietary changes.

If you had to describe Burton's in just a few words, what would they be?

It's an upscale, polished-casual restaurant specializing in contemporary American cuisine. Our passion is delighting every guest with customization.

How did the restaurant get started?

Three former steakhouse executives wanted a high-quality scratch kitchen for their new endeavor, and they hired me as the founding chef. We opened the first location in Hingham, Massachusetts, in 2005. We didn't want to be tied to any one food category like steak or fish—we wanted to have something for everyone.

How did you decide to tailor parts of your menu around allergies and wellness?

In the beginning, it was about customization: giving the guests what they wanted,

how they wanted it. We would split food in the kitchen for no charge, for example. Our CEO, Kevin Harron, has celiac disease. I watched how he navigated our menu and it made me want to try out more gluten-free items. First, we came out with a small gluten-free menu. Then, we began sourcing gluten-free pasta, dinner rolls, burger buns. Our customers truly appreciate it.

What does the Lifestyle section of the menu represent?

It started as a small section for paleo-friendly dishes, and we watched the interest grow. We always had a vegetarian menu, so we combined those options into one place. We can also accommodate eating plans like keto and Whole30. That section will continue to evolve. In my opinion, this is how people are shifting their dining preferences.

What are your signature dishes?

General Tso's Cauliflower as an appetizer, the Superfood Salad and for entrées, the Crab Crusted Haddock and Mediterranean Chicken Risotto are very popular. People go off the hook for our burgers, and our Short Rib Grilled Cheese Sandwich is out of this world. In the Lifestyle section, customers love the Roasted Veggie Quinoa Bowl. Our children's menus are also popular.

What food items do you typically source from Sysco?

We get our chicken, some beef (including all our burger meat) and our pork chops from Sysco. We get all of our olive oils, vinegars and spices, too. We also get our gluten-free products, such as flour, panko, burger buns and pasta from Sysco, and those items—as you can tell—are a very important part of our menu.

How has Sysco been an integral partner in your success?

Having a consistent broadline company like Sysco that can deliver on the right timeline has worked out great for us. I also like the price stability. We have a great relationship with our account representative, Steve Husson. We've worked together for four or five years now, and if there is a problem, he is very responsive. Steve watches our account closely and makes sure it's all working properly.

What are your plans for the future?

We plan to continue to open restaurants, with more coming in the Southern market. And we will continue to push forward with our allergy commitment, and with the Lifestyle section, making sure we are offering relevant, healthy, flavorful cuisine and beverages to our customers.

Create head turning appetizers & **UP YOUR GAME DAY** ATMOSPHERE!



Bloody Mary Extreme
featuring Sysco Imperial Onion Rings,
Fried Pickles and Breaded Avocado Slices



Other menu play ideas:
Poutine Tacos, Cheese Curd Burger, or
BBQ Sandwich with Fried Pickles & Onion Rings

Chicago Dog
featuring Sysco Imperial Fried Pickles



Reverse Poutine
featuring Sysco Imperial Recipe Choice Chips
and Breaded Wisconsin Cheese Curds



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One Potato, Two Potato

Go whole hog or meat-free with loaded fries for game day.

A vegetarian and a carnivore walk into a bar—maybe you’ve heard this joke before. What if the story continued: A vegetarian and a carnivore walk into a bar to watch their favorite game on TV, and both find menu options for snacks and apps that meet their dining needs. With Sysco **Simply**’s new line of meatlike alternative proteins, this scenario can become a reality for your operation.

To illustrate how you can make easy substitutions without disrupting your menu, we’ve created two plays on a popular

shareable bar snack: loaded French fries. A meat-eater’s delight, the Pig Skin Loaded Fries features applewood-smoked Sysco **Classic Bacon** and labor-saving **Butcher’s Block BBQ Smoked Pulled Pork** piled on a foundation of hearty Sysco **Imperial Skin-On ½-inch Straight-Cut Fries**.

For vegetarians, flexitarians and anyone looking to cut down on meat consumption, our Loaded Plant-Based “Chorizo” Fries dish has all the flavor of beef without the meat itself. Instead, the recipe uses Sysco **Simply Plant-Based Ground Bulk**. This

gluten-free, dairy-free, certified vegan product has a rich, meaty taste and the texture of ground beef. It is protein-packed and ready to use across your menu, in tacos, meatloaves and other applications. Here we’ve sautéed it with a “chorizo” spice blend for extra flavor before topping French fries with it, alongside two kinds of cheese and sliced jalapeno chiles.

Talk to your Marketing Associate about Sysco Simply products or visit SyscoFoodie.com/Simply to learn more.



Loaded Plant-Based “Chorizo” Fries (left) and Pig Skin Loaded Fries (right); find these recipes by Chef Neil Doherty on SyscoFoodie.com.

Alternative Dairy Goes Mainstream

Sysco Simply's nondairy beverages add versatility across your menu.

If you've been in a coffee shop or grocery store in the last few years, you'll have noticed the growing popularity of nondairy beverages. Consumers have embraced this trend for a variety of reasons—because of allergies, in order to avoid animal products or just for a different flavor profile. That increased consumer demand is having an impact on the market, including restaurant menus. In response, **Sysco Simply Plant Based** offers an assortment of nondairy beverages, giving consumers the choices they crave, with **almond, soy** and **coco-nut-based** drinks at the top of the list.

Sysco Simply provides products that can be used across dayparts, from breakfast to dessert. And there is no need to rewrite the menu or order dozens of products. A simple swap with a nondairy product can

work in most recipes, including vegan salad dressings and creamy soups.

Sysco Simply has also developed the **Barista Blends** specifically with the coffee-loving consumer in mind. These dairy-free beverages—available in **oat, almond** and **coconut** formulas—are specially formulated to steam at high temperatures. They froth like traditional dairy beverages, producing a consistent, smooth and glossy foam, and don't need to be refrigerated until after opening.

Data shows that consumers are willing to pay more when items such as coffee drinks are customized to order—especially when the customization involves specialty products such as nondairy beverages. So your Barista Blend cappuccino or latte can definitely carry a corresponding upcharge.



Based on customer insights, feedback and industry trends, the first focus area of Sysco Simply™ is plant-based dining; including vegan, vegetarian, flexitarian and plant-based protein products.

Choice, Integrity, Purpose
LEARN MORE AT [SYSCOFOODIE.COM/SIMPLY](https://www.syscofoodie.com/simply)



Creamy Vegan Tomato Soup; find recipes for these dishes on page 28.



Almond Chai Tea Latte



Dairy-Free Ranch Dressing





Food Trends Forecast for 2020

As consumers become better informed about health and wellness issues, dietary trends are following suit. Plant-based eating, clean label ingredients and local and sustainable sourcing are just a few of the top trends our Sysco chefs came up with when we asked for their predictions of what's coming in 2020.



Neil Doherty

SENIOR DIRECTOR OF CULINARY DEVELOPMENT
SYSCO CORPORATION

Robotics: As labor costs rise, it will become more economical to automate areas of our industry. Yesterday's science fiction is today's reality as advances in robotics are showing up in more foodservice operations:

- Touch-screen restaurant kiosks
- Computer-barista coffee and espresso machines
- Retail robotic bread baking
- Automated salad kiosks
- C-stores without attendants



Bryan Hudson

CULINARY CONSULTANT
SYSCO RALEIGH

Local and Sustainable: Hyperlocal sourcing is still a focus with chefs, as are the following moves toward more environmentally friendly foodservice:

- Better traceability of foods
- Less kitchen waste
- Eco-friendly to-go containers
- Single-service wipes made from natural ingredients like flaxseed
- Using "ugly" or imperfect produce in kitchens and retail outlets
- Sourcing from reliable, responsible and traceable suppliers



Kelly Bean

CULINARY CONSULTANT
SYSCO NASHVILLE

Protein Snacks: Consumers are looking for protein any way they can get it. Adding more protein-rich options to your menu—including plant-based meat alternatives and protein-based beverages—can keep diners coming back. Including:

- Low-carb, high-protein snacks
- Extra protein added to dishes and ingredients
- Grab-and-go snacks such as cheese, sausage and salami, cubed turkey or chicken breast, hard-boiled eggs and even kabobs



Benjamin Udave

MARKET CHEF
SYSCO LOS ANGELES

Regional Cuisine: Food is not all created equal, nor should it all taste the same. With the number of millennial and Gen Z diners continuing to rise, street food is huge, and regional ethnic cuisines need to be as authentic as possible. Some popular examples include:

- Middle Eastern
- North African
- Mexican: Norteño, Yucatán, Oaxacan
- Indian/Northern India
- Japanese/ramen by region
- Greek



Elizabeth Wheaton

CULINARY CONSULTANT
SYSCO BOSTON

Plant-Based: With plant-based trends on the rise, fantastic products are hitting the market. **Sysco Simply's Plant Based Meatless Burger Patty** is a center-of-the-plate wonder. Other great plant-based alternatives include:

- Sysco Simply Plant Based products
- Raised & Rooted Nuggets Made From Plants*
- Ahimi tomato-based tuna
- Good Catch plant-based tuna

**Exclusive to Sysco's Cutting Edge Solutions.*



Jason Knapp

CULINARY CONSULTANT
SYSCO ARKANSAS

Convenient Sous Vide: As sous vide cooking has entered mainstream kitchens, the struggle for chefs is paying for the extra labor and costly equipment. Now, the advent of convenient sous vide products makes it easy to cook a delicious meal of tender beef short ribs. Other great options for sous vide cooking include:

- Beef fillet
- Eggs
- Salmon
- Chicken breast
- Lobster tail



Jeffrey Cox

CULINARY CONSULTANT
SYSCO SEATTLE

Clean Label: What does "clean label" mean? Products that are made using as few, whole ingredients as possible. They should also be less processed and recognizable by consumers as "better for you." Diners today are focused on eating wholesome, nutritious foods, and menus are offering more:

- Vegetables
- Whole grains
- Fruits
- Alternative proteins
- Globally sourced spices
- Healthy oils

CONSUMERS CRAVE CHOICE

Build more inclusive menus to meet the dietary lifestyles of today's diner.

CONSUMER TASTES are always evolving. As millennials and Gen Z'ers become the new wave of restaurant consumers, they are changing the foodservice landscape. Heavily influenced by digital media, they care passionately about their health and that of the planet. And they are driving healthy lifestyles such as plant-based/vegan and high-protein diets like keto and Whole30. According to a recent Technomic survey, "The majority of consumers who follow a specialty diet describe themselves in flexible terms, such as 'semivegetarian' or 'flexitarian.'" What they are looking for is *options*. Operators can attract a broader crowd by offering menu choices that cater to various dietary lifestyles, such as plant-based alternatives, meatless versions of existing dishes, fish-based dishes and high-protein snacks. Sysco has both the products and resources to help navigate these shifting consumer behaviors.



SYSCO IMPERIAL RECIPE CHOICE CHIPS WITH HOUSE RECIPE KETCHUP

FEISTY FETA BURGER WITH SYSCO SIMPLY PLANT BASED MEATLESS BURGER PATTY

PLANT-BASED OPTIONS

"RIGHT NOW PLANT-BASED EATING is the most talked-about food trend—and it's one that has stickiness. Plants are here to stay," says Chef Neil Doherty, Sysco's Senior Director of Culinary Development. "Consumers still want food that tastes good but many are also looking to food to be their fuel. They want their food to provide nutrition for their body and they want to be empowered with menu choices that support their personal sense of wellness—however they define it."

As more consumers go green and pile their plates with plants, Sysco saw the need to build more plant-based options into its assortment. "The launch of our new Sysco Simply brand is how we are going to support our customers with the plant-based products they need to bring variety and choice to their customers," says Caitlin Armstrong, Brand Manager for Sysco Simply.

Vegetarian entrée options have always been based around vegetables and grains: stuffed squashes, tofu, pasta and rice dishes. Now consumers are also looking for plant-based proteins that have the taste, texture and satisfaction of meat. Sysco has responded to the market demand by developing the certified-vegan Sysco Simply Plant Based Meatless Burger Patty, which has a meatlike taste and texture and can be used in all of your favorite burger preparations. We have featured it here in the Feisty Feta and Avocado Burger (pictured, left-hand page). Another new alternative protein, Sysco Simply Plant Based Ground Bulk, has the same attributes as the burger and can be used for preparations such as tacos, vegan meatloaf or wherever you would normally use ground beef. Both products are gluten-free, dairy-free and non-GMO.



GREEN GODDESS PASTA BOWL WITH SEARED TOFU

FIND THESE RECIPES AND MORE ON PAGES 28-29 AND ON SYSCOFOODIE.COM

OTHER PLANT-BASED ALTERNATIVES

- JACKFRUIT**
Tropical jackfruit has a neutral flavor and dense texture that is perfect for replacing shredded chicken or pork.
- TOFU**
Soy-based tofu has been the backbone protein of meatless dining. Sysco Simply's version is both delicious and easy to prepare.
- SEITAN**
Made from wheat gluten, seitan has the right texture to create a versatile range of "fake" meats.
- BEANS**
Whole or mashed, blended into soups or folded into tacos, beans are always satisfying. Pair with rice for a great balance of nutrition.

SEAFOOD STANDS OUT

A NATURALLY LEAN PROTEIN, seafood is a beneficial addition to any dietary lifestyle—whether or not someone calls themselves a pescatarian (a vegetarian who incorporates seafood into their diet). In fact, shrimp and many finfish are known for providing a powerful punch of protein, without much saturated fat. Although shrimp and salmon reign as the most popular seafood among U.S. consumers, creative operators can also achieve great success by serving something slightly different, like a delicious grilled branzino with roasted beets or fillet of snapper rubbed with jerk spices.

Although we usually think of seafood as a dinner or lunch ingredient, you can use it across the dayparts and across your menu to make the most of your inventory. For example, elevate and lighten up a breakfast by replacing smoked meats with seafood. Smoked salmon makes a terrific substitute for ham or sausage, and also raises your check average by several dollars.

Diners have become increasingly interested in the wholesomeness of their food. Sysco's **Portico Simply** tier of chemical-free, additive-free, all-natural seafood meets this market demand. All of Portico's seafood undergoes stringent supplier controls and quality assurance processes. So, whether you're serving a delicate dish of seafood pasta (page 22) or one of the beautiful recipes on this page, you'll have the confidence of unrivaled freshness and quality.

▶
BRANZINO WITH ROASTED BEETS, OLIVE TAPENADE AND PISTACHIO CRUMBLE

▶
HONEY-MUSTARD SALMON AND SMASHED POTATOES OVER HARICOTS VERTS WITH CHORIZO

FIND THESE RECIPES AND MORE ON PAGES 28-29 AND ON SYSCOFOODIE.COM

45% of those eating more seafood say they're doing it because they're trying to eat healthier.

—Technomic

FISH NUTRITION FACTS

SALMON

Delicious salmon is one of the fattier fish, but it is swimming in healthy omega-3 oils, as well as being high in protein.

SHRIMP

They may be small, but shrimp are packed with protein and light on calories. Make them a mainstay of your menu year-round.

SNAPPER

A 3-ounce serving of snapper comes with 23 delicious grams of protein, along with plenty of vitamin B12.

BRANZINO

Branzino is a lean white fish with a delicate, mild flavor when cooked. Each 3.5-ounce fillet has about 15 grams of powerful protein.

HIGH-PROTEIN SNACKS

THE GRAB-AND-GO PHENOMENON is here to stay. Consumers today—from university students to busy parents—are not necessarily sitting down for three square meals, but are instead partaking in several smaller meals and snacks throughout the day. More and more, diners are looking for nutrition-packed, high-protein snacks that are not only tasty and high-quality but are also convenient enough to take in the car, to work, to pick up the kids—wherever their day may take them.

From old-school low-carb diets like Atkins to keto, paleo and Whole30, protein is one very popular nutrient—and for good reason. Unlike carbs and fat, protein makes you feel fuller for longer—which also makes it the perfect snack.

Sysco's **Block & Barrel Snack Sticks**, which come in tempting flavors like Sriracha and teriyaki, can be conveniently placed next to your point of sale. They even come with their own custom-designed display case. The **Block & Barrel Kindred Creamery Snack Trays** feature combinations of protein-packed cheese, nuts, crackers and dried fruits. And **Olli Salumeria Snack Packs** from European Imports offer the perfect mix of Italian-style cheeses and salami. Place these in your refrigerated case along with carbonated beverages, and you've got the perfect snack or light lunch to go.



OLLI ANTIPASTO SNACK TRAY



NET WT 2.9 OZ (82 g)



OLLI SALUMERIA SNACK PACK



NET WT 2 OZ (56.7 g)



BLOCK & BARREL KINDRED CREAMERY SNACK TRAY

BLOCK & BARREL SNACK STICKS

BUILD YOUR OWN BOX

To make your own protein-based snack packs for consumers on the go, use your imagination plus plain plastic four-square containers. Simply fill with the proteins of your choice. Start with a wedge of cheese and sliced deli meats from Sysco's **Block & Barrel** brand. Fill in the squares with items like edamame; turkey or beef jerky; roasted almonds, cashews or walnuts; vegetables with hummus; and a hard-boiled egg. You can balance out the box with fruits that travel well, such as green and red grapes and apple slices.

1 A hard-boiled egg is the perfect protein snack. Portable when you're on the go, a large egg gives you 77 calories, 6 grams of protein and 5 grams of fat.

2 Grilled chicken breast is a lean, low-fat source of protein that pairs well with other snacks. One 3.5-ounce serving offers 26 grams of protein.

3 Cured meats have a salty, satisfying taste that matches with most cheeses. Each ounce provides about 6 grams of protein.

4 The tangy flavor of aged blue cheese satisfies your taste buds and your hunger. Each one-ounce slice has 6 grams of protein.*

Talk to your Marketing Associate about container options in your local assortment, and also about how Sysco can help you build a more inclusive menu for today's dining lifestyles.

*All nutrition information is from U.S. Department of Agriculture, Agricultural Research Service, FoodData Central, 2019. fda.nal.usda.gov.

HEAVY ON THE VEGGIES

Sandwiches are the ultimate portable meal. So, it makes sense that sandwich fillings have been diversifying along with current dining trends. Millennial consumers are interested in bold international flavors as well as plant-based eating—and the humble sandwich has evolved to reflect those passions, bringing in different flavor profiles and using vegetables in tasty and surprising ways. As more diners make vegetables a central feature of their diet, operators are following suit, featuring rich, delicious, veggie-centric options on their sandwich menu.

“If you do it right, you won’t miss the meat at all,” says Chef Neil Doherty, Senior Director of Culinary Development at Sysco. “Vegetarian sandwiches don’t have to be wimpy.” They can be just as hearty, rich and satisfying as their protein-heavy counterparts. By using ingredients like marinated, grilled portobello mushrooms, cheeses and breaded, fried avocado, you can create truly gratifying vegetarian sandwiches with layer upon layer of rich flavor.

The Eggplant Parmesan Sandwich is a quintessential Italian-American classic. The pre-cut and breaded **Arrezzo Imperial Breaded Eggplant Cutlet** is ready for the fryer, which saves time and labor. Combine it with three types of Arrezzo cheese on a toasted **Baker’s Source Imperial Rustic Filone Hoagie Roll**, and you have a sandwich to serve with pride.

Everyone loves a good banh mi—the wonderful Vietnamese sandwich often filled with grilled chicken or pork and pickled vegetables. In this meatless version, **Sysco Imperial Breaded Avocado Slices** add savory crunch and a rich taste complement to the lighter traditional toppings of carrot, daikon radish and cilantro.

In the Portobello “Bacon” BLT, the mushrooms take on an earthy, meaty flavor. They don’t try to replace bacon but instead bring their own unique taste. Made with fresh basil, cilantro and mint on a **Baker’s Source Classic Brioche Bun**, the sandwich appeals to vegetarian and flexitarian diners, as well as to anyone interested in adding more plants to their diet.



Portobello
“Bacon” BLT

Eggplant Parmesan
Sandwich With Three
Cheeses and Basil.
Find recipes for these
dishes on pages 29–30.

Crunchy Avocado
Banh Mi

THESE FLAVORFUL VEGETARIAN SANDWICHES—INSPIRED BY DIFFERENT ETHNIC CUISINES—BRING PLANT POWER TO YOUR MENU WITHOUT SACRIFICING DINER SATISFACTION.



Seafood on Top

Elevate your pasta dishes with the addition of Portico brand seafood.

A simple bowl of pasta with tomato or cream sauce is homey and rustic. Top the same bowl with perfectly grilled shrimp or add a mix of fresh fish and shellfish, and you instantly elevate it to something special. For a range of seafood pasta options, mix and match Sysco's **Arrezzo** brand pastas and sauces with **Portico** quality seafood and watch your customers dive in.

Start with classic combinations like linguine with clams or grilled salmon with creamy fettuccine. Or go deeper with a sophisticated dish of lobster ravioli and Champagne-saffron sauce.

These days, many diners are interested in eating wholesome ingredients. They want to have confidence in the quality, freshness and sustainability of their food. When you use **Portico Simply** all-natural seafood—including favorites like shrimp, halibut, tilapia and Pacific cod—in your pasta applications, you can rest easy knowing that this product contains no hormones, antibiotics or GMOs.

Diners perceive seafood as something a little special and rare, and they are willing to pay more for it. "Seafood is one of the few things home cooks still feel insecure about cooking for themselves, so they will seek it out on restaurant menus," says Neil Doherty, Sysco's Senior Director of Culinary Development. This is especially true during Lent (from Feb. 26 to April 9 this year), when many of the world's Catholics refrain from eating meat on Fridays.

Ask your Marketing Associate about the assortment of Portico seafood available in your market region, or request a consultation with one of Sysco's seafood specialists to learn more.



MANICOTTI DI MARE

A riot of fresh fish and shellfish make up the stew surrounding these delicate manicotti. When it comes to the unwritten rule that you shouldn't eat seafood with Parmesan cheese, Alfredo Guido, Sysco Director of Italian Food Sales, says, "Whatever tastes good to you is right."

SUN-DRIED TOMATO AND CAPER SNAPPER PICCATA

A twist on classic chicken piccata, this dish is made with lean **Portico Pride snapper**, nestled in angel hair pasta and topped with caper- and sun-dried-tomato oil. If you can't find snapper, use a thin fish such as sea bass.

SEAFOOD FETTUCCINE WITH KALE AND LEMON-GARLIC CREAM

For this satisfying plate, **Portico Atlantic salmon** and **Portico Simply Chemical-Free shrimp** are seared and then tossed with sautéed kale and fettuccine in lemon-garlic cream. To personalize the dish, you can easily omit either the shrimp or salmon, or substitute spinach or arugula for the kale.

Find recipes for these dishes on pages 30-31.

From pastries to
pizza to bread,
**WE HAVE THE FLOUR
TO MEET ALL YOUR
BAKING NEEDS.**



**GOLD MEDAL
PURASNOW**



**SYSCO CLASSIC
ALL PURPOSE/H&R FLOUR**



**GOLD MEDAL
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**GOLD MEDAL
FULL STRENGTH**



**SYSCO CLASSIC
HI GLUTEN**



**ARREZZIO CLASSIC
HI GLUTEN**



**GOLD MEDAL
ALL TRUMP**



If you can bake it, we have
the flour to help you make it.

Sysco's full assortment of flour, including unbleached and unbromated flours have the tightest specs in the industry to provide quality and consistency for every application.

**Talk to your Marketing Associate
today about what type of flour
is best for your operation.**



5 Tools for a Spotless Kitchen and Bathroom

Maintaining a pristine restaurant is key to creating a positive overall dining experience for the customer. In recent surveys, consumers rated restaurant kitchen and bathroom cleanliness to be as important as the food served. Sysco's **Keystone** brand, a partnership of Sysco and **Ecolab**, combines both companies' strengths to deliver essential cleaning products that save time, cost and labor for your operation. Here are five ways Keystone can help you keep your facility spotless for your diners and staff.

1. Clean and Safe Floors

A dirty, slippery restaurant kitchen or bathroom floor is not only off-putting but also dangerous. And it is one of the most challenging back-of-house areas for operators. **Keystone Sanitizing Wash 'n Walk™** is a mop-on floor cleaner that doesn't require rinsing, saving both water and time. Wash 'n Walk's bio-based enzymes break down oil and grease, and its nonslip formula keeps working longer than most cleaners.

2. The Fryer and Flattop

Keeping the fryer and grill clean is crucial: It limits the transfer of flavors and smells and increases the life of your cooking oil. For the grill, **Keystone Greaselift™** is a PPE-free product, which means personal protective equipment like gloves and goggles are not necessary. With **Keystone Express Fryer Cleaner™**, there is no hot liquid involved, and it's quicker than doing an entire boil-out. It's also noncaustic and safe on aluminum.

3. Perfect Tableware

Sparkling (or spotted and dull) tableware is one of the first things diners notice when being seated at a restaurant, setting the tone for the meal. With the **Keystone Dish-machine Program**, operators can choose between single- and double-door machines with glass washers and high-temperature sanitizing. A state-of-the-art control system helps manage total cost and gives consistent cleaning results.

4. Handwashing Magic

From the front to back of house, handwashing is critical. **Keystone Nexa™ Handcare System** is a perfect solution. An easy-to-use leakproof capsule, the soap is designed to ensure that every drop is used.

5. The Restroom Fix

Keystone has a complete array of solutions for bathroom cleanliness, including floor cleaners, air fresheners, hand soaps and bleach disinfectants. With Keystone, operators can achieve a unified branded look. And most importantly, **Keystone Peroxide Disinfectant and Glass Cleaner** and **Keystone Bleach Disinfectant Cleaner** are the best in the industry.

*Keep your kitchen clean with Keystone.
Ask your Marketing Associate about which
products would work best for your business.*





4 SUCCESSES FROM THE FIELD

1. Regional grower innovation groups are working to improve soil by planting cover crops and using "strip tilling," where soil is left undisturbed outside planting rows.
2. A raisin supplier reduced the use of nitrogen fertilizers by increasing soil, leaf and water testing in its vineyards.
3. A blueberry supplier reduced soil loss and controlled weeds by planting the open spaces between rows of blueberries with sod or other cover crops.
4. An apple supplier set aside 40 acres of land as a natural habitat for wildlife and pollinators.

Sustainable Success

Sysco has special programs in place that are helping its suppliers move toward more environmentally friendly agricultural practices.

With one of the largest footprints in the foodservice industry, Sysco is in a position to effect positive change at scale. It's this sentiment that drives initiatives such as Sysco's Sustainable Agriculture/Integrated Pest Management program (IPM). Since 2004, the program has elevated standards and practices across the food industry by helping the farmers who supply Sysco brand canned and frozen fruits and vegetables to protect growing areas, improve soils and conserve water, while encouraging responsible use of fertilizers and pesticides.

Commonsense Solutions

The program promotes economically viable agricultural practices that include pesticide management, waste reduction, water and energy conservation and solutions such as using cover crops, crop rotation and natural pest control. "Sysco is proud of the work our growers are doing to implement sustainable agriculture practices in the field. Their efforts help protect biodiversity, improve soil health and conserve water," says Tammy McElroy, Sysco's Senior Director of Sustainability.

Accountability

Sysco is elevating standards and practices across the industry by holding its supplier/partners accountable. Since IPM's inception 15 years ago, suppliers who have implemented its principles have reported avoiding the use of more than 35 million pounds of pesticides. The program has also succeeded in reducing overall chemical fertilizer use, protecting pollinator habitats and increasing the beneficial reuse of vegetative waste in compost, cattle feed and material left on fields after harvest.



Make the Most of Your Menu

Boost the bottom line with smart menu design.

At first glance, a restaurant menu might seem like the means to an end: a way to order food. In reality, a well-designed menu is crucial to success, giving operators the chance to enhance not only the dining experience but also their bottom line. "A menu is the one piece of marketing that every diner will see and touch," says Sysco Menu Consultant Bruce Barnes. "They may not see a billboard or an ad on TV, but the menu is their direct link."

Don't Overdo It

There are a number of things to consider when designing a menu, from the layout to the size to the number of dishes featured. Barnes says one common mistake he sees is restaurants trying to do too much. "More than ever, customers want to make quick decisions, they want to be presented

with what's guaranteed to be good and with something that they shouldn't miss." Instead of overwhelming guests with everything from soup to nuts, Barnes suggests paring down the menu so it focuses on what your restaurant does well and what is making a profit, as well as on low-labor items that don't burden the kitchen.

"Fonts, colors and contrast are all crucial elements to good design," says Barnes. With dim restaurant lighting and an aging baby boomer population, easy readability is also key. And if you use photos, be sure they are high-quality images that reflect what the final dish will look like.

Highlight What's New and Different

Your menu is your No. 1 marketing tool, and a great way to introduce diners to

what's new in your kitchen. Operators can highlight specific dietary options like gluten-free, vegan, sugar-free and more by putting an icon next to them or placing them in a special section of the menu (e.g., "The Lighter Side"). Barnes also suggests showcasing healthy options by using bright colors (greens work well here) and fresher font choices.

Not sure where to start? Sysco Menu Services can help. "Our menu consultants work with customers by looking at their current menu and talking to them about their specific issues," Barnes says. "We can tailor menu designs to meet the needs of each operation."

Is your menu maximized for profitability? Talk to your Marketing Associate about scheduling a review with Sysco's Menu Services team.



Dairy-Free Ranch Dressing

CHEF SCOTT COPELAND
SYSCO CENTRAL FLORIDA
MAKES 4 SERVINGS

- 3 cups raw cashews
- 3 cups Sysco Simply unsweetened almond non-dairy beverage
- 1½ Tbsp. lemon juice
- 1½ Tbsp. garlic, minced
- ¾ Tbsp. onion powder
- 3¾ tsp. Sysco Classic apple cider vinegar
- Kosher salt and coarsely ground black pepper to taste
- 3 tsp. Sysco Imperial maple syrup
- 3 Tbsp. chopped fresh dill
- 3 Tbsp. chopped fresh parsley
- 3 Tbsp. sliced fresh chives, plus more for garnish

Soak the cashews in hot water for at least 3 hours or up to overnight. In a bowl, combine the non-dairy beverage and lemon juice. After a few minutes, the non-dairy beverage will begin to thicken and curdle. Drain and rinse the cashews several times and transfer to a blender. Add the non-dairy beverage mixture, garlic, onion powder, apple cider vinegar, salt, pepper and maple syrup. Blend for 1 to 2 minutes or until smooth. Add the fresh herbs and pulse just enough to combine. Adjust seasonings if needed. Garnish with chives and serve.



Almond Chai Tea Latte

SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 1

- 8 oz. strong-brewed chai tea, hot
- 6 oz. Sysco Simply Almond Barista Blend, hot
- 1 tsp. Sysco Classic honey
- 1 tsp. ground cinnamon

In a milk blender, blend the tea, Almond Barista Blend and honey on high speed until foamy, about 1 minute. Pour into a mug, sprinkle with the ground cinnamon and serve.



Creamy Vegan Tomato Soup

SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 2

- 10 5x6 Imperial Fresh tomatoes
- 2 onions, chopped
- 12 cloves garlic
- ½ cup olive oil
- 1 tsp. dried oregano
- 2 Tbsp. sugar
- ½ tsp. dried red pepper flakes
- ½ tsp. salt
- 4 cups Sysco Simply unsweetened almond non-dairy beverage
- 4 cups basil leaves, torn

Heat the oven to 450 degrees. Place the tomatoes, onions and garlic on a baking sheet. Drizzle with the olive oil and season with

the oregano, sugar, pepper flakes and salt. Roast, stirring halfway through, until the garlic and onions are soft, and the tomatoes are beginning to brown, 40–50 minutes. Purée the vegetable mixture and transfer to a large pot over medium heat. Stir in the non-dairy beverage until combined and heated through. Top with the basil and serve.



Feisty Feta Burger With Sysco Simply Plant Based Meatless Burger Patty

SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 1

- 1½ Tbsp. Arrezzio Classic olive oil, divided
- 1 Sysco Simply Plant Based Meatless Burger Patty
- ¼ avocado, sliced
- 1 slice vegan cheese
- 1 Baker's Source Classic brioche bun
- 1 oz. butter lettuce
- 1 slice tomato
- 2 slices red onion
- 4 Block & Barrel Imperial hamburger dill pickle slices
- 2 Tbsp. Grecian Delight Feisty Feta Spread

Heat 1 tablespoon of the olive oil over medium-high heat on a flattop grill. Grill each patty in the oil until browned and heated through, 2 to 3 minutes per

side. While the patty is still on the grill, place the avocado slices and vegan cheese on top. Add a few teaspoons of water to the grill and cover with a dome for 15 seconds to melt the cheese. Meanwhile, heat the remaining half tablespoon of olive oil on the flattop grill. Place the bun, cut sides down, on the grill to toast. To build the burger, place the butter lettuce on the bottom bun followed by the tomato, onion and pickle slices. Remove the patty from the grill when the cheese is melted and place on top of the pickles. Smooth the feta spread on the top bun and place on top of the burger.



Green Goddess Pasta Bowl With Seared Tofu

SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 4–6

- GREEN GODDESS PESTO**
- ½ cup Sysco Natural basil leaves, packed
 - ½ cup Sysco Natural parsley, packed
 - ½ cup cashews, toasted
 - ½ cup water
 - ¼ cup olive oil
 - 2 Tbsp. tahini
 - Juice from 1 lemon
 - 2 cloves garlic
 - Salt, to taste

- VEGETABLES**
- 1 broccoli head, cut into small florets
 - 1 bunch asparagus spears, cut into 1-inch pieces
 - 1 tsp. Arrezzio Classic olive oil
 - Sea salt, to taste

PASTA AND TOFU

- 1 lb. Arrezzio linguine
- 2 cups frozen peas
- 1 lb. Sysco Simply firm tofu, seared
- 1 tsp. turmeric
- Sysco Imperial nonstick cooking spray

TO SERVE

- Cherry tomatoes, blistered
- Sesame seeds, toasted
- Freshly ground black pepper, to taste

FOR GREEN GODDESS PESTO

Place all the ingredients in a blender on high speed and blend until smooth. Add salt to taste.

FOR THE VEGETABLES

Heat the oven to 425 degrees. Place the broccoli and asparagus on a baking sheet. Drizzle with olive oil and sprinkle with sea salt. Place the sheet in the oven and roast until the vegetables are cooked through and starting to brown, about 25 minutes.

FOR THE PASTA AND TOFU

Bring a large pot of well-salted water to boil over high heat. Add the linguine and cook according to the package directions. In the last minute of cooking, add the frozen peas to the pot. Drain the pasta and peas and set aside. Meanwhile, dust the tofu with turmeric. Use the nonstick spray to lightly oil a sauté pan over medium-high heat and sear the tofu until heated through.

TO SERVE

Pour the pesto over the pasta and toss. Add the roasted vegetables and toss again. Plate the pasta and top with the seared tofu and blistered cherry tomatoes. Finish with the toasted sesame seeds

and freshly ground black pepper.



Honey-Mustard Salmon and Smashed Potatoes Over Haricots Verts With Chorizo

CHEF IAN COOPER
TRINITY SEAFOOD
SERVES 1

- HONEY-MUSTARD SALMON**
- 3 oz. International Imperial whole-grain mustard
 - 3 oz. Sysco Classic honey
 - 6 oz. Portico Pride salmon fillet

- SMASHED POTATOES**
- 3 oz. fingerling potatoes
 - 3 Tbsp. Arrezzio Classic olive oil
 - Sea salt and coarsely ground pepper, to taste
 - 2 oz. grated Arrezzio Parmesan cheese

- HARICOTS VERTS WITH CHORIZO**
- 2 Tbsp. Wholesome Farms butter
 - 4 oz. haricots verts
 - 3 oz. European Imports chorizo, thinly sliced on the bias
 - Sea salt and coarsely ground pepper, to taste

FOR THE HONEY-MUSTARD SALMON

Heat the oven to 350 degrees. Mix the whole-grain mustard with the honey; set aside. In a nonstick sauté pan over medium-high heat, sear the salmon for 2 to 3 minutes. Then place the salmon fillet, uncooked-side down, on a sheet pan lined with parchment paper and lightly glaze it with the honey-mustard mix. Place in the oven for about 3 minutes to cook through; remove and set aside.

FOR THE SMASHED POTATOES

Increase the oven heat to 375 degrees. In a mixing bowl, toss the

fingerling potatoes with olive oil, salt and pepper. Roast for about 25 minutes. Remove the potatoes from the oven, let cool and smash them lightly with a meat mallet. Fry the potatoes in a deep fryer until crispy. Remove and let cool; sprinkle with Parmesan cheese.

FOR THE HARICOTS VERTS WITH CHORIZO

In a sauté pan over medium-high heat, melt the butter. Add the haricots verts and chorizo and sauté, seasoning with salt and pepper, until the haricots verts are cooked through.

To plate, place the haricots verts and chorizo first and rest the smashed potatoes on top. Gently place the salmon on top of the potatoes and finish with remaining honey-mustard sauce.



Branzino With Roasted Beets, Olive Tapenade and Pistachio Crumble

CHEF IAN COOPER
TRINITY SEAFOOD
SERVES 6

- ¼ cup Sysco Imperial Kalamata olives
- 3 cloves garlic
- 2 Imperial Fresh shallots
- 2 Tbsp. Sysco Natural chopped fresh parsley
- 3 Tbsp. Arrezzio Classic olive oil, divided
- 6 5-oz. Portico branzino fillets
- Salt and coarsely ground pepper, to taste
- 1 Imperial Fresh red beet, roasted and thinly sliced
- 3 Tbsp. Champagne vinaigrette
- 2 oz. mâche or other baby

- greens
- 2 Tbsp. Sysco Classic crumbled pistachios

To make the tapenade, combine the olives, garlic, shallots, parsley and one tablespoon of olive oil in a blender and process until the mixture still has some texture. To cook the branzino, season the fillets on both sides with salt and pepper. In a sauté pan, heat the remaining two tablespoons of olive oil over medium-high heat. Add the branzino, skin-side down, and cook for about five minutes, pressing lightly on the fish to crisp the skin. Flip the fish and cook for 2 minutes longer.

To serve, first plate the sliced beets. Set the fish on top of the beets and place the tapenade on the side. Drizzle with the Champagne vinaigrette and garnish with mâche and crumbled pistachios.



Eggplant Parmesan Sandwich With Three Cheeses and Basil

CHEF NEIL DOHERTY
SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 1

- 3 pieces Arrezzio Imperial breaded eggplant cutlet
- 1½ oz. Arrezzio Imperial Premium marinara sauce, warmed
- 4 medium Imperial Fresh basil leaves
- ½ oz. Arrezzio Riserva shredded

- mozzarella cheese
- 1 oz. Arrezzio Imperial provolone cheese
- ½ oz. Arrezzio Imperial shredded Parmesan cheese
- 2 tsp. Arrezzio Classic extra-virgin olive oil
- ½ tsp. peeled, puréed Imperial Fresh garlic
- ½ tsp. crushed red pepper flakes
- 1 Baker's Source Imperial Rustic Filone Hoagie Roll

Fry the eggplant cutlets in a deep fryer and place on a sizzle plate to keep warm. Ladle the warm marinara sauce over the eggplant and top with the basil leaves. Sprinkle evenly with the shredded mozzarella, provolone and Parmesan. In a small bowl, combine the olive oil, puréed garlic and crushed red pepper flakes. Open the hoagie roll and brush both sides with the garlic-oil mixture. Place both sides of the roll, cut side up, and the eggplant under a salamander to melt the cheese. Use a spatula to place the eggplant on the roll. Serve with your favorite side dish.



Portobello "Bacon" BLT

CHEF OJAN BAGHER
SYSCO HOUSTON
SERVES 2

- 4 Tbsp. Sysco Classic clover honey, divided
- 2 Tbsp. Arrezzio Classic extra-virgin olive oil, divided
- Juice of 1 lemon, divided

- 1 Tbsp. Imperial McCormick California-style garlic pepper
- ½ Tbsp. Sysco Classic kosher salt
- 1 tsp. Imperial McCormick ground cayenne pepper
- 2 Imperial Fresh portobello mushrooms, cut into ¼-inch slices
- 2 Baker's Source Classic Brioche Buns
- 4 oz. chevre goat cheese, softened
- 1 oz. Imperial Fresh Thai basil leaves
- 1 oz. cilantro leaves
- 1 oz. Imperial Fresh mint leaves
- 4 slices Imperial Fresh tomato

Heat the oven to 400 degrees.

In a large bowl, mix together 2 tablespoons of the honey, 1 tablespoon of the olive oil and half the lemon juice plus the garlic pepper, salt and cayenne pepper. Toss the portobello slices in the mixture and set aside for 20 minutes to marinate. Spread out the mushroom slices on a sheet pan lined with parchment paper and roast for 20 minutes. Open the brioche buns and spread the goat cheese on both sides. Toast them in the oven for 2 minutes. In another bowl, mix the remaining honey, oil and lemon juice and toss with the basil, cilantro and mint leaves. To assemble the sandwiches, place the herbs on the bottom bun and lay two tomato slices on top. Drizzle with the remaining honey-lemon oil

from the herb bowl and top with the mushroom slices (now "portobello bacon").



Crunchy Avocado Banh Mi

CHEF OJAN BAGHER
SYSCO HOUSTON
SERVES 1

- 1 cup rice wine vinegar
- ½ cup Sysco Classic sugar
- ¾ tsp. kosher salt
- 1 oz. julienned carrot
- 1 oz. julienned daikon radish
- 3 Tbsp. Sysco Imperial mayonnaise
- 2 tsp. Sriracha
- 4-5 pieces Sysco Imperial breaded avocado slices
- 1 6-inch Baker's Source Imperial Rustic Filone Hoagie Roll, split and toasted
- ½ jalapeno chile, thinly sliced
- 1 Tbsp. minced cilantro for garnish
- 1 Wholesome Farms egg, for garnish

In a saucepan over medium-high heat, combine the vinegar, sugar and salt and bring to a simmer. Cook, stirring to dissolve the sugar, for 1 minute. Remove from the heat. When cool, add the julienned carrot and daikon. Let stand until the vegetables are lightly pickled, about 15 minutes. Strain the vegetables and discard the liquid.

In a bowl, mix the mayonnaise and Sriracha. In a deep fryer heated to 350 degrees, fry the breaded avocado slices until crisp. Remove and set aside. Slice the filone roll and toast on a flattop grill or in the oven. Place the fried avocado pieces on the

bottom half of the toasted roll. Spread the mayonnaise mixture on the top half of the roll. Fill the sandwich with the pickled vegetables, sliced jalapeno and cilantro leaves. Cook an egg using your preferred method and place in the center of the sandwich. Cut the sandwich in half—right through the egg—and serve.



Manicotti di Mare (Cheese Manicotti With Seafood)

CARLA'S PASTA
SOUTH WINDSOR,
CONNECTICUT
SERVES 1

- 2 each Arrezzio cheese manicotti
- 2 oz. Arrezzio Parmesan cheese
- 2 oz. Arrezzio Classic extra-virgin olive oil
- 1 clove garlic, sliced
- ½ green jalapeno chile, sliced
- ½ red jalapeno chile, sliced
- 1 baby octopus, sliced
- 3 Portico Imperial black mussels
- 3 Portico Imperial clams
- 3 cherry tomatoes, sliced
- 2 oz. white wine
- 14 oz. Arrezzio Imperial basil pesto
- 2 garlic croutons
- 2 grilled Portico Fresh Jumbo Shrimp

Heat the oven to 350 degrees. Slice the cheese manicotti into four pieces. Place the manicotti pieces on a sheet pan, sprinkle with the Parmesan cheese and bake for 8 minutes. In a small

sauté pan, heat the olive oil. Add the garlic and jalapeno and sauté for 2 minutes. Add the sliced octopus, mussels and clams and cook for 4 minutes (discard any mussels or clams that do not open). Add the tomatoes, white wine and basil pesto and cook to reduce the sauce. To plate, place the manicotti roughly in a circle and add the mixed seafood to the center of the circle with the shellfish outside. Finish the dish with garlic croutons and top with two grilled jumbo shrimp.



Sun-Dried Tomato and Caper Snapper Piccata

SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 4

SUN-DRIED TOMATO AND CAPER OIL

- 1 cup Arrezzio Imperial olive oil
- 8 cloves garlic, minced
- 2 cups Arrezzio Imperial sun-dried tomatoes
- ½ cup International Imperial capers
- ¼ cup dry white wine
- ¼ cup fresh Italian parsley
- ½ tsp. kosher salt

PASTA

- 1 lb. Pasta La Bella angel hair pasta
- 1 Tbsp. Arrezzio Classic olive oil

SNAPPER PICCATA

- ½ cup Sysco Classic all-purpose flour
- ¼ cup almond meal
- 2 Tbsp. Arrezzio Imperial grated Parmesan cheese
- 1 tsp. kosher salt
- 4 Portico Pride snapper fillets

TO SERVE

- ½ cup Arrezzio Classic olive oil
- ½ cup capers
- 2 Tbsp. Arrezzio Classic shredded Parmesan cheese

FOR THE SUN-DRIED TOMATO AND CAPER OIL

Heat the olive oil in a saucepan over medium-low heat. Add the garlic, sun-dried tomatoes, capers and wine. Cook, stirring occasionally, until the tomatoes are tender and starting to fall apart, about 35 minutes. Add the parsley and salt and remove from heat. (If not using right away, let it cool and refrigerate in an airtight container for up to six days. Makes about two cups.)

FOR THE PASTA

Prepare the pasta according to the package directions. Drain and drizzle with the olive oil. Set aside warm.

FOR THE SNAPPER PICCATA

In a medium bowl, combine the flour, almond meal, Parmesan cheese and salt. Coat each snapper fillet with the flour mixture.

TO SERVE

Heat the olive oil in a sauté pan over medium heat. Add the snapper fillets and cook, flipping until the fillets are golden brown on the outside and cooked through, about 6 minutes. Drain on a sheet pan lined with paper towels. In the same sauté pan, add the cooked pasta and the tomato-caper oil and cook, stirring frequently, until just heated through, about four minutes. Serve the pasta topped with a

snapper fillet, drizzled with the sauce and sprinkled with additional capers and the shredded Parmesan.



Seafood Fettuccine With Kale and Lemon-Garlic Cream

SYSCO CULINARY TEAM
HOUSTON, TEXAS
SERVES 4

LEMON-GARLIC CREAM

- ¼ cup Wholesome Farms salted butter
- 4 cloves garlic, minced
- 8 oz. Wholesome Farms cream cheese, cut into pieces
- 1¼ cups Wholesome Farms whole milk
- 2 tsp. lemon zest
- ½ tsp. freshly ground black pepper
- 1 cup Arrezzio Imperial grated Parmesan cheese

SHRIMP AND SALMON

- 1 lb. large Portico Simply All-Natural, Chemical-Free shrimp, peeled and deveined, tails removed
- ½ lb. Portico Atlantic salmon, skin off, cut into 1-inch pieces
- ½ tsp. kosher salt
- ½ tsp. freshly ground black pepper
- 2 Tbsp. Arrezzio Classic olive oil

FETTUCINE

- 1 lb. Arrezzio fettuccine
- 2 Tbsp. Arrezzio Classic olive oil

TO SERVE

- 2 Tbsp. Arrezzio Classic olive oil
- 4 cups lacinato kale
- Freshly ground black pepper, to taste

FOR THE LEMON-GARLIC CREAM

In a saucepan over medium-low

heat, melt the butter. Add the garlic and cook, stirring, until lightly browned, about two minutes. Whisk in cream cheese, milk, lemon zest and pepper until smooth. Bring to a simmer, whisking constantly; add the Parmesan cheese. Remove from the heat and strain through a fine-mesh sieve. (If not using right away, refrigerate in an airtight container for up to six days. Makes about 2½ cups.)

FOR THE SHRIMP AND SALMON

Season the shrimp and salmon with the salt and pepper. Heat 1 tablespoon of the olive oil in a nonstick sauté pan over medium-high heat. Add the shrimp and sear, flipping once, until golden on the outside and cooked through, about 5 minutes. In a separate nonstick sauté pan over medium-high heat, heat the remaining tablespoon of the olive oil. Add the salmon pieces and cook, stirring a bit and turning once, until seared on the outside and cooked through, about 6 minutes.

FOR THE FETTUCINE

Prepare the fettuccine according to the package directions. Drain and drizzle with the olive oil.

TO SERVE

Heat the olive oil in a sauté pan over medium-high heat. Add the kale and cook, stirring frequently, until just tender, about 3 minutes. Add the shrimp, salmon, fettuccine and lemon-garlic cream and cook, stirring gently, until just heated through, about 3 minutes. Serve garnished with freshly ground black pepper.

BACK OF OUR
HOUSE



Chef Candace Lewis
Culinary Consultant, Sysco Eastern Maryland

Solving Customer Challenges

An outgoing personality and collaborative, can-do spirit have helped Candace Lewis achieve success in her career as a chef and Culinary Consultant at Sysco Eastern Maryland. “As the industry is changing, I’ve found that I’ve become more of a resource for restaurateurs than ever,” she says. “The overall goal is to make sure our customers are successful and supported, and to help them grow their business.”

A California transplant with a passion for baking, Chef Lewis worked in a variety of roles in West Coast restaurants before coming east. At Sysco Maryland, she enjoys working collaboratively to solve business and culinary challenges for her customers. “Every day is different,” she says. “I’ll have a down-home seafood customer in the morning and a fine-dining steakhouse in the afternoon.” Her customers have one thing in common: “Everybody that comes to me needs help,” Lewis says. “They understand I’m open, willing to share ideas. My attitude is, ‘Let’s talk, let’s collaborate.’”

Save Labor, Serve Local

In Maryland, crab is king, and other seafood makes up the rest of the royal family. “We launched a fresh seafood program about three years ago,” says Lewis.

“
My attitude is,
‘Let’s talk,
let’s collaborate.’”

“We’ve been able to corner some of the local market by doing portion cuts. It doesn’t cost much more, it’s 100% yield and ready for the pan,” saving lots of labor and time.

Because restaurants today are looking to cut labor costs, Lewis often asks customers about how they prepare specific products. For example, she might ask, “Do we have a prebreaded fried shrimp, such as **Portico Classic Butterflied Breaded Shrimp**, that’s close to what you’re making now and that wouldn’t require someone to sit in your kitchen and bread shrimp all day?”

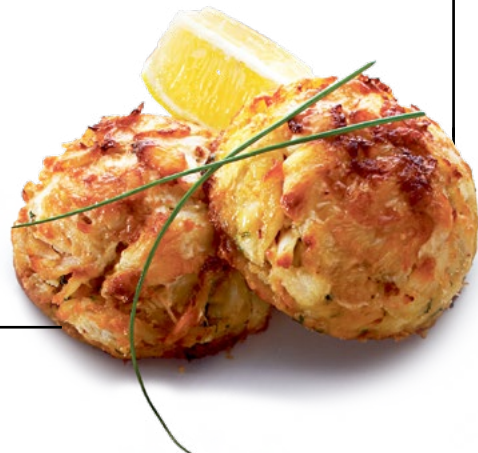
Working as a Team

Lewis enjoys working on a business resource team full of other big personalities. “We all have our roles,” says Lewis, referring to her colleagues—a team of specialists led by Marketing Manager Joni Hamilton

and Director of Business Resources Kevin Hughes. “We rely on each other for support because we’re looking out for the best interest of the customer.”

Members of Lewis’ team regularly give to local food banks and deliver guest lectures to educate the next generation of culinarians. Lewis, who grew up in a military family, is also personally invested in supporting members of the armed forces.

Lewis also makes it a point to stay ahead of restaurant trends so she can better serve her customers. “When you enjoy your work, researching and reading about the food business isn’t a chore,” says Lewis. What does she think will be the next big thing? “I am seeing more interesting fusion concepts, like a German-Mexican food truck. After work, I’m excited to go try it out.”



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