

Sysco

FOODIE

AT THE HEART OF FOOD & SERVICE™



SUMMER 2017

RECIPE BOOK

COMPOUND BUTTERS

Recipe by **Chef Mark DeNittis**
Sysco Denver

Blue Cheese Chive Butter

- 8 oz Wholesome Farms Classic Unsalted Butter (9696972)
- 8 oz Sysco Imperial Stilton Blue Cheese Wheel (7929397)
- 1 T Sysco Natural Fresh Chives (2058881)
- 1 T Sysco Natural Fresh Thyme (2005262)
- 2 oz Sysco Classic White Horseradish (9869330)
- 2 t Sysco Imperial McCormick Ground Black Pepper (5229356)
- 1 t Sysco Classic Apple Cider Vinegar (4069373)
- Sysco Classic Kosher Salt to taste (6040760)

Chimichurri Butter

- 8 oz Wholesome Farms Classic Unsalted Butter (9696972)
- 2 T Sysco Classic Honey (5611645)
- ½ c Sysco Natural Italian Parsley, chopped (1814007)
- ½ c Sysco Natural Cilantro, chopped (2219095)
- ¼ c Sysco Natural Garlic, roasted (6651020)
- 1 T Sysco Imperial McCormick Ground Cumin (5228713)
- 1 t Sysco Imperial McCormick Crushed Red Pepper (9806423)
- 2 T Sysco Classic Red Wine Vinegar (4033023)
- Sysco Classic Kosher Salt to taste (6040760)

Chutney Butter

- 8 oz Wholesome Farms Classic Unsalted Butter (9696972)
- 8 oz International Supreme Major Gray Chutney (4029385)

Maitre D' Hotel Steakhouse Butter

- 8 oz Wholesome Farms European-Style Unsalted Butter (3030117)
- 1 T Sysco Natural Italian Parsley (1814007)
- 1 t Sysco Classic Lemon Juice (3944574)
- ½ t Sysco Classic Worcestershire Sauce (4007894)
- ½ t Sysco Imperial McCormick Ground Black Pepper (5229356)
- ½ t Sysco Classic Kosher Salt (6040760)

In small bowl, beat or whip butter. Fold in remaining ingredients. Place butter on parchment paper and roll into a log. Chill until firm, approximately 1 hour.

Once firm, cut butter into medallions. Place on steaks just prior to serving.



ESPRESSO- CHILE RUB

Recipe by **Chef Neil Doherty**
Sysco Corporate

- 2 T dark roast coffee or espresso beans
- 2 t Sysco Imperial McCormick Cumin Seeds, toasted (0863068)
- 1 T ground ancho chile pepper
- 1 t sweet paprika
- 1 t Sysco Classic Kosher Salt (6040760)
- 1 t Sysco Imperial McCormick Ground Black Pepper (5229356)

In spice mill, pulse coffee beans and cumin seeds until finely ground. Transfer to a small bowl and add remaining ingredients. Stir to combine.

TEA PASTE STEAK RUB

Recipe by **Chef Neil Doherty**
Sysco Corporate

- 2 t Earl Grey tea leaves
- 1 t whole black peppercorns
- 1 t dried tarragon
- 1 t Sysco Classic Kosher Salt (6040760)
- ½ t dried thyme
- 3 T extra virgin olive oil

In a spice mill, combine tea leaves, peppercorns, tarragon, salt and thyme until finely ground. Place spice mix in small bowl and add olive oil. Stir to make a paste.

MIDDLE EASTERN PESTO

Recipe by **Chef Ojan Bagher**
Sysco Houston

- 1 c Sysco Natural Cilantro (2219095)
- ½ c flat-leaf parsley (2058907)
- 3 Sysco Natural Garlic Cloves (6651020)
- 1 bird's eye chilies (4624136)
- ½ t Sysco Imperial McCormick Cumin Seeds, toasted (0863068)
- 2 T toasted almonds, chopped (5963848)
- ½ t Sysco Classic Kosher Salt (6040760)
- 1 T Sysco Classic Lemon Juice (3944574)
- ½ c extra virgin olive oil
- ⅓ c water

Heat a small frying pan on medium heat and toast cumin until aromatic, approximately 2–3 minutes. Place in a spice mill ground to a powder.

Place the garlic, salt and chilies in a chopper and chop until coarse. Pulse in cilantro, flat leaf parsley and toasted almonds. Mix in cumin. Add olive oil, lemon juice and water and mix with a spoon until desired consistency.



BONELESS PORK LOIN ROAST WITH HERBED PEPPER RUB

Sysco Signature Recipe

3 lb	Butcher's Block Boneless Pork Loin Roast (5812296)
2 T	cracked black pepper
2 T	parmesan cheese, grated
2 t	dried basil
2 t	dried rosemary
2 t	dried thyme
¼ t	garlic powder
¼ t	Sysco Classic Kosher Salt (6040760)

Preheat oven to 350° F. Pat pork dry with a paper towel. In small bowl, combine black pepper, parmesan cheese, basil, rosemary, thyme, garlic powder and salt. Rub spice mixture over pork loin and place in a shallow pan. Roast until internal temperature has reached 145° F, approximately 1 hour.



ROCK MELON CHELADA

Recipe by **Monin**

¾ oz Sysco Natural Lime Juice (3865730)
¾ oz Monin Rock Melon Cantaloupe Syrup
3 mL Monin Cucumber Concentrated Flavor
6 oz non-alcoholic beer
ice

Combine lime juice, rock melon cantaloupe syrup, cucumber concentrate and ice in a serving glass. Stir well to combine. Top with non-alcoholic beer. Garnish and serve.

THAI COCONUT SPARKLING LIMEADE

Recipe by **Monin**

1 oz Monin Coconut Syrup
3 mL Monin Basil Concentrated Flavor
1 oz Sysco Natural Lime Juice (3865730)
6 oz Topo Chico Sparkling Mineral Water (2751679)
ice
Sysco Natural Basil Leaves for garnish (2004513)
Sysco Natural Mint Leaves for garnish (2037109)

Combine coconut syrup, basil flavor, lime juice and ice in a 16-ounce glass. Fill with sparkling water and stir well to combine. Garnish with basil sprig and mint sprig.

COCONUT HORCHATA

Recipe by **Chef Sonny Torres**
Sysco New Mexico

½ c Jade Mountain Jasmine Rice, boiled and strained (0818047)
½ c sweetened condensed milk (4106698)
1 c Wholesome Farms Plain Greek Yogurt (4360901)
1 c coconut milk (1854179)
¼ c coconut flakes (4510467)
3 T almonds (5963848)
2 t Sysco Imperial McCormick Vanilla Extract (5230040)
2 t lime zest
1 ½ t Sysco Imperial McCormick Ground Cinnamon (6639512)
1 c ice
1 c Vita Coco Coconut Water (8867931)
Sysco Classic Kosher Salt to taste (6040760)

In blender, combine ingredients and blend until smooth. Strain through fine strainer. Serve over ice.

A photograph of three refreshing drinks on a light-colored wooden surface. On the left is a tall, curved glass filled with a yellow, bubbly beverage, topped with ice and a lime slice, with a blue and white striped straw. In the center is a glass mason jar with a handle, containing a yellow liquid with ice and fresh mint leaves, with a lime slice on the rim. On the right is a glass bottle with a lid and a green straw, containing a light-colored, creamy beverage with ice. In the foreground, there are scattered ingredients: a lime half, coconut flakes, and cinnamon sticks.

Rock Melon
Chelada

Thai Coconut
Sparkling Limeade

Coconut
Horchata

ROYALE WITH CHEESE

Recipe by **Chef Neil Doherty**
Sysco Corporate

- 1 brioche bun
- 8 oz Fire River Farms 80/20 Ground Chuck (0564397)
- 1 slice Block & Barrel Imperial Aged Cheddar Cheese (7879737)
- 2 slices tomato
- 4 ea spicy garlic pickle chips
- 1 oz fried tobacco onions (see recipe)
- 1 oz honey mustard BBQ sauce (see recipe)
- 1 t butter
- Sysco Classic Kosher Salt to taste (6040760)
- Sysco Imperial McCormick Ground Black Pepper to taste (5229356)
- tempura mushroom for garnish

Tobacco Onions

- 1 red onion
- 1 c buttermilk
- 1 c all-purpose flour
- ¼ t cayenne pepper
- Sysco Classic Kosher Salt to taste (6040760)
- Sysco Imperial McCormick Ground Black Pepper to taste (5229356)
- Arrezzio Canola Oil for frying (6332845)

Honey Mustard BBQ Sauce

- 1 c Sysco Classic Honey Mustard (4537904)
- ½ c Sysco Imperial BBQ Sauce (5778071)

For the onions

Thinly slice the onion. Separate rings and submerge in buttermilk. Let soak for 1 hour.

While onion rings soak, season flour with salt, pepper and cayenne pepper.

Remove onion rings from buttermilk and dredge in seasoned flour. Tap off excess. Fry at 350° F until golden and crispy.

For the sauce

Mix honey mustard sauce and BBQ sauce together.

For the burger

Season ground chuck with salt and pepper. Hand-form patties and cook to desired temperature. Toast buttered brioche bun and dress with honey mustard BBQ sauce. Place cooked patty on bottom bun. Top with aged cheddar, tomato, pickle chips and fried onions. Hold top bun in place with tempura mushroom skewer and serve.



WATERMELON RIND PICKLES

Recipe by **Chef Neil Doherty**
Sysco Corporate

2 lb watermelon rind, from a 5 lb watermelon (6605737)
1 c Sysco Classic Apple Cider Vinegar (4069373)
1 c water
¾ c Sysco Classic Sugar (5087572)
1 oz Sysco Imperial Ginger (1185545)
4 t Sysco Classic Kosher Salt (6040760)
1 t red pepper flakes
1 t Sysco Imperial McCormick Whole Allspice Berries (775133)
1 star anise pod (3895497)

Scoop out melon, leaving about ¼–½ inch of red flesh. Peel off outer green with vegetable peeler and cut into 1-inch cubes.

Combine the apple cider vinegar, water, sugar, ginger, salt and spices in a medium saucepan and bring to a boil over medium-high heat. Boil for 60 seconds. Carefully add watermelon. Return water to boil and then immediately remove from heat. Allow mixture to cool for 30 minutes.

Using a canning funnel and ladle, place pickles in a 2-quart jar. Pour pickling juice over pickles and cover. Let sit at room temperature for 1½ hours.

Refrigerate overnight. Keep refrigerated and consume within a month.



GINGER-MINT JULEPS WITH FRESH PINEAPPLE

Recipe by **Chef Doug Weist**
Sysco Louisville

- 2 T pineapple, chopped (4398772)
- 2 T Monin Ginger Syrup
- ¼ c Kentucky bourbon
- 3 T Sysco Natural Pineapple Juice (4391284)
- 8–10 Sysco Natural Mint Leaves (2037109)
- ice
- mint sprigs and pineapple wedges for garnish

Muddle mint leaves, chopped pineapple and ginger syrup in serving glass. Pack finely crushed ice over muddled mixture, filling the glass to the top. Pour bourbon over ice, followed by pineapple juice. Stir gently to combine. To garnish, top with crushed ice, mint sprigs and pineapple wedges.



BERRY BEET QUINOA SALAD WITH HONEY LIME DRESSING

Recipe by **Chef Lauren Craig**
Sysco West Coast Florida

2 c tricolor quinoa (4012080)
1 c Sysco Natural Strawberries, sliced (2105864)
½ c blackberries (5208806)
½ c blueberries (1254408)
1 Sysco Individually Quick Frozen Mango, diced (7258155)
½ Sysco Imperial Avocado, diced (1185511)
2 ea beets, diced (1254408)
2 c beet greens, shredded (1254408)
1 T Sysco Natural Basil, chopped, for garnish (2004513)

For the dressing

¼ c Sysco Classic Honey (5611645)
2 T Sysco Natural Lime Juice (3865730)

Rinse and prepare the quinoa according to package. Let quinoa cool to room temperature.

In a large bowl, combine quinoa, strawberries, blackberries, blueberries, mango, avocado, beets and beet greens.

To make dressing: In a small bowl combine the honey and lime juice. Drizzle over the salad and toss to coat. Garnish with fresh basil.



STRAWBERRY PESTO CAPRESE SALAD

Recipe by **Chef Neil Doherty**
Sysco Corporate

- 2 c Sysco Natural Strawberries, sliced (2105864)
- 5 oz fresh mozzarella bocconcini, cut into slices (5585450)
- ½ c Arrezzo Pesto (2477958)
- ¼ t Sysco Classic Kosher Salt (6040760)
- Arrezzo Olive Oil (7264361)
- Sysco Natural Basil Leaves (2004513)

Put strawberries and mozzarella together in a small bowl and sprinkle with salt. Add pesto and stir gently to coat. Transfer to a plate, drizzle with olive oil, and garnish with fresh basil leaves.

