

Sysco®

# FOODIE

THE HEART OF FOOD & SERVICE™



FALL 2016

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# RECIPE BOOK

# GRILLED JERK WINGS WITH MANGO CHUTNEY SAUCE

Recipe by **Chef Erik Gosswiller**  
Sysco San Diego

## Wings

12 ea. Sysco Classic 1&2 joint Jumbo Chicken Wings  
Arrezzio Olive Oil Blend  
salt and pepper

## Jerk Spice

2 green onions, chopped  
½ ea. Sysco Imperial Yellow Onion, chopped  
4 ea. garlic cloves  
3 ea. jalapeno, de-seeded, rough chop  
1 T Sysco Classic Kosher Salt  
2 T Sysco Imperial McCormick Dried Thyme  
1 T Sysco Imperial McCormick Garlic Powder  
2 T Sysco Imperial McCormick Ground Allspice  
1 t Sysco Imperial McCormick Chipotle Powder  
1 t Sysco Imperial McCormick Ground Black Pepper  
½ t Sysco Imperial McCormick Chili Powder  
½ t Sysco Imperial McCormick Onion Powder  
½ t Sysco Imperial McCormick Smoked Paprika  
¼ t Sysco Imperial McCormick Ground Cinnamon  
1 T brown sugar  
¼ cup Jade Mountain Soy Sauce

## Mango Chutney

1 cup Sysco IQF Mango, diced  
¼ cup red bell pepper, diced  
1 jalapeño, de-seeded, diced  
½ cup white vinegar  
2 T jerk spice

## The Jerk Spice

Combine all ingredients for jerk spice in a food processor and blend to a paste.

## The Mango Chutney

Put all chutney ingredients into a sauce pan. Cook over low heat until liquid is reduced to syrup (approx. 30 minutes).

## The Wings

Toss wings with olive oil and season with salt and pepper. Bake in oven at 350° F for 15 minutes. Then toss with enough olive oil to coat and add jerk seasoning. Toss again to coat well. Grill chicken wings. Plate and serve with mango chutney.





# KOREAN CHICKEN WINGS WITH BUFFALO CORN CUPCAKES AND BLUE CHEESE FROSTING

Recipe by **Chef Ryan Bleibtrey**  
Sysco Portland

- 24 ea. Sysco Classic Chicken Wings
- 1 cup Ken's Buffalo IntensiFries™ Sauce
- 3 cups Bakers Classic Cornbread Mix
- 4 oz. Sysco Classic Blue Cheese
- 1 cup Wholesome Farms Butter
- 4 cups powdered sugar
- ½ cup Sysco Classic All-Purpose Flour
- ½ cup Sysco Classic Corn Starch
- 1 ea. Wholesome Farms Eggs
- ½ t Sysco Classic Baking Soda
- 1 cup House Recipe Ketchup
- 4 ea. Sysco Natural Garlic Cloves
- ¼ cup gochujang chile paste
- ½ cup Sysco Classic Honey
- 4 T Jade Mountain Rice Wine Vinegar
- 4 T International Supreme Sesame Oil
- 4 T Sysco Imperial White Sesame Seeds
- kosher salt and black pepper to taste

## The Muffins

Mix cornmeal with cold water as instructed on box, but add Buffalo IntensiFries sauce as well. Scoop mix into coated muffin pan and bake at 350° F until gold brown (approx. 15 minutes). Reserve.

## The Frosting

Whip blue cheese in a mixer until creamed (approx. 2 minutes). Add butter and mix until creamy (approx. 3 minutes). Slowly incorporate powdered sugar. Chill and reserve.

## The Wing Sauce

Slice garlic thin and sauté in sesame oil. Next, add ketchup, vinegar, honey and gochujang. Gently simmer for 5 minutes. Reserve warm.

## The Wings

Defrost wings and pat dry. Mix egg, flour, cornstarch and baking soda together and season with kosher salt and black pepper. Toss wings in mixture and coat well. Fry wings at 350° F for 10 minutes until lightly browned and crispy. Drain well and reserve.

## Plating

Fry wings again at 350° F for roughly 5 minutes until super-crispy and golden brown. Add wings to warm wing sauce and coat well. Finish wings with sesame seeds. Toss muffins in remaining Buffalo IntensiFries sauce, and then pipe blue cheese frosting on top of coated muffins. Top each muffin with a Korean chicken wing and serve.



# ORANGE HARISSA WINGS

Recipe by **Chef Dustin Johnson**  
Sysco Eastern Maryland

- 10 ea. Pre-Roasted Sysco Classic Chicken Wings
- 2 T Arrezzo Extra Virgin Olive Oil Blend
- ¼ cup D'Allesandro Sysco Natural Harissa Dry Spice Blend
- ½ cup Sysco Natural Fresh Orange Juice
- 1 T orange zest
- ¼ cup Madhava Light Agave Nectar
- ¼ t salt
- ¼ t fresh ground black pepper

## The Glaze

In a medium sauté pan, heat 2 T of olive oil over medium heat. Add the dry harissa seasoning to the oil and stir until seasoning is wet. Add agave nectar, orange juice, half of the orange zest, salt and pepper and stir. Heat on medium for 6–7 minutes, letting the glaze reduce a little. The glaze will be loose when hot, but will thicken as it cools.

## The Wings

Fry 10 wings according to package instructions. Place fried wings in a mixing bowl and toss with 2 oz. of harissa orange sauce until fully coated. Plate and finish with a crumble of orange zest, garnish with an orange slice and serve.



# THAI-STYLE PEANUT BUTTER AND JELLY HOT WINGS

Sysco Signature Recipe

## Wings

Works great with Sysco bone-in or boneless chicken wings!

## Peanut Hot Sauce

3 cups Sysco Classic Peanut Butter  
4 cups Sysco Classic Hot Sauce  
2 cups Sysco Classic Clover Honey  
½ cup Jade Mountain Soy Sauce

## Grape Jelly-Ginger Drizzle

3 cups Sysco Classic Grape Jelly  
2 T grated fresh ginger

## The Sauce

Combine peanut butter, hot sauce, honey and soy sauce in a blender and blend until smooth. Wrap airtight and store at room temperature.

## The Drizzle

Combine grape jelly and ginger in a blender and blend for 60 seconds. Reserve.

## The Wings

For a single portion, fry 6 bone-in wings or a portion of boneless wings until crispy. Toss with 1 cup of peanut hot sauce. Plate and drizzle with grape jelly-ginger to finish.





# CHICKEN KABOB KOOBIDEH

Recipe by **Chef Ojan Bagher**  
Sysco Houston

## Kabob Koobideh

- 1 lb. Sysco Classic CVP Chicken Breast
- 1 lb. Sysco Classic CVP Thigh Meat
- 1 ea. Sysco Imperial Yellow Onion
- ¼cup plain Greek yogurt
- 1 t Sysco Imperial McCormick Turmeric
- ½ t saffron, ground
- 1 ea. Wholesome Farms Whole Eggs
- Sysco Classic Kosher Salt (coarse flake)
- Sysco Imperial McCormick Black Pepper (medium grind)
- sumac spice

## Mast-o-khiar Sauce

- 4 cups plain Greek yogurt
- 4 t Sysco Natural Fresh Mint, chopped
- ½ cup Sysco Imperial Raisins (seedless)
- ¼ ea. Sysco Imperial Yellow Onion, chopped fine
- 3 ea. large Persian cucumbers, rough chop
- 1 t Sysco Natural Lemon Juice

## The Kabob

Dice chicken meat and chill until almost frozen. Grate onion and discard 20% of the liquid. In a bowl, mix spices, egg, yogurt and onion. Set aside and keep cool.

Pulse chicken in a food processor to a texture matching ground turkey. Using your hands, combine chicken and yogurt mix (not mast-o-khiar sauce) until everything is well-incorporated and very sticky. Be sure to keep this mixture cold at all times.

Spread meat mixture onto the center of flat metal skewers (preferably the wide Iranian-style) and form so the meat stays put. Kabob koobideh is long (about 7"–8"), so spread the meat all the way along the skewer, leaving only an inch or two at each end.

Grill on high heat until nicely charred at the edges and cooked through.

## The Sauce

Mix yogurt, mint, raisins, chopped onion, cucumbers and lemon juice. Chill and let set for 2–3 hours (best if made one day in advance).

## For a Traditional Presentation

Dust with sumac spice and serve with grilled Roma tomatoes, raw onion, fresh parsley, Iranian flatbread and Persian rice.



# BUFFALO-STYLE CAULIFLOWER

- 2 ½ oz. Sweet Baby Ray's Buffalo IntensiFries™ Sauce
- 1 oz. Arrezzo Gorgonzola Cheese (diced)
- ½ oz. Sysco Natural Shredded Carrots
- 1 oz. Sysco Natural Celery Branches, shaved
- 5–7 oz. Sysco Natural Large Cauliflower Florets, cut
- ½ oz. Sysco Natural Green Onion, chopped
- Sysco Classic Tempura Batter Mix

Recipe by **Chef Ojan Bagher**  
Sysco Houston

Begin by mixing tempura batter according to the directions. Set aside. Cut celery branches in half and shave thin with a peeler. Place in ice water (this will help curl the celery for presentation).

Dice cheese in to ½ inch cubes and reserve.

Sort cauliflower and cut in half any pieces larger than bite size. Coat cauliflower in batter and fry at 350° F for 3–4 minutes, then toss with 2 oz. of Buffalo sauce.

Toss shredded celery and carrots with ¼ oz. Buffalo sauce and set aside.

Arrange fried cauliflower on a plate and top with celery and carrot slaw, sprinkle with green onions and blue cheese. Drizzle plate and cauliflower with remaining sauce and serve.



# BAKED GREEN TOMATOES

Recipe by **Chef Neil Doherty**  
Sysco Corporate

- 2 ea. organic green tomatoes (large)
- ½ cup egg wash
- ½ cup Sysco Creative Coaters™ Breading Mix, Rice & Navy Bean
- ¼ cup cornstarch
- ¼ cup all-purpose flour
- ½ t Sysco Imperial McCormick Cajun Seasoning
- ½ t kosher salt
- ¼ t cayenne pepper
- 2 T Sysco Imperial Fromage Bleu Cheese Dressing
- 2 T Sysco House Recipe Hot Sauce
- parsley for garnish
- Sustain™ pan spray

Slice green tomatoes into thick slices. Mix flour, cornstarch and cayenne pepper together in one bowl.

Put egg wash and Sysco Creative Coaters Breading Mix into two separate bowls. Dip tomato slices (one at a time) into flour mix, then into the egg wash, and lastly into the Creative Coaters mix, covering both sides completely.

Spray each breaded tomato on both sides with Sustain pan spray.

Place tomatoes on a baking tray and bake at 425° F for approximately 15 to 20 minutes, or until golden brown. Be sure to turn tomatoes halfway through their cook time.

To plate, stack baked tomatoes in slightly offset tower formation. Drizzle with blue cheese dressing and hot sauce. Garnish with Italian parsley and additional bleu cheese if desired.





# SYSCO SIGNATURE RUBS

Sysco Signature Recipe

## Piri Piri Rub

- 1 cup Sysco Imperial Cumin Seed
- ½ cup Sysco Imperial Coriander Seed
- 3 cups Sysco Imperial Cayenne Pepper
- 2 cups Sysco Imperial Granulated Garlic
- 1½ cups Sysco Imperial Onion Powder
- ¼ cup Sysco Imperial Tarragon
- 1½ cups Sysco Imperial Lemon Pepper
- 1 ea. Sysco Imperial Bay Leaf
- ½ cup Sysco Imperial Basil

## Parmesan Rub

- 1 cup Sysco Classic Granulated Parmesan Cheese
- 1½ cups Sysco Natural Parsley, chopped
- 1 t Sysco Classic Kosher Salt
- 1 t Sysco Imperial Rubbed Sage
- 1 t Sysco Imperial Onion Powder
- 1 t Sysco Imperial Garlic Powder
- 1 t Sysco Imperial Paprika
- ½ t Sysco Imperial Ground Thyme
- ½ t Sysco Imperial Black Pepper

## Tandoori Rub

- 1 T Sysco Classic Paprika
- 1 T Sysco Imperial Cayenne Pepper
- 2 T Sysco Imperial Garlic Powder
- 1 T Sysco Classic Kosher Salt
- 1 T Sysco Imperial Onion Powder
- 2 T Sysco Imperial Basil
- 2 T Sysco Imperial Coriander
- 2 T Sysco Imperial Cumin

