Rise and Dine

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Hatch Chile Crab Cake Wafflewich With Green Tomato Fries

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FROM OCEAN TO PLATE IN RECORD TIME.

What makes our Atlantic salmon so extraordinary?

Perhaps it’s because our salmon are sustainably raised and harvested in the cold, clear waters of the North Atlantic. Or maybe it’s because our salmon always arrives at your door faster than you ever dreamed possible. From the first bite until the last, we’re confident you’ll discover that our passion and unwavering dedication make all the difference in the world.

To learn more about our sustainable seafood, visit truenorthseafood.com/about

True North Seafood is a proud supplier for Portico® Seafood by Sysco. True North Seafood is the only North American salmon producer that has fully integrated highest level 4-star BAP certification.

Message From the Executive Editor

Dear Valued Sysco Customer,

Welcome to our Big Breakfast Issue! We are excited to dive into both the culinary and operations sides of this delicious and profitable daypart. To see what’s hot in breakfast service across Canada and the U.S., go to our regional trend map on page 16. For tips, insights and inspiration on how to grow your breakfast operation, see our feature story on page 12. And get the latest on Sysco’s versatile packaging for on-the-go breakfast (or any meal) on page 18.

See what’s big with premium burgers, from grass-fed patties to distinctive buns (page 26). And don’t forget the sides: See our suggestions for adding interesting spices, sauces and dips to french fries as a way to increase sales (page 9). One of the biggest challenges facing operators these days is food waste. We spoke with Andrew Greene of Chartwells Higher Ed., which serves thousands of meals per day to college students, about how his organization has adapted a no-waste mindset and passed that attitude, along with the tools needed for success, to the entire team (page 11). Finally, it may be summer, but it’s not too soon to start planning for fall and winter events. Our holiday checklist (page 27) gets you ready.

As your most trusted business partner, we are grateful for the chance to work with you and earn your business every day. If you have questions or comments, please contact us at marketing@corp.sysco.ca. We love to hear from our customers!

For more information on becoming a Sysco customer, please email us at marketing@corp.sysco.ca. Unless otherwise noted, all product and trademarks and their associated copyrights belong to their respective owners. Advertised items may not be available at all Sysco locations.

True North Seafood is a proud supplier for Portico® Seafood by Sysco. True North Seafood is the only North American salmon producer that has fully integrated highest level 4-star BAP certification.
Eggs, butter, milk—these are all key ingredients in the commercial kitchen. When it comes to fresh dairy, Sysco’s Wholesome Farms brand offers quality, consistency and safety you can count on. Backed by Sysco’s quality assurance team, the largest in the industry, your fresh dairy—from milk, cream and eggs to ice cream and sour cream—comes with a guarantee of the highest safety standards.

Sysco’s end-to-end refrigerated supply chain means all items are shipped and delivered cold from start to finish. This includes being transported in trucks outfitted with time temperature recorders to ensure the temperature never rises above 4.5 degrees, which means the products maintain the best flavour and freshness.

When you order from Wholesome Farms, key products, including milk and shell eggs, are sourced from a trusted community of farmers and packaged within 72 hours of leaving the farm. With only clean and pure ingredients and no added hormones or antibiotics, Wholesome Farms allows you to worry less about your dairy supply so you can focus more on running your business.

SUPPLIER PROFILE

Cargill

Founded in 1865, Cargill has grown from a grain-storage business to a multinational giant, providing the world with agricultural goods and products. It also supplies the high-quality ground beef for Sysco’s Fire River Farms brand, including bulk grind and patties, fresh as well as frozen.

Constant Innovation

“Cargill has been producing Fire River Farms ground beef for more than 15 years,” says Travis Vest, Corporate Account Manager at Cargill. “And we will continue to invest in our relationship with Sysco. We have recently added a specialist to our team who concentrates on nothing but ground beef products.”

While more midrange restaurants are embracing fresh patties in place of frozen when making burgers these days, “it doesn’t need to be an either/or proposition,” says Tony Neuman, Customer Marketing Manager at Cargill. “There is a time and a place for both, according to Neuman. Fresh patties can reduce waste and the chances for spoilage. Sysco’s patties are flash-frozen at the height of freshness to preserve the quality and taste.

Our Safety Commitment

When it comes to ground beef, safety and quality are the primary focus for both Cargill and Sysco. All Cargill and Sysco trucks that transport fresh meat are equipped with time temperature recorders that certify the temperature never goes above 4.5 degrees, and the cold chain is maintained from when the beef leaves Cargill’s dock until it reaches your back door,” says Yale Lary, Quality Assurance Department PQM (Product Quality Management) Manager at Sysco. “Cargill is helping us to be a leader in the industry for food safety,” says Lary.

“Cargill micro-tests all of our ground beef and has state-of-the-art traceability systems, so if they have to pull back a product, they know exactly where everything is before it even reaches the customer,” says Lary. “Beyond their top-level safety and cold chain controls, however, says Lary, “They are early adopters of technology, such as an online quality verification system, and they are constantly innovating and developing new products and ingredients that bring quality and value to the customer. They even helped Sysco develop our own proprietary beef blends, including our preseasoned beef patties.”

When you place a sizzling burger on a bun or serve your signature sliders to a diner, you need to feel confident in the meat’s safety and quality, as well as its great, consistent taste. Cargill and Sysco have combined forces to make Fire River Farms the best on the market.
The Citavo brand offers a variety of coffee flavours and formats, from dark roasts to decaf, that work well in any operation and with any brewing equipment. “We source the best coffee beans from around the world,” says Alan Grebinski, Director of Sales at Mother Parker’s, which has been Sysco Canada’s preferred coffee supplier for more than 20 years.

Brewing the Best
“Citavo’s coffee lineup provides everything you need to offer the right solution for your consumers,” says Grebinski. This includes a broad array of taste profiles, both classic and on-trend. One of the newest products Sysco offers is the Citavo Donut Shop Coffee, a light-bodied blend that evokes the flavour experience of your favourite doughnut shop coffee. Needless to say, it goes well with a doughnut—or any pastry. In a similar vein, the medium-bodied Citavo Café Blend is roasted to resemble your favourite quick-service chain brew.

Quality From Field to Cup
A few Citavo products are organic, Fair Trade or single-origin, which makes for a great cup of coffee and also gives operators a selling point to flaunt on menus and blackboards. The Organic Free Trade Peruvian Coffee is grown with no herbicides or pesticides, so just the taste of this naturally wonderful coffee comes through. The single-origin 100% Colombian Coffee, which also comes in decaf, has a rich flavour and fruity aroma. For operations that do large-volume service, the Citavo Stonebranch Hospitality Blend offers a medium-roast at great value.

“We have long-standing relationships with the exporters in the countries where we buy coffee,” says Grebinski. “They know the standards we are looking for, so we get the consistent quality we want.” Nonetheless, the coffee continues to be tested “from the farm level right through to when it arrives in North America, when it comes to our plants—both before and after we roast it.”

Once the coffee is roasted, Grebinski explains, there are several specialists on the team—all led by a master coffee grader—who do nothing but “cup” coffee and monitor the blends and ingredients to maintain the highest standards. “We are controlling everything from field to cup,” says Grebinski. It’s a multistep process that ensures everything meets the taste profile and consistency customers have come to expect from premium Citavo products.

Savour the Moment
Canadians love coffee. Regular coffee drinkers consume roughly three cups of the beverage every day, according to the Coffee Association of Canada. Coffees from Sysco’s Citavo brand provide a wakeful jolt in the morning, a break from routine during the workday and a refined and flavourful way to finish off any meal.
How would you describe Peake’s Quay? We have great food with a view. The restaurant is right on the water in Prince Edward Island (PEI), and we have a large patio that overlooks the marina. I opened the restaurant 24 years ago, and over the last few years we’ve upgraded the menu and put a much bigger focus on food. We also host a lot of group events because we’re right next to the convention centre.

Your two children are part-owners of the restaurant. What’s it like running Peake’s Quay as a family business? It’s absolutely wonderful to be able to build this type of operation and have your kids with you while you’re doing it. My kids understand what it takes to run the restaurant, how many hours you have to put into it and the importance of high-quality food and service.

Throughout the summer, Peake’s Quay hosts outdoor concerts. Tell us a little about that. We offer two shows a day, seven days a week in summer, weather permitting. The concerts are quite a draw, especially because our location is so great. We try to promote local talent, so we feature a variety of musicians. The concerts give people a real taste of our regional culture and what PEI is all about, and donations go to the Children’s Wish Foundation.

What are some signature dishes on your menu? Our oysters are fantastic. PEI has the best oysters in the world, as far as I’m concerned. Our mussels are unbelievable, and so is our lobster. The bacon-wrapped scallops are another favourite item on the menu. We serve a lot of dishes made with fresh haddock, including fish and chips, fish cakes, fish tacos and seafood chowder.

What’s in the future for Peake’s Quay? We are constantly upgrading the food and service. I’ve renovated quite a bit over the past few years, but I’d like to do more. Our restaurant seats 400 and we have a massive deck, but we have to close the deck when it rains. I’d like to allow for more space for large group events, so everyone can fit inside more comfortably during bad weather. Ideally, I want to be able to handle larger crowds while still maintaining the restaurant’s open, bright atmosphere.
The Versatile French Fry

Eaten by themselves, french fries are a crispy, savoury treat. But when dressed with the right seasonings and paired with a tangy sauce or dip, what was once a simple, inexpensive side or appetizer becomes an elevated taste sensation.

Coated for Crunch
"One reason our Sysco Imperial Ultimate Crisp and Sysco Imperial Phantom Fries are hugely popular across the board is their menu versatility," says Jim Mosley, Product Manager at Sysco. Both the Ultimate Crisp and the skin-on Phantom (used in the Peri Peri Fries, shown here) have a special coating that retains crispiness. This has a range of benefits, whether you would like your fries to cling to a sauce or to each other as part of a loaded fry concept, poutine or nacho build. It is especially helpful if fries make up part of your takeout or delivery menu and need to maintain their crunch on the ride home.

Dressed to Thrill
According to Bruce Barnes, Menu Consultant at Sysco, more operators are pairing the humble fry with upscale dipping sauces and exotic spice blends or seasoned salts. "Harissa fries, chipotle fries … you can get a couple dollars more per serving as an appetizer or a side when you add the right seasonings," Barnes says. "It’s super-easy, and because the French fry is an inexpensive product, the margins are great."

Drizzle fries with fresh herbs and feta cheese for a halo of freshness and health. Use them as a blank canvas for ethnic flavours, such as West African, Greek or Japanese; go upscale with black truffle salt or another seasoned salt of your choice.

Fries on Top
Different Sysco fry products, such as our Sysco Imperial Potato Chip Skin-On Recipe Choice and Sysco Imperial Waffle Fries, can also be used in a wide variety of applications, adding crunch on top of salads and even burgers. Fries also make a great soup topper, providing both texture and a bit of hearty flavour.

Ask your Sysco Representative about our wide range of fry options and applications.
Rethink Food Waste

Tracking, using the right tools and a change in mindset can help reduce food waste in any operation.

As 40 per cent of the world’s food goes uneaten, and millions of tons of food are sent to landfills annually, operators have both a challenge and an opportunity. By measuring and reducing food waste, restaurateurs can both save money and help save the planet.

Measure and Track

To reduce food waste, you need to know how much of your weekly food order is going unused. From there you can track how each change you make to manage waste affects that number.

We spoke with trained chef and Waste Warrior Andrew Greene, M.B.A., CCC, the Purchasing Manager at Chartwells Higher Ed, about why curtailing food waste is partly a matter of mindset. To start, says Greene, “Food waste is not waste, until it’s wasted. The amount of food we serve is massive, and it’s a great responsibility.” Greene and his colleagues track every pea and potato through customized production and waste software. Yet, he says, technology is not the key. “Empower and educate your staff to manage waste,” he says, “and ask yourself what you can do to contribute, for example by visiting StopFoodWaste-Day.com to take the pledge and become a Waste Warrior.”

A Waste-Not State of Mind

Start with the basics, like using smaller plates for portion control, for example. Also, it has been shown that people waste less food in an all-you-can-eat environment when they have to carry their own plates, so consider ditching the trays, as Chartwells Higher Ed has done. Chartwells provides kitchen staff with the tools like tomato sharks to get every ounce of tomato, and they use ingredients such as red bliss potatoes, which don’t need to be peeled. Greene also believes trends like root-to-stem cooking are positive and here to stay. But most important, he says, is to impart knowledge and connect downstream users with the entire food supply chain, from farmers to truck drivers. Once each person understands where a tomato comes from and all the work that goes into getting it to the plate, they won’t want to waste any part of it.

Moving the Needle

Food waste is an ethical, economic and environmental issue. By measuring results, taking practical steps and sharing knowledge, you can achieve significant reductions in food waste. “At Chartwells Higher Ed,” says Greene, “we’re lucky to be led and empowered by our VP of Sustainability and Culinary Services, Laura Lapp, and inspired by our CEO, Lisa McEuen, who always expects us to ‘be brilliant at the basics.’ We will continue to move the needle forward on food waste and other sustainable innovations each and every day.”
Set Your Plate Apart

“Most customers are looking for plates that go the extra mile,” says Chef Brian Dorsey, Culinary Consultant at Sysco Denver. “When you add something to a plate, don’t just do it because it looks pretty, but because it pulls the dish together, making it more flavorful and visually appealing.”

For example, the Lemon and Thai Basil Blueberry Waffles (next page), made with Sysco Classic Blueberry Muffin Batter, are topped with homemade preserves to more fully develop the blueberry flavor. The Thai basil, meanwhile, is an unexpected counterpoint. “It’s all about layering the flavors in interesting ways,” Dorsey says.

You can also elevate a dish by adding unusual, exotic or luxurious ingredients to...
Whipped Avocado Toast
With Smoked Salmon and Mango Bellini

Rethink Waffles

Waffles are perennially popular. But instead of topping them with the classics and stopping there, consider using them as the basis for a deluxe breakfast sandwich, as we’ve done with the Crab Cake Waffleswich. Not only does this plate reinvent the breakfast sandwich concept, but like the avocado toast, it also takes advantage of the current seafood trend, which is gracing breakfast menus across the country. Whether you mix smoked salmon or crabmeat into scrambled eggs or use smoked trout or lobster in a deluxe Benedict, these waffles are a surefire way to elevate a morning dish and add value to the plate.

Another great idea for remaking the waffle—and layering flavors—is to stuff ingredients inside the batter before cooking instead of, and in addition to, placing them on top. This can be done using speed-scratch ingredients such as blueberry muffin batter, or simply by adding the flavorings of your choice to Sysco Classic Waffle and Pancake Batter.

Be a Champion of Breakfast

Whether you serve retro pancakes with a twist or protein power bowls, morning service has become a complex but profitable daypart. So profitable, in fact, that breakfast has eased into the afternoon, and brunch has quietly crept from weekends to Friday and then Thursday. “If I were advising someone about starting up a breakfast operation, I would say offer clean, appealing plates of food made from fresh ingredients,” says Dorsey. “You need great service and an inviting atmosphere. And finally, give people a reason to come back.”

A Healthy Margin

Many people think breakfast is a low-margin daypart. “The bills may be small, but the margins are usually high because the ingredient costs are low,” says Bruce Barnes, Sysco Menu Consultant. “Breakfast costs less than half as much as lunch or dinner. Butter-based dishes cost more but serve to go when you dress them up,” Barnes says. “Just go easy with steak and eggs or you’ll miss out on the margins.”

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Follow the directions to prepare the corn muffin mix. Preheat the waffle iron and coat with oil spray. Spoon about 2 ounces corn muffin mix onto the hot waffle iron and bake until golden-brown. Once you’re made 8 waffles, spread almond butter on half of them. For each serving, place 3 strawberry slices on the almond butter and sandwich with another waffle. Top with ¼ cup of Greek yogurt, strawberry filling and sliced almonds.

Strawberry Almond Cornbread Waffles

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We canvassed seven Sysco chefs across Canada and the United States to find out the latest regional breakfast trends. What we found ranges from avocado-and-grain bowls in Victoria to cod cakes and moose sausage in Newfoundland.

1. Victoria, British Columbia

“Victoria is such a breakfast town. It seems like every restaurant serves breakfast, and people line up as if they are waiting for a night club. Menus are split into two polar opposites. On the one hand, you have a lot of places serving very health-forward, organic and locally sourced plant-based plates. Think scrambled tofu with roasted yam hash, breakfast bowls with grains and avocado. On the other hand, you’ve got funky hangover food, like Benedict’s with curried hollandaise or bacon and eggs with jalapeno jelly.”

2. San Francisco, California

“The Bay Area is unique in that consumers are looking for the most local and sustainable ingredients they can get. In terms of breakfast dishes, you see a lot of standards, but with every ingredient and farm called out on the menu. For example, you’ll see French toast made from local sourdough bread, or eggs and bacon made from farm-fresh eggs and cruelty-free bacon. At Sysco San Francisco, we stock lots of local fruits and vegetables grown in the Salinas Valley to meet that need.”

3. Houston, Texas

“Breakfast is big in Louisville. Anytime you are served with fruits and vegetables.”

4. Woodstock, Ontario

“The minimum wage in Ontario is high, so it’s important to do a high volume if you’re going to serve breakfast. Tim Hortons serves an all-day breakfast, and a lot of others are following suit. Diners are looking for healthy items like clean-label jams with no sugar added, or meats with no hormones or filler. Breakfast power bowls are especially popular. They usually combine high-protein grains like quinoa with fruits and vegetables.”

5. Louisville, Kentucky

“In Louisville, I see a lot of plant-based juices and fruit smoothies with a yogourt Base. Coffee drinks are also big, and at brunch, diners often order coffee cocktails with a shot of alcohol. Weekend brunch is a social gathering, it’s a way of life here in Houston. I’ve even created my own brunch cocktail that combines tequila and espresso by itself.”

6. Charlotte, North Carolina

“Breakfast is big in Charlotte. Everything from stuffed omelettes to protein bowls to customized cold brew coffee. But the trend I am seeing the most around town is bacon served by itself as an appetizer or side. Chefs are taking good-quality thick-cut bacon, like Sysco Reliance or Classic Smoked Bacon, and serving it candied or spiced with jalapeno or cayenne, often standing upright in a glass or stainless steel cup. It’s a tasty appetizer to much on before your main breakfast dish arrives.”

7. St. John’s, Newfoundland

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Back to Bread

“This may be the year carbs make a comeback. There will always be a small percentage of people who simply cannot eat gluten, and a larger percentage who think they can’t or would prefer not to. But bread and pastries are too fundamental to our culture and cuisine—and too darn delicious—to ever give up. Look for more operators, and especially breakfast and brunch places, to embrace the bread basket, offering more in the way of artisanal fresh-baked goods of all kinds, from slow-rise bread to homemade doughnuts.”

What’s Cooking From Coast to Coast

1. Plant-Based Plates

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2. Hyperlocal Ingredients

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Get Up and Go!

**BREAKFAST TO-GO** is gaining ground. About a third of all consumers, including 45 per cent of millennials, want meals they can pack and take with them, according to Technomic’s Breakfast Consumer Trend Report. Many breakfast eaters in a hurry are choosing egg sandwiches, grain-and-protein bowls and juices and smoothies for an easy morning meal. For operators who want to get in on the grab-and-go game, the right packaging can be as important as the right product. **Sysco’s Earth Plus, Classic and Trendz** paper and plastic to-go containers are a great place to start.

*Ask your Sysco Representative about our assortment of environmentally friendly disposable products.*

**Grab-and-Go Goodies**

Sysco’s Baker’s Source line of baked goods offers a variety of tasty morning snacks. Many of Sysco’s muffins can be customized with toppings such as fruit or whipped cream. Buying prebaked or thaw-and-serve muffins saves time and labour in the kitchen.

**Smoothies To-Go**

Fruit-based juices and smoothies are always popular and convenient to carry. Offer a creamy smoothie like the one shown here, made with grilled pineapple, sweetened with Sysco Classic Honey and thickened with Wholesome Farms Heavy Cream. Serve in a convenient to-go cup made by Earth Plus.

**A Pic in the Hand**

Spanish empanadas make a perfect start to the day. Simply roll out a premade dough and fill it with your choice of meat and vegetables. Fry or bake, and package in grease-resistant Sysco Classic Sandwich Bags or Earth Plus Microwaveable Boxes, both made from recyclable paper.

**Grilled Pineapple Cream Smoothie**

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**Beyond Protein Breakfast Bowl**

In a two-compartment box.

**Bacon, Egg and Cheddar Empanadas; Beyond Sausage® Tofu and Plantain Empanadas and Spanish Omelette Hand Pie**

Find recipes for these dishes on SyscoFoodie.com.
Thrill of the Grill

Chefs go over the top with a new generation of gourmet burgers.

KIMCHI BURGER

CHEF CHRIS VOMUND
SYSCO ST. LOUIS
SERVES 1

BURGER
1 Fire River Imperial Homestyle Choice Fresh 80/20 Beef Patty
1 Sysco Classic Gourmet Hamburger 4-inch Bun

KIMCHI SLAW
8 cups Asian Kale Fresh Vegetable Blend
2 tsp. Korean gochujang chili paste
2 tsp. Huy Fong Chilis Garlic paste
1 tsp. Fresh ginger, minced
3 Tbsp. Sysco Classic Pure Clover Grade A Honey
1 Tbsp. Sysco Seasoned Rice Vinegar

GARLIC SERRANO AIOLI
1 cup Sysco Classic Mayonnaise
1 cup Kogi BBQ Serrano Chili Sauce

HOISIN AGRODOLCE
5 Tbsp. Koon Chun Hoisin Sauce
2 Tbsp. Sysco Seasoned Rice Vinegar

FOR THE KIMCHI SLAW
In a large bowl, mix together the kale blend, gochujang, fish sauce, chili garlic paste, ginger, honey, vinegar and salt and pepper. Work the mixture together with your hands until the kale mix is evenly coated. Combine the mayonnaise and serrano chili sauce and set aside.

FOR THE HOISIN AGRODOLCE
In a small jar, combine the hoisin sauce and rice vinegar; shake until well-mixed.

FOR THE BURGER
Season the burger patty with salt and pepper and place on a hot grill; cook to desired doneness. While the burger is cooking, lightly oil or butter the bun and toast until golden. Top with kimchi slaw and drizzle with Hoisin Agrodolce. Serve with Bulgogi Fries (recipe on page 30).

Burgers are getting bigger, busier and more gourmet. While a chuck-blend patty topped with American cheese will always be popular, it is being overtaken by fancier fare. With an array of interesting flavors and ingredients, these new burgers attract a wider swath of consumers and demand a higher price point. At Sysco, we have everything you need to build the best burger, plus inspiration for that additional zing.

Patties With Purpose
To make a great burger start with the right patty. Sysco’s Fire River Farms brand offers a wide variety of fresh and frozen patties in every size, from 8-ounce rounds down to 2-ounce sliders. “The trend for independent operators is to move toward fresh patties,” says Clay Irwin, Beef Category Manager at Sysco. With Sysco’s fresh ground beef’s

69% of consumers eat beef at least once a week, with burgers and steaks leading the way. —Technomic.
Gluten-free and low-carb diets have driven burgers out of the traditional bun and into the embrace of lettuce leaves and other alternatives.

Now with the rise of the Burger Bowl, patties can cozy up to a colourful array of vegetables, as well as beans and grains—or even rest on a bed of french fries.

Find recipes for these dishes on pages 29–30.

**The Meat of the Matter**

Recently, more operators have begun to make use of high-end and mixed meats in patties to use in their burgers. “Consumers will pay a small upcharge for a better quality hamburger, and a larger one for something like wagyu beef,” says Bruce Barnes, Menu Consultant at Sysco. Sysco offers a range of primal-specific cuts and blends, from chuck and sirloin and beyond.

**Savour the Flavours**

While many diners still enjoy a plain burger, others expect and want more—especially if they are paying a premium. Toppers like house-made kimchi, pickled vegetables, a fried egg and Sysco Classic Onion Rings add spice, flavour and crunch to the mix. Artisanal cheeses such as local goat or Gouda pair well with different varieties of meats like ground lamb and pork.

Consumers expect distinctive tastes and a distinctive look, too, in their burgers. The right bun can provide both. Challah Buns have an undertone of sweetness, and a golden-brown woven top. **Baker’s Source Hawaiian Brioche Buns** come in regular and slider size and include real pineapple chunks. Sysco’s popular **Baker’s Source Potato Bun** uses potato starch for a softer, lighter texture.

According to Bruce Barnes, consumers appreciate a variety of burgers to choose from, but it’s best not to have too many items in any one category. Consider offering one nonmeat option and one nonbun option, for example, says Barnes. And include a build-your-own burger, too. That way, everyone gets exactly what they want.

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**PRO-TIP**

Use a 7-ounce patty for the same standard bun coverage as an 8-ounce patty. You can charge the same amount for the burger and save money on each unit.
Chill Out
Sweeten your summer menu with these blissful ice cream treats.

We all remember the hot lazy days of childhood when we would chase after the neighbourhood ice cream man in his musical truck. Bring a little bit of that summertime fun and flavour to your menu this season. No one will want to skip dessert when it includes these frozen treats.

Between Two Cookies
These fun and delicious ice cream sandwiches use Baker’s Source Classic Chocolate Chip, Peanut Butter and Sugar Cookies as the bookends for Wholesome Farms Vanilla, Strawberry and Chocolate Ice Cream. The cookies, which start as labour-saving thaw-and-serve discs, allow for endless customization. The peanut butter cookies are packed with real peanut slivers, while the sugar cookie has a rich buttery taste. The chocolate chip cookie is one of Sysco’s most popular desserts on the market. Once you’re done shaping the sandwiches, dip them in melted chocolate and decorate the outside with sprinkles, crumbled cookies or M&M’s Minis.

WHEN TEMPERATURES RISE, diners seek out delectable chilled desserts. From the nostalgic taste of an ice cream sandwich to a milkshake made with leftover pie, we have cool recipes to fit right into your summer menu.

A Dazzling Combination
Waffles are all the rage right now. You can stuff them with sweet and savoury ingredients at breakfast and then use that same waffle mix to make a delicious bed for a chilled dessert. In this recipe, the chef has added mashed sweet potato to the waffle mix to create sweet potato waffles and topped it with Wholesome Farms Vanilla Ice Cream flavoured with cinnamon. He then combined strawberry preserves with hot bacon drippings and drizzled it on top for a sweet and savoury dish worthy of Instagram.

There’s a Pie in My Shake
Not sure what to do with that leftover Key lime pie—or any pie, for that matter? Mix it up in a blender with several scoops of Wholesome Farms Vanilla Ice Cream to make a rich milkshake. Top it with accents that complement the original flavours, such as shaved lime zest and smashed graham cracker crumbs. Add a shot of alcohol to make a grown-up version.

Find recipes for these dishes on page 31.
Knorr® Intense Flavours is a new range of professional products that set your dishes apart with distinctive flavour. Made from authentic ingredients prepared with culinary processes such as smoking, fermenting and roasting. Knorr® Intense Flavours offer versatile applications throughout the cooking process:

- MARINATE • SEASON • FINISH •

**MISO UMAMI**
The deep umami taste of fermented miso, porcini mushroom & seaweed
PRODUCT CODE: 5368770
PACK SIZE: 4/400 ml

**CITRUS FRESH**
The zesty and fresh taste of Mandarins, lime & yuzu
PRODUCT CODE: 5368794
PACK SIZE: 4/400 ml

**WILD MUSHROOM EARTH**
The deep earthy flavour of wild mushrooms, including porcini & boletus
PRODUCT CODE: 5368786
PACK SIZE: 4/400 ml

**ROAST UMAMI**
The rich caramelized flavour of slow roasted onion & garlic
PRODUCT CODE: 5369394
PACK SIZE: 4/400 ml

**DEEP SMOKE**
The smokiness of charred American hardwoods
PRODUCT CODE: 5369404
PACK SIZE: 4/400 ml

For more product information and intense recipes go to ufs.com
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**IN MAY**
Inspect your tools and equipment, from small to large.
Make sure to inspect tools and equipment—especially before a high-volume season:
- Are your ice machines working?
- Is your walk-in holding temperature properly?
- Are your thermometers in working order?
- Do you have the right food storage?
Consult with the experts. “We have product specialists who can help you find the right product to fit your needs, and equipment specialists who can outfit your entire kitchen,” says Wendy Abney, Vice President of Merchandising.

**IN JUNE**
Start on menus; order necessary equipment.
Summer is the time to begin preparing your menus for fall and winter holidays. Sysco can help with menu planning as well as supplies. Think of menus that will work well for banquets and large crowds, such as premed single-bite appetizers and desserts, and of dishes that are popular in the fall and winter, such as soups, stews and braised meats. For those events where holding food temperature will be critical, be sure to order the right equipment. Abney recommends the Sterno SpeedHeat, a new flameless warming product that travels well. For help with planning menus, ask your Marketing Associate about Menu Consulting Services available through your local Sysco company.

**IN JULY**
Stock up on table settings and disposables.
You’ll want to create special table settings and a festive atmosphere for holiday parties. Invest in table settings, such as attractive eco-friendly disposable plates made by Gallimore. A lot of items break over the summer, as well, so it’s a great time to restock glassware. Consider freshening up the waitstaff’s apparel for big events. Scaling up on the atmosphere and apparel “allows you to upcharge the food that you’re serving because you’re putting on a better presentation,” Abney says.

**IN AUGUST**
Take inventory and plan ahead to avoid problems.
“It’s good to think ahead and to order ahead—even if you use delayed delivery—because you don’t want the event to arrive and find you’re not prepared,” Abney says. Take an inventory of table settings, including:
- plates
- tablecloths
- glasses
- stands
- sugar holders
- salt and pepper shakers. Be sure you have enough buffet equipment, including serving baskets and tongs. No matter how well you plan, there will be last-minute surprises. Nonetheless, it’s always best to think several months ahead.

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Your Holiday-Planning Checklist
Get ahead of the game! Start preparing for fall and winter holiday events now so you won’t be caught off guard later.
SYSCOFOODIE RECIPES

BLACKENED CRAB CAKE

Heat the oil in a nonstick skillet over medium-high heat. Add the crab mixture and sear well on all sides. Cover with a lid and cook, uninterrupted, until the crab is thoroughly combined and has a golden crust, about 3 minutes longer. Remove the mixture from the pan, allow to set up. Once the grits are set but the yolks are still runny, 2 to 3 minutes, slide the eggs out of the skillet onto a plate and season with salt and pepper. Serve warm, with crema to each stack. Garnish with micro cilantro. Add 1 tablespoon of crema to each stack. Garnish with micro cilantro.

TOAST AND EGGS

Place a poached egg on each plate. Add a pickle slice. Season with salt and pepper and serve with herb oil and lemon juice and a side of micro cilantro. Drizzle with a few fresh mint sprigs, a little olive oil and lemon juice.

CREAMY GRITS WITH PULLED PORK

In a saucepan, bring 2 cups of water to a boil; reduce to a simmer. Break a cold egg into a custard cup or small glass bowl. (Be sure to use a large enough pan so the eggs don’t stick.) Cook uncovered for 3 to 5 minutes. Pour another egg. (Be sure to use a large enough pan so the eggs don’t stick.) Cook uncovered for 3 to 5 minutes.

FOR THE AIOLI

In the centre of a plate, place 1 cake waffle with radish slichs, the eggs and then the cake crab, followed by the napa slaw. Lastly, crown with another waffle and insert a bamboo pick to hold it all together. The pick also breaks the crab up for more呈现. Garnish with green tomato fries and serve with the aioli on the side.

FOR THE WHIPPED AVOCADO SPREAD

Put heavy cream in a mixing bowl and mix on medium speed for 3 to 4 minutes until thickened. Add in the remaining ingredients and mix until smooth. Proceed to whip until the ingredients are thoroughly combined and have a fluffy consistency.

FOR THE TOAST AND EGGS

Toast jalapeno cornbread slices in a grill pan for 10 to 15 seconds and set aside. Poach eggs in boiling water for about 3 minutes. Top each slice of cornbread with 2 ounces of the whipped avocado spread. Add 2 Tbsp. of the sliced salami on top of the whipped spread. Deep-fry the prosciutto slices for 30 seconds, drain and place one slice on top of each toast. Add the eggs, and garnish with capers, micro greens and radish sticks.

FOR THE MANGO BELLINI

Pour the mango smoothie poured into a blender. Add the Champagne and Mint sprigs. Blend on high until the mixture is smooth. Pour into individual champagne flutes and garnish with a sprig of mint and pea shoots. Drizzle with a few fresh mint sprigs, a little olive oil and lemon juice.

FOR THE GREEK CRISPS

Brush chicken breast to a sticky in a heavy saucepan and sprinkle the greek crispy on top. Add 1 tablespoon of crumbled feta cheese and serve with a side of micro cilantro. Mix and serve well until plating.

FOR THE AIOLI

In a mixing bowl, combine the flours, baking powder, salt and pepper, and whisk them well. Then add the wet ingredients to the dry ingredients and mix well. Pour 2 ounces of buttermilk into the centre of the waffle iron and cook for about 3 minutes. Hold the waffles ready until to build the sandwiches.

FOR THE SUNNY SIDE-UP EGGS

Heat the oil in a nonstick skillet over low heat until slightly shimmering. Crisp an egg into a small tamalekin and slowly add it to the skillet; repeat with the other eggs, adding them to the other side of the skillet. Cover with a lid, and don’t stir, until all the whites are completely set but the yolks are still runny, 2 to 3 minutes. Slide the eggs out of the skillet onto a plate and season with salt and pepper. Serve warm. For theaioli, mix the ingredients and serve with the aioli on the side.

FOR THE BLACKENED CRAB CAKE

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Brush chicken breast to a sticky in a heavy saucepan and sprinkle the greek crispy on top. Add 1 tablespoon of crumbled feta cheese and serve with a side of micro cilantro. Mix and serve well until plating.
**The Waffles**
Preheat the waffle iron. Spray the pan with oil before scooping blueberry muffin batter. Scoop approximately 2 inches into the waffle iron. Cook for 3-4 minutes, flip, and store in a 200°F oven.

**Bulgogi Fries**
In a large mixing bowl, combine the brown sugar, soy sauce, sesame oil, sesame seeds, green onions, and black pepper. Add the sliced Brussels sprouts and toss to coat. Heat a large skillet over medium-high heat and add the oil. Add the Brussels sprouts and cook until browned. Serve hot with the dipping sauce.

**Summer Haze**
For the waffle batter, combine the flour, sugar, and baking powder in a large bowl. In another bowl, beat the eggs, milk, and oil until well combined. Stir the wet ingredients into the dry ingredients until just combined. Let stand 20 minutes before using.

**Bacon Ice Cream Sandwiches**
1. Take 2 waffles and place them on your work surface.
2. Spread a generous amount of ice cream on one waffle and place the other waffle on top, making sure to press down firmly.
3. Repeat with remaining waffles and ice cream.

**Key Lime Pie Milkshake**
In a stainless-steel shaker, combine the milk, ice cream, and lime juice. Blend until smooth. Pour into a glass and garnish with a dollop of whipped cream and a sprig of mint.
Royston Brown
Driving for Sysco Central Ontario for 25 years

What do you like most about driving for Sysco?
I enjoy the independence. Also, the physical work helps me maintain a good level of fitness.

What is the most rewarding aspect of your job?
I love being thanked by my customers.

How have you helped customers solve problems?
Having good communication with the customer’s salesperson definitely helps.

Describe the relationship you have with your customers.
I have good rapport with my customers. I try to greet them by name when I see them and thank them when I leave.

If you weren’t driving for Sysco, what would you be doing?
I would probably be driving. Previously, I had worked for a major soft drink company. I might have stayed there, but they restructured, so we had the option to move on. And here I am today.

What kind of obstacles do you encounter that affect your job during an average day?
Weather and traffic are my biggest obstacles.

Tell us something fun, funny or weird that has happened to you while working as a driver.
One time a customer gave me a candy apple for the ride home, and the entire apple got stuck to my teeth while I was driving. I had to drive with it hanging out of my mouth until the candy melted and I could remove it.

If you weren’t driving for Sysco, what would you be doing?
I would probably be driving. Previously, I had worked for a major soft drink company. I might have stayed there, but they restructured, so we had the option to move on. And here I am today.

What is your go-to meal while on the road?
I keep it simple: I like my coffee and a good banana.

While driving in your truck, what radio station or music are you usually playing?
I listen to Golden Oldies 96.7. I like the music from my youth.

What driver quirks do you possess?
I don’t like backtracking. I don’t like it when I have to drive by a customer’s location and then come back later in the day to make the delivery.

Are Canadians good drivers?
We’re great drivers!

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Saputo Foodservice draws on more than 60 years of experience to meet the needs of restaurants across Canada. We listen to our customers and support them with personalized service, market and business expertise. We provide exceptional cheese and dairy products in a variety of foodservice formats, ensuring operators can find the best product, in the right format to meet their needs.

Visit us at saputofoodservice.ca