

Fresh Produce  
*The “New” Center of the Plate*

Volume No. 10  
Fall-Winter



## From Chef to Chef

*It seems that anything and everything goes when it comes to food trends these days. Local, organic, sustainable, retro, rustic, molecular gastronomic, comfort, and authentic ethnic. As overwhelming as this can be for chefs, the one constant in this flurry of fads is flavor. Does it taste good? Is it fresh? Are the ingredients high quality? These are the principles that lead to consistently successful foodservice operations.*



Markon Member Chef  
Chris Casson

*That's why Markon is here to help you achieve your fresh fruit and vegetable flavor goals. Discover produce-centric, seasonal recipes that will inspire you to create delicious cuisine for your customers. For nearly 30 years, Markon has been providing chefs with the best fruits and vegetables for your menus—all grown for flavor and quality, and shipped directly to your door.*

—Cook well!



*“Markon has been a great partner and resource for our franchise company of Chili’s Grill and Bar. Exceptional quality produce, and exceptional food safety. Markon’s updates on field and climate conditions are very helpful for our forecasting cost, and quality of produce, for short and long term menu impact.”*

—Dan Fay, Area Director, Pepper Dining, Chili’s Grill & Bar

*“Tsunami is dedicated to providing its guests with extraordinary dining experiences. As one of Utah’s premier Japanese restaurants and sushi bars, we demand the best product. Markon mirrors the quality that we strive for as a company. Knowing our produce goes through daily inspections in the field, water testing, planting, harvesting, and packaging, to how it is shipped gives Tsunami peace of mind knowing that we are able to serve our customers the very best that is available on the produce market. Without a doubt, Markon’s produce is better than anything that we’ve used in the past.”*

—Drew Kawaguchi, Food Operations Manager, Tsunami Restaurant and Sushi Bar

## Recipes for the Seasons

### Fall



### Eggs in Acorn Squash Rings

Serves 4

1 Acorn squash, sliced into four rounds  
4 eggs  
2 Tbsp. olive oil  
Sprigs of sage  
Salt and pepper, to taste

Toss squash rings with one tablespoon of oil, salt, and pepper. Roast at 400 degrees until tender, but not fully browned.

Heat large sauté pan with remaining oil. Add squash rings; crack one egg into the center of each ring. Season with salt, pepper, and sage. Flip when yolks are starting to firm up. Cook for another minute.

Remove from pan and garnish with more sage leaves.

Cover: Rustic Pizza with Beet Crust

*Savory fall ingredients like Brussels sprouts, onions, and mushrooms get a dose of color from the ruby red beets in this unique pizza crust.*

# Recipes for the Seasons

## Fall

### *Cucumber-Beet Boats*

Serves 4

2 European cucumbers  
12 baby golden beets, roasted, peeled, and cut in half  
¼ C pomegranate seeds  
1 C micro greens  
¼ C balsamic glaze

Cut each cucumber in half, creating four equal-size pieces. Slice each piece down the center, creating eight wedges. Using a melon baller, scoop out seeds.

Arrange equal portions of microgreens in each "boat"; top with three beet halves and pomegranate seeds.

Decoratively squirt balsamic glaze on serving plates and garnish with more pomegranate seeds.

Two per serving.



### *Parmesan-Roasted Green Beans*

Serves 4

12 oz. trimmed green beans  
1 Tbsp. olive oil  
¼ C Parmesan cheese, shredded  
1 tsp. lemon zest  
½ tsp. kosher salt  
¼ tsp. black pepper

Toss beans with oil, cheese, lemon zest, salt, and pepper. Roast at 375 degrees for 20 minutes or until cheese is golden brown.

Serve in parchment or butcher block paper.



# Recipes for the Seasons

## Fall

### *Bao with Beef and Vegetables*

Serves 4

For dough:

- 1 C warm water
- 1 ½ tsp. instant yeast
- 2 Tbsp. Canola oil
- ¼ C sugar
- 3 C all-purpose flour
- ¼ tsp. salt
- ½ tsp. baking powder

For filling:

- 12 oz. braised beef, shredded
- ½ C carrot matchsticks
- 1 C cabbage, shredded
- ½ C cucumber strips
- ¼ C gochujang

Combine water, oil, yeast, and sugar. Wait 1 minute, then add flour, baking powder, and salt. Mix until dough comes together, adding more flour until dough doesn't stick to the sides of the bowl. Mix on medium for 10 minutes. Knead into a ball. Cover; allow to rise for 2 hours. When doubled, punch down and form into a log; cut into 12 portions. Knead each portion into a ball. Roll out each ball and brush with oil; fold in half and roll once more to seal. Place in a steamer basket with ample water. Turn on heat; once water boils, cook for 5 minutes. Turn off heat; allow buns to sit for 2 minutes.

Fill each with meat, carrots, cabbage, and cucumbers. Top with gochujang and serve.



### *Roasted Carrot-Stuffed Shells*

Serves 4

- ½ C carrots, roasted and puréed
- 1 Tbsp. minced garlic
- 1 C shredded kale, lightly sautéed
- 15 oz. part-skim Ricotta cheese
- ¼ C wheat bread crumbs
- 1 tsp. lemon zest
- 1 large egg
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ tsp. nutmeg
- 12 large pasta shells, boiled and drained

Combine carrots, garlic, kale, Ricotta, bread crumbs, lemon zest, egg, salt, pepper, and nutmeg in a mixing bowl. In a large baking dish, fill each shell with equal portions of mixture. Bake for 45 minutes or until bubbly and golden brown on top.

Three shells per portion.



# Recipes for the Seasons

## Fall

### Rose Apple Custard Tarts

Serves 4

1 1/2 C custard  
2 Gala apples, sliced thin  
with a mandolin  
1 MFC Lemon

#### Crust:

2 C pecan pieces  
4 Tbsp. unsalted butter,  
melted  
2 Tbsp. sugar  
1 egg white  
1/4 tsp. salt

Process pecans in a food processor until the consistency of sand. Mix with melted butter, sugar, egg white, and salt. Press equal portions of mixture into eight muffin tins.

Fill each of the tins with equal portion of custard.

Put apple slices in a bowl with enough water to cover and the juice of one lemon. Heat in a microwave until tender (approximately two minutes). Drain and dry slices.

Arrange slices in an overlapping three-inch line. Gently roll, holding tightly to form a "rose." Repeat until there are eight total roses. Place one rose into each of the custard-filled nut crusts.

Bake at 375 degrees for 25 minutes or until crust starts browning, custard is firm, and apples are tender.



## Winter



### Crudite Chard Wraps

Serves 4

8 large rainbow chard leaves, trimmed of stems and thick ribs  
2 cucumbers, sliced into strips  
2 yellow bell peppers, sliced into strips  
4 avocado halves, sliced into strips  
8 oz. green and purple beans, sliced in half

Blanche chard leaves until pliable; drain. Divide cucumber, bell pepper, avocado, and bean slices into eight equal portions. Place one portion on top of bottom half of each blanched chard leaf. Fold bottom over vegetables, then roll into a wrap. Repeat for remaining wraps.

Wraps can be paired with a variety of dressing or dips. Two per person

# Recipes for the Seasons

## Winter

### *Avocado, Fennel, & Orange Salad*

Serves 4

12 Navel orange rounds  
12 Cara Cara or blood orange rounds  
2 avocados, sliced  
1 fennel bulb, thinly shaved with reserved fronds  
Fresh cracked black pepper, to taste

On four serving plates, arrange three Navel orange rounds and three Cara Cara orange rounds. Top with equal portions of avocado slices and shaved fennel.

Garnish with fennel fronds and freshly cracked black pepper.



### *Roasted Potatoes & Mushrooms*

Serves 4

2/10-oz. Idaho potatoes, scrubbed and chopped  
10 oz. multi-colored fingerling potatoes, scrubbed and chopped  
10 oz. Shiitake mushrooms, quartered  
1 Tbsp. lemon zest  
1/4 C olive oil  
1/4 C thyme (with fresh sprigs set aside for garnish)  
2 tsp. sea salt  
1 tsp. black pepper

Preheat oven to 400 degrees.

Soak potatoes in cold water to remove excess starch. Drain and par-boil until slightly tender, but not fully cooked. Drain and shake in colander. Toss potatoes with mushrooms, lemon zest, thyme, sea salt, pepper, and olive oil.

Roast on a baking sheet for 40 minutes, or until potatoes are browned on the outside and tender on the inside.



# Recipes for the Seasons

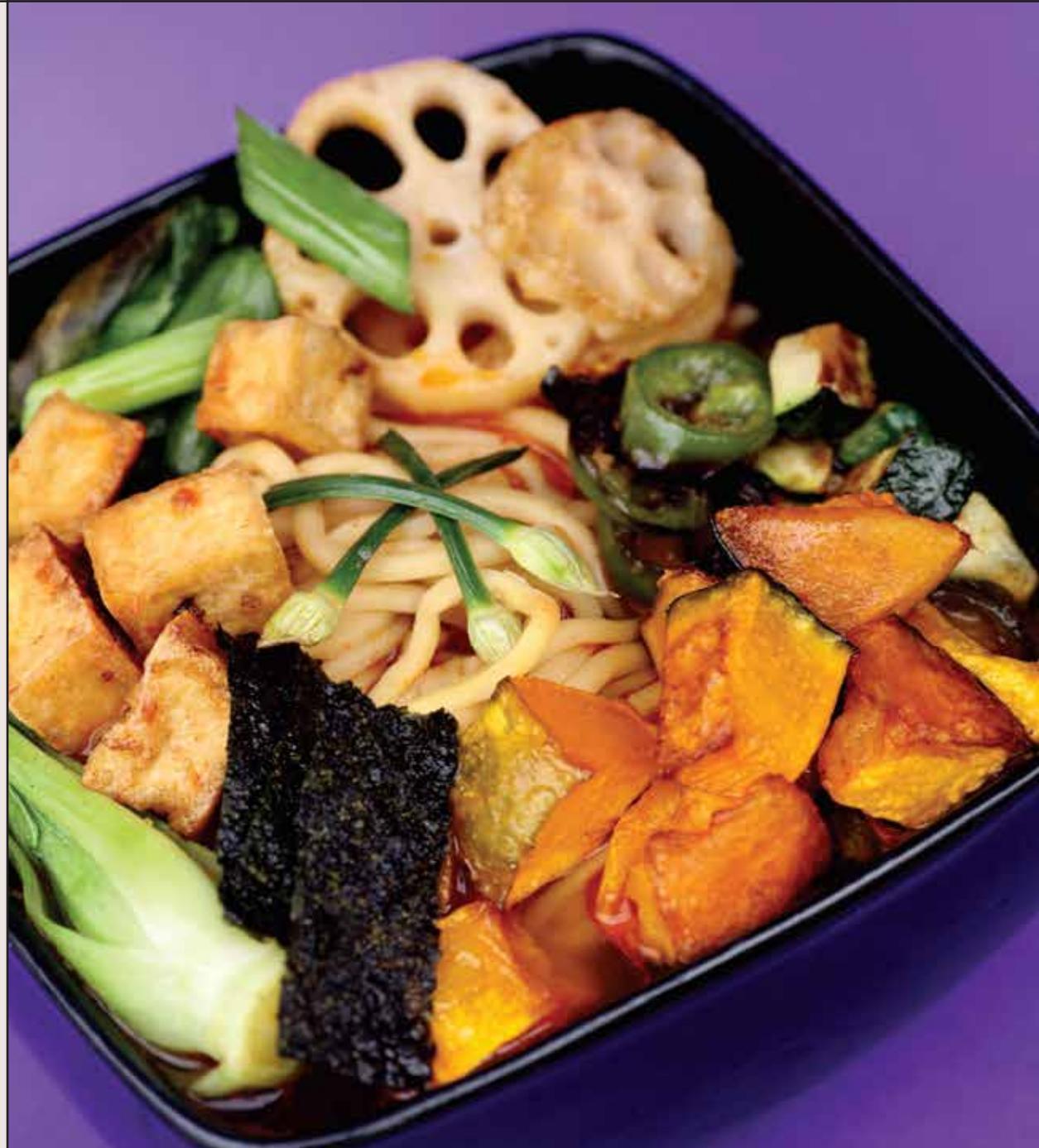
## Winter

### Vegetable Ramen

Serves 4

32 oz. vegetable ramen stock (made with garlic, ginger, mushrooms, and kombu)  
16 oz. ramen noodles  
1 C green onions, chopped  
2 C Kobucha squash, roasted  
1 C fried tofu squares  
2/3 C zucchini, chopped and roasted  
4 baby bok choy, sliced in half and seared  
1/4 C Jalapeno chile peppers, sliced and roasted  
1/4 C lotus root, seared  
1 Tbsp. gochujang  
1/2 C nori, cut into strips  
Garlic flowers, for garnish

Fill four serving bowls with equal portions of stock and boiled noodles. Top with equal portions of remaining ingredients. Garnish with garlic flowers.



### Roasted Lamb & Root Vegetables

Serves 4

1/2 C canola oil  
2 C carrots, chopped  
1 C parsnips, chopped  
1 C mushrooms, quartered  
1 C shallots, peeled and quartered  
Salt and pepper, to taste  
Sprigs of rosemary  
24 oz. boneless leg of lamb meat, chopped into bite-size pieces  
1/2 C red wine or sherry

Toss vegetables with 2 Tbsp. of oil; season with salt and pepper. Spread all on baking sheet. Top with sprigs of rosemary and bake until browned.

Heat remaining oil in a heavy skillet. Season lamb pieces; brown in batches, but do not cook meat completely. Once lamb is browned, return to skillet and deglaze with wine. Turn heat to medium-low and simmer (scraping up brown bits on the bottom) until pieces are tender.

Serve vegetables and lamb on top of mashed potatoes; drizzle with meat drippings.



# Recipes for the Seasons

## Winter

### Lemon Souffles

Serves 4

12 small lemons  
1/2 C lemon juice  
4 eggs, separated  
3/4 C sugar  
3 Tbsp. flour  
1 tsp. thyme (extra  
sprigs for garnish)  
Powdered sugar, for  
garnish

Preheat oven to 350  
degrees.

Trim/level the bottom of  
each lemon. Remove  
tops and scoop out  
citrus to make baking  
vessels. Arrange on  
prepared baking sheet.

Beat yolks, 1/2 cup  
sugar, lemon juice, and  
flour for 3 minutes.  
Move bowl to double  
boiler; whisk constantly  
until thickened. Remove  
from heat; whisk until  
cool. Reserve.

Beat whites and remain-  
ing sugar until foamy.  
Move bowl to double  
boiler; whisk until  
mixture is warm. Remove  
from heat and beat until  
soft peaks form.

Gently fold meringue  
into yolk mixture 1/4 at  
a time. Fill lemons; bake  
until souffles rise and  
tops are golden brown,  
approximately 15  
minutes.



### Markon.com

The ultimate “go to” fresh produce resource for foodservice professionals. Test-drive our intuitive navigation and detailed coverage of the products, processes, and trends driving the foodservice industry.

- In-depth product information
- Culinary inspiration center and recipe library
- Live video updates from Markon inspectors
- Industry trends and updates
- Food safety alerts
- Seasonal availability
- Connectivity to social media

### Markon’s Mobile App

Access to instant knowledge has never been easier! Download our free multi-platform app and get on the fast track to becoming a produce expert.

Available from your smartphone or markon.com, tap into this tool and watch your business grow.

- Detailed product information
- Flavor profiles and recipes
- Yield Comparison Calculator
- Preparation and usage tips
- Nutrition facts
- Real-time quality, communications, and food safety alerts

### YouTube Channel

View first-hand accounts from the field on growing conditions and product quality.

Learn about weather conditions in growing areas that can impact the fruits and vegetables you receive, product information such as defects, as well as the best time to buy.

[youtube.com/markoncooperative](https://youtube.com/markoncooperative)



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