

Fresh Produce
The “New” Center of the Plate

Volume No. 11
Spring-Summer



From Chef to Chef

Balance is the mantra of 2016 dining forecasts. Clean eating, bold flavors, and healthy ingredients continue to be the leading trends in the foodservice industry. Incorporating fresh fruits and vegetables is one of the easiest ways to add variety and wholesome foods to any dish, whether it be a nutritious salad or a decadent dessert. Produce has the ability to make your menu stand out and leave a lasting impression on your customers.



*Markon Member Chef
Chris Casson*

As your produce partner, Markon has created this brochure packed with on-trend recipes to inspire creativity. We are your year-round source for the fresh, delicious fruits and vegetables that are always protected by our strict 5-Star Food Safety® Program.

—Eat well!

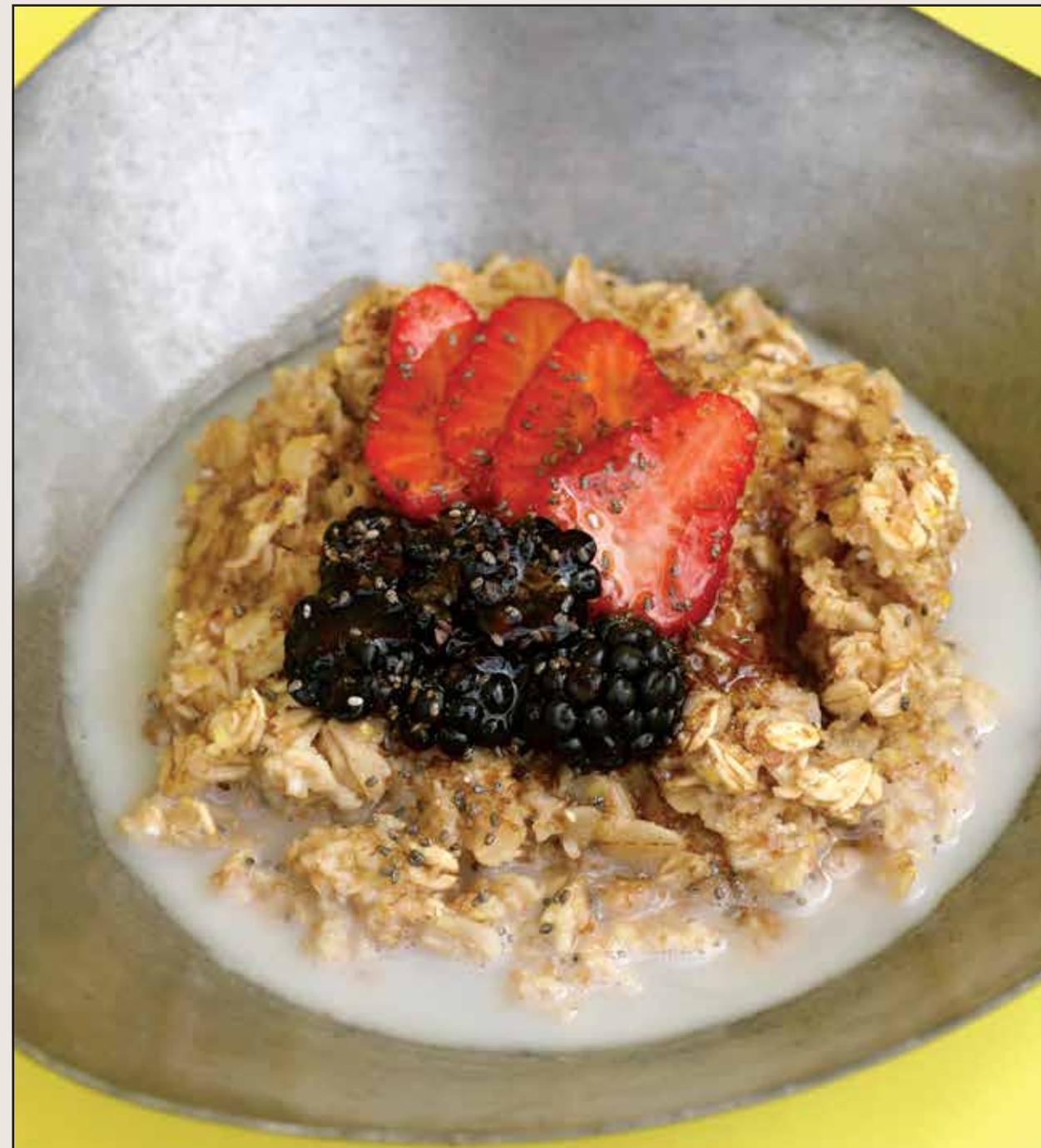


“We moved our produce business to Markon in the past year and could not be happier with the transition. Not only did we move to a higher yield product but the quality and consistency improved right along with it! It has allowed us to improve our plate presentation and our food cost simultaneously. It feels great to find a new level of confidence in the produce we prepare for our customers.”

— Gretchen Andrews, Owner/Partner, Starfish Laguna Beach

Recipes for the Seasons

Spring



Oats & Grains with Berries

Serves 4

- 5 C water
- 3 C steel-cut oats
- 1 C mixed whole grains (millet, brown rice, flax seeds, barley, etc.)
- 2 C sliced strawberries
- 1 C blackberries
- 1 C unsweetened vanilla almond milk
- Ground flax seeds, chia seeds, and honey for garnish

Bring water to a boil in a large pot. Add oats and grain and stir until thick.

Divide hot cereal between four serving bowls.

Top with equal portions of strawberries, blackberries, and almond milk. Drizzle with honey and garnish with flax and/or chia seeds.

Cover: Wild Salmon with Spring Vegetables and Pressed Juice

Bright flavors and bold colors make this seared fish dish a standout on any health-focused, sophisticated menu.

Recipes for the Seasons

Spring

Smoked Bass with Endive

Serves 4

12 small endive leaves
2 blood oranges,
chopped finely
4 oz. smoked sea bass
2 Tbsp. chopped basil
Salt and pepper, to taste

In a mixing bowl,
combine orange pieces,
fish, and herbs. Season
with salt and pepper.

Arrange three pieces of
endive per plate.

Put an ample tablespoon
of the orange-fish
mixture in each and
serve.



Watercress, Apple, Goat Cheese Salad

Serves 4

16 oz. watercress
2 Granny Smith apples,
julienned
1/4 C lemon juice
8 oz. goat cheese, split into
eight rounds
1 egg, beaten
1 C panko breadcrumbs
1/4 C avocado oil
Salt and pepper, to taste

In a mixing bowl, combine
watercress and apples with
lemon juice; set aside.

Heat oil in a skillet. Dip each
cheese round into egg bath,
then coat with breadcrumbs.
Fry each round until
browned.

Serve watercress and apple
with two cheese rounds
each; drizzle with pan
drippings/avocado oil.
Season with salt and pepper,
and serve.



Recipes for the Seasons

Spring

Filet Mignon with Radishes

Serves 4

4 6-oz. filet mignons
Salt and pepper, to taste
1 lb. purple radishes, sliced
1 lb. red beets, roasted, peeled, and sliced
1/4 C olive oil
1/4 C pomegranate syrup

For garnish
Micro ruby radish
Micro bulls blood
Edible flowers

Lightly rub each filet mignon with olive oil; season with salt and pepper. Heat a large iron skillet to high heat. Add meat, searing on one side until brown crust forms. Flip and continue cooking until medium rare. Set aside to let meat rest.

Decoratively arrange sliced radishes and beets on four serving platters.

Slice each filet mignon. Arrange the slices atop vegetables on each serving platter. Using squirt bottles, drizzle remaining oil and pomegranate syrup on the edges of radish rounds. Garnish with ruby radish sprouts, bulls blood, and edible flowers.



Grilled Pork with Butternut Puree

Serves 4

2 Tbsp. olive oil
4 6-oz. pork loin slices
Salt and pepper, to taste
1 lb. broccolini, steamed
1/2 lb. green beans, steamed
8 red potatoes, boiled and halved
1 C Thai Butternut squash soup
Microgreens and edible flowers, for garnish

Lightly rub pork slices with olive oil; season with salt and pepper. Heat grill to high heat. Add meat, searing on one side until brown crust forms. Flip and continue cooking until medium rare. Set aside.

Toss broccolini, green beans, and potatoes with remaining oil and grill until charred.

Swirl 1/4 cup of Thai Butternut puree on each serving plate. Top with potato halves, then layer with broccolini, pork, and green beans.

Garnish with microgreens and edible flowers; serve.



Recipes for the Seasons

Spring

Raspberry Panna Cotta

Serves 4

- 1 C raspberries
- 1 3/4 C whipping cream
- 1 envelope plain gelatin
- 1/3 C whole milk
- 1/4 C sugar
- Pinch of salt
- 1 tsp vanilla extract
- 4 passion fruits, halved
- Thai basil, for garnish

Puree 3/4 cup raspberries until smooth; strain.

Put whipping cream into sauce pan. Sprinkle gelatin over liquid; cook on low heat, stirring, until dissolved. Add milk, sugar, raspberry puree, and salt. Simmer until mixture starts to bubble. Strain; add vanilla.

Arrange four lightly oiled ramekins on a tray. Pour in equal portions of the mixture, top with plastic wrap and chill until firm.

To plate, dip each ramekin in hot water to loosen dessert; flip onto serving plate and garnish with passion fruit pulp, remaining raspberries, and Thai basil.



Summer

Tomato-Basil Scallops

Serves 4

- 1 C tomatoes, finely chopped
- 1/4 C basil, chopped
- 3 cloves garlic, roasted and minced
- Salt and freshly cracked black pepper, to taste
- 8 large dry sea scallops
- 2 Tbsp. garlic oil
- Microgreens to garnish

Mix together chopped tomatoes, basil, and garlic; season with salt and pepper; set aside.

Heat one tablespoon oil in a large skillet. Season scallops with salt and pepper. Sear scallops until a golden crust forms on one side (approximately one and a half minutes). Flip continue cooking for another minute; remove and let rest.

Arrange two scallops per plate. Top each with dollop of tomato-basil-garlic mixture. Drizzle with drops of remaining garlic oil and microgreens.



Recipes for the Seasons

Summer

Zucchini with Fig & Prosciutto

Serves 4

2 zucchini, sliced lengthwise
4 figs, sliced
8 oz. prosciutto, thinly sliced and crisped
1/4 C blue cheese, crumbled
8 oz. micro basil
2 Tbsp. extra virgin olive oil
Salt and freshly cracked black pepper, to taste
Edible flowers for garnish

Place two wide strips of raw zucchini side by side on a serving plate. Top with sliced figs, then crisp prosciutto. Sprinkle with equal portions of blue cheese and micro basil.

Drizzle with olive oil and season with salt and pepper. Garnish with flowers and serve.



Tomato-Cucumber Salad

Serves 4

2 large heirloom tomatoes, in thick slices
6 small tomatoes, sliced
2 cucumbers, cut into rounds
1/2 C croutons
4 cloves garlic, minced
6 basil leaves, torn
1/2 C house-made Caesar dressing

On a large serving plate, arrange tomatoes in a decorative pattern.

Top with sliced cucumbers and croutons. Strew minced garlic and torn basil leaves around the plate.

Before serving (or at the table), drizzle all with Caesar dressing.



Recipes for the Seasons

Summer

Cilantro-Garlic Shrimp

Serves 4

24 large raw shrimp, unpeeled
1 Tbsp. garlic, minced
1/4 C cilantro, chopped
Salt and freshly cracked black pepper, to taste
2 Tbsp. oil
Juice of 2 limes
1 C tomatoes, chopped
4 squares cornbread, crumbled

Toss shrimp, garlic, and two Tbsp. cilantro in a mixing bowl; season with salt and pepper.

Heat oil in a large skillet; when hot, add the shrimp mixture. Shake pan to ensure all shrimp are cooked through (approximately three minutes). Add the lime juice to deglaze pan. Add tomatoes and cook until liquid evaporates.

Serve shrimp mixture with crumbled corn bread and remaining cilantro on butcher block paper.



Chicken with Grilled Pluots

Serves 4

1 Tbsp. oil
4 boneless chicken breasts, seasoned with salt and pepper
1/2 C plum jam
1/2 C Dijon mustard
1/2 C water
3/4 C almonds, sliced and toasted
4 pluots, all colors, split, sliced, and grilled
2 lemons, sliced and grilled
Mint, to garnish

Heat oil in a large skillet. Add chicken and cook on medium-high heat until golden brown; flip and cook until second side starts browning.

Mix jam, mustard, and water; use to deglaze chicken. Simmer until chicken is tender. Remove chicken and strain sauce.

Using sauce to adhere sliced almonds, arrange nuts in a shingle pattern on each piece.

Arrange grilled pluots and lemons around chicken. Drizzle with extra sauce and garnish with mint.



Recipes for the Seasons

Summer

Seared Pineapple

Serves 4

2 pineapples, cleaned and cut into rings
3 tsp. butter
1 Tbsp. balsamic syrup
2 tsp. brown sugar
1 pint mango sorbet
1 C mango, chopped
Edible elderflowers to garnish

Heat 2 Tbsp. butter in hot skillet. Sear pineapple rings until browned. Cook in batches until all pineapple is seared. Set aside.

Add remaining butter, balsamic syrup, and brown sugar to skillet. Heat until all is melted. Whisk (while heating) until a loose caramel starts to form.

Arrange three rings on a dessert plate. Top with 1/3 cup of sorbet and equal portions of mango chunks, then drizzle with caramel. Garnish with flowers.



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.

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- Culinary inspiration center and recipe library
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- Industry trends and updates
- Food safety alerts
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- Detailed product information
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- Nutrition facts
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youtube.com/markoncooperative



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