

Fresh Produce
The “New” Center of the Plate

Volume No. 12
Fall-Winter



From Chef to Chef

As 2016 winds down, savvy chefs are gearing up for the trends and flavors that will reinvent their menus in 2017. One factor sure to continue influencing menus is the importance and versatility of fresh produce. Dishes that highlight the bold flavors, bright colors, and varying textures of fruits and vegetables will have an edge over traditional center-of-the-plate presentations.



Markon Member Chef
Chris Casson

That's why Markon has put together this brochure full of on-trend ingredients and techniques. We hope it will inspire and enhance your culinary creativity with produce-centric ideas that reflect your concept and style for a delicious season.

-Enjoy!



"Touring the fields, meeting the harvesters and growers, and really learning what goes into getting produce from the field to my kitchen was a life-changing experience. While there is a growing focus on "local", I now know what sustainable really means. I was in awe at the quality standards Markon puts in place, and can't wait to share that story with my patrons."

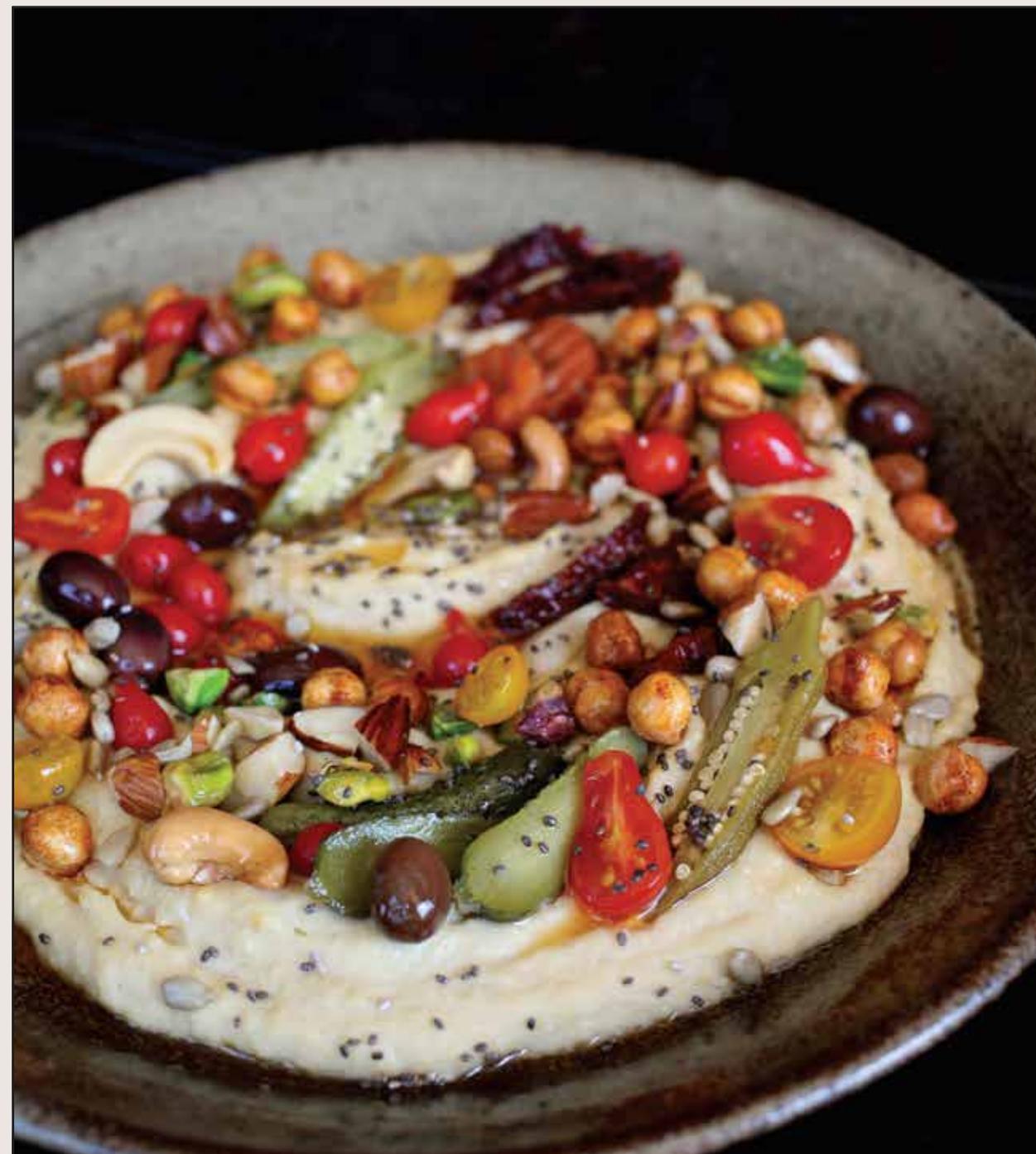
— Jason Talcott, Executive Chef, University Park Marriott, Salt Lake City, UT

Cover: Beet-Ricotta
Phyllo Tart

Earthy, jewel-tone beets are a showstopper in this creamy-crunchy Ricotta-phyllo tart. Great as an appetizer or on cheese plates.

Recipes for the Seasons

Fall



Hummus with Veggies & Seeds

Serves 8

2 C canned garbanzo beans, drained
1/2 C tahini
1/4 C lemon juice
4 cloves garlic (peeled)
1/2 tsp. kosher salt
1/4 tsp. black pepper
1/3 C olive oil

For garnish—top hummus with Chia seeds, cornichons, basil, grape tomatoes, olives, pickled okra, roasted garbanzo beans, sesame seeds, or sun-dried tomatoes.

Puree garbanzo beans, tahini, lemon juice, garlic, salt, and pepper. With machine running, drizzle in olive oil until mixture is smooth.

Arrange on plate with your choice of healthy garnishes.

Recipes for the Seasons

Fall

Butternut Squash Tower

Serves 2

- 1 tsp. mole paste
- 1/2 C vegetable stock
- 1/2 C crema
- 1 C red bulgur wheat, cooked
- 1/2 C kale, shredded (plus more for garnish)
- 1 C Butternut squash, peeled and roasted until soft
- 1 Tbsp. pepitas, lightly roasted
- Edible flower petals for garnish, optional

Heat mole paste and stock, whisking until smooth. Remove from heat and add crema; whisk until smooth. Mix together bulgur wheat, kale, and all but one tablespoon of the mole sauce.

Using a greased mold, layer soft Butternut squash and bulgur-kale mixture. Glaze top with remaining mole sauce.

Garnish with edible flowers (if desired), shredded kale, and pepitas.



Blistered Carrots with Black Rice

Serves 2

- 6 carrots, skin on
- 1 Tbsp. olive oil
- 1/2 tsp. kosher salt
- 1/4 tsp. cracked black pepper
- 1 C black rice, cooked
- 1 Tbsp. miso salad dressing
- 2 Tbsp. cilantro, chopped

Preheat oven to 450°F.

Toss carrots with olive oil, salt, and pepper. Roast on a baking sheet for 20 minutes, or until carrots have blistered skins, yet are tender on the inside.

Serve over black rice with house-made miso dressing drizzled over top. Garnish with fresh cilantro.



Recipes for the Seasons

Fall

Arugula and Mushroom Gnocchi

Serves 4

- 1 Tbsp. olive oil
- 1 lb. house-made potato gnocchi
- 1 C white mushrooms, chopped
- 1 C Chanterelle mushrooms, chopped
- 1/2 C walnuts
- 1 C Roma tomatoes, chopped
- 2 Tbsp. arugula pesto
- 2 C wild arugula
- Salt and pepper, to taste

In a large pot of salted, boiling water, cook gnocchi until they float to the top of water; drain to cool.

Heat oil in a large skillet; add mushrooms and cook until softened. Add the boiled gnocchi, walnuts, and tomatoes. Cook until gnocchi browns; toss all with pesto. Mix in arugula; toss until wilted. Season with salt and pepper; serve.



Turkey with RSS Urban Blend

Serves 2

- 1 Tbsp. olive oil
- 1/2 C onions, diced
- 1 Tbsp. garlic, minced
- 1 Tbsp. lemon zest
- 3 C Ready-Set-Serve (RSS) Urban Blend
- 2 C cornbread, crumbled
- 2 lb. turkey breast, deboned, pounded flat
- Salt and pepper, to taste

Preheat oven to 400°F.

Heat oil in skillet. Saute onions, garlic, and zest until soft. Add RSS Urban Blend and cook until wilted. Pulse mixture and cornbread in food processor until ground.

Pat turkey dry; score top with a knife. Spread filling over turkey, leaving edges clear. Starting at the bottom, roll meat into a log. Tuck ends under and tie roast with butcher's string. Brush with remaining oil from skillet; season with salt and pepper.

Cook until thermometer reads 165°F internally. Remove from heat; allow to rest for ten minutes. Slice and serve.



Recipes for the Seasons

Fall

Almond-Blueberry Cake

Serves 6

For Cake:

- 3/4 C sour cream
- 1 1/2 C sugar
- 4 eggs
- 1 1/2 C all-purpose flour
- 3/4 C almond flour
- 3 tsp. baking powder
- 3/4 tsp. salt
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- 1 tsp. lemon zest
- 3/4 C canola oil
- 1 C blueberries

For Glaze:

- 1 tsp. lemon zest
- 3/4 C lemon juice
- 1 tsp. vanilla extract
- 1/2 tsp. almond extract
- 3/4 C confectioner's sugar

Butter & flour a square cake pan; set aside.

Mix sour cream, sugar, and eggs until smooth.

In a separate bowl, combine flours, baking powder, and salt. With the mixer on low, add the dry ingredients, the extracts, zest, and oil to the wet mixture. Beat until smooth.

Pour batter into pan. Bake at 350°F for one hour; do not over bake.

Mix glaze ingredients together. Cool cake; drizzle with glaze. Garnish with fruit & nuts.



Winter



Chia-Berry Breakfast Pudding

Serves 4

- 4 C low-fat vanilla almond milk
- 1/2 C Chia seeds
- 1/2 C honey

For garnish—top pudding with any of the following:

- Almonds
- Caramelized banana slices
- Chia seeds
- Dragon fruit
- Flax seeds
- Blackberries
- Blueberries
- Grapes
- Pistachios

Combine milk, chia seeds, and honey in large mixing bowl. Cover and allow to sit overnight until of pudding consistency.

Divide pudding into four equal portions; top with your choice of healthy garnishes.

Recipes for the Seasons

Winter

Pomegranate Brie Bites

Serves 8

1 baguette, sliced into 24 rounds
2 Tbsp. olive oil
8 oz. Brie cheese, sliced into 24 pieces
1 C pomegranate arils (seeds)
2 Tbsp. balsamic syrup
Thyme, for garnish

Preheat oven to 350°F.

Arrange bread rounds on baking sheet. Drizzle oil over bread. Place one piece of cheese on each round. Bake for five minutes or until cheese melts.

Top each round with pomegranate arils; drizzle all with balsamic syrup.

Garnish with fresh thyme and serve.



White Bean Soup & Cabbage Rolls

Serves 4

For soup:

2 Tbsp. oil
1 yellow onion, sliced
2 cloves garlic, minced
2 C Butternut squash, cubed
1 tsp. kosher salt
1/4 tsp. black pepper
3 C cooked Cannelini beans
1 C kale, shredded
6 C vegetable stock
4 lamb and rice-filled Savoy cabbage rolls

Heat oil in soup pot. Add onions; cook over medium heat until soft. Add garlic and Butternut and cook another five minutes (or until squash begins to brown). Season with salt and pepper.

Add beans, kale, and stock; simmer until tender and consistency has thickened.

Serve soup with one stuffed cabbage leaf on top.



Recipes for the Seasons

Winter

Beef Wellington Appetizers

Serves 4

1 Tbsp. + 1 tsp. butter
2 Tbsp. shallot, minced
2 cloves garlic, minced
1/2 lb. mushrooms, minced
Few sprigs of thyme
1 tsp. kosher salt, split
1/2 tsp. black pepper, split
1/4 C red wine
1 Tbsp. Dijon mustard
4 2-oz. filet mignon pieces
8 oz. puff pastry, defrosted,
pricked with fork, quartered
1 egg yolk, beaten with 1
Tbsp. water

Heat 1 Tbsp. butter in pan.
Add shallots, garlic,
mushrooms, thyme, 1/2
tsp. salt, & 1/4 tsp. pepper;
deglaze with wine. Cook on
medium-high until mixture
forms a spreadable paste.
Remove thyme; cool.

Preheat oven to 425°F.

Salt and pepper filet pieces.
Sear all sides in hot pan with
1 tsp. butter for 1 minute.

Place each filet on a pastry
square brushed with egg
wash; coat filet with
mustard. Top with
mushroom duxelle. Wrap
pastry; secure with egg
wash. Chill for 30 minutes.

Bake on parchment-lined
sheet for 15 minutes.

Let rest 5 minutes. Top
with dollop of mashed
potatoes; serve.



Lamb Chops with Fingerlings

Serves 4

1 Tbsp. garam masala,
toasted
2 tsp. kosher salt
1 tsp. black pepper
1/4 C olive oil
8 baby lamb chops,
Frenched
2 lbs. fingerling potatoes
2 Tbsp. parsley, chopped
1 Tbsp. canola oil
2 lbs. green beans, trimmed

Mix garam masala, 1/2
tsp. salt, 1/2 tsp.
pepper, and oil; brush
on chops. Toss potatoes
with the remaining
spice-oil mixture. Let
chops marinate while
potatoes roast.

Roast potatoes until
tender and slightly
browned. Smash some
of the potatoes with a
fork, leaving some
whole pieces. Stir in
parsley plus 1 tsp. salt
and 1/4 tsp. pepper.

Sear chops; cook until
medium rare (2-3
minutes per side). Set
aside to rest.

Heat pan with 1 Tbsp.
canola oil; add green
beans and remaining
1/2 tsp. salt and 1/4
tsp. pepper. Cook on
high heat until slightly
charred.

Serve 2 chops each.



Recipes for the Seasons

Winter

Cranberry-Orange Pavlovas

Serves 8

- 8 large meringue cookies
- 1 oz. dark chocolate, shaved
- 1/2 C fresh cranberries
- 1/2 C orange sections (skins removed)
- 1 Tbsp. orange zest
- 1 C heavy cream
- 1/4 C sugar

Preheat oven to 350°F.

Heat cranberries, oranges, zest, and sugar until fruit softens and a soft, sugary liquid forms. Remove from heat; allow to cool.

In a standing mixer, whip heavy cream and sugar until stiff peaks form.

To assemble, top each of the eight meringue pieces with a dollop of whipped cream. Top that with fruit mixture. Garnish with chocolate shavings and powdered sugar if desired.



Markon.com

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