

# Fresh Produce

*The “New” Center of the Plate*

Volume No. 7  
Spring-Summer



## From Chef to Chef

*Diners are engaged in everything they eat like never before—they want to know where it's from, how it was grown, how it can improve their health as well as delight their taste buds. For chefs, this active participation makes writing recipes and preparing meals more rewarding—and challenging—than ever. Customized, organic, sustainable, ethnic, nutritious, and delicious...these are just a few of the expectations customers have for operators at all culinary levels.*

*That's why Markon has created this brochure specifically for you—to give you the confidence to deliver the flavor-packed, produce-centric dishes that your diners want most this spring and summer.*

– Bon Appétit!



*"We live in a day and age where the ultimate in produce food safety is a requirement—not an option. Markon is the only supplier I know who can tell me on demand when my produce was picked, who picked it, and which field/location it came from. I was there; I saw the inspectors with clip boards in-hand, making sure my produce comes from the safest and best parts of each field. The quality and consistency of each box is amazing. We have been using Markon's produce for years, and it has been a great factor in our success."*

– Rene Schuurman, Chuck-a-Rama Buffet, Salt Lake City, UT

*"We switched to Markon produce over a year ago. The quality and consistency has been superb. Markon sources the freshest produce available; using produce that has been inspected with such high standards makes my daily operation successful."*

– Brent Blunt, Maricopa Integrated Health System, Phoenix, AZ



Markon Member Chef  
Chris Casson

## Recipes for the Seasons

### Spring



### Ricotta-Stuffed Squash Blossoms

Serves 6

1 C low-fat ricotta cheese  
2 Tbsp. basil pesto  
1 tsp. lemon zest  
12 zucchini squash blossoms  
1 C flour  
1 tsp. salt  
1 C soda water  
¼ C Romesco sauce

In a mixing bowl, combine ricotta and pesto. Fill each squash blossom with two tablespoons of cheese mixture, twisting the ends to seal.

Heat fryer to 350 degrees.

In a separate bowl, whisk together flour, salt, and soda water. Dip each blossom in the batter and drop into hot oil. Cook only a few at a time; do not crowd fryer. When blossom is golden brown, remove to a rack lined with paper towels to drain.

Drizzle or brush serving plate with Romesco sauce and arrange blossoms on plate.

Cover:

Deconstructed salad made of cubed avocados, cantaloupe, watermelon, Mozzarella cheese, and topped with Balsamic syrup, olive oil, and micro-greens

## Recipes for the Seasons

### Spring

#### *Asparagus-Grapefruit Salad*

Serves 4

8 spears of asparagus, steamed  
1 C grapefruit sections  
2 C wild arugula  
¼ C sunflower seeds

Toss all ingredients together; arrange equal portions onto four salad plates.

Serve with house-made vinaigrette.



#### *Smoky Greens*

Serves 4

1 head Romaine hearts, split  
1 head radicchio, split  
3 heads Belgian endive, split  
1/4 C olive oil  
Salt & pepper, to taste

Brush romaine, radicchio, and endives with olive oil. Season with salt and pepper.

Place each cut-side down on a hot grill and cook until grill marks appear and the surface starts to wilt.

Remove from the grill and serve warm with garlicky house-made vinaigrette.



# Recipes for the Seasons

## Spring

### Vegetable Tartine

Serves 4

8 slices rustic bread  
1 C fava beans, cooked & mashed  
1 C peas, cooked & mashed  
1 Tbsp. lemon juice  
½ tsp. kosher salt  
¼ tsp. black pepper  
1 tsp. red pepper flakes  
24 oz. rotisserie-cooked chicken, boneless pieces  
4 watermelon radishes, shaved  
¼ C chives, chopped

Season fava beans and peas with lemon juice, salt, and pepper.

Spread ¼ C fava-pea mixture on each slice of bread. Top each with sprinkling of red pepper flakes, three ounces of chicken, and watermelon radish slices.

Garnish with chives and edible flowers such as alyssium and star flowers.

Two slices per person.



### Spring Risotto

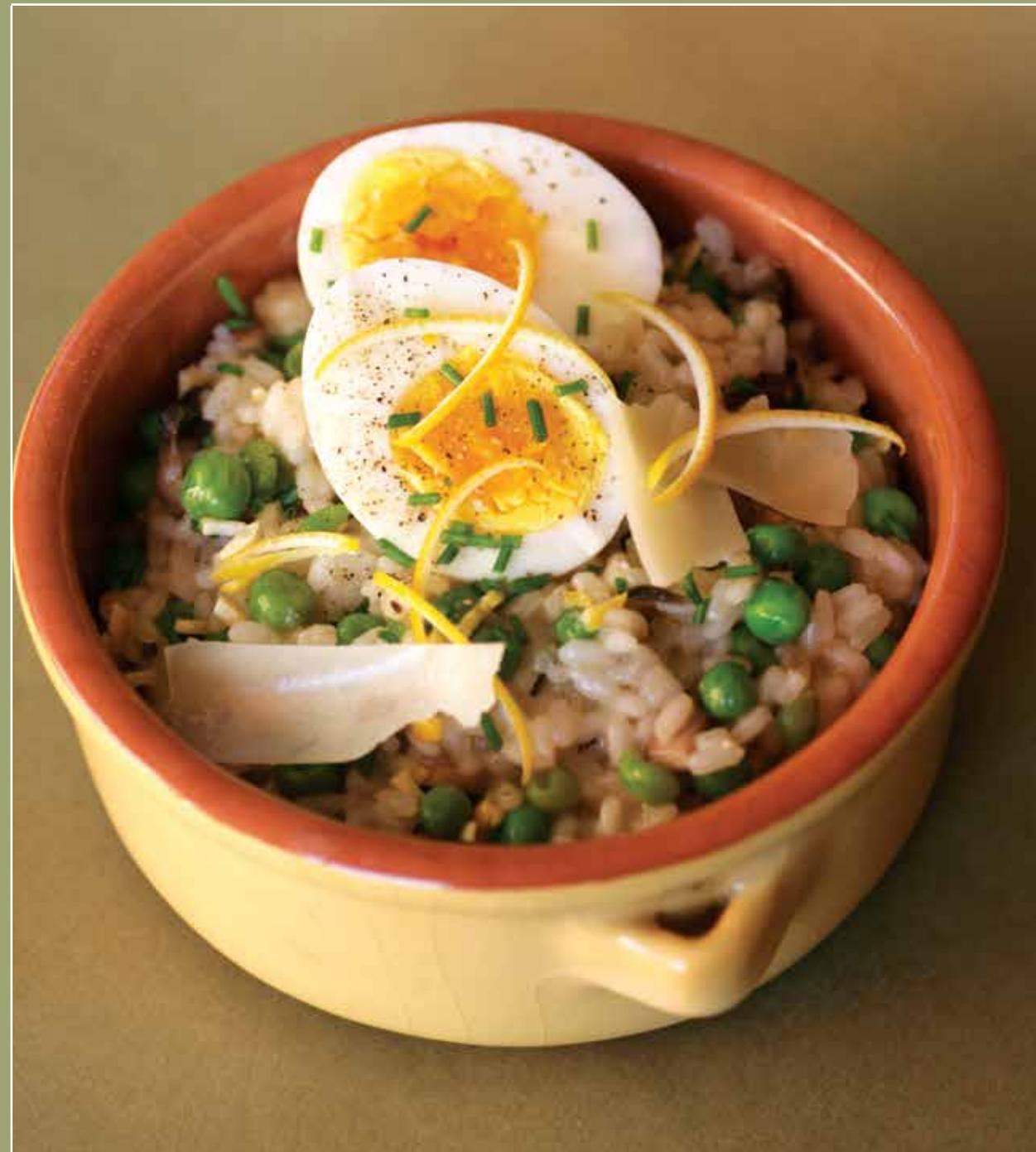
Serves 4

2 Tbsp. olive oil  
½ C diced onions  
½ C mushrooms, diced  
2 C Arborio rice  
Juice & zest of one lemon  
5 C vegetable stock, hot  
1 C fresh peas  
4 soft-boiled eggs, halved  
2 Tbsp. Parmesan cheese, shaved  
Salt & pepper, to taste

Heat oil in skillet. Add onions and mushrooms; cook until translucent. Add rice and lemon zest and cook for one minute while stirring. Add lemon juice and cook on medium until nearly evaporated; continue to add stock one cup at a time, still stirring, until liquid cooks off.

When all liquid is incorporated and rice is tender (approximately 30 minutes), add peas, Parmesan cheese, salt, and pepper.

Plate with halved egg on top. Garnish with chives (optional).



# Recipes for the Seasons

## Spring

### *Hibiscus Panna Cotta*

Serves 4

2 C whipping cream  
1 envelope unflavored gelatin  
1 C whole milk  
2/3 C sugar  
1 tsp. lemon zest  
¼ C dried hibiscus leaves  
1/8 tsp. salt

Put whipping cream in a sauce pan. Sprinkle one packet of gelatin over liquid. Cook on low heat, stirring, until gelatin is dissolved.

Add whole milk, sugar, lemon zest, hibiscus leaves, and salt. Simmer for five minutes or until mixture starts to bubble. Strain.

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

To plate, dip each ramekin in hot water to loosen dessert; flip onto serving plate and garnish with honey and edible flowers such as hibiscus leaves, fire stix, and white begonias.



## Summer

### *Arancini with Fresh Salsa*

Serves 4 (four each)

2 cups risotto  
2 eggs, beaten  
2 C bread crumbs  
3 oz. Cheddar cheese (cubed)  
Kosher salt to taste  
Freshly cracked black pepper to taste  
Canola oil for frying

Form small balls with risotto. Fit cheese cube in center of each ball. Roll in egg, then breadcrumbs.

Fry in small batches until golden brown.

Serve with fresh salsa.



# Recipes for the Seasons

## Summer

### *Shaved Carrot Salad*

Serves 4

1 hot house cucumber, shaved into thin strips  
1 lb. orange, purple, & yellow carrots, shaved into thin strips  
4 red radishes, shaved into thin strips  
¼ C basil, small leaves  
Carrot tops for garnish

Artfully arrange equal portions of all ingredients on four plates.

Serve with a delicately flavored dressing such as Champagne vinaigrette.



### *Pickled Kale*

Serves 4

3 C green kale leaves, ribs removed & chopped  
3 C purple kale leaves, ribs removed & chopped  
10 peppercorns, crushed  
¼ tsp. red pepper flakes  
2 C water  
1 Tbsp. kosher salt  
1Tbsp. brown sugar  
¼ C cider vinegar

Sanitize two mason jars. Fill with chopped kale (green in one, purple in the other), peppercorns, and red pepper flakes; set aside.

Boil water, salt, sugar, and vinegar until sugar dissolves and mixture thickens slightly.

Pour brining liquid into jars in equal amounts. Seal and refrigerate for several days before serving.



# Recipes for the Seasons

## Summer

### Grilled Octopus

Serves 4

1 lb. octopus, cleaned  
1 C white wine  
3 cloves garlic, smashed  
2 lemons, quartered  
6 baby artichokes, cleaned, halved, & steamed until tender  
Olive oil for frying  
½ C preserved lemon  
2 C frisée lettuce  
1/3 C lemon-avocado oil  
Salt & pepper to taste  
Harissa sauce (optional)

Simmer octopus in white wine, garlic, one chopped lemon, and enough water to cover for approximately one hour (or until tender). Drain and cool. Brush with one tablespoon of lemon-avocado oil; grill until slightly charred (four minutes per side). Slice and reserve.

In batches, fry artichoke halves in hot oil; drain. Squeeze one lemon over artichokes and season with salt and pepper.

Arrange equal portions of octopus, artichokes, preserved lemon, and frisée on plates; drizzle with remaining lemon-avocado oil. Garnish with Harissa sauce (optional).



### Banana Leaf-Wrapped Fish

Serves 4

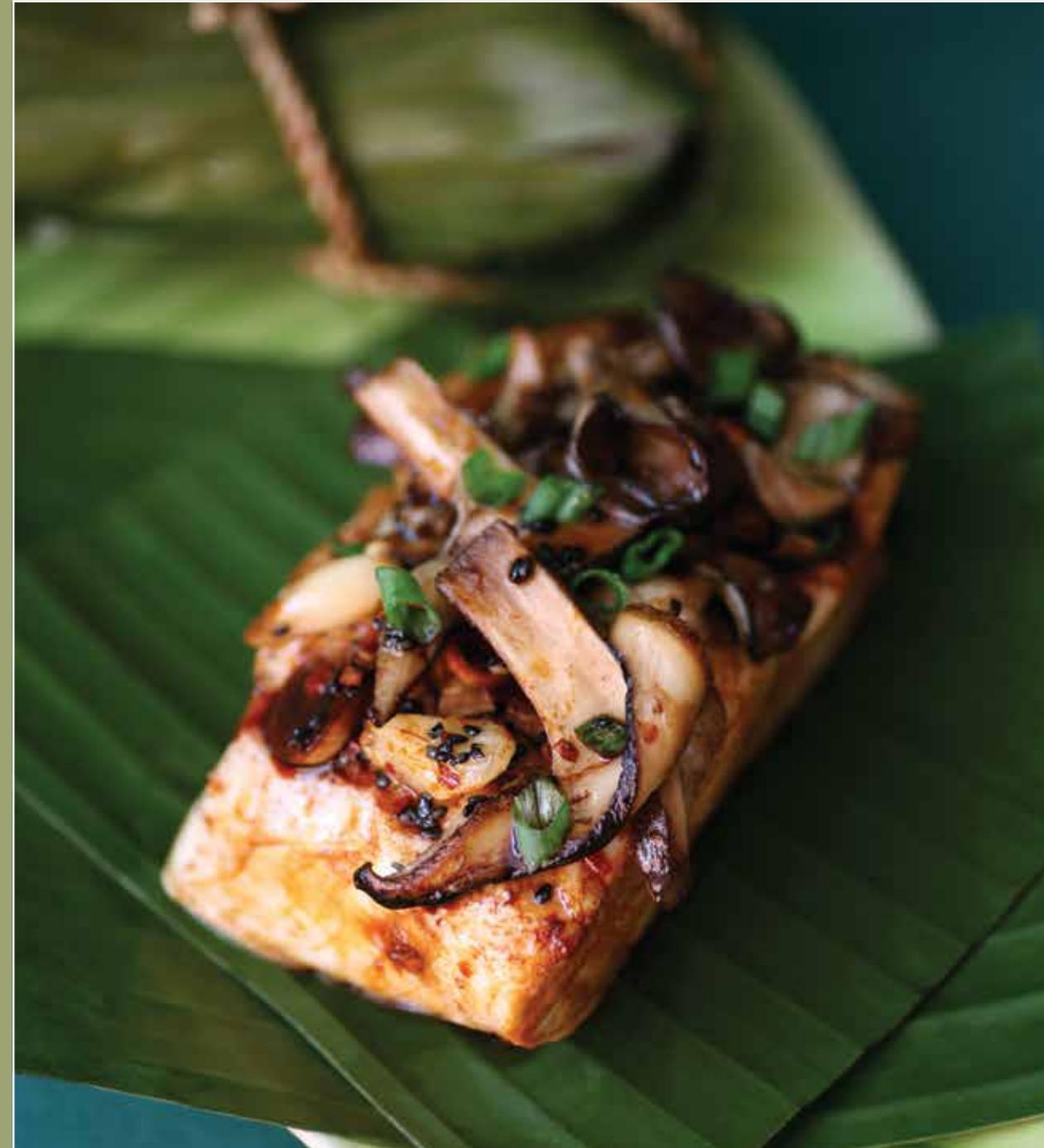
4 pieces of fish  
4 pieces banana leaf, with twine for tying  
3.5 oz. Shiitake mushrooms, sliced & sautéed  
3.5 oz. Matsutake mushrooms, sautéed  
¼ C green onions, chopped  
1 tsp. kosher salt  
½ tsp. pepper  
1 Tbsp. lemongrass, chopped  
1 Tbsp. garlic, chopped  
2 Tbsp. dark soy sauce  
1 Tbsp. sesame oil  
2 Tbsp. rice wine vinegar  
1 tsp. black sesame seeds  
½ tsp. red pepper flakes

Place fish in the center of a banana leaf square; season with salt and pepper. Wrap and tie each package.

Steam for 20 minutes.

Combine lemongrass, garlic, soy sauce, sesame oil, rice wine vinegar, sesame seeds, and red pepper flakes.

Untie banana leaves and plate fish; drizzle with sauce. Top with sautéed mushrooms and green onions.



# Recipes for the Seasons

## Summer

### Champagne Berry Gelatin Shots

Makes 10-15 shots

- 8 oz. Champagne or sparkling wine
- 8 oz. apricot nectar
- 2 packets unflavored gelatin
- ½ C strawberries, finely diced
- ½ C blueberries

In a sauce pan, heat four ounces of Champagne. Sprinkle one packet of gelatin over liquid and stir until dissolved. Remove from heat and add the remaining four ounces of Champagne.

Arrange shot glasses on a tray. Pour Champagne mixture halfway up the side of each shot glass. Drop in a few blueberries. Chill all on tray until firm.

Once the bottom layer is firm, heat four ounces of apricot nectar in a sauce pan. Sprinkle the remaining packet of gelatin and stir until dissolved. Pour mixture over the Champagne layers and chill until firm.

Top each shot with diced strawberries and whole blueberries.



### 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.

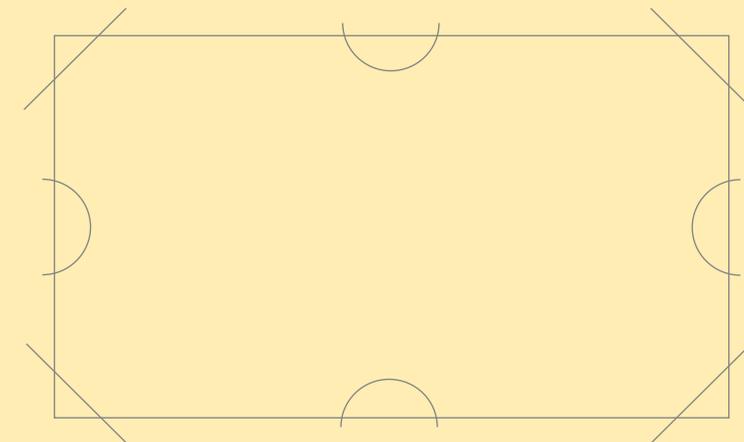
- Detailed product information
- Flavor profiles and recipes
- Preparation and usage tips
- Nutrition facts
- Real-time quality, communications, and food safety alerts

### 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)





**CONFIDENCE**  
IN EVERY CASE.

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