

Fresh Produce
The “New” Center of the Plate

Volume No. 8
Fall-Winter



From Chef to Chef

Fall weather is upon us and soon the holiday season will be here. It's the ideal time for foodservice operators to plan delicious menus that focus on the goals of today's modern diner: healthy (think superfoods), nutritious, sustainable foods that are packed with flavor and are highly craveable.



Markon Member Chef
Chris Casson

Fresh produce is a chef's best friend, especially when it comes to lightening the calories and fat typically found in heartier fall and winter recipes. For this reason, Markon has created this brochure with ethnically diverse, delicious recipes to serve as a creative springboard.

—Let's Get Cooking!



"As a restaurant consultant and chef I work with over 300 restaurants a year and I always feel confident recommending Markon Produce. Great restaurants use great product and Markon always delivers!"

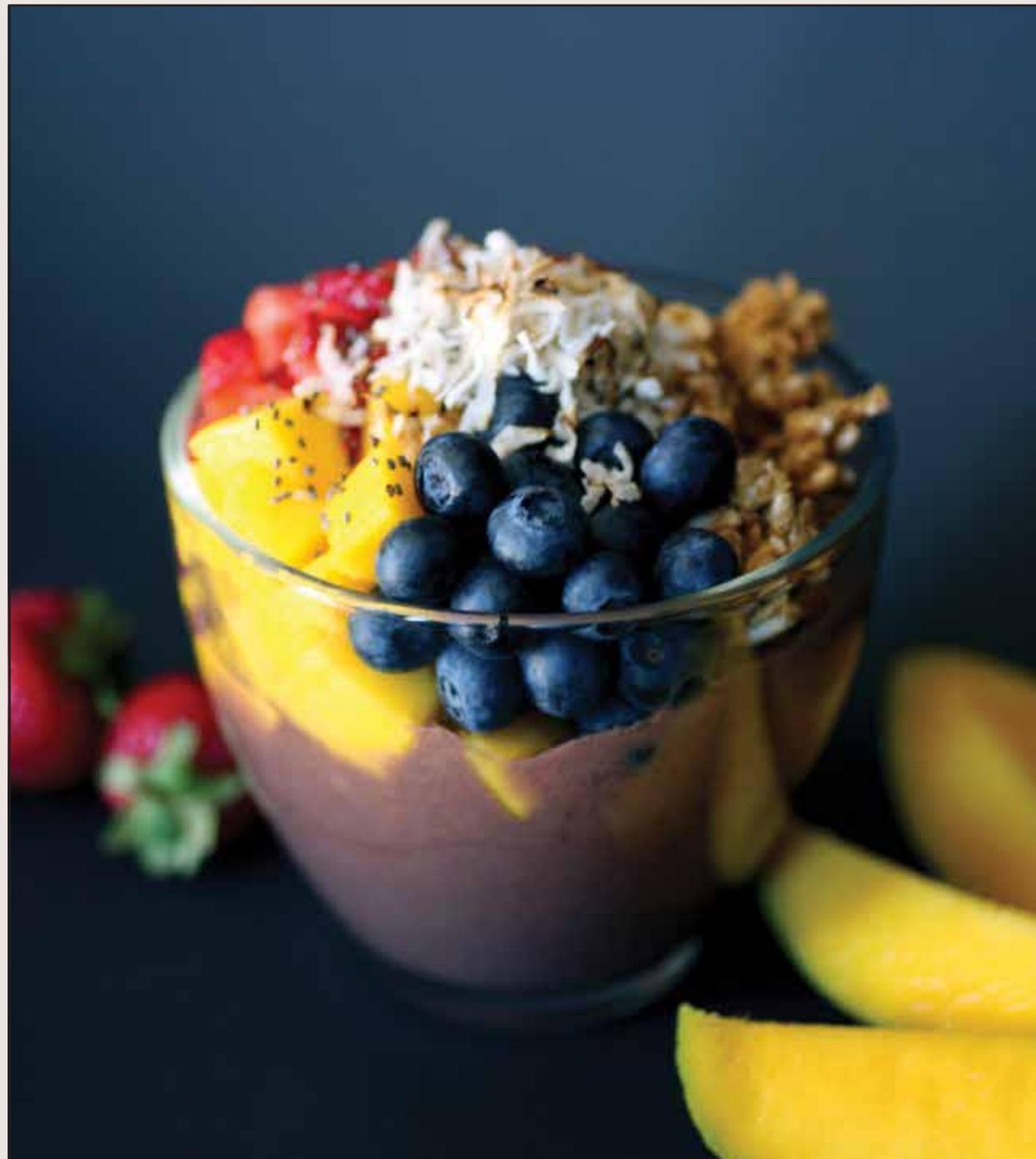
— Donald Burns, Chef Consultant, Phoenix, AZ

"What I appreciate most about Markon is the consistency. I always know what I am going to get with Markon's products. In the old days we assumed that all products were safe, but now we know that isn't always the case—with Markon, we feel more secure because they have their 5-Star Food Safety® Program in place."

— Michael Couzelis, Arbutus Club, Vancouver, BC, Canada

Recipes for the Seasons

Fall



Brazilian Acai Bowls

Serves 4

16 oz. puréed acai pulp
2 bananas, sliced
4 oz. Markon First Crop
Strawberries
4 oz. blueberries
4 oz. mango, cubed
2 oz. grated coconut
1 Tbsp. Chia seeds
4 oz. low-fat granola

Purée acai and banana until smooth. Layer acai-banana mixture with sliced fruit. Top with grated coconut, chia seeds, and granola.

Cover:
Seared scallops with
kohlrabi, blood orange,
and seasoned bread-
crumbs

Recipes for the Seasons

Fall

Open-Faced Naan Sandwiches

Serves 4

16 oz. Ready-Set-Serve Super Slaw
6 oz. pickled beets and radishes, quartered
6 oz. cherry tomatoes, quartered
4 oz. mint, torn
12 pieces of naan (approx. 1 oz. each—12 oz. total)
14 oz. tandoori chicken chunks
4 oz. plain yogurt
Paprika, to taste

Warm naan in oven.

Top each with equal portions of Ready-Set-Serve Super Slaw, beets, radishes, tomatoes, mint, and chicken. Garnish with yogurt and dash of paprika.



Garlic Confit

Serves 4

1 C garlic
Olive oil for poaching (approximately 1 C)
2 bay leaves
2 sprigs thyme

Put all ingredients in a heavy-bottom pot.

Bring to a boil, then reduce to a low simmer.

Continue simmering until all garlic is tender (approximately 25 minutes).

Strain and use garlic right away.*

*Do not store confit due to the potential for botulism.



Recipes for the Seasons

Fall

Green Bean Bundles

Serves 4

- 8 oz. trimmed green beans
- 4 oz. prosciutto
- 1 Tbsp. canola oil
- 2 oz. herbed goat cheese crumbles
- ¼ C yellow grape tomatoes, chopped

Steam all beans; when bright green, strain beans directly into ice water. Remove and dry.

Divide beans into four different two-ounce bundles. Wrap each bundle with one ounce of prosciutto (in the center of the bundle).

Heat sauté pan with canola oil. When hot, place all four bundles in pan. Turn bundles as prosciutto browns until all sides are crisp. Remove from pan.

Top each bundle with crumbled goat cheese and chopped tomatoes. Serve as appetizers or aside grilled meats.



Coconut Fried Chicken

Serves 4

- 8 chicken drumsticks
- 2 C low-fat Greek yogurt
- 1 Tbsp. lime zest
- 1 hot house cucumber, in ribbons
- 2 large carrots, in ribbons
- ¼ C rice wine vinegar
- 1 Tbsp. sesame oil
- 1 Tbsp. sugar
- 1 tsp. red pepper flakes
- 1 tsp. kosher salt
- 2 eggs, beaten
- 1 C corn flakes, packed
- 1 C panko breadcrumbs
- ½ C all-purpose flour
- ¼ C shredded coconut
- ¼ C oil for frying

Marinate chicken drumsticks in yogurt and half the lime zest overnight.

Combine cucumbers, carrots, vinegar, sesame oil, sugar, and red pepper flakes. Pickle for one hour.

Remove chicken from yogurt, wiping off excess; sprinkle with salt. Dip each in egg wash, then mixture of corn flakes, breadcrumbs, flour, the other half of the lime zest, and coconut.

Heat oil; fry chicken.



Recipes for the Seasons

Fall

Pumpkin-Apple Crepes

Serves 4

2 Tbsp. butter

1 C peeled and diced pumpkin

1 C apples, diced

½ C pomegranate seeds

¼ C hot fudge sauce

12 crepes, warm and folded into triangles

Melt butter in a large skillet. Cook apples and pumpkin until browned.

To plate, arrange three crepe triangles on a plate. Top with equal portion of apple-pumpkin mixture; drizzle with any remaining browned butter. Sprinkle with pomegranate seeds and drizzle with chocolate.



Winter

Ready-Set-Serve EnerCHI Salad

Serves 4

16 oz. Ready-Set-Serve EnerCHI Salad

4 oz. red quinoa, cooked

4 oz. grape tomatoes, halved

4 oz. cilantro, chopped

Toss all ingredients together and serve equal portions of each with choice of house-made salad dressing.



Recipes for the Seasons

Winter

Za'atar-Roasted Vegetables

Serves 4

- 6 oz. cauliflower florets
- 6 oz. carrot chips
- 6 oz. sliced yellow onions
- 2 Tbsp. canola oil
- 1 Tbsp. ground za'atar (or to taste)
- ½ C chopped cilantro

Preheat oven to 400 degrees F.

Toss all vegetables with oil and za'atar. Spread all on metal baking sheet. Bake until vegetables are browned. Serve with a dipping sauce for an appetizer or aside roasted meats for a side dish.



Hasselback Potatoes

Serves 4

- 4 10 oz. Burbank potatoes
- 2 Tbsp. olive oil
- 2 Tbsp. unsalted butter, melted
- 1 tsp. kosher salt
- ½ tsp. freshly cracked black pepper
- ¼ C basil pesto

Wash and scrub each potato. Starting at the end of each, place multiple slices that extend nearly to the bottom of the potato without cutting through (slices should go from one end to the other).

Combine oil and butter; coat each potato with equal parts of this mixture, making sure to brush in between slices. Sprinkle salt and pepper over potatoes.

Bake at 400 degrees F for 40 minutes or until flesh is tender and skin is crisp. Top each with one tablespoon of pesto and serve.



Recipes for the Seasons

Winter

Peruvian Causa

Serves 4

2 lbs. purple potatoes
2 Tbsp. canola oil
2 Tbsp. Aji chile peppers,
puréed
2 Tbsp. lime juice
1 tsp. kosher salt
½ tsp. pepper
2 C crab salad
2 C avocado pulp
½ C grape tomatoes,
halved
1 hard-boiled egg,
quartered
2 Tbsp. black olives,
sliced
Cilantro to garnish

Peel and boil potatoes;
mash with canola oil,
chile purée, lime juice,
salt, and pepper. Cool.

Using an oiled circular
mold, layer equal
portions of mashed
potatoes, avocado pulp,
crab salad, and mashed
potatoes.

Plate by removing
circular mold rings and
topping with egg,
tomato, olives, and
cilantro.



Lamb Chops with Cauliflower

Serves 4

¼ C canola oil
8 three oz. lamb chops
2 C Brussels sprouts,
chopped
2 C purple cauliflower
florets
1 lb. polenta roll, sliced
Salt and pepper, to
taste
House-made cranberry
sauce
1 C microgreens, to
garnish

Heat 2 Tbsp. oil in large
skillet. Add seasoned
lamb chops in batches.
When all are cooked
medium rare, set aside
to rest. Add 1 Tbsp. oil,
Brussels sprouts and
cauliflower to the pan,
cooking until tender;
set aside with lamb.
Add remaining 1 Tbsp.
of oil to pan; when hot,
brown slices of polenta.

To serve, arrange
polenta slices on a
plate; top with two
lamb chops. Arrange
Brussels sprouts and
cauliflower around all.
Drizzle with cranberry
sauce and garnish with
microgreens.



Recipes for the Seasons

Winter

Cranberry-Citrus Cake

Serves 4

Cranberry Filling:
2 C whole cranberries
¼ C white sugar
2 Tbsp. orange juice
Pinch of salt

1 white sheet cake,
cooked and cooled
1 2.5" biscuit cutter or
mold
2/3 C white frosting
4 rounds of candied
blood orange
1 C candied citrus peel

Make cranberry filling
one day ahead and chill.
Combine cranberries,
sugar, and orange juice
with a pinch of salt in a
sauce pan. Cook until
cranberries are soft and
some start to burst.
Remove from heat, stir,
and chill until ready to
use.

Cut eight rounds out of
the sheet cake. Place one
round on a serving plate
and top with ¼ of the
cranberry filling. Top with
second cake round. Frost
the top of the cake and
decoratively pipe more
frosting around the base.
Top all with one blood
orange slice and bundle
of candied citrus.



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



by MARKON



MARKON
ESSENTIALS



CONFIDENCE
IN EVERY CASE.

www.markon.com | Salinas, California

© Copyright 2014. Printed on recycled paper with vegetable-based inks by a certified green printer.