

Fresh Produce
The “New” Center of the Plate

Volume No. 9
Spring-Summer



From Chef to Chef

Diners' knowledge and passion for food only continues to grow, more now than ever. Vibrant colors, intense flavors, seasonal ingredients, and above all, high quality are factors your customers are contemplating as they choose where to dine. They are now in the driver's seat, making reservations based on health and wellness, children's menus, customization options, dietary restrictions, and sustainability measures.

As your produce partner, Markon has created this brochure to help you identify what's on-trend and inspire you to create the most craveable menus yet. Markon is your year-round source for fresh, delicious fruits and vegetables.

—Bon Appetit!



"Texas Roadhouse is known for freshly made, hand-cut salads and steaks. We value the consistently high yields and quality we get from Markon First Crop® Premium Iceberg and Romaine. The fact that these products are backed by Markon's 5-Star Food Safety® Program gives me the confidence to sleep well at night. Markon is truly a cut above the rest."

— Jason Mennie, Sr. Director of Legendary Food, Texas Roadhouse

"Being a resort of our size and reputation, it's extremely important to sustain a level of outstanding service. Using Markon's produce allows us to do just that by providing an excellent product backed by their 5-Star Food Safety Program. We get consistent, high-quality products from Markon."

— Bruce Hahn, Director of Purchasing/Receiving, Fairmont Scottsdale Princess Resort



*Markon Member Chef
Chris Casson*

Recipes for the Seasons

Spring



Mini Tostone Sandwich Snacks

Serves 4

- 2 Tbsp. canola oil
- 2 ripe plantains, cut into 12 rounds
- 4 oz. roasted pork shoulder, shredded
- 2 oz. Monterey Jack cheese, sliced into 12 squares
- 12 pickled cucumber slices
- ½ C red onions, sliced and pickled
- ½ C cilantro

Heat oil in a grill pan. When hot, add plantain rounds. Cook until browned on one side and flip, ensuring that plantain is cooked through.

Remove rounds and flatten them with a mallet. Return plantains to the grill to crisp the outer edges. Remove and drain on paper towels.

Stack each with a plantain on the bottom, topped by pork and one square of cheese. Place under a broiler until cheese melts. Top with pickled cucumber, pickled red onions, a second plantain round, and cilantro.

Repeat for all 12 sandwiches; serve immediately.

Cover: Beet and Goat Cheese Terrine

Dazzling with the gem tones of roasted beets and pearly white goat cheese, this terrine makes an ideal appetizer or salad topper.

Recipes for the Seasons

Spring

Charred Cabbage

Serves 4

- ½ head red cabbage, divided in two
- ½ head green cabbage, divided in two
- 8 green onions
- 2 Tbsp. peanut oil, in spray dispenser
- 1 Tbsp. gochujang
- ½ C barbecue sauce
- 1 Tbsp. black sesame seeds

Spray cabbages and green onions with peanut oil. Char on a very hot grill or flattop.

Mix gochujang and barbecue sauce together in a squirt bottle.

Arrange cabbage and green onions on a platter and artfully squirt with sauce. Serve immediately.



Shortbread with Blood Oranges

Serves 10

- 1 C all-purpose flour
- ¼ tsp. salt
- ¼ C powdered sugar
- ½ tsp. vanilla extract
- 1 stick unsalted butter, softened
- 1 tsp. water (optional)
- ½ C apricot jam
- 3 oranges, segmented
- 2 blood oranges, segmented
- ¼ C hibiscus crystals
- Edible flowers, to garnish

Preheat oven to 350 degrees.

Add the flour, salt, and sugar to a food processor; blend well. Add butter, vanilla, and water; blend until dough forms.

Remove from processor and roll into a ball, then flatten into disc. Wrap in plastic and chill for one hour. Roll dough into a flat, ½" round. Using an oval pastry mold, cut 30 cookies. Place on silpat-lined baking sheet.

Bake for 20 minutes. Cool.

Brush each cookie with apricot jam, then top with orange segments. Garnish with hibiscus crystals and/or edible flowers.



Recipes for the Seasons

Spring

Seared Sea Bass

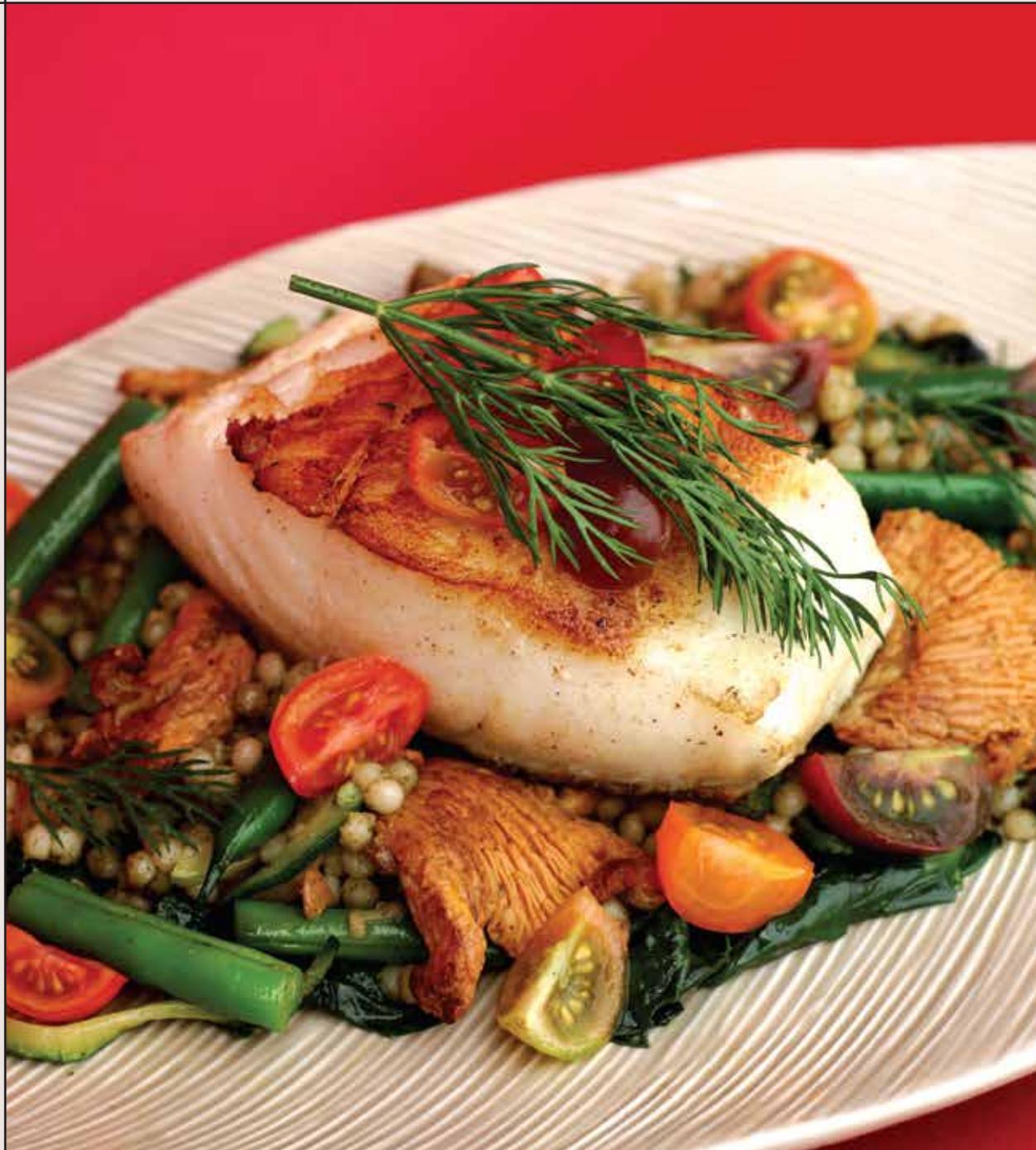
Serves 4

3 Tbsp. canola oil
4/4 oz. fish fillets
(mild-flavored fish)
2 C couscous, cooked
1 large zucchini, chopped
8 oz. baby spinach
8 oz. green beans
8 oz. wild mushrooms,
cleaned and chopped
1 pint cherry tomatoes
Baby dill, to garnish
Salt and pepper, to taste

Heat 1½ Tbsp. oil in a large skillet. Sauté spinach, zucchini, green beans, and wild mushrooms until cooked, but still crisp. Add couscous and mix until heated through; reserve.

Heat remaining oil in skillet. When hot, add seasoned fish. Cook until seared golden brown on one side. Flip and cook two more minutes.

To plate, arrange couscous-vegetable mixture as the base. Top with fish fillet. Garnish with cherry tomatoes and fresh baby dill.



Spiral Zucchini Rolls with Chicken

Serves 4

1 Tbsp. canola oil
3 large zucchini, spiral-
sliced then steamed
1 tsp. salt
½ tsp. pepper
4 skinless chicken breasts,
pounded thin
1 C Alfredo sauce
1 tsp. basil, puréed
1 tsp. parsley, puréed
1 tsp. tarragon, puréed
1 carrot, cut into tiny sticks
then steamed
½ C peas, steamed

Heat oil in a large skillet. Season chicken with ½ tsp. salt and ¼ tsp. pepper. When pan is hot, cook chicken until browned on one side; flip and cook on medium until browned, but not dry. Remove from pan and allow to rest.

Whisk herb purées into Alfredo sauce; heat through. Toss zucchini with remaining salt and pepper. Wind into four pasta-like rolls. Place each on top of a chicken breast, then drizzle with sauce and top with equal portions of carrots and peas.



Recipes for the Seasons

Spring

Matcha Cheesecake

Serves 8

16 oz. cream cheese, softened
8 oz. low-fat cream cheese, softened
¾ C sugar
2 Tbsp. flour
3 large eggs
1 tsp. Matcha (powdered green tea)
¼ C lemon juice
2 C graham cracker crumbs
½ C unsalted butter, melted
1/3 C blackberries
1/3 C blueberries
1/3 C raspberries
1 C strawberries, sliced
Currant berries (garnish)
Edible rose petals (garnish)

In food processor blend graham crackers and butter. Pack into 9" Springform pan. Set aside.

Blend cream cheese, sugar, flour, eggs, and vanilla until smooth; add matcha and lemon juice. Pour cream cheese mixture into crust-lined pan; bake at 350° for 40-45 minutes or until set. Cool completely.

Top with assorted berries and serve.



Summer

Grilled Artichokes

Serves 4

8 baby artichokes, halved with chokes removed
1 Tbsp. garlic, roasted and mashed
2 Tbsp. lemon juice
1 Tbsp. unsalted butter, melted
2 Tbsp. olive oil
½ tsp. salt
½ tsp. red pepper flakes

Boil artichokes until tender, approximately eight minutes. Drain and dry. Place each half on a hot grill and cook until char marks appear.

Mix together garlic, lemon juice, butter, olive oil, salt, and red pepper flakes.

To serve: put two halves on a serving plate and drizzle with lemon-garlic sauce.



Recipes for the Seasons

Summer

Zucchini Timbale

Serves 4

4 two-inch square molds
1 Tbsp. canola oil
4 zucchini, sliced
lengthwise
2 C cooked rice
1 can black beans, rinsed
8 asparagus tips, steamed
¼ C red bell peppers,
roasted, peeled, & sliced
Salt and pepper, to taste
Thyme (garnish)

Mix together rice and
beans; season with salt,
pepper, and thyme.

Heat oil on flattop grill.
When hot, cook zucchini
slices until grill marks
appear; flip and repeat.

Line each mold with two
zucchini strips
north-south and two
more east-west so that all
of the mold is covered.
Fill each mold with rice
mixture, packing in with a
spoon. Fold north-south
zucchini flaps across the
top of the mold; repeat
with east-west flaps.

Garnish each with two
asparagus tips, red
peppers, and thyme.



California BLT Salad

Serves 4

24 oz. chopped romaine
4 Roma tomatoes,
quartered
1½ C cucumbers,
chopped
1 C avocado, chopped
1 C garlic croutons,
preferably house-made
½ C bacon, baked and
crumbled

Arrange equal portions
of romaine, tomatoes,
cucumbers, avocados,
croutons, and bacon on
four serving plates.

Serve with choice of
house-dressing.



Recipes for the Seasons

Summer

Tomato-Onion Tartlettes

Serves 4

2½ C flour
1 tsp. salt
1 tsp. sugar
2 sticks unsalted butter, chilled & chopped
8 tsp. ice water
6 large eggs
½ C heavy cream
4 oz. Parmesan cheese, grated
Salt, pepper, & nutmeg, to taste
1 C sliced onions, sautéed
20 cherry tomatoes

In food processor, blend flour, salt, and sugar. Add butter until incorporated. Add water one Tbsp. at a time until mixture comes together. Roll into a ball; refrigerate in plastic wrap one hour. Cut into four equal pieces; roll each out flat on a lightly floured surface. Fit each piece into a small tart pan.

Combine eggs, cream, cheese, salt, pepper, and nutmeg; mix well. Arrange sautéed onions in each tart. Pour equal portions of egg batter into each; top with tomatoes.

Bake at 400° for 30 minutes (or until eggs are solid when pan is shaken). Cool and serve.



Stuffed Eggplant

Serves 4

2 eggplants, halved
1 Tbsp. olive oil
2 C farro, cooked
1 C asparagus, grilled and chopped
1 C mushrooms, grilled and chopped
1 tsp. kosher salt
½ tsp. pepper
1 C cherry tomatoes, quartered
½ C mozzarella balls, quartered (optional: seasoned with cracked black pepper and basil)
Edible petals (optional)

Remove the majority of flesh from each eggplant half. Brush with oil and grill filling and skins; reserve skins, but chop eggplant filling into cubes.

Toss cooked farro with grilled asparagus, mushrooms, eggplant filling, salt, and pepper. Use this mixture to fill each eggplant half. Top with quartered tomatoes and mozzarella cheese. Garnish with edible flower petals if desired.



Recipes for the Seasons

Summer

Charred Peaches

Serves 4

4 ripe peaches, halved
1 Tbsp. unsalted butter, melted
Pinch of salt
¼ C honey
Edible nasturtiums (optional)
Coconut gelato (optional)

Add salt to melted butter. Dip each peach half into butter/salt mixture, then place on a hot grill. Cook until the surface starts to char. Remove from heat and drizzle with equal portions of honey.

Optional: serve with scoop of coconut gelato and edible nasturtiums.



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

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

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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



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