

foodscape™

ISSUE 4, 2022 // GFS.CA

CULINARY CREATIVITY
PLANT-BASED FOOD'S
BEST FRIEND

*Grow your
plant-based
menu offerings*

Gordon®
FOOD SERVICE

IMPOSSIBLE™

MADE FROM PLANTS FOR PEOPLE WHO LOVE MEAT



IMPOSSIBLE™ SAUSAGE MADE FROM PLANTS

Introducing Impossible™ Sausage Made From Plants. The comforting, crave-worthy taste of sausage, made from plants. Pre-seasoned, pre-cooked and perfect for breakfast — or any time of the day.

- 6g protein
- 0mg cholesterol
- 2.5g saturated fat

(Per 45g serving)

Reorder no. 1441667



IMPOSSIBLE™ BURGER MADE FROM PLANTS

- 17g protein
- 0mg cholesterol
- 5g saturated fat

(Per 100g serving)

Reorder no. (Bulk 2.27kg): 1395718

Reorder no. (Patties 10x113g): 1397009

BETTER FOR THE PLANET

Compared to meat from animals, Impossible™ products use:

- Less land
- Less water
- Fewer greenhouse gas emissions

For more information, contact your Gordon Food Service® Sales Representative.

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Plan for Success

UPCOMING DATES AND EVENTS

OCTOBER

01 International Coffee Day

Make it a regular. Make it a double-double. Just celebrate coffee. Perhaps with a side of donuts.

09 International Beer & Pizza Day

Brew up specials to make the most of the suds and slices on your menu.

10 Thanksgiving Day

Help people ease the load with turkey or sides they can heat and serve at home.

20 International Chefs Day

Healthy eating? Creative entrées? Yummy Pies? Highlight what your chef does best.

31 Halloween

Get in the spirit by inventing your own Halloween candy charcuterie-style board.

NOVEMBER

01 World Vegan Day

Appeal to all appetites by putting your most delicious plant-based dishes front and center.

11 Remembrance Day

Salute those who served all week with discounts or free entrées from a special menu.

21 Odd Socks Day

Mix things up by encouraging customers to wear mismatched socks for a discount.

25-27 Set the Holiday Mood

Cocoa, nutmeg, cinnamon spice – whip up drinks to make spirits bright.

DECEMBER

01 Make a List, Check it Twice

Place your orders and have your year-end specials in place before the dining crowd arrives.

09 Collect Toys for Kids

Offer a free appetizer to guests who donate a toy to charity.

16 Ugly Sweater Day

Promote a day for staff and guests to wear dreadful holiday sweaters. Make a “vestival” out of it.

31 Raise a Toast

Help your guests celebrate with to-go cocktail mixers and festive finger foods.



HERE FOR SHOWS

Gordon Food Service® is here to connect with foodservice professionals on a personal level. Our shows, ongoing since 1972, are an open invitation to showcase our best as we look toward the future. We are Here for Shows.

Visit gfs.ca for the dates and locations of upcoming shows.

✧ G R O W ✧

your plant-based menu

Make it more than a trend with
appetizing and approachable dishes.



Remember the 1980s original gangsters, Boca Burgers and Gardenburger? Thanks to 21st century food science, plant-based foods have come a long way, and they are here to stay.

Restaurant operators today are thinking far beyond the bun. With plant-based foods that look and taste like beef, poultry, seafood, eggs, milk, etc., the challenge is figuring out how to add them to the menu and build loyalty.

Several Gordon Food Service® experts explained why it makes sense to offer plant-based options and ways you can market them.

Menu callouts matter

Veg-centric dining, meatless Mondays and mindful eating have changed the menu landscape. Even so, “vegan” or “vegetarian” callouts spook many mainstream diners. As with all parts of the menu, authenticity works, according to Vancouver-based Product Specialist Maria Dalziel.

“Vegetarians and vegans lead the charge with the plant-based segment, but plant-based foods also are a gateway into a healthier lifestyle for other diners,” she said. “They are looking for variety and ways to add more interesting meals to their diet.”

She suggests operators substitute a plant-based protein for tofu. Dishes using alt-proteins will catch on if they are appetizing and approachable.

“The same menu can have Impossible Burgers, plant milks and plant cheeses as well as standard meat options, and they can play off each other,” Dalziel said.

Health and social appeal

Success of plant-based menu items will depend on how they are described and how the waitstaff

is trained to talk about them, explains Quebec City Culinary Specialist Paul-André Miron Piché.

“Operators can take risks and place one or two plant-based items on the menu ... give people a taste and see their reactions,” he said. “Make it Instagrammable and cute so it looks appealing to the younger generation.”

Giving diners a choice is key, Dalziel points out. “We encourage operators to list their main dish and have all of the proteins and alternatives listed as add-ons. It’s not a matter of choosing a vegan dish or a meat-centric dish, it gives customers the option of choosing plant-based, and à la carte menus encourage higher total spending.”

When consumers feel good about choosing plant-based foods, restaurants can double down on their messaging about using environmentally friendly disposables or takeout packaging. The combination of plant-based food and thoughtful packaging enhances the whole operation.

Many of the restaurant industry’s top trends are directly or indirectly related to sustainability and plant-based products. Dalziel and Miron Piché agree that pairing the messaging is an opportunity.

“Plant-based foods and packaging sustainability go well together, and it shows character when a business offers both,” Miron Piché said.

Watch for limitations

Between veg-centric dining and plant-based possibilities, the audience is vast, but not unlimited.

Despite all the trend predictions, Dalziel warns that some people could be turned away because plant-based foods are processed and often not low-calorie options.

“People can be pretty divisive even when you’re talking about beef – some people want only grass-fed, others want grain-fed,” she explained. “There are people who won’t mind lab-created or processed plant-based

foods, but others will prefer natural plant-based vegetables or salads.”

There’s no need to get stuck on plant-based burgers, chicken or seafood. Think beyond the centre of the plate. Illinois-based Culinary Specialist Bill Barker points to a croissant made with Zero Egg that’s the best he’s ever tasted. There also are plant-based milks that can be used in sauces or dressings.

Other suggestions: avoid price callouts or brand names.

“People don’t like the idea of paying restaurant prices for vegetables,” Texas Culinary Specialist Matt Dummar said. “So make it special – thoughtfully prepared and presented, with flavours people can’t prepare at home”.

And, unless your customers expect a brand name, just refer to plant-based instead of “Beyond” or “Impossible,” Dummar notes. “As new products come on line, you might find one you like better and you won’t have an easy way to change.”



MADE WITH PLANT-BASED INGREDIENTS



GARDENBURGER*
ORIGINAL VEGGIE BURGER

Suggested
servings

MORNINGSTAR FARMS* SPICY
BLACK BEAN VEGGIE BURGER

GARDENBURGER*
MALIBU VEGGIE BURGER

Morning
Star
FARMS*

Gardenburger*

| PRODUCT | MFG. NO. | CASE SIZE/COUNT/ UNIT WEIGHT | ITEM NO. |
|---|------------|---------------------------------|----------|
| Gardenburger* Original Veggie Burger | 6410079193 | 4 / 12 / 96 g | 1214188 |
| Gardenburger* Malibu Veggie Burger (vegan) | 6410073192 | 4 / 12 / 91 g | 1201995 |
| MorningStar Farms* Spicy Black Bean Veggie Burger | 6410073133 | 4 / 12 / 93 g | 1201996 |

FOR MORE INFORMATION:

Email: info.outofhomecanada@kellogg.com

Online: kelloggsoutofhome.ca

MADE WITH *Real* PLANT-BASED
INGREDIENTS. *Real* TASTY.



Flavourful,
chef-inspired
dishes are key
to winning with
plant-based
foods.

Plant-based food's best friend? ***Culinary creativity.***

Restaurant operators seeking cuisine that's ripe for growth should look no further than plant-based foods.

A Food Institute survey showed that 40% of consumers surveyed in March 2022 purchased plant-based protein and/or dairy alternatives within the past six months, with health cited as the motivating factor.

Of those people, half said it's important for restaurants to offer plant-based options, but only about 20% choose those options when dining out. This suggests potential for growth and reminds operators to enhance the appeal of plant-based dishes, according to Maria Dalziel, a Gordon Food Service® Product Specialist in Vancouver.

Find an audience

"I think it's about having choices available," Dalziel said. "People will jump on it if the menu is flexible and people can

customize the dish they want to eat."

One way to achieve that, she says, is to lean into vegetables for the sake of vegetables. "I have worked with restaurants to help them create their own versions of vegan and vegetarian items that aren't created in a lab or heavily processed," she explained. "For example, compressed watermelon radish can simulate tuna poke.

Corn ribs were another of her creations. She cut a corn cob into eighths, marinated it and grilled it the same as a rack of ribs. The result was a similar mouthfeel and texture from a product that was purely seasoned vegetables.

The "Plant-Forward by the Numbers" report, conducted in 2021 by Datassential and the Culinary Institute of America, advised operators to look beyond meatless burgers and meat substitutes to see plant-forward eating as ripe for growth and chef-inspired creations.

PLANT-FORWARD THINKING

"Plant-based" can imply lab-created. The Culinary Institute of America suggests "plant-forward" messaging, defined as:

"A style of cooking and eating that emphasizes and celebrates, but is not limited to plant-based foods including: fruits and vegetables (produce), whole grains, beans, legumes (pulses), soy foods, nuts and seeds, plant oils and herbs and spices—that reflects evidence-based principles of health and sustainability."

ADVICE FROM THE FIELD

We reached out to our experts and asked for their thoughts on plant-based dining. Here's what they said:

START SIMPLY AS A TEST

Operators must be in touch with their customers and their market. It's easy to test plant-based menu offerings by keeping them simple. Offer one or two really great ideations and see how they perform. You don't always need an entire menu section.

DARREN LEXA
CULINARY SPECIALIST



GIVE DINERS A CHOICE

List a main dish with the proteins and alternatives listed as add-ons. It's not a matter of choosing a vegan dish or a meat-centric dish, it gives customers the option of choosing plant-based, and à la carte menus encourage higher total spending.



MARIA DALZIEL
PRODUCT SPECIALIST

ADD FLAVOUR, PLATE-APPEAL

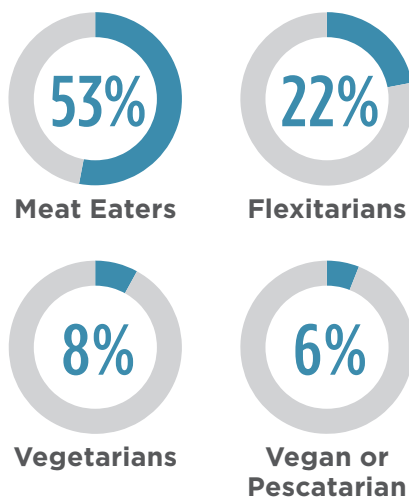
Plant-based items are healthy but not necessarily flavourful, so it's important to add flavours to your menu items. Adding value and plating plant-based items in beautiful ways are keys to success.

STÉPHANE RENAUD
CULINARY SPECIALIST



"People buy it and love it because of the taste. If you tell people it's vegan they might say they don't want it."

Among the report's findings about consumers:



The take-away: Consumers reducing meat consumption are more likely to fall in the flexitarian middle ground than choose vegetarian or vegan diets.

Ingredients have growth potential

One avenue could be using plant-based chicken tenders or seafood in a taco or salad, Texas-based Culinary Specialist Matt Dummar suggests.

"It goes way beyond burger patties ... plant based pizza toppings are definitely up and coming, and I'm not talking about vegan pizza, but using a plant-based sausage or pepperoni as an ingredient," he said. "Also pasta dishes, with plant based-shrimp and sausage."

Ingredients are one way to add plant-based culinary options, Dalziel said.

"There seems to be a big focus on baking solutions. Substitutes for eggs and butter in baking as well as yogurts," she said. "The plant-based milk segment is going strong, with oat milks, coconut milk and soy milk. I just heard potato milk is a new item. I won't knock it until I try it."

To increase dining acceptance, Dalziel says it's not necessary to call out vegan or vegetarian foods. She points to MeeT, a Vancouver restaurant that added mushroom calamari to the menu.

"It's just mushrooms that are battered and fried, but it's done in a way that mimics calamari," she said. "People love the flavour and texture, not the fact that it's made with plant-based ingredients."

Plant-based skews young

Changing the eating habits of older consumers is harder, Dummar says, so ingredients are a gateway to success.

The real plant-based growth potential lies with health-conscious and younger consumers. A 2021 YPulse survey found 47% of 13- to 39-year-olds regularly eat or drink plant-based foods and beverages. The same survey showed 23% of consumers not eating plant-based foods are curious.

"I'm a Millennial parent with a 9-year-old son," Dummar said. "He watches videos on YouTube about cooking and the history of plant-based foods. He's more excited to try them than I am. They get the 'why' of these products."

Violife

100% Vegan



GROW YOUR BUSINESS BY GIVING YOUR GUESTS DELICIOUS PLANT-BASED OPTIONS

FOR MORE INFORMATION, PLEASE REACH OUT TO YOUR GORDON FOOD SERVICE REPRESENTATIVE.
SOME ITEMS MAY NOT BE AVAILABLE IN ALL AREAS.



HIGH MELTABILITY & STRETCH ✓
GREAT TASTE & TEXTURE ✓
VEGAN & DAIRY-FREE ✓
SOY, NUT & GLUTEN FREE ✓

1:1 SWAP FOR DAIRY CREAM ✓
WHIPS, COOKS & BAKES ✓
VEGAN & DAIRY-FREE ✓
SOY & GLUTEN FREE ✓



Connect to the customer experience

A Chicago Culinary Trends Tour shows restaurant guests notice much more than food and flavour.

Today's restaurant customers are paying more, so they expect more. One way to keep them satisfied is by paying attention to the guest experience.

FACT: Food costs and menu prices are higher.

FACT: Labour is in short supply and turnover is high.

FACT: Customers notice when quality diminishes.

Prices and labour change without warning. Quality is one thing operators can control.

What makes a great restaurant experience? Finding out is as simple as visiting other restaurants as a customer. On a recent Culinary Trends Tour in Chicago, Gordon Food Service® experts not only sampled emerging creations, they took note of their surroundings. Their insights show the importance of overall guest experience.

First impressions count

"I can show you a picture of the food, but that doesn't capture the whole experience," said Corporate Consulting Chef Nicholas Gonring. "A beautiful image on your web page can bring people in, but it's the overall experience that will bring them back."

Online is where customer connections often start, says Business Solutions Specialist Eric Schamp. It should be a good experience from the start.



THE CHICAGO EXPERIENCE

What our team noticed on a recent Windy City culinary trends tour.

Bloom Plant-Based Kitchen

- **Cuisine:** Vegetarian
- **Special touches:** attention to brand, plant walls in the restaurant

bar avec

- **Cuisine:** Spanish, Portuguese, Iberian
- **Special touches:** casual, rooftop location, staff all wearing street clothes

Lyra

- **Cuisine:** Greek
- **Special touches:** highly trained staff, over-the-top service, hospitality

"When a potential customer is Googling 'restaurants near me' and your page pops up, what does it look like? Is it up-to-date and accurate?" he asked. "And when the customer calls, does a friendly voice answer, or is it an automated phone system? If so, is it easy to navigate?"

From that first impression to the end of meal service, operators should have processes in place. Based on their experience in Chicago, Gonring and Schamp pointed out observations and recommendations in three areas.

① Making an entrance

When you enter a restaurant as a dine-in or carryout customer, the front door is a place for hospitality to shine. A friendly greeting makes first-time guests feel welcome, regulars feel recognized.

Beyond the host stand, guests first notice what they see. The colour of the walls, the design, the furniture, and the table settings.

Before dining, some guests make a quick trip to the restroom, so don't

overlook them. "If the restroom is dirty, then people will wonder what the kitchen looks like," Schamp noted.

At Bloom, a vegan restaurant on the tour, music played in restrooms decorated with wallpaper featuring fruits and vegetables. Dining room walls were lined with live plants mounted on racks to reinforce the ambience.

② Elevate the food

The menu is the star of the show, so make it inviting. Food descriptions – origins, flavours, preparation, etc. – build anticipation. Attractive food plating and presentation also enhances the experience.

Heads turned when servers at Lyra, a Greek restaurant on the tour, brought food to the table.

"They brought out lamb and drizzled sauce at the table, which brings the customer right into the cooking experience," Schamp said. "They brought out pork chops sizzling like fajitas on a big wooden platter, and

you say to yourself, 'I need to get back here and order them because they look amazing.' That wow factor is part of the experience."

③ Noticing the extras

Customers eat with their eyes, but every sense is part of the experience. Bar Avec, a casual rooftop bar, offers a fabulous view and fresh air. However, any outdoor experience comes with the risk of weather and pests, something operators should consider.

Aroma, temperature and volume level also affect experience.

When Gonring visits restaurants, he checks volume with a decibel meter and he also notices what songs are playing. At Lyra, he noted how music is part of the experience.

"Music makes a lasting impression, and at the end of the visit, they hand out a little card with a QR code that takes you to their Spotify playlist," he said. "The message here is, 'Take Lyra with you,' and it might get you to come back for more."

OAXACAN TLAYUDA

INGREDIENTS

| | |
|---------|---|
| 1 ct. | 15 cm. Yellow Corn Tortilla |
| 57 g. | Recipe: Cashew Queso |
| 7 g. | Markon® Ready-Set-Serve® Shredded Red Cabbage |
| 7 g. | Diced Green Chiles |
| 14 g. | Sliced Avocado |
| 7 g. | Recipe: Salsa Macha |
| 2 g. | Recipe: Pickled Red Onions |
| 1 Tbsp. | Markon Ready-Set-Serve Cleaned Cilantro |

PREPARE THE OAXACAN TLAYUDA:

1. Heat a char-grill to high and grill the tortilla until crisp on both sides, about 3 minutes.
2. Spread the cashew queso on the tortilla.
3. Add the shredded red cabbage, green chiles and avocado.
4. Drizzle the salsa macha over the tlayuda.
5. Garnish with pickled red onion and cilantro.

CASHEW QUESO

| | |
|--------|-------------------------------|
| 283 g. | Raw Large Cashews |
| 3.8 L. | Water |
| 1 ct. | Lime, zested and juiced |
| ¾ c. | Nutritional Yeast |
| 2 tsp. | Trade East® Mild Chili Powder |
| 2 tsp. | Trade East Cumin |
| 2 tsp. | Trade East Garlic Powder |
| 2 tsp. | Kosher Salt |
| ½ tsp. | Ground Chipotle Chili Pepper |

PREPARE THE CASHEW QUESO:

1. Soak the cashews in the water overnight under refrigeration. Alternatively, bring the water to a boil, remove from heat, add the cashews and soak for 3 hours.
2. Reserve 28 g. of the soaking liquid.
3. Drain the cashews.
4. Blend the reserved water and cashews.
5. Add lime zest, lime juice, nutritional yeast and the spices.
6. Purée until smooth, scraping down the sides as needed.
7. Place in a deli container and refrigerate.

Think of tlayudas as a Hispanic pizza, a handmade dish that's a staple of Oaxacan cuisine. This veggie-based version is similar to the traditional tlayuda, starting with a large, thin toasted tortilla. It gets topped with cashew queso, red cabbage, green chiles, avocado slices, salsa macha and other colourful, tasty toppings.

SALSA MACHA

| | |
|-------|---|
| 28 g. | Blanched Raw Peanuts, chopped |
| 14 g. | Trade East Ground Chipotle Chile Pepper |
| 14 g. | Granulated Ancho Chile Pepper |
| 10 g. | Smoked Paprika |
| ¾ c. | Nutritional Yeast |
| 12 g. | Kosher Salt |
| 1 c. | Pure Olive Oil |
| 57 g. | Markon Ready-Set-Serve Peeled Garlic |

PREPARE THE SALSA MACHA:

1. Add the chopped blanched peanuts, chipotle powder, ancho chile granules, smoked paprika, nutritional yeast and salt to a stainless steel mixing bowl.
2. Heat the olive oil to 177°C (350°F) in a 1.9 L. saucepan.
3. Add the garlic and fry until golden brown.
4. Remove with a mesh strainer and place in a small conical strainer.
5. Bring the olive oil back up to 177°C (350°F) and pour it over the peanut and spice mixture, stirring to incorporate.
6. Cool the mixture at room temperature.
7. Fold the fried garlic into the cooled peanut and spice mixture. Place in a glass jar with a fitted lid.

PICKLED RED ONIONS

| | |
|---------|---------------------------------|
| 907 g. | Gordon Choice® Jumbo Red Onions |
| 956 ml. | Water |
| 473 ml. | Gordon Choice Red Wine Vinegar |
| ¼ c. | Gordon Choice Granulated Sugar |
| 3 Tbsp. | Kosher Salt |

PREPARE THE PICKLED RED ONIONS:

1. Peel, trim and cut the onions in half. Slice to 1.6 mm. thick and completely separate.
2. Combine the water, vinegar, sugar and salt in a saucepan. Whisk until the sugar and salt are dissolved. Bring to a boil.
3. Add the onions to the boiling water and stir to ensure they are coated and equally distributed.
4. Bring to a simmer, then remove from the heat.
5. Pour the onions and liquid into a storage container and cool under refrigeration.
6. Cover the storage container and refrigerate for 24 hours. Drain before use.



YIELD
1 serving



PREP TIME
5 minutes



COOK TIME
3 minutes



SUGGESTED PRICE
\$5.99



Fire-roasted eggplant and richly glazed beet segments are the stars of this dish, a nod to the familiar baba ganoush and hummus. Bursting with flavour, this is destined to be a mezze-style (small plate) menu favourite. The pomegranate molasses and arils add a smoky sweetness that's the perfect complement to the lemony eggplant tahini.



POMEGRANATE GLAZED BEETS WITH MOUTABEL

INGREDIENTS

| | |
|-----------|----------------------------------|
| 170 g. | Recipe: Eggplant Moutabel |
| 113 g. | Recipe: Pomegranate Glazed Beets |
| 7 g. | Pomegranate Seeds |
| ½ tsp. | Markon® Fresh Dill |
| as needed | Pomegranate Molasses (Optional) |

TO PLATE:

1. **Spoon** the eggplant moutabel on a serving plate in a concave round.
2. **Nest** the beets on top of the eggplant moutabel.
3. **Garnish** with pomegranate seeds and fresh dill.
4. **Drizzle** pomegranate molasses next to the eggplant moutabel (optional).

EGGPLANT MOUTABEL

| | |
|----------|--------------------------------|
| 62.7 kg. | Eggplant |
| 113 g. | Plain Greek Yogurt |
| 57 g. | Roasted Garlic |
| 1 ct. | Markon Lemons, juiced |
| ¼ tsp. | Trade East® Cumin |
| ¼ tsp. | Smoked Paprika |
| 2 Tbsp. | Pure Sesame Paste Tahini |
| 170 g. | Pure Olive Oil |
| to taste | Kosher Salt |
| to taste | Trade East Ground Black Pepper |



| | |
|--|-----------------------------------|
| | YIELD 1 284-g. serving |
| | PREP TIME 2 minutes |
| | COOK TIME 5 minutes |
| | SUGGESTED PRICE \$12.99 |

PREPARE THE EGGPLANT MOUTABEL:

1. Preheat a gas or charcoal grill to medium heat and place eggplants over the heat source. Cook, turning occasionally, until eggplants are tender and well charred, about 30 minutes.
2. Wrap the eggplants with foil and let rest for 15 minutes.
3. Scrape away the charred eggplant skins. Remove the stem end of the eggplant.
4. Remove the majority of the seed sacks from the eggplant. Alternatively, if you have a tamis or a fine sieve you can push the flesh through after the next step to remove the seeds.
5. Transfer the flesh to a cheesecloth-lined strainer set in a large bowl.
6. Squeeze the cheesecloth lightly to extract the moisture. Discard.
7. Add the drained eggplant, yogurt, garlic, lemon juice, cumin, smoked paprika, and tahini to a food processor. Pulse-purée until smooth.
8. Drizzle the olive oil into the food processor running on slow speed. Add salt and pepper to season.
9. Place in a covered storage container and refrigerate until needed for service.

POMEGRANATE GLAZED BEETS


| | |
|--------|---|
| 454 g. | Fresh Red Beets |
| ½ tsp. | Gordon Choice Canola & Extra Virgin Blend Olive Oil |
| ½ tsp. | Kosher Salt |
| ¼ tsp. | Trade East Ground Black Pepper |
| 85 g. | Pomegranate Molasses |


PREPARE THE POMEGRANATE GLAZED BEETS:


1. Preheat a convection oven to 177°C (350°F) on high fan.
2. Trim and peel the beets.
3. Toss the beets with oil, salt and pepper.
4. Wrap each beet with parchment paper then foil.
5. Roast the beets on a half sheet tray lined with a roasting rack for 45 minutes or until tender.
6. Cool the beets under refrigeration.
7. Remove the parchment and foil wrappers. Slice into orange-sized segments. Refrigerate in covered containers.


PREPARE FOR SERVICE

1. Add 113 g. beets to a nonstick pan over medium heat.
2. Add 28 g. pomegranate molasses.
3. Reduce to form a thick glaze.

 **YIELD**
25 28-g. servings

 **PREP TIME**
3 hours

 **COOK TIME**
12 minutes

 **SUGGESTED PRICE**
\$7.99

Inspired by the same process as making a compound butter, this vegan pâté is big on flavour. Mushrooms, cashews, white miso paste, tamari soy sauce, plant-based butter and other robust ingredients result in a pâté perfect for spreading. To that end, four-seed crackers (flax, pumpkin, sunflower and sesame) produce a crispy serving vehicle.



MUSHROOM PÂTÉ

INGREDIENTS

113 g. Recipe: Mushroom Pâté
28 g. Apricot Preserves
½ tsp. Markon® Fresh Chives, minced
as needed Edible flowers (optional)
5 ct. Recipe: Quattro Seed Crackers

TO PLATE:

1. Place the pâté on a plate.
2. Spoon the apricot preserves next to the pâté.
3. Garnish with minced chives and edible flowers.
4. Fan the crackers next to the pâté.

MUSHROOM PÂTÉ

284 g. Large Raw Cashews
3.8 L. Water
28 g. Extra Virgin Olive Oil
113 g. Gourmet Mushroom Blend, minced
to taste Kosher Salt
28 g. Shallots, cleaned and minced
1 tsp. Markon® Ready Set Serve®
Peeled Garlic, minced
½ tsp. Markon Rosemary, minced
28 g. Dry Sherry Wine
113 g. Plant-Based Butter
2 Tbsp. White Miso Paste
1½ tsp. Tamari Soy Sauce
14 g. Nutritional Yeast
28 g. Dark Robust Pure Maple Syrup
1 tsp. White Truffle & Sunflower Blend Oil
as needed Trade East® Ground Black Pepper

PREPARE THE MUSHROOM PÂTÉ:

1. Soak the cashews in the water overnight under refrigeration. Alternatively, bring the water to a boil, remove from heat, add the cashews and soak for 3 hours.
2. Reserve 28 g. of the soaking liquid.
3. Drain the cashews.
4. Blend the reserved water and cashews.
5. Heat the olive oil in a large sauté pan.
6. Add the minced mushroom and sauté. Use kosher salt to bring out their moisture.
7. Add the shallots and sauté for 2 minutes. Add the garlic and rosemary, sauté for 2 minutes.
8. Deglaze the pan with sherry and reduce until most of the liquid has evaporated, stirring as needed.
9. Remove from the heat and add three quarters of the mushroom mixture to a blender, reserving the remaining mushrooms.
10. Add the butter and miso to a sauté pan and heat until the butter melts. Add to the blender.
11. Purée the mushroom and butter mixture until smooth, scraping down the sides as needed.
12. Transfer the pâté to a mixing bowl and fold in the remaining mushroom mixture.
13. Place the mixture into a pâté mold and refrigerate to solidify for slicing and service.

QUATTRO SEED CRACKERS

340 g. Water
1 c. Golden Flax Seed Meal
½ c. Raw Pumpkin Seeds
½ c. Raw Sunflower Seeds
3 Tbsp. Hulled Sesame Seeds
1 tsp. Trade East Garlic Powder
7 g. Kosher Salt

PREPARE THE CRACKERS:

1. Add all ingredients to a mixing bowl.
2. Mix until combined and set aside for 15 minutes.
3. Preheat a convection oven to 177°C (350°F) on high fan.
4. Line a half-size sheet pan with a silicone sheet or parchment paper and evenly spread the seed mixture, covering the entire pan. A plastic bowl scraper works well.
5. Bake for 30 minutes. Remove from the oven and score into 5 x 5 cm. squares with a pastry or pizza cutter.
6. Rotate the pan and continue to bake for an additional 30 minutes.
7. Remove from the oven and allow to cool. Once cool, break off each cracker. Reserve in a sealed container for service.



Meatless Delights

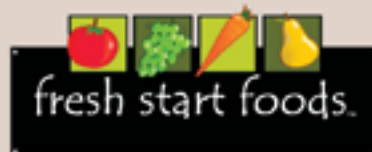
Produce provides an endless colour palette for food art.

Fresh Cut produce from Fresh Start Foods and JG makes creating these eye-appealing dishes quick, easy and safe.

Form and function meet with Oasis Bento Boxes by Steelite, a system of sleek and modern melamine vessels that nest inside one serving dish. Easy to configure, easy to serve, and easy to clean.



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