

# “LETTUCE”

(Let Us)

# TALK

- ◆ Fruits and vegetables in season
- ◆ Halloween & Thanksgiving of course, but so much more!
- ◆ Coconut Panna Cotta & Pomegranate Glaze Recipe
- ◆ Brown Rice With Dry Cranberries, Pines, Fresh Herb and Spices Recipe
- ◆ Fun Facts



# The Mystery Of Fall

**September 22nd**

**December 21st**

In some places, Fall is the time when trees get color provocative, where the landscape erupts in chromatic luxury. It is a charming time. This season is so glamorous that is the only one with 2 names; Fall & Autumn, probably the favorite of many but it does not last long. Suddenly like a balloon blowing out — puff — the wind takes triumph leaving a macabre view of naked trees and no colors. It is like all the wisdom is gone at once.

But why are there 2 different names for 1 season? Well, Fall comes from the Germanic roots. Just like Spring, Summer and Winter; Autumn comes from the Latin *autumnus* and finds its way through the Old English in the 14th century. This season was referred to *harvest*. **It was the time to bring the crop.**

## Fun Facts

- According to superstition, catching leaves in the autumn brings good luck! Every leaf means a lucky month next year. This is perfect incentive to get the kids to help with picking up leaves!
- Pumpkins are grown all over the world. In fact, six of seven continents (all except Antarctica) grow pumpkins.
- Those who live closest to the equator never experience the season of fall.
- The full moon closest to the autumn equinox is referred to the “Harvest Moon”. The term “equinox” is Latin for “equal night” is when day and night are (roughly) the same length all over the world.
- Americans tend to use the word “fall”, while the British often use the word “autumn”. Before these words were used, the season was simply called “harvest”. The word “harvest” comes from the Old Norse word ‘haust’, which means “to gather or pluck.”



# Fall — In Season

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**CRANBERRIES** — From all veggies and fruits I came across, there is not a single one that is so interesting on how it is harvested. It would be difficult to explain in short words therefore please take the time to look at the link below. This berry is too sour & bitter, needs quite a lot of any sweetener to make it palatable, but the nutrient value place these guys in a high rank list.

[https://www.youtube.com/watch?v=XZPXQ7nw\\_9Y](https://www.youtube.com/watch?v=XZPXQ7nw_9Y)



**PEARS** — About 3000 known varieties of pears are grown worldwide. The fruit is consumed fresh, canned, as juice, and dried. In 2017, world production of pears was 24 million tons, with China as the main producer followed by Italy and US. Because pears ripen from the inside out, the best way to judge ripeness is to "check the neck": apply gentle thumb pressure to the neck or stem end of the pear. If it yields to gentle pressure, then the pear is ripe, sweet, and juicy. If it is firm, leave the pear at room temperature and check daily for ripeness



**CELERY** — Celery is eaten around the world as a vegetable. The leaves are strongly flavored and are used less often, either as a flavoring in soups and stews or as a dried herb. Celery, onions, and bell peppers are the "holy trinity" of Louisiana Creole and Cajun cuisine. Celery, onions, and carrots make up the French *mirepoix*, often used as a base for sauces and soups. Celery is a staple in many soups, such as chicken noodle soup.



**POMEGRANATE** — The pomegranate originated in the region extending from Iran to northern India. Now, also cultivated in parts of Arizona and the San Joaquin Valley in California. The fruit is typically in season in the Northern Hemisphere from September to February. There are a lot of very interesting recipes around the world using it. Listing some of them: India, Pakistan, Iran, Turkey, Syria, Greece and Mexico. There are a few tricks to clean or extract the seeds. If you haven't tried it yet, do so as it will not only bring nice color to your dishes but also interesting flavor and nutrition value.

## Other Fun Items In Season

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**BRUSSELS  
SPROUTS**



**BUTTERNUT  
SQUASH**



**GRAPES**



**CARROTS**

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## What Is Happening In Fall

Without doubt the main Holidays during this Season are Halloween (October 31st) and Thanksgiving (November 26th). Both are great for nice menu promotions, but there is another day that restaurants could jump in and start taking advantage of. Due to most of us preferring to spend Thanksgiving with family at home, this day is difficult to bring customers in. So, what about Black Friday? That day everyone is out taking advantage of all deals possible. Why not having a Black Friday Menu? If people are willing to sleep out the previous night in front of some stores, may be that reaction could be in front of your restaurant!



## Black Friday!

The first recorded use of the term "Black Friday" was applied not to the holiday but to financial crisis: specifically, the crash of the United States gold market on September 24, 1869. Two notoriously ruthless Wall Street financiers, Jay Gould and Jim Fisk, worked together to buy up as much as they could of the nations' gold, in order to drive the price sky-high and sell it for astonishing profits. On that Friday in September, the conspiracy finally unraveled, sending the stock market into free-fall and bankrupting everyone. Generally, the idea of Black Friday stuck and since then, the one-day sales bonanza has spread throughout the majority states of the country. Stores started opening earlier and earlier on that Friday, and now the most dedicated shoppers can head out right after their Thanksgiving meal at midnight.

# Fall — Recipes

## Coconut Panna Cotta & Pomegranate Glaze

Panna Cotta this days is known as an Italian dessert made of cooked cream, sweetened and thickened with gelatin. Due to its mild taste any flavorings go well with it. We are giving a twist to the original recipe adding coconut cream and garnishing with Fall fruits.

**INGREDIENTS:** serves about 8 portions

### Panna Cotta

- 1.5 T — Gelatin, unflavored
- 3 T — Water
- 1 c — Heavy cream
- 2 c — Coconut cream
- 1/2 c — Honey

### Fruits

- 3 ea — Pears
- 2 c — Red Grapes, seedless
- 1/2 ea — Pineapple
- 1/2 c — Butter, unsalted
- 1 c — Brown sugar

### Pomegranate glaze

6 ea — Pomegranates

1/2 c — Sugar

2 ea — Lemons

### DIRECTIONS:

#### PANNA COTTA

Hydrate the gelatin with cold water for 5min. Heat the mixture over low heat until gelatin is dissolved. Bring the heavy cream, coconut cream and honey to a boil, remove from the pan and stir in the gelatin. NOTE: if your coconut cream is already sweet you might not need all the honey listed in the recipe. Divide mixture into your molds, let sit until room temperature and then place into the fridge until next day.

#### FRUITS

Deseed the pears. Cut in wedges and sauté with butter and brown sugar on high heat to caramelize. Clean the pineapple, cut round slices and also sauté with butter and sugar. Cut grapes in half.

#### POMEGRANATE GLAZE

Clean the pomegranates. Pour the arils into a high-speed blender, pulse gently. Strain juice using a spatula to press down the puree to squeeze out as much as possible.

Combine all the rest of the ingredients and simmer to reduce in half. Dip in a spoon. Sauce should coat the spoon evenly with a glaze consistency.

Let I cool down at room temperature.



## Brown Rice With Dry Cranberries, Pines, Fresh Herbs and Spices

This whole grain rice takes a bit more time to cook. Depending on the brand, altitude of your city, and pot it might take between 35 to 50 minutes. Enough time to have the rest of the recipe ready.

**INGREDIENTS:** serves about 8 portions

### Brown Rice

- 3 c — Brown rice
- 7 c — Water
- 1/2 c — Butter, unsalted
- 1/2 c — Yellow onion, diced
- 1 T — Garlic, minced
- 1 c — Cranberries, dry
- 1/2 c — Pines, roasted
- 1 T — Rosemary, chopped
- 1 T — Cilantro, chiffonade
- 1 T — Mint, chiffonade
- 1/4 t — Ginger, dry
- 1 pinch — Cardamom
- Salt & Pepper

### DIRECTIONS:

Diced the onion and sauté with butter, add minced garlic and cook for 2 min. Add the rice, and water, bring to a boil. Season with salt and pepper, cover the pot and adjust heat to medium—low.

Chiffonade your herbs and roast the pines. Once your rice is cooked, let it sit for 5 min uncovered and mix the rest of the ingredients. Adjust seasoning tossing it gently.



# Stay Tuned for our Winter Edition!

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December 21st — March 20th

**WINTER:** Should be a time of comfort, the touch of a friendly hand and a talk beside the fire with a warm meal. Ingredients like clementine's, endives, fennel, grapefruit, turnip, leeks, and kohlrabi will be fresh and available during this time.

We look forward to expanding upon this upcoming season with you soon!



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