



◆ The holiday busy season has arrived; Christmas, New Year's, the Super Bowl, and Valentine's Day, all in one season!

◆ Holiday Fragrances.

◆ Tasty recipes with seasonal ingredients.



“LETTUCE”

(Let Us)

TALK



Winter perspectives



When we think of Winter, more likely Christmas and New Year's Eve dominate our thoughts. I remember expecting Christmas with eagerness, I could not hold my emotions counting days 'til that night. As a child this meant vacations, looking through the window as beautiful white snow flakes fall, presents, fresh pine scent and great tasty food. I am sure from my parents' perspective was completely the opposite. A crazy, busy time full of stuff to do, bills going up, messy weather and yes great food, but what about those extra pounds?! In the end its great time to enjoy and reflection.

Holiday's Fragrances



- **STAR ANISE:** Asian countries use this spice very often. It is a basic ingredient in the Pho's Vietnamese noodle soup. French recipes call it in mulled wine — *vin chaud* — a type of punch. Try it in a broth to steam fish, or while brewing your coffee. Fun fact: it was used as the first anti-influenza drug.
- **NUTMEG:** Very aromatic, used in spicy soups, gravy, potatoes, beef stew, eggnog, rice pudding, breads and cakes. Essential ingredient for our Christmas cookies.
- **CINNAMON:** Imported from Egypt in 2000 BC. So, 4019 years later the most common way we use this spice is in pastries and candy. Fun Fact: China and Indonesia produce 75% of world's supply.
- **CLOVE:** Be careful using this one, a bit more can be too much. Asia, Africa, the Middle East, and Mexico use this spice. It pairs well with cinnamon, vanilla, basil, citrus, and wine. Fun Fact: use it as ant repellent in your garden and as a mosquito repellent in your next tropical vacations.

Winter — In Season

December 22nd — March 20th

You may think that the cold temperatures take lots of fun commodities off the table this season, but the truth is that winter is loaded with plenty of seasonal delights.



SWEET POTATOES — Characterized by yellow or orange flesh, but red or purple can also be found. Not only delicious, but also easy to play with. Great in vitamin A and C, calcium, and fiber. Avoid this root if cracks, soft spots or blemishes are visible. Try adding some spice turning it into a sweet-spicy side dish. Chipotle will give a distinct smoky taste, or a mix of veggies — cauliflower florets, broccoli rabe, sweet potatoes, carrots with spicy tomato sauce and cashews or pecans.



CITRUS — Blood orange is my favorite or ruby red grapefruit! So fresh, so juicy, so good! Try some recipes combining citrus and the Christmas fragrances. Also, get creative using some herbs like basil, thyme, or rosemary. Seville sour orange is great for marmalade or to be caramelized. Just now, I remember tasting a citrus mascarpone tart. I need to try to recreate it. A chutney made with avocados and citrus pairs perfect with fish and chicken.



HORSERADISH — With pungent and spicy flavor, I would say this is a challenging root. How, when and how much is crucial to succeed with a recipe using it. Besides the horseradish sauce where most of them are made with mayonnaise or sour cream, you can try to pickle it with some honey and cut flakes for fish or pork chops. Just a pinch in a creamy sauce is gorgeous. Consuming it once in a while should be good, as it is known to have antibacterial properties.



CHICORIES - ENDIVES — From purest white to pale yellow, or light green to maroon, it combines perfect in salads with nuts, fruits and cheese. Sautéed and roasted are exceptional, but you'll lose their nice bright color. In the Chicory family, we can also find radicchio. With its purple color it adds brightness to any salad. This one is also very tasty if glazed on a sautépan. Fun fact: chicory root has long been used as a coffee substitute and is caffeine-free. In the 19th century, it was widely used in France and brought into New Orleans.

Other Fun Items In Season

Broccoli Rabe



Leeks



Celery Root



Fennel



Turnips



Squash



Winter — recipes

Endive salad with goat cheese, raw honey, roasted almonds, avocado chutney & dry cranberries

INGREDIENTS: serves about 10 portions

- 5 ea. — Endives (large)
- 5 oz. — Almonds, roasted / salted
- 5 oz. — Cranberries, dry
- 10 oz. — Goat cheese

Avocado chutney

- 3 ea. — Tomatoes, round
- 3 ea. — Avocados
- 1 ea. — Red onion (small)
- 1.5 oz. — White balsamic vinegar
- 3 oz. — Extra virgin olive oil
- 1 oz. — Raw honey
- Salt / Pepper

DIRECTIONS:

Dice the red onion, avocados and tomatoes (without seeds). Toss with the vinegar, olive oil and raw honey. Season with salt and pepper. Clean the endives and separate each leaf.

PRESENTATION:

Arrange some endive leaves on the outside of the plate, add some chutney and sprinkle almonds, dry cranberries and goat cheese.



Salmon with lime — horseradish creamy sauce, sautéed bok choy & rapini.

INGREDIENTS: serves about 10 portions

- 3.5 lb. — Salmon, no skin, deboned.
- 1 ea. — Onion, yellow
- 1 oz. — Garlic
- 2 oz. — Butter, unsalted
- 12 oz. — Cream cheese
- 4 ea. — Lime
- 1 oz. — Horseradish
- 10 oz. — Milk
- Salt / Pepper — honey to taste

Garnish

- 1 ea. — Bok choy, large
- 1 bu. — Rapini / Broccoli rabe
- 4 oz. — Butter, unsalted
- Salt / Pepper

DIRECTIONS:

Cut the salmon in 10 even pieces, season with salt and pepper and reserve. For the sauce, dice the onion and mince the garlic. Sauté both with butter and incorporate shredded horseradish. Squeeze all lime juice, bring to a boil and add the rest of the ingredients. Simmer until the cream cheese dissolves and sauce texture looks smooth. Season with salt, pepper and a squirt of honey. Roughly cut the bok choy and rapini. Quick sauté with butter and season. Sear the salmon stakes.

PRESENTATION:

Pour some sauce in the center of the plate. Add some veggies and cover with the seared salmon stake.



Coming up our Spring Edition!

SPRING: Regarding farmers point of view, Spring is THE exiting season. Snow melts, land gets prepared, and sprouts start to color the scape. Artichokes, asparagus, herbs, peas, rhubarb, scallions, spinach, & salad greens are only a start to the many commodities in play for the upcoming season.



Ricardo Carrillo
Corporate Chef
Procurement & Management Analyst
Cell: (214) 552-3416
rcarrillo@nproduce.com

