

“LETTUCE”

(Let Us)

TALK

- The Season of *Dormancy*
- Preventive Winter Maintenance
- Seasonal Ingredients & Recipes
- Keep your oven up and running, time to bake!



The Season Of Dormancy



In cold weather regions the concept of Winter is associated with time of dormancy. Crops step back and farmers get their time. Plants prepare for the cold temperatures. Some cease growth and live off stored food, others die leaving their seeds to grow until spring. But in the kitchen we starts to get busier baking, stewing and roasting. If you really want to be ready for this season then preserving late summer or fall produce would be the best way. Just as old times.

Get Prepare For The Winter

Sharing some tips as cold weather will get your attention soon



- **DRY PANTRY ITEMS:** Rice, beans, pasta, grains will be in many of your menu selections for this season. Stock up those. You will be glad to have nice variety in you panty if any polar weather surprise you making it hard to go out and shop.



- **PRESERVING / JAMMING:** Most of the times budget friendly. And how cool it looks to have all those colorful preserved jars with peaches, carrots, cukes, chilies, garlic, asparagus, etc. Most of them go very well in salads, sandwiches, toast or crackers.



- **STOVE, OVEN & PIPES TUNE UP:** Winter can be mean and cause some malfunctions on kitchen equipment and installations. Make sure to have your stoves and oven checked. If any external water pipes, a good idea is to check the insulation. Any repairs can be costly.



- **WINTERIZE YOUR PATIO:** If you wont be out anymore; to cover your patio furniture is not enough. Treat your grill as it deserves. Clean it thoroughly and consciously with hot water, let it dry and wipe it with high temperature oil. Store it in the garage or at least cover it. Your grill will appreciate it.

Winter — In Season

December 21st — March 20th

Kick off winter with cozy recipes. Oatmeal risotto with mushrooms, mandarin almond cake, lentil squash soup with fried plantains. Or be creative with these season ingredients.



MUSHROOMS — Raw mushrooms are 92% water, 4% carbohydrates, 2% protein and less than 1% fat. In a 100 gram (3.5 ounce) amount, raw mushrooms provide 22 calories and are a rich source of B vitamins. Most common mushrooms are year round and considered safe to eat because those are grown in controlled, sterilized environments. Fun Fact: the mushroom is the “fruit” of the plant when the “mycelium” (most underground) is like the whole plant structure.



CAULIFLOWER — Because weather is a limiting factor for producing cauliflower, the plant grows best in moderate daytime temperatures, with plentiful sun. In the northern hemisphere, fall season plantings in July may enable harvesting before autumn frost. When cauliflower is mature, heads appear as clear white. Long periods of sun exposure in hot summer weather may cause cauliflower heads to discolor with a red-purple hue.



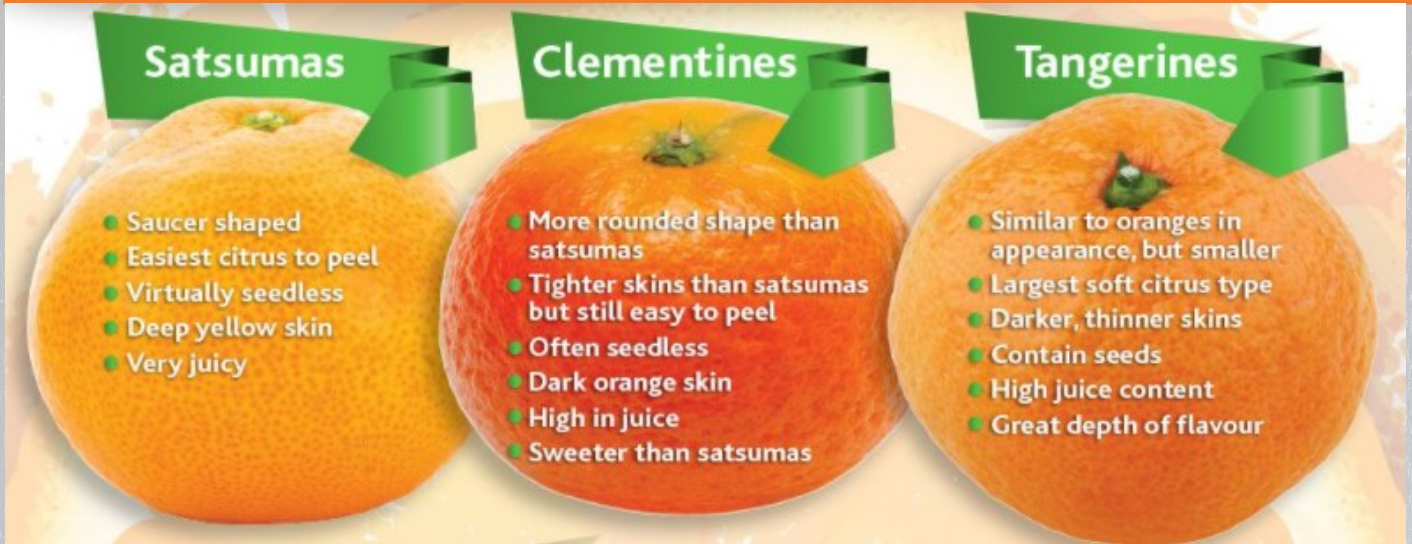
SQUASH — Starting in fall these beauties go all the way to winter. Some species are grown worldwide for their edible fruit. Variously known as squash, pumpkin or gourd, depending on species, variety and local parlance. Get creative doing bread, ice cream, pancakes, butter, salads, soups, roasting, stuffing, etc. Fun Fact: pumpkins have been used by Native Americans to treat intestinal worms and urinary ailments.



MANDARIN — These sweet little juice bombs can get easily confused. Mandarin oranges are a smaller descendent of the common orange. Because mandarins are easily crossed with other varieties of citrus and can grow in a number of climates, many varieties of mandarins have been created... around 200! The most popular varieties: Clementine, Tangerine and Satsuma.



We are working on our own but in the mean time we found this one (below pix.) out there in the cyber-place — the 3 most popular descendants of Mandarin.



Winter Recipes

----- Cauliflower Hummus & Pita Chips -----

INGREDIENTS:

- 1 ea.— Cauliflower
- 5 ea.— Garlic cloves
- 5 oz.— Tahini / sesame paste
- 1 fl.oz.— Lime juice
- 2 fl.oz.— Avocado oil
- 1/4 t.— Paprika
- 1/2 oz.— Parsley, chiffonade
- Salt



DIRECTIONS:

Cut the cauliflower in small pieces, toss them with oil and roast in the oven till soft. Blend it in a food processor with the garlic and tahini. Add lime juice, and salt pepper to taste.

PRESENTATION:

Serve on a bowl. Shape with a hole to fill in with the avocado oil. Add on the sides a bit of paprika and parsley.

Almon Mandarin Cake

INGREDIENTS: serves about 10 portions

- 5 ea. — Eggs
- 10 oz — Sugar, refined
- 1 1/4 cup. — Almon oil
- 7 oz. — All purpose flour
- 1 t. — Baking powder
- 1 pinch — Salt
- 10 oz. — Almon flour
- 5 ea. — Mandarin zest
- Almon flakes or chopped

Garnish

- 5 ea.— Mandarin juice
- Honey to taste

DIRECTIONS:

Prepare your mold with butter and flour. Whip the eggs & sugar until about to nougat. Incorporate little by little the almon oil. Gently toss in the dry ingredients (flours, baking powder, mandarin zest, salt). Pour your batter in the mold sprinkle some almon flakes and bake for 45min at 380F.

Juice the mandarins. If you want you can clean some segments and cut in pieces. Reduce all in a pan with honey until syrup consistency.

PRESENTATION:

Slice 1" portions and pan toast each side until golden crisp. Serve with mandarin syrup. If you have on hand some microgreens play with them to enhance the presentation.



Coming up, our Spring Edition!

SPRING: We will all be looking for warmer weather and the sun will start to shake the cold off. Picnics, outside gatherings and grilling will give the outdoors some life. Regarding seasonal ingredients, well... from A to Z, you name it, we will touch on a little bit of everything!



Ricardo Carrillo

Corporate Chef

Procurement & Management Analyst

Cell: (214) 552.3416

rcarrillo@nproduce.com

