



“LETTUCE”

(Let Us)

TALK

- ◆ Colorful Commodities To Play With
 - ◆ In Season & Local
 - ◆ Tasty Recipes
 - ◆ Foodie-Holidays



SUMMER

June 21st — September 23rd

This is the perfect time to get playful in the kitchen. Backyards are abundant with a wide variety of vegetables, herbs and fruits.

In Season



HERBS -BASIL — One of summer's most representative herbs. Basil is as versatile as it can be, delicate, with a strong aroma. Freshness all the way. What else can we say? Use it with imagination and think outside of the box. Ice-creams, sherbets, pesto, cocktail, infusions, salads, soups, main dishes (chicken, meat, fish), dips... you name it.



BERRIES — Strawberry season is short. Look for the reddest berries as they will not continue to ripen once off the vine. Berries started to be added to thousands of products after it was discovered that they contain antioxidants and are packed with vitamins & minerals. Your smoothies need to include one of these nutritional delicious fruits.



SQUASH—ZUCCHINI — Grows like crazy in summer. With 90% yield, zucchini is a winner. It has a gentle taste, is easy and fast to cook, and can be done in any style and cut size. Grilled or roasted are fabulous options. Try a nice creamy soup with roasted sunflower seeds, almonds, and fresh cheese. Zucchini noodles as a salad or pasta takes 5 min. to prepare.



WATERMELON — Synonymous of summer and taken to all picnics. Very refreshing, sweet taste that also provides high levels of vitamins, minerals and antioxidants. Guilt free, so use it widely. Sherbets, popsicles, salads, grilled, or why not a fruit gazpacho?



TOMATOES & TOMATILLOS — Tomatillos are not tomatoes; they actually come from different plants. Originating in South America. However, they have been adopted by almost every culinary tendency in the world. The longer they stay attached to the vine the richer in taste. Try to buy local.



STONE FRUIT & FIGS — Plums, apricots, peaches, figs...this is the time. Rich in flavor and, if fully ripe, not much sugar will need to be added to your tarts and marmalades. These will provide freshness to any salad. Good marriage with cheese and wine. Dehydrate and keep for fall & winter use.



CUCUMBER — During hot summer days, this guy will cool you down. Skin on, with or without seeds, marinated with lime, honey and mint. Maybe some yogurt and cardamom. Cut like sticks and serve as crudité with a bit of chili powder, salt and lime. Make a cold soup or dice a bit into your ceviche.



CORN — White, yellow or creole of any color. Corn is versatile and there are tons of ways to prepare it. Salty or sweet dishes whether it's on the cob, corn kernels, polenta, or used as fine flour. You can tell corn is fresh while cutting it; a great aromatic juice will leak out of it. Try using popcorns in your dishes for fun!



CHERRY — Just by its color it is almost impossible to turn down. More health benefits than what can be proven. Usually, the darker they are, the sweeter they will be and also have more carbohydrates. Rainier Cherries are considered premium, thin skin and creamy yellow flesh. Cooked cherries are as good fresh.



BROCCOLI — Broccoli is an edible, green plant in the cabbage family whose large flowering head and stalk is eaten as a vegetable. It used to be #1, but now is so common that it may be falling into a "boring" section in the kitchen. So, this one will be a tougher for any cook to gain clients attraction.



RADISH — This root, when raw, has a pungent taste. You can get rid of it by cooking or marinating radish with any acidic ingredient or extract it with salt; like with eggplants. Watermelon radish, with its bright color and milder taste, has wound up on the wish list of many chefs.

Other items in season: Green Beans, Eggplant, Beets, Jalapeños, Chives, Okra and Swiss chard.

A black A-frame menu sign with the 'npc' logo in red and white at the top. Below the logo, the word 'menu' is written in a stylized, outlined font. The sign lists three courses: 1st course (Cold cucumber soup, caramelized ginger, mint sprouts & toast pita bread), 2nd course (Zucchini-corn fritters with basil sour cream, avocado & salsa), and 3rd course (Assorted sherbets (peach, cherry & plum) with lime meringue sticks).

npc
~ menu ~

1st course

Cold cucumber soup, caramelized ginger, mint sprouts & toast pita bread

2nd course

Zucchini-corn fritters with basil sour cream, avocado & salsa

3rd course

Assorted sherbets (peach, cherry & plum) with lime meringue sticks



COLD CUCUMBER SOUP

Similar to a gazpacho Spanish soup. Refreshing option for a summer hot day.

- ◆ Cucumber – 4ea
- ◆ Mint – ½ cup
- ◆ Ginger – 2 T
- ◆ Red onion – 1 oz
- ◆ Red bell pepper – 1 ea
- ◆ Greek yogurt – 12 oz
- ◆ Sour cream – 4 oz
- ◆ Cane sugar – ¼ cup
- ◆ Thyme – ½ t
- ◆ Salt / Pepper
- ◆ Olive oil
- ◆ Pita bread

Peel half of the cucumbers and seed all. Dice about ½ cup of the peeled ones and reserve. Using a high-speed blender, blend the rest with mint leaf, thyme, yogurt & sour cream. Pre-season with salt, pepper and chill for 2 hours. Then finely dice the ginger and caramelize with the sugar. Dice the red bell pepper and onion. Before serving, finish seasoning and garnish with the caramelized ginger and your diced cucumbers, bell pepper and onion. Sprinkle a few drops of olive oil on top. Have some pita bread on the table and... Enjoy!

ZUCCHINI CORN FRITTERS

Excellent vegan option using summer seasonal ingredients.

- ◆ Zucchini – 4 ea
- ◆ Yellow corn kerns (cooked) – 1 lb
- ◆ Red bell pepper – 1 ea
- ◆ Red onion – ¼ ea
- ◆ Scallions – ½ cup
- ◆ Garlic – 1 clove
- ◆ Thyme – 1 t
- ◆ Chickpea flour - as needed
- ◆ Basil – ¼ cup
- ◆ Sour cream – 1 cup
- ◆ Avocado – 2 ea
- ◆ Tomato roma – 6 ea
- ◆ Cilantro – ¼ cup
- ◆ Serrano – 1 ea
- ◆ Salt / Pepper

Shred the zucchini; combine in a bowl with corn kernels, diced bell pepper, onion, scallions and finely chopped garlic. Season with salt / pepper and thyme. Use the chickpea flour to absorb moisture and keep ingredients together. Let it sit for 5min. Form your patties and sear / cook them on the griddle. Mince basil and combine with sour cream. Season and reserve. Coarsely blend tomatoes, onion, garlic, serrano and cilantro. Simmer until reduced and season. Slice avocados to garnish. NOTE: the chickpea flour will bring a distinct sandy taste. If you do not like it, it can be substituted with eggs.



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Chef Ricardo is originally from Mexico City. Completed his schooling at The Culinary Institute of America in Albany, NY. He has since worked in the industry for over 27 years. Ricardo has worked internationally in Florence, Italy for The Helvetia & Bristol Hotel (Relais & Chateaux, Leading Hotels) and Enoteca Pinchiorri (Relais & Chateaux), first 3-Star Michelin restaurant in Florence. He then led his own distillery company for more than 10 years: Xaica, Hibiscus Flower Liqueur won a prize for bottle design and product innovation at Sial Paris 2006. Ricardo got back into the culinary world in Cancun, Mexico as the Academic Coordinator for The Culinary Institute of Cancun.

He worked as Chef for Harry's Steakhouse & Raw Bar Cancun and as a Food & Beverage/General Manager Assistant for Hacienda Palancar in the Biosphere Reserve of Tulum, Mexico. When he is not at the office he enjoys to study and completed his Bachelors in International Commerce, riding his bike, or you guessed it – cooking!

Foodie-Holidays *#PlanAPromotion*

JULY

- 1 Creative Ice Cream Flavors Day
- 3 Eat Beans Day
- 5 National Apple Turnover Day
- 6 National Fried Chicken Day
- 7 Chocolate Day
- 7 National Strawberry Sundae Day
- 8 National Blueberry Day
- 9 National Sugar Cookie Day
- 10 Pick Blueberries Day
- 11 National Blueberry Muffins Day
- 12 Pecan Pie Day
- 13 National French Fries Day
- 15 Tapioca Pudding Day
- 16 Fresh Spinach Day
- 17 National Hot Dog Day - third Wednesday in July
- 17 Peach Ice Cream Day
- 19 National Daiquiri Day
- 19 National Raspberry Cake Day
- 20 National Ice Cream Soda Day
- 20 National Lollipop Day
- 21 National Ice Cream Day - third Sunday of the month
- 23 Vanilla Ice Cream Day
- 29 National Chicken Wing Day
- 29 National Lasagna Day
- 30 National Cheesecake Day

AUGUST

- 1 National Raspberry Cream Pie Day
- 2 National Ice Cream Sandwich Day
- 3 Grab Some Nuts Day
- 3 National Mustard Day first Saturday

- 3 National Watermelon Day
- 4 National Chocolate Chip Cookie Day
- 10 National S'mores Day
- 17 National Honey Bee Awareness Day - Third Saturday
- 19 National Potato Day
- 30 Toasted Marshmallow Day
- 31 International Bacon Day - Saturday before Labor Day
- 31 National Eat Outside Day

SEPTEMBER

- 1 National Cherry Popover Day
- 5 Cheese Pizza Day
- 7 National Salami Day
- 8 National Date Nut Bread Day
- 12 Chocolate Milk Shake Day
- 13 Fortune Cookie Day
- 13 National Peanut Day
- 14 International Crab Fest Day
- 14 National Cream-Filled Donut Day
- 16 Mexican Independence Day
- 17 National Apple Dumpling Day
- 18 National Cheeseburger Day
- 20 National Pepperoni Pizza Day
- 20 National Punch Day
- 21 Oktoberfest begins in Germany - date varies
- 23 Autumn Equinox - Fall begins!



know

if we missed one...

FALL will be here before you know it. After a hot summer, Fall will bring cooler temperatures and different fruits & veggies. We will see fresh apples, a nice variety of squashes, pumpkin, carrots, beets, brussels sprouts, mushrooms, chicory, pomegranates, chili peppers and much more!



Stay Tuned for our Fall Edition!

