



MENU SHOWCASE

“YOUR RECIPE FOR SUCCESS”

Penne with Fresh Mozzarella & Tomatoes

Ingredients

16 ounces LABELLA Penne Rigate
1/3 cup extra virgin olive oil
1 teaspoon chopped fresh garlic
2-1/2 cups peeled, seeded, chopped fresh plum tomatoes
½ cup chopped fresh basil
8 ounces fresh Mozzarella, diced
Fresh cracked McCormick black pepper, to taste

Cooking Instructions

Cook and drain pasta according to package directions. Heat olive oil in a large skillet over medium heat; add garlic. Sauté garlic for 1 minute. Add tomatoes and basil; cook for 2 minutes. Stir in mozzarella cheese and cooked pasta. Season with cracked black pepper. Serve immediately.

Yield: 4 Servings **Cost/Serving:** \$1.25 **Suggested Sell Price:** \$4.95 **Profit:** \$3.70



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Toasted Pecan Crusted Catfish

Ingredients

8 ounces **SYSCO Classic Pecans** (2 cups)
2 egg whites, beaten
1/4 cup milk
1 teaspoon salt
1/2 teaspoon black pepper
4 6-8-ounce **SYSCO Portico Bounty Catfish Fillets**
2 Tablespoons butter, divided
2 Tablespoons vegetable oil, divided

Cooking Instructions

Place a 12-inch skillet over medium high heat until hot. Add pecans and cook 3 minutes or until lightly browned, stirring often. Be careful not to burn. Spread in a thin layer on a sheet of foil and cool completely (about 5 minutes). Place cooled pecans in a blender with salt and pepper and pulse to a fine texture. Place pecan mixture into a shallow pan (such as a pie plate). Meanwhile, beat egg whites and milk in a shallow pan and until well combined. Dip catfish in the egg white mixture then coat evenly with pecan mixture. Place the 12-inch skillet over medium high heat until hot. Add 1 tablespoon of butter and 1 tablespoon of oil. When butter melts and begins to brown, add 2 of the fillets. Immediately reduce heat to medium and cook 4 minutes, turn and cook 4 minutes longer or until fish is opaque in center. Set aside and cover with a tent of foil to keep warm.

Yield: 4 Servings **Cost/Serving:** \$2.53 **Suggested Sell Price:** \$8.95 **Profit:** \$6.42



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MENU SHOWCASE
“YOUR RECIPE FOR SUCCESS”
**Herb-Butter Roasted French Cut
Turkey Breast**

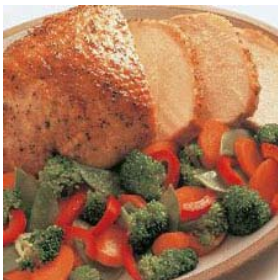
Ingredients

1 5-7 pound CARGILL French Cut Turkey
½ cup butter, room temperature, divided
1 teaspoons minced fresh thyme
1 teaspoons minced fresh tarragon
1 teaspoons minced fresh rosemary
1 teaspoons minced fresh sage plus
1 cup SYSCO Chicken Broth

Cooking Instructions

Mix 1/2 cup butter and all minced herbs in small bowl; season herb butter with salt and pepper. Preheat to 350°F. Rinse turkey breast under cold water and pat dry. Gently, slide hand between skin and breast meat to loosen skin. Rub 4 tablespoons herb butter over breast meat under skin. Place turkey on rack set in large roasting pan. Rub remaining herb butter over skin of the turkey breast. Sprinkle turkey generously with fresh cracked white pepper. Place turkey in oven and roast 1 hour; pour 1 cup broth over turkey. Roast turkey 30 minutes; baste with pan juices. Cover turkey loosely with foil. Roast turkey until thermometer inserted into thickest part of breast registers 150° F. Remove from oven and let rest until the internal temperature reaches desired doneness (160° - 175°F); approximately 30 – 45 minutes. Place on platter and serve.

Yield: 12 Servings Cost/Serving: \$1.75 Suggested Sell Price: \$5.95 Profit: \$4.20



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St. Paul Riverwalk Burger

Ingredients

- 1 each TNT 5.3 oz hamburger patty
- 1 slice Pepperjack cheese
- 2 strips crisp, warm bacon
- ¼ cup Block & Barrel Chipotle Mayo
- 1 4-inch Toasted, buttered Franklin Street Bakery Egg Onion Bun
- 4 ounces French Fries

Cooking Instructions

Grill frozen TNT to 155°F. Place a cooked TNT patty on the bottom half of a toasted, buttered Franklin Street Bakery 4” Egg Onion Bun. Place one slice of Pepperjack cheese on the burger. Place two strips of crisp, warm bacon on top of the cheese. Place ¼ cup of Chipotle Mayo. Top with the top half of a toasted, butter Franklin Street Bakery Egg Onion Bun.

Add desired garnish and side hot with French Fries.

Yield: 1 Serving **Cost/Serving:** \$1.63 **Suggested Sell Price:** \$7.95 **Profit:** \$6.32



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The Label That Guarantees Quality.

MENU SHOWCASE

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Prime Rib of Pork with Sausage and Pine Nut Stuffing

Ingredients

- 8 pounds Cloverdale Prime Rib of Pork
- 4 pounds Hot Italian sausage
- 10 ounces Pine Nuts -- toasted
- 6 ounces Sun-Dried Tomatoes – ¼” dice
- 10 ounces Garlic
- 10 ounces Fresh Black Pepper
- 1 tablespoon Olive Oil

Cooking Instructions

For Stuffing: Cook sausage, drain oil and set aside to cool. Toast pine nuts in small sauté pan. In a medium size bowl combine pine nuts, sun-dried tomatoes, garlic, and fresh black pepper; mix thoroughly.

For Pork: Preheat oven to 350°F. Place Prime Rib of Pork on a clean work surface. Trim off all but 1/4-inch layer of fat from roast. Turn roast over so that rib bones point up. Using a boning knife and starting where meat meets rib bones, gradually cut loin away from rack of bones, leaving 2-inches of meat attached to bones (do not cut meat off bones completely). Using a long slender knife, carve out ¾-inch-diameter horizontal tunnel through the center of the pork. Using a wooden spoon, firmly pack the sausage and pine nut stuffing into tunnel of roast. Tie meat back onto bones with kitchen string at 2-inch intervals. Place stuffed Prime Rib of Pork on rack in a large roasting pan; rub with 1 tablespoon Olive oil and generously cover with fresh cracked black pepper. Roast until instant-read thermometer inserted into center of pork registers 140°F, about 1 hour. Remove from oven and let roast rest for 30 minutes. Remove kitchen string, cut pork between ribs into chops and serve.

Yield: 10 Servings Cost/Serving: \$3.60 Suggested Sell Price: \$11.95 Profit: \$8.35





MENU SHOWCASE

“YOUR RECIPE FOR SUCCESS”

Southwestern Style Buffalo Wings

Ingredients

2 lbs SYSCO Reliance Jumbo Wings
2 Tablespoons Mustard Powder
2 Tablespoons Cumin
1 Tablespoon Water
8 Ounces Flour, All-Purpose
1 teaspoon Salt
½ Teaspoon Pepper, Fresh Ground
Oil for Frying
Sauce, Southwestern Wing

Mix dry mustard and Cumin with water. Pout mixture over chicken wings and toss to coat. Combine flour, salt, pepper and toss chicken in flour mixture. In a hot fryer, fry the wings until golden brown. Once cooked toss in Southwestern Wing Sauce and serve hot.

Southwestern Wing Sauce

54 Ounces Sauce, Classic Ole Taco
5 Ounces Garlic, Minced
1 Ounce Onion Dried
5 Ounces Red Pepper Flakes
½ Ounce Cumin, Ground
5 Ounces Peppers, Chipotle, Chopped
1 Bunch Cilantro, Chopped

Mix all ingredients together. Cover and refrigerate until needed.

Yield: 12 Wings **Cost/Serving:** \$3.00 **Suggested Sell Price:** \$7.95 **Profit:** \$4.95



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MENU SHOWCASE

“YOUR RECIPE FOR SUCCESS”

Honey Mustard BBQ Ribs

Ingredients

1 side Pre-Cooked Greater American Pork Lion Rack Rib

Sauce

2 quarts SYSCO Classic Gourmet Honey Mustard

6 quarts SYSCO Imperial Reserve BBQ Spicy

Cooking Instructions

Prepare Honey Mustard BBQ Sauce combine the SYSCO Classic Gourmet Honey dressing, SYSCO Imperial Reserve BBQ, and mix thoroughly.

Preheat oven to 300°F. Preheat grill. Place rib on a preheated grill. Glaze each side with Honey Mustard BBQ sauce. Place grilled glazed rib on sheet tray. Pour more Honey Mustard BBQ sauce over ribs. Place in oven and slowly cook for 30 minutes or until ribs are tender. Serve hot.

Yield: 1 Servings **Cost/Serving:** \$7.48 **Suggested Sell Price:** \$16.95 **Profit:** \$9.47





MENU SHOWCASE

“YOUR RECIPE FOR SUCCESS”

Caribbean Chicken Salad

Ingredients

- 4 ounces Chicken tenders
- 2 cups MALIBU® Coconut Breading (G2460)
- 2 1/2 cups Golden Dipt Pre-Dip Batter Mix (G7001)
- 2 cups Cool water
- 3 cups Spring field greens
- 1 ounce Red cabbage, shredded
- 4 each Tear drop cherry tomatoes, halved
- 1 each Cucumbers, sliced
- 2 ounces Pineapple chunks
- 2 ounces Mango, chunks
- 2 ounces Grapes, halved
- 1 ounce Jicama sticks
- 1 ounce Sweet bell peppers, sliced

Cooking Instructions

Combine 1 ¾ cups Golden Dipt Pre-Dip Batter Mix with water. Whisk well to a smooth batter with no lumps. Pre-dust chicken tenders with dry Pre-Dip Batter Mix. Submerge the pre-dusted chicken tenders in the liquid batter, coating completely, remove and then allow to drain slightly. Place into a pan containing 2-3 inches of MALIBU® Coconut Breading. Cover with breading and lightly press to assure uniform coverage. Fry until golden brown, approximately 3-4 minutes at 350° F. Allow to drain. Toss salad greens with cabbage, fruits and veggies. Top with coconut tenders. If desired, top with Peach Mango dressing.

Yield: 1 Serving **Cost/Serving:** \$3.37 **Suggested Sell Price:** \$9.95 **Profit:** \$6.58





MENU SHOWCASE

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Carolina Low Country Chicken

Ingredients

- 3 each Boneless, skinless chicken breast
- 2 tablespoons Maple sage seasoning
- 2 cups Golden Dipt Crispy Seasoned Chicken Fry (G7080)
- 1 each Ear of corn
- 4 ounces Sweet potato wedges, fried

Cooking Instructions

Dust chicken breast with maple sage seasoning and let sit for 5 minutes. Quickly submerge into cold water and remove, place into Golden Dipt Crispy Seasoned Chicken Fry and coat thoroughly using a tumbling action.

Fry at 350° F for approximately 10-13 minutes, until completely cooked. Serve with fried sweet potato wedges and grilled ear of corn.

Yield: 1 Serving **Cost/Serving:** \$2.79 **Suggested Sell Price:** \$8.95 **Profit:** \$6.16



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LYONS

MENU SHOWCASE “YOUR RECIPE FOR SUCCESS”

Caramel Breakfast Cake

Ingredients

2 tablespoons Sugar

3/4 cup Lyons Caramel Designer Dessert Sauce

12 each Refrigerated buttermilk biscuits (9 par-baked frozen biscuits)

1/3 cup Butter - melted

1/4 cup Pecans - chopped

Lyons Chocolate Designer Dessert Sauce

Cooking Instructions

Preheat oven to 400°F. To make cakes, sprinkle sugar on bottom of well-greased 9” layer pan, cover with nuts. Pour Lyons Caramel Sauce over the nuts. Dip biscuits in melted butter; arrange biscuits in pan so that they are slightly overlapping the edge of the pan around the outer edge. Bake for 15 - 25 minutes at 400°F, depending on biscuits. Let stand for 5 minutes and invert onto serving plate

Serve warm as is, or for added flair, drizzle Lyons Chocolate Sauce on top.

Yield: 6-8 Servings **Cost/Serving:** \$0.50 **Suggested Sell Price:** \$2.95 **Profit:** \$2.45



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MENU SHOWCASE

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Shrimp in a Bowl

Ingredients

- 1 pound large shrimp peeled and deveined
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon McCormick Smoked Paprika
- Salt and freshly ground black pepper, to taste
- 2 romaine lettuce hearts, leaves rinsed and patted dry, bottom 1 inch discarded
- 2 ripe plum tomatoes, each cut into 8 pieces
- ½ small red onion, very thinly sliced
- 1 ripe avocado, halved and pitted
- ¼ cup orange vinaigrette
- 2 tablespoons chopped flat-leaf parsley, for garnish

Cooking Instructions

Marinate the shrimp in the oil, lemon juice, paprika, salt and pepper for 30 minutes. Remove shrimp and thread evenly on four or five 10-inch skewers. Cook on a well-oiled grill over high heat for 2 minutes per side; remove to a large bowl.

Before serving, add the lettuce, tomatoes and red onion to the shrimp. Using a teaspoon, scoop out spoonfuls of avocado; add to shrimp. Season with salt and pepper. Toss with vinaigrette. Divide into four bowls, sprinkle with chopped parsley and serve.

Yield: 4 Servings **Cost/Serving:** \$2.78 **Suggested Sell Price:** \$10.95 **Profit:** \$8.17



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