

# Chef's TOYBOX



December 02-08, 2018

featured



### POMEGRANATE\*

10433 case  
The seeds (arils) are hard, purple/red in color, and very juicy. There is a white, inedible membrane surrounding the seeds. The seeds are great in salads, juiced, soups, desserts, and cocktails. \*special order may be required



### SNOW PEAS

21310 10 lb.  
Snow peas are an excellent source of vitamin A, vitamin K, B complex vitamins and vitamin C. Most commonly available fresh pea. Flat green pods with small, immature peas inside. Pods are edible and may be eaten fresh or cooked. Destraining pods is not necessary.



### KABOCHA SQUASH

21988 20 lbs.  
This Japanese variety of squash can be roasted, pureed or stuffed. Kabocha is sweet with a fluffy chestnut like texture. This squash is also perfect for dessert dishes.



### PAPAYA

11425 9/10 ct.  
Papayas can be served fresh, baked, stewed, sautéed, barbecued or used as a garnish. Cook papaya chunks in meat, seafood and poultry dishes.

### APPLE CIDER GALLON (LOCAL)

30000 4/1 gal.  
This Apple Cider is as delicious as it comes. Serve it as is or add to a cocktail for a fall-tastic beverage!

### MIXED BERRY FLAT

11757 1 flat.  
This flat consists of 4 each of blueberries, blackberries and raspberries. Why have one berry when you can have 3?

### ITALIAN PARSLEY

11169 6 ct.  
Parsley, Italian – Flat leaves & slightly peppery, more strongly flavored leaves & stems distinguish this from curly parsley.

### ANISE/FENNEL

70055 6 ct.  
Fennel can be eaten raw or cooked in a variety of methods such as braising, sautéing or in soups. This versatile and refreshing vegetable is even delicious when cut into strips, chilled and served as an appetizer with a bowl of olives.

### HONEYDEW MELON

11200 5/6 ct.  
Honeydew melons are characterized by a large, round shape and smooth, creamy yellow rind. Their flesh is light green, juicy, and sweet.

### TRI COLORED PEELED CARROTS

20366 5 lb.  
Peeled baby carrots that come in orange, white and purple. These petite beauties come with a trim top and are a gorgeous addition to any plate. Use in salads or cook in soups, gratins, sautés and puree.

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## ROOT CELERY

20445 10 lb.

Celery root is equally good cooked or grated raw in salads or cut en julienne and served as celery en remoulade. It can also be served as a puree. Complementary flavors include butter, cream, walnut oil, sunflower seed oil, Gruyere, walnuts, hazelnuts, parsley, thyme, mustard, potatoes, apples, watercress, mushrooms, wild rice and truffles.

## BROCCOLINI

20175 18 ct.

Broccolini needs no preparation before cooking which makes it a natural time saver. Served raw it is tender, crunchy and well suited for dipping in your popular sauce -- an unusual addition to a traditional crudité's platter. It can also be steamed with other vegetables or sautéed with fresh 2 in a little olive oil. It can be angle cut and added to a stir-fry or left whole and tossed in at the end for extra crunch.

## KOPPERT CRESS MICRO BASIL

807 3 oz.

Tiny leaves of green Basil are packed with flavor and are the perfect accompaniment to a deconstructed Caprese salad. Just slice ripe Cherry Tomatoes in half, add some halved Ciligene (cherry sized) fresh Mozzarella cheese, sprinkle with Sea Salt, and a drizzle of some aged Balsamic. Ciao!

## BABY ARUGULA

10404 3 lb.

Arugula is an aromatic salad green. It is also known as rocket, roquette, rugula and rucola, and is popular in Italian cuisine. In Roman times Arugula was grown for both it's leaves and the seed.

## DELICATA SQUASH

21986 40 lb.

This winter variety squash is simple and at delish. Roast it with your favorite flavors or turn in a creamy and sweet soup.

## FINGERLING POTATOES

71566 10 lbs.

Fingerling potatoes are delicious roasted and served whole.

## CAULIFLOWER 4CT

70400 4 ct.

A versatile vegetable, cauliflower can be steamed, mashed, pureed, made into casseroles, fried, or topped with cheese.

## CRANBERRIES

30590 24 ct.

Complementary flavors include apple, orange, kumquat, pear, rhubarb, lemon, raspberry, apricot, chocolate, Port, Cognac, almonds, walnuts, pork, quail, ginger, cardamom, cinnamon, cloves and allspice.

## BRUSSEL SPROUT HALVES

21928 4/5 lb.

These halved brussel sprouts save you time and prep in the kitchen. Perfect for roasting or sautéing.

## JUMBO ASPARAGUS

20064 11 lb.

Did you know that the thicker the spear, the tenderer the asparagus will be? Broil, Roast, Steam, Sautee, or make a soup or puree. Asparagus is sure to brighten up any plate.

## TURNIPS

22570 25 lb.

Root vegetable that is perfect for your fall and winter stews and soups. Replace potatoes and use turnips for a spin on a classic dish -- mashed, roasted or fried.

## OYSTER MUSHROOMS

20935 5 lb.

The taste of all oyster mushrooms is fairly mild compared to many of the wild species and the shiitake. It is a versatile mushroom and can be used in a variety of dishes, such as stir-fries. The stem is usually edible, if a little firmer than the cap. Good partners for mushrooms include butter, sour cream, cream, olive oil, dark sesame oil, garlic, parsley, lemon, rosemary, tarragon, cumin, paprika, pine nuts, wine, sherry, Madeira, onions, potatoes, leeks, barley and rice.

