



WELCOME FROM CHEF SARAH'S KITCHEN

CULINARY INSIDER

Winter, 2013



Hi, I'm Chef Sarah Davis, Research and Development Team Leader at Southeastern Mills. Welcome to this edition of the *Culinary Insider*! Do you ever want to get your daily dose of vegetables, but are really craving a meaty, juicy hamburger or pizza? Chances are your customers have felt this way too.

Whether you're in the business of creating foods that appeal to

vegetarians or simply want to feature more meatless options, it's important that your foods taste great! In this issue of the *Culinary Insider*, we've featured some recipes that are made with high quality ingredients from Southeastern Mills. Say goodbye to flavorless vegetarian dishes of the past as we explore innovative ways to create flavorful food options.

Chef Sarah

TASTY TIDBIT

Add Better Than Bouillon® All-Natural Reduced Sodium Vegetable Base, lime juice, Cajun seasoning and cayenne pepper to a stick of softened butter. Roll the butter into a log shape in plastic wrap, refrigerate and then cut rounds for a zesty, buttery topping for corn on the cob, green beans or baked potatoes.

VEGETABLES TAKE THE LEADING ROLE!

It used to be that proteins were the star of the plate—a juicy steak, a moist chicken breast, a meat filled pasta dish or perhaps a fresh salmon filet. Yes, meats, poultry and seafood were certainly the darlings of the culinary realm, and vegetables were merely an accent, often quickly prepared as an accompaniment or sometimes used to stuff ravioli and meet lunchtime salad requirements. But it seems that times have changed! Now consumers are trading in beef bourguignon for beet bourguignon, and as more people go meatless for more meals, chefs are looking for creative ways to serve up inspired vegetable dishes.

"Flexitarianism" has become a more widely used term this year, describing people who only eat meat for some meals. Restaurants and retailers have taken note. In recent years, industry professionals have strived to offer meat-free alternatives for vegetarian and vegan lifestyles that upstage yesterday's status quo of plain tofu. And while people choose to go meatless either all of the time, or part of the time, for various reasons (beliefs, perceived healthfulness, etc.), they are certainly demanding interesting options. As predicted by marketing and research firms like Technomic, Sterling Rice Group, Baum & Whiteman and the Culinary Visions Panel, vegetables have achieved celebrity status among chefs and consumers alike in 2013, and creativity is infinite!

New formats for vegetable-focused meals are continually gracing the marketplace. Surely vegetarian patties have been around for years, but as consumers reach past the basics, innovations in food technology

are pushing the limits for meatless meals. Once the stuff of science fiction, meatless "meat" is a popular choice for today's consumers. Soy, wheat and other plant based substitutes for meats like ground beef, chicken and even steak are wooing shoppers in specialty stores and supermarkets. According to a release issued by Mintel, "...only 7% of consumers identify themselves as vegetarian, however 36% indicate the use of meat alternatives," (mintel.com). Aside from these high-tech alternatives, a wider variety of fresh, seasonal produce is becoming available.

As 2013 also included the recurrent trends for local, more natural and sustainable food, chefs and consumers have been venturing into the home-grown and farmers' market domains. An article on *Reuters.com*, "Vegetables Become the Star of the Plate," highlighted this trend, stating, "Farmers' markets make it easy to find fresh produce worthy of the starring role in any meal. As vegetables become the focus, chefs are finding new ways to prepare and serve up these gems." On the other side of the spectrum, modern farming and sourcing techniques allow for year-round availability of an ever-increasing selection. Widened accessibility, variety and seasonability make main course vegetables ripe for the picking, and chefs know creating flavorful options with the right texture is a must when preparing meals in restaurants or developing retail or foodservice items.

Whether making an expertly textured tempeh "chicken" tender, perfectly seasoned pumpkin dumplings or a vegan mushroom soup, Southeastern Mills can help. Our seasonings, food bases, marinades, glazes, broth concentrates, batters and breadings, soup, gravy and baking mixes help to create stunning vegetable dishes suitable for both vegetarians and omnivores. Try the recipes included in this issue of *Culinary Insider*, or use them for inspiration to create vegetable-centered masterpieces of your own!





ABOUT BURGERS

Achieving the perfect texture and flavor for a vegetarian patty can be a challenge, but here we have combined ingredients to create a burger that tastes like the real thing! This is done by using ingredients that simulate the natural flavor and texture of beef. We have added green bell peppers to lend the chlorophyll flavors of grass and greens, much like what is in a cow's diet, carrots to lend earthy notes, mushrooms for a meaty and earthy note, and corn for a sweet grain note. Buttermilk is added to mimic the flavors of the lactic acid that is formed in the muscle, and palm oil is added to give the nice fatty mouthfeel of tallow. All the meaty flavors are boosted with Better than Bouillon® Vegetarian No Beef Base. With this combination, you have a delicious, meat-free veggie burger to satisfy any discerning customer's craving!

INGREDIENTS

Ready In: 45 Minutes

- 2 cups grated carrots, with juices
- 1 cup grated green bell pepper, with juices
- 1 cup grated red onion, with juices
- 1 cup fresh corn kernels
- 2 cups crimini mushrooms
- 2 cups shiitake mushrooms
- ¼ cup palm shortening, solid and at room temperature
- ¼ cup buttermilk
- 2 tablespoons **Better than Bouillon® Vegetarian No Beef Base**
- 2 tablespoons **Southeastern Mills® Gun Powder Seasoning**
- 4 cups **Southeastern Mills® RLN 125 Texturizing Agent**

DIRECTIONS

1. In a large mixing bowl, combine carrots, bell pepper and red onion; set aside.
2. In a food processor, pulse corn, crimini and shiitake mushrooms, palm shortening, buttermilk and Vegetarian No Beef Base. Add to mixing bowl and stir to combine.
3. To the vegetable mixture, fold in Gun Powder Seasoning and RLN 125 Texturizing Agent, ½ cup at a time, blend until homogeneous. Mixture will be very thick. Use gloved hands to fold and press the mixture together.
4. Form into patties and place on grill until they reach an internal temperature of 140°F. Serve on bun with desired toppings.

BEST EVER VEGGIE BURGER

Serves 10

ABOUT FLATBREAD

This flatbread is over-the-top with great vegetable flavor! With a hearty crust made with Southeastern Mills® Cheddar Garlic Biscuit Mix, upscale chèvre goat cheese, a heaping helping of vegetables, and flavorful Better Than Bouillon® Vegetarian No Chicken Base, no one will miss having meat involved! Try this recipe with other vegetables too, like artichokes, caramelized onions or even arugula, simply adjust cooking times. Also, Vegetarian No Chicken Base is Certified Vegan, so it can be used to give flavor to dishes that don't contain animal products but demand great taste!

VEGETARIAN ROASTED VEGETABLE FLATBREAD

Yield: 2 flatbreads
Serves 4

INGREDIENTS

Ready In: 1 hour

- 1 (7-ounce) package **Southeastern Mills® Cheddar Garlic Biscuit Mix**
- ½ cup water
- ½ cup olive oil

- 2 tablespoons **Better than Bouillon® Vegetarian No Chicken Base**
- 2 cups spinach
- 3 Roma tomatoes, sliced into rounds
- 1 small zucchini, julienned
- 4 ounces roasted red peppers, sliced into thin strips
- 1 small Bartlett pear, sliced into thin wedges
- 1 cup chèvre goat cheese, cut into quarter-size pieces

DIRECTIONS

1. Preheat oven to 350°F.
2. In a mixing bowl, combine Cheddar Garlic Biscuit Mix with water.
3. Place dough on a flat floured surface. Flour the top of the dough. Use as much flour as is needed to avoid sticking on the surface or rolling pin. Roll dough into a thin crust.
4. Using a pizza cutter or paring knife, cut the rolled dough into two rectangles, about 4"x 8". Transfer the rolled dough to a parchment lined sheet pan or pizza stone. Thoroughly dock the flatbread dough surface using a fork or dough docker.
5. In a small bowl, whisk together olive oil and Vegetarian No Chicken Base until homogeneous; brush over entire dough surface.
6. In this order, top dough with spinach, tomatoes, zucchini, red pepper, pear and goat cheese.
7. Place flatbread in oven and bake for 10 minutes, or until dough is tender crisp. Slice and serve.



SOUTHEASTERN
Mills®

333 Old Lindale Road | Rome, GA 30161
706-291-6528 | 800-334-4468
www.semills.com | www.superiortouch.com

Like Better Than Bouillon® on
@RealFoodBases

