

Tasteology

TRENDS, PRODUCTS AND MORE FROM NEWLY WEDS FOODS

November 2015

CULINARY SPOTLIGHT

Celebrating Indigenous Cuisines from North America

The popularity of ethnic foods from around the world has been skyrocketing among U.S. consumers over the past few years and there is no sign of it slowing down in 2016 or beyond. While this interest in global cuisine has no real season, we felt it was the perfect time of year to explore what foods and cuisines are indigenous to North America. As local foods become increasingly popular from farmer's markets, to grocery stores and restaurants, so has the interest in what are the native foods of our homeland. In particular the foods that are a part of Native American cuisine.

What is Native American cuisine? That's a complex question. It's difficult to summarize what Native American cuisine is in just a few sentences. Fundamentally, it was what was available to the tribes in the specific regions that they lived in. The large variety of ingredients in Native American cuisine is deceptive, for each region only had access to a small subset of the larger list. For example, protein sources ranged from large animals like deer and buffalo on the east coast and the plains while some tribes main source of protein in the Pacific Northwest would have been salmon, as it is found in greater abundance.

Native Americans used vegetables like ramps (wild onion), hominy, pumpkin and what is called the "three sisters" of Native American cuisine: corn, beans, and squash. Spices that helped define the cuisine are chilies, juniper berries, sage, sweet grass and parsley. As for fruits, some options included cranberries, blueberries and prickly pears. All played a certain culinary and sometimes ceremonial or even medicinal role for various tribes.

Our chefs interviewed some notable Native American chefs from around the country to help celebrate the wonderful foods and cuisine from "the New World". Here are a few examples of delicious recipes that they shared with us...

THE THREE SISTERS NATIVE AMERICAN FOOD



RECIPES

Savory Three Sisters Cobbler

Serves 12

Filling ingredients:

- 2 Tbsp olive oil
- 3 cups red onions, thinly sliced
- 2 cups red bell pepper, diced
- ¼ cup all-purpose flour
- 2 cups black-eyed peas, drained and rinsed
- 4 cups butternut squash, peeled and cut into 1-inch pieces
- 2 Tbsp tomato paste
- 4 cloves garlic, minced
- 2-3 sprigs each of thyme, rosemary, sage, and marjoram, tied together with twine
- 3 Tbsp Dijon mustard
- 4 cups Swiss chard, coarsely chopped
- 2 cups corn kernels
- 1 ½ tsp. Chipotle pepper sauce

Topping ingredients:

- 1 cup milk
- 2 Tbsp chopped fresh sage
- 1 cup all-purpose flour
- 1 cup finely ground yellow cornmeal
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ¾ tsp. salt
- 1 large egg

For filling:

Heat oil in 5-qt. Dutch oven over medium heat. Add onions, and cook 7 to 10 minutes, or until very brown. Add bell pepper, and cook 3 minutes more, or until bell pepper is softened. Sprinkle mixture with flour, and stir to coat. Cook 2 minutes, stirring constantly.

2. Stir in beans, squash, tomato paste, garlic, and herb bundle; cover mixture with water and bring to a boil. Reduce heat to medium-low, and simmer 15 to 20 minutes, or until mixture is almost dry and squash is soft. Stir in remaining filling ingredients and set aside to cool slightly.

For topping:

1. Warm milk in small saucepan until hot to touch. Remove from heat, and stir in sage. Cool 15 minutes.

2. Whisk together flour, cornmeal, baking powder, baking soda, and salt in medium bowl. Whisk together egg and cooled milk mixture in large bowl. Stir in cornmeal mixture.

3. Preheat oven to 425°F. Remove herb bundle from filling. Place filling in a 8x11 baking dish. Using a cookie scoop, or roll out on floured work surface, cut topping into rounds, and place rounds over Filling, covering completely. Bake uncovered 15 minutes, or until topping is golden brown.

Pumpkin Anyone?

Every year we wait with bated breath. When will it start? How long will it last? Now, as we nervously count the days until the “Pumpkin Spiced” season/frenzy comes to an end yet again this year, what better time to explore the pumpkin - beyond the spice?

You see, pumpkins have little to nothing to do with pumpkin spice. The fascinating effect of “pumpkin spice” is that it not only elevated its own flavor profile beyond the latte but it renewed interest in the gourd itself.

Pumpkin (the flavor overall) is on a progressive trajectory capturing a menu penetration increase of 53% since 2010 according to the Datassential MenuTrends. Lattes, muffins and the like have had a significant impact on the trend. However, traditional pumpkin, the vegetable, natural ingredient or flavor, has hitched a ride on the popularity train.

Pumpkins, like other squash, are native to North America and are a significant part

of American history – colonial or Native American. Pumpkins are widely grown for commercial use, and are used in food but also more commonly for cultural “recreation”.



I challenge you to name another vegetable that is the primary symbol of an entire season? From Cinderella’s pumpkin coach and Harry Potter’s pumpkin juice to the nemesis of the Headless Horseman – the pumpkin has been woven into literary culture around the world. But once upon a time, pumpkin was a staple in Native

American diets. In fact it was an important food source, crucial to survival through the hungry winter months. The first evidence of pumpkin (or seeds more accurately) had been found at archaeological sites in the American southwest dating back six thousand years, as well as at sites throughout Mexico, Central and South America, and the eastern United States. Eventually, cultivation altered the pumpkin to make the flesh (as well as the seeds) palatable and versatile. Pumpkins and squashes of all sorts could be baked or roasted whole in the fire, cut up and boiled, or added to soup. “Dried, stewed, roasted, baked, raw . . . served as side dish, dessert, drink, livestock feed, the pumpkin used to support man and beast”, Captain John Smith (1621).

Pumpkin bread, pumpkin ravioli, pumpkin pie, pumpkin risotto, pumpkin beer (first invented in 1771 BTW)--the options are endless. It’s finally pumpkin season, and the reasons and recipes to celebrate are many. Check out our chefs ideas throughout this issue.

RECIPES

Pueblo Indian Pork Stew

Yield: 8 servings

Ingredients:

1/3 cup	Vegetable Oil
3 lbs	Pork Shoulder, Cut Into Large Chunks
1 1/2 cup	Yellow Onion, Chopped
3 each	Garlic Cloves, Minced
4 each	Dried Juniper Berries, crushed
1/2 tsp.	Ground Coriander
2 Tbsp	Ground New Mexican Chile Powder
1 each	Bay leaf
4 each	Globe Tomatoes, Chopped
1 1/4 cup	Water
2/3 cup	Cider Vinegar
1/3 cup	Orange Juice
1/2 cup	Honey
1 each	Cinnamon Stick
2 tsp.	Kosher Salt
1 oz	Grated Unsweetened Dark Chocolate

1. Heat oil in a large heavy saucepan
2. Sear pork heavily until brown on all sides.
3. Remove pork from the pan and add onions.
4. Cook onions, stirring, about 6-8 minutes, or until well caramelized.
5. Add garlic, juniper, coriander, and chili powder. Cook, stirring, for about 90 seconds or until very fragrant.
6. Add the pork back into the pan along with the remaining ingredients.
7. Bring liquids to a boil. Reduce heat to simmer and allow to cook for 90 minutes, or until the pork is very tender.

Chile Roasted Pumpkin Seeds

Ingredients:

2 cups	shelled pumpkin seeds (pepitas)
2 Tbsp	butter, melted
2 Tbsp	light brown sugar
2 tsp.	chili powder
1/2 tsp.	ground cinnamon
1/4 tsp.	ground red pepper

1. Preheat oven to 350°. Stir together pumpkin seeds and melted butter in a medium bowl.
2. Stir together brown sugar and next 3 ingredients. Add to seed mixture, tossing to coat. Place peanuts in a single layer on a lightly greased baking sheet.
3. Bake at 350° for 8 to 12 minutes or until golden brown, stirring once. Remove from oven and cool completely in pan on a wire rack (about 20 minutes).

Lean Towards Protein

What's the buzz with dieters these days? Paleo, Primal and Atkins Diet followers will respond overwhelmingly with one word – protein. These very high profile “nutritional lifestyles” have created awareness among users (and non-users) of these diets to the benefit of protein focused consumption. In fact, according to Packaged Facts 62% of U.S. consumers are “making a point of getting enough” protein in their diets.

High Protein diets have been linked to a number of attractive benefits for U.S. consumers:

- Weight loss or weight control
- Increased muscle mass
- Blood sugar control
- Satiety
- Increased longevity

Following a protein rich diet healthfully does not give one license to double down on bunless burgers, bacon and steaks per se. Nearly a decade after the craze and subsequent crash of the hard-core low/no carb diet, this time around the methodology focuses on what the dieter can have (protein, protein, protein) rather than what he or she can't (simple carbohydrates). It's also a more realistic and forgiving approach that probably won't hurt your ticker in the pursuit of vanity.

A new breed of adopters are turning to leaner alternatives to participate in a high protein lifestyle. Lean and mean is the name of the game and as such new forms of alternative protein sources are being celebrated as non-conventional means to pump up the protein.

Greek yogurt, is essentially the luminary of the lean protein movement. The successful positioning of this product has quickly inspired many other categories and operators to stake their protein claim too. Meat substitutes such as tempeh or tofu are keeping pace with other cutting edge proteins like ancient grains, legumes and even (gulp) insects.

Yes, insects...80% of the world's population uses them as a protein source and they are slowly creeping into new American food product ideas.

From beverages to turkey jerky to breakfast sandwiches and snack offerings, new products are carrying the “good source of lean protein” badge front and center.



Come On Down, Ya'll To The 2016 IPPE

The International Production & Processing Expo is touted as the world's largest annual poultry, meat and feed industry event of its kind. The IPPE is actually three tradeshow all rolled into one representing the protein production and processing industry! It consists of the International Poultry Expo, the International Feed Expo, and the International Meat Expo, featuring over 1,200 displays of the latest technology, equipment, ingredients, supplies, and services used by poultry, feed, and meat companies. The IPPE attracts visitors from all across the United States and around the world providing the perfect opportunity for networking and staying on top of what's new all under one roof!

As a leading food ingredient company Newly Weds Foods, has been a long time participant and supporter of the International Production & Processing Expo (IPPE) that occurs in Atlanta every January. There is even more excitement about this upcoming 2016 Expo though, as we will be introducing a new and category changing product as a part of our IsoStat food safety and functional ingredient line. This revolutionary product will be on display to see and sample. The 2016 IPPE takes place January 26-28 in Atlanta, Georgia. Look for us in Booth B8151 to learn more about Newly Weds Foods IsoStat Products Group and the latest & greatest addition to our food safety product portfolio.



TRENDSSETTERS

Takin' It To The Streets

Last summer, at Tasteology, we took a look at the ever changing face of food service. New venues, changing mainstream operators as well as new service styles...

Something that's not exactly new in foodservice but enjoying a bit of a renaissance: the "roach coach" (as they have affectionately been called) or food trucks (as we call them today). In cities around the country, these mobile cafeterias are changing the "way and the where" of specialty dining experiences. Food and wheels have been intersecting since the 30's, when drive-ins, plate lunch wagons as well as the roach coach were part of dining culture.

Today's food trucks are a part of the new school that is driving culinary innovation. These grassroots operators are defining the cutting edges of food creativity, flavors, ingredients and compelling processors to implement these elements for mainstream consumption.

What makes these local heroes so unique? Below are a few key factors enabling these operators to be so cool:

Overhead: or lack thereof. No permanent address, no rent, no wait staff or even expenses like seating or fancy place settings. Low operational costs enable food trucks to focus more on quality ingredients, interesting ingredients, cooking methods or pairings to bring a signature flare to each dish they serve.

Diversity: When you are on the road, ingredient selection will often come from unorthodox sources such as farmers markets and local specialty stores. This can lead to some interesting combinations. For example, a Middle Eastern food typically served in a pita might find it's home in a Mexican tortilla shell, creating a delicious new fusion of cultures.

Flexibility: Food truck menus have the panther-like ability to shift and change quickly – sometimes as fast as hour to hour. This dexterity offers these unique operators the ability to "86" an item that isn't working without much fuss or financial implications.

These simple elements enable operators to innovate and come up with fresh new ideas to keep their customers interested and the food truck buzz going.



RECIPES

Thai Pumpkin and Chicken Curry

Ingredients:

1 small pumpkin or butternut squash, about 1 1/2 lb., halved, seeded, peeled and cut into bite-size cubes
2 shallots, chopped
3 garlic cloves, coarsely chopped
1 Tbsp Thai red curry paste
1 can (13 1/2 fl. oz.) unsweetened coconut milk
2 Tbsp Asian fish sauce
Juice of 1 lime
2 tsp. firmly packed light brown sugar
3 Tbsp corn or peanut oil
1 lb. boneless, skinless chicken thighs, cut into bite-size cubes
2 Tbsp slivered fresh basil, preferably Thai basil
Steamed rice for serving

Cook the pumpkin:

Bring a large pot of water to a boil over high heat. Add the pumpkin and boil just until barely tender, about 7 minutes. Drain well and set aside.

Prepare the curry base:

In a blender, combine the shallots, garlic and curry paste with 2 Tbsp water and process until smooth. In a small bowl, combine the coconut milk, fish sauce, lime juice and brown sugar and stir to dissolve the sugar.

Cook the curry:

In a wok or large fry pan over medium heat, warm 2 Tbsp of the oil. Add the chicken and sear until light brown on all sides, 5 to 7 minutes. Using a slotted spoon, transfer the chicken to a bowl.

Return the pan to medium heat and add the remaining 1 Tbsp oil. Add the curry base and cook, stirring, for about 10 seconds until fragrant. Stir in the coconut milk mixture and bring to a boil. Add the chicken and pumpkin, reduce the heat to low, and simmer until the pumpkin is tender when pierced with a fork and the chicken is opaque throughout, about 5 minutes more.

Transfer the curry to a serving bowl, garnish with the basil and serve immediately with steamed rice. Serves 4.

MARKET INSIGHT

Chicken Is The New Angus

2012 was a banner year for the bird. After decades of pecking and scratching, chicken surpassed beef as the most consumed protein by Americans. It's been a lengthy undertaking. Poultry category sales and positioning on menus has been on an upward trajectory since the 70's. Elevated animal protein prices – particularly beef and pork – may have something to do with the accelerated interest in chicken. Perhaps it's the health halo association or the versatility of this "easy-going" protein. No matter the case ... processors and food service operators are celebrating the humble bird by elevating it to menu maker status with gourmet offerings featuring everything from new toppings to being mixed or stuffed with various flavorful ingredients. The combinations are endless in taking chicken formats to new culinary heights.

In 2015, chickens are ruling the roost and Newly Weds Foods decided to take a closer look at what's giving the burger a run for its money in our 2015 Premium Chicken presentation. This presentation focuses on the insights, issues and trends impacting the poultry industry. As a global leader inspiring new tastes let us showcase not only the information but also have our culinary and R&D teams present new concepts to stimulate your new product initiatives. Interested in learning more? Contact your Newly Weds Foods sales manager to join the discussion and the presentation.



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