



Chilean Pebre Sauce

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Chayote Potato
Cakes with Papaya
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Cocina Latina

Performance Foodservice

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kick your business up with **BOLDER FLAVORS**

It can't be denied that Mexican and Latin American flavors have become a staple on mainstream menus. Many menus feature popular items like Tacos, Nachos and Quesadillas. Tacos alone, appear on 25% of all US menus and have seen steady growth since 2005, according to Datassential. However as consumer's tastes continue to evolve, Latin American offerings will need to evolve along with them. Customers are accustomed to flavors like chilis and cilantro, but are looking for more flavors like tomatillos, Chiptole en adobe, chorizo sausage and Latin Cheeses (Cotija and Queso Fresco). A simple way to introduce these flavors, if you haven't already, is to incorporate them into current favorites. For example, chorizo and beer cheese dip or a chipotle infused chicken quesadilla with Queso Fresco.

Latin American flavors lend themselves especially well to the appetizer menu. It's a great way to pack a lot of flavor into small bites and wake up the taste buds. A simple place to start is to offer chips and a variety of dips. Chips & Salsa are the perfect appetizer to add some value. Rather than just offering one salsa with your chips, offer a variety of five or six and allow patrons to choose up to three. This will give your customers the power of choice and the opportunity to sample new flavors. In an effort to kick the chip and dip experience up from what your customer typically does at home, fry your chips fresh, often and always serve them warm. Warm chips with a squeeze of lime juice and a sprinkle of sea salt are hard to resist and can pump up your sales.

(article continued on next page)

Chips & Salsa are the PERFECT appetizer to add some value

FRY YOUR CHIPS FRESH, OFTEN AND ALWAYS SERVE THEM WARM

Other Latin American small-bite foods that are on trend to be contenders for your appetizer menu are Empanadas, Tostadas and Sopes, a traditional Mexican dish of fried corn masa piled with various toppings. Empanadas alone, according to Datassential, have grown in menu popularity 119% over the last 10 years. Although there are traditional ways to make each of these items, they are all a perfect canvas for creativity.

Empanadas can be stuffed with just about anything and served with a whole host of interesting dipping sauces. You could go traditional and stuff them with spicy seasoned beef served with pico de gallo or you could stuff them with buffalo chicken served with Bleu cheese dip. These stuffed pies can also be a perfect way to use up prior day ingredients by offering an "Empanada of the Day" special appetizer.

Tostadas and Sopes are also perfect blank canvases for packing a lot of flavor into a few bites. The base of each is a little different. A Tostada, a Spanish word meaning "toasted," starts with a small (6 inches or smaller) crispy fried tortilla, typically a corn tortilla is used. Tostadas find their origin as a dish made to use up "not fresh enough" tortillas that could no longer be used for tacos. They can be topped with a host of ingredients, typically the same ingredients as a taco, but let your creativity run wild. Some protein ideas may be diced beef, pulled chicken, carnitas, shrimp, tuna, chopped octopus, crab or a fresh ceviche. The only rule to keep in mind, is that due to the fragile nature





of a tostada choose something that will stay on the tortilla. From there the sky is the limit with fresh ingredients, spices, sauces and more.

At first glance a Sopas looks like a thick tortilla with a vegetable and meat topping. The base is made from a circle of fried masa (ground maize soaked in lime, also used as the basis for tamales and tortillas) with pinched sides.

A typical sopas is topped with refried black beans and crumbled cheese, lettuce, onions, red or green salsa and sour cream. However, like a Tostada you can take the base and get creative. Sopas are another item to get extra use out of left-over ingredients. With both Tostadas and Sopas creating a "flight" is a great way to try a variety of different flavors and give customer's taste buds a wake up before the meal. Appetizer flights are a great way to increase appetizer sales as they are the perfect way to get multiple flavors on one plate. And because diners are more likely to order shareable appetizers, you will likely get an appetizer sale that you would not have gotten otherwise.

Food trucks are helping boost the popularity of Latin and Mexican street foods by offering authentic options that go beyond Americanized dishes like Tacos or Fajitas, according to Datassential. So go out and experience these bold flavors where you can and bring them back to your restaurant. When you are ready Performance Foodservice - Maryland and our exclusive Contigo brand have the ingredients you need to make these offerings work for you! We are contigo, which in Spanish means with you!



Perfect Chip, Perfect Dip

CHIP TORTILLA CORN YLW 4 CUT	LABNDRTA	1 / 32 LB	41164
CHIP TORTILLA WHI CORN QRTR CU	MEX ORIG	1 / 30 LB	31414
CHIP TORTILLA WHI CORN TRIANGLE	SANTITAS	8 / 16 OZ	242170
CHIP TORTILLA WHI CORN ULTRA	RUDYS T	1 / 25 LB	246846
CHIP TORTILLA WHI CORN ULTRA F	RUDYS T	1 / 25 LB	392614
CHIP TORTILLA WHI RAW 1/4 CUT	ABUELITA	1 / 20 LB	856829
GUACAMOLE SOUTHWST STYLE	WHLLGCML	12 / 1 LB	425709
SALSA FRSH PICO DE GALLO	ITALROSE	4 / 1 GA	227798
SAUCE CHEESE QUESO BLANCO	CONTIGO	6 / #10 CN	313165
TOMATO DICED 3/4" IN JUICE TFF	WEST CRK	6 / #10 CN	878218
TOMATO DICED FIRE RSTD IN JUICE	CONTIGO	6 / #10 CN	493387
TOMATO SALSA RDY BIENVENIDO	BIENVENI	6 / #10 CN	61807
TORTILLA TRI-COLOR RAW 4 CUT	LABNDRTA	1 / 32 LB	896572



FRESH PICO DE GALLO



QUESO BLANCO

GUACAMOLE IN A MINUTE

Avocado	8 each	61699
Onion, yellow, minced	2 tbsp	907426
Mayonnaise, heavy duty	3 tbsp	201350
Garlic Powder	1 tsp	264685
Lemons, juice	3 each	483087
Tomato, plum, diced	1 tbsp	878056
Salt	to taste	56291
Pepper	to taste	261441

Directions:

1. Half avocados, remove pit. Scoop pulp into large mixing bowl.
2. Add minced onions, mayonnaise, lemon juice, and garlic powder.
3. Mix and smash avocados until nearly smooth.
4. Adjust seasoning with salt and pepper.
5. Place into cold bowl. Top with diced tomatoes and serve.



BEAN BLK	SLVR SRC	1 / 50 LB	516718
BEAN BLK TFF	WEST CRK	6 / #10 CN	863475
BEAN BLK WHL OVAL	C&F FOOD	1 / 20 LB	974322
BEAN PINTO TRIPLE CLEAN TFF	SLVR SRC	1 / 50 LB	262999
BEAN REFRIED VEGETARIAN TFF	ROSARITA	6 / #10 CN	48372
RICE CONVERTED ORGNL TFF	UNCL BNS	1 / 50 LB	27607
RICE JASMINE	ASIANPRD	1 / 20 LB	553559
RICE LONG GRAIN 4% BROKEN POLY	WEST CRK	1 / 50 LB	194609
RICE LONG GRAIN PARBOILED CUBE	WEST CRK	1 / 25 LB	194606
TORTILLA 10 IN FLOUR PRESSED TFF	MISSION	12 / 12 CT	75113

Bold Building Blocks

TORTILLA 4.5 IN FLOUR PRESSED	MISSION	288 / .92 OZ	349760
TORTILLA 6 IN FLOUR PRESSED TFF	MISSION	24 / 12 CT	989930
TORTILLA CORN 4" MINI TAQUITO	LABNDRTA	6 / 80 CT	386764
TORTILLA CORN WHI 5.5" SUPER	MISSION	6 / 60 CT	554805
TORTILLA CORN WHI 6" ENCHILADA	LABNDRTA	6 / 90 CT	339911
TORTILLA CORN WHI ULTRATHIN	LABNDRTA	1 / 32 LB	402837
TORTILLA CORN YLW 6 IN	DONPANCH	360 / 0.92OZ	422437
TORTILLA CORN YLW 6"	LABNDRTA	6 / 160 CT	5163
TORTILLA CORN YLW RND 6 IN	LABNDRTA	6 / 5.5 LB	349975
TORTILLA FLOUR 10 IN FRY RDY	MISSION	16 / 12 CT	491998
TORTILLA FLOUR 10 IN PRESSED	MEX ORIG	144 / 2.33OZ	266841
TORTILLA FLOUR 10" PRESSED	LABNDRTA	144 / 2.33OZ	41162
TORTILLA FLOUR 12 IN FRY RDY	MISSION	8 / 12 CT	488986
TORTILLA FLOUR 12 IN PRESSED	LABNDRTA	8 / 12 CT	485251
TORTILLA FLOUR 12 IN PRESSED	MEX ORIG	144 / 3.66 OZ	271634
TORTILLA FLOUR 14 IN 4 OZ	OLE	8 / 12 CT	353089
TORTILLA FLOUR 5 IN	OLE	288 / 1.28OZ	437364
TORTILLA FLOUR 6 IN DIE CUT	MEX ORIG	24 / 12 CT	21760
TORTILLA FLOUR 6 IN PRESSED	LABNDRTA	288 / 1.17OZ	41167
TORTILLA FLOUR 6 IN PRESSED	MEX ORIG	24 / 1 DZ	984921
TORTILLA FLOUR 6.25 PRESSED	MEX ORIG	24 / 1 DZ	227795
TORTILLA FLOUR 7 IN PRESSED	LABNDRTA	144 / 1.56OZ	959308
TORTILLA FLOUR 8 IN PRESSED	LABNDRTA	144 / 2.11OZ	41160
TORTILLA FLOUR 9 IN WHL WHEAT	MEX ORIG	12 / 1 DZ	395451
TORTILLA FLOUR CHEESE JALAPENO	MEX ORIG	6 / 1 DZ	37122
TORTILLA YLW CORN 6 IN TFF	MEX ORIG	6 / 10 DZ	37024

Chilean Pebre Sauce

Roma Tomatoes	2 each	878056
Cilantro, Chopped	1 1/2 cup	249098
Scallion, Chopped	6 each	907545
Garlic Cloves	5 each	283987
Red Wine Vinegar	3 tbsp	273751
Chile Garlic Sauce	2 tbsp	479879
Olive Oil	1/2 tsp	288560
Garlic Salt	1/2 tsp	264686



Directions:

1. Combine tomatoes, cilantro, scallions, garlic, red wine vinegar, chile garlic sauce, olive oil, and garlic salt in a food processor or blender.
2. Process to the desired consistency.
3. Refrigerate for 2 hours to let the flavors blend.

Did you know?

Chile is the longest and most narrow country in the world, stretching from the north to the south over 4,300km (2,670 miles).





Beef

BEEF ANG INSIDE SKIRT STK WHL	BRVHRT	4 / 5 AV	517400
BEEF BOTTOM RND CH FLAT	PACKER	4 / 13 LB	947965
BEEF BOTTOM SIRLOIN BALL TIP NR	IBP	4 / 20 AV	992429
BEEF BRISKET CH BNLS	IBP	5 / 12-14LB	292963
BEEF CHUCK PECTORAL MUSCLE CH	SURETY	6 / 12 LB	538331
BEEF FLANK STK BNLS	SUKARNE	4 / 9.5 AV	411546
BEEF FLANK STK CH	IBP	7 / 10 LB	44281
BEEF FLAP MEAT CH	IBP	1 / 65 AV	994002
BEEF GRND FINE 81/19 CHUB TFF	WEST CRK	8 / 10 LB	296565
BEEF INSIDE SKIRT MAR FZ	CONTIGO	4 / 5 LB	515058
BEEF OUTSIDE SKIRT 8 PC BNLS	EXCEL	4 / 12 LB	585058
BEEF OUTSIDE SKIRT CH	SURETY	6 / 9 LB	538381
BEEF SHLDR TERES MAJOR CH	IBP	6 / 10 AV	967754
BEEF SHORT RIB CH FC FZ	FRRCHFLV	8 / 2-3 LB	324252
BEEF SKIRT OUTSIDE	IBP	6 / 11 AV	992466
BEEF SPECIAL TRIM	PACKER	6 / 12 AV	961181
BEEF TOP RND CH	IBP	3 / 22 AV	34461

CHICKEN BRST 6 OZ B/S SNG CVP	WEST CRK	2 / 10 LB	158773
CHICKEN BRST 8 OZ B/S DBL CVP	WEST CRK	2 / 10 LB	158776
CHICKEN BRST B/S MAR JUMBO CVP	SLVR SRC	4 / 10 LB	887556
CHICKEN BRST FIL 5 OZ ICE GLZD	TYSON	4 / 5 LB	248046
CHICKEN BRST FIL CHEF RDY	RDGCRST	4 / 10 LB	460072
CHICKEN BRST RAND JUMBO B/S CVP	WEST CRK	4 / 10 LB	887551
CHICKEN BRST STRIP FAJITA FC FZ	CONTIGO	2 / 5 LB	529380
CHICKEN BRST WHL B/I CVP	WEST CRK	1 / 40 LB	158794
CHICKEN THIGH B/S CVP	HRVSTLND	2 / 10 LB	529076
CHICKEN THIGH MEAT RAND B/S CVP	WEST CRK	4 / 10 LB	158758
CHICKEN TNR JUMBO CLPPD CVP	WEST CRK	4 / 10 LB	158754
CHICKEN WING 1ST & 2ND JUMBO	WEST CRK	4 / 10 LB	998314
CHICKEN WING BRD 105 TO 180 PCS	TYSON	2 / 7.5 LB	77067
CHICKEN WING JUMBO PARTY	PACKER	4 / 10 LB	35675
CHICKEN WING JUMBO PARTY	PACKER	4 / 10 LB	568123

Chicken and Pork

BACON 18-22 L/O	WEST CRK	1 / 15 LB	883843
BACON TOPPING PCS LG THICK FC	TYSON	2 / 5 LB	274473
PORK BUTT BNLS 1/4" CRYO	WEST CRK	8 / 8.5 LB	464407
PORK BUTT BNLS VP TFF 8.5# AVG	SMITHFLD	4 / 2 CT	931959
PORK RIB BACK DANISH 14-18 OZ	MAJESTY	1 / 30 AV	280779
SAUSAGE CHORIZO 4/1 LINK FZ	ENCORE	1 / 10 LB	481030
SAUSAGE CHORIZO SPICY BULK FZ	ENCORE	1 / 10 LB	481512
SAUSAGE LINK SMKD SPLIT 4 1/8"	HILLSHIR	70 / 2.75OZ	957501
SAUSAGE PORK MX CHORIZO BULK FZ	LGNSSAUS	1 / 10 LB	485134



CHICKEN POBLANO BITES

Chicken Breast, diced	4 oz	158774
Butter, melted	1 tbsp	518702
Onion, diced	1 tsp	354007
Poblano Peppers, diced	1 tbsp	72016
Salt	pinch	56291
Mixed Cheese	1/2 cup	235408
Sopapilla Sheets	6 each	48307

Directions:

1. Place all ingredients in a bowl and mix thoroughly.
2. Thaw the sheets and place one in each of a small muffin size tin. Shaping them into each space.
3. Spoon the mixture into each muffin space.
4. Fold dough over the top and brush with butter and bake.
5. When done, place on a plate with your choice of garnish.

Pork and Quinoa Soup



Pork Butt	8 lb	464407
Kosher Salt	To taste	56291
Pepper	To taste	56529
Quinoa	2.5 cups	553557
Sweet Potatoes	4 each	545082
Olive Oil	2/3 cup	288560
Carrot, diced	2 cups	544597
Onion, diced	2 cups	354009
Garlic, minced	4 tbsp	351339
Coriander Seeds, toasted, ground	4 tsp	981709
Turmeric	2 tsp	76892
Chicken Broth	6 quarts	873948
White Pepper	To taste	242882
Lime Juice	4 tbsp	17499
Cilantro	Garnish	249098

Directions:

1. Preheat the oven to 350 degrees F.
2. Season the pork butt generously with salt and pepper. Place the pork in a roasting pan, cover with foil and roast until tender, at least 4 hours. Dice the pork and reserve 8 cups. Set aside the remaining pork for another use.
3. Increase the oven temperature to 375 degrees F.
4. Add the quinoa and 5 cups water to a medium saucepan and bring to a boil. Lower to a simmer, cover and cook until tender, about 15 minutes.
5. Toss the sweet potatoes in some of the oil and season with salt and pepper. Roast the potatoes in the oven until fork-tender, about 25 minutes. Reserve 4 cups and set aside any remaining potatoes for another use.
6. Heat the remaining 1/3 cup oil in a large saucepan over medium heat. Add the carrot, onion and 2 teaspoons of salt and sauté until translucent. Add the garlic, coriander and turmeric and cook for 5 minutes on medium heat. Add the stock and bring to a simmer.
7. Add the cooked quinoa, the 8 cups pork and 4 cups yams. Adjust the seasoning with salt and white pepper to taste, then add the lime juice and garnish with cilantro.



Guess what?

Peru seems to be exhaustive in growing different varieties of corn. A whopping number of 55 different varieties of corn is grown in this wonderful country. They come in different colors too, including yellow, black, white and purple.

Ecuadorian Potato and Cheese Soup

Butter	2 oz	157187
Onion, Yellow Diced	1 ea	907426
Garlic, Crushed	3 cloves	275595
Cumin	1 tsp	242839
Potato, 70 ct, Peeled Diced	3 each	908019
Milk, Whole	2 cups	199417
Milk, Whole	1/3 cup	199417
Salt	to taste	334001
Pepper, Black	to taste	242872
Cheese, Jack/Ched Shred	1 cup	158814
Cilantro, Chopped	3 tbsp	855548
Avocado, Cubed	1/2 ea	378593
Onion, Green Chopped	1 tbsp	486263



Directions:

1. In large pot, melt butter. Saute onions until clear.
2. Add garlic, cumin, potatoes, two cups of milk and cover with water.
3. Simmer until potatoes are cooked.
4. Puree with extra milk until smooth. Season with salt and black pepper.
5. Stir in cheese and cilantro.
6. Transfer to soup bowl.
7. Top with avocado and green onions. Serve.

Did you know?

Ecuador was named after the equator and is the only country in the world named after a geographical feature. It's official name, Republica del Ecuador, literally means "The Republic of the Equator."





SHRIMP BRWN 16-20 S/ON GULF FZ	TEXBAY	10 / 5 LB	959398
SHRIMP BRWN 21-25 DOM FZ	TEXBAY	10 / 5 LB	977714
SHRIMP WHI 13-15 HDLS/O RAW IN.	BAYWINDS	6 / 4 LB	431637
SHRIMP WHI 16-20 EZ PEEL FZ IN.	BAYWINDS	5 / 2 LB	431657
SHRIMP WHI 16-20 HDLS/O RAW IN.	BAYWINDS	6 / 4 LB	431638
SHRIMP WHI 16-20 RPDT/ON FZ IN.	BAYWINDS	5 / 2 LB	421091
SHRIMP WHI 21-25 HDLS/O RAW IN.	BAYWINDS	6 / 4 LB	431639
SHRIMP WHI 21-25 RPDT/OFF IN.	BAYWINDS	5 / 2 LB	421098
SHRIMP WHI 21-25 RPDT/ON FZ IN.	BAYWINDS	5 / 2 LB	421092
SHRIMP WHI 26-30 EZ PEEL FZ IN.	BAYWINDS	5 / 2 LB	431659
SHRIMP WHI 26-30 HDLS/O RAW IN.	BAYWINDS	6 / 4 LB	431648
SHRIMP WHI 26-30 RPDT/OFF IN.	BAYWINDS	5 / 2 LB	421121
SHRIMP WHI 31-40 EZ PEEL FZ IN.	BAYWINDS	5 / 2 LB	431667
SHRIMP WHI 41-50 RPDT/OFF IN.	BAYWINDS	5 / 2 LB	421129
SHRIMP WHI 71-90 RPDT/OFF IN.	BAYWINDS	5 / 2 LB	421153

Shrimp and Seafood

CRAB CLUSTER 8 OZ UP CA FZ	PACKER	1 / 30 LB	431935
CRABMEAT BLUE CLAW PREM ID	JCK CTCH	12 / 1 LB	498267
CRABMEAT BLUE LUMP PREM ID	JCK CTCH	12 / 1 LB	269032
MAHI MAHI FIL 6 OZ B/S VP FZ EC	EM TREAS	1 / 10 LB	402887
MAHI MAHI FIL BUFFET B/S IQF EC	EM TREAS	2 / 5 LB	418506
ROCKFISH FIL 6-8 OZ B/S AK IQF	TRIDENT	1 / 10 LB	240915
SALMON FIL SKN-ON 3-4 LB CI	FRSHCTCH	1 / 10 LB	454977
SALMON FIL SKN-ON 4-5 LB CI	FRSHCTCH	1 / 10 LB	454978
SCALLOP 20-30 DOM IQF	GOLDE	2 / 5 LB	586169
SQUID TUBES 5-7 IN FZ CHN	LUIGI	4 / 2.5LB	414552
SQUID TUBES 5-8" FZ CHN	ASSOLUTI	4 / 2.5 LB	414508
SWAI FIL 5-7 OZ B/S IQF NM	WRLDDCK	1 / 15 LB	590535
TILAPIA FIL 5-7 OZ B/S FZ	PACKER	1 / 10 LB	320524
TILAPIA FIL 5-7 OZ C-O B/S CHN	WRLDDCK	1 / 10 LB	858049
TILAPIA FIL 7-9 OZ C-O B/S CHN	WRLDDCK	1 / 10 LB	858047
TUNA SAKU BLOCK 8 -12OZ C-O FZ	EM TREAS	1 / 10 LB	420826

TOSTADA WITH CHORIZO & CHIPOTLE SALSA

Chipotle Salsa	3 oz	227798
Tomatoes, chopped	4 each	493387
Poblano Peppers	2 each	72016
Chorizo	6 oz	481030
Onion, diced	2 oz	354007
Chopped Garlic	1/2 tsp	370251
Cumin	1/2 tsp	985105
Chili Powder	1/2 tsp	242834
White Pepper	1/4 tsp	242882
Corn Tortillas	3 each	386764
Arugula	1/2 cup	232176
Chotija Cheese, shaved	1 cup	252313
Sour Cream	1/2 cup	337679
Jack & Cheddar Cheese	1/2 cup	235408

Directions:

1. Place each corn tortilla in the fryer making a crispy flat tortilla, set aside.
2. In a saute pan, add chorizo, tomatoes, peppers, onion, garlic, cumin, chili powder and white pepper.
3. Heat on medium to bloom the spices in the chorizo.
4. In separate bowl, mix the onion sauce and sour cream.
5. Center one tortilla on plate.
6. Spread three of the mixtures from the saute pan over the tortilla.
7. Top with half of the jack and cheddar cheese.
8. Layer with another tortilla and repeat process.
9. Top with last tortilla and remaining mixture from saute pan.
10. Layer arugula, shaved Cotija cheese and serve with salsa.



Chayote Potato Cakes with Papaya Avocado Salsa



Chayote	2 1/2 cups	24339
Russet Potatoes	2 cups	908016
Spanish Onion	1 medium	898641
Eggs	2 each	517843
Cornmeal	1/4 cup	531930
Turmeric	1/2 tsp	56565
Ground Pepper	1/2 tsp	56455
Salt	1/2 tsp	56291
Oil for Frying		

Directions:

1. Place the chayote, potato and onion in a potato ricer and squeeze out all of the excess moisture. Place in a bowl and add the eggs, cornmeal and seasonings.
2. Heat the oil over a medium flame and drop about a half cup of the mixture onto the skillet, flattening with the back of a spoon (they should each be four or five inches in diameter). Cook on both sides until lightly browned, then transfer to a plate and keep warm.



Did you know?

Food plays an important role in French Guyanese culture. During special occasions, the French Guyanese tend to make rich dishes that take longer to prepare. Traditional holiday foods include roti, a thick fried bread, accompanied with rich curries and sauces for dipping, chicken stews, and fish fillets flavored with lime and spices.

Cheese, Dairy, and Eggs

CHEESE AMER WHI 160 SL	WEST CRK	4 / 5 LB	158721
CHEESE AMER WHI BLND LOAF	EL VALLE	6 / 5 LB	284177
CHEESE AMER WHI EXTRA MELT	LOL	6 / 5 LB	48154
CHEESE AMER WHI LOAF E-Z MELT	ULTIMELT	6 / 5 LB	231510
CHEESE CHED JCK FINE SHRED	CORAZO	4 / 5 LB	235411
CHEESE CHED MONT_JCK FCY SHRED	WEST CRK	4 / 5 LB	158814
CHEESE CHED MONT_JCK FTHR SHRED	WEST CRK	4 / 5 LB	158813
CHEESE CHED YLW MILD BLOCK	WEST CRK	1 / 42 LB	157185
CHEESE CHIHUAHUA SHRED	V&V	4 / 5 LB	938919
CHEESE MONT_JCK BLOCK	WEST CRK	1 / 42 AV	157186
CHEESE MONT_JCK FTHR SHRED TFF	WEST CRK	4 / 5 LB	158812
CHEESE MONT_JCK SHRED FTHR	CONTIGO	4 / 5 LB	503858
CHEESE MOZZ LMWM FTHR SHRED	PIANCONE	6 / 5 LB	232989
CHEESE PROV SLCD .75 OZ TFF	WEST CRK	6 / 1.5 LB	329036
CHEESE QUESO COTIJA GRATED	V&V	6 / 2.2 LB	252313
CHEESE QUESO FRESCO RND	V&V	4 / 5 LB	277520
CHEESE QUESO FRESCO RND	V&V	1 / 5 LB	341657
CHEESE SPREAD GLDN VELVET LOAF	LOL	6 / 5 LB	975164



BUTTER BLND SOLID EURO STYLE	WEST CRK	36 / 1 LB	518702
BUTTER SOLIDS UNSLTD GRD A TFF	SLVR SRC	36 / 1 LB	262666
CREAM HVY 36% TFF	NTRSBST	12 / 32 OZ	199406
CREAMER HALF & HALF TFF	NTRSBST	12 / 32 OZ	199408
EGG WHI LG AA LOOSE	NTRSBST	1 / 30 DZ	517879
EGG WHI XL AA LOOSE	NTRSBST	1 / 15 DZ	517843
MARGARINE SOLIDS TFF	WEST CRK	30 / 1 LB	518672
MILK WHL HVD TFF	NTRSBST	4 / 1 GA	515324
MILK WHL ULTRA PSTRZD TFF	NTRSBST	6 / .5 GA	199417
SOUR CREAM GRD A HVY BODY TFF	NTRSBST	4 / 5 LB	199411
SOUR CREAM NAT GRD A TFF	NTRSBST	4 / 5 LB	337679
SOUR CREAM NAT TFF	NTRSBST	1 / 32 LB	337678
SOUR CREAM R/F	SLVR SRC	1 / 32 LB	480307
SOUR CREAM REAL	DAISY	4 / 5 LB	75430

Fresh Additions

AVOCADO GRN 48 CT	PACKER	1 / 48 CT	61699
AVOCADO RIPE	PACKER	1 / 48 CT	378593
CABBAGE BAG WHI	PACKER	1 / 50 LB	950460
CABBAGE GRN JUMBO	PEAK	1 / 50 LB	875441
CILANTRO FRSH	PACKER	1 / 60 CT	304332
CILANTRO FRSH W&T	PEAK	4 / 1 LB	907446
LETTUCE BLND ARCADIAN HARVEST	PEAK	4 / 3 LB	322035
LETTUCE ICEBERG LINER	PEAK	24 / 1 CT	907437
LETTUCE SHRED 1/8"	PEAK	4 / 5 LB	880488
LIME	PACKER	1 / 175 CT	951931
ONION GRN W&T TFF	PEAK	4 / 2 LB	907545
ONION RED JUMBO	PEAK	1 / 25 LB	907425
ONION YLW JUMBO #2 BAG	GRWRSCHC	1 / 50 LB	594432
ONION YLW JUMBO FRSH	PEAK	1 / 50 LB	907426
PEPPERS BELL RED TFF	PEAK	1 / 11 LB	875443
PEPPERS GRN BELL MED TFF	PEAK	1 / 1.11BU	875406
PEPPERS JALAPENO WHL FRSH	PACKER	1 / 35 LB	287165
PEPPERS POBLANO	PACKER	1 / 10 LB	72016
TOMATO #2 RAND	GRWRSCHC	1 / 25 LB	303255
TOMATO 5X6	PEAK	1 / 25 LB	878065
TOMATO 6X6	PEAK	1 / 25 LB	878064
TOMATO ROMA	PEAK	1 / 25 LB	878056
TOMATO TOMATILLO MEXICAN GRN	PACKER	1 / 10 LB	993469



Black Bean and Corn Salad

Lime Juice	1/3 cup	71215
Oil, Olive	1/2 cup	233302
Garlic Clove, minced	2 ea	275595
Salt	1 tsp	334001
Pepper, Cayenne	1/8 tsp	264672
Black Beans	32 oz	863475
Corn, frozen	24 oz	283344
Avocado, diced	1 ea	378593
Red Pepper, diced	1 ea	875443
Tomato 6x6, diced	2 ea	878064
Green Onion, sliced	6 ea	486263
Cilantro, chopped	1/2 cup	855548



Directions:

1. In small mixing bowl, add lime juice, olive oil, garlic, salt and cayenne.
2. In large mixing bowl combine beans, corn, avocado, red pepper, tomatoes, green onions and cilantro.
3. Add lime dressing to large mixing bowl and coat ingredients evenly.
4. Transfer to chilled bowl. Serve.



Guess what?

Mexico introduced chocolate, corn, and chilies to the world!

Venezuelan Cheese Sticks



AP Flour	10 oz	81991
Kosher Salt	1 tsp	56291
Butter, cold, cubed	6 tbsp	157187
Egg, large, beaten	1 each	517879
Water, cold	6 tbsp, as needed	
Queso Blanco	12 oz	442891
Peanut Oil	for frying	897370

Directions:

1. Place flour and salt in the bowl of a food processor fitted with a steel blade; pulse to combine. Sprinkle butter evenly over flour and pulse until butter is cut into pieces slightly smaller than a pea, about 8 1-second pulses. Transfer dough to a large bowl.
2. Add in egg and water. Using a rubber spatula, press dough against side of bowl until it forms into a ball. If dough is not fully forming, add additional water 1 tablespoon at a time until it comes together. Press dough into a disc, wrap tightly in plastic wrap, and rest in refrigerator for 30 minutes.
3. Unwrap dough and place on a lightly floured surface. Roll out into a square 1/8-inch thick. Cut off edges to create a 12-inch square. Cut square into strips 3/4-inch wide.
4. Take one strip of dough and drape end over top of one cheese slice. Wrap entire cheese slice in dough on a diagonal, overlapping dough. Cover bottom of cheese slice in dough and pinch edges close to fully seal. Repeat with remaining cheese slices.
5. Fill a cast iron skillet with 3/4-inch of oil. Heat oil to 400°F over high heat. Place tequeños in oil and fry until crust is golden brown and blistered, 3 to 5 minutes, turning halfway through. Transfer tequeños to a paper towel lined plate, let cool for 1 to 2 minutes, then serve immediately.



Did you know?

The traditional food is the 'Arepa,' which is a flatbread made from cornstarch, water and salt. It can be eaten with food delicacies like shrimp, oysters, fish, cheese, ham, chicken, etc. Beer and South American wines are the cheapest drinks found in Venezuela.

Spicy Chicken

8 Cut Chicken	3 lbs	158781
Ground Cayenne	1/4 cup	242859
Onion, julienne	2 cups	594106
Tomato, diced	1 cup	493438
Chili Pepper, chopped	1/2 cup	614730
Peas	1 cup	993241
Ground Cumin	1 tsp	242839
Oregano Flakes	1 tsp	29495
Garlic Cloves	3	283987
Chicken Broth	2 quarts	873948



Directions:

1. In a large casserole put the chicken pieces with all the other ingredients. Pour the broth (or water) until covering the ingredients completely. Set to cook over high heat until it boils, and later over low heat for at least an hour and a half or until the chicken is soft. Stir occasionally.
2. If while cooking the broth diminished much, add a little bit more of broth or water so that when serving there is enough liquid.
3. In a deep plate serve one piece of spicy chicken with one boiled potato, cooked aside, chuño phuti and uncooked sauce on top. Finally, sprinkle the chopped parsley on top of the spicy chicken.



Guess what?

A clock on the National Congress building in the main square of La Paz runs backwards to remind citizens to think differently.



From the Pantry

BASE CHICKEN NO MSG ADDED TFF	RDGCRST	6 / 1 LB	327858
CASSAVA YUCCA IQF	CRBN BST	6 / 5 LB	872376
CORN WHL KERNEL	WEST CRK	6 / #10 CN	863494
DRESSING 1000 ISLAND SUPREME	KENS	1 / 1 GA	927602
FLOUR H&R AP	ROMA	1 / 25 LB	81983
MILK CONDENSED SWTND CAN	CONTIGO	24 / 14 OZ	515409
PASTE TOMATO TFF	WEST CRK	6 / #10 CN	878197
PEPPERS CHIPOTLE IN ADOBO SAUCE	CONTIGO	12 / 7 OZ	522520
PEPPERS GRN CHILE DICED	CONTIGO	12 / 28 OZ	522508
PEPPERS JALAPENO NACHO SLCD	ROMA	4 / 1 GA	128341
PEPPERS JALAPENO SLCD	ROMA	6 / #10 CN	231210
PEPPERS JALAPENO WHL	CONTIGO	6 / #10 CN	522474
PLANTAIN SWEET FRIED IQF	CONTIGO	6 / 4 LB	504323
PLANTAIN SWEET SLCD IQF FC TFF	BGBANANA	4 / 6 LB	962853
ROLL SUB WHI SLCD 8" FZ	COSTANZO	48 / 3.7 OZ	350436
SALT IODIZED GRANULAR TFF	WEST CRK	1 / 25 LB	334001
SALT IODIZED GRANULAR TFF	WEST CRK	1 / 50 LB	333999
SALT KSHR COARSE	MORTON	12 / 3 LB	56291
SAUCE CHIPOTLE	TABASCO	12 / 5 OZ	17875
SAUCE HOT	CHOLULA	12 / 5 OZ	983030
SUGAR GRANULATED	PACKER	1 / 50 LB	976705
SWEETENER BLUE AGAVE ORGANIC	WHLSMSWT	2 / 1 GA	454870
SWEETENER LQD AGAVE ORGANIC	WHLSMSWT	6 / 23.5OZ	472170
TOMATILLO WHL	CONTIGO	6 / #10 CN	522490
TOMATO CRUSHED CONCENTRTD	WEST CRK	6 / #10 CN	878215
TOMATO FIL STRIPS PLD 74-40	74-40	6 / #10 CN	20611
TOMATO PEAR VALOROSO	VALOROSO	6 / #10 CN	47067
TOMATO PUREE 1.06 CONC TFF	WEST CRK	6 / #10 CN	878206
TOMATO WHL PLD	CONTIGO	6 / 106 OZ	534295
VEG BLND RSTD MEDIT TFF	RSTWRKS	6 / 2.5 LB	34604
VEG MIX 4 WAY FZ	NONPAREL	12 / 2.5 LB	355287
VINEGAR PURE APPLE CIDER 50	WEST CRK	4 / 1 GA	273719

Columbian Fresh Cheese

Milk, whole	1 gallon	515324
White vinegar	½ cup	273740
Salt	To taste	56291



Directions:

1. Place milk in a large pot. Heat to 120 F.
2. Remove from the heat and add the vinegar. Mix well with a wooden spoon and let sit at room temperature for 40 minutes.
3. Line a strainer with a layer of cheesecloth and place over a large bowl. Pour mixture into the cheesecloth and let drain for 30 minutes. Squeeze out all the liquid and mix in the salt.
4. Hang cheese for approx. 30 more minutes and then put into a mold for up to 2 days.

Did you know?

Columbia is the only country in South America that has coastlines on both the Pacific Ocean and the Caribbean Sea.



BAR MIX COCONUT CREAM OF	COSTAMAR	24 / 2.2 LB	358
BAR MIX DAIQUIRI STRWBRY RTU	DAILY FR	9/64 OZ	524
BAR MIX MARGARITA LEMON CKTL	LASCO	12 / 34 OZ	935798
BAR MIX MARGARITA LIME CKTL	LASCO	12 / 34 OZ	935789
BAR MIX MARGARITA W/TRIPLE SEC	DAILYCKT	9 / 64 OZ	370266
BAR MIX SWEET & SOUR	DAVINCI	12 / 24 OZ	501465

Bar and Beverage

BEV MIX MANGO GF FZ	ISLAND O	12 / 32 OZ	900675
BEV MIX STRWBRY GF FZ	ISLAND O	12 / 1 QT	944434
BEV MIX LEMONADE GF	ISLAND O	12/32 OZ	872627
DRINK PINEAPPLE GLASS	JARRITOS	24 / 12.5 OZ	269884
DRINK STRWBRY GLASS	JARRITOS	24 / 12.5 OZ	269889
DRINK TAMARIND GLASS	JARRITOS	24 / 12.5 OZ	269873
JUICE CRNBRY CKTL 27% PET	ASCEND	12/46 OZ	575610
JUICE LEMON FRSH	PACKER	4/1 GA	954745
JUICE LIME ALL NAT	NATALIES	6/32 OZ	417585
JUICE LIME FRSH	PACKER	4/1 GA	17499
JUICE LIMEADE CONC 4+1	MIN MAID	24/12 OZ	37154
JUICE ORANGE PURE PLAS JUG	TROPICAN	4/1 GA	854267
JUICE PINEAPPLE 100% UNSWTND	DOLE	48/6 OZ	149903
JUICE PINEAPPLE UNSWTND TFF GF	DOLE	12/46 OZ	80880
JUICE POMEGRANATE 100%	POM WNDR	6/24 OZ	870998
JUICE TOMATO CAN	SACREMINT	12/46 OZ	43041
JUICE WHI GRAPE RTS	BOMBAY	12 / 46 OZ	559189
SODA GINGER BREW ORGANIC	MAINROOT	24/12 OZ	850329



Brazilian Fish Stew

Lime Juice	3 tbsp	71215
Cumin	1 tbsp	242839
Paprika	1 tbsp	247079
Garlic, minced	1 tbsp	275595
Salt	1 tsp	334001
Black Pepper	1 tsp	242872
Tilapia, diced 3"x3"	24 oz	858049
Olive Oil	2 tbsp	233302
Onions, diced	2 ea	907426
Green Peppers, sliced	2 ea	875406
Red Peppers, sliced	2 ea	875443
Tomato, diced, drained	16 oz	493438
Coconut Milk	16 oz	293818
Cilantro, chopped	½ cup	855548



Directions:

1. In large mixing bowl combine first six ingredients and mix.
2. Fold in tilapia and toss. Refrigerate overnight.
3. Heat olive oil in large pot over medium high heat. Add onions and toss quickly.
4. Reduce heat to medium. Add peppers, tilapia and diced tomatoes.
5. Pour coconut milk over the mixture. Simmer for fifteen minutes stirring occasionally.
6. Add cilantro. Cook until tilapia is done.
7. Transfer to soup bowl. Serve.

Did you know?

Brazil accounts for 37% of the WORLD'S coffee?



From the Freezer

APTZ ONION RING KING BB	BREWCITY	2/5 LB	995670
FRIES 1/4" SHOESTRING FZ	STEALTH	6/4.5 LB	44241
FRIES 3/8" REG CUT TFF	SLVR SRC	6/5 LB	197480
FRIES 3/8" STRAIGHT CUT COATED	SNW FLKE	6/4.5 LB	75988
FRIES SIDEWINDER BB FZ	BNTRMALE	6/4 LB	395982
HUSHPUDDY SWEET CORN BAKEABLE	WEST CRK	4/5 LB	316320
ICE CREAM VANILLA 10% TUB	NTRSBST	1/3 GA	478636
LAMB LEG AUS BRT FZ	PACKER	6/5 AV	914541
POTATO SHRED SKNLS RUSSET RTC	WEST CRK	2/10 LB	480530



Fantastic Finishers

CHURRO APPLE WHL GRAIN MINI 5"	TIO PEPE	100 / 1.9 OZ	384014
ICE CREAM SCOOP VANILLA BEAN IV	BLUEBUNY	36 / 4 OZ	243936
PASTRY DGH SOPAPILLA LG	PENNANT	96 / 1.4 OZ	48307
TRES LECHES TRAY FZ	CONTIGO	2 / 5.5 LB	493090



Argentinian Lentil Stew

Lentils	1 cup	437419
Water	1 qt	
Tomatoes, Diced	1 1/2 cup drained	493438
Spanish Onion, Diced	1	898641
Carrot, Sliced	1	544597
Peas	1/2 cup	286554
Garlic Clove	1 lg	283987
Olive Oil	1 tbsp	288560
Granny Smith Apple (Peeled, Cored, and Diced)	1	61694
BBQ Sauce	1/4 cup	234866
Smoked Paprika	1/2 tsp	874331
Salt and Pepper	to taste	



Directions:

1. Place the lentils and water in a large pot, and mix in the vegetable bouillon. Bring to a boil, reduce heat to low, and simmer 20 minutes.
2. Stir the tomatoes, onion, carrot, apple, peas, garlic, olive oil, barbeque sauce, and paprika into the pot. Continue to simmer 20 minutes.
3. Season with salt and pepper to serve.

Guess what?

Wheat is the leading crop in Argentina. The country produces so much wheat, it is the fifth leading wheat exporting country in the world, and grows over 60% of the wheat in South America.



Oil and Shortening

OIL BUTTER FLVRD TFF	BRILLIAN	4/1 GA	875041
OIL CLR FRY SHORTENING LQD	SPRCHF	1/35 LB	582606
OIL SOY CLR FRY	MGCFRYZZ	1/35 LB	229787
OIL SOY CLR FRY TFF	ASSOLUTI	1/35 LB	124329
OIL SOY CLR FRY TFF	SLVR SRC	1/35 LB	897414
OIL SOY OLIVE BLND 75/25	PACKER	6/1 GA	963429
OIL SOY PEANUT BLND TFF	SLVR SRC	1/35 LB	897371



Non Food

BLEACH GERMICIDAL ULTRA	FRST MRK	3/1 GA	518709
CAN LINER 60 GA HW BLK 38X58	FRST MRK	10/10 CT	194629
CONT FOAM 3C 9X9X3 WHI HNGD LG	SLVR SRC	2/100 CT	239879
FILM PVC 18 ROLL METAL EDGE	FRST MRK	1/2000FT	157555
GLOVE NITRILE LG PWDR FREE BLK	FRST MRK	4/100 CT	559405
MOP HEAD MED GRN SYNTH BLND	ACS	1/1 CT	274476
NAPKIN BEV 9.5X9.5 BLK 2 PLY	FRST MRK	4/250 CT	592628
NAPKIN DNR 15X16.25 WHI 1/8	FRST MRK	8/375 CT	883817
NAPKIN DNR 17X16 1/8 FOLD 3 PL	TORK	6/290 CT	881657
PLATE FOAM 10.25" WHI 3C	FRST MRK	4/125 CT	197492
PLATE FOAM 8.88" WHI	FRST MRK	4/125 CT	197485
TISSUE TOILET 2PLY WHI JUMBO	VINTAGE	12/206 CT	230967
TOWEL ROLL HAND NAT	FRST MRK	6/800 FT	338050

TEAM CHALLENGE



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