

Superfoods Stone Fruits: Grilled Fresh Peach Salsa (27576)

Revision Date: May 25, 2010

A spicy fruit salsa to serve with pork or chicken

Minimum Batch: 1

Portion: 1/2 cup

Maximum Production:

Energy (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	saturates (g)
83.5	1.9	20	0.8	0	51.9	3.5	0.1

Step	Ingredients		24 Servings	Servings	Servings
1	Peaches, Fresh	EP	24 ea		
	Red Onions, Fresh	EP	6 ea		
	Cilantro, Fresh, Chopped	EP	3/4 cup		
	Fresh Lime	EP	6 ea		
	Orange Peel, Fresh, Fine Grated	AP	1/4 cup		
	Minced Seeded Habanero Peppers	EP	2 tbsp		
	Kosher Salt	AP	1/2 tsp		
	Pam Cooking Spray	AP	12 spray		

Step	Method
1	Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Pre-heat a grill. Peel the onion and slice into 1/2 inch thick slices. Peel the peaches, cut in half and remove the stone. Spray the onion and peaches with cooking spray and grill each side for about 2 minutes. Remove from heat and allow to cool. Dice the onion and peaches and place in a bowl. Add the habanero pepper, lime juice, cilantro, orange zest and salt and mix together. Serve chilled. Portion size: 1/2 cup. Hold cold for cold service.



Grilled Peach Salsa

Recipe Notes:

Vegetarian, Vegan

Description:

Cost per Serving: 0.61

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Superfoods Stone Fruits: Fresh Peach Swirl with Toasted Almonds (27555)

Revision Date: May 25, 2010

Yogurt, peaches and raspberries with toasted almonds

Minimum Batch: 1

Portion: 9 ozparfait

Maximum Production:

Energy (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	saturates (g)
242.7	19.9	34.7	3.5	0	71	3.5	0.2

Step	Ingredients		24 Servings	Servings	Servings
1	Yogurt, Plain, Greek, Fat Free, Oikos, Stoneyfield, 5.3 oz	AP	9 lb		
	Almonds, Toasted Sliced	AP	1-1/2 cup		
	Pure Vanilla Extract	AP	2 tbsp		
	Orange Peel, Fresh, Fine Grated	AP	1/4 cup		
	Raisins	AP	1 cup		
	Peaches, Fresh	EP	12 ea		
	Fresh Raspberries	EP	1 qt		
	Honey	AP	1 cup		

Step	Method
1	<p><u>Making the parfait</u> Refer to HACCP Plan Form HFS# 005: Prepared Cold for Cold Storage. In a bowl, combine the yogurt, vanilla, honey and orange zest until well combined. Reserving some peach and raspberries for garnish, add the remaining peach and raspberries, almonds and raisins to yogurt mixture. Combine everything together and place in parfait cups, garnish with reserved peaches and raspberries and serve. Add lid and label. Portion size: 9 oz. Hold cold for cold service.</p>



Peach and Raspberry Swirls

Recipe Notes:

Vegetarian
This recipe contains tree nuts (almonds).

Description:

Cost per Serving: 2.36

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Superfoods Stone Fruits: Spiced Laquered Plums with Yogurt (27568)

Revision Date: May 25, 2010

Fresh, ripe plums cooked with spices and served with yogurt

Minimum Batch: 1

Portion: 1 serving

Maximum Production:

Energy (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	saturates (g)
142.7	3.6	34.4	0.4	0	11.8	2.3	0

Step	Ingredients		24 Servings	Servings	Servings
1	Plums, Fresh	EP	48 ea		
	Honey	AP	1-1/2 cup		
	Ground Cinnamon	AP	2 tbsp		
	Anise	AP	1 tbsp		
	Plain Fat Free Greek Yogurt, 6 oz, Ind.	AP	1 lb, 8 oz		

Step	Method
1	Refer to HACCP Plan Form HFS# 001: Prepared Hot for Hot Service. Crush or grind the star anise seeds. Pre-heat a broiler, cut the plums in half, remove the stones and cut into wedges. In a small saucepan heat the honey, cinnamon and crushed star anise seeds. Toss the plums with the honey mixture. Lay out the plums on a sheet pan and place under the broiler; baste the fruit as it begins to cook. Continue cooking until the plums begin to soften. Remove from broiler, serve warm with the Greek yogurt. Portion size: 2 plums (4 halves), 2 T yogurt. Hold hot for hot service.



Stone Fruit

Recipe Notes:

Vegetarian

Description:

Cost per Serving: 0.85

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Superfoods Stone Fruits: Fresh Peach and Chicken Salad (27661)

Revision Date: May 25, 2010

Delicious crisp salad with tasty peaches and chicken

Portion: 14 oz

Minimum Batch: 1

Maximum Production:

Energy (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	saturates (g)
238.7	29	26.1	3.7	62.4	469.5	5.9	0.4+
+ Indicates partial nutritional value							

Step	Ingredients		24 Servings	Servings	Servings
1	Ground Cumin	AP	2 tbsp		
	Lemon Juice, Fresh	AP	1/2 cup		
	Grilled Chicken Breast, Sliced	AP	6 lb		
	Celery, Fresh, 1/8" Bias Cut	EP	9 oz		
	Red Onions, Fresh, Chopped Fine	EP	9 oz		
	Cilantro, Fresh, Chopped	EP	1/3 cup		
	Whole Grain Mustard	AP	3 tbsp		
	Olive Oil	AP	1/4 cup		
2	Romaine Lettuce, 1" Chopped	EP	1 gal, 1 qt, 1-1/4 cup		
	Kosher Salt	AP	1/2 tsp		
	Ground Black Pepper	AP	1/2 tsp		
	Peaches, Fresh	EP	36 ea		

Step	Method
1	<p><u>Preparing the salad</u> Refer to HACCP Plan Form HFS# 004: Prepared Cold for Cold Service. Cut the grilled chicken into cubes. In a large bowl whisk the mustard, cumin, lemon juice and oil together. Add the cilantro, celery, onion and chicken to this and mix to combine.</p>
2	<p><u>Select firm but ripe peaches</u> Peel and chop the peaches and add to the chicken mixture. Just before plating the salad, toss the romaine lettuce with everything so it gets some of the mustard vinaigrette flavor, season with salt and pepper. Portion size: 14 oz. Hold cold for cold service.</p>



Fresh Peach and Chicken Salad

Recipe Notes:

Description:

This recipe may also be prepared using fresh apricots instead of peaches - allow 2.5 apricots per portion.

Cost per Serving: 2.13

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