



CONTROLLED  
MOISTURE™  
VEGETABLES:  
A CUT ABOVE  
THE REST

RECIPES & FRESH IDEAS



Gilroy Foods & Flavors™

## MENU APPEAL MEETS CUTTING-EDGE PERFORMANCE.

**C**ontrolled Moisture™ Kitchen Cuts™ Fire-Roasted Peppers & Onions feature random, shorter strips for a hand-cut look that adds artisan appeal all across the menu. With less water than IQF or fresh, they give you better performance and value with every serving. And they're fully cooked and ready to eat, so there's no need to worry about food safety issues. Available separately, blended and seasoned.

**Controlled Moisture™ Spinach** also has less water than IQF or fresh—ideal for any application. Frozen in dice-format, it's free-flowing and won't clump, so you can use just what you need with no waste and no weeping. And unlike IQF spinach, it's ready to eat with a validated kill step. There's no need to thaw, heat or remove water before using.

*Looking to freshen up your menu offerings? It's time to try vegetables that are a cut above the rest.*



## TRUE VEGETABLE INNOVATION

Controlled Moisture™ (CM) Vegetables are truly best in class. Here's why:

- Excellent flavor & texture
- Ready to eat
- Enhanced performance—less weeping
- Better value—more vegetable, less water
- Solves operational hazards & waste vs. fresh
- Easy to measure for portion control
- Customization capabilities
- Culinary & technical support





**GREEN GODDESS PIZZETTA**

# GREEN GODDESS PIZZETTA

YIELD: 24 SERVINGS

INGREDIENTS	MEASURE	METHOD
Tandoori naan (Indian flatbread)	24 each	For each serving, layer 1 naan with 1/4 cup ricotta cheese, 1/4 cup fontina cheese, 1/4 cup <b>CM Spinach</b> and 2 Tbsp. grated Parmesan cheese. Bake in 500°F oven about 5 minutes or until hot and cheese is melted. Drizzle with 2 Tbsp. Green Goddess Aioli; garnish with <b>CM Roma Tomatoes</b> and shaved Parmesan cheese.
Ricotta cheese	6 cups	
Shredded fontina cheese	6 cups	
<b>CM Spinach</b>	6 cups	
Grated Parmesan cheese	3 cups	
Green Goddess Aioli*	3 cups	*To make Green Goddess Aioli, blanch 2 cups parsley leaves, 1 cup chives and 1/2 cup tarragon leaves. Squeeze dry; purée in blender with 1/3 cup olive oil. Whisk together herb purée, 2 cups mayonnaise, 1 1/2 Tbsp. minced garlic and 1 tsp. anchovy paste; season with salt and pepper. Thin with water to drizzling consistency. <i>Yield: 3 cups</i>
<b>CM Roma Tomatoes</b> , diced	As needed	
Shaved Parmesan cheese	As needed	

## MORE SIZZLING IDEAS:

### MOJO PRAWNS

Sauté prawns in mojo de ajo (toasted garlic infused olive oil) and serve on a bed of warm **CM Spinach**. Sprinkle with garlic chips.

### MEYER LEMON RISOTTO

Stir garlicky **CM Spinach** and sautéed wild mushrooms into a creamy Meyer

lemon risotto. Sprinkle with Parmesan Reggiano curls and lemon zest.

### SPINAZOLA STEAK

Top a grilled rib eye steak with warm **CM Spinach**, wafer-thin slices of Cambozola cheese and a crispy pancetta curl. Serve with garlic fries and a slow-roasted tomato.



CHICAGO BEEF SANDWICH

# CHICAGO BEEF SANDWICH

YIELD: 24 SERVINGS

## INGREDIENTS

Beef rump roast	12 pounds
Salt and black pepper	As needed
100% U.S. garlic powder	As needed
Beef stock	5 quarts
Worcestershire sauce	1 1/4 cups
Crushed garlic cloves	1/2 cup
Dried marjoram	1/4 cup
Dried oregano	1/4 cup
Dried thyme	1/4 cup
Hot pepper sauce	1/4 cup

## CM Kitchen Cuts™ Fire-Roasted Peppers & Onions

100% U.S. minced garlic	1/4 cup
Olive oil	1/4 cup
Dried Italian herbs	1 Tbsp.
Chile flakes	As needed
Italian rolls	24 each

## MEASURE

## METHOD

Season beef with salt, pepper and garlic powder. Place on rack in roasting pan; roast in 300°F oven about 2 hours or until internal temperature is 130°F. Remove beef from pan; cover with foil and let rest. Add stock, Worcestershire sauce, crushed garlic cloves, marjoram, oregano, thyme and hot pepper sauce to roasting pan. Simmer on top of stove about 20 minutes, adding any juices that run from beef. Strain, season with salt and pepper. Keep warm or heat to order. Carve beef into thin slices. *Yield: 9 pounds beef and 18 cups broth*

Sauté **CM Kitchen Cuts Peppers & Onions** and minced garlic in olive oil; add Italian herbs and season with chile flakes. Keep warm or heat to order. *Yield: 12 cups*

For each serving, to order, split 1 Italian roll. Layer with 6 oz. beef and 1/2 cup sautéed **CM Kitchen Cuts Peppers & Onions**. Ladle 1/4 cup broth over meat; serve 1/2 cup broth on the side for dipping.

## MORE SIZZLING IDEAS:

### GAUCHO STEAK BURRITO

Fill a burrito with sliced sirloin steak, **CM Kitchen Cuts Peppers & Onions**, cilantro rice and black beans.

Brown on a griddle and drizzle with ancho-lime crema and crumbled queso fresco.



SAN FRANCISCO CRAB BENEDICT

# SAN FRANCISCO CRAB BENEDICT

YIELD: 24 SERVINGS

INGREDIENTS	MEASURE	METHOD
<b>CM Spinach</b>	6 cups	Sauté <b>CM Spinach</b> and garlic in olive oil until warmed through; keep warm or heat to order. <i>Yield: 6 cups</i>
100% U.S. minced garlic	1 Tbsp.	
Olive oil	1/4 cup	
Crab cakes (4 oz. each)	24 each	For each serving, to order, cook 1 crab cake. Grill 1 tomato slice and toast 1 muffin half. Place tomato on muffin, top with crab cake. Mound 1/4 cup <b>CM Spinach</b> on crab cake and drizzle with 2 Tbsp. Red Bell Pepper Hollandaise. Garnish with kiwi and grapefruit slices.
Tomato slices, 1/2-inch thick	24 each	
Whole grain English muffins, split	12 each	*To make Red Bell Pepper Hollandaise, in blender, purée 2 1/2 cups hollandaise sauce with 1 cup <b>CM Red Bell Peppers</b> . <i>Yield: 3 cups</i>
Red Bell Pepper Hollandaise*	3 cups	
Kiwi and grapefruit slices	As needed	

## MORE SIZZLING IDEAS:

### MYKONOS OMELET

Fill an omelet with feta cheese, **CM Spinach**, **CM Roma Tomatoes** and **CM Fire-Roasted Grilled Onions**. Serve with oregano-lemon roasted potato wedges.

### CALIFORNIA QUICHE

Fill a quiche crust with egg custard, **CM Spinach**, Sonoma dry jack cheese

and **CM Red Bell Peppers**. Bake and serve with crisp green salad.

### PARCHMENT SALMON

In a parchment packet, bake a salmon fillet on a bed of **CM Spinach** and **CM Caramelized Onions** with lemon, lime and orange zest. Tear open at the table to preserve the aromas.



FAJITA PIADINA

# FAJITA PIADINA

YIELD: 24 SERVINGS

INGREDIENTS	MEASURE
Tandoori naan (Indian flatbread)	24 each
Shredded Chihuahua or jack cheese	6 cups
<b>CM Kitchen Cuts™ Fire-Roasted Peppers &amp; Onions</b>	6 cups
Southwestern grilled chicken strips	6 pounds
Crumbled queso fresco	3 cups
Guacamole Cream*	3 cups
Cilantro leaves	1 1/2 cups

## METHOD

For each serving, to order, layer 1 naan with 1/4 cup shredded cheese, 1/4 cup **CM Kitchen Cuts Peppers & Onions**, and 4 oz. chicken strips. Bake in 500°F oven about 5 minutes or until hot and cheese is melted. Garnish with 2 Tbsp. queso fresco, 2 Tbsp. Guacamole Cream and 1 tablespoon cilantro leaves.

\*To make Guacamole Cream, whisk together 2 cups guacamole and 1 cup sour cream. Thin with milk to desired consistency. *Yield: 3 cups*

## MORE SIZZLING IDEAS:

### GREEK-STYLE NACHOS

Top toasted pita wedges with **CM Kitchen Cuts Peppers & Onions**, **CM Spinach**, melted mozzarella, crumbled feta cheese and oregano.

### NEW ORLEANS-STYLE CALZONE

Fill a calzone with sliced, grilled andouille sausage, prawns, **CM Kitchen Cuts Peppers & Onions**, pepper jack cheese and Cajun spices.

### ENSALADA ENSENADA

Toss crisp romaine and shredded cabbage in a tangy, creamy lime dressing. Top with chunks of grilled snapper and **CM Kitchen Cuts Peppers & Onions**.



STEAK & SPINACH CALZONE

# STEAK & SPINACH CALZONE

YIELD: 24 SERVINGS

INGREDIENTS	MEASURE	METHOD	
Shredded mozzarella cheese	1 pound	Mix together cheeses, <b>CM Spinach</b> and oregano; season with salt and pepper. <i>Yield: 16 cups</i>	
Crumbled feta cheese	1 pound	For each serving, to order, roll 1 portion pizza dough into a 10-inch circle. Layer 2/3 cup cheese mixture, 2 oz. steak cubes, 1/4 cup <b>CM Red Bell Pepper Strips</b> and 1/4 cup <b>CM Fire-Roasted Grilled Red Onions</b> on one-half of circle. Brush edge of dough with water; fold over to form a half-circle. Crimp edge of dough to seal. Brush top with olive oil; bake in 450°F oven 20–25 minutes or until browned.	
<b>CM Spinach</b>	8 cups		
Chopped fresh oregano	2 Tbsp.		
Salt and pepper	As needed		
Pizza dough, divided into 6-ounce portions	9 pounds		
Flat iron steak, cut into 3/4-inch cubes and seared	3 pounds	<b>MORE SIZZLING IDEAS:</b>	
<b>CM Red Bell Pepper Strips</b>	6 cups	<b>LEFT BANK CRÊPE CONE</b> Fill a savory crêpe “cone” with <b>CM Spinach</b> , brie, diced ham and mushrooms.	<b>STUFFED CHICKEN PROVENÇALE</b> Pan-roast a chicken breast stuffed with 3-cheese blend, <b>CM Spinach</b> , <b>CM Kitchen Cuts™ Peppers &amp; Onions</b> and herbes de Provence.
<b>CM Fire-Roasted Grilled Red Onions</b>	6 cups	<b>POPEYE BURGER</b> Top a grilled beef patty with <b>CM Spinach</b> , crumbled goat cheese and <b>CM Italian-Marinated Tomatoes</b> . Serve spicy Dijon mayonnaise on the side.	
Olive oil	As needed		



FARMERS MARKET BREAKFAST BURRITO

# FARMERS MARKET BREAKFAST BURRITO

YIELD: 24 SERVINGS

## INGREDIENTS

Eggs	48 each
Salt and pepper	As needed
Sun-dried tomato, spinach or whole wheat wraps	24 each
Shredded fontina cheese	3 cups
<b>CM Kitchen Cuts™ Fire-Roasted Peppers &amp; Onions</b>	6 cups
Roasted diced potatoes	6 cups
Cilantro leaves	3 cups
Pico de gallo salsa	As needed

## MEASURE

## METHOD

For each serving, to order, softly scramble 2 eggs; season with salt and pepper. Sprinkle 1 wrap with 2 Tbsp. cheese; place in oven or under broiler briefly to melt cheese and warm wrap. Layer wrap with eggs, 1/4 cup **CM Kitchen Cuts Peppers & Onions**, 1/4 cup potatoes and 2 Tbsp. cilantro leaves. Fold in sides and roll up, burrito-style. Wrap in foil; place in 350°F oven about 5 minutes or until warmed through. (If filling ingredients are hot, this step can be skipped.) Serve with salsa.

## MORE SIZZLING IDEAS:

### PEPERONATA FRITTATA

Make an open-faced omelet with **CM Kitchen Cuts Peppers & Onions**, prosciutto, fresh herbs and chunks of smoked scamorza cheese. Garnish with herbs and grated Parmesan, and serve with garlic ciabatta toast fingers.

### SAUSAGE & PEPPER HASH

Bind roasted diced potatoes, **CM Kitchen Cuts Peppers & Onions**, crumbled Italian sausage and fresh herbs with a small amount of cream. Pan-fry until crusty and top with a poached egg.



SPINACH DIP

# SPINACH DIP

YIELD: 24 SERVINGS

## INGREDIENTS

### CM Spinach

Ricotta cheese

Grated smoked

mozzarella cheese

Shredded Parmesan

cheese

Eggs

100% U.S. minced garlic

Salt and white pepper

Grated nutmeg

Toasted baguette

croutons

## MEASURE

6 pounds

6 pounds

1 1/2 pounds

12 ounces

18 each

6 Tbsp.

As needed

As needed

As needed

## METHOD

To make spinach dip, in electric mixer with paddle attachment, mix **CM Spinach** (squeezed slightly), cheeses, eggs and garlic. Season with salt, white pepper and nutmeg. *Yield: 24 cups*

For each serving, to order, spoon 1 cup spinach dip into an oven-proof ramekin. Bake in 400°F oven for 15 minutes or until puffed and brown on top. Serve with baguette croutons.

## MORE SIZZLING IDEAS:

### SPANAKOPITA

Roll phyllo strudel-style around a filling of **CM Spinach**, **CM Fire-Roasted Grilled Onions**, feta cheese, garbanzo beans, lemon and dill. Slice and plate "sushi-style."

### STEAKHOUSE SPINACH

Sauté **CM Spinach** with vinegar and crumbled bacon to warm. Garnish with hard-boiled egg mimosa and toasted garlic breadcrumbs.



SONOMA BURGER

# SONOMA BURGER

YIELD: 24 SERVINGS

## INGREDIENTS

Ground beef  
Salt and black pepper  
Worcestershire sauce

## MEASURE

9 pounds  
As needed  
As needed

Poppy seed kaiser rolls  
Olive oil  
Arugula or watercress  
Herbed Goat Cheese\*

24 each  
As needed  
As needed

**CM Kitchen Cuts™**  
**Fire-Roasted Peppers & Onions**, warmed

3 cups  
6 cups

## METHOD

Season ground beef with salt, pepper and Worcestershire sauce; form into 24 (6-ounce) burger patties.

For each serving, to order, grill 1 burger to desired doneness. Split 1 kaiser roll; brush cut sides with olive oil and grill. Place a few leaves of arugula or watercress on bottom of roll; place burger on top. Top burger with 2 Tbsp. Herbed Goat Cheese and 1/4 cup **CM Kitchen Cuts Peppers & Onions**; close roll.

\*To make Herbed Goat Cheese, mix 12 oz. fresh goat cheese with 1 1/2 Tbsp. chopped shallots, 1 Tbsp. chopped parsley, 1 Tbsp. chopped chives and 1 Tbsp. chopped tarragon. Season with salt and black pepper. *Yield: 3 cups*

## MORE SIZZLING IDEAS:

### SMOKESTACK TURKEY BURGER

Top a grilled turkey burger with smoked mozzarella & **CM Kitchen Cuts Peppers & Onions**. Serve pimentón mayo on the side.

### THE ITALIAN JOB

Serve grilled Italian sausage on a torpedo roll spread with pesto mayo. Top with **CM Kitchen Cuts Peppers & Onions**.



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VEGETABLES



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