

# GardenFrost® Purées Fresh Ideas for Global Flavors

TREND-FORWARD ETHNIC FORMULATIONS FROM GILROY FOODS™



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GF09067



Latin



Mediterranean



Asian



Global flavors are more popular than ever. Just think of the sizzle of fire-roasted jalapeños. The zing of ginger. The distinctive flavor of roasted garlic. These are the kinds of ingredients that make mouths water and add instant consumer appeal. And GardenFrost® Purées make it easy to build these kinds of fresh, bold, ethnic flavors into your formulations.



Made from vegetables picked at the peak of ripeness, puréed and fresh-frozen, using our proprietary *Softfrozen*™ technology, GardenFrost is available in a variety of single-vegetable purées and chunky, on-trend Asian, Latin and Mediterranean blends. And best of all, Gilroy Foods™ will work with you to develop custom purées and blends to meet your exact formulation needs.

Going global? Here are some trend-forward formulations that show just how easy it is to add instant ethnic appeal with GardenFrost Purées.

## Latin Fruit Salsa

| INGREDIENTS  | WEIGHT (lbs.) | TOTAL %       |
|--|---------------|---------------|
| Granny Smith apples, peeled, cored, small diced            | 1.848         | 21.5%         |
| Mangos, peeled, small diced                                | 1.795         | 20.9%         |
| Canned crushed pineapple with juice                        | 1.271         | 14.8%         |
| Canned pineapple slices, drained, small diced              | 0.837         | 9.8%          |
| Sugar  | 0.452         | 5.3%          |
| Controlled Moisture Fire-Roasted Grilled Red Onions, diced | 0.220         | 2.6%          |
| GardenFrost Latin Blend                                    | 1.233         | 14.4%         |
| White wine, cider or white balsamic vinegar                | 0.881         | 10.3%         |
| Salt, kosher   | 0.040         | 0.5%          |
|  | <b>8.577</b>  | <b>100.0%</b> |

### METHOD

1. In large saucepan, combine apples, mangos, crushed pineapple, pineapple slices, sugar and onions; stir well. Let sit 45 minutes to 1 hour.
2. Bring to boil over medium heat. Reduce heat; simmer until juices are thick and syrupy.
3. Add GardenFrost Latin Blend, vinegar and salt. Bring to simmer; cook 5 to 10 minutes more.
4. Serve at room temperature or chill for storage.

YIELD: 6 PINTS

## Roasted Red Pepper Walnut Spread

| INGREDIENTS                                     | WEIGHT (lbs.) | TOTAL %       |
|---|---------------|---------------|
| GardenFrost Roasted Sweet Red Bell Pepper Purée | 0.727         | 60.3%         |
| Walnut pieces, toasted                          | 0.242         | 20.1%         |
| Plain wheat crackers, coarsely ground           | 0.044         | 3.7%          |
| Olive oil, extra virgin                         | 0.044         | 3.7%          |
| Mild molasses                                   | 0.040         | 3.3%          |
| Lemon juice                                     | 0.088         | 7.3%          |
| Honey   | 0.013         | 1.1%          |
| Cumin, ground                                   | 0.003         | 0.3%          |
| Salt  | 0.003         | 0.3%          |
| Cayenne pepper                                  | 0.001         | 0.1%          |
|   | <b>1.205</b>  | <b>100.0%</b> |

### METHOD

1. In food processor, combine GardenFrost Roasted Sweet Red Bell Pepper Purée, walnut pieces, wheat crackers, olive oil and molasses.
2. Add lemon juice, honey, cumin, salt and cayenne pepper.
3. Process until well blended. Serve immediately or chill for storage.

YIELD: 1 PINT



## Sicilian Flatbread Pizza

| INGREDIENTS  | WEIGHT (lbs.) | TOTAL %       |
|--|---------------|---------------|
| Pizza flour  | 1.653         | 55.1%         |
| Shortening   | 0.082         | 2.7%          |
| Sugar  | 0.049         | 1.6%          |
| Salt   | 0.030         | 1.0%          |
| Yeast, fresh compressed  | 0.016         | 0.5%          |
| Water  | 1.170         | 39.0%         |
|  | <b>3.000</b>  | <b>100.0%</b> |
| GardenFrost Mediterranean Blend                                      | 1.116         | 54.1%         |
| Tomatoes, diced  | 0.260         | 12.6%         |
| Controlled Moisture Fire-Roasted Grilled Yellow Bell Peppers, strips | 0.250         | 12.1%         |
| Kalamata olives, finely chopped                                      | 0.187         | 9.0%          |
| Feta cheese, crumbled  | 0.127         | 6.1%          |
| Italian seasoning  | 0.127         | 6.1%          |
|  | <b>2.067</b>  | <b>100.0%</b> |

### METHOD

1. In bowl of mixer, combine flour, shortening, sugar, salt and yeast.
2. Add water; with dough hook, mix on 1st speed until ingredients are hydrated.
3. Mix on 2nd speed until fully developed; mixing time may vary depending on size of mixer.
4. Let dough rest at room temperature 45 minutes to 1 hour.
5. Roll out dough to 17 x 24 inches; place on greased sheet pan.
6. Spread GardenFrost Mediterranean Blend, tomatoes, bell peppers, olives and cheese evenly over dough; sprinkle with Italian seasoning.
7. Bake in 425°F oven 15 to 25 minutes or until golden brown.
8. Cut into 2-inch squares.

YIELD: 48 2-INCH SQUARES



## Chinese Dumplings

| INGREDIENTS  | WEIGHT (lbs.) | TOTAL %       |
|--|---------------|---------------|
| Ham, diced   | 1.406         | 55.3%         |
| Controlled Moisture Mushrooms, pizza cut                         | 0.535         | 21.0%         |
| Controlled Moisture Fire-Roasted Grilled Red Bell Peppers, diced | 0.458         | 18.0%         |
| GardenFrost Asian Blend  | 0.102         | 4.0%          |
| Chinese five-spice powder  | 0.042         | 1.7%          |
|  | <b>2.543</b>  | <b>100.0%</b> |
| Dough balls, frozen pre-made, 24 each                            |               |               |

### METHOD

1. In food processor, pulse ham, mushrooms, bell peppers, GardenFrost Asian Blend and Chinese five-spice powder until well blended.
2. Thaw dough balls according to package directions; let rise.
3. Roll each ball into a 2-inch circle.
4. Place a spoonful of filling in the center of each circle.
5. Wrap dough around filling and seal along the top, then invert each dumpling to hide crease.
6. Place on greased sheet pan; bake in 350°F oven 7 minutes or until golden brown.

YIELD: 24 PORTIONS



## Salsas, Dips, Spreads

### Fire-Roasted Chile Queso Dip

| INGREDIENTS  | WEIGHT (lbs.) | TOTAL %       |
|--|---------------|---------------|
| Whole milk   | 2.000         | 62.1%         |
| Blond roux   | 0.203         | 6.3%          |
| Controlled Moisture Fire-Roasted Grilled Yellow Onions, diced    | 0.228         | 7.1%          |
| Controlled Moisture Fire-Roasted Grilled Green Chiles, diced     | 0.225         | 7.0%          |
| Controlled Moisture Fire-Roasted Grilled Red Bell Peppers, diced | 0.219         | 6.8%          |
| GardenFrost Latin Blend  | 0.097         | 3.0%          |
| Smoked cheddar seasoning   | 0.250         | 7.8%          |
|  | <b>3.222</b>  | <b>100.0%</b> |

#### METHOD

1. In saucepan over low heat, bring milk to simmer.
2. Add roux; stir until milk is thickened.
3. Stir in onions, chiles, bell peppers and GardenFrost Latin Blend.
4. Stir in smoked cheddar seasoning. Serve hot or chill for storage.

YIELD: 3 PINTS

### Cold Antipasto Salad

| INGREDIENTS   | WEIGHT (lbs.) | TOTAL %       |
|---|---------------|---------------|
| Penne pasta, cooked   | 1.000         | 16.9%         |
| Artichoke hearts, quartered   | 0.531         | 9.0%          |
| Yellow banana peppers, sliced                                       | 0.531         | 9.0%          |
| Pepperoni, 1/4-inch diced   | 0.531         | 9.0%          |
| Controlled Moisture Fire-Roasted Grilled Red Onions, diced          | 0.400         | 6.8%          |
| Controlled Moisture Fire-Roasted Grilled Green Bell Peppers, diced  | 0.400         | 6.8%          |
| Controlled Moisture Fire-Roasted Grilled Red Bell Peppers, diced    | 0.400         | 6.8%          |
| Controlled Moisture Fire-Roasted Grilled Yellow Bell Peppers, diced | 0.400         | 6.8%          |
| Feta cheese   | 0.141         | 2.4%          |
| Black olives, sliced  | 0.141         | 2.4%          |
| Olive oil   | 0.500         | 8.5%          |
| GardenFrost Mediterranean Blend                                     | 0.500         | 8.5%          |
| Red wine vinegar  | 0.350         | 5.9%          |
| Salt  | 0.050         | 0.8%          |
| Pepper  | 0.030         | 0.5%          |
|   | <b>5.905</b>  | <b>100.0%</b> |

#### METHOD

1. In large bowl, combine pasta, artichoke hearts, banana peppers, pepperoni, onions, bell peppers, cheese and olives.
2. In large sauté pan, heat olive oil. Add GardenFrost Mediterranean Blend and sauté 3 minutes.
3. Transfer to small bowl; whisk in vinegar, salt and pepper.
4. Add to pasta mixture; stir until well mixed.

YIELD: 24 3-OUNCE PORTIONS

### Steaming Thai Shrimp Soup

| INGREDIENTS                    | WEIGHT (lbs.) | TOTAL %       |
|--------------------------------|---------------|---------------|
| Water                          | 4.626         | 31.9%         |
| Shrimp base                    | 0.375         | 2.6%          |
| GardenFrost Asian Blend        | 1.339         | 9.2%          |
| Coconut milk                   | 3.748         | 25.8%         |
| Lime juice                     | 0.321         | 2.2%          |
| Soy sauce, reduced sodium      | 0.064         | 0.4%          |
| Fish sauce                     | 0.032         | 0.2%          |
| Cornstarch                     | 0.107         | 0.7%          |
| Salt                           | 0.027         | 0.2%          |
| Cilantro, frozen, chopped, IQF | 0.027         | 0.2%          |
| Coconut flavor                 | 0.027         | 0.2%          |
| Green chile flavor             | 0.011         | 0.1%          |
| Red pepper, ground             | 0.005         | 0.1%          |
| Thin rice noodles, cooked      | 3.373         | 23.3%         |
| Carrots, julienned, IQF        | 0.204         | 1.4%          |
| Shrimp, frozen, fully cooked   | 0.140         | 1.0%          |
| Green beans, IQF               | 0.054         | 0.4%          |
| Mushrooms, sliced, IQF         | 0.021         | 0.1%          |
|                                | <b>14.501</b> | <b>100.0%</b> |

#### METHOD

1. In stock pot, bring water to boil. Add shrimp base; stir until dissolved.
2. Add GardenFrost Asian Blend, coconut milk, lime juice, soy sauce, fish sauce, cornstarch, salt, cilantro, coconut flavor, green chile flavor and red pepper. Stir until well blended.
3. Add rice noodles, carrots, shrimp, green beans and mushrooms. Bring to a boil, reduce heat and simmer 15 minutes.

YIELD: 24 8-OUNCE SERVINGS