



# NEWS BITES

LOOKING AHEAD: STAY SUBSCRIBED TO SEE WHAT'S ON THE HORIZON FOR ALL THINGS LIPMAN! [\[Page 7\]](#)

*Flavors that remind us of family*



**79%** of consumers admit to purchasing more comfort food now than in previous months. *(CandyIndustry, May 2020)*

*"With more people experiencing quarantine and cooking fatigue, ...expect a shift from elaborate recipes and rich meals toward simpler and easier options." (Forbes)*

**Fall 2020 Edition**

[GET THE FULL RECIPES TO THIS NEWSBITES](#)

# TASTE THE SEASON

As you plan for the season ahead, the NewsBites team strives to help inspire creativity among the upcoming produce trends. Transitioning from summer produce to fall and winter crops, we hope these recipes and trends drive new ideas among your fruit and vegetable grocery list.



## *Message from the Chef:*

*Right now the world is craving comfort, and nothing is better to fill that void than comfort food. There are different ideas of comfort food to each one of us, but at the end of the day we want the flavors and experience to create nostalgia.*

*As many may be having at-home cooking fatigue or are needing more simple meals to take to-go, the concepts in this edition of NewsBites provide comfort with flavors from around the globe, while offering simplicity as well as portability.*

*With a growing interest in unique cuisines and flavors, testing out flavors and spices from around the globe with familiar comfort foods may just be the best way to entice consumers and customers as restaurants open back up and retailers transition into the fall produce season.*

*"As for other comfort-food trends in the full-service restaurant space, mixing different cuisines, authenticity, in-house curing and pickling, revamped staples, and vegetable-forward dishes are a few of the things that chefs point to... In particular, as chefs and restaurateurs renew their connections to their heritage and as diners' willingness to try new things increases, throwback ethnic dishes with modern angles are popping up on menus"*

*(FSR Magazine)*




# Melting Pot of Flavors



Indian-Inspired "No Pasta"

## LASAGNA

### Key Ingredients:

-  Lipman eggplant slices
-  Lipman zucchini slices
-  Lipman sliced tomato
- Indian-spiced ground chicken  
*including cumin seeds, yellow mustard seeds, and coriander powder*
- Paneer (Indian cheese)
- Ricotta
- Mozzarella
- Red Sauce

### Note from the chef:

“ This Indian inspired lasagna is my new favorite way to spice up an Italian dish (literally). This recipe is pasta-free, making it a low-carb option filled with flavors of Southeast Asia - trust me, you won't miss the pasta. ”

**75%** of people  
know Indian food.

“Indian influence is growing on menus as operators continue to search for unique global flavors to appeal to adventurous consumers.”  
(Datassential)








## GRILLED VEGETABLE TOMATO SOUP

*Making soup cool again with a grilled medley of vegetables. Layers of flavor are developed by grilling the vegetables and tomatoes before simmering and pureeing into a soup.*

### Key Ingredients:

-  Lipman tomatoes, grilled
-  Lipman white onion, grilled
-  Lipman red bell peppers, grilled
- Chicken broth (or vegetable stock)
- Tomato Paste
- Butter
- Cream
- Garlic

Tomato consumption  
yearly growth rate is at

**40%**  
*(Tastewise)*

## BANH MI SANDWICH

*"Items with a Vietnamese accent are impacting the menus of Asian concepts as well as more mainstream restaurants...When adapting global street foods, authenticity matters to many consumers: 32% would be willing to pay extra for authentic ethnic fare, according to Technomic's Ethnic Food & Beverage Consumer Trends Report." (Restaurant Business Online)*

### Key Ingredients:

- Spicy, pickled Clipped & Cleaned Green Beans 
- Lipman cucumber coins 
- Pickled carrot
- Fresh cilantro
- Crispy pork
- Hoisin-chili mayo
- Maggi sauce
- Baguette, sliced



**Vietnamese** cuisine

has had **24%**  
menu growth over the  
last 4 years, 98%  
growth since 2009  
*(Datassential)*






# Celebrating Flavor!

Breakfast has grown  
**17%**  
over the last 4 years.  
*(Datassential)*



## SPANISH-INSPIRED CHORIZO EGG BITES

### Key Ingredients

Eggs  
Lipman Diced Tomato   
Lipman Diced Onion   
Lipman Diced Jalapeno   
Ground Chorizo  
Manchego





*"Breakfast is Back. Breakfast items, in particular, are enjoying a sudden resurgence..." People who used to skip breakfast may come back to breakfast because their normal routine has been disrupted."*  
*(USA Today)*



*Our customized cucumber pico blend*

## MEXICAN RICE BOWL

### Key Ingredients

Barbacoa, shredded  
 Lipman's pico de gallo blend  
 Lipman's diced cucumber  
Pinto beans  
Corn  
Avocado  
Cheese  
Rice

*Bowl consumption  
yearly growth rate:*

**18%**

*(Tastewise)*

# FANCY GRILLED CHEESE, PLEASE!

## ITALIAN-INSPIRED THREE CHEESE GRILLED CHEESE

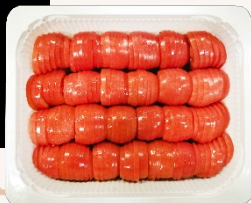
A flavorful twist on the classic American comfort food, this ultimate grilled cheese holds all the Italian flavors melted between slices of fresh ciabatta.

With comfort food creeping into trend early this year, a warm, cozy grilled cheese stacked with fresh produce could be the perfect special treat to your kitchens or menus.

**“Today’s on-trend grilled cheese is a rare gem that serves up both comfort and cool.** It pulls on the heartstrings while promising a decadent flavor adventure. Chefs are capitalizing on this with versions that are mindful in construction while keeping the integrity of a sound grilled cheese in the crosshairs.”

(Flavor & The Menu)

If a warm cheesy sandwich sounds up your alley, let us know and we can help to provide your fresh topping needs, like these ¼ inch sliced roma tomatoes and ¼ inch red onion slices.



### KEY INGREDIENTS:

- Lipman sliced roma tomatoes
- Lipman sliced red onion
- Provolone
- Muenster
- Gruyere
- Fresh basil
- Oregano
- S&P
- Ciabatta

### “ Note from the chef:

*Not only do I love ciabatta’s flavor, but it is a heartier bread that holds ingredients well while staying warm and easily in-tact in its journey from restaurant, home.* ”

# RECIPES

## INDIAN-INSPIRED NO-PASTA LASAGNA

### Ingredients

Lipman eggplant slices  
Lipman zucchini slices  
Lipman sliced tomato  
Indian-spiced ground chicken  
*including cumin seeds, yellow mustard seeds, and coriander powder*  
Paneer (Indian cheese)  
Ricotta  
Mozzarella  
Red Sauce

### Instructions

To prep veggies: Preheat oven to 400°F. Slice eggplant and zucchini length-wise to create strips. Place parchment down on baking sheet and spray with nonstick spray. Arrange eggplant and zucchini slices on baking sheet in single layers, drizzle a little olive oil and season with a pinch of salt & pepper. Roast zucchini in the oven until soft and golden (~10-15 minutes) and roast eggplant in the oven until soft and golden (~20-25 minutes) and flip over about half way through. Remove vegetables from oven when they are done, and reduce oven temp to 350°F.

To prep paneer: Slice paneer into strips about 1/4" thick. Place a small amount of oil in a non-stick skillet and let heat on medium. Cook paneer on both sides until they start to brown and become tender. Remove cheese from pan and place on paper towels to remove excess oils.

To prep the chicken: Preheat nonstick skillet to medium-high heat and add a little olive oil. Place spices into oil and let cook until the mustard seeds start to pop. Slide ground chicken in carefully and cook through while breaking up with a rubber spatula (the seasoning will get mixed into the chicken and add layers of flavor!)

Lasagna: layer eggplant, zucchini, tomatoes, ricotta, paneer, mozzarella, chicken and red sauce alternating between ingredients. Top final layer with mozzarella and bake in oven for 20-30 minutes, until cheese is melted and golden. Let rest for appx 10 minutes and serve hot.



## GRILLED VEGETABLE TOMATO SOUP

### Ingredients

5-6ea grilled tomatoes  
1ea grilled white onion  
2ea grilled red bell pepper  
1 ½ cups chicken broth (or vegetable broth)  
½ lb butter  
¾ cup heavy cream  
1 tsp minced garlic  
6 oz tomato paste  
S&P to taste

### Instructions

Preheat grill to medium-high (recommended preheat time is appx 10min). Core tomatoes, slice in half, and remove seeds. Slice onion in half and remove skin. Slice bell peppers in half, removing stems, seeds, and pith.

Once grill is preheated, grill tomatoes, onions, and bell peppers until soft and skin starts to peel off tomatoes and peppers (appx 10min). Remove from the grill and let cool slightly.

Combine grilled vegetables in blender, and blend until smooth.

In a large pot, melt butter and saute minced garlic for a few minutes, then add chicken broth. Add tomato paste and stir to thin out. Add in grilled puree and let simmer for at least 30 minutes, stirring frequently. With heat on low, stir in heavy cream and then taste. Season with salt and pepper. Let simmer on low for another 10-15 minutes, and serve hot.



## BREAKFAST CHORIZO EGG BITES

### Ingredients

6ea large eggs  
¼ cup Lipman Diced Tomato  
¼ cup Lipman Diced Onion  
¼ cup Lipman Diced Jalapeno  
9 oz Ground pork chorizo  
½ cup grated Manchego cheese  
¼ cup milk  
S&P

### Instructions

Preheat oven to 350°F. Heat skillet to medium-high and cook chorizo, then add diced tomato, onion, and jalapeno to pan and cook until onions start to become translucent. Remove from heat, drain any excess fat, and let cool.

In a large bowl, whisk together eggs, milk, grated cheese, salt, and pepper. Add meat and veggie mixture and combine. Spray a muffin tin generously with cooking spray and add mixture, filling up appx 3/4 of each tin.

Bake at 350°F for about 15 minutes, until golden brown. Serves 8-10 egg bites.



# RECIPES

## BANH MI SANDWICH

### Ingredients

Spicy, pickled Clipped & Cleaned Green Beans  
Lipman cucumber coins  
Pickled carrot  
Fresh cilantro  
Crispy pork  
Hoisin-chili mayo  
Maggi sauce  
Baguette, sliced

### Instructions

\*Homemade pickled green beans (can also be store bought): Combine ½ cup distilled white vinegar, ½ cup water, 2 tbs salt, 1 clove of garlic, 1-2 tbs red pepper flakes, and ½ tbs pepper into a pot. Bring to a boil. Add fresh cleaned & trimmed green beans to a mason jar, then carefully ladle boiled brine into jar over the beans (discard garlic clove). Seal tight and refrigerate up to 2 weeks (minimum 12 hours).

Hoisin Chili Mayo Sauce: Add ½ Cup mayonnaise, ¼ Cup Huy Fung Foods Chili Garlic sauce, 1TBS Chiu Chow Chili Sauce/Oil, ¼ Cup Hoisin Sauce to a bowl. Mix until incorporated. Refrigerate for up to 2 weeks.

Crispy Pork: Slice appx 1.5 lb pork shoulder into 1.5-2" thick strips the length of the sandwich. Marinade refrigerated in 1tsp minced garlic, ½ tsp Chinese five-spice powder, ½ tsp sugar, 4 TBS hoisin sauce, 2 TBS Honey, 2TBS Soy Sauce and 2TSP Sesame Oil for at least one hour and up to twenty-four hours. Pull from refrigerator and rest for ~45 minutes before grilling at room temperature. Preheat grill to medium heat. Grill pork until it's glazed and reaches an internal temp of 145°F turning frequently. Let rest for 10 minutes then slice into 1/3 - 1/2" thick pieces.

Sandwich: Cut baguette lengthwise in half to make sandwich. Spread Hoisin Chili Mayo inside on both sides of the bread, then layer pork, cucumber coins, pickled green beans, pickled carrot and fresh cilantro. Fold bread over and serve room temperature (cold pickled vegetables contrast with the room temp/warm pork and crispy outside and soft inside of the bread).



## MEXICAN-INSPIRED RICE BOWL

### Ingredients

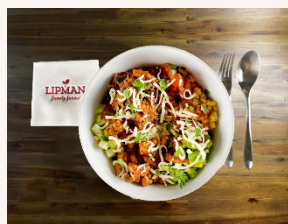
4 oz Barbacoa, shredded  
2 oz Lipman's pico de gallo blend  
2 oz Lipman's diced cucumber  
2 oz Pinto beans  
2 oz Corn  
1/3 Avocado  
1 oz Cheese  
Rice

### Instructions

Cook long grain rice according to instructions.

Cook barbacoa in slow cooker, 2-3 hours high or 6-7 hours low. Then shred once tender.

Layer toppings with rice base, barbacoa, pinto beans, pico, cucumber, corn, avocado and cheese.



## ITALIAN-INSPIRED THREE CHEESE GRILLED CHEESE

### Ingredients

4-6ea Lipman ¼" sliced tomatoes  
Provolone cheese, sliced  
Muenster cheese, sliced  
Gruyere cheese, sliced  
Lipman ¼" sliced red onion  
Basil  
Oregano  
S&P  
Ciabatta rolls, sliced  
Butter (mayonnaise, optional)

### Instructions

Chop the fresh basil and oregano (or use dried and pre-chopped). Slice ciabatta bread to make sandwich buns. Preheat a non-stick skillet to medium-low heat. Spread butter and mayonnaise on inside of bread and place faced down in skillet to start browning.

Once inside of bread is golden and toasted, flip over and top each side with three cheeses, sliced tomatoes (I used sliced romas), sliced red onion and season with herbs, salt, and pepper.

Combine sandwich and toast both outside sides, flipping every so often, until cheese is melty and hot on the inside, about 5-8 minutes.

Remove from skillet and cut sandwich on bias (diagonally) for best dipping into tomato soup!





# HUNGRY YET?

*Stay in “the know” on all new Lipman products and trends - exciting things to come!*

[Be subscribed to receive more NewsBites trends, recipes, and tasty visuals.](#)

## *Upcoming Events...*

SEPTEMBER  
21-25

**UNITED FRESH  
WASHINGTON  
CONFERENCE**

*Connect with our Lipman innovators online as this conference goes virtual on United Fresh LIVE! 365.*

OCTOBER  
8

**SAME WEBSITE, NEW  
LOOK!**

*Our website is getting a facelift! Make sure to check it out at <http://www.lipmanfamilyfarms.com>.*

OCTOBER  
13-15

**PMA FRESH SUMMIT**

*Check out our online platform, where we will be exhibiting fresh resources and information virtually!*