

UNITED FRESH PRESENTS:

The Future of Foodservice

A culinary panel discussion



FRESH INSIGHTS FOR FOODSERVICE

Showcasing trends at restaurants,
retail, home delivery, and beyond



ADD INTEREST TO MENUS WITH **APRICOT**

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WRAPS

Learn how handheld wraps can
serve as a convenience-driven
platform for fresh produce.

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EGGPLANT

Uncover how eggplant is
being leveraged in
plant-based concepts.

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PERSONALIZED EATING

Discover fresh produce's role
in personalized eating.



WHAT'S FRESH FOR SPRING?

As plant-forward eating and functional foods continue to trend, we're exploring commodities that are ripe for exploration and correspond with both trends. Take Swiss chard, a versatile vegetable that could be considered a superfood and packs a nutrient-dense punch, boasting a number of antioxidants and vitamins that could appeal to health-conscious consumers. Or look to apricot, a stone fruit that's rich in beta carotene and can be leveraged in both sweet and savory applications. We'll also learn how handheld wraps can serve as a convenient vehicle for nearly any type of vegetable.



PLANNING AHEAD FOR FALL

Although it's mid-spring, it's never too early to think ahead and consider what the fall menu will look like. While hearty vegetables like turnips, acorn squash, and parsnips will be at their peak in the fall, likely being featured in warming dishes like stews or roasts, don't forget about chicory or beets, which could also be menued in salad applications for a burst of fresh flavor. In the pages ahead, explore how persimmons are being used by operators across all parts of the menu, discover a wide range of global dishes that feature eggplant, and learn how to take ubiquitous pancakes to the next level with new formats and flavors.

WE OFFER FRUITS & VEGGIES...

mainly to provide **healthy menu choices**

41%

14%

mainly for their **flavor, texture & appeal**

Mimi Mostofi

Friend That Cooks

Mimi Mostofi is a Personal Chef for Friend That Cooks. She completed her culinary degree with highest honors from the Cooking and Hospitality Institute of Chicago/Le Cordon Bleu College for Culinary Arts. Mimi has worked in a multitude of food service institutions such as Nico Osteria, Reverie, Dish, LaQuinta Resort and Whole Foods Market. Mimi believes in utilizing the freshest and highest quality ingredients in her creations. In her current position, she enjoys sharing her passion for global cuisine with her clients. Her creations are frequently featured on the Friend That Cooks website and Instagram account.

Brad Saylor

Macy's, Inc.

Brad joins us today with 30 years of experience in the restaurant industry from quick service to fine dining. He's currently the Regional Chef responsible for all culinary operations in the Historic Landmark State Street Macy's and Water Tower Place. He oversees The Walnut Room, Infield's Sports Bar and Grill, 7 On State (MarcBurger, Frontera Fresco, Tabo Sushi and Noodles by Takashi Yagahashi), Signature Kitchen, Starbucks, Frango Café' and Bar, and Catering by 111 Events.

Lamar J Moore

The Swill Inn

Chef Lamar Moore brings more than 15 years of culinary experience working in sports stadiums, restaurants and hotels. As the Executive Chef of the Swill Inn in River West, Moore adds a soulful flair to bar food classics including original flavors and heirloom recipes. He holds a degree in Culinary Arts from Le Cordon Bleu in Chicago and has extensive knowledge of international cuisine through travel. He is also a chef mentor for ProStart, a two-year educational program for teens through the National Restaurant Association, where he shares his culinary experience with local Chicago Public School students by conducting demonstrations and workshops. He was also featured on a national Bravo TV show program "Welcome To Waverly, and Food Network's "Chopped".

Zoe Schor

Split-Rail

A graduate of the Natural Gourmet Institute for Health and Culinary Arts in New York City, Zoe has worked at Craft (Tom Colicchio), Beso (Todd English) and Bouchon (Thomas Keller). In 2012, she joined DMK Restaurants to open Ada Street, where she won three consecutive Michelin Bib Gourmand awards for her inventive small-plates menu. She'd long dreamed of owning a restaurant in the West Town neighborhood where she lives, and in June 2017, she made good on that with Split-Rail. A Boston native, Zoe turns to books, music and sailing with her dad on Lake Michigan in her down time.

CHEF PANEL