

Grilling Fresh Produce



At their seasonal peak, apricots are a delicious fruit to char on the grill—their sweet and smoky notes balance the bitterness of arugula in this summer chicken salad.

The Perennial On-Trend Technique

After a year in the reign of comfort foods, grilling will continue to hold one of the top spots on most summer menus. This technique has devoted followers throughout all foodservice segments, largely because customers crave the smoky, woody flavors of food cooked on the grill.

Grilling is a pure method of cooking—most likely the first humans ever enjoyed. Customers today continue to want authenticity, and this technique fits the bill by highlighting the ingredient's true flavor, whether it's burgers, steaks, onions, peppers, pineapple, or a head of romaine lettuce.

Using marinades or sauces enhances the taste, but the big lure of grilled items is that their essence remains intact.

Health is another big draw. Customers want foods that deliver a flavor punch without the baggage of extra fat and calories. Grilling relies on a direct heat source—wood, coals, gas—without the need for added butter or oil. The rustic, smoky aromas get absorbed by the product to impart more complexly intense flavors.



And of course, there's comfort. It's a method of cooking that's familiar—a way diners can experiment with different ingredients in a non-threatening way. So light up the flames and get creative!

Benefits of RSS Produce

- **Staff Safety:** No knife use for precut products reduces risks of injury.
- **Health & Sanitation:** Precut, prewashed products reduce cross-contamination risks.
- **Waste Reduction:** With less waste, you lower disposal costs.
- **Labor Savings:** As labor costs rise, the stable cost of RSS products protects your profit margin. When labor turns over, you save training and efficiency costs.



- **Culinary Creativity:** RSS takes the prep work out of the kitchen and allows chefs to focus on flavor and creativity.
- **Quality Assurance:** Markon's 5-Star Food Safety® Program addresses five key points in the production process.
 - o Fields
 - o Packing and Processing Facilities
 - o Transportation
 - o Distributor Warehouses
 - o Foodservice Kitchens

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Refresh your menu with these on-trend ideas

- Update your menu's chicken salad offerings by combining Ready-Set-Serve (RSS) Wild Arugula, charred apricots, sweet blackberries, and grilled chicken breast slices; dress with RSS Lemon Juice and virgin olive oil (see page one top photo).
- Enhance fresh vegetables' natural flavor profiles with the high heat of the grill. Toss produce like Markon First Crop (MFC) Cherry Tomatoes, MFC Mushrooms, MFC Zucchini in a garlicky marinade and char until tender (see page one side bar photo).
- Lettuces and greens also benefit from a quick char. Drizzle RSS Romaine Hearts, halved radicchio heads, Belgian endive, and RSS Green Onions with olive oil and heat until you see grill marks (see page one middle photo).
- Accent mild, tender fish like sea bass with charred RSS Cauliflower Florets and salty sea beans (see right photo).



- Cut MFC Cantaloupe Melons into easy-to-hold wedges; char to maximize their natural sugars—delicious with blackened salmon and barbecued chicken.
- Offer vegetarian and vegan customers summer options: grill sesame- and soy-marinated tofu or plant-based meats until browned; plate with herby rice, quinoa, or crunchy greens.
- Load RSS Pineapple Chunks onto skewers and grill; season with RSS Lime Juice, honey, and freshly cracked black pepper.
- Grilled pizza is a hot post-COVID menu item; customers love the smokiness that this technique adds, especially when it's topped with grilled vegetables (think MFC Bell Peppers, RSS Sweet Baby Broccoli, and MFC Fennel), barbecued animal- and plant-based meats, even grilled cheeses like Mozzarella.
- Seasonal stone fruits like nectarines, peaches, and plums work great on the grill; just slice and heat, then serve with yogurt.
- Cook lightly oiled RSS Sliced Onions until blackened and use on a variety of menu items such as tacos, steaks, and burgers.
- Baby artichokes halves make tasty bite-size bar snacks. Heat until grill marks appear; serve with a dipping sauce comprised of RSS Peeled Garlic, RSS Lemon Juice, butter, salt, and red pepper flakes.



This family-style side dish combines the freshness and crunch of sweet lettuces and bitter greens with the smokiness of the grill.

Upgrade with Sauces

Trend data shows that consumers are ready to get back into restaurants this summer. 'Tis the season for all things on the grill.

- **Barbecue:** Kansas City-style, Sorghum, Hot Mustard, Hoisin, Cola-Style, Cider Mop, and Chipotle.
- **Global:** Chimichurri, Chili Crunch, Tzatziki, Peanut-Tamarind, Zhug, Agrodolce, Cilantro Chutney, and Romesco.
- **American Classics:** Honey Mustard, Blue Cheese, Buttermilk Ranch, and Green Goddess (made with fresh MFC Herbs).
- **Mayo-Based:** Garlic Aioli, Srirachannaise, Southern Comeback Sauce, Caramelized Onion, and Remoulade.



Ready-Set-Serve offers a full line of fruits, vegetables, and juices that are pre-prepped and pre-packaged allowing you to focus on creativity.



Markon's signature brand. Whole fresh fruits & vegetables. Backed by 5-Star.



All flavor and all value, Markon Essentials provides the produce you need when presentation isn't a factor.