



NOW  
IN  
STOCK

## Grazin' Girl gorgonzola cheese is the newest cheese from local Valley Ford Creamery!

This cheese has a rustic, basket weave exterior while the interior is a buttery color with tasty notes of sweet cream, along with blue streaks and patches throughout. Winner—Best of California Semi-Soft Cheese, CA State Fair (2018).

Since 1918, the Bianchi family as operated a 640 acre dairy farm in western Sonoma County. With its lush and rolling pastures, this dairy overlooks the unique waters and wetlands of the Estero Americano in Valley Ford. The Bianchi's practice sustainable agriculture just as their ancestors did in the Ticino district on the Swiss-Italian border, generations ago. The farmstead cheese comes from a "closed" herd that is dedicated to top quality health and nutrition programs. There are around 500 Jersey cows (see above!) milked daily, continuing with outstanding genetics for longevity and productivity.



Grazin' Girl is the answer to a LOCAL mountain style gorgonzola cheese!! It is amazing in salads, sauces, and it is exquisite drizzled with a little honey. YUM!

#90699 Gorgonzola Grazin' Girl 4.5 lb avg wheel

## Calling all caterers!!!

**NEW super cool, safe & fast Sterno system! Just add water!**



**Wow!** Check out this **instant, flameless** food warming system designed to make quick-serve, drop-off catering SAFER, SIMPLER and FASTER. What is a "quick serve event"? Business lunches, corporate events, home parties—basically, dining events lasting under 1 hour.

Exceed your customers' expectations and increase profits by optimizing your catering menu and providing hotter, more delicious food for quick-serve events—resulting in repeat customer orders.

Flameless heat means no open flame. You don't have to worry about inexperienced customers or employees serving hot food. You can expand your drop-off catering service into locations with open flame restrictions such as *Churches, Stadiums, Casinos and Historic Buildings*.

**How does it work?** The packets are activated by water and reaches boiling point (212F), creating steam. The steam does NOT produce any toxic fumes—just water and carbon dioxide.

Set-up and serve in minutes! Quick and simple set-up by *the customer*. **Instant heat activates under 1 minute and keeps food warm for up to 45 minutes.** Just drop-and-go! The tray and base can be recycled. The spent packets can be disposed in everyday trash. Go to [www.sternopro.com/speedheat-flameless](http://www.sternopro.com/speedheat-flameless) for a video!

#811602 **Sterno SpeedHeat Flameless Heat System**  
includes: 8 SpeedHeat™ Bases, 8 SpeedHeat™ Trays & 16 SpeedHeat™ Packets



## Biologist Wants Americans To Taste A Rainbow Of Pomegranates

—taken in part, NPR *the salt*, September 8, 2018—April Fulton

Pomegranates symbolize life and vitality in many cultures. They are mentioned in the Quran, in ancient Greek mythology, and in Chinese folktales. But for many Americans, the fruit is far too exotic for regular consumption. If you can find them, there's usually just one variety — **Wonderful**. It comes in a mysterious, dark-red, leathery ball containing hard-to-get jewel-bright seeds and a bitter pith, or it's already juiced and sold in a glass bottle.

"The average American has less than one pomegranate a year," says John Chater, a post-doctorate scholar studying pomegranate cultivars at the University of California, Riverside. Chater wants to change the way Americans think about the pomegranate. Specifically, **he wants to introduce pomegranates that vary in flavor and color (hello, pink and yellow) and make them more mainstream.**

...continued on page 3



## NEW ITEMS—Now in Stock!

Baking Powder Aluminum Free, <b>Non-GMO, GF</b>	#21210	Clabber Girl/Rumford	6/5 lb	Tub	Each	USA
Cheese Blue Gorgonzola Grazin' Girl Artisan	#90699	Valley Ford	4.5 lb	Wheel	Each	Local
Cheese Brie 60% Imported	#90809	President	2/2.2 lb	Wheel	Case	France
Cheese Brie Plain	#90811	President	6/8 oz	Wheel	Case	Wisconsin
Cracker Flatbread Olive Oil & Sel Gris Organic	#16661	Rustic Bakery	8/6 oz	Trays	Case	Local
Cracker Flatbread BITE Rosemary & Olive Oil Organic	#16662	Rustic Bakery	8/6 oz	Trays	Case	Local
Cracker Crisp Tart Cherry, Cocoa Nib & Almond	#16660	Rustic Bakery	12/5 oz	Trays	Case	Local
Puree Guava Pink	#606722	Perfect Puree	6/30 oz	Tub	Each	Local
Rice Jasmine Super Grade (Hom Maili)	#415511	Ambrosia	25 lb	Sac	Each	Thailand



### STAFF PICK! Feuille de Brick

This thin frozen dough sheet is so versatile and easy to work with! At under \$0.30 sheet, brick dough makes a huge impact for a such a little cost. It reads well on menus, offers a light and crispy texture, and is fun to work with. You can bake or fry it. And it works well for savory and pastry items like:

*Cigars*  
*Cones*  
*Crackers*  
*Purses*  
*Seared*  
*Triangles*



#20991 Feuille de Brick Frozen  
Dough Sheets/Shape-a-Crepe  
4/250 ct

(each pack has 10 sheets, sold by 1/4 or full case only)



## Deep Fried Borek Cooking

- 6 round sheets **feuille de brick dough** (#20991, 4/250 ct)
- 8 ounces halloumi cheese, sliced into batonette cut (#96703, 12/8.8 oz)
- 2 T ground Aleppo pepper (#512714, 5 lb)
- 2 T nigella seed (#special order 984103, 1 lb)
- 1 C picked parsley leaves (#590482, Produce Italian Flat Leaf 60 ct)
- 12 brined, grape leaves, stems and ribs removed, cut into quarters (#special order 995587 12/16 oz jar)
- 2 eggs, whisked thoroughly (#various)
- Vegetable oil, for frying (#various)



1. Lay out the stack of brick dough on a flat work surface, and cut into quarters, as if cutting a pizza. Peel apart individual sheets of dough, and then re-layer. Cover with a dry kitchen towel while you work to keep the fragile, quick-drying dough supple and workable.
2. Working two at a time, position a dough triangle so that the wide end is at the bottom and the triangle tip is pointing away from you. Place a strip of halloumi cheese across the bottom of the dough portion, leaving a 1/2-inch margin at the bottom edge. Add a pinch of Aleppo pepper and one of nigella seed, then add 2 parsley leaves and 2 pieces of grape leaf in a neat pile on top of the cheese.
3. Using a pastry brush or your fingers, carefully and lightly brush the outer edge of the dough with egg.
4. Fold in the bottom right and left edges of the dough over the filling, and then roll the package away from you, tucking in the edges as you roll, as you would roll a burrito, a newborn baby or a closed cigarette. Try and keep your package as neat and tightly rolled as possible. Set aside, and repeat until you have used all the dough.

5. Heat 2 inches of vegetable oil in a heavy-bottomed pot until it registers 350F on a thermometer. Working in small batches, fry the borek until golden-brown and cooked through, about 5 minutes. Take care to move the borek around during the first few minutes of frying, as they can easily stick together. Transfer the borek to a tray lined with paper towels. Serve while hot but not blistering so.

*You can make it this with filo dough but you can never reach the crispness or the taste of the ones made with brick dough.*

source: NY Times

## Pomegranates—continued from page 1

Chater fell in love with pomegranates early in life. As a child, Chater recalls visiting his grandfather, a Lebanese immigrant, on his olive farm. Chater's grandfather, S. John Chater, grew a few types of pomegranates just for fun from seeds brought over from Lebanon. He preferred a sweet variety with soft seeds (arils, in pomegranate parlance) — nothing like the hard, red fruit most Americans know.

"I used to go over there and he would make me taste different types of pomegranates," Chater says. "When I was a kid, I thought everybody had a grandfather like this." It turns out, everybody did not have a grandfather like this. In fact, years later, while beginning his undergraduate work in environmental studies, Chater found out that his grandfather was a bit of a cult figure in the world of exotic fruit breeding. One geneticist he met had his grandfather's photo on the wall of his office, and the U.S. government has several of his grandfather's cultivars in storage at the U.S. Department of Agriculture National Plant Germplasm System. The NPGS, which studies the seeds and tissues of crops to safeguard diversity and support agricultural production, is interested in pomegranates because they are **drought and salt tolerant**. They can thrive where other fruits cannot, plus they are extremely high in antioxidants and vitamin C.

Along with his colleagues at UC Riverside, Chater is growing 13 varieties of edible pomegranates, including **Parfianka**, a red-skinned type with sweet pink seeds that taste like wine; **Golden Globes**, which are yellowish with a soft aril; and of course, the familiar red, sweet-tart **Wonderful**. He is studying how consumers perceive the varieties' flavors and colors, and whether they'd appeal to growers under different climate conditions. He has also conducted taste studies published in the *Journal of Food Science* suggesting that many consumers prefer sweeter varieties with softer seeds and less acid than the Wonderful type.

"When it comes to apples, or even peaches or plums, people like different types," Chater says, so why not pomegranates? It may be a tough sell. For one thing, apples, peaches and plums are more popular fruits by far. In 2017, apples were the second most-popular fruit purchased in the U.S., just after bananas. Peaches were number nine, while plums came in at number 19, according to *The Packer*, a fruit and vegetable trade magazine. Pomegranates, considered a specialty crop, don't even rank in the top 20.



**The Wonderful variety makes up 90 to 95 percent of the tiny U.S. pomegranate market**, Chater says. While he has nothing against Wonderful — in fact some of his early research came out of grants made by the family that owns the brand of the same name — he thinks consumers and growers should have options. Wonderful "has some issues," he says. It's a late-season fruit, meaning that it remains on the trees longer than other varieties. This makes it more susceptible to pests, sunburn and wind, he says. Also, if the fruit splits from the stress, it can't be sold in its whole form, it has to be sold for **juice, which is not as profitable**. Some of Chater's cultivars, like Parfianka, fruit early and avoid many of these problems. Others are more adaptable to cooler, wetter climates.

"It could really help the industry" to have an earlier-ripening fruit, says Jeff Simonian, who sits on the Pomegranate Council, an organization to promote the fruit that was founded in 1997. He's also the marketing director for his family's business, Simonian Fruit Company, located near Fresno, Calif. He sells mainly stone fruits and a few varieties of pomegranates, and is excited about Chater's efforts — but cautious, too.

The Wonderful variety is tops for a reason — it produces a big yield and it stores and ships well, Simonian says. Shaking up the pomegranate market would require a big educational process for both growers and the public, he adds. But it's been done. Some new varieties of fruits introduced into the U.S. market recently have really taken off. For example, some retailers can't keep **Cotton Candy** grapes (yes, they really taste like the county fair favorite) on the shelves. Cuties and Halos are easy-peel, fairly seedless varieties of mandarin oranges that come in five-pound boxes. They are extremely popular with the lunchbox set.

Some of the non-Wonderful pomegranate varieties have clear or light-colored arils that might be a good choice for lunchboxes because they don't stain. Perhaps the arils could be packaged in small bags the way sliced apples are now, in ready-to-eat portions, Chater says. If Chater and his team can do something like that for pomegranates, "It would be a great thing," says Simonian.

#590740 Produce Pomegranate 40 ct

#590746 Produce Pomegranate Seeds 8/8 oz (pre-order)

## Invert Sugar Recipe—continued from page 4 (source [www.chefeddy.com](http://www.chefeddy.com))

Yield: 2 lb 3 oz (1 kilo)

- ◆ If you have an induction cook top or an electric stove use these options instead of gas. In a non reactive saucepan stir to a boil the sugar, water and cream of tartar (or citric acid).
- ◆ Once the mixture boils, wash away any sugar crystals stuck to the side of the pan with pastry brush dipped in water. Any additional water added to the pan from this process, has no effect on the final outcome.
- ◆ On medium heat **without stirring**, boil the mixture to 236°F (114°C). Remove from heat and cover the pan. Let cool at room temperature. Store in a refrigerator. Invert sugar will last at least 6 months.

<b>Cane Sugar</b>	<b>2 lb 3 oz (1 kg)</b>
<b>Water</b>	<b>16 fluid oz (480 ml)</b>
<b>Citric Acid*</b>	<b>1/4 teaspoon (1 g)</b>
	<b>(*or Cream of Tartar)</b>

## TECHNICALLY SPEAKING—*What exactly is inverted sugar and why would I use it?*

Inverted sugar is liquid, but not all liquid sugars are inverted. Inverted or invert sugar is a mixture of glucose and fructose; it is obtained by splitting sucrose into these two components. The mixture of the two simple sugars is formed by a process of hydrolysis of sucrose. This mixture has the opposite direction of optical rotation from the original sugar, which is why it is called an *invert* sugar. Invert sugar is sweeter than table sugar, and foods that contain it retain moisture and crystallize less easily.

Though invert sugar syrup can be made by heating table sugar in water alone, the reaction can be sped up by adding lemon juice or cream of tartar (see recipe on page 3). Interestingly, inverted sugar is automatically produced when making jams by combining the sugar with the acid in the fruit and heating.

**Types of Inverted Sugar:** Honey (#various), Trimoline (#21540, 15.5 lb tub), Lyle's golden cane syrup (#527855, 1.5 gal bulk), Simple Syrup. **Non-inverted Sugar :** Glucose (#21535, 11lb tub and #21536, 2.2 lb tub), Corn Syrup (#521020, Karo 1 gal).



**What is the difference between inverted sugar and high fructose corn syrup (HFCS)?** While the end results are very similar differing only in the ratios of glucose to fructose, the processes used to make them are very different. HFCS is produced by enzymatic ally converting corn (starch) syrup almost entirely to glucose, and then adding other enzymes that change some of the glucose into fructose. The resulting syrup contains approximately 42% fructose and is called HFCS 42. (This “number” can very important to a pastry chef, as refers to the % of fructose). The most widely used varieties of HFCS are: HFCS 55 (mostly used in soft drinks) and HFCS 42 (used in beverages, processed foods, cereals, and baked goods. Inverted sugar has a ratio of 50:50 (glucose to fructose).

**Uses of Inverted Sugar**—Invert sugar is used extensively in confectionary for preparations such as ganache, jellies, fudge, and taffy and in the preparation of sorbets and ice cream. Its ability for controlling crystallization and creating a smoother mouth feel in these products is the main reason why it is used. Invert sugar is hygroscopic which leads to a reduction of available water in food preparations, resulting in a longer shelf life of countless products. It lowers the spread of bacteria and basically acts as a preservative. The humectant properties of invert sugar are high and will keep products such as fillings for chocolates and fudge much longer moist and tender. Invert sugar also contributes to the Maillard reaction (caramelizing) and consequently will aid the browning process. It is also utilized in certain baked goods like Madeleine's and brioche where invert sugar is used to increase tenderness and moistness. **Invert sugar also intensifies aromas, especially in sorbet and certain chocolate ganache applications.**

In confectionary applications such as ganache, invert sugar can be the sole source of sweetener, but in the case of most other items, only a percentage of sugar is replaced with invert sugar—i.e. soft doughs (30- 35%); buttercream (25-40%); croissant and brioche (25- 30%); sorbet and gelato (5-10%); genoise, cakes, madeleine (5-10%); dry cakes (4-5%); and white bread (2%).

#21540	Pastry 1 (Ernstein) Trimoline	15.5 lb tub
#527855	Lyle's Golden Cane Syrup	1.5 gallon/16 lb

Source: [www.scienceofcooking.com](http://www.scienceofcooking.com), [www.wikipedia.com](http://www.wikipedia.com) and [www.chefeddy.com](http://www.chefeddy.com)

## Suggestions & Comments?

**Cecily Costa, Gourmet Brand Specialist at [ccosta@birite.com](mailto:ccosta@birite.com) or (415) 656-0187 x428**

NOTE: Any prices quoted in this newsletter are for NEW purchases (outside of 90 days) and not available to contract customers, which may or may not have a lower price. Ask your rep for details.

Thanks to my Editors this month—Jennifer Wilder-Smith, Director of Marketing & Julianna Roth, Marketing Coordinator

