



Maximize health with Ready-Set-Serve (RSS) EnerCHI Salad with Hoisin Vinaigrette and tofu triangles.

Asian Essentials

- Pickled radishes
- Seaweed salads
- Basmati rice
- Matcha
- Green papaya
- Laksa
- Edamame
- Kohlrabi
- Banana ketchup
- Alternative proteins
- Lumpia
- Black sesame

Trends

- Filipino food is having a moment. With its wide range of influences, including Malaysian, Polynesian, Hispanic, Chinese, and American—it makes sense that this cuisine appeals to a lot of people. The style's combination of sweet, spicy, and sour also contributes to its success.
- Alternative protein no longer means merely beans and tofu. Today there is an increasing number of choices on the meat-free ingredient list including long-time Asian favorites such as seitan and tempeh, as well as newer creations made with peas, garbanzo beans, and hemp that look and taste like real meats but leave out the high levels of fat and cholesterol.
- Kid-friendly foods are big business and many types of Asian cuisine fit the bill. After all, what child doesn't like noodles and rice? Spicy curries and sushi might seem a hard sell to tots, but teens and college-age diners flock to ethnic, exotic flavors like these.
- Intensely flavored, vegetable-centric, and packed with vitamins and fiber, most of the cuisines of Asia were ahead of the healthy foods trend that continues to dominate the entire foodservice industry. Using meat as a condiment, stir-frying (instead of deep frying), and steaming are ideal ways to make recipes delicious and more nutritious.

Suggested Pairings

- Markon First Crop (MFC) Cucumbers: help cool down spicy Indian and Thai curries, make an excellent pickled condiment, and add lightness to green salads. Use them with red onions, sesame oil, vinegar, and yogurt.
- MFC Eggplant: versatile eggplant can be used as a meat substitute, stir-fried with sweet chili-garlic sauce, and stewed with Indian spices.
- MFC Red and Yellow Bell Peppers: crunchy and zesty when raw, but silky and sweet when roasted—these peppers work well with broccoli, garlic, onions, potatoes, and steak.
- RSS EnerCHI Asian Salad: a healthy mix of baby bok choy, baby Shanghai bok choy, snow pea shoots, mustard greens, spinach, and carrots—this mix is great as a salad or served warm.
- RSS Onions: these zesty flavoring agents lend heartiness to dishes as wide ranging as broth-based soups to curry stews to Japanese stir-fries. Use with carrots, cucumbers, fish sauce, ginger, noodles, peanuts, and sesame oil.



- Tandoori ovens
- Vegetarian sushi
- Galangal
- Mint
- Lime pickle
- Pho
- Pork belly
- Lemongrass cocktails
- Fish sauce
- Mushrooms



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Usage Ideas

MFC Cucumbers

- Ferment chunks of MFC Cucumbers and RSS Sliced Red Onions in rice wine vinegar and red chili flakes; use this salad to balance spicy entrées
- Drizzle sliced MFC Cucumbers and RSS Matchstick Carrots with minced ginger and soy sauce
- Toss shredded MFC Cucumbers and RSS Shredded Green and Red Cabbage with sesame oil and RSS Peeled Garlic
- Garnish entrées with ribbons of MFC Cucumbers and MFC Carrots

MFC Eggplant

- Smoke whole MFC Eggplants until tender; peel, purée, and add to a peppery tomato sauce. Serve with Basmati rice and naan bread
- Braise strips of MFC Eggplant with Thai Basil and RSS Peeled Garlic in a soy-black bean sauce until tender
- Stir-fry along with RSS Green Beans, RSS Sliced Onions, MFC Red Bell Peppers, and MFC Zucchini
- Sauté cubes of MFC Eggplant tossed in cornstarch; simmer with oyster sauce and serve with brown rice



MFC Red and Yellow Bell Peppers

- Stuff halved MFC Red Bell Peppers with a ground beef, cellophane noodle, mushroom mixture; roast and serve this Vietnamese dish with a drizzle of garlicky fish sauce
- Add wedges of MFC Yellow Bell Peppers to sweet and sour pork or orange chicken recipes
- Stir-fry along with RSS Broccoli Florets and lean strips of beef; serve over steamed rice

RSS EnerCHI Asian Salad

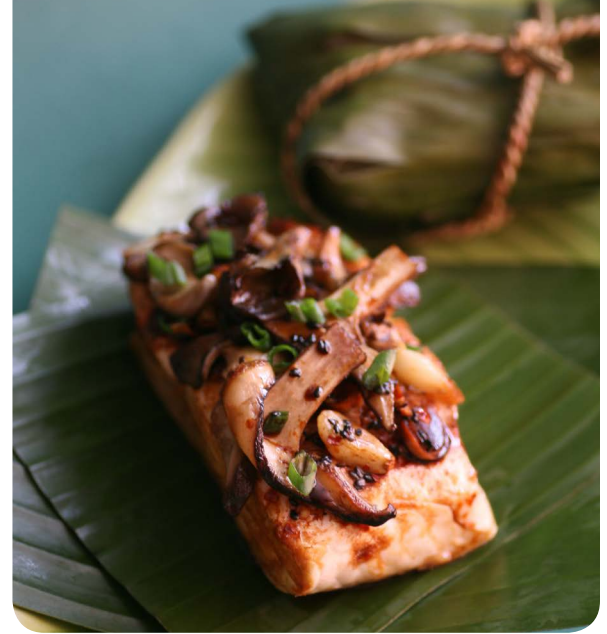
- Toss this vitamin-packed salad mix with sesame-ginger dressing
- Top boneless tandoori chicken pieces with RSS EnerCHI Asian Salad and raita (cucumber-yogurt sauce) in naan sandwiches
- Sauté this blend until slightly wilted, but still crunchy; use as a base for fish or chicken
- Add RSS EnerCHI Asian Salad to a wok; stir-fry with RSS Broccoli and Cauliflower Florets, cashews, and chicken breast chunks; deglaze with garlic and soy sauce

RSS Onions

- Simmer chunks of chicken, rice stick noodles, Serrano chile peppers, RSS Chopped Yellow Onions, and lime leaves in a coconut milk broth; serve laksa with wedges of lime
- Fill banh mi sandwiches with grilled meats or tofu, RSS Sliced Red Onions, pickled RSS Matchstick Carrots, and RSS Washed & Trimmed (W&T) Cilantro
- Use sautéed RSS Sliced Yellow Onions and MFC Shiitake Mushrooms as the basis for a rich vegetarian ramen broth

RSS Green Beans

- Wrap whole RSS Green Beans, MFC Mint, RSS W&T Cilantro, sticks of MFC Cucumber and MFC Red Bell Peppers, rice noodles, and whole shrimps in rice paper rounds; serve with peanut sauce
- Simmer RSS Green Beans and MFC Red Bell Peppers in a fiery panang curry sauce; serve with mock duck or lean beef
- Lightly fry RSS Green Beans and RSS Cauliflower Florets with mustard seeds, coriander, and ginger; great with grilled meats like lamb



Let your customers unwrap this aromatic package filled with steamed fish, hearty mushrooms, and an umami-rich sauce



5-Star Food Safety

- Every case of RSS, MFC, or ESS you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety.
- Our 5-Star Food Safety® Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens.

Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community.

