



# NEWS BITES

WHAT MENU ITEM  
WILL DOUBLE IN  
THE NEXT 4 YEARS?  
[\[Page 5\]](#)

Looking ahead: stay subscribed to  
see what's on the horizon for all  
things Lipman!  
[\[Page 8\]](#)

Have the  
eye candy  
and the  
soul food

## THE SMALLER THE BETTER?

Bite sized apps are  
listed on top 5  
appetizer trends  
(Foodbusinessnews.net)  
[\[Page 5\]](#)

Winter 2021 Edition

GET THE FULL RECIPES TO  
THIS NEWSBITES

TOMATOES FIT  
FOR A QUEEN

[\[Page 4\]](#)



# GET YOUR HEAD IN THE GAME

As you plan for the season ahead, the NewsBites team strives to help inspire creativity among the upcoming produce trends.

As we hope for a more vast foodservice industry amid the COVID vaccine entry, we aim to help prepare our customers with inspiration connected to the future of food.

Produce trends are accelerating more than ever - so let's grow together!

## *Message from the Chef:*

Many take the opportunity of January 1 to commit to doing something new or different. Some may have many items on their "New Year's Resolution" list, probably to break some habits or to build new ones. Within the lists we create for ourselves, managing a healthier lifestyle is usually included in some sense. It is even on my list for 2021, but I want to make this a mindset and lifestyle change that I continue long past 2021.

Since health and fitness journeys all start with the food we consume, this edition I wanted to focus on some lighter versions of classic recipes. Although these recipes may be lower in calories and fat, there is no lack of flavor to keep your taste buds (and stomach) happy!

I focus on utilizing high quality, fresh ingredients in order to keep the dishes bright as well as easy to accomplish. Some will be fun for friends to snack on during the game day while others hit home with comfort. I also make the most of our Lipman Fresh-Cut Sliced Tomatoes as they cut down on time and unusable portions of the tomato while maintaining a great flavor and color (because we eat with our eyes first).

The Lipman team and I hope you had a hopeful New Year and wish you health, safety and inspiration in 2021!



This or  
that



“ Chef’s notes:  
A unique, low carb,  
vegetarian take on the  
classic eggplant parmesan. ”

Ramen has an  
annual growth of

16.4%

(Tastewise)

## TOMATO COMPLEXITY


Asian inspired dishes are on the rise in the fast-casual setting, inspiring new menu items like Shake Shack’s Korean fried chicken sandwich and Gochujang fries.

Ramen, being one of the fast growing Asian dishes in American restaurants, is projected to grow 20% over the next year. There will be new ingredients and new flavor combinations of ramen popping up as the year continues.

“Creative interpretations of ramen are taking hold - as long as the promise of flavor complexity, comfort and a touch of adventure remain intact.” (GetFlavor.com)

## TOMATO PARMESAN

### Key Ingredients



Sliced Lipman tomatoes   
Panko bread crumbs  
Parmesan  
Shredded mozzarella  
Marinara sauce  
Fresh herbs



## TOMATO RAMEN BOWL



### Key Ingredients

Sliced Lipman Tomatoes   
Dashi broth  
Chicken breast  
Eggplant   
Mushrooms  
Extra firm tofu  
Ramen noodles  
Ginger  
Togarashi



## CAULIFLOWER CRUST PIZZA

Tomatoes are one of the original toppings for flatbread in Naples, Italy.

“These early pizzas consumed by Naples’ poor featured the tasty garnishes beloved today - tomatoes, cheese, oil, anchovies and garlic.”

When modern pizza was created, Pizza Mozzarella was enjoyed most by Queen Margherita, which included soft white cheese, red tomatoes, and fresh basil, now known appropriately as margherita pizza.

Mozzarella is one of the healthiest cheese, being lower in sodium and calories compared to other cheeses.

*(Healthline)*



## GRILLED TOMATO & SHRIMP W/ Cauliflower Grits

Southern cooking that fits New Year’s health goals. The classic shrimp and grits dish can be made full of flavor, but not full of fat and carbs.

A simple grilling of the shrimp and tomatoes brings out the flavor and cooks perfectly tender, paired great with a cauliflower grits base.

“One cup of cauliflower contains about 1/6 the amount of carbohydrates in a cup of cooked starches.” (Foodbusinessnews.com)

Cauliflower as a substitute for starchier ingredients looks to be a great way of expanding your consumer audiences and their ever-evolving preferences.


When Chipotle introduced their cauliflower rice, **1 in every 3 customers** that ordered this option were completely new customers!

*(Robinhood Snacks Daily)*



# ROASTED TOMATO CROSTINI W/ GARLIC CONFIT CREAM CHEESE

## Key Ingredients:

- Lipman Roma tomatoes, halved 
- Baguette or crackers
- Garlic
- Cream cheese
- Fresh herbs



*Game Day App!*

“

## ROASTING TOMATOES

releases its lycopene and is able to dissolve in fat, like olive oil, to be more easily absorbed by our bodies.”

”




Toast, like any true food trend, went mainstream...it will nearly double its menu penetration in the next four years.

*(Datassential)*



# MINI TURKEY SLIDERS

## Key Ingredients:

-  Lipman roma tomatoes, sliced
- Ground turkey
- Minced garlic
-  Jalapeno coins
- Butter lettuce
-  Yellow or white onions, sliced
- Slider buns



**42%**

of consumers want more turkey burgers.

*(Upserve)*

*“The NRA (National Restaurant Association) listed smaller portions/half portions as a big deal, with **63% of respondents calling it a hot trend.**”*

*Bite-sized appetizers were listed as one of the **top five** appetizer trends.”*

# RECIPES

## TOMATO PARMESAN

### Ingredients

2-3lb sliced Lipman tomatoes  
3 cups panko bread crumbs  
1 tsp dried oregano  
Salt & pepper  
1 ½ cups parmesan  
1 ½ cups AP flour  
3 large eggs  
3 Tbs heavy cream  
1 cup olive oil  
1 lb shredded mozzarella  
3 cups marinara sauce  
Chopped basil and parsley for garnish

### Instructions

Preheat oven to 375°F. In a food processor, add panko, oregano, pepper, salt, parmesan cheese, and flour. Pulse until finely ground and add to bowl.

In a separate bowl, whisk eggs with heavy cream and salt. Dip sliced tomatoes in egg wash, then panko mixture to coat on both sides. Shallow fry on a skillet at medium-high heat with oil, flipping gently for golden brown on both sides. Drain on paper towel once cooked.

Assemble the Tomato Parm by layering marinara sauce, fried tomato slices, and mozzarella cheese in an oven safe dish. Bake at 375 °F for appx 15-20min, until cheese is melted and golden.

## TOMATO RAMEN

### Ingredients

3 Lipman round tomatoes  
1 qt dashi broth  
2 chicken breasts  
1 eggplant, sliced  
4oz sliced mushroom  
7oz extra firm tofu  
120g fresh ramen noodles  
1 Tbs fresh ginger, diced  
Toasted sesame oil  
Soy sauce  
Togarashi  
Salt & pepper

### Instructions

Place tofu on cutting board with paper towels underneath. Place another cutting board or plate on top and add a little weight to press any excess water out.

Place sliced eggplant on a baking sheet and roast at 400°F for 10min, then flip and roast another 10-15 min.

Slice appx 6 slices of 1 tomato and set aside. Skin and deseed remain 3 tomatoes. Simmer in a stockpot for appx 10min. Add dashi broth (can also sub chicken, pork, or vegetable broth). Puree tomatoes in broth with an immersion blender (or remove with some broth and blend in blender, then return to pot). Add ginger and soy sauce to taste.

Season chicken breasts with salt and pepper then cook in a pan until internal temp of 165 °F. Set aside to rest. Once rested appx 10 min, slice into ¼" thick medallions.

Slice tofu into strips and sear tofu on medium-high heat with oil. Add soy sauce and cook until all sides are crispy and brown. Remove tofu and add mushrooms to cook until softened.

Boil ramen noodles as instructed on the package. Once cooked, transfer to bowl, then add broth, tofu, chicken, eggplant, mushrooms and sliced tomatoes. Season with toasted sesame oil and Togarashi.



## CAULIFLOWER PIZZA

### Ingredients

**Crust:**  
1 head cauliflower  
2 large eggs  
½ cup shredded mozzarella  
Oregano, thyme, salt, pepper

### Toppings:

Lipman round or roma tomatoes, sliced  
½ cup pizza sauce  
1 cup shredded mozzarella  
4oz burrata cheese  
6oz cooked ground bison

### Instructions

Preheat oven to 425°F. For the crust, add head of cauliflower to a food processor and pulse until ground up finely. Transfer cauliflower to a microwave safe bowl, cover and microwave until softened (appx 4.5 minutes).

Carefully transfer to cheese cloth and squeeze any excess moisture out of cooked cauliflower. Add cauliflower to a bowl and mix in 2 eggs, ½ cup mozzarella, oregano, thyme, salt, and pepper.

Shape mixture into pizza crust on a parchment lined baking sheet. Should be appx 1in thick. Bake 10-15 minutes, until golden brown.

Top crust with pizza sauce, tomatoes, ground bison, and cheeses. Bake at 425°F until cheese is melted, appx 4-5 minutes. Serve hot!



# RECIPES

## ROASTED TOMATO CROSTINI W/ GARLIC CONFIT CREAM CHEESE

### Ingredients

3 Lipman Roma Tomatoes  
2 sprigs thyme  
Extra virgin olive oil  
Coarse salt  
Black pepper  
Baguette sliced ½" thick or Ritz crackers  
9-12 cloves garlic  
6oz cream cheese  
Fresh basil, chopped

### Instructions

#### Garlic Confit:

Place the peeled garlic cloves (whole) in a small pot and pour in enough olive oil to submerge everything. Simmer on low heat for about 30 minutes, the garlic should be tender. Remove from heat and let cool in a heat safe bowl. Smash the soften cloves to break them, then add 6oz of softened cream cheese and mix, recommended with a stand mixer.

#### Crostini (if using baguette):

Set the oven at 400°F and place sliced baguettes on a baking sheet. Drizzle with olive oil and season with salt and pepper. Roast until golden brown (appx 7-10 min). Set aside.

#### Roasted Roma Tomatoes:

When crostini is done, reduce oven temp to 300°F.

Slice the roma tomatoes lengthwise in half and place on baking sheet with parchment paper. Drizzle olive oil and season with salt, pepper, and thyme. Roast until tomatoes are soft and edges have started to shrivel (appx 60min).

#### Assemble:

Spread a spoonful of cream cheese confit over baguette, then top with roma slice. Drizzle with olive oil and season with fresh basil and coarse salt.



## GRILLED TOMATO & SHRIMP W/ CAULI-GRITS

### Ingredients

6-8 slices Lipman tomatoes  
10-12oz riced cauliflower  
1 lb small to medium shrimp (raw, peeled, deveined)  
½ cup grated parmesan  
2 Tbs butter  
1 cup milk  
1 tsp minced garlic  
Your favorite blackened seasoning  
2 Tbs fresh chopped parsley, for garnish  
Juice of a lemon  
Salt & pepper  
Olive oil

### Instructions

Marinate shrimp in a bag with olive oil and your favorite blackened seasoning blend as desired.

Season sliced tomatoes with a little olive oil, salt, and pepper.

To a medium to large non-stick skillet, add riced cauliflower, milk, garlic, and butter on med-high heat. Stir every so often and cook until soft, to the texture of grits (appx 10-15min).

If all moisture evaporates and more cooking is needed, add some vegetable stock or water to keep cooking down the cauliflower. When done, remove from heat, add parmesan and set aside.

While cauliflower cooks, preheat grill on high. Cook sliced tomatoes and shrimp on the grill. Tomato will be done when both sides have slight char and the tomato has softened but not falling apart (TIP: a fish spatula is great for flipping the tomatoes). Cook shrimp for 3-5min, flip and cook until light pink (don't overcook to the point of rubbery texture).

Plate the dish and top with lemon juice, parsley, and more parmesan!



## TURKEY SLIDERS

### Ingredients

1lb ground turkey  
1 Tbs minced garlic  
Lipman roma tomato, sliced  
8-10 slices mozzarella  
8-10 jalapeno coins  
Butter lettuce  
5 slices yellow onion  
8-10 slider buns  
Salt & pepper to taste

### Instructions

Combine turkey, garlic, salt and pepper in a bowl. Mix well.

Divide into 8-10 balls, appx 2 inches thick.

Preheat cast iron skillet on medium-high stovetop.

Place a few ground turkey balls in hot pan at a time and gently smash down with spatula.

Cook until internal temperature reaches 165°F, appx 5-7 minutes each side. Place slice of cheese on top and cook for another 1-2 minutes.

Butter the inside of each bun and toast in skillet on medium-high until golden. Assemble sliders with desired toppings!



# 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...*

MARCH  
26-27

APRIL  
6-8

### **VIVA FRESH**

*Connect with us in-person for the first show of the new year in Grapevine, TX!*

### **SOUTHERN EXPOSURE**

*Join us in Orlando, FL for new information on our products, services, and culinary developments.*