



FUN FOOD FACT
April is National Grilled Cheese Sandwich Month! Check out all of the world varieties of this classic.

ARTICHOKESES – Spain – High temperatures and a severe lack of rain in Spain are having a negative impact on the yield of this season’s crops. Total output is very low, falling 25% to 30% short of what was expected, driving prices up drastically by more than 50% at the farmer level. Packers are using the available raw material to pack artichoke hearts and quarters, thereby neglecting the production of artichoke bottoms.

Peru – New crops are expected to be picked starting in July or August. Very little information is currently available on expected yield and pricing. The latter is likely to be high due to the current situation in Spain.

Egypt – The new artichoke season in Egypt was shorter than last year. Demand of Egyptian product has increased considerably from Spain and France due to the poor Spanish crop. As a result, Egypt is not offering much canned product this year; prices have gone up from last year.

COCONUT MILK – The price of coconut milk has increased due to a shortage of coconuts in Thailand. Many suppliers are importing coconuts from Vietnam and Indonesia which is causing the prices to rise.

OLIVE OIL – The olive oil market remains bleak. The little rain that Spain enjoyed in January was not sufficient to make up for last year’s drought. The market is very quiet and should remain so during April and May. The second half of the year will be key to determining the quality of the next crop and carryover inventory from this year. Roland Foods Gazette will update you in June, when flower development and rainfall will help to determine the outcome of the crop.

Prices remain high and inflexible. Prices in Greece and Italy have followed the same trend as Spain, while Tunisian prices are even higher.

APRIL FUN FOOD FACT – April is National Grilled Cheese Sandwich Month! We are all familiar with this classic; a rich, perfectly gooey layer of cheese layered between buttery, crispy bread. What takes it to another level? A bite of acidity to cut through the fattiness of the cheese, perhaps a touch of sweetness for flavor contrast or a breath of spiciness to awaken the pallet. Check out the map for delicious spins on this classic.

FOCUS ON NUT AND SEED OILS

Nut and seed oils can be a welcome change from the seemingly ubiquitous extra virgin olive oil. The aroma compounds which define the smell and flavor of nut and seed oils are often extremely volatile. To maintain them, the oils must be cold-pressed; the nuts or seeds are carefully crushed at a low temperature in order to preserve their unique qualities. Since high heat can destroy the delicate flavors and aromas, many nut oils are best used as finishing oils. A small drizzle turns a simple dish into a luxurious treat.

AVOCADO OIL



The light, unique flavor of this oil makes it an excellent choice for salad dressings. It has the highest smoke point of any plant oil, which also makes it useful for high-heat cooking.

GRAPESEED OIL



This versatile oil is a by-product of the winemaking industry. Its light, nutty and slightly fruity taste makes it delicious in salad dressings. Its high smoking point also makes it ideal for sautéing and stir-frying.

HAZELNUT OIL



This fragrant, full-flavored oil has the distinctive taste of roasted hazelnuts. It can be used in dressings, to flavor sauces and main dishes, as well as in baked goods.

WALNUT OIL



Cold-pressed from the meat of dried walnuts, walnut oil has a potent flavor. It is generally used in baked goods and sauces and adds a bold flavor to salad dressings.

PUMPKINSEED OIL



This thick, khaki-green oil has a robust roasted flavor. It lends a delicious flavor to wintery dishes such as soups and roasted vegetables. It is also great for baking.

MACADAMIA NUT OIL



The mild aroma and delicate, buttery taste of macadamia oil makes it a true crowd-pleaser. It is perfect for salad dressing and marinades.



Clockwise from top left: Za'atar Israeli Couscous featuring **Pistachio Oil**, Chestnut Vinaigrette featuring **Grapeseed Oil**, Farro Kale Salad featuring **Hazelnut Oil**, Coconut Thai Noodles featuring **Sesame Oil**. For more recipes featuring Roland® Nut & Seed Oils, visit www.rolandfood.com/recipes

PISTACHIO OIL



The intense and bold flavor of pistachio oil makes it perfect in vinaigrettes poured onto hardy greens. It's also delicious on roasted stone fruit!

SESAME OIL



Traditionally used in Asian and Indian cuisine, this golden, nutty oil is incredibly versatile and can be used in soups, vinaigrettes, stir-fries and marinades.

COCONUT OIL



Extracted from fresh or dried coconuts, coconut oil can be virgin or refined. The former production method preserves the oil's light coconut flavor; the latter neutralizes its aroma.

A Quick Guide - Oil Smoking Points

Avocado Oil	518°F
Coconut Oil	350°F
Grapeseed Oil	300°F / 356°F
Hazelnut Oil	428°F
Macadamia Oil	392°F
Olive Oil	410°F
Pistachio Oil	410°F
Pumpkin Seed Oil	284°F
Sesame Oil	350°F-410°F
Walnut Oil	284°F

TRENDING BREAKFAST & BRUNCH

Breakfast has been in the sweet spot of the restaurant industry for the last few years which has led to many insightful studies on the topic. What are their findings? An increasing amount of consumers seek on-the-go breakfast options for busy mornings. A study led by the Los Angeles-based firm Instantly™ found that 28% of surveyed consumers eat breakfast away from home, nearly three times more than ten years ago. While classic options such as bacon or sausage sandwiches remain the most popular, healthier options are also on the rise.

Classic healthful “shortcuts” such as egg whites and whole wheat bread are joined by spicy and tangy condiments which limit the need for fat and salt.

Another trend is breakfast at any time of the day. According to a recent National Restaurant Association® forecast, 72% of all adults would like for restaurants to serve breakfast dishes throughout the day and McDonald’s decision to do so last fall made national headlines.

What about brunch? The word was coined in 1895 by Guy Beringer, a British writer, who clairvoyantly wrote that, “It would promote human happiness . . . Brunch is cheerful, sociable and inciting”. More than a century later, the leisurely weekend meal is at an all-time high in popularity. Although decadent, nostalgic dishes such as waffles, pancakes and French toast remain popular, brunch dishes are also an opportunity for chefs to be creative. Ethnic-inspired and traditional ethnic dishes were in the top three breakfast trends in the National Restaurant Association® 2016 What's Hot Culinary Forecast.

CULINARY INSPIRATIONS:

- Latch onto the Hawaiian food trend with **açai bowls**: blend frozen açai puree with Roland® Coconut Milk and a ripe banana. Top with Roland® Quinoa that has been puffed and fresh berries.
- Try the very trendy **shakshuka**: poach eggs in a tomato sauce spiked with Roland® Harissa. Add Roland® Roasted Red Peppers for extra flavor and texture.
- Assemble an indulgent on-the-go breakfast: **granola parfait cups** featuring Roland™ Neutral Mousse Base, Roland® Steel-Cut Oats and Roland® Amarena Cherries in Syrup.



Clockwise from top left: Scrambled Eggs sprinkled with Za’atar, Cookie Butter Smoothie, Cornmeal Quinoa Pancakes, Quinoa Biscuit & Egg Sandwich. For more recipes featuring Roland® Products, visit www.rolandfood.com/recipes

CONCEPT SPOTLIGHT: OIL-SPIKED BREAKFASTS AND SNACKS

Flip open any fitness magazine and you will find articles on the health benefits of nut and seed oils. They are said to be filled with healthy fats, vitamins and Omega fatty acids of all kind. Their delicious flavor and color add a delightful spin on fast-selling breakfast and snack items such as ...

Cereal Bars featuring Roland® Steel Cut Oats, chopped Roland® Dried Cherries, and Roland® Hazelnut Oil.

Granola with Roland® Steel Cut Oats, Roland® Chocolate Galets, Roland® White Sesame Seeds and Roland® Walnut Oil.

Greek Yogurt topped with carrots rubbed with Roland® Harissa, swirled with Roland® Dukkah and Roland® Pumpkin Seed Oil. Top with Roland® Smoked Sea Salt.

Shakes and smoothies with banana, honey, Roland® Steel Cut Oats, yogurt and Roland® Coconut Oil.

UPCOMING EVENTS!

2016 STARCHIEFS
South Florida Rising Stars
April 13th, 2016
Marlins Park, Miami Florida

NRA SHOW 2016
May 21 - 24, 2016, BOOTH 8052
McCormick Place Convention
Center, Chicago

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