APRIL 2019 NEWSLETTER

NEXT MONTH'S HOLIDAYS & EVENTS time to start planning!

MAY 5 CINCO DE MAYO & FIRST DAY OF RAMADAN

MAY 12 MOTHER'S DAY

MAY 27 MEMORIAL DAY

ALL MONTH LONG

GRADUATIONS COMMUNIONS

ICON KEY:

EURÉ — IMPORTS a Sysco company

May is Celiac Disease Awareness Month, which makes this the perfect time to review the gluten free products available through European Imports. Whether gluten intolerant or gluten sensitive, no one wants to sacrifice flavor. Here are some full-flavor gluten free alternatives to some of those items that can be the most difficult to find.



For breakfast, we offer three different flavors of Gluten Free Sticky Fingers Scone Mixes: Original (1661760), Blueberry (1661754) and Lemon (1661740). These mixes are simple: just add water and bake! For a thaw-and-serve breakfast option, Flax4Life offers three varieties of Gluten Free Muffins—Blueberry (7030260), Carrot Raisin (7030249), or Chunky Chocolate Chip (7030250).

If you're looking for gluten free snack alternatives, I Heart Keenwah is an excellent place to start. They have both savory and sweet snacks—like Aged Cheddar Quinoa Puffs, Cranberry Cashew Quinoa Clusters, or Chocolate Quinoa Puffs — providing snack options for every part of the day.





Another snack option is Tutti Gourmet. From their Grape, Beet and Coriander Crackers (7041316) to their Pistachio, Cranberry & Anise Biscotti (7041348), they offer very unique flavors of crackers, bites and biscotti.

Pasta is a comfort food that can be difficult to find if you are seeking gluten free options. But we have a couple options to choose from! Banza Pasta offers two varieties—penne (4646533) and rotini (4646547) —that are made from chickpeas, so they offer two times the protein, four times the fiber, and nearly half the net carbs of typical pasta. For a quinoa-based pasta option, look to Andean Dream. They offer Spaghetti (7066050), Elbow (7070036), Penne (7071971), and Fusilli (7071994) varieties that are not only gluten free, but also organic, corn-free and vegan.

And last, but certainly not least, let's take a look at some dessert options. Pidy Gourmet has developed both neutral and sweet gluten free shells that do not sacrifice taste or functionality. Both varieties are made in 2 inch and 3.5 inch sizes, which means the options are numerous with these shells! Fill the sweet shells with your favorite mousse and top with your favorite decorations!



Taste it Presents has a decadent gluten-free Chocolate Cake (0616084) that will delight gluten-free and non-gluten-free customers alike! Unlike other flourless cake—which can be gritty or dry—this cake is delicately rich and bursting with a moist and creamy texture.



gredient & nutritional information that may be important to you. **ALL-NATURAL DAIRY FREE EGG-FREE GLUTEN FREE**

GRASS-FED

KOSHER LACTOSE FREE

NON-GMO

- **NUTS FREE**
- SOY FREE
- SUGAR FREE
- **TRANS FAT FREE**
- **USDA ORGANIC**

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VEGAN

UNDER THE DOME Jeff Babcock, Cheese Specialist

THE GOLDILOCK'S MANCHEGO

If we were to imagine the Goldilocks story for cheese and instead of her trying porridge, checking for cheese, it could be imagined this way:

The first cheese was too soft and mild, good for stuffing into chicken breast and roasting, a mild sweet flavor;

The second cheese was too aged, becoming a bit too brittle and dry, wonderful for a wine pairing and slivers shaved over her salad;

But the third cheese was just right, a golden paste with a balanced flavor and a texture, smooth and delightful, perfect for her palate!

So is the case with Manchego, Spain's most celebrated cheese. Everyone loves the cheese, but the age profile you most desire might be based on your own choosing. Our Manchego comes from a very special dairy, concentrating only on sheep's milk cheese, but most especially this Protected Designation of Origin (PDO) work of art.



Gran Valle de Montecelo has been made by three generations, holding a strong commitment to excellent quality, modernization and safety standards of the highest level. The PDO demands Manchego cheese be made from the milk from the Manchega sheep breed and only in the center of Spain, the region of La Mancha. The outer rind is embossed with the zigzag woven pattern, a tradition held over from the days when it was made in woven baskets made from local grasses. Once made, the curing process begins, and lasts as long as the age profile requires—sometimes as early as three months later for a partial curing, while other times as long as twelve months for a much more robust flavor.



Today we present the six month cured Manchego, the one right in the middle of the aging spectrum. The flavor has matured enough to be full, nutty and sweet, ever slightly piquant with nuances of grass and a rich minerality. The cheese has a texture still moist enough but

with a firmness that is quite pleasant.

It is ideal as a table cheese, paired with quince paste or honey, but it can be quite versatile for savory pairings— try it with cured olives and Marcona almonds.

7013262 MANCHEGO 6 MON — GRAN VALLE **2/6.6#** Stocked in IL, TX, VA and CA





WILD AND UNIQUE FOODS Tim Doyle, Meat & Game Specialist

THE ORIGINAL, AUTHENTIC CHORIZO



Palacios was founded in 1983 and exports its Spanish chorizo around the world. Only a few companies offer real Spanish sausages in the U.S. and none has a better reputa-

tion than Palacios. Palacios was one of the first authentic Spanish chorizo that was USDA approved. The company's origins can be traced back to a family butcher shop in La Rioja which set up business in 1960.

Don Jamie Palacios founded Embutidos Palacios, Inc. in 1983 and the company remains 100% family-owned today. Combining an old, secret family recipe with the most modern technology, Embutidos Palacios, Inc. is dedicated to specializing in and making top-grade Spanish chorizo. Embutidos Palacios, Inc. is based in the Rioja region, famous for its splendid wines and is nowadays the leader of the chorizo market in Spain.

When you taste chorizo for the first time you understand why it is a national obsession in Spain. All natural, dry-cured, Palacios chorizos come ready to slice and enjoy with your favorite cheese or a fine Spanish wine. Make an omelet, rice dish or stew extraordinary. The robust flavor and smoky-edge of chorizo gives a distinctive, Spanish flavor to whatever you prepare.

Palacios chorizos are cured with smoked paprika, salt and garlic, with no nitrates or nitrites added to the recipe. Their products are shelf-stable and ready-to-enjoy. Discover and enjoy this all-natural chorizo line with its incomparable taste that has been touted by the likes of the New York Times and Wine Spectator.

You may already be familiar with these Palacios items:

1439514	Mini Mild Chorizo Stocked in IL, TX and VA; Non-sto	16/6.5 oz ck in CA	
1937923	Hot Chorizo Stocked in IL. TX, VA and CA	14/7.5 oz	>
1920133	Mild Chorizo Stocked in IL. TX, VA and CA	14/7.5 oz	
1985561	Artisan Chorizo Stocked in IL and VA; Non-stock in	14/7.9 oz TX and CA	0
7022483	Sliced Hot Chorizo Stocked in IL and VA; Non-stock in	12/3.5 oz TX and CA	Ĵ
7022508	Sliced Mild Chorizo Stocked in IL and VA; Non-stock in	12/3.5 oz TX and CA	J

Below are some of the newest Palacios products:

7052217 IBERICO Stocked in IL and

X

IBERICO CHORIZO Stocked in IL and VA; Non-stock in TX and CA 14/7.05 oz

14/7.9 oz

Discover the taste and soft texture of 100% Iberico Chorizo. The delicious, all-natural pork sausage is seasoned with sweet smoked paprika and comes in a U-shape.

7052219 St

SALCHICHÓN Stocked in IL and VA; Non-stock in TX and CA

sausage that is made with

Salchichón is a Spanish summer sausage that is made with pork, spices and salt without paprika. Palacios Salchichón is ready-to-eat and fully air dried in Logroño, Spain. It comes in the same U-shape as the Chorizos and is perfect for pairing with your favorite cheese and beverage.

7061256 OF

ORGANIC CHORIZO

Stocked in IL and VA; Non-stock in TX and CA

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14/7.05 oz

100% Organic pork sausage is seasoned with sweet smoked paprika, just like other Palacios Chorizo products.

Just like the U-shape version, the Sliced Iberico Chorizo is made with 100% Iberico pork and starts with sweet smoked paprika as the base. Already sliced and ready to serve!



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SPECIALTY GROCERY Salima Ghariani, Grocery Specialist

HAVE AN OLIVE DAY!



Olives have been a part of the human diet for thousands of years. They are fantastically diverse and equally versatile, whether ground into spreads and tapenades, AND HOME CHEFS tossed into salads, simmered in stews and

sauces, plopped into martinis, or eaten straight out of hand. Their sweet, sour, salty, bitter and pungent flavors are singularly complex, making them an essential tool in any restaurant cook's arsenal.

Olive varieties get their distinctive qualities from their genetics, their region and climate, and how they were harvested and cured. Younger olives are green and tend to be firmer and crisper, while dark olives are more mature, boasting richer and more intense flavors with a tender bite. Ripe olives can vary in color-from purple to brown to black.

Cucina Viva focuses on introducing products of excellence to the U.S. market while respecting the origins, authenticity and quality of Italian food culture.

Varietal Olives



CASTELVETRANO ORIGIN: SICILY

The most beautiful bright spring-green olive, mild and sweet... we have yet to find anyone who doesn't fall in love with this olive. There's something about the color & shape that "pops" – whether it's in a martini or a bowl with orange zest, these olives will disappear and make converts of people who think they don't like olives.



The Taggiasca varietal is a delectable olive, petite with a large pit. It's harvested in the turning-color stage, known as tan, blond or pink. This is the same varietal as the Niçoise in southern France – cultivated in Italy, it has a character all its own with an almond flavor and firm bite.

6489953 LIGURIAN (WHOLE) Stocked in IL, TX and VA; Non-stock in CA

2/5 LB



CERIGNOLA ORIGIN: PUGLIA

The gentle giant of olives! The largest caliber olive with meaty fruit and a large pit. The greens and reds are earthy. Blacks – the darling of deli platters – are mild.

6552166

6415630

3192321

RED CERIGNOLA 2/5 LB Stocked in IL, TX, VA and CA BLACK CERIGNOLA 2/5 LB Stocked in IL, TX, VA and CA

GREEN CERIGNOLA 2/5 LB



GAETA ORIGIN: LAZIO

Stocked in IL, TX, VA and CA

The black pearl of Italian olives! Naturally ripened on the tree, Gaeta olives are purplish-black, with tender, velvety texture and tangy flavor with hints of smokiness. Revered for the quality of its oil, Gaeta olives are excellent for cooking, adding a distinctive olive fruit flavor.

Stocked in IL, TX and VA; Non-stock in CA

8070464

Inspired Olive Mixes

GAETA



1401381

PITTED ITALIAN OLIVES WITH OIL & SPICES 4/4.4 LB Stocked in IL, TX, VA and CA

2/5 LB

OX B

Pitted green Nocellara dell'Etna olives – buttery and mild, yet flavorful - and infused with Italian spices. Ready to use with loads of possibilities! Use in simple preparations or complex dishes like tagines and roasts. Include in starters, mains and side dishes.



4171775 PITTED OLIVE ANTIPASTO 1/4.4 LB Stocked in IL, TX, VA and CA

A ready-to-use mix of pitted green & black olives marinated with classic Italian spices. The blend of green and black olives offers both mild and bold flavors together. This mix is endlessly versatile and can be used across menu points through all dayparts.



SPECIALTY GROCERY, CONTINUED Salima Ghariani, Grocery Specialist

OLIVES & TAPENADES, CONTINUED



7032452 BORBONICA BLEND 2/5 LB Stocked in IL and VA; Non-stock in TX and CA



3375064 OLIVE TAPENADE 20/2.82 oz Stocked in IL, TX, VA and CA



A classic! This tapenade, made from olives and a blend of vegetables for a harmonious flavor and texture, is full-flavored and ideal for game and meat dishes.



3375146 **PESTO BASIL & PINE** NUT TAPENADE 20/2.82 oz Stocked in IL and VA; Non-stock in TX and CA

This exceptional Basil & Pine Nut Tapenade is made from PDO Italian ingredients, including Genovese basil and Grana Padano cheese. Delicious pretty much anywhere - on bread, as a sandwich spread, layered in dips, tossed into cold pasta dishes, basted over grilled fish or meat... so versatile, the options are limitless.



3375103 **OLIVE & HOT PEPPER** TAPENADE 20/2.82 oz Stocked in IL and VA; Non-stock in TX and CA

The spicy flavor of this tapenade enhances the taste of pasta, pizza, meat or fish. Perfect for seasoning tomato based sauces.

RECIPE RECOMMENDATION:

MOZZARELLA BRUSCHETTA WITH **OLIVE & HOT PEPPER TAPENADE**

INGREDIENTS

- 1 baguette, sliced ¼" thick (2698138)
- 8 oz mozzarella, cut into 24 slices (4643284)
- 1¹/₂ cups Olive & Hot Pepper Tapenade (3375103)

PREPARATION

Pre-heat broiler. Line a sheet pan with parchment paper. Arrange baguette slices on sheet pan, top with mozzarella slices. Place tray under broiler until mozzarella melts. Top with tapenade & serve.

A little something for everyone in this mix: sweet and mild pitted Castelvetrano olives, nutty and firm Lupini beans, and diced hot Calabrese peppers. Named in honor of the famous Bourbon Tunnel in Naples with an intriguing and magical history that's uniquely Italian.



7032555

Spicy Mediterranean Mix 2/5 lb Stocked in IL and VA; Non-stock in TX and CA



Mellow green olives and fruity natural black olives from Greece meet up with hot and spicy Calabrese peppers from Italy. It's a bold and boisterous mix that's the life of the party and the harmonious one that brings everyone together.



7032376

Agean Dry-Cured Black Olives W/ORANGE & CHILE 2/5 LB Stocked in IL and VA; Non-stock in TX and CA

Thassos varietal olives - grown on the island of the same name - ripen on the tree until they turn purple-black. Once harvested, they're naturally dry-cured in salt beds. These olives have a rich, salty, dark-fruit flavor with notes of licorice and a meltaway, velvety texture.

Tapenades



3375088

OLIVE & EGGPLANT TAPENADE 20/2.82 oz Stocked in IL and VA; Non-stock in TX and CA

A new way of enjoying olives with a mix of superb ingredients. Its slightly spicy flavor blends well with the recipes of Mediterranean cooking.







OLIVE & ARTICHOKE TAPENADE 20/2.82 oz Stocked in IL and VA; Non-stock in TX and CA

Good & tasty, ideal for livening up your table. Its delicate flavor is ideal for pasta, rice and white meat dishes.

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FOR THE PASTRY CHEF Girish Fatnani, Pastry Specialist

ONLY THE SWEETEST FOR MOTHER'S DAY





Impress with the best desserts this Mother's Day! From Valrhona, Life in Provence and Le Chic Patissier, you have a number of ready-to-serve options available to show the moms out there how much they mean.

VALRHONA BONBONS

Valrhona Bonbons are perfect for all of your special occasions, including Mother's Day. They are delicate, intense in flavor, and offer an exquisite appearance. Each variety is sold in a 2 kg case with approximately 180 bonbons in each (about 11 grams per bonbon). Choose one variety or combine all!

7064415 RASPBERRY DARK HEART Stocked in IL, TX, VA and CA

O X X X

Dark chocolate ganache with raspberry puree. Coated in dark chocolate and topped with a pink décor.

7064402

DARK MANJARI HEART Stocked in IL, TX, VA and CA

Dark chocolate ganache made from Grand Cru Manjari 64% and coated in dark chocolate.

7064407

VANILLA WHITE HEART Stocked in IL, TX, VA and CA

Vanilla ganache coated in white chocolate and decorated with dark chocolate.

7064558 PASSION MILK HEART

Stocked in IL, TX, VA and CA



Milk chocolate ganache with passion fruit puree coated in milk chocolate and topped with orange décor.

LIFE IN PROVENCE TRUFFLES

Each case of Life in Provence Assorted Chocolate Truffles contains six different flavors of all-natural, preservative-free truffles: Dark Chocolate Hazelnut, Dark Chocolate Passionfruit, Dark Chocolate Coconut, Milk Chocolate Dulce de Leche, Milk Chocolate Fleur de Sel, and White Chocolate Café Au Lait. These truffles ship frozen.

7931761 CHOCOLATE TRUFFLE ASSORTMENT 1/192 ст Stocked in IL, TX, VA and CA



LE CHIC PATTISIER HEART SHAPED MACARONS DUO

These heart shaped macarons are ideal for special occasions, like bridal showers, weddings or Mother's Day celebrations. Included in the carton is one tray of 35 pink macarons with creamy raspberry ganache filling and one tray of 35 white macarons with rich vanilla-strawberry ganache filling.

7027859

HEART MACARONS DUO 1/70 ст Stocked in IL, TX, VA and CA



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INDUSTRY TRENDS Retail & Foodservice

6 GROCERY TRENDS AT EXPO WEST

If you really want to know which product trends will dominate the consumer packaged goods (CPG) industry over the next year, let me tell you about my goody bag after having attended Natural Products Expo West in Anaheim, California last week. It contained:

- Salted caramel Reishi mushroom protein bars.
- Barbecue-flavored protein crisps.
- Tahini granola.
- Fruit roll-ups infused with cannabis.
- Pineapple-flavored coconut chips.
- Organic chickpea puffs.
- Chocolate chip cookies made with coconut sugar.
- Plant-based protein water.
- Dried jackfruit strips.
- And lots of foods and beverages loaded with "calming" ingredients

This year the event set new records, bringing together more than 3,600 exhibiting companies, including more than 600 first-time exhibitors, shaping the future of the CPG industry. "Every year at Expo West we foster the connection between emerging brands who are impacting the landscape and industry pioneers who have paved the way for decades," said Lacey Gautier, group show director at New Hope Network, the Boulder, Colorado-based organization that stages the show. "This event highlights the importance of community engagement and the role everyone plays to create a more sustainable packaged goods industry. With so much to celebrate in organic agriculture and ethical business practices, you can feel the energy throughout the campus."

This year, walking the vast trade show, six notable CPG trends stood out:

Plant-based: There's no doubt that vegan and plant-based products continue to dominate the focus of innovation in CPG. Companies showcased a broad assortment of meat, dairy and egg alternatives, but the plant-based trend has also accelerated in the frozen dessert, water, grab-and-go and fresh categories. For example, exhibitors gave samples of its meal kits, but none contained meat (all were vegan). Other companies that make grab-and-go salads for grocery and convenience stores also touted their meat-free meals. Samples of vegan "ice cream" and "gelato" were everywhere. Booths showcasing meat products overall were few and far between at Expo this year.

Protein: If you thought that the Keto diet trend was no different than the Atkins fad, think again. Companies are doubling down on both Keto and Paleo products, which feature foods and beverages heavy on the protein and low on the carbs. At Expo West, everything from sugar-free protein bars to low-carb granola, shake mix, meal kits and sweeteners made with monk fruit were promoted as being "Keto-" or "Paleo-friendly." Even veteran brands and private label suppliers are getting into the low-carb diet biz by launching protein bars and cauliflower rice products.

Coconut: It seemed as though every aisle at Expo West had foods or beverages with coconut in it. Coconut protein water, savory coconut crisps, coconut sugar breads, coconut salad dressing, coconut curry bars. If last year's Expo West was all about turmeric, this year's biggest ingredient trend seemed to be coconut.

CBD: I was expecting to see a lot of innovation in hemp and cannabidiol (CBD) products, and I was not disappointed. Industrial hemp was legalized in the recent Farm Bill, but CBD is not a federally approved additive for food and beverage. Still, many show booths displayed coffee and meal replacement bars infused with hemp or cannabidiol.

Digestive: Startups and veteran brands alike are convinced that digestive health is a significant trend in 2019. Food manufacturers and ingredient suppliers at Expo West showed off new products that go beyond having lots of fiber and probiotic ingredients. Beverages and foods containing prebiotics and fermented foods were ubiquitous. Kombucha is still a very hot beverage trend. Products containing Reishi mushroom claimed to have inflammation-fighting effects on the digestive system.

Calming: Perhaps the most surprising trend I saw was the number of beverages, foods and supplements designed to calm or reduce stress and anxiety. I'm talking about "calming" salad dressings containing chamomile, gummy supplements that calm nerves, coffee that is designed to reduce anxiety and not rev you up, and sleep-inducing sparkling water for bedtime.

GLUTEN FREE GRAIN ALTERNATIVES



COCINA COCINA SELECTA QUINOA

Quinoa is a seed-producing flowering plant grown as a grain crop. The seed has a number of benefits that make quinoa a perfect replacement for gluten free customers:

- 1. Quinoa is High in Fiber. It contains all three parts of the original grain—the bran, the germ and the endo-sperm—unlike refined grains that are stripped of the fiber- and nutrient-rich bran and germ and are only left with the endosperm. One cup of cooked quinoa has 5 grams of fiber.
- 2. Quinoa is a Complete Protein. Quinoa is unique among whole grains because it contains all nine essential amino acids, making it a complete protein. *One cup of cooked quinoa has 8 grams of protein.*
- 3. **Quinoa Delivers a Vitamin & Mineral Boost**. Quinoa is also rich in magnesium, phosphorus, manganese, zinc, iron, thiamine and folate.
- Quinoa is a Quick-Cooking Whole Grain. Unlike many other whole grains that can take 30 minutes or more to prepare, quinoa is relatively quick-cooking—it only takes about 15 minutes of simmering in boiling water.
- 5. **Quinoa is Versatile**. Though we typically think of quinoa as a savory food, it can also be used in sweet applications, so don't be afraid to experiment in the kitchen!

Cocina Selecta offers black, red and white varieties in both foodservice and retail pack sizes:

2830614	BLACK QUINOA Stocked in IL, TX, VA and CA	1/10 LB
2828495	BLACK QUINOA Stocked in IL and VA; Non-stock in	12/14 OZ
2830600	RED QUINOA Stocked in IL, TX and VA; Non-stoc	1/10 LB
2828505	RED QUINOA Stocked in IL, TX and VA; Non-stoc	12/14 OZ
2830543	WHITE QUINOA Stocked in IL, TX, VA and CA	1/10 LB
2828517	WHITE QUINOA Stocked in IL, TX and VA; Non-stoc	12/14 OZ ck in CA



CUCINA VIVA RICE & RISOTTO

Another appealing grain alternative for those who are gluten-free is rice. Although not quite as rich in nutrients, rice

AND HOME (HEFS still contains some of the same vitamins and minerals that are found in quinoa and is usually more easily accessible.

Arborio rice is an Italian short-grain rice that, when cooked, remains firm but has a creamy, chewy texture compared to other rice. Because of these characteristics, it is commonly used in risotto.



1431719ARBORIO RICE
Stocked in IL, TX, VA and CA1839259ARBORIO RICE
Stocked in IL, TX, VA and CA

12/17.6 oz 5/1 кg

Carnaroli rice is a medium-grain rice that can also be used to make risotto. It has a higher starch content, so it is firmer in texture and has a longer grain than Arborio.

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CARNAROLI RICE 12/17.6 oz Stocked in IL, TX, VA and CA CARNAROLI RICE 5/1 KG Stocked in IL, TX, VA and CA



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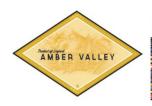
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Cucina Viva uses Carnaroli Rice in its four risottos, giving it that firmer texture and longer grains than some risottos. These mixes are quick-cooking and simple-tomake —with just water, olive oil, and 15 minutes, you'll create creamy risotto! All four come in cellophane bags that stand up on store shelves so they can show off the ingredients inside.

2156	ASPARAGUS RISOTTO	8/8.8 oz
87966	PORCINI RISOTTO	8/8.8 oz
6046	Stocked in ARTICHOKE RISOTTO Stocked in	8/8.8 oz
83437	BELL PEPPER RISOTTC Stocked in IL, TX and VA; Non-stock in CA	8/8.8 oz





European Imports, Inc. 600 E. Brook Dr. Arlington Hts., Illinois 60005



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Phone: 800.323.3464 Fax: 847-631-6001 Website: www.eiltd.com