

## APRIL 2020 NEWSLETTER

### THIS MONTH'S INDUSTRY EVENTS

ALL INDUSTRY EVENTS HAVE  
BEEN POSTPONED

### NEXT MONTH'S HOLIDAYS & EVENTS












*time to start planning!*

**MAY 5** CINCO DE MAYO  
**MAY 10** MOTHER'S DAY  
**MAY 21** ASCENSION DAY,  
NATIONAL WAITSTAFF DAY  
**MAY 23** RAMADAN ENDS,  
EID-AL-FITR BEGINS  
**MAY 24** EID-AL-FITR ENDS  
**MAY 25** MEMORIAL DAY

*all month long...*  
CELIAC DISEASE AWARENESS,  
GRADUATIONS, COMMUNIONS

#### ICON KEY:

Look for these icons throughout the newsletter for easy identification of ingredient & nutritional information that may be important to you.

-  **ALL-NATURAL**
-  **DAIRY FREE**
-  **EGG-FREE**
-  **GLUTEN FREE**
-  **KOSHER**
-  **LACTOSE FREE**
-  **LOW SODIUM**
-  **NON-GMO / NON-GMO VER.**
-  **NUTS FREE**
-  **SOY FREE**
-  **SUGAR FREE**
-  **TRANS FAT FREE**
-  **VEGAN**



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@EUROPEANIMPORTS

# EUROPEAN — IMPORTS — a Sysco company

## WORLD CHAMPIONSHIP CHEESES

We are ecstatic that so many of the high-quality cheeses we offer were recognized at this year's World Championship Cheese Contest:




### CHEDDAR—MILD; SHARP; AGED 1-2 YEARS

- |                                                                                   |                |                             |                   |
|-----------------------------------------------------------------------------------|----------------|-----------------------------|-------------------|
|  | <b>2275626</b> | Cabot Mild Cheddar          | <b>2/5 lb</b>     |
|  | <b>3265907</b> | Cabot Sharp Cheddar         | <b>1/10 lb</b>    |
|  | <b>0078018</b> | Cabot Sharp Cheddar Shipper | <b>50/0.75 oz</b> |
|  | <b>7279573</b> | Cabot Extra Sharp Cheddar   | <b>1/10 lb</b>    |




### COLBY

- |                                                                                   |                |                      |                |
|-----------------------------------------------------------------------------------|----------------|----------------------|----------------|
|  | <b>7049515</b> | Deer Creek The Robin | <b>1/12 lb</b> |
|-----------------------------------------------------------------------------------|----------------|----------------------|----------------|

### FRESH MOZZARELLA; FRESH BURRATA

- |                                                                                   |                |                                  |                |
|-----------------------------------------------------------------------------------|----------------|----------------------------------|----------------|
|  | <b>4643284</b> | Belgioioso Fresh Mozzarella Ball | <b>12/8 oz</b> |
|  | <b>5585175</b> | Belgioioso Burrata (1 x 8 oz)    | <b>6/8 oz</b>  |
|  | <b>1783305</b> | Belgioioso Burrata (2 x 4 oz)    | <b>6/8 oz</b>  |


### PARMESAN

- |                                                                                   |                |                             |                      |
|-----------------------------------------------------------------------------------|----------------|-----------------------------|----------------------|
|  | <b>1158807</b> | Belgioioso Parmesan (Wedge) | <b>14/7-12 oz RW</b> |
|  | <b>4174551</b> | Belgioioso Parmesan         | <b>1/12 lb</b>       |
|  | <b>2149912</b> | Belgioioso American Grana   | <b>1/18 lb</b>       |



### BLUE VEINED CHEESES

- |                                                                                    |                |                                 |               |
|------------------------------------------------------------------------------------|----------------|---------------------------------|---------------|
|  | <b>2076394</b> | Carr Valley Glacier Penta Crème | <b>1/6 lb</b> |
|------------------------------------------------------------------------------------|----------------|---------------------------------|---------------|



### BLUE VEINED CHEESES WITH EXTERIOR MOLDING

- |                                                                                     |                |                            |                 |
|-------------------------------------------------------------------------------------|----------------|----------------------------|-----------------|
|  | <b>7080379</b> | Champignon Cambozola Black | <b>1/4.4 lb</b> |
|-------------------------------------------------------------------------------------|----------------|----------------------------|-----------------|

### BRIE

- |                                                                                     |                |                           |                  |
|-------------------------------------------------------------------------------------|----------------|---------------------------|------------------|
|  | <b>7601438</b> | Ile de France Brie Bites  | <b>60/0.9 oz</b> |
|  | <b>3281040</b> | Ile de France Brie Slices | <b>6/12.3 oz</b> |

### OPEN CLASS: SOFT RIPENED CHEESES

- |                                                                                     |                                                                              |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
|  | Saint Andre: <b>7140064</b> Wheel (1/4 lb); <b>0594317</b> Cuts (1/4 lb RW); |
|  | <b>8596450</b> Mini (6/7 oz)                                                 |



### PEPPER FLAVORED MONTEREY JACK, HIGH HEAT

- |                                                                                     |                |                                |               |
|-------------------------------------------------------------------------------------|----------------|--------------------------------|---------------|
|  | <b>3645654</b> | Blaser's Habanero Ghost Pepper | <b>2/5 lb</b> |
|-------------------------------------------------------------------------------------|----------------|--------------------------------|---------------|




### PASTEURIZED PROCESS CHEESE SPREAD

- |                                                                                     |                |                        |               |
|-------------------------------------------------------------------------------------|----------------|------------------------|---------------|
|  | <b>2453151</b> | Alouette Crème de Brie | <b>6/5 oz</b> |
|-------------------------------------------------------------------------------------|----------------|------------------------|---------------|

### SURFACE (MOLD) RIPENED GOAT'S MILK CHEESES

- |                                                                                     |                |                                |                 |
|-------------------------------------------------------------------------------------|----------------|--------------------------------|-----------------|
|  | <b>7812286</b> | Vermont Creamery Coupole       | <b>6/6.5 oz</b> |
|  | <b>6852947</b> | Cypress Grove Bermuda Triangle | <b>2/1.5 lb</b> |




### SEMI-SOFT (SEMI-HARD) SHEEP'S MILK CHEESE

- |                                                                                     |                                                                                                                                                                                             |                     |                 |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------|
|  | <b>1683162</b>                                                                                                                                                                              | Carr Valley Marisa  | <b>1/10 lb</b>  |
|  | Feta Valbreso: <b>3719689</b> Small Pail (1/16 lb); <b>6270138</b> Large Pail (1/35 lb), <b>7462088</b> Loaves (2/4.5 lb), <b>3900941</b> Cuts (12/7 oz), <b>6546824</b> Mini Tin (8/21 oz) |                     |                 |
|  | <b>1846276</b>                                                                                                                                                                              | P'tit Basque Istara | <b>6/1.3 lb</b> |

### HARD SHEEP'S MILK CHEESE

- |                                                                                     |                |                            |                  |
|-------------------------------------------------------------------------------------|----------------|----------------------------|------------------|
|  | <b>8468355</b> | Cypress Grove Lamb Chopper | <b>1/8-11 lb</b> |
|-------------------------------------------------------------------------------------|----------------|----------------------------|------------------|

### SURFACE (MOLD) RIPENED MIXED MILK CHEESES

- |                                                                                     |                |                            |                  |
|-------------------------------------------------------------------------------------|----------------|----------------------------|------------------|
|  | <b>5736592</b> | Carr Valley Menage         | <b>1/10 lb</b>   |
|  | <b>1885215</b> | Carr Valley Menage         | <b>1/10 b RW</b> |
|  | <b>9901007</b> | LaClare Cave Aged Chandoka | <b>1/5 lb</b>    |

TOP 20  
OVERALL

# UNDER THE DOME

Jeff Babcock, Cheese Specialist

## A CHEESE DREAM

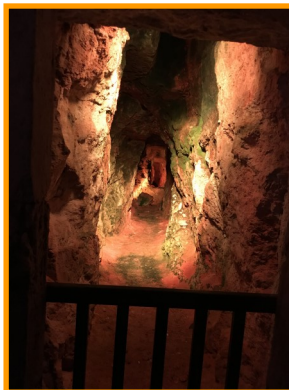


We drove from the coast at Montpellier, it was just at dusk, the air was fresh and you could sense the sea close at hand. The lands rose up in quick order, rocky plateaus and little vales asserted them-

selves, this was the way to Millau. Resting in the Gorges of Tarn and the plateaus of the Grand Causse, Millau was our gateway to the cheese of dreams, Roquefort. Not just a cheese; it is a legend, a piece of history, tradition and terroir rolled into one glorious cheese.

It was dark in the morning hours as we arrived on the farm, still blanketed with fog, the first part of what makes the legend, the very animals that provide the milk. Blessed and noble Lacaune sheep, these fine animals have been kept in these lands for thousands of years, adapting to the terrain and climate, producing the best yields of milk. The animals must be raised within the region of Aveyron and local communes, which is the surround of Roquefort-sur-Soulzon. The open pastures for grazing and the feed of the animals is also protected, a distinction to meet the requirement of the first legally protected cheese, as well as insure the quality and terroir within the raw milk.

Through the morning mists we made our way to the ancient town, Roquefort. Looking from the base of the town, the sun touched the town above on the rising cliffs, still shrouded in bits of shadow and waves of mysterious clouds below. It was here that the final product arrived, prepared and cleaned for cutting and voyages around the world in a grand facility. Not long after, we ascended the heights, where the entrance to the caves was found, Soci t  des Caves de Roquefort.



It is within these caves the cheese begins its maturation, the wheels exposed to the open air. They are prehistoric caves, hold constant temperature and humidity, circulate air through ancient fissures called fleurines. Legends says a young shepherd left his curds here while chasing love, only to return some time later and discover mold had covered it. The taste was extraordinary and so it has been replicated ever since and perfected over centuries. The molds of the caves were isolated and are called *Penicillium roqueforti*, which is one of many distinctions of this cheese.

The whole process is a bit of magic, an iconic cheese, the pride of France. In the world of blue cheese it is unique and bears a bit of gravitas, but you must taste it. It is everything it should be and more: caves, mold and minerality, sheep and lanolic fattiness, salty, tangy, bleu with a fermentation that screams to you from the caves! Often paired with sweet wine, it has a place with many pairings.



**9902764** ROQUEFORT HALVES  
*Stocked in IL, TX, VA and CA*

**2/3 LB.**

**7275233** ROQUEFORT WEDGES  
*Stocked in IL, TX and VA; Non-stock in CA*

**10/3.5 oz.**





# WILD AND UNIQUE FOODS

Tim Doyle, Meat & Game Specialist

## ITALIAN CHARCUTERIE SINCE 1960



The history of **Golfer** began in the early 1960's when the factory was founded in the small old village of Lavezzola, in the Emilia-Romagna region. This wonderful area is known for its rich gastronomy and is home to the most famous Italian charcuterie.

In the 1970's, Golfer began producing and selling salami in addition to mortardella. This new range of products found its finest expression in 1989 with the introduction of Golfetta, the first salami made with Prosciutto di Parma meat only.

Golfetta was inspired by a butcher from Ferrara, Italy. He wanted to make a premium salame starting with high quality pig such as Duroc and Large White. He presented his idea to Golfer, who in turn developed the product and named it "Golfetta," meaning "a slice of Golfer" because of its distinctive large slice. Today, Golfetta is the number one salame sold in Italy over the deli counter.

High-quality salami starts with high-quality pigs. Golfetta is made with only the leg meat, which is very lean. That's why Golfetta only has 11% fat and is a perfect balance between fat and meat. The meat, both the lean and fatty parts, is ground and spiced with aromatic herbs. After the spicing process, Golfetta is stuffed into a natural white cotton casing and shaped like a prosciutto crudo, tied and hung. Golfetta stays in a curing cell for about 45 days.



**7108676** GOLFETTA ITALIAN SALAME **1/7 LB.**  
Stocked in IL, TX, VA and CA

For a more traditional salami, made with the finest quality pork meat, try Golfer's Nostrano Salami. The name "Nostrano" means "our own" in Italian. The salami is produced using the homemade method, filled in natural casings and hand tied. Mild and sweet in flavor, Nostrano is a very unique tasting salami.



**7108786** NOSTRANO SALAME **1/2 LB.**  
Stocked in IL, TX, VA and CA

Golfer had a vision "to fit traditional charcuterie into modern healthy eating habits."

Today, Golfer is a brand associated with high quality and unique product specialties with a great taste, good nutritional values and innovative packaging.



# SPECIALTY GROCERY

*Salima Ghariani, Grocery Specialist*

## TWININGS PLATINUM LARGE LEAF DISCOVERY COLLECTION

A LETTER FROM STEPHEN TWINING

# TWININGS

Imagine being able to have a cup of tea, made from very high-quality loose-leaf tea in the convenience of a tea bag! Now you can.

Imagine being able to offer this exclusive collection to your customers, knowing that they cannot go down to their nearest supermarket and buy them there. This range is exclusively sold to our Food Service customers.

Being a very high-end range, they cost a bit more. Quality always does! This means that you can charge a premium over regular teas, which will certainly increase your profitability, and we know from existing customers that guests are happy to pay for a great cup of tea.

I am often told that loose leaf tea makes a better cup than tea bags. Without going into all the reasons why, it is easier just to say, it can. We like to equate tea as being very similar to wine. You can have two vineyards next to each other where the terroir is basically the same, yet they produce, from the same grape variety, a very different drink. The reason is very simple. On one of the vineyards is a high experienced and skillful wine maker and the other, a wine maker who is just setting out in their career. The same rules apply to tea growing and production. So, yes, a great loose-leaf tea will have more subtlety and complexity than a good tea bag tea.

We have 9 Master Blenders at **Twinings**. These men and women each have at least fifteen years' experience as a tea taster. At Twinings, we do things a little differently. Unlike other tea brands, each Master Blender oversees sourcing teas from a specific country. By specializing in one region, they know the people who are the skilled tea growers, so they can source the best teas. They have long relationships with these producers, so they are often offered the pick of the crop before other companies. This gives Twinings access to the world's greatest teas.

By visiting over 1,100 tea gardens and tasting as many as 700 cups of tea a day, our Master Blenders work to en-

sure our customers get the same great taste each time they make a cup of Twinings tea. They source different teas, which when mixed in the right proportions, will not only recreate the exact same taste as before, but the color in the cup will be the same, and the mouthfeel, too! It is certainly a great skill, if not an art form.



We all know that tea bags or sachets are much more convenient than loose leaf tea. Once brewed they are easily removed from your cup, mug or pot, and disposed of without any fuss. Incidentally, the sachets we use for the Platinum Large Leaf range were designed just for it.

First, these sachets must be bigger. If we put these large leaf teas in a regular bag and add hot water, the leaves will swell and rip a regular bag apart.

Second, the sachets must hold more tea. Take the Golden Tipped English Breakfast for example. This is 2.5 grams of fabulous 2nd Flush Assam tea. 1st & 2nd Flush teas are the best of the year which gives a rich, malty flavor, with a hint of honey tones. All natural. We have not added anything. It is the character of a great Assam tea. Our regular tea bags contain 2 grams of tea, but we want the Platinum Large Leaf Discovery range to be exceptional, so we have increased the bag contents.

Third, the material of the sachet, despite its silk-like appearance, is made from corn starch!

Finally, the string on these sachets is a bit longer than normal, as these bags are designed to make a good-sized mugful or potful. So, to avoid the tag disappearing into your mug, we extended the string.

This collection also includes three delicious Green teas. Two of these have fabulous fruits added: the Mango & Ginger and Summer Berry varieties. The Green teas are all Sencha teas, which means they have been steamed. Steaming tea produces a soft and gentle taste which reaches out across your palette. The Pure Sencha has a

# SPECIALTY GROCERY, CONTINUED

## Salima Ghariani, Grocery Specialist

### TWININGS PLATINUM LARGE LEAF DISCOVERY COLLECTION, CONTINUED

slight sweetness to it, which I find both delicious and refreshing. Please remember not to use boiling water on Green teas as it will make them go bitter. Water at around 180° Fahrenheit is ideal.

Rounding out this collection, we have our four fantastic Infusions, or “Herbal Teas” as they’re called in the United States. I call them “Infusions,” as they contain no Camellia Sinensis, which is the actual tea that makes both the Green and Black teas. Infusions are blends of fruits and herbs and are naturally caffeine free.

Take our Medley of Mint for example. In the trade, the size of the leaf we are using is called “Rough Cut.” To most people “rough” has a negative connotation, but not to our Master Blender. Every time you cut the Mint leaves a little finer, you lose more of the volatile oils, otherwise known as the flavor. So, by cutting them less, our Mint blend gives a richer, more minty flavor.

There are also subtle differences with the Budding Meadow Camomile. If you pick the flowers of the Camomile plant, and put it in a bag, you could certainly call it pure Camomile if you haven’t added anything else. However, if the plant has been grown in the right conditions and you dispose of the white flower petals, then you get a much smoother, richer taste, which will be free of the bitter tones that the petals give. We only use the very centre of the flower, to make the most delicious Camomile that I have ever tasted.

I believe that my great, 10 times over, Grandfather, Thomas Twining, would be just as proud of this fantastic range of teas, as all of us at Twinings are today. By the way, it was Thomas who set the family off down the road of fine quality teas back in 1706. He also gave us our philosophy. Thomas wanted to gain a reputation for doing one thing really well, namely sourcing and blending fine quality teas. We still work to uphold his vision today.

Many thanks for taking the time to read this. We want to help you sell more great tea.

*Stephen Twining*



**4020428** **1 / 100 CT**  
Golden Tipped English Breakfast Tea  
*Stocked in IL, TX and VA; Non-stock in CA*  
Golden tipped Assam, for a strong and bold depth of flavor and a rounded body.



**7091870** **1 / 100 CT**  
Exotic Mango & Ginger Green Tea  
*Stocked in IL, TX and VA; Non-stock in CA*  
Master Blenders pair mango with pieces of oriental ginger, over a base of green tea.



**4093136** **1 / 100 CT**  
Pure Sencha Green Tea  
*Stocked in IL, TX, VA and CA*  
The fresh and pure flavor of steamed large-leaf green tea, made from gently steamed large leaves of Chinese green tea.



**7121075** **1 / 100 CT**  
Summer Berry Green Tea  
*Stocked in IL, TX, VA and CA*  
Mellow green tea, combined with sweet, juicy berry flavors and finished with marigold and cornflower petals.



**7121070** **1 / 100 CT**  
Golden Caramel Rooibos  
*Stocked in IL, TX, VA and CA*  
Caffeine-free, rich Rooibos with a hint of sweet, caramel flavor.



**7121045** **1 / 100 CT**  
Berry Blush Infusion  
*Stocked in IL, TX, VA and CA*  
Rosehip and hibiscus with bright notes of blueberry, raspberry and blackcurrant.



**7121068** **1 / 100 CT**  
Budding Meadow Camomile  
*Stocked in IL, TX, VA and CA*  
Rich, mellow camomile with naturally sweet notes. The best camomile evokes the essence of a summer meadow.



**7091871** **1 / 100 CT**  
Medley of Mint  
*Stocked in IL, TX and VA; Non-stock in CA*  
The perfect blend of spearmint and peppermint for a refreshing, uplifting taste.



# FOR THE PASTRY CHEF

## Cat Carp Wall, Pastry Specialist

### YOUR BAKING ALLY



For more than a century, **Nielsen-Massey Vanillas** has been the leading expert in premium,

specialty vanillas. The company's sustainably-sourced vanilla products use beans grown from a trusted network of farmers and suppliers in Madagascar, Mexico, Indonesia, Tahiti and Uganda. Today, they are the only company to offer five single-origin pure vanilla extracts.

The third-generation family-owned company is best known for their commitment to quality. Every bean is hand-inspected prior to embarking on a proprietary, slow, cold extraction process to guarantee the richest tasting pure vanilla products. In total, the process takes three to five weeks to create pure vanilla extracts and preserves more than 300 unique flavor compounds.

Nielsen-Massey's commitment to quality is only matched by its support for the people and communities that supply its ingredients. To that end, they provide a variety of certifications for their vanillas and flavors that showcase the evolving social and environmental footprint of the company.

Most products are Non-GMO Project Verified, Certified Gluten Free and Kosher Certified. USDA Organic and Fair Trade Approved options are available for select products. Additionally, Nielsen-Massey is a member of two key trade organizations that are dedicated to promoting sustainable vanilla practices: Sustainable Food Trade Association and Sustainable Vanilla Initiative.

Nielsen-Massey guarantees excellent customer care by striving to meet and exceed customer expectations on every level. The company offers foodservice professionals premium pure vanilla extracts, flavors, pastes, beans, powder and sugar in a variety of sizes. From executive chefs to baristas, all can enjoy the highest quality vanillas and fine flavorings. Available in convenient, cost-effective quantities, the company makes it easy to incorporate only the best into today's menus. Whether using vanilla products for crème brûlée, lobster with vanilla sauce, classic ice cream or an amuse bouche, Nielsen-Massey brings inspiration to food service professionals worldwide.



**5478946**

MADAGASCAR BOURBON PURE VANILLA BEAN PASTE

**1/32 oz**

Stocked in IL, TX, VA and CA

Nielsen-Massey Madagascar Bourbon Pure Vanilla Bean Paste is crafted from the company's famous Madagascar Bourbon Pure Vanilla Extract, along with real bean specks from the vanilla pod. The paste's thick consistency allows you to add delicious vanilla flavor without thinning out batters or sauces while adding the visual flair of vanilla bean specks.



**7012878**

PURE VANILLA BEAN PASTE

**1/32oz**

Stocked in IL, TX, VA and CA

Nielsen-Massey Pure Vanilla Bean Paste is made using the company's Pure Vanilla Extract. The flavor profile is a classic, rich vanilla taste, with the addition of real bean specks from the vanilla pod, providing enticing visual flair for crème brûlée and ice cream.





# INDUSTRY TRENDS

## *Retail & Foodservice*

## EMERGING TRENDS IN THE NATURAL AND SPECIALTY MARKETPLACE

Organic cactus water, lupini bean hummus and kelp jerky are among thousands of new concepts exhibitors planned to launch at Natural Products Expo West.

The event, which was scheduled for March 3-7 in Anaheim, was cancelled due to concerns related to coronavirus (COVID-19). More than 85,000 attendees were expected to gather to view the latest innovations in the natural and specialty marketplace from 3,600 exhibiting companies, including many startups and small businesses.

Prior to the event — and its cancellation — a number of brands offered a glimpse of the products they had planned to showcase and sample. Food Business News compiled a list of trends to watch in the year ahead based on the expected Expo West debuts.

Functional beverages and snacks infused with cannabidiol or adaptogens such as mushrooms and herbs are generating buzz. Products and packaging positioned around sustainability — think chocolate bars made with milk from grass-fed cows or compostable tea bags — were set to debut. Regenerative agriculture and upcycled ingredients are gaining traction in new product development.

While a number of exhibitors at Expo West planned to unveil plant-based alternatives to meat, dairy and egg products, several brands are taking a blended approach. Think sausages made of a blend of chicken or pork with vegetables, allowing people to enjoy the real, clean meat they crave while reducing overall consumption.

### EGG-CENTRIC INNOVATION

The egg has shed its unsavory (and, as it turns out, unscientific) reputation as a contributor to high cholesterol and symbolizes freshness and wholesomeness in new products positioned as convenient and low in carbohydrates. Concepts that were expected to be featured at Expo West include tortilla-style wraps, snack puffs and crisps formulated with eggs or egg whites as the primary ingredient.

### SEEDS IN THE SPOTLIGHT

Seeds are a standout in plant-based product development. Sunflower burgers, sesame butters and hemp seed tortilla chips are among new offerings.

A few of the seed-based innovations include:

- A soy-free tofu alternative made only with organic pumpkin seeds and water
- An organic milk made of chia seeds
- Popped lotus seeds, a popular Indian snack emerging as an alternative to popcorn
- Buckwheat and Tigernut

### BEAUTY BENEFITS

Linked to skin and joint health, collagen is a rising star in the supplement and sports nutrition categories. More packaged snacks and beverages are featuring the functional ingredient, from yogurt and marshmallows to pancake mix and coffee creamer.

### A SOURCE OF SWEETNESS

As consumers increasingly seek natural sources of sweetness, dates are rising to the occasion as a nutritious, lower-glycemic substitute for cane or beet sugar. Dates are used to sweeten smoothies, nutrition bars, beverages, meat snacks and frozen desserts.

Another sweetener gaining attention in the natural products marketplace is allulose, a rare sugar. Compared to table sugar, allulose has fewer calories than table sugar, produces only negligible increases in blood glucose or insulin levels and does not promote dental decay, according to the Food and Drug Administration. Cereal and a dairy-free gelato are among the products to use allulose.

### NO PROOF NEEDED

Alternatives to alcohol remain on trend as the so-called “sober-curious” movement gathers steam, particularly among younger generations. Many beverages in this category may capture the essence of classic cocktails and spirits without the booze.

Discerning drinkers also may choose booze with functional benefits. One such example is a fermented juice that contains 4.9% alcohol by volume with probiotics and ingredients such as reishi, lion’s mane, valerian root and dandelion.

Source: [Food Business News](#)



# GLUTEN FREE GRAIN ALTERNATIVES

May is Celiac Disease Awareness Month, which makes this the perfect time to review the gluten free products available through European Imports. From quinoa and rice to gluten free pasta options, here are some full-flavor options.

## 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 consumers:

1. **High in Fiber.** Quinoa contains all three parts of the original grain—the bran, the germ and the endosperm—unlike refined grains that are stripped of the bran and germ and are only left with the endosperm. One cup of cooked quinoa has 5 grams of fiber.
2. **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. **Vitamin & Mineral Boost.** Quinoa is rich in magnesium, phosphorus, manganese, zinc, iron, thiamine & folate.
4. **Quick-Cooking.** 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:



<b>2830614</b>	<b>Black Quinoa</b> <i>Stocked in IL, TX, VA and CA</i>	<b>1/10 lb.</b>
<b>2828495</b>	<b>Black Quinoa</b> <i>Stocked in IL and VA; Non-stock in TX and CA</i>	<b>12/14 oz.</b>
<b>2830600</b>	<b>Red Quinoa</b> <i>Stocked in IL, TX and VA; Non-stock in CA</i>	<b>1/10 lb.</b>
<b>2828505</b>	<b>Red Quinoa</b> <i>Stocked in IL, TX and VA; Non-stock in CA</i>	<b>12/14 oz.</b>
<b>2830543</b>	<b>White Quinoa</b> <i>Stocked in IL, TX, VA and CA</i>	<b>1/10 lb.</b>
<b>2828517</b>	<b>White Quinoa</b> <i>Stocked in IL, TX and VA; Non-stock in CA</i>	<b>12/14 oz.</b>

## CUCINA VIVA RICE & RISOTTO

Another appealing grain alternative for those who are gluten-free is rice. Although not quite as rich in nutrients, rice still contains some of the same vitamins and minerals that are found in quinoa and is usually more 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.



*The items below are stocked in IL, TX, VA and CA*

<b>1431719</b>	Arborio Rice	<b>12/17.6 oz.</b>
<b>1839259</b>	Arborio Rice	<b>5/1 kg.</b>

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.



*The items below are stocked in IL, TX, VA and CA*

<b>0308062</b>	Carnaroli Rice	<b>12/17.6 oz.</b>
<b>1839246</b>	Carnaroli Rice	<b>5/1 kg.</b>

Cucina Viva uses Carnaroli Rice in its four risottos, giving it that firmer texture and longer grains than some risottos.



*The items below are stocked in IL, TX and VA; non-stock in CA*

<b>8102156</b>	Asparagus Risotto	<b>8/8.8 oz.</b>
<b>8037966</b>	Porcini Risotto	<b>8/8.8 oz.</b>
<b>1896046</b>	Artichoke Risotto	<b>8/8.8 oz.</b>
<b>1733437</b>	Bell Pepper Risotto	<b>8/8.8 oz.</b>

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 gluten free, organic, corn-free and vegan.

