



Baldor

SPRING  
SUMMER  
2017

Baldor Specialty Foods®  
Bronx, New York

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New York (718) 860 - 9100  
Boston (617) 889 - 0047  
DC (443) 737 - 3400

[info@baldorfood.com](mailto:info@baldorfood.com)

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[www.baldorfood.com](http://www.baldorfood.com)

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Published by Baldor Specialty Foods®  
Editor | Cecilia Estreich  
Design + Photography | SOGA Design Collective  
Contributors | Suzanne Abaza, Emily Balducci

Conceived in the Bronx.  
Printed in Manhattan.



# HEALTHY Never Tasted So Good

With a mouthwatering desire for bold, cutting-edge flavors, now is the time to freshen up your salad with our nutritious Avocados From Mexico!

Our fresh versatile fruit have naturally good fats and are nutrient dense to top your plate off with a healthy punch. It's an easy way to enliven and customize your signature dishes all year long.

  
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IN SEASON

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# VACATION!


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We're not saying that we did a travel issue because things at home have been a touch insane lately. But, we're not *not* saying that either...

Although a vacation sounds good right about now, we really wrote this issue to remind ourselves that we're part of something much bigger than our own cities, states or country. Travel certainly isn't limited to vacation, and so many of our colleagues undertook significant journeys to work in the US as farmers, warehouse workers, and, of course, chefs. More than ever, we need to support these travelers who make up so much of the American food system. Without them, we'd be done for.

In the following pages, we'll take you on a tour of foreign cities from the perspective of the industry insiders who know them best. We'll also introduce you to heavy-hitting, expatriate chefs who have made irreplaceable contributions to America's food scene. Finally, we'll explore international ingredients that may revolutionize the way you cook. Whether you're actively trying to get the hell out of Dodge or just considering a five day trip, it's always good to remember that there's a whole world out there.





pop quiz:

# International Dining

While writing this issue, we gathered enough culinary factoids to make lively cocktail party conversation for 24 straight hours. Did you know that Portugal has some of the world's best wild asparagus? We also learned that Escamoles is a popular Mexican dish of ant eggs sautéed in butter. The Vietnamese consider a shot of rice wine mixed with snake blood to be a restorative tonic. But, no matter how strange someone else's dining traditions may seem, we found that many of the world's most bizarre foods originated right here at home.

1.

**Which city has the most Michelin Stars?**

- a. Madrid
- b. Tokyo
- c. Hong Kong
- d. Paris
- e. New York
- f. Barcelona

2.

**Which of these foods originated in The New World?**

- a. Watermelon
- b. Okra
- c. Sugarcane
- d. Zucchini
- e. Sorghum



### 3.

#### Circle the fake:

- a. Jellied Moose Nose:  
Canadian hunters will often boil down this collagen-rich cut with onion and spices and let it set into a jelly. It's not for the faint of heart. But, hey, at least they're not wasting anything.
- b. Casu Marzu:  
This Sardinian delicacy is made from Pecorino that has been partially digested by the larvae of cheese flies.
- c. Serenity Salad:  
This mixture of orange Jell-O, Miracle Whip, Marshmallow Fluff, red grapes and cocktail olives is still popular at family gatherings throughout the American South. It is typically set in a ring mold and garnished with curly parsley and sometimes even shrimp.
- d. Shiokara:  
This is a Japanese dish made of various marine animals like squid that have been fermented in their own viscera. Nothing more to say here.
- e. Faroese Puffin:  
The puffin is a culinary specialty of the Faroe Islands and is often stuffed with sweet cake dough, raisins and spices, before being boiled or roasted.

### 4.

#### Match the table manner in the left column with the country where it is customary:

Don't ever use your knife to cut a potato!  
It implies that you think it is undercooked

GERMANY

Don't say cheers or clink glasses with beers

THAILAND

Do keep your hands on the table at all times

CHINA

Do leave a small amount of food on your plate to show that your host gave you more than enough to eat.

FRANCE

Don't eat from your fork.  
Use it only to push food onto your spoon.

HUNGARY

### 5.


#### According to the Guinness Book of World Records, where is the world's oldest restaurant located?

- a. Salzburg, Austria
- b. Beijing, China
- c. Paris, France
- d. Newport, Rhode Island
- e. Madrid, Spain
- f. New York, New York

### 6.

#### Circle the international delicacy that is not illegal in the United States

- a. Beluga Caviar
- b. Horse Meat
- c. "Kinder Surprise" Chocolate Eggs
- d. Hawaiian Papaya
- e. Haggis

A woman wearing a black wide-brimmed hat and a long black coat stands with her back to the camera in a narrow, sunlit street. The street is flanked by old stone buildings with balconies. A sign on the left wall reads "MILAGROS". To the right, a dark door has a white sign that says "TANCAT PER VACANCES", "CERRADO POR VACACIONES", and "CLOSED FOR HOLIDAYS". The scene is bathed in bright sunlight, creating long shadows on the pavement.

# ROAM, IF YOU WANT TO

Journy  
wants to plan  
your dream vacation...

Our friends at Journy run a digital concierge service that designs custom travel itineraries for cities all over the world. To receive a day's worth of cool, insider-y activities for your next trip, you just fill out a questionnaire, throw down \$25, and Journy will do the rest.

If you're skeptical, let us assure you that these recommendations are legit. Journy founders Leiti Hsu and Susan Ho are two of the most connected people we know. We're not sure how they find time to sleep between all the travel, events, and restaurant openings. When they started the company, they recruited in-the-know friends around the world to act as consulting travel experts. This group includes NYC-based hospitality insider Joe Campanale and Travel Channel TV Producer Kiran Malhotra.

Check out a sample itinerary and read on to learn more about planning your next trip!

B  
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A



# DAY 1

## Breakfast at the Elegant Hotel Praktik Bakery

Hotel Praktik Bakery is the world's first hotel-bakery. Luckily, you don't need to stay at this boutique hotel to enjoy their freshly-baked bread. Located at the entrance of the hotel, this is the perfect place to grab fresh croissants and bocadillos for breakfast in a cozy atmosphere.

## Lunch at El Niño Viejo

You may be wondering why we're recommending Mexican food to you while you're in Spain. One bite of Paco's Al Pastor tacos and you'll understand. Part of Albert Adria's "Culinary Amusement Park," El Niño Viejo is a casual taqueria located in the entranceway of Hoja Santa, a fine-dining Mexican restaurant that earned its first star this year.

**T I P :** Come with a group and order the "pluma" pork tenderloin tacos, which come in an order of 6.



## G&Ts at Xixbar Gins & Cocktails

XIX is probably Barcelona's best gin & tonic bar. Here, you'll find more than 80 types of G&Ts with mixtures using cinnamon, mint, cucumber, ginger, berries, and so much more. Come for aperitifs or pre-dancing drinks.

## Dinner at Espai Kru

The words "modern" and "fresh" seem insufficient for Espai Kru, yet this cutting-edge seafood restaurant lives by an ancient philosophy. They're taking it back to the days before fire by showcasing the best raw catches from the Mediterranean and Pacific. Despite the minimalist vibe, the atmosphere is laid back and friendly, and the menu reflects that same imaginative-yet-approachable vibe. The menu is a la carte, so order away and enjoy Michelin-starred ceviche, lobster salads, and more.



## Visit Montjuïc Castle

Built on top of Montjuïc Hill, this castle is a military fortress that dates back to 1640. While there's not much to see inside, the view of the city is fantastic. To get there, take the subway to Parallel and grab the cable car up to Montjuïc Castle. You can also do the 30-40 minute picturesque walk.

**T I P :** The cable car stops running at 7PM. Just buy a single ticket if you plan to come back later.

## Explore Casa Mila

The roof on Antonio Gaudi's last civil work is a must-see. You can buy your tickets online in advance for a specific visit time or purchase a premium ticket and show up whenever you like.

**T I P :** If you're interested in seeing Casa Mila in a different light, visit in the evening to enjoy a glass of cava and watch a light show projection over the famous rooftop. Be sure to book ahead, though. Tickets are about \$36





## Explore Mercado de La Boqueria

Prepare for an explosion of vibrant color as you enter this center for the freshest produce, meat, and fish. Browse incredible displays of delicacies from Catalonia and all over the world. Ferran Adria himself said, "La Boqueria is a gastronomic temple". Be sure to find the poultry vendor located along the left outer wall of the market when you are facing in from the entrance.

**F U N F A C T :** You'll notice that the fishmongers here are all women. Traditionally, the men catch the fish, and the women sell the catch.

**T I P :** Be sure to visit in the morning between 9AM and 10AM. Post 10AM, the tourists flock in and it gets hard to move around.

### Coffee at Pinotxo Bar

Pinotxo is a tiny all-day stall in the Mercado de la Boqueria serving first-rate Basque-style tapas and breakfast pastries. Stop by in the morning and order the Xuixo, an amazing, custard-filled pastry dusted with sugar. Other musts here are the rabbit ribs, cockles, and garbanzo beans with morcilla. Wash it all down with a Catalan cava.

**T I P :** There aren't many seats, so expect to wait at peak lunch and dinner times.

### Snack at El Quim De La Boqueria

Dining inside Barcelona's famous La Boqueria market is a must and El Quim is the best place to do it. The bar is super small and takes no reservations, so it may be tough to find an empty seat. If you do, you'll find mussels marinara, baby squid with runny eggs, grilled sardines, and foie gras with eggs.

### Visit Guell Palace

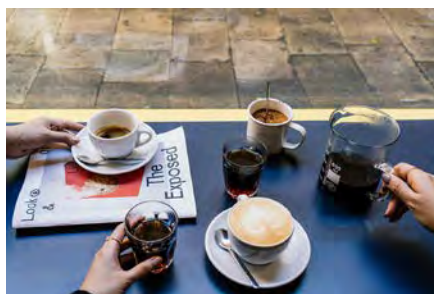
The Palau Guell was once home to Count Guell, a wealthy patron who commissioned Gaudi to design this residence.

Gaudi created the palace as a metaphor for Guell's journey from poverty to riches: the building's austere ground floor rises to a magnificent roof with 20 sculptural chimneys. Designated a UNESCO World Heritage site, this Gaudi work has only recently been reopened to the public. Entrance is 12 Euro and you can buy tickets in advance online.

### Coffee at Satan's Coffee Corner

Featuring beans from Right Side Coffee, local roasters just outside central Barcelona, Satan's Coffee offers expertly prepared espressos, flat whites, pour-overs, AeroPresses, cold brews, and more. There's also a seasonally-driven breakfast and lunch menu, all served in a cozy intimate environment.

# DAY 2



## Visit the Picasso Museum

Unlike the Picasso museum in Paris, the Barcelona Picasso Museum features his earlier work and allows you to see his evolution as an artist. This museum is quick and easy to walk through - a must-visit for any Picasso or art fan.

**T I P :** Buy tickets online to skip the lines.

## Lunch at Vila Viniteca

Founded in 1932, Vila Viniteca is a big deal wine distributor in Europe and beyond. At this wine shop, you'll find over 4,500 bottles of Spanish wines, sherrys, and cavas. But, it's not just about the grapes at this family-owned venue. Food writer and culinary genius Matt Goulding recommends their charcuterie and cheese tastings, and claims "they carry the best of both in the city."

**T I P :** Vila Viniteca is also Matt's top choice for buying Spanish products to bring home.

## Dinner at La Champaneria

Founded in 1969, Can Paixano has established itself as a premier producer and distributor of Cava and sparkling wines. Head to the wine shop to sample crazy-affordable bubbly (just 1 Euro a glass) and eat jamón sandwiches at La Xampanyeria, the in-house tapas joint. The store also sells traditional cured meats, fine canned goods, and cheeses.

# DAY 2 (CONT'D)







Journy is the modern concierge travel planning service. We use tech and expert human curation to design your perfect trip. Connect one on one with a concierge and receive a personalized travel plan for your next trip with the best dining, sights, and activities recommended by top chefs, local experts, and influencers – all tailored to your unique travel tastes.

 **journy**

[www.gojourny.com](http://www.gojourny.com)

# YES

An aerial night photograph of a city, likely Cairo, showing a large roundabout with multiple lanes of traffic. The city is illuminated by streetlights and building lights, creating a warm, golden glow against the dark sky. The architecture is a mix of modern and older buildings.

We caught up with hospitality veterans in two of the world's most intriguing food cities to get the scoop on where to eat, what to do, and what life's like for a chef in their hometown.

# CHEF

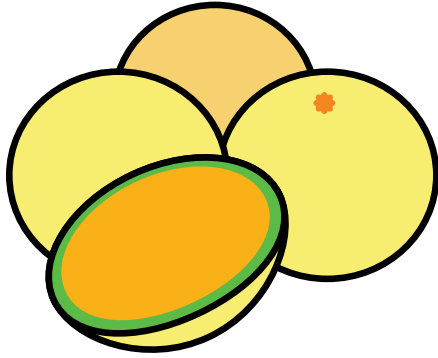
An aerial night photograph of Cairo, Egypt. The city is illuminated with warm yellow and orange lights from buildings and street lamps. A prominent mosque minaret is visible on the left side. The sky is a deep purple and blue, suggesting dusk or dawn. The word "Cairo" is written in a large, white, serif font across the center of the image.

# Cairo

Egypt is a country with a unique climate and fertile soil that is perfect for growing plump tomatoes, potatoes, herbs, wheat and more. It is influenced by the Gulf with its wide variety of spices and meat preparation techniques, and influenced by the Mediterranean with its Greek and Italian twists, citrus and dairy use. Its location allows for both rich rain production and a vibrant variety of fish life.

Ask any Egyptian what their favorite restaurant is in Cairo and they're likely to send you to an Italian restaurant or Lebanese restaurant. Outside of street food and family meals, classic Egyptian cuisine has taken a backseat in the culinary scene in Egypt for some time. Now, a new wave of chefs seeks to change that by elevating Egyptian classics into fine-dining favorites.

# Mirette Aly



## CULINARY DIRECTOR, LEMON TREE

Mirette Aly is a Cairo-based culinary director, chef, and restaurateur. She is the heart and soul behind the original Lemon Tree & Co, Telal's Beach Bar by The Lemon Tree & Co, Marassi's The Lemon Tree & Co, and Zamalek's Beetroot, which she owns with her husband, Ahmed Hanafi. The menus are constantly changing and Mirette is constantly innovating. But, perhaps the factor that keeps The Lemon Tree & Co on top is Aly's attention to her Egyptian kitchen staff. Aly trains her staff and chefs in the creation of each menu item in the Lemon Tree's classroom. It's that passion and attention to detail that continues to drive Mirette Aly to carve her place in Cairo's culinary scene.

### THE BEST PLACE TO SOURCE FRUITS AND VEGETABLES IN CAIRO:

Small local farms! There is a great deal of emerging local farms growing in Egypt and around Cairo that produce great quality products. There is also a trend adapted by young farming entrepreneurs: hydroponic farming. I see that the future is bright when it comes to sourcing healthy, local and seasonal fruits and vegetables.

### TRENDING INGREDIENTS:

Yes. Truffles are starting to dramatically rise at some of Cairo's restaurants as well as Black Cod. Nevertheless, with the summer approaching, it's going to be all about watermelon and mango season for all Egyptians.

### THE BIGGEST CHALLENGE OF BEING A CHEF IN CAIRO:

The biggest challenge is finding people who are passionate about cooking to form your kitchen family, a family that works very long hard hours to reflect the belief and vision of your dishes. With passion comes dedication and with dedication comes consistency, which is the ultimate goal in my opinion.

### THE DISH THAT DEFINES CAIRO:

I think Cairo is best described to have a very flavorful and upbeat palate, more than it being one dish. Fresh ingredients, variety of spices and flavors define Cairo food.

# DINING IN CAIRO

Mirette's list of can't miss classics and restaurants on Cairo's cutting edge

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## MODERN FINE DINING

### Zitouni

Upscale restaurant serving traditional Egyptian fare located in the Four Seasons. Get the lamb, we promise.

### The Lemon Tree + Co

European inspired classics with a Middle Eastern twist. Enjoy your meal on the Nile surrounded by an indoor garden of fresh herbs.

### The Grill

Oven-baked bone marrow is a must. InterContinental is home to some of Cairo's best restaurants, but The Grill's selection of classic Egyptian grilled meats makes it a favorite.

## CAIRO CLASSICS

### Abu Tarek

A go-to fast casual spot to pick up koshary - a dish of rice, noodles, spices and fried onions topped with a spicy tomato sauce.

### Mohamed Moustafa Ashour Fouf

A stall where you can pick up the Cairo breakfast of champions - fowl. Fowl is a blend of cooked fava beans, vegetable oil, cumin, onions, parsley and spices.

### Abu Haider

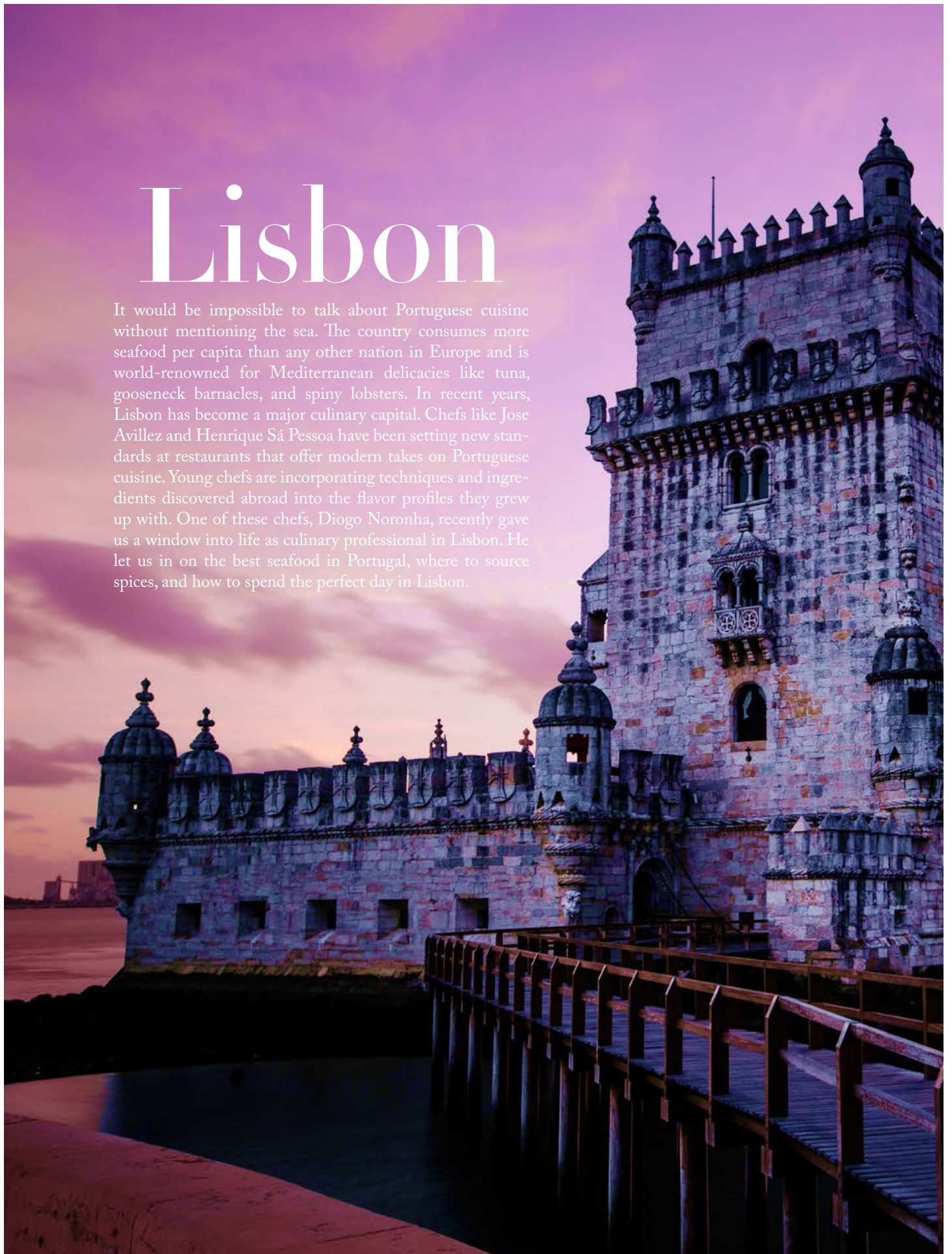
A Cairo favorite for an Egyptian classic: shwarma. Shwarma is mixed meat grilled on a spit for up to a day. It is served with pita bread and pickles.

## WHERE THEY GET THE GOODS

As a chef in most neighborhoods in Cairo, it's easy to step outside your door and grab produce from a local stand. As Mirette Aly mentioned, hydroponic farming is on the rise, and there are many young entrepreneurs developing ways to grow food in the city. For bigger hauls, chefs head to El Obour Market. El Obour Market is the largest wholesale market in Cairo (their very own Hunts Point!) Located outside of Cairo, it is home to hundreds of stalls selling everything from potatoes to snails. The best part is there are no set prices - chefs can negotiate and pick up just what they need for usually unbeatable prices compared to Cairo produce stands.

# Lisbon

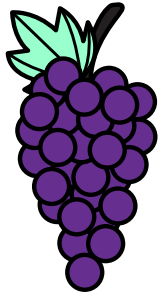
It would be impossible to talk about Portuguese cuisine without mentioning the sea. The country consumes more seafood per capita than any other nation in Europe and is world-renowned for Mediterranean delicacies like tuna, gooseneck barnacles, and spiny lobsters. In recent years, Lisbon has become a major culinary capital. Chefs like Jose Avillez and Henrique Sá Pessoa have been setting new standards at restaurants that offer modern takes on Portuguese cuisine. Young chefs are incorporating techniques and ingredients discovered abroad into the flavor profiles they grew up with. One of these chefs, Diogo Noronha, recently gave us a window into life as culinary professional in Lisbon. He let us in on the best seafood in Portugal, where to source spices, and how to spend the perfect day in Lisbon.



# Diogo Noronha

EXECUTIVE CHEF, SOON-TO-OPEN  
RESTAURANT WITH MULTIFOOD GROUP

Noronha began his career as part of Thomas Keller's team at Per Se. He returned to his home city of Lisbon in 2013 to open Pedro e o Lobo, an elegant-yet-casual restaurant serving modern takes on traditional Portuguese recipes. Later, he went on to open his own restaurant called Casa de Pasto. Today, he's preparing to open a new group of restaurants backed by the Portuguese hospitality group, Multifood.



You worked in NYC for a bit. Is there anything different about sourcing/ordering ingredients in Lisbon?

I think that the relationships you build with people are pretty much the same. We require big understanding of our needs and we have to be in tune with the same quality standards. Good communication is also very important. But, the scale, logistics and operations are very different.

What's the best thing about working as a chef in Lisbon?

The best thing is that I'm working in the city where I was born, with the ingredients I grew up with, pushing forward a healthy Atlantic/Mediterranean diet and pushing forward the restaurant scene with new concepts that reflect our cultural traditions.

Are there any springtime items coming into season that you're looking forward to?

I love the changing of the seasons. Nowadays, it's a bit sad to see that the climate changes are messing up the seasons, specifically when you work with some local small farms. With the small farmers, I love to see everything come to life with the different seasons. The arugulas, mustard leaves, new potatoes, radishes, zucchini, tomatoes are all amazing. Later on, I look forward to all the fruits, wild asparagus, wild mushrooms and so on.

## DIOGO'S PERFECT DAY IN LISBON

### MORNING

You can start with a simple breakfast at one of the amazing view points in the city. The Miradouro of Santa Catarina is one option or the Senhora do Monte on the side of the castle. I normally drink a nice, freshly-squeezed orange juice and some local bread toasted with the amazing butter from the Azores Islands.

### LUNCH

You can move on to the sparkling wines and seafood, the most popular place to do that is a seafood restaurant called Ramiro. It is very busy and full of tourists but still offers fresh seafood.

### AFTERNOON

After lunch, take a nice long walk along the river and visit one of the museums. Right now, there's a very nice exhibition in the Gulbenkian Museum from one of my favorite Portuguese modernist artists, called José de Almada Negreiros. You can also take the train along the coast and get out at one of the towns and stay for the afternoon enjoying the sun and the beach.

### EVENING

For dinner, I suggest something more related to fine dining. Restaurants like Alma from the Chef Henrique Sá Pessoa, Feitoria run by Chef João Rodrigues or Belcanto from the Chef José Avillez are all great choices.

## COOK LIKE A LOCAL

### THE BEST SEAFOOD

The seafood in the Azores Islands is world-renowned and includes creatures that are not found anywhere else on the planet, like locust lobsters. This crustacean, though not a "true" lobster, is tender, briny and delicious.

### THE BEST PLACE FOR SPICES

Diogo recommends the largely immigrant community of Martim Moniz for interesting, high-quality spices.

### THE BEST FARMER'S MARKET

According to Diogo, the Saturday farmer's market in the Príncipe Real neighborhood is among the best in the city. From 9am to 3pm, vendors gather to sell organic produce, local olive oil, preserves and freshly baked bread. It's located in beautiful Principe Park, which is worth a stroll around after visiting the market.

If you had to pick one dish that channels the soul of your city, what would it be?

There are a couple of dishes that channel the soul of the city, depending on the perspective. If you go towards the river and the ocean, you have the clams, razor clams, oysters, cod cakes, octopus, fresh fish on the charcoal and all kinds of rice dishes with seafood. There are also the steaks with new potatoes and vegetables, the Iberian pork, and all sorts of chorizos and cured meats and cheeses--always with great wines from the regions surrounding Lisbon.

Tell us about the restaurants that you're about to open!

I'm about to open the first restaurant of three projects. This one is focused on the sea representing some of the best fish and seafood that Portugal has to offer with a more fine dining experience. It's very seasonal and we are working hard to be more and more sustainable with all of them. The second and third are still under development, but one of them is more focused on a plant-based menu and the other one is going towards the pairing of food with cocktails.

# IMPORTED GOODS

It's no secret that our food industry has always relied on immigrant creativity, innovation and hard work. Today, many of the country's brightest culinary stars are American by choice, not birth. Their influence can be felt everywhere from the recent poke craze to the austere Scandinavian flavors that have dominated fine-dining for nearly a decade. Some of them arrived after years of hard-work with the intention of building new lives. Others planned short stays and the months somehow stretched into decades. In the words of Israeli chef Einat Admony, "as we plan, God is laughing."

For this article, we spoke with four NYC-based chefs to hear more about their experiences and understand our food scene from their perspectives.



# LUCKY BEE | MATTY BENNETT

MATTY BENNETT  
CHEF & CO-OWNER, THE LUCKY BEE  
NATIVE TO ENGLAND  
NEW YORKER SINCE 2011

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Matty Bennett co-owns The Lucky Bee with his husband Rupert Noffs. Before relocating to America, Bennett spent time at Longrain, an upscale Thai restaurant with locations in Melbourne and Sydney. In 2011, the couple arrived in NYC and Bennett landed a position at The Fat Radish. He later opened The Leadbelly for the group and served as head chef. The Lucky Bee opened in late 2015 to much critical acclaim; Eater ranked it number one on its Heat Map and Vogue pronounced it an instant favorite.

[luckybeenyc.com](http://luckybeenyc.com)





**When and where did you start your career as a chef?**

I first studied to be a chef when I left school in the UK. I was seventeen. I went to college for three years, graduated and got a job at the local Italian restaurant. That's where I really learnt the basics of the restaurant industry and being a chef. I then flew to Australia with Rupert (my husband and co-owner of The Lucky Bee) after we met in the UK, and started working at Australia's leading modern Thai restaurant, Longrain. I became sous chef there and was asked to be head chef, but we decided to leave for the Big Apple in 2011, where I was asked to join the team at The Fat Radish as sous chef.

**How has your training and culture influenced your cooking style?**

I learnt my knowledge in college, the basics at my first job at the Italian restaurant in Manchester, my Asian cuisine training at Longrain and American comfort food at Fat Radish.

**How did you decide to come to New York? What was your first job here?**

Rupert was working in fashion. He started a sneaker label and had to move from Sydney to New York. So, I left Longrain after a five year stint and I called up the boys at The Fat Radish. They immediately offered me the position as sous chef. So, I was very fortunate to have that lined up before we even got to NYC.

**What was the thing that surprised you most about working as a chef in New York when you first started cooking here?**

The hours are long, the pay is low and most of the time you're working in a hot, sweaty basement. But, that's what people need to realize: it's not just about the money, it is that you're practicing your craft. The contacts and relationships you're building in NYC are worth more than your paycheck.

**What do you think about the culinary scene in New York today? Has it changed at all since you first arrived here?**

I know for a fact that everyone is over "farm to table" restaurants: that term is so overused. When I arrived in 2011, it was still very hot and people are just over that now. Guests want an experience, not just to eat something and then pay and leave. They want the whole dining-out experience to be an assault on all senses. Asian cuisine is still just taking off; there are only a handful of great Asian restaurants in New York. The best are out of Manhattan. New Yorkers are really still getting their palates around spice and spicy food.

**Is there any food that you get homesick for that you can't get here?**

My mum's Shepard's Pie.

**What restaurant in NYC do you always recommend when people visit here?**

**SriPraPhai** has fantastic, authentic Thai food. It's a good train ride out of the city, but so worth it. We love **Gradisca** for Italian; it has the most unbelievable, house-made pasta by the owner's mother. The lasagna is the best I've ever had. It's also super cozy and the servers treat you like la famiglia.

**Spicy Village** for big trays of proper Szechuan chicken.

**Cafe Katja** for schnitzel, pretzels and beer.

**Russ & Daughters Cafe**, for cured, smoked fish -- don't miss out on herring season, caviar and delicious craft cocktails.

All of the images in the following pages were composed from items ordered from Baldor by the featured chef.

Lucky Bee Items:  
ORANGES / RED PEPPERS / RAW HONEY, CATSKILL PROVISIONS / MIXED PANSIES / LIMES / LEMONS

# BALABOOSTA | EINAT ADMONY



**EINAT ADMONY**  
**CHEF & OWNER, BALABOOSTA, BAR BOLONAT & THE TAÏM RESTAURANTS**  
**NATIVE TO ISRAEL**  
**NEW YORKER SINCE 2005**

Einat's life has been an adventure. After growing up outside Tel Aviv, she secured illicit rations for her kitchen as a cook in the Israeli Army, walked away from college after two months, and traipsed around Germany as a gypsy. Then, she packed up her life to move to New York and worked at "a million venerable kitchens around the city."

Inspired by the street food of her native Tel Aviv, she opened the falafel joint Taïm (tay'eem) in Manhattan's West Village in 2005. In 2010, she launched Balaboosta. Her most recent venture is Bar Bolonat, a West Village eatery focused on modern Israeli cuisine. In addition to her growing restaurant empire, Einat also authored *Balaboosta: Bold Mediterranean Recipes to Feed the People You Love*. She's currently preparing to open her next project, a couscous bar that focuses on North African Jewish recipes.

**When and where did you start your career as a chef?**

I started my career as a chef in Israel, after cruising around Europe for a bit. My first job was at a fine dining restaurant in Tel Aviv called Keren.

**How did you decide to come to New York? What was your first job here?**

I decided to come to NYC for a stage, get the experience and leave. But, as I always say, "as we plan, God is laughing." I ended up getting a job at Bolo and I never left New York.

**Has living and working in New York changed the way you cook?**

Yes, I have to work with the seasons so I am more sensitive to what is seasonal. In Israel everything is in season.

**What was the thing that surprised you most about working as a chef in New York when you first started cooking here?**

The volume and the endless ingredients you can get.

**What do you think about culinary scene in New York today? Has it changed at all since you first arrived here?**

Absolutely! Much more competition. Everyone wants to open a restaurant. At the same time, the customer is much more exposed to different food, thus much more interested in food. Rent, of course, is much higher!

Balaboosta Items:  
**WHITE EGGPLANT / ITALIAN EGGPLANT**  
**ROSEMARY / BROCCOLI RABE / CELERY**  
**PINK PEPPERCORNS / LEMONS**

**Is there any food that you get homesick for that you can't get here?**

Yes, real Moroccan couscous and other North African Jewish dishes, which is why I decided that, if I couldn't get this kind of food in NYC, it was time to make it myself. I am currently working on opening a couscous bar called Kish-Kash. I will serve all the North African Jewish dishes that I miss so much. I have a feeling New Yorkers are going to love it.

**What restaurant do you always recommend to people who visit your hometown?**

Santa Katarina, North Abraxis, and Beta Café

**What restaurant in NYC do you always recommend when people visit here?**

Uncle Boon's  
Mr. Taka  
Llama Inn  
Hudson Hound



# DAVID'S | DAVID MALBEQUI



**DAVID MALBEQUI**  
**CHEF & OWNER, DAVID'S CAFE**  
**NATIVE TO FRANCE**  
**NEW YORKER SINCE 1999**

At the age of 15, David started an apprenticeship in the kitchen at La Toque Blanche. Upon completion, he spent several years honing his skills at every station from pâtissier to grillardin at many of France's best restaurants, including Château de Lalande and Michel Guérard's three Michelin-starred Les Prés d'Eugénie.

At 23, Daniel Boulud offered Malbequi a position at his critically acclaimed eponymous restaurant in New York. This move jump-started a career that has brought him into Manhattan's finest kitchens. After Daniel, he spent five years with the BLT Group and served as banquet chef for the Standard Hotel's Boom Boom Room, before opening La Silhouette, Prima, and Rotisserie Georgette.

In 2015, David decided to strike out on his own, and opened David's Café in partnership with Daniel Rivera. Inspired by his wife Emily, Malbequi has applied his French technique to a decidedly American flavor palette. The result is a menu filled with dishes that are sophisticated, yet approachable.



**When and where did you start your career as a chef?**

My aunt exposed me to her love of food early on; professionally I began my career at the appropriate age (for France that is) of 15 in South France with Jean Luc Rabanel.

**How has your training and culture influenced your cooking style?**

I have been fortunate enough to have cooked and enjoyed most every cuisine. However, I really like Cuisine Bourgeoise, the 'Sharing Cuisine'.

**Is New York the first place you lived abroad? If not, where did you go first?**

No, I initially lived and worked London, and then onto Switzerland, before settling in New York.

**How did you decide to come to New York? What was your first job here?**

Marche à L'ombre! An old French movie based around two best friends venturing to Times Square. My best friend Christoph Latour set out on an adventure; he was working front of house at Le Bernardin and I was working the Garde Manger station at Restaurant Daniel. Somewhere in our 100+ hour work weeks we found time to take our Times Square photo, needless to say.

**Has living and working in New York changed the way you cook?**

Yes, I can hop on my Vespa and shop at Kalustyan's, Eataly, Sunrise Market, the USQ greenmarket in minutes! Because of the different ethnicities in NYC, you can find products from everywhere in the world and New Yorkers are more adventurous in food.

**What was the thing that surprised you most about working as a chef in New York when you first started cooking here?**

How many covers we were doing in one service and how the service was (oh, the hours).

**What do you think about culinary scene in New York today? Has it changed at all since you first arrived here?**

I think that New York has been, and remains, the capital of food in the world. I think that the culinary scene is the same as fashion—always new, but it always comes back. I am inspired by food and culture during my travels, but everything seems just as prevalent here in New York.

**Is there any food that you get homesick for that you can't get here?**

Yes. Reblochon (the real deal French stuff you can't find here unless a friend smuggles in a piece for you).

**What restaurant do you always recommend to people who visit your hometown?**

L'Assiette in Paris. There are plenty more recommendations, however a stop at L'Assiette to see David Rathgeber is a must

**What restaurant in NYC do you always recommend when people visit here?**

Upland and Uncle Boons. Look for me. Who knows, you may see me dining at the bar late night.

David's Café Items:

ENDIVE / MAITAKE MUSHROOMS / SHALLOTS / KAFFIR LIME LEAVES / CARROTS / PORK CHOP / THYME / BABY GREEN KALE





POUR VOTRE SANTÉ, BU  
**Léberg**  
EAU MINÉRALE DE SOURCE

FIRST AMERICAN CHOKING WET  
THE PEACOCK BARBERS  
2

HAPPY  
BURGER

# IL BUCO | ROGER MARTINEZ



**ROGER MARTINEZ**  
**EXECUTIVE CHEF, IL BUCO**  
**NATIVE TO SPAIN**  
**NEW YORKER SINCE 2012**

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Roger Martinez attended in La Escuela Hosteleria de Girona at age 14, where he apprenticed under Joan Roca. During his five years of study, Roger staged at the acclaimed El Celler de Can Roca. After school, he worked in several distinctive Barcelona restaurants before joining Ferran Adria at Talaia Mar. He also spent considerable time working directly with Adria at El Bulli.

In October of 2005, Roger opened La Mifanera in Barcelona with his wife Marta. After seven years of running the restaurant, the couple embarked on a new chapter when Roger accepted an offer to work under Chef David Bouley at his NYC-based restaurant and test kitchen. Roger connected with Il Buco owner Donna Lennard over their shared culinary sensibility and took the helm at her flagship restaurant on Bond Street in 2014.



**When and where did you start your career as a chef?**

I grew up cooking a lot and began formally cooking in restaurants in 2001 under Carles Abellan. Carles and I worked together at Talaia Mar, Ferran Adria's second restaurant in Barcelona, where I became the chef de cuisine. Simultaneously, I was working with Ferran at El Bulli in Rosas. Carles opened his own restaurant, Comerv 24, and I joined him there for over three years. I then decided to open my own restaurant with my wife called La Mifanera, where we specialized in rice from around the world. All of these amazing experiences prepared me for a life cooking in New York.

**How has your training and culture influenced your cooking style?**

Joan Roca was my teacher for five years. He introduced me to the El Bulli world, where I was able to cook in so many different types of restaurants. From these experiences, I developed a cooking style that is all about flavors and influences, pulling from my native Spain, as well as Greece, Uruguay, Portugal, Mexico, France, and even Japan. I have always been inspired by my Spanish roots, and try to bring that perspective to my menus - paprika, cured tuna belly, and Idiazabal cheese are some of my favorite ingredients.

**How did you decide to come to New York? What was your first job here?**

After running our restaurant in Barcelona for seven years, my wife and I decided it was time to make a big change. Thanks to Ferran Adria, I had met David Bouley ten years prior. I heard that he was looking for a chef to prepare a

Spanish-style dinner for his wedding in France and I got the job.

When I first met David, he captivated me with his knowledge and his passion for food and life. I told myself that, if one day I closed my restaurant, I would work for him. David has an incredible level of culinary knowledge; he is one of the most talented chefs I have ever met.

I worked with Bouley for a few years before being introduced to Donna Lennard and Il Buco, where I knew I could further define my cooking style.

**Has living and working in New York changed the way you cook?**

Totally. The flavors are very different - I go for more spice, less salt, big flavors, and incorporate influences of the world.

**What do you think about culinary scene in New York today? Has it changed at all since you first arrived here?**

The culinary scene in NYC is so thrilling. Every day is different: I get to try new things and have to stay up-to-date on what everyone around me is working on. There's an expectation for restaurants in NYC to work with natural, organic and top quality ingredients. One of the most important things is to work with and support companies like Baldor that supply so many carefully sourced ingredients. I love working with local purveyors and visiting the Greenmarket. Having the ability to get top quality products to create the restaurant's' culinary vision is so important.

**Is there any food that you get homesick for that you can't get here?**

I miss the Catalan dry sausages from my native region known as Fuet the most. It's a very typical sausage - almost like a jerk sausage. I grew up eating it as a snack after school with bread. To me, it is home.

**What restaurant do you always recommend to people who visit your hometown?**

My favorite restaurants in Barcelona are Tapas24, Tickets, Xunka, Quimet & Quimet, Pinocho, and Abac.

**What restaurant in NYC do you always recommend when people visit here?**

It's hard to narrow down from so many wonderful options. But, other than Il Buco, I love Bouley, La Vara, Le Bernardin, Nobu, and Marc Forgione.

**What is one thing that chefs in New York could learn from Spain?**

In Spain, we treat our land - which gives us so many essential foods - with a lot of respect. I have seen the perspective of New York chefs evolve, but there is always room for more growth!

Il Buco Items :  
KUMQUAT / SPANISH OCTOPUS / DILL / PEE-WEE POTATOES / SEA SALT



# WORLD TOUR



Explore some of the world's best ingredients without ever leaving home!



# Italy

## Tartuflanghe Pesto Powder

Tartuflanghe may be the first company in the world to create a pesto shortcut that actually smells and tastes like pesto. The Milanese based truffle company only uses Genovese basil, DOP Pecorino Sardo and Italian pignoli to yield such tasty results. Simply reconstitute it with olive oil and dollop on a plate of warmed pasta moistened with its own cooking water. You can also dust finished dishes with the powder for a light hint of pesto flavor. Use this excellent condiment to enhance caprese salad, pizzas, fish courses, mozzarellas and burratas.

## Colatura di Alici

Chefs who use umami-packed colatura di alici on their short ribs will never reveal their secret. Think of this little-known condiment as an Italian version of Thai Fish Sauce. Colatura di alici is produced according to an ancient recipe that originated on the Amalfi Coast. Producers pack fresh anchovies down with sea salt in chestnut wood barrels for five months. As the fish ferment, they produce a liquid run-off that is bottled and sold as colatura. Considered less pungent than Asian fish sauce, colatura adds a jolt of flavor to rice, potatoes, seafood, sautéed greens and, yes – even roasted meats.

## Le 5 Stagioni

Fresh pasta and pizza dough are only as good as the flour you use and master bakers know that Le Stagioni is the flour of choice. The brand has been Italy's leading pizza and pasta flour for decades and now America is catching on. The Le Stagioni line includes a range of flours refined to make perfect fresh pasta and any type of pizza. Created by Agugiaro and Figna Mills back in 1985, Le Stagioni has dominated the pizza/pasta flour market since the early 1980's.

# France

## Brie du Pommier

Firmly rooted in the Norman cheese making tradition, Brie du Pommier represents the most authentic-tasting examples of classic French brie available today in the US. The milk is sourced from herds of the classic Normande breed in the heart of Normandy. Famous for their milk quality, this traditional breed produces rich, grassy milk that is exceptionally high in proteins. After the milk is gently pasteurized, a complex blend of cultures is added to jumpstart fermentation.

Brie du Pommier has a bloomy mold rind and smooth, buttery paste. Its rich, mushroom-y flavor emphasizes grassy, lactic notes as well. Full-flavored to be sure, Brie du Pommier develops even more complex aromas and a smooth texture as it matures.

# Spain

## Ortiz Boquerones

Ethereally light and delicate, these net-caught white anchovy fillets from Spain's coastline are the perfect prelude to any meal. After the fish are filleted, they're marinated in Spanish white wine vinegar and packed in a traditional bath of garlic, parsley and extra virgin olive oil. Even anchovy-haters may appreciate Boquerones for their light, mild flavor. Drape them on warmed slices of crusty peasant bread with a side of silky roasted peppers.

## Pons Vinegars

When you open these soft, bittersweet vinegars from Pons in Catalonia, Spain, you're in for a big surprise. Inhale their gentle whiff of winery tartness and you'll find that the aroma wafts up without gripping your throat. You may even lean in to pick up hints of grape, berry, and woody notes from Pons's aging casks. Today's salads are composed of such exciting, lively leaves and eclectic ingredients; dress them delicately with a Pons vinaigrette to keep their integrity intact.

## Gullo Tenderized Octopus

We're quite excited about the wild-caught, Spanish octopus from Gullo Specialty Foods. This sushi-grade product is tenderized in sea salt and ice water and then "tumbled" to break down tough muscles. The process yields perfectly tender meat that is often called "flower octopus" because the body inverts just like a flower.

These fresh octopi are cooked and flash frozen, so they are ready to go right out of the package. The legs are fully cooked. Simply thaw and serve or marinate and grill. Finish off with a light lemon/olive oil/herb dressing, maybe with a pinch of crushed red pepper. No more guesswork when cooking octopus, boiling with corks and all that nonsense. Tenderized Spanish Gullo Octopus is the solution.

# Japan

## Yuzu Juice

This Japanese citrus fruit produces a lovely juice that has an ideal sweet/tart balance. Yuzu juice is a flavor combination of grapefruit and lime with a touch of sweet mandarin. It is also commonly used as a seasoning or as an ingredient in dressings and marinades.



## Kewpie Mayo

Kewpie is the most popular mayonnaise of Japan. First made in 1925 and sold in glass jars, it has a richer flavor, deep yellow color and creamier texture than anything you are used to. Kewpie is made with rice vinegar instead of distilled vinegar, which complements Japanese cuisine better and also contains a little flavor boost from MSG. Squirt some onto any number of dipping sauces to up the umami. If you blend it with Sriracha sauce, you'll have the kicker condiment used in spicy sushi. Kewpie Mayo blends beautifully with wasabi, miso, soy sauce, rice wine vinegar, garlic, ginger and karas, the Japanese hot mustard.





# Spring & Summer Produce from A to Z

Guys, it's finally almost here. As we write this, a New Jersey farmer is unloading the first local asparagus into our warehouse and stone fruit will be here before we know it. If you've still got root vegetables on your mind, allow us to help you snap out of it. Our alphabetized list has everything you need to know about the best the upcoming season has to offer. We love citrus and chicories, but we're ready for some decent tomatoes in our lives.

# A-B

## Agretti

- June to August

Agretti is a salty heirloom green that originated in the Mediterranean Basin. Although it is often compared to samphire (AKA sea beans), its flavor is earthier in a way that some people describe as closer to spinach. Its name means “little sour one” in Italian and it can have a pleasantly tart flavor when it is harvested early in the season. The plant’s needle-shaped leaves have a succulent texture similar to purslane.

### Fun Fact :

This plant was a key ingredient in glassmaking for centuries. After a synthetic solution was developed in the 1800’s, the plant was demoted to peasant-food status.

## Almond, Green

- Early spring to mid-summer

These immature almonds are especially popular in Spain, where they’re used in salads and white gazpacho.

### Tip :

The center of the green almond evolves throughout the season, starting out as a clear gel and solidifying into a translucent, white nut as the season progresses. When the gel stage passes and the nut begins to form, they make incredible almond milk.

## Artichoke

- April to May

The globe artichoke is actually a thistle variety that has been cultivated as a food since at least the 8th century. Though the plant grows year round, we’re partial to the heirloom artichokes that we receive for a brief window from Ocean Mist every spring.

## Apricot

- June to August

We feel like America has yet to really appreciate the apricot. This may be because the fruit often requires some processing before it’s really delicious. They’ve been cultivated in Persia for centuries and were brought to the US during colonial times. In fact, most domestic apricots are still grown in California, the state where Spanish missionaries first planted them centuries ago.

### HERE ARE OUR FAVORITES:

#### cot ‘n’ candy

- Early summer

+ Actually a white flesh apricot-plum hybrid  
+ Color is light orange and sweet flavor is balanced with bright acidity

#### robada

- Early summer

+ Reddish skin with heavy blush  
+ Flavor is complex with slight bitterness and notes of juniper and elderflower

#### honey rich

- Early summer

+ Actually a white flesh apricot-plum hybrid  
+ Velvety flesh and honeyed flavor

#### blenheim

- Early summer

+ Heirloom variety that has been cultivated in California for 100+ years  
+ Delicate flesh makes the fruit difficult to ship, which makes them exceptionally rare outside California  
+ Considered one of the best varieties in cultivation

## Asparagus

- Asparagus is available year round, but the good stuff starts in early April and goes through May

We love asparagus for many reasons, but mostly because they are one of the first harbingers of spring. Like ramps and spring greens, the first domestic asparagus of the season always remind us that summer’s around the corner.

## Broccoli di Cicco

- Early winter through spring

This heirloom broccoli variety is also native to Italy. It produces small crowns surrounded by tender, edible leaves. The flavor is earthy, nutty and slightly sweet.

## Blueberry

- June to August

Until the early 1900’s blueberries had yet to be cultivated and only grew wild. The berries are available year round today, but we’re partial to the ones grown locally during the summer months.

**Fun Fact :** Blueberries are one of the few fruits that are native to North America

## Blackberry

- Available year-round, but best during the spring and summer.

Blackberries are actually a bramble fruit in the rose family. At their best, the fruit is deeply sweet with earthy undertones. The blackberry family contains a wide range of berries including loganberries, boysenberries, marionberries and olallieberries.



# C

## Chard

- Available year round, but grows locally from late spring through fall

Swiss chard is one of summer's unsung heroes. Though we take it for granted for most of the season, and even considered leaving it out of this guide, we always miss it once it finally goes out of season.

## Carrot

### chatenay

- Early to late spring

+ Squat, broad-shouldered variety  
+ One of the sweetest fresh eating varieties in cultivation

### thumbelina

- Early spring

+ Miniature, round carrots about the size of a golf ball  
+ Sweet flavor with herbaceous, slightly bitter undertones

## Chanterelle

- Late summer

Saskatchewan chanterelles, which are the undisputed best of the season, don't usually get going until July. Foraged in the Canadian province of Saskatchewan, this variety is just about perfect—small and button-shaped with apricot color and a fruity aroma.

## Cherry

### brooks

- Late spring

+ One of the earliest California varieties  
+ Classic cherry flavor with a tart, berry-like finish

### rainier

- Late spring to early summer

+ Pale yellow skin with a reddish pink blush  
+ Mild flavor with extremely high sugar levels

### bing

- Late spring to early summer

+ A later season variety popular in the Pacific Northwest  
+ Jet black skin with sweet, juicy flesh and a blackberry finish

### sour

- Mid to late summer

+ Small fruit with distinctively translucent skin  
+ Characterized by high acid levels and intense tannins

## Corn

- Mid to late summer

We don't care whether it's Silver Queen, Montauk or regular old bi-color corn from New Jersey, it just needs to be fresh, sweet and local. We're hoping to get our hands on some of the more unique varieties like Glass Gem and Green Dent this summer.

## Cucumber

### lemon

- June through August

+ Spherical shape and pale, lemon-colored skin  
+ Flavor is delicate and sweet without any bitterness

### poona kheera

- July through August

+ Originally from Poona, India, this cucumber has russet-brown skin and a plump, oblong shape  
+ Flesh is tender and delicious

### brown netted

- July through August

+ Russian heirloom variety whose skin resembles that of a cantaloupe  
+ Flavor is intense with bitter undertones and bitterness becomes more pronounced as the cucumber grows larger

### striped armenian

- June through August

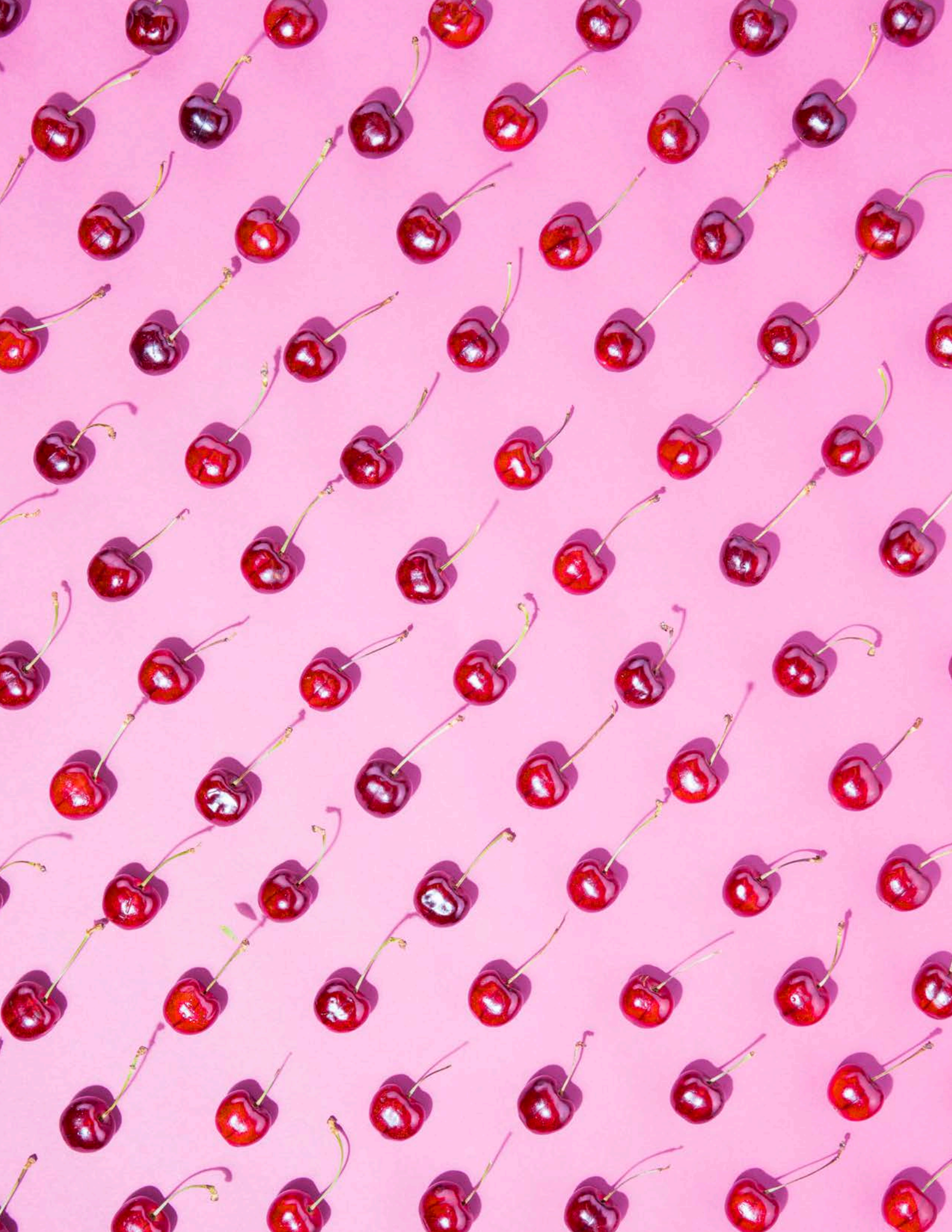
+ Elongated shape with striped skin  
+ Crisp, dry texture with mild flavor  
+ Also known as a "snake-melon"...

## Currant

- Mid to late summer

We're happy to see that more local growers have started to cultivate this European delicacy. Though there are more than one hundred species in the currant family, the red and black varieties are most common.

**Fun Fact :** Red currants have become a popular skincare ingredient for their high levels of antioxidants.



# D-H

## Dandelion

- Early spring

The first local dandelion of the season is always the best of the entire year. We source ours from a handful of growers in New Jersey that celebrate the start of spring with the bitter greens in just the same way as their Italian ancestors did for centuries.

## Eggplant

For the past few growing seasons, we've been truly astounded by the number of different eggplant varieties out there. Sure, we love the classic Italians, but we're amazed by the red Turkish eggplants, green Thai variety and all of the different shapes and sizes grown locally by farmers like Hepworth.

### FAVORITES:

#### calliope

- Mid-summer to late fall

+ Beautiful, teardrop-shaped eggplants with variegated purple skin  
+ Flesh is sweet, tender and lacks bitterness characteristic of some larger eggplant varieties

#### turkish

- Mid-summer to late fall

+ Small, round fruit with stunning orange and green variegated flesh  
+ Strong, rich flavor

#### fairytale

- Mid-summer to late fall

+ Thumb-sized fruit with deep, mellow flavor

## English Pea

- April to June

Here's the thing about English peas: when they're good, they're sublime. But, when they're not, they're truly the worst. We often forget how much we love fresh, sweet peas after a long winter of horrible, starchy imported product. So, we boycott them until the spring when they're perfect.

## Fava Bean

- Early spring to mid-summer

With their mineral bitterness, fava beans taste elemental—kind of like eating clay, but in a good way. We've heard a rumor that you can cook baby pods whole on a live fire and eat the beans right out of the shell with your hands. We're still waiting on one of our customers to test this recipe out...

## Gooseberry

- Mid-summer

True gooseberries are members of the Ribes family, which also contains black and red currants. Early season pickings tend to be sour and better suited for cooking in pies or jams. Later on in the season, the fruit is tart and delicious when eaten out of hand.

## Green Garbanzo

- Early spring through summer

We recently heard these referred to as the "new edamame". We don't believe in calling any vegetable the "new" anything, but we agree that they make a delicious snack. Garbanzos are available year round, but taste best in the spring.

## Green Garlic

- Early spring through early summer

Also known as "young garlic" or "spring garlic", green garlic is really just regular garlic before the bulb has reached full maturity. It has a bracing, spicy flavor and can be prepped like a leek.

## Huckleberry

- Late summer

A lot of wild berries are sold as "huckleberries" in this country. For the sake of this section, we're only focusing on two: the coastal and mountain huckleberries that grow all over the Pacific Northwest. Coastal huckleberries can be distinguished from other varieties by their bright red color. They have a complex flavor with well-balanced acidity. The mountain huckleberry is deep purple and has a legendarily sweet flavor. Though the fruit is only available fresh during the late summer months, we carry frozen product year round.

## Hyssop - Spring through late summer

This under-the-radar herb adds panache to cocktails, pastries and even liqueurs. It is one of the primary flavorings in Chartreuse and has long been revered for its medicinal qualities.



# I-K

## Incaberry

- July to August

Also known as groundcherries or cape gooseberries, incaberries are native to Peru. The fruit contains a number of small seeds that resemble those of a cherry tomato. Its flavor has a distinctly tropical vibe with hints of pineapple.

## Juniper

- Mid to late summer for green juniper and autumn for purple berries

These bright blue berries come from coniferous trees and are best known as the flavoring agent in gin. In the summer, when the berries are still green, they can be pickled and used like a caper.

## Jacob's Cattle Bean

- Late summer

This is old-timey New England variety is the secret ingredient in traditional baked bean recipes. The beans are typically dried but also make a good snap bean when eaten fresh.

## Jimmy Nardello Pepper

- Late summer

This heirloom pepper reaches full maturity in late August. It has a bright, fruity flavor and attractive crimson skin that deepens as the season progresses. Giuseppe and Angella Nardiello first brought the variety to America from their native Italy and named it for their son Jimmy.

## Kale

### blue curl scotch kale

- Spring through fall

+ Compact, dark green leaves are tough, but become delicious and tender when slow braised

### red russian kale

- Spring through fall

+ Red stems and flat, toothed leaves  
+ Tender leaves make it make perfect for salads and light cooking

### dwarf siberian kale

- Spring through fall

+ Russian heirloom varietal that produces slightly frilled, pale green leaves

### lacinato kale

- Spring through fall

+ Classic, dark green kale that features heavily in Tuscan dishes like Ribollita and Aqua Pazza

## Japanese Knotweed

- Early spring through summer

This invasive species is a member of the buckwheat family and grows wild all over New York. Sometimes called “donkey rhubarb”, it has a crisp, tart flavor and is often used in Chinese medicine to treat certain skin conditions and cardiovascular disease.

## Kohlrabi

- Mid-summer through fall

It may look like an alien creature that just landed on earth, but don't let its strange appearance deceive you—kohlrabi is delicious! This member of the brassica family tastes like a cross between broccoli and collards with the texture of jicama.

## Komatsuna (Japanese mustard spinach)

- Late spring through fall

This leafy green is rarely seen outside of Japan and China, but a few small farms in our network have started growing it in recent years. It is commonly eaten raw in salads or pickled.





# L-M

## Lettuce

Fair warning: we're lettuce snobs. There is literally no food that depresses us more than wilted spring mix. On the flip side, nothing brings us greater joy than a really good salad. Fortunately, there are so many amazing lettuce options that salad nirvana is completely attainable.

### little gem

- Early to late spring and fall

+ Small, tight heads with a crunchy, romaine-like texture that is perfect for heavier dressings

### deer tongue

- Early to late spring and fall

+ Popular heirloom variety originally cultivated by the Amish  
+ Delicate, triangular leaves make it perfect for baby salad mixes

### speckled trout

- Early to late spring and fall

+ An old, Austrian heirloom with dramatically variegated leaves and refreshing, crisp texture

### black-seeded simpson

- Early to late spring and fall

+ An green leaf varietal that starts early in the season  
+ Tender leaves with sweet, delicate flavor

## Miner's Lettuce

- Early spring

Also known as claytonia, this fleshy wild green is native to coastal and mountain regions up and down the West Coast. The plant is typically bright green, though leaves can also be purplish red. It has a succulent texture and spinach-like flavor. The plant's name refers to its popularity with California Gold Rush miners, who ate the plant to ward off scurvy.

## Melon

We couldn't discuss summer produce without calling out our favorite melons. In the late spring, we always see amazing varieties from Weiser Farms and County Line Harvest in California. Both growers have a fondness for rare heirlooms that you don't see much commercially. Later on in the season, we get similarly unusual melons from Norwich Meadows in New York State.

### ananas

- Late spring to mid-summer

+ A rare white muskmelon with juicy, sweet flesh  
+ Oblong shape with skin that resembles a cantaloupe

### arava

- Late spring to mid-summer

+ Gold-colored rind with a netted texture similar to a cantaloupe  
+ Pale green flesh with a heady, floral flavor

### cavaillon

- Mid to late summer

+ French heirloom that originated in Cavaillon, France  
+ Bright orange flesh and sweet, floral aroma

### charentais

- Mid to late summer

+ Famous heirloom cantaloupe variety with extremely sweet, fragrant flesh

### piel de sapo

- Mid to late summer

+ Name means "toad's skin" in Spanish  
+ Belongs to the winter melon family and has a crisp, refreshing flavor

## Mushroom

### morel

- Early spring through summer

+ Distinctive honeycomb texture and meaty flavor  
+ Often grow in places where there has recently been a forest fire

### chicken of the woods

- Late summer to early fall

+ Bright orange-yellow color and potent aroma  
+ Taste and texture is similar to chicken when cooked

### caesar's mushroom

- Early summer to early fall

+ Smooth, red cap with shape that resembles an egg  
+ Flavor and fragrance similar to chestnuts or hazelnuts

### st. george

- Mid to late spring

+ Small white buttons with a firm texture  
+ Herbal flavor with floral notes



# N-O

## Nectarine

Nectarines and peaches are genetically identical except for a single allele that results in different skin textures. They can be used interchangeably in cooked applications.

### honey may

- April

- + One of the earliest California varieties
- + Great red color and sweet flavor

### red ryan

- May

- + Clingstone, yellow nectarine that ripens in May
- + Classic, sweet-tart nectarine flavor

### summer bright

- June

- + Large, clingstone fruit with orange to red skin
- + Sweet, mellow flavor

### majestic pearl

- June

- + Exceptionally large white nectarine
- + Mellow flavor with very little acidity

## Nettle

- March to June

This wild-foraged green is the same plant that most people try to avoid touching with their bare hands in the garden. Once blanched, the nettle's barbs no longer irritate the skin and the plant becomes a delicious addition to soups and pesto. Flavor is similar to spinach mixed with cucumber.

## Spring Onion

Spring onions may sound fancier than scallions, but they're actually the same thing! Both are regular-old onions that harvested young, before the bulb has a chance to form. They're available year-round but we receive the best, most interesting varieties throughout the spring.

### bianco di maggio

- April to May

- + This is a classic cipolini onion with white flesh and a mild, sweet flavor

### wild

- May to June

- + Mild, vegetal flavor and delicate white flowers make wild spring onions the perfect ingredient to kick off the season

### purplette

- Late spring to early summer

- + Glossy, burgundy-colored onion with deep, complex flavor
- + Great for pickling because it retains a beautiful pastel color

### walla walla

- Late spring to early summer

- + Heirloom variety developed in the late 1800s that is the pride of Washington State
- + Sweet, mellow flavor

## Oxalis

- February to April

Also known as Redwood clover and wood sorrel, this wild green has an attractive shamrock shape that makes it an ideal garnish. But, its tart, lemony flavor also has applications that span from pastry to beer brewing. We love it in a palate-cleansing sorbet.

## Ostrich Fern Fiddlehead

- Early spring through early summer

These unfurled fern fronds are considered the best of the season. Unlike lady fern fiddleheads, which can turn an unappealing brown shade, Ostrich ferns are bright emerald green.

## Oyster Mushroom, Wild

- Early summer

In the wild, the oyster mushroom grows in "shelves" on trees. Their flavor is similar to cultivated varieties, but with a more concentrated earthiness. They grow year-round, but are especially common in late spring and early summer months.

## Olive, Autumn

- Late summer

The autumn olive is an invasive species and the scourge of many gardeners and conservationists. Luckily, it's also delicious enough that we may be able to halt its proliferation by eating it. The plant's berries are seriously high in vitamins A, C, E and lycopene. To eat the fruit in the most environmentally conscious way possible, cook it first to kill the seeds.



# P-R

## Peach

### snow angel

- April

+ White fleshed variety with low acid and mellow flavor

### crimson lady

- May

+ Medium to large fruit with yellow flesh and deep red skin  
+ Clingstone variety has excellent peach flavor

### ivory queen

- June

+ Beautiful blush-colored white peach  
+ Firm flesh and sweet, mellow flavor

### sweet henry

- July

+ Yellow peach with low-acid, sweet flavor

## Pineberry

- Late spring through early summer

The pineberry is an albino strawberry cultivar with a flavor that many compare to pineapple.

## Pakistan Mulberry

- Late spring through mid-summer

The Pakistan mulberry is immediately recognizable by its long, tightly clustered shape. The fruit has an exotic flavor with notes of red wine, vanilla and fig jam.

## Pink Muscat

- Early spring

One of the only grapes worth talking about during this season, Pink Muscats are floral, perfume-y and delicious. Their pale, rosy color and delicate, translucent skin makes them perfect for presentation on a cheese or fruit plate.

## Plum

### santa rosa

- June

+ Considered the best eating plum of the season  
+ Exceptionally sweet, tender flesh and berry-tart skin

### dapple dandy

- June

+ Maroon skin with yellow dapple  
+ Firm flesh with classic, sweet-tart flavor

### flavor heart

- June

+ Very large fruit named for its vaguely heart-like shape  
+ Black skin and delicious yellow flesh

### emerald beaut

- August to September

+ Late-season variety that consistently wins awards for its exceptional flavor in blind tastings  
+ Yellow-green skin with perfectly balanced flavor

## Purslane

- Early spring through late summer

Also known as pigweed and verdolaga, this succulent green grows wild all over the world. Although it originated in the Old World, purslane has grown in North America since pre-Columbian times; evidence suggests that Native Americans ate the plant for centuries before the first Europeans arrived.

## Raspberry

- Mid-summer to early fall

This edible member of the rose family is a summer favorite. These days, raspberries can be found throughout the year. But, nothing compares to just-harvested, local berries at the peak of the season.

## Ramp

- Early spring

These wild leeks are the first sign of spring. Their pungent, onion-y flavor is the perfect match for scrambled eggs and other simple dishes.

## Rhubarb

- Early through late spring

We wait all year for the bright-red, forced rhubarb that comes out of Washington. Its gorgeous red color and bracingly tart flavors makes it the perfect balancing agent for sweet pastries. For something different, try juicing it for a cocktail!



# S

## Strawberry

So many strawberries, so little time...

### harry's berries

- Late spring-late summer

+ Some of the country's sweetest berries, known for their deep red color and intoxicating perfume

### mara de bois

- Late spring-late summer

+ Also grown by Harry's Berries, this Swiss Alpine variety is incredibly sweet and fragrant

### tristar

- Late spring and late summer to early fall

+ Made famous by Greenmarket celebrity Franca Tantillo of Berried Treasures Farm, these small, intensely flavorful berries are a favorite among some of NYC's best chefs

## Summer Squash

### floridor

- Mid to late summer

+ Perfectly round shape with 2-3" average diameter  
+ Crisp, firm flesh makes them great for stuffing

### patty pan

- Mid to late summer

+ Named for its shape, which resembles a scalloped pie pan  
+ Best and most tender when it is harvested young

### cousa

- Mid to late summer

+ Pale-green, speckled squash with a bulbous shape  
+ Native to the Middle East

### zephyr

- Mid to late summer

+ Distinctive two-tone coloring makes this squash easily recognizable  
+ Skin and flesh can be a little tough

## Scapes

- Late summer

Garlic scapes are the flower bud of the garlic plant. Farmers remove them in the early summer to encourage the garlic bulb to grow. They have an intensely spicy garlic flavor and make a great addition to pesto and vinaigrette.

## Sassafras

- Mid to late summer

This plant is native to the East Coast and is famous for both its medicinal and culinary properties. Sassafras leaves have a bright, citrusy scent when crushed, while the bark has a woody aroma. Ground, dried leaves are called filé in classic Louisiana Creole cuisine. The bark is also the primary flavoring agent in root beer. Native Americans used sassafras leaves for their anti-septic properties to dress wounds and treat toothaches.

## Spruce Shoots

- Late spring to early summer

These tender shoots have a flavor that sits somewhere on the spectrum between cotton candy and Christmas tree. They're great in vinegars, syrups and liqueurs.

## Snap Peas

- April through July

We love snap peas raw or cooked raw or cooked, but aren't crazy about removing their tough strings. If you feel the same way, try our "stringless" varieties.

## Savoy Spinach

- Early April through July

This heirloom spinach is one of the very first local items we see. Its deep green color and crinkled leaves are well-suited to cooked preparations, but can be chopped raw for salads as well.





# T-Z

## Tomato

### beefsteak

- Mid-summer to early fall

Heirlooms-Schmeirlooms. Sometimes, all we want is a ripe Jersey Beefsteak on sourdough toast with mayonnaise.

### early girl

- August

+ The secret to the Early Girl's highly concentrated flavor is a complex production method called dry-farming that withholds irrigation from the plants once their roots have been established.

### cherokee

- Mid-summer to early fall

+ This lumpen, brownish-red tomato was discovered in the Tennessee garden of a woman whose family had been growing them for more than 100 years, after receiving the seeds from the Cherokee Indians.

### japanese black truffle

- Mid-summer to early fall

+ The Japanese Black Trifele is an exceptionally delicious heirloom about the size and shape of an heirloom pear. While its name would suggest otherwise, the variety originated in Russia.

### garden peach

- Mid-summer to early fall

One of our favorite tomato oddities, the Garden Peach tomato looks exactly the way you would expect it to: soft, fuzzy and peach-colored. It is a native variety of Peru, where it is known as a cocona.

### indigo rose

- Mid-summer to early fall

+ One of the most eye-catching varieties, the Indigo Rose has skin that turns almost jet black when ripe. Its fruit is slightly larger than a golf ball and has superbly balanced flavor.

## Unripe Fruit

We ask you to suspend your judgment as we make the case for crazily green, under-ripe fruit. At the request of some of our more adventurous customers, we've started bringing in a whole array of immature stone-fruits, grapes and even nuts. Never worked with this stuff before? It's not for the faint of heart (or the extremely busy). Most immature produce varieties require some processing to be palatable. But, it's worth it. Promise.

### unripe apricots

- May

This immature apricot has a strong, almost bitter almond flavor. Just don't try to pit these things raw; it's a disaster. Cook them, cool them and then use a cherry pitter to easily remove the stone.

### green strawberries

- Early spring to early summer

Rene Redzepi claims that each strawberry needs to be perfectly whitish-green. But, whatever. We think they're fine with a little blush.

### verjus grapes

- Late April through May

For the uninitiated, these are highly-acidic unripe wine grapes. Cultures throughout the Middle East crush them into condiments or pickle them and use them like capers.

## Verbena Vine Leaf

- Late spring through summer

Lemon verbena is definitely the most aromatic of all the lemon-scented herbs we carry. It's also the most difficult to grow, which makes its availability inconsistent throughout the year. We love it in teas, cocktails and sorbets.

- Early spring through summer

Grape leaves are an essential ingredient in cuisines throughout the Mediterranean and Middle East. Ours come from a few small growers in Southern California and Massachusetts. They're amazing and will totally change your perspective on the preservative-soaked Dolmades that come in a tin.

## Watermelon

- Late summer to early fall

Indigenous to South America, the watermelon is actually an unusual type of berry. Who knew? We look forward most to the Sugar Baby variety grown by Norwich Meadows in Upstate New York.

## Zucchini

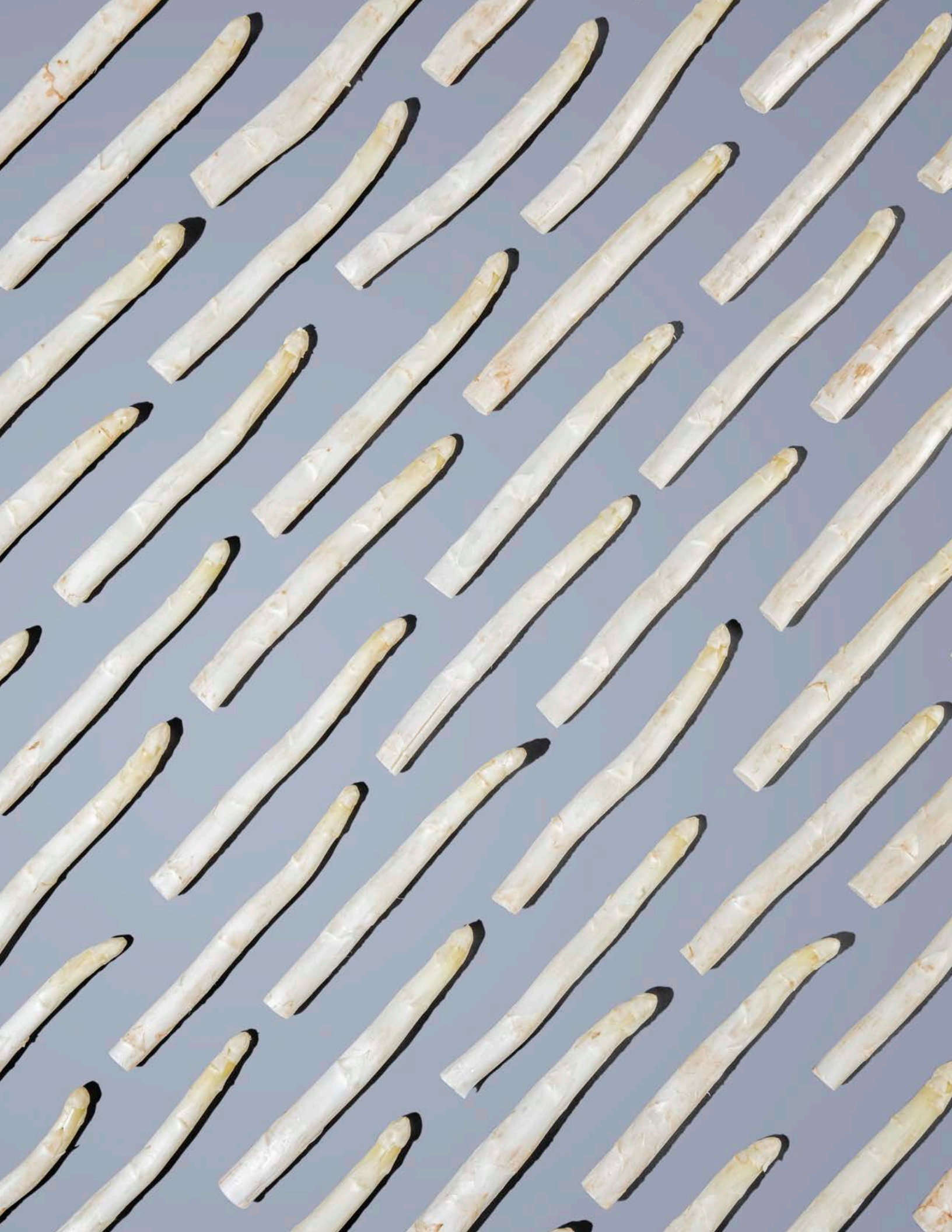
- Late summer to early fall

What? You think zucchini is technically a summer squash and we covered those in the "s" section? Fine.

## White Asparagus

- Early to mid-spring

Cultivated through a complicated blanching process, the white asparagus develops an incredibly tender texture and a sweet, slightly bitter flavor. They're pricey, but they're worth it.



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# LIMONEIRA

# Babé Farms





The history of the Colace family's involvement in agriculture dates back to the 19th century. Joseph Colace Sr. began as a grape and olive grower in Naples, Italy. Around the turn of the century, Joseph made the decision to move his family, which consisted of his wife Carmella and his three boys Vince, Tony and Joseph Jr. to Philadelphia to start a wholesale and retail business. In 1952 after serving in WWII, Tony and Joseph Jr. decided to move west to El Centro, CA in pursuit of an opportunity to return to their farming roots. In 1983 Vince, Tony and Joseph Jr. made the difficult decision to close the doors of Colace Brothers. Shortly thereafter Joseph III and his brother Bill started their own packing and shipping operation called Five Crowns Marketing. Over the past 30+ years the Colace brothers have specialized in melons, sweet-corn, asparagus, and citrus under the Majesty label.

[fivecrowns.com](http://fivecrowns.com)



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Scarborough Farms is a family farm that started growing specialty herbs, lettuces, greens, and vegetables over 30 years ago. Scarborough embraces the challenges of growing hard to find items. Choosing to grow Frisee was the result of a farmer's market visit in Florence, Italy. How to pack our Frisee was a collaborative effort with Baldor and you, the chef.



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# International Dining

## pop quiz answers

1.

Which city has the most Michelin Stars?

- b. Tokyo: 304
- d. Paris: 134
- e. New York: 99
- c. Hong Kong: 87
- f. Barcelona: 30
- a. Madrid: 21

2.

Which of these foods originated in the new world?

- a. Watermelon
- b. Okra
- c. Sugarcane
- d. Zucchini
- e. Sorghum

3.

Circle the fake:  
which of the five unusual dishes listed below isn't real?

- c. Serenity Salad:  
This mixture of orange Jell-O, Miracle Whip, Marshmallow Fluff, red grapes and cocktail olives is still popular at family gatherings throughout the American South. It is typically set in a ring mold and garnished with curly parsley and sometimes even shrimp.

4.

Match the table manners below to the countries where they are customary

- GERMANY - Don't ever use your knife to cut a potato! It implies that you think it is undercooked
- HUNGARY - Don't say cheers or clink glasses with beers
- FRANCE - Do keep your hands on the table at all times
- CHINA - Do leave a small amount of food on your plate to show that your host gave you more than enough to eat.
- THAILAND - Don't eat from your fork. Use it only to push food onto your spoon.

5.

According to the Guinness Book of World Records, where is the world's oldest restaurant located?

- e. Madrid, Spain

6.

Circle the international delicacy that is not illegal in the United States

- d. Hawaiian Papaya

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