



ASIAN FAVORITES



ASIAN MENU IDEAS

Week of May 25, 2020



Banana Flour *SO

600333 | 10 lb

Traditionally made of green bananas. It is often used as a gluten-free replacement for wheat flours.

Basil - Thai

600024 | 1 lb

These are slightly sweet with a more intense bean flavor than traditional beans. Most flavorful when they are grilled, deep-fried, sautéed and stir-fried.

Beans - Fava *SO

600332 | 25 lb

These beans are sweet and mild with a versatile texture that can be added to salads, soups or even puréed into spreads.

Bittermelon / Do Qua

600362 | 10 lb

Encompasses the four basic tastes: sweet, salty, sour and bitter. Nearly inedible in its raw state, but its flavor can be softened when prepared.

Bok Choy - Baby *L

100288 | 10 lb

Offers a sweeter taste than bok choy. The flavor is mellow with a unique mild, peppery spice.

Cabbage Savoy

100435 | 30 lb

The flavor is mild and earthy. The leaves are tender even when raw. Try this in soups and stir-fries.

Choy Sum *SO

600065 | 30 lb

This vegetable looks very similar to bok choy. Best suited for raw applications in salads or cooked as part of a stir-fry.

Chili - Thai

600062 | 5 lb

They have a fruity, subtly earthy flavor with a pungent heat that slowly builds.

Chili - Shishito *SO

600532 | 10 lb

Offers a sweet, piquant and peppery flavor.

Coconut - Brown

600067 | 20 ct

They are mature fruits from the coconut palm. You can use the meat to make coconut milk.

Cucumber - Pickling

600073 | 25 lb

Although they are called "pickling" cucumbers doesn't mean you have to pickle them! Eat them fresh in your salad.

Daikon

850335 | 10 lb

This versatile vegetable can be cooked or used raw. It has a crisp, juicy, bright white flesh that tastes mild and tangy.

Eggplant - Chinese

600367 | 10 lb

Best suited for braising, stir-frying, sautéing and grilling. Known for their sweet and mild flavor.

Gai Choy *SO

600132 | 10 lb

Its flavor is pungent, peppery and reminiscent of wasabi mustard with a more robust depth when cooked.

*SO = Special Order (2-3 day lead) | *L = Local
Please contact your specialist for availability | 209.216.0200
Supply may be limited, order now while supplies last!
www.freshpoint.com/centralcalifornia

freshpoint 
a Sysco company



ASIAN FAVORITES



ASIAN MENU IDEAS

Week of May 25, 2020 | pg 2

Gai Lan *SO

600131 | 30 lb

Slightly stronger flavor than broccoli. It has a bitter-sweet, vegetal flavor.

Galangal Root *SO

600341 | 10 lb

Used as a seasoning in most traditional dishes. Offers a citrus flavor with a hint of pine.

Ginger - Chinese

600213 | 30 lb.

Extremely versatile as it can be eaten raw, cooked, candied or dried. It is also well-known for treating nausea and indigestion.

Jack Fruit

6000364 | 28 lb

They have a sweet flavor that is likened to bananas, pineapples and even bubblegum! They are often shredded and used as a delicious meat substitute.

Lemongrass *L

600220 | 5 lb

Popular herb used in Asia. Select a strong smelling bunch to include in your curry recipe.

Lo Bok *SO

600342 | 10 lb

Crisp texture with a sharp radish flavor. It can be chopped or grated in salads, soups, and stir-fry.

Lotus Root *SO

600228 | 10 lb

Nutty and sweet flavor with a dense and crunchy texture. Best suited to steam, fry, braise, stir-fry or boil.

Lychees

600343 | 13 lb

Offers a firm pulp that is chewy and juicy with a sweet, fruity flavor with a touch of pineapple-like acidity.

Passion Fruit

600262 | 8 lb

Its pulp has a tropical sweet, tart flavor with nuances of pineapple, papaya, mango, citrus and guava.

Moqua

600235 | 10 lb

Offers a delicate flavor that is able to take on the flavors of the ingredients that it is cooked with.

Rambutan *SO

600280 | 4.4 lb

Juicy, milky-white flesh with a grape-like gelatinous texture surrounding a central seed. Very aromatic with a sweet almond-like taste.

Squash - Opo

600301 | 40 lb

Reminiscent to a blend of summer squash and cucumber with a firm yet tender texture.

Sunchokes *SO

600309 | 10 lb

Its nutty sweetness lends to soft purees and soups, but are far more versatile.

Taro Root - Small

600316 | 10 lb

Known as the "potato of the tropics", this potato is mild and slightly nutty when cooked.

Turmeric Root - Fresh

600487 | 5 lb

Turmeric is trending in sweet, savory dishes for its earthy flavor and amazing anti-inflammatory benefits.