

## From The Kitchen

### Braised Boneless Short Rib\* Pasta

10-12 Portions



**Ingredients:**

125 g Lou's Beef Pot Roast – hand shredded, with 75 grams gravy (200 grams, 7 oz. total)  
 225 g (8 oz.) Cooked Rigatoni  
 125 g (4oz.) raw spinach  
 60 g (2 oz.) sliced Spanish onion  
 60 ml (2 oz.) dry white wine  
 30 g (1 oz.) unsalted butter  
 Salt and pepper to taste  
 30-60 ml (1-2 oz.) olive oil  
 Parmesan cheese curls

**Method:**

Heat a large frying pan over high heat. Add the olive oil and sear the onions until they begin to brown slightly. Add the hand pulled pot roast and gravy, the wine and bring to a quick boil. Heat the cooked rigatoni in boiling salted water and add to the meat and wine. Toss well. Add the spinach and 1 oz. of the pasta water. Check the seasoning and adjust if necessary. Serve in a large bowl, and top with the Parmesan cheese and some chopped parsley if desired.

\*Boneless Short Rib also known as Beef Pot Roast

### Capellini & Shredded Beef

4 portions



**Ingredients:**

125 grams Smoked Shredded Beef  
 125 g (4 oz.) raw Capellini pasta  
 180 g (6 oz.) tomato sauce – recipe to follow  
 30 ml (1 oz.) white wine  
 60 g (2 oz.) Spanish onions – sliced  
 2-3 leaves fresh basil  
 60-90 ml (2-3 oz.) olive oil  
 Parmesan Cheese curls

**Method:**

Tomato sauce – 2 cans (400 ml) whole tomatoes, 2 cloves garlic crushed, olive oil, sea salt and fresh pepper to taste. Heat a medium sized pan over high heat. Add 60 ml (2 oz.) olive oil and the

crushed garlic. Sear garlic for 1 minute and then add the whole tomatoes. Allow these to come to a boil and then crush using a potato masher. Season with salt and pepper and reduce the heat down to medium and allow the sauce to cook for 15-20 minutes. The sauce is now ready to go.

Bring a large pot of water to the boil and season well with sea salt. In a large frying pan, heat 30 ml of the olive oil and sear the onions. Add the beef and toss well. Add the white wine and tomato sauce and turn the heat off. Cook the Capellini in the boiling water until al dente (about 3-4 minutes) and add to the shredded beef and tomato sauce. Toss well and adjust the seasoning as necessary. To serve, twist on fork and place on the plate, topped with more of the sauce. Add the fresh basil and Parmesan cheese curls and serve.

### Shredded Beef on Flatbread

Serves 1-2



**Ingredients:**

150 g (5 oz.) Smoked Shredded Beef  
 1 x 8 x 10 inch flatbread  
 90 g (3 oz.) horseradish cream – recipe at bottom  
 30 g (1 oz.) Bermuda onions – thinly sliced  
 90g (3oz.) Cheddar blend  
 15 g (1/2 oz.) coarse sea salt  
 15 g (1/2 oz.) Caraway seeds  
 Olive oil as needed  
 Horseradish Cream – take 125 ml (4 oz.) of 35% cream and reduce over high heat by half. Add 45-60 g (1.5 -2 oz.) of hot horseradish and combine well. Cool and then use on the flat bread as the sauce.

**Method:**

Pre-heat the oven according to the package instructions for the flatbread. Place flat bread on an oven proof tray and then top with the horseradish cream. Add the onions and the cheese and then top with the shredded beef. Brush the rim of the flatbread with the olive oil and then add the sea salt and the caraway seeds over the olive oil. Bake for 3-4 minutes at 450+ degrees F and serve hot.

### Butter Chicken Pizza

Serves 1 - 2



**Ingredients:**

250 – 300 grams (8-10 oz.) Lou's Butter Chicken  
 1 x 10-12 inch pizza shell  
 4-5 oz. – 113-130 grams – shredded cheese (your choice) Lou recommends Canadian Mozzarella with some medium cheddar in the mix  
 2 medium balls Bocconcini cheese (60-75 grams)  
 2 oz. – 60 grams – sliced Bermuda onions  
 Fresh parsley - chiffonade  
 1 oz. olive oil

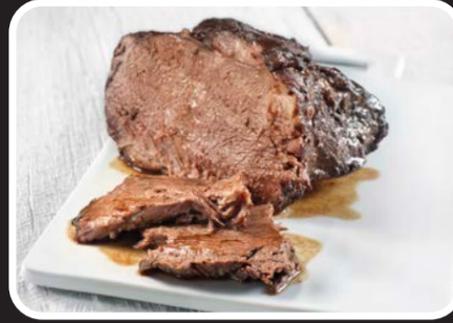
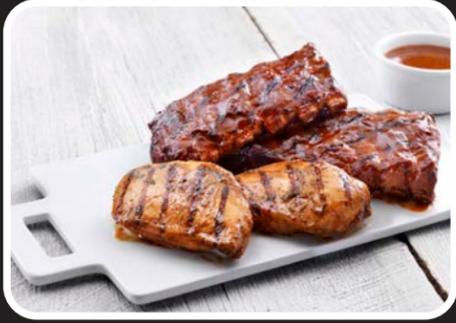
**Method:**

Pre-heat the oven following the directions on the package for the pizza shell. Take the butter chicken out of the package and mix the meat well with the sauce. Slice the onions. Place the pizza shell on an oven proof tray. Drizzle a little olive oil over the flat bread shell, top with slices of the Bocconcini cheese, and then the shredded cheddar. Place the onions evenly across the cheese and then take the butter chicken and place several pieces evenly over the top, making sure that the pizza is well and evenly covered with the chicken. Bake according to the directions and once out of the oven, drizzle lightly with the olive oil, top with some shredded parsley and serve.

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## TRENDS in Proteins for 2015

TMF takes pride in focusing on current market research and ensuring that we continue to be ahead of the market for our partners. Below are just some of the trends that TMF is focused on for this year.

This year we are seeing a continuation of the hot & spicy flavours, especially with Korean and other Asian influences. These flavours are meeting the demand for balanced nutrition as well as adventurous dining experiences. A hot sauce that is making its way into the mainstream is Harissa Sauce. Harissa is a hot chili paste that is commonly found in North African cooking, mainly Moroccan, Algerian, and Tunisian cuisine. This sauce is a spread of dried chilies, garlic, tomatoes, caraway, paprika, coriander and olive oil. Like the Sriracha sauce, Harissa is also very versatile and can be used

in main applications to numerous proteins.



Smoked foods is another growing trend in 2015. The Huffington Post among other sources have reported that "foodies are firing up their cheese, butter, and even cocktails to add that extra sizzle and dark flavour to their meals". TMF is also expanding our smoking capabilities by adding new flavours. This year TMF is excited to release Applewood Smoke flavour to our line of Back Bacon. This is just the start of the expansion in the line of smoked products. Most recently, TMF has released a Smoked & Shredded Pulled Turkey, which has been receiving great reviews from our partners. On trend and with great flavours and value is what we bring to the table.

## Contact Us

Here at TMF, we always enjoy hearing from our customers. We love it when our customers tell us when we are doing great, and even when customers let us know we haven't done so great!

Please contact either Dameion Albanese at [dameiona@tmffoods.com](mailto:dameiona@tmffoods.com) or Erin Hancock at [erinh@tmffoods.com](mailto:erinh@tmffoods.com).

**TMF**

## Employees

TMF would like to welcome the following new additions to our team:

Tony Kolica, Manager of Process Improvement

We would also like to welcome back Carlo Furgiuele, Sanitation Manager and Jim Papaefthimiou, National Account Manager – Retail