



OLIVE OIL – Production of olive oil in Spain was at a normal level this August; year-to-date production is strong. A rainy fall season could solidify this positive trend. Production outside of Spain appears to be mediocre. Many Italian olive groves are suffering from a proliferation of fruit flies and pathogens. The Hellenic Association of Industries & Packers of Olive Oil stated that Greek production would be down as well, due to fruit flies and adverse weather conditions. Tunisia is following the same pattern, while Turkish producers remain optimistic. Carryover stock from last year should help to stabilize prices.

MANDARIN ORANGES – The packing season for mandarin oranges begins mid-October and lasts until the end of January or early February. Most mandarin oranges grown for export are produced in three Chinese provinces: Zhejiang, Hunan and Hubei. The previous season was negatively impacted by bad weather and typhoons throughout 2015. Overall, the situation appears to be more positive this year.

Hubei suppliers expect good crop yields, as do most suppliers in the Hunan province. Mandarin oranges' growing areas have decreased in Zhejiang over the past few years, partially due to typhoons damaging coastal areas of the province. Our sources predict a severe crop reduction (30% less than last season).

PEPPERS – In spite of all predictions, last year's El Niño had a very limited impact on Peruvian pepper crops. As a result, the 2015 production was a bumper crop. This

year's season began at the end of June and should continue through November. Current yields are average compared to prior years.

QUINOA – The quinoa market has been growing at a rapid speed. In the last few years, many small farmers have strived to enter the export business. Their lack of experience and limited facilities led to the production of grains which did not meet the FDA standards for entering the American market. As a result, considerable amounts of quinoa did not make it past FDA inspections, causing regular price surges.

This situation prompted large Peruvian quinoa suppliers to invest in the education and equipment of these small harvesters to ensure a steady and high quality flow of raw material to the marketplace. Additionally, our suppliers are expanding their capabilities by opening new plants and investing in high-end equipment and R&D to continue to offer Roland Foods the best quality and assortment of quinoa products from Peru.

MARASCHINO CHERRIES – American Maraschino cherries are grown mostly in Michigan, Oregon and California. The latter's picking season took place from April through June and yielded a very low output. This resulted in a spike in demand for cherries from Michigan and Oregon. The picking season in those two states, which ended in July, was more bountiful than usual but suffered from caliber issues with respect to "Fancy Grade" cherries.

FOCUS ON CURRY

A SCURRY OF CURRIES

What's in a name? That which we call a curry by any other name would be as sweet. The word curry comes from the Tamil term "kari", which refers to any spice-laced dish containing meat or vegetables. A kari can be wet or dry and contain an infinite variety of spices; the dish commonly, but not necessarily, features coriander, turmeric and cumin.

Karis first appeared in the Indus Valley around 2500 BC. This remarkable longevity makes them one of the most ancient dishes still commonly prepared today. Karis spread throughout all of Asia in the following centuries, reaching Japan during the XIXth century. Ingredient availability based on local crops played a strong role in shaping the regional flavor profiles of this beloved dish. Western Indian and Southeast Asian cooks rely on water or coconut milk to enrich their curries, Northern Indian chefs prefer yogurt and the Japanese favor a flour-based roux. Bengali and Indian curries start off with freshly toasted, dried spices; Thai preparations are built off of pastes made with fresh ingredients.

The British played a key role in developing the concept of curry as we know it today. Pre-mixed curry powders were developed in the XVIIIth century to cater to traveling British soldiers and civil servants who, once back in their homeland, found themselves missing the tantalizing spices of the Indian subcontinent. As is often the case with east-to-west culinary migration, the complex flavors and infinite variety of so-called curry dishes were reduced to a handful of westernized but nonetheless delicious dishes such as tikka masala.

Authentic, regional curry dishes are slowly regaining traction in the UK and the United States, largely thanks to adventurous millennial eaters. The chilly fall season is the perfect time to incorporate the warm flavors of world curries into your menus.



PRODUCT SPOTLIGHT:

Roland Foods is proud to distribute Worldfoods® curry pastes in the United States. These easy-to-use Southeast Asian curry bases feature clean ingredients and authentic flavor profiles.

- Swirl the Thai Green Curry Paste into mayonnaise and use in bánh mì sandwiches or serve alongside fries or crab cakes.
- Whisk Thai Basil Curry Paste into your favorite vinaigrette and serve with a zesty salad of cucumber and grapefruit segments.
- Simmer Thai Red Curry Paste with chunks of carrot and butternut squash and blend for a delicious soup.



WORLDFOODS® CURRY PASTES

THAI GREEN CURRY PASTE	87232	6X1KG
THAI MASAMAN CURRY PASTE	87234	6X1KG
THAI BASIL CURRY PASTE	87236	6X1KG
INDONESIAN FRIED RICE PASTE	87242	6X1KG
THAI RED CURRY PASTE	87244	6X1KG



Curry Powder - Madras
Item # 70102



Tikka Masala Curry Sauce
Item # 85701



Curry Powder
Item # 70110



Curry Paste - Yellow
Item # 87220



Curry Paste - Red
Item # 87230



Korma Sauce
Item # 85711



Curry Paste - Green
Item # 87240



Vindaloo Curry Sauce
Item # 85751

FALL FOR EXCEPTIONAL FLAVORS

As the temperature falls and frost creeps up on window panes, we yearn for hearty and comforting dishes. While a large turkey or rib rack is a mainstay of holiday feasts, we like to think of sides and alternative main dishes as the true stars of the season. Discover tips and tricks to make the most of nutty grains, hearty root vegetables and comforting legume dishes by using Roland® ingredients.

Think beyond classic proteins.

The center of the plate does not automatically equate to a large piece of meat; an increasing number of Americans are leaning toward flexitarian, vegetable-centric diets. A thick slice of cauliflower makes the perfect mock steak. Massage it with a dry-rub such as Roland® Shawarma and sear in a cast iron skillet for a satisfying main.



Shawarma-rubbed
Cauliflower Steaks

Go for bright and tangy flavors.

Take inspiration from Indian cuisine and add various tangy and spicy condiments to your tables. Vinegar-spiked sauces brighten the flavors of any dish. Whip up herbaceous chimichurris, sweet-and-sour agrodolces, fruity chutneys and sharp mustard sauces to take your dishes to another level.



Sardines with Herb
and Pepper Chimichurri

Update classics with globally-inspired spices and condiments.

Don't be afraid of taking on classic dishes. They are a great way to introduce diners to bold new flavors. Add spicy twist to nostalgia-haloed roasted sweet potatoes by tossing them in fiery Roland® Gochujang, or update creamy scalloped potatoes with Roland® Madras Curry.



Gochujang-Roasted
Sweet Potatoes

Think of textures.

Smooth and lush textures are a common feature of many comfort foods. An easy way to further delight the palate is to add bursts of crunchy textures. A sprinkle of Roland® Crispy Onions on tomato soup or a flurry of peanut-studded Roland® Dukkah on an avocado toast will do wonders.



Avocado Toast with Dukkah

RECIPE

Simple Gochujang Sauce

This spicy and aromatic sauce gets its heat from Gochujang, a Korean fermented chili pepper paste.



INGREDIENTS

- 1/2 cup Roland® Gochujang
- 2 tbsp. Roland® Sesame Oil
- 1 tbsp. Sugar
- 1-2 tbsp. water, depending on desired consistency
- 1 tbsp. Roland® Toasted White Sesame Seeds
- 1 tbsp. Roland® Apple Cider Vinegar
- 1/2 tsp. Garlic, minced

DIRECTIONS

1. Combine all ingredients in a small mixing bowl.
2. Stir well to combine.
3. Adjust seasoning to taste.
4. Serving Suggestions: Serve as the traditional condiment for bibimbab or top Korean-style tacos

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