

Taste of **LOUISIANA**



sodexo
It all starts with the everyday



Chef-Crafted, **LOUISIANA LOVED**

Robust Southern Taste Meets Authentic Louisiana Ingredients

Fresh. Locally sourced and sustainable. Bursting with flavor. Diverse, authentic and original. This is what New Orleans can expect from the recipes in Taste of Louisiana.

We invite you to meet some of our Louisiana-based chefs and preview some of the recipes that we bring to the region. Our culinary commitments are simple:

- Use the best ingredients at their seasonal peak to ensure the freshest, most flavorful meals
- Support local producers and farmers
- Employ 100% from-scratch cooking when seasonally available
- Minimize impacts to the environment

Through these commitments, we offer students delicious food that they can also feel good about eating.



FARM-TO-FORK AND MADE FROM SCRATCH

Scratch Philosophy with a “Made for Me” Service Approach: A Winning Combination

Cooking from scratch is a key pillar of Sodexo’s food program and combined with a “made for me” service approach, they make for a winning combination. Whether it’s a classic jambalaya, seafood-stuffed mirliton, or a plant-based twist on gumbo, we commit to cooking from scratch to ensure we are delivering on customer expectations. Creating amazing culinary experiences is the goal of our program, and it’s not limited to scratch cooking. Students want to see food “made for them” – just the way they like it. This made-to-order approach flows through the entire program, from stews to salads and everything in between.



23-JUN-02589



MAIN DISHES

CULINARY INNOVATION ROOTED IN OUR LOVE OF FOOD

Food is at the heart of everything we do, and Sodexo is proud to bring the best culinary talent in the industry to Louisiana. From the creativity that goes into every dish to the many ways they share their passion for great food, our chefs celebrate fresh, simple, bold and satisfying flavors and wonderful seasonal ingredients. Celebrating their diverse backgrounds, kitchen experiences and cooking styles, they share a love for food that's unparalleled.



Meet Chef Jennifer DiFrancesco

DIRECTOR, CULINARY INNOVATION FOR SODEXO CAMPUS

As a renowned director of culinary innovation for Sodexo Campus, Chef Jennifer DiFrancesco leads the development of crave-worthy student menus using insights and innovations to transform dining on campus today and tomorrow. Prior to this position, Chef DiFrancesco was the culinary program manager of the Humane Society of the United States. In this role, she was responsible for identifying menu gaps and diversifying recipes with delicious plant-based options for food service companies. Today, Chef DiFrancesco continues to drive plant-based developments and sustainability actions through Sodexo Campus menus with a goal of helping achieve the company's commitments to make 33% of menu offerings plant-based by 2024. While attending the Niagara Falls Culinary Institute, Chef DiFrancesco loved creating plant-based variations of dishes she was learning, especially in baking and continued that passion beyond the classroom. She has spent over 20 years in the foodservice industry, starting her culinary career at Wegmans Food Markets, before transitioning to the college and university segment.

Learn more about Chef DiFrancesco and her enthusiasm for plant-based innovations.

WHAT IS YOUR FAVORITE DISH TO CREATE?

I have fond memories of making homemade pasta for days with my Italian grandparents. Pasta is my favorite thing to cook when I want a great comfort meal. I love a spinach fettuccine in a homemade creamy cashew alfredo, but my favorite pasta recipe is probably my family's Calabrian chili tomato sauce over handmade bucatini with sautéed Chicken of the Woods mushrooms.

WHAT IS THE MOST EXCITING PART OF YOUR JOB?

I'm so excited to create the innovations that will have a big impact on advancing Sodexo's sustainability commitments. Finding creative ways to reduce the environmental impact on our menus is a thrilling opportunity.

WHICH CELEBRITIES HAVE YOU COOKED FOR?

I hosted a gala event for the Dalai Lama when I worked as the bakery manager at the University of Buffalo. I've also cooked for Rachel Ray and Steve Martin and helped host the 2016 Presidential Debate between Hillary Clinton and Donald Trump.

HOW DO YOU SPEND YOUR FREE TIME?

I volunteer as a dog walker with the Erie County SPCA in Buffalo, New York and love to cook with my family (I'm teaching some early culinary skills to my nephew). I also love to explore and, most recently, I renovated a school bus and drove it across the United States visiting National Parks and trying new foods. It was a great adventure!

CAN YOU SHARE WITH US A FUN FACT ABOUT YOURSELF?

When I travel internationally one of my favorite things to do is take a cooking class abroad – it helps me feel immersed in the culture. Some of my best memories are cooking green curry in Thailand, taking paella classes in Spain and learning how to make Num Kruk in Cambodia. I highly encourage others to explore through food when they travel.



PLANT-BASED SHRIMP PO'BOY WITH GARLIC AIOLI AND HABANERO PICKLED RED ONIONS

Makes 4 servings | Recipe from Chef Jennifer DiFrancesco

Allergens –  Wheat  Soybean  Gluten



INGREDIENTS

Po'Boy:

- 4 individual baguettes (approximately 6" each)
- ¼ cup of vegan butter
- ½ cup of finely shredded green cabbage
- Chipotle grilled plant-based shrimp (recipe below)
- Habanero pickled red onions (recipe below)
- Garlic aioli (recipe below)

Chipotle Grilled Plant-Based Shrimp:

- ¼ cup of canned chipotle peppers in adobo
- 1 teaspoon of salt
- 1 ½ tablespoon of canola oil
- 2 cloves of fresh minced garlic
- 1 teaspoon of dried oregano
- 1 ½ tablespoon of fresh lime juice
- 20 plant-based shrimp

Garlic Aioli:

- 4 cloves of garlic
- ½ teaspoon of canola oil
- Juice of half a lemon
- ⅛ teaspoon of salt
- ¼ cup of vegan mayonnaise
- 1 teaspoon of chopped fresh parsley
- ⅛ teaspoon of black pepper

Habanero Pickled Red Onions:

- ½ habanero pepper
- ½ cup of thinly sliced fresh red onion
- ⅛ teaspoon of salt
- ⅛ teaspoon of dried oregano
- 4 tablespoons of white vinegar
- 3 tablespoons of fresh lime juice

PREPARATION

Cook the Plant-Based Shrimp:

1. In a blender, combine chipotle peppers in adobo, salt, oil, garlic, oregano and lime juice until smooth.
2. Place the plant-based shrimp in a bowl and add the blended marinade. Toss until evenly coated and let marinate in the fridge for 2 to 3 hours.
3. After marinating, drain the shrimp and discard excess marinade.
4. Preheat a flat-top grill or pan to medium-high heat. Cook the shrimp for 2 to 3 minutes on each side until cooked through. Set aside.

Make the Aioli:

1. Preheat the oven to 300 degrees Fahrenheit.
2. In a bowl, toss the peeled garlic with canola oil and salt.
3. Spread the garlic on a pan. Roast in the oven for 30 minutes until soft and golden. Take out of the oven when done and let cool.
4. Mince the cooled roasted garlic. Combine with the lemon juice, vegan mayonnaise, parsley and black pepper until mixed well. Set aside in the refrigerator until ready to use.

Pickle the Red Onions:

Note: Fresh habanero peppers are extremely hot. Be sure to wear gloves and/or wash hands after handling.

1. Cut off the stem of the habanero pepper and discard the seeds. Quarter the pepper.
2. Place habanero quarters, sliced onion, salt and oregano in a bowl. Toss gently to evenly coat.
3. In a separate bowl, mix together the vinegar and lime juice.
4. Pour the vinegar mixture over the onions and let marinate in the fridge for at least 24 hours.
5. Drain and discard extra marinade. Remove the habanero pepper prior to using the onions.

Assemble the Po'Boy:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Slice each baguette in half, leaving one side hinged and intact. Spread ½ tablespoon of vegan butter on both sides of each baguette.
3. Toast the baguettes in the oven until golden, around 5 minutes.
4. Once toasted, remove and spread 1 tablespoon of garlic aioli in the baguette.
5. Top each baguette with 2 tablespoons of shredded cabbage, 5 plant-based shrimp and 2 tablespoons of habanero pickled red onions.
6. Serve with your favorite French fries and enjoy!

PLANT-BASED WILD MUSHROOM GUMBO WITH CAJUN POTATO SALAD

Makes 8–9 servings | Recipe from Chef Norman Hunt

Allergens – 🌾 Wheat 🥬 Soybean 🌾 Gluten

INGREDIENTS

Mushroom Stock:

- 7 ounces of maitake mushrooms, cut in ¼-inch slices
- 12 ounces of shiitake mushrooms, cut in ¼-inch slices
- 12 ounces of cremini mushrooms, quartered
- 1 yellow onion, quartered
- 1 celery heart
- 1 tablespoon of thyme, picked and chopped
- 2 tablespoons of parsley, chopped
- 3 ounces of carrots, cut in 3-inch sections
- 2 bay leaves
- 2 garlic cloves
- 1 dried ancho chili
- 6 ounces of dark beer (e.g. Guinness), or substitute with your favorite vegan vegetable stock
- 2 tablespoons of canola oil
- 9 cups of water

Gumbo:

- ¾ cup of olive oil
- ⅔ cup of whole wheat flour
- ¼ cup of sliced onion
- ¼ cup of sliced celery
- ¼ cup of sliced red bell pepper
- 8 cups of mushroom stock
- Roasted mushroom flesh (reserved from mushroom stock preparation)
- 3 teaspoons of soy sauce
- 4 teaspoons of fresh lemon juice
- ½ teaspoon of liquid smoke
- ¼ teaspoon of cayenne powder
- ½ teaspoon of gumbo file (feel free to omit if not available)

PREPARATION

Prepare the Mushroom Stock:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Cut mushrooms as listed.
3. In a frying pan, toss the onions and mushroom stems in the canola oil. Remove and separately toss the mushroom flesh in the oil.
4. Keeping the mushroom flesh separate from the onions and mushroom stems, place the onions, mushroom stems and mushroom flesh in a 2-inch, oven- and stove-proof pan or pot and roast in the oven for 12 to 15 minutes until golden brown throughout.
5. Take the pan out of the oven and remove the mushroom flesh. Set aside.
6. Deglaze the pan of mushroom stems and onions with the dark beer/vegetable stock. Add 9 cups of water, then add the roasted veggies and all other ingredients to the pan.
7. Cover the pan and simmer for 30 minutes. Blend with an immersion blender and strain through a strainer.



Cook the Gumbo:

1. Heat the olive oil in a heavy-bottomed pot (cast iron is best) and add flour. Cook until the flour has a nutty fragrance and the color is twice as dark.
2. Add onions and cook on medium heat for 2 minutes.
3. Add bell pepper and celery and cook for 5 minutes, or until all vegetables are soft.
4. Whisk in the mushroom stock and add the reserved mushroom flesh, soy sauce, lemon juice, liquid smoke, cayenne and gumbo file. Cover and simmer for 20 minutes, stirring frequently.
5. Serve 1 cup of the gumbo with ½ cup of the potato salad.



23-JUN-02589

CAJUN POTATO SALAD

Allergens –  Sesame  Soybean

INGREDIENTS:

- 7 ounces of tofu
- 2 tablespoons of fresh lemon juice
- 2 teaspoons of tahini
- 1 teaspoon of Tabasco hot sauce
- 1 teaspoon of white wine vinegar
- 2 ½ teaspoons of salt
- 27 ounces of Yukon gold potatoes, washed, dried and diced
- ½ cup of green onion, thinly sliced
- ¾ cup celery, finely chopped
- 2 tablespoons of pickles, finely chopped
- 2 ¼ tablespoons of yellow mustard
- 2 tablespoons of creole mustard
- ⅛ teaspoon of cayenne powder
- ⅓ cup of canola oil
- ¼ teaspoon of paprika powder

PREPARATION

1. Steam the diced potatoes for 10 to 15 minutes until tender. Remove from steamer and cool.
2. Place the tofu in a blender with lemon juice, Tabasco sauce, yellow mustard, creole mustard, white vinegar, salt and tahini. Blend until smooth.
3. Drizzle in the oil while blending in bursts until all oil is emulsified.
4. Add the cooled potatoes, blended sauce and all other ingredients to the bowl and mix with a rubber spatula. Stir the mixture enough to release starch from the potatoes, but the potatoes should still be in chunks.

MEET CHEF NORMAN HUNT

EXECUTIVE CHEF, NICHOLLS STATE UNIVERSITY

Executive Chef Norman Hunt was born in Metairie, Louisiana. His curiosity for cooking started while growing up with his grandmother, a resourceful Filipino lady who baked fresh bread, grew vegetables and even dabbled in carpentry. He remembers that no one in his family wrote down recipes and simply enjoyed the process of creating meals. “Everyone cooks dinner, but good cooks pay respect to the ingredients and enhance the natural flavor, texture and colors,” Chef Hunt says. “That is generational and will be something I pass on to my children.”

As one of South Louisiana’s premier chefs, Chef Hunt created a “Roots” station at Nicholls State University’s dining hall in 2018 that served vegetarian and vegan dishes to students who wanted healthy plant-based choices. Prior to joining Sodexo at Nicholls State, Chef Hunt worked at the Ritz-Carlton New Orleans and Ritz-Carlton St. Louis.



LOUISIANA BAYOU RUM PORK CHOPS

Makes 6 servings | Recipe from Chef Wesley Turnage

Allergens –  Milk  Soybean  Gluten

INGREDIENTS

Bayou Rum Brine:

- 4 cups of water
- 1 cup of Bayou Rum
- ½ cup of kosher salt
- ½ cup of Steen's Pure Cane Syrup
- 2 ounces of yellow onion, julienned
- 2 garlic cloves, smashed
- 1 tablespoon of black peppercorn
- 1 tablespoon of celery seed, crushed
- 8 sage leaves, torn
- 2 bay leaves, crushed

Pork Chops:

- 6 bone-in pork chops
- 6 cups of Bayou Rum brine
- Kosher salt, to taste
- Ground black pepper, to taste
- Granulated sugar, to taste
- ⅓ cup of olive oil
- ½ cup of canola oil
- 6 sweet potatoes, cut into large planks
- 5 cups of baby arugula, picked and cleaned
- 2 leeks, finely-julienned
- 2 green tomatoes, finely diced
- 1 red bell pepper, finely diced
- 3 jalapeno peppers, finely diced
- 2 tablespoons of packed brown sugar
- 2 tablespoons of rice wine vinegar
- 2 cups of veal demi-glaze
- 2 tablespoons of cold butter
- 8 parsley sprigs, picked and chopped
- 4 rosemary sprigs, picked and chopped

PREPARATION

Mix the Bayou Rum Brine:

1. Place all ingredients in a sauce pot and bring to a boil.
2. Once boiling, remove from heat and allow to cool to room temperature before use.

Cook the Pork Chops:

1. Submerge pork chops in the Bayou Rum brine and put in fridge for 12-24 hours.
2. Place sweet potatoes in water and bring to a boil. Once boiling, reduce heat to simmer until potatoes are cooked and tender, typically 10 to 15 minutes. Toss with salt, sugar, parsley and rosemary. Set aside and keep warm.
3. Heat the canola oil in a sauce pot to 350 degrees Fahrenheit. Flash-fry leeks until crispy. Set aside.
4. Remove the pork chops from the brine and pat dry with a towel. Lightly season with kosher salt and black pepper.
5. Heat a large skillet on high heat and add 2 tablespoons of the olive oil. Sear the pork chops on both sides. Cover the chops, reduce heat and cook until an internal temperature of 145 degrees Fahrenheit is reached. Set aside and keep hot after cooking.
6. In a high-sided pot, heat 2 tablespoons of oil on medium heat and lightly wilt the arugula with kosher salt and black pepper. Set aside and keep warm.
7. Remove the pork chops from the large skillet. Add the green tomato, bell pepper and jalapeno pepper to the pan over medium-high heat and lightly sauté. Add in the brown sugar, deglaze with the rice wine vinegar and the veal demi-glaze, and reduce heat to simmer.
8. Simmer until the glaze is reduced, then remove from heat and add the cold butter. Season with salt and pepper to taste.
9. To plate each serving: Place arugula on the bottom first, then put a seared pork chop on top. Add tomato and pepper glaze on top of the pork chop. Place sweet potatoes next to the pork chop and crispy leek salad next to the sweet potatoes. Enjoy!



23-UNI-02589

MEET CHEF WESLEY TURNAGE

SENIOR GENERAL MANAGER OF DINING SERVICES,
TULANE UNIVERSITY

Chef Wesley Turnage has lived in rural Mississippi since childhood and has always had an affinity for the culinary arts. He decided to pursue his passion after he began his career working as a line cook at an upscale restaurant in the Oxford town square. He then attended the prestigious New England Culinary Institute in Essex Junction, Vermont. Throughout his career, Chef Wesley has worked at the Biltmore Estate, La Brea Bakery and the historic Peabody Hotel in Memphis, Tennessee.

Chef Turnage has worked as an executive chef, regional executive chef, consultant, general manager and food and beverage director in many different facets of food services for hotels, resorts, private clubs, restaurant ownership, healthcare and education.






Chef Turnage is a proud husband and father of four. He enjoys the outdoors, camping, hunting, hiking and family time.

Chef Turnage's Louisiana Bayou Rum Pork Chops represents the flavorful tastes of the south. It combines fragrant spices with local products and celebrates authentic Louisiana cooking.



SEAFOOD-STUFFED MIRLITON

Makes 12 servings | Recipe from Operations Manager Shannon Hunt

Allergens –  Milk  Wheat  Soybean  Gluten  Shellfish

Stuffed mirliton is a dish often enjoyed during the holidays in Southern Louisiana. Mirliton, a type of squash, grows easily and bountifully in the area. The squash is ripe and ready from October through December, making it the perfect side addition to a holiday feast. Mirliton is neutral in flavor and takes on the flavor of the ingredient it is paired with, making it a great vessel for stuffing.

INGREDIENTS

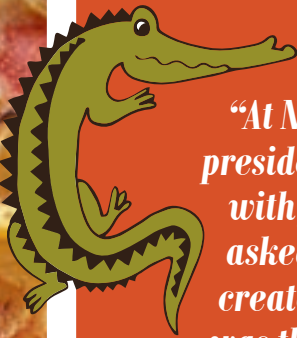
- 6 mirliton squash
- 2 sticks of butter
- 1 small yellow onion, diced
- 1 red bell pepper, diced
- 3 cloves of garlic, minced
- 1 pound of fresh, unpasteurized blue crab claw meat
- 1 pound of fresh, peeled Louisiana crawfish tails
- 1 cup of Panko bread crumbs, plus more for topping
- Salt, to taste
- Paul Prudhomme's Seafood Magic seasoning
- Zatarain's Crab Boil concentrated liquid

PREPARATION

Cook the Croquettes:

1. Bring a large pot of water to boil. Salt the water generously and add a capful of Zatarain's Crab Boil liquid.
2. Once water starts boiling, add mirlitons, unpeeled. Boil mirliton for approximately 25 to 40 minutes or until a fork inserted into the center slides in easily (cook time varies greatly depending on the size of the squash).
3. Remove mirliton, drain water and allow to cool slightly before handling. Cut each mirliton in half vertically and discard seeds. Use a spoon to scrape out the center flesh to create a boat-shaped vessel. Reserve the squash flesh for later.
4. Melt one stick of butter over medium-high heat and sauté onion, bell pepper and celery until soft and translucent. Add garlic until softened.
5. Add the peeled crawfish tails and crab meat and continue to sauté for a couple of minutes until just cooked.
6. Roughly chop the reserved mirliton flesh and add to sautéed mixture. Allow some of the water from the mirliton flesh to evaporate until mixture is not watery. Add a cup of Panko bread crumbs over the mixture to bind it together. Season with salt and Paul Prudhomme's Seafood Magic to taste. (Note: you may want to slightly "over-season" because the squash will absorb a lot of the flavor once baked.) Stir to combine.
7. Evenly distribute the stuffing mixture into the mirliton "shells." Each mixture will be a heaping; form the mixture to stay in place on the mirliton.
8. Sprinkle remaining bread crumbs evenly over each mirliton shell. Top each shell with approximately a tablespoon of butter.
9. Put the mirlitons in the oven and roast at 350 degrees Fahrenheit until bread crumbs are brown. Remove and serve.





“At Nicholls State University, our president loves mirliton stuffed with fresh, Louisiana seafood. He asked me upon his arrival here to create a dish where the mirliton was the feature, and not merely a side dish as part of a larger meal. That dish, which includes a mirliton half stuffed with Louisiana crab and crawfish, laid on a local sweet potato purée and topped with a grilled skewer of Gulf shrimp, has become somewhat of a signature at our university.”

*- Shannon Hunt,
Operations Manager at
Nicholls State University*



IMPOSSIBLE CREOLE BURGER WITH JALAPENO JELLY, VEGAN PEPPER JACK CHEESE AND CRISPY ONIONS

Makes 4 servings | Recipe from Chef Rob Morasco

Allergens – 🌾 Wheat 🥬 Soybean 🥜 Treenuts 🌾 Gluten

INGREDIENTS

- 4 Impossible burger patties, or other plant-based patties
- 2 teaspoons of creole seasoning
- ¼ cup of jalapeno jelly
- ¼ cup of vegan mayonnaise
- 4 slices of vegan pepper jack cheese
- 4 leaves of green leaf lettuce, cleaned
- 1 large tomato, ¼ inch-thick slices
- ¼ cup of canned fried onions
- 4 whole wheat hamburger buns

PREPARATION

Prepare the Impossible Burger:

1. Preheat a flat griddle to 350 degrees Fahrenheit.
2. Place the burger patties on the griddle. Sprinkle with creole seasoning, about ½ teaspoon per burger.
3. When juices start to form on top of the patties, use a spatula to flip the burgers.
4. After 1 minute of cooking on the second side, top each patty with a slice of pepper jack cheese to melt.
5. Cook to an internal temperature of 155 degrees Fahrenheit (use a kitchen thermometer).
6. When the patties are cooked, assemble each burger as follows from the bottom to top:
 - A. 1 tablespoon of jalapeno jelly spread on the bottom of the bun
 - B. 1 leaf lettuce
 - C. 1 slice of tomato
 - D. 1 cooked patty with melted cheese
 - E. 1 tablespoon of fried onions
 - F. 1 tablespoon of vegan mayo spread on the top bun



*We recommend pickled vegetables
(recipe on page 18) as an
additional flavorful layer to your
Impossible burger.*



MEET CHEF ROB MORASCO

VICE PRESIDENT, CULINARY INNOVATION FOR SODEXO CAMPUS

Chef Rob Morasco leads Sodexo's Campus Innovation Team. With more than three decades of experience in all facets of foodservice management, he and his team leverage consumer insights to create offers that resonate in the marketplace and drive value and customer satisfaction. This includes continuing to create, taste, test and refine exclusive recipes for students to enrich their dining experience.

When he's not creating recipes and setting benchmarks for creative, nutritional and on-trend menus, Chef Morasco enjoys decorating for the holidays and riding his motorcycle.



bit.ly/morasco-innovations

FRESH PICKLED VEGETABLES

Makes 4 cups | Recipe from Sodexo District Manager Phoebe Cook

No Known Allergens

These pickled vegetables are a delicious addition to any meal. We recommend adding them to the Impossible burger on page 16 or the Cajun chicken sandwich on page 27!



INGREDIENTS

- 1 tablespoon of pink Himalayan salt
- 1 tablespoon of pickle spice blend
- 1 tablespoon of sugar (optional)
- 1½ cups of filtered water
- 1 cup of distilled white vinegar
- ½ cup of packed fresh dill
- 4 to 8 cloves of garlic, pressed and smashed
- 2 pounds of cucumber, cut to desired shape (chips, spears, long and thin slices, etc.) – Feel free to substitute any vegetable (carrots, green beans, beets, cauliflower, etc.) to create your own unique pickles!

PREPARATION

1. Bring water, vinegar, salt, pickle spice blend and sugar to a boil in a small saucepan.
2. Remove from heat, stir to dissolve the sugar and salt, then allow to cool.
3. Pack the cucumber, garlic and dill into a jar. Pour enough cooled pickling liquid into the jar so that the vegetables are completely submerged.
4. Put the lid on the jar and place in a refrigerator for at least 24 hours before enjoying.







FRESH VEGETABLES FROM LOCAL FARMS

Sodexo chefs are committed to using locally sourced and seasonal ingredients in their recipes. In Louisiana, they work with local farms to procure fresh and quality vegetables to create the most delicious and nutritious versions of their dishes.



MOCK TURTLE SOUP

Makes approximately 8-10 servings | Recipe from Chef Christopher Hustad

Allergens –  Milk  Eggs  Wheat  Soybean  Fish  Gluten

This recipe is a beef version of the traditional turtle soup, a classic Cajun dish that uses French culinary techniques with Louisiana snapping turtles.

INGREDIENTS

- 2 ½ pounds of ground beef
- 4 cups of onion, diced
- 2 cups of celery, diced
- 2 cups of green bell pepper, diced
- ½ cup of garlic, minced
- 4 cups of tomato fillet or canned diced tomatoes
- 3 tablespoons of Worcestershire sauce
- 2 tablespoons of hot sauce
- 1 gallon of beef or veal stock
- 1 – 10-oz bag of baby spinach
- 4 boiled eggs, chopped
- 1 lemon, pureed
- 2 bay leaves
- ¼ cup of dried thyme
- Salt, to taste
- Black pepper, to taste
- Creole seasoning, to taste
- Dry Sherry (optional)
- 1 stick of unsalted butter
- 1 cup of all-purpose flour
- Chopped parsley, as needed

PREPARATION

1. In a large soup pot, brown the ground beef until fully cooked. Remove from the pot and drain rendered fat, but do not discard. Set aside ground beef.
2. Add a little of the beef fat back to the pot and sauté onion, bell pepper, celery and garlic.
3. Once sautéed, return the beef to the pot, and add the tomato, Worcestershire sauce, hot sauce, bay leaves and thyme. Allow the Worcestershire and hot sauce to reduce by half to concentrate the flavor. After, season with salt, pepper and creole seasoning lightly (these will be adjusted toward the end to personal taste).
4. Add the beef or veal stock and bring to a boil. Once boiling, reduce to simmer.
5. While stock is coming to a boil, melt the butter in a separate pan. Add flour to make a roux. Mix until the roux becomes a color in between blonde and peanut butter. Allow to cool.
6. Once roux has cooled and soup is simmering, slowly add the roux to the soup while whisking constantly to break up any lumps that may form.
7. Allow soup to cook for about 30 minutes and skim any impurities that rise to the surface.
8. Puree 1 whole lemon in a food processor and add to the soup along with baby spinach and egg.
9. Lastly, add the dry sherry to taste, if desired, and adjust the salt, pepper and creole seasoning as needed.
10. Ladle cooked soup into desired serving vessel and garnish with chopped parsley. A small vessel of sherry may be served on the side, as many people like to pour some into the soup during consumption.



MEET CHEF CHRISTOPHER HUSTAD

EXECUTIVE CHEF, LOYOLA UNIVERSITY

Chef Christopher Hustad was born and raised in California and grew up with a passion for cooking. With humble beginnings, his first restaurant job was washing dishes at the tender age of 14. Fast forward to 25 years of culinary experience and living all over the country, he nestled into the Big Easy in 2000 and graduated from the Delgado Culinary Program in 2006. While in New Orleans, he worked in the French Quarter at the Palace Café while also working in the Northshore at various fine dining restaurants. His most notable dish was displayed at Nuvolari's, where he was promoted from line cook to sous chef, and then later to executive chef.

In September of 2021, Chef Hustad joined the Sodexo dining team at Loyola University, where he plans to expand his specialty in pastries and French, Cajun, Creole and Italian dishes.

CAJUN HONEY GARLIC SALMON

Makes 4 servings | Recipe from Chef Jimier Anderson

Allergens –  Milk  Wheat  Soybean  Fish  Gluten

INGREDIENTS

Salmon:

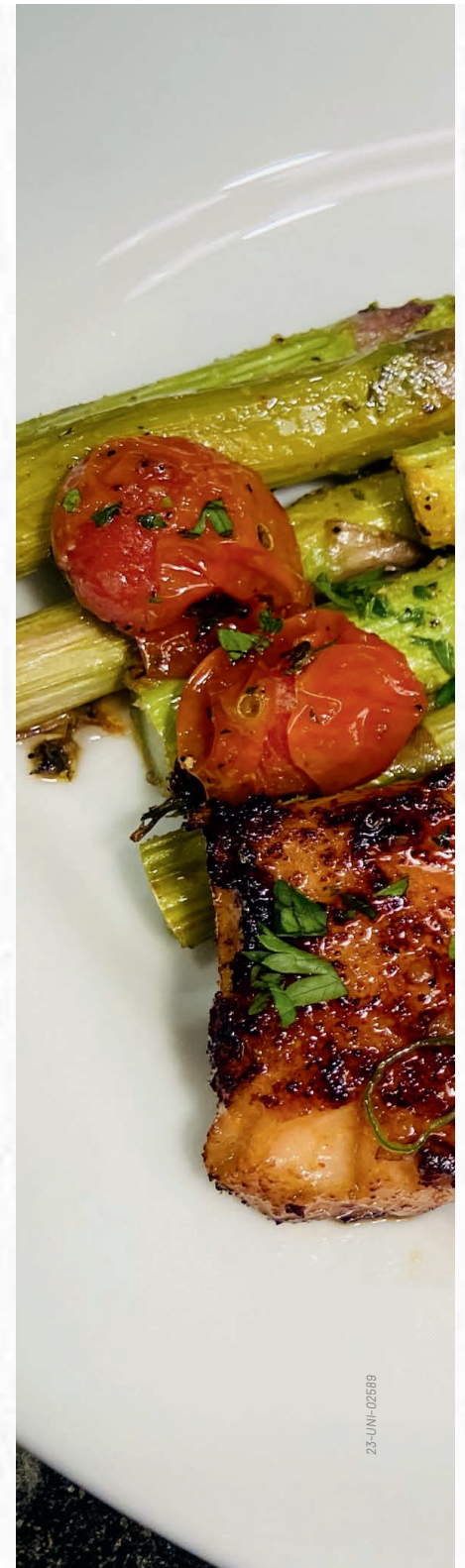
- 4 salmon filets (6 oz each)
- ½ teaspoon of kosher salt
- ½ teaspoon of black pepper
- ½ teaspoon of smoked paprika
- ½ teaspoon of onion powder
- ¼ teaspoon of Cajun's Choice Blackened Seasoning

Sauce:

- 3 tablespoons of butter
- 2 teaspoons of olive oil
- 6 cloves of garlic, minced
- ½ cup of Bernard's Pure Natural Acadiana Louisiana Honey
- 3 tablespoons of water
- 3 tablespoons of soy sauce
- 1 tablespoon of Sriracha hot sauce
- 2 tablespoons of fresh lemon juice

PREPARATION

1. Pat salmon dry, then season with salt, pepper, paprika, onion powder and Cajun's Choice Blackened Seasoning. Set aside.
2. Adjust the oven rack to middle position, then preheat broiler.
3. Add butter and oil to a large, oven-safe skillet and heat over medium-high heat. Once butter is melted, add garlic, water, soy sauce, Sriracha, honey and lemon juice and cook for 30 seconds or so, until sauce mixture is heated through.
4. Add salmon, skin side down (if using salmon with skin) and cook for 3 minutes.
5. While salmon cooks, baste frequently with sauce from the pan by adding spoonfuls of sauce over the top of the salmon.
6. Put the skillet of salmon in the oven and broil for 5 to 6 minutes. Baste the salmon with sauce once during the broil. Broil until salmon is caramelized and cooked to desired doneness.
7. Remove salmon and plate. Garnish with minced parsley if desired. Enjoy!











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STUFFED BLUE CRAB

Makes 4 servings | Recipe from Chef Jimier Anderson

Allergens—  Milk  Eggs  Wheat  Soybean  Shellfish  Gluten

INGREDIENTS

- 8 Louisiana blue crabs: 2 cups of crab meat, 8 crab shells
- 1 tablespoon of white wine (optional)
- 1 medium onion, minced
- 4 tablespoons of butter (½ stick)
- ½ cup of heavy cream
- 6 green onions, minced
- ½ cup seasoned bread crumbs
- 2 eggs
- ⅛ teaspoon of cayenne pepper powder
- ¼ cup of minced parsley
- ½ teaspoon of thyme
- Salt, to taste
- Black pepper, to taste
- Tony Chachere's Creole Seasoning
- Juice of 1 lemon

PREPARATION

1. Preheat the oven to 375 degrees Fahrenheit.
2. Melt the 4 tablespoons of butter in a large skillet over low-medium heat.
3. Sauté onions and 4 of the chopped green onions over low heat. When onions are soft, add the bread crumbs and mix well.
4. Add the crab meat, half of the parsley, eggs, heavy cream and wine. Mix together gently to avoid shredding the crab meat further.
5. Sprinkle in salt, black pepper, cayenne pepper powder, thyme and Tony Chachere's Creole Seasoning.
6. If using the crab shells as bowls, rub the insides of the shells with butter and fill each with the crab meat stuffing. If not, use ramekins and coat each with butter.
7. Sprinkle each top lightly with additional bread crumbs. Add a small piece of butter. Squeeze lemon juice over each crab.
8. Bake at 375 degrees Fahrenheit for a few minutes until tops start to brown slightly and crab meat is warm throughout.
9. Remove from the oven and garnish with fresh herbs. Serve with lemon slices.
Optional: add Louisiana Fish Fry Lemon Dill on the side for extra flavor.





MEET CHEF JIMIER ANDERSON

EXECUTIVE CHEF, LOUISIANA CHRISTIAN UNIVERSITY

Born in Mississippi and raised in Louisiana, Chef Jimier Anderson features her classical French training and Cajun heritage in all her dishes. She fell in love with cooking at an early age when her family would gather at her grandparents' house for family dinners. As she grew up, she always associated food with fond memories of her family, and it was at this point that Chef Anderson knew she wanted to be a chef. She hopes to use food as a therapeutic and nurturing avenue to transport people back to special moments in their own lives, just as food and cooking have done in hers.

Chef Anderson attended Le Cordon Bleu and worked as an executive chef at Château Saint Denis Hotel in downtown Natchitoches, Louisiana. As a current executive chef for Sodexo at Louisiana Christian University, she always looks forward to speaking the language of food with the students and LCU community.

Chef Anderson is proud to represent Louisiana through her cooking. In her Stuffed Blue Crab and Cajun Honey Garlic Salmon recipes, she uses fresh and local ingredients. Her peach pie recipe, located on page 32, also features sweet, juicy peaches from Mitcham Farms in Ruston, Louisiana.

CHICKEN AND SAUSAGE JAMBALAYA

Makes approximately 6 servings | Recipe from Chef Matthew Box

Allergens –  Wheat  Soybean  Gluten

INGREDIENTS

- 1 cup of onion, diced
- ½ cup of green bell pepper, diced
- ½ cup of celery, diced
- ½ cup of tomato, diced
- 1 teaspoon of garlic, minced
- 1 pound of chicken thigh, sliced
- 1 pound of andouille sausage, sliced
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 tablespoon of Creole seasoning
- 1 teaspoon of basil seasoning
- 1 teaspoon of thyme seasoning
- 2 cups of uncooked rice
- Water
- Oil

PREPARATION

1. In a pot, heat oil over medium heat.
2. Add garlic and sauté until golden.
3. Add onion, bell pepper and celery. Cook until the onion is translucent.
4. Add the chicken and sliced andouille sausage. Cook until chicken is done.
5. Stir in tomatoes, Creole, basil and thyme seasoning. Cook for an additional 5 minutes to let spices integrate into the chicken and sausage.
6. Add rice and mix well.
7. Add water to the pot. The rice should be submerged, with ½ inch of water on top of the rice.
8. Bring to a boil, and once boiling, reduce heat to simmer and cover.
9. Cook for about 20 minutes or until rice is tender, stirring occasionally.
10. Serve in your favorite bowl and enjoy!



26

MEET CHEF MATTHEW BOX

EXECUTIVE CHEF, LOYOLA UNIVERSITY







Chef Matthew Box has lived in the Southern Louisiana area for more than 35 years. He grew up with a passion for cooking. With humble beginnings, Chef Box has been working in kitchens since the tender age of 15, working at several restaurants in New Orleans and Houston. In addition to his years of culinary experience, he graduated from Tulane University with a degree in Political Science. However, the passion of cooking tugged deeply at his apron, and he decided to listen to the call. When asked about his specialties, soups and sauces are at the top of his list. Chef Box's most notable experiences are cooking for the Annual Mardi Gras Dinner for the James Beard Foundation in New York and receiving the Best Gumbo Award from the 2020 United Way Gumbo Cook-Off in Southeast Louisiana.

In 2018, Matthew joined the Sodexo dining team at Loyola University in New Orleans, where he plans to further expand his love for cooking as it allows him to be creative with each day and challenge.

23-JUN-02589

SWEET CAJUN CHICKEN SANDWICH

Makes 4 servings | Recipe from Sodexo Executive Chef Timothy Chisholm-Hamilton

Allergens –  Eggs  Wheat  Soybean  Gluten

INGREDIENTS

- 4 toasted hamburger buns
- Toppings for serving (lettuce, sliced tomato, sliced red onion, etc.)

Cajun Mayonnaise:

- 1 ½ teaspoons of fresh lemon juice
- ½ cup of mayonnaise
- 1 ½ teaspoons of Cajun seasoning
- ¼ teaspoon of salt

Cajun Chicken Breast:

- ½ cup of canola oil
- 4 teaspoons of Cajun seasoning
- ⅓ cup of packed light brown sugar
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 4 chicken breasts

PREPARATION

Mix the Cajun Mayonnaise:

1. Mix all the ingredients together.
2. Refrigerate until ready to assemble the sandwiches.

Cook the Chicken:

1. Combine the oil, Cajun seasoning, light brown sugar, salt and black pepper. Mix well.
2. Add chicken breasts and toss to evenly coat. Let marinate in the refrigerator for 8 hours.
3. Preheat the gas grill to medium heat.
4. Grill the chicken 5 to 7 minutes on each side until internal temperature reaches 165 degrees Fahrenheit.

Assemble the Sandwich:

1. Toast the buns if desired.
2. Top the bun with Cajun mayo, grilled chicken and your favorite toppings.
3. Serve sandwich with French fries or chips.



We recommend making fresh pickled vegetables on page 18 to pair with your Cajun chicken sandwich. The combination of acid from the pickled vegetables with the salt, fat and heat from the sandwich will make for a balanced and delicious meal!

23-JUN-02589

SUSTAINABILITY AND HEALTHINESS THROUGH PLANT-BASED RECIPES

21st century students understand the impact and urgency of sustainable choices. They are conscious about their food choices and make sure that what they're eating aligns with their beliefs in environmental protection and ecological consciousness. Many believe that increasing their plant-based consumption will not only be better for their environment, but also make them healthier, and therefore seek out plant-based and plant-forward foods.

According to a 2022 Datassential report in collaboration with The Culinary Institute of America, Food for Climate League, and the Menus of Change University Research Collaborative, 70% of the Gen Z population are open to eating plant-based or plant-forward choices that emphasize whole, less-processed foods.

To address the growing demand for sustainable food and more natural, local and healthy ingredients on campus, Sodexo has committed to implement at least 33% of plant-based dishes on our menus by 2025. Sodexo has collaborated with various organizations, such as the Humane Society of the U.S. and Future 50 Foods, to develop plant-based recipes that incorporate nutritious ingredients that also lower environmental impact, such as lentils, wild rice, fonio, pumpkin flowers and cactus. Currently, there are 500+ vegan and vegetarian recipes available in the Sodexo portfolio.

At Tulane University, the newly constructed Tulane Dining Commons is the showcase for this plant-forward philosophy with the addition of a plant-based Chef's table, vegan options offered throughout the dining halls and the introduction of a plant-based food truck. Plant-forward menus include savory dishes as well as sweet, mouth-watering desserts, such as plant-based ice cream sundaes and King Cake for Mardi Gras.

In New Orleans, Chef Dennis Dunn is on a mission to serve more plant-forward plates in the dining hall. He's made small changes, such as replacing frozen vegetables with fresh options and making plant-forward versions of favorite dishes, like vegetable étouffée instead of shrimp étouffée. When he was the Executive Chef at Dillard University, he opened a new and entirely plant-based station in the dining hall featuring fully customizable meals, including Asian noodle stir fry, and portobello mushrooms and grain bowls. He has shown the campus community how satisfying plants can be.





“Plant-based is here to stay – it’s not a ‘trend’ that is going away. Eating healthy, plant-forward meals makes you feel your best and live a longer, happy life.”

**- CHEF DENNIS DUNN,
DELTA STATE UNIVERSITY**



PLANT-BASED ASIAN NOODLE STIR FRY

**Makes 3-4 servings | Recipe from Chef Jennifer DiFrancesco –
read more about her on page 7**

Allergens –  Sesame  Wheat  Soybean  Gluten

INGREDIENTS

Stir Fry:

- 7 oz of rice noodles
- 2 ½ teaspoons of canola oil
- 2 cloves of fresh garlic, minced
- Crushed red pepper flakes, to taste
- 2 teaspoons of fresh ginger root, grated
- ½ cup of bell pepper, julienned
- 1 ½ cups of fresh broccoli, chopped into florets
- ¼ cup of water
- 2 ½ teaspoons of soy sauce

Sauce:

- 2 cloves of fresh garlic, minced
- 1 tablespoon of fresh ginger root, grated
- 2 ½ tablespoons of soy sauce
- 4 green onions, chopped
- Juice of ½ lemon
- 2 ½ teaspoons of sesame oil
- 2 teaspoons of tahini
- ¼ cup of fresh cilantro, chopped
- 1 tablespoon of sesame seed, toasted

PREPARATION

1. Prepare rice noodles according to package. Let cool and set aside.
2. Heat a large, deep skillet over medium-high heat and add canola oil. Add the first listed garlic, crushed red pepper flakes, and the first listed ginger. Cook, stirring constantly until aromatic, for about 25 seconds.
3. Add bell pepper and broccoli. Cook until slightly tender for about 3 to 4 minutes, stirring frequently.
4. Add water and first listed soy sauce. Reduce heat to medium, stirring occasionally, until the broccoli and peppers are tender, about 3 to 4 minutes. Take off heat and keep warm while making the sauce.
5. Add second listed garlic, second listed ginger, second listed soy sauce, green onions, lemon juice, sesame oil and tahini to the cooked noodles. Toss gently to combine and heat through.
6. Combine noodle and vegetable mixture, toss to combine. Garnish with toasted sesame seeds and cilantro. Enjoy!









23-JUN-02589



DESSERTS

PETITE LOUISIANA PEACH PIE

Makes 4 servings | Recipe from Chef Jimier Anderson – read more about her on page 25

Allergens –  Milk  Wheat  Soybean  Gluten

INGREDIENTS

- 4 to 6 large Mitcham Farms Peaches (or from your favorite local orchard), sliced and peeled
- 2 tablespoons of lemon juice
- 1 ½ cups of granulated sugar
- 4 tablespoons of melted butter, plus more for brushing pie top
- ¼ cup of all-purpose flour
- 1 teaspoon of ground nutmeg
- 1 tablespoon of ground cinnamon
- 1 tablespoon of vanilla extract
- 1 premade uncooked pie crust

PREPARATION

1. Preheat the oven to 400 degrees Fahrenheit.
2. Place the premade pie crust on a clean, dry and floured surface. Roll flat with a rolling pin. Using a sharp knife or pizza cutter, slice the dough into strips. Place half of the strips horizontally and the remaining strips directly on top, vertically. Thread the pie strips in an alternating manner to achieve a basket weave.
3. Use a ramekin or cookie cutter to cut the dough to desired size.
4. Place the pie crust on a sheet pan and place in the fridge.
5. Mix all remaining ingredients in a large bowl and place into a greased ramekin.
6. Remove the pastry crust from the fridge and place neatly on top of the peach mixture. Place in the oven for 15 to 20 minutes or until crust is golden brown.
7. Remove the pie from the oven after baking and brush the crust with melted butter. Sprinkle cinnamon sugar onto the pastry crust.
8. Garnish with whipped cream and mint leaf (optional) or serve with vanilla ice cream. Enjoy!



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BALSAMIC, STRAWBERRY AND BASIL POPSICLES

Makes 6 servings

No Known Allergens

Large, sweet strawberries are a big staple crop in Louisiana! You can enjoy this juicy popsicle year-round, made from local strawberries like ones from Baglio Farms in Independence, Louisiana.

INGREDIENTS

- 2 cups of sliced strawberries
- 1 tablespoon of balsamic vinegar
- 2 tablespoons of honey or sugar
- 2 tablespoons of lemon juice
- ½ cup of water
- 8 basil leaves

PREPARATION

1. Combine sliced strawberries, balsamic vinegar and honey in a bowl until strawberries are evenly coated. Allow them to marinate for 30 minutes.
2. Place the marinated strawberries, water and lemon juice in a blender. Blend on high speed until smooth puree forms.
3. Add the basil leaves and pulse a few times until the basil is chopped into small pieces.
4. Evenly pour the mixture into 6 5-oz popsicle molds. Add the tops of the mold and freeze for at least 4 to 5 hours. If using a wooden stick, freeze for 1 hour then remove from the freezer and insert sticks before freezing for another 4 hours.
5. When ready to enjoy, run the popsicle mold under warm water to help release the popsicle from the mold.



A photograph of a white ceramic bowl filled with sliced banana pieces. In the background, a whole yellow banana lies on a green textured surface. The image is used as a background for the page content.

SATISFYING A VEGAN SWEET TOOTH

At Tulane University, the culinary team, led by Chef Anthony Hustad, constantly creates plant-based recipes served across campus. They have developed delicious plant-based desserts, such as this banana split sundae, to satisfy the sweet tooth of students with any dietary need.

The following recipe features aquafaba, the liquid that chickpeas are cooked in. It can be used as a plant-based substitute for eggs and butter – perfect for vegan desserts.

PLANT-BASED BANANA SPLIT SUNDAE

Makes 4 servings | Recipe from Executive Chef Anthony Hustad

Allergen – Soybean



INGREDIENTS

Aquafaba Ice Cream:

- 2 cups of aquafaba
- 1 1/3 teaspoons of cream of tartar
- 3 tablespoons of vanilla extract
- 3 cups of powdered sugar
- 2 cups of soy milk or any other plant-based milk
- 2/3 cup of vegetable oil

Aquafaba Meringue:

- 2 cups of aquafaba
- 1/4 teaspoon of cream of tartar
- 1 cup of powdered sugar
- 1/4 teaspoon of vanilla
- 1 tablespoon of lemon juice

CHEF'S NOTE:

To make the banana split, flavor with banana extract, then pipe the meringues in a banana shape and freckle with cocoa powder before baking.

PREPARATION

Make the Ice Cream:

1. Sprinkle the cream of tartar on top of the aquafaba and let rest for a few minutes until dissolved.
2. Place the mixture in a bowl of a stand mixer and begin to whip, gradually increasing the speed to high and whipping until fluffy and stiff.
3. Add one tablespoon of the vanilla extract and continue to whip.
4. With the mixer running, add the powdered sugar 1 tablespoon at a time until it is all incorporated and the mixture becomes even thicker.
5. In a separate blender, blend the soy milk and the remaining 2 tablespoons of vanilla extract.
6. Add the blended soy milk and the vegetable oil into the mixing bowl. Use a folding technique with the spatula to incorporate.
7. Pour the mix into a freezer container and freeze for a minimum of 4 hours.

Make the Meringue:

1. Place the aquafaba in a mixing bowl of a stand mixer. Sprinkle the cream of tartar over the aquafaba and allow it to soften and melt into the aquafaba.
2. Whip the mixture until it reaches medium peaks.

3. With the mixer running, slowly add the powdered sugar 1 tablespoon at a time.
4. Keep the mixer running and add the vanilla and lemon juice. Whip on medium-high speed until the meringue is stiff.
5. Pipe the meringue on a parchment-lined sheet pan and bake in the oven at 225 degrees Fahrenheit. Check frequently. The meringues are done once completely dry, but not brown. If the meringues are overcooked, they tend to crumble.
6. Take out of the oven when done and let cool. Store cooled meringues in a covered container for up to 1 day.

Assemble the Sundae:

1. Place the aquafaba ice cream in a dish, followed by two meringues on the sides of the ice cream.
2. Cut fresh strawberries as preferred and slice fresh bananas. Place the fruit on top of the ice cream and meringues.
3. Sprinkle vegan chocolate shavings on top if desired.

SUPPORTING LOCAL SUPPLIERS

Sourcing from local, seasonable and sustainable farms helps ensure affordable, healthy and abundant food well into the future. We are committed to supporting and promoting local businesses and communities.

- In 2020, more than **7.9 million pounds** of fresh produce purchased in the US were grown within 250 miles.
- Sodexo has **65+** contracted regional fresh produce distributors that sell local produce, when in season.
- **1,400+** farms have been supported by Sodexo since 2020.



PARTNERSHIPS WITH LOUISIANA FARMS

We are proud to support the farms in Louisiana and aspire to continue highlighting authentic Louisiana cuisine by procuring the freshest locally grown staples and ingredients.



