



Flavorful Insight

Marketing Communications & PR

Engagement

We Develop Client Recipes for Consumer & Foodservice Publications

Apricot Pumpkin Miso Glazed Soy 'Chicken'

Feb 4, 2011

From: Chef Seamus Scott, Roots Market, Clarksville

4 frozen soy "chicken" breasts
2 scallions, finely chopped
½ cups apricot pumpkin miso glaze (recipe follows)

Apricot Pumpkin Miso Sauce (yields 5 cups):

2 Tbsp. soybean oil
1 medium yellow onion, diced
3 Tbsp. white miso paste
1 Tbsp. tamari or soy sauce
28 oz. apricot jam
1½ cups water
6 Tbsp. canned pumpkin puree
½ tsp. amchur (dried mango) powder
½ tsp. red pepper flakes
½ tsp. sea salt

For apricot sauce: In medium sauce pan, add oil & onion, sauté 5 minutes, stirring regularly. Add miso and tamari; cook 5 minutes. Add remaining ingredients and continue to cook over medium high heat until thickened.

For soy "chicken": In a 13" x 9" pan, place 4 frozen soy "chicken" breasts. Marinate for 15 minutes. Remove from marinade, place on bed of rice and serve with an additional ¼ cup of sauce.

Note: Sauce can also be used with tofu, vegetables



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We Pitch and Provide Articles to Trade & Consumer Magazines



YOUR BODY **FITNESS & NUTRITION**

♡ YOUR WORKOUT

And it will love you back! You'll eat 55% fewer treats and exercise more, finds new research. Here, fun options to try at home:



BANG, BANG Air drumming is a blast and burns calcs, too.

LIVING ROOM DANCE PARTY Celeb trainer Anna Kaiser (she works with Kelly Ripa) brings her dance-based program to you. Her new DVD features high-energy, easy-to-follow cardio and strength training set to great music. *Happy Hour, \$25, aktinmotion.com*

GAME ON FOR SWEATING Tell your kids it's your turn to play Xbox. This Blu-ray disc's fun workout games use Kinect to sense movement. Exercise with friends or record workouts and compete against yourself. *Shape Up, \$60, shop.ubi.com*

ROCK-OUT WORKOUT Channel your inner Keith Moon with this fast-paced jam session, which uses drumsticks for added resistance. Think aerobics, Pilates and plyometrics with nonstop drumming. *Pound Rockout Workout, \$40, poundfit.com/gvd*

Should I cook with coconut oil? I see it everywhere.

There's no question that coconut oil, a mostly saturated fat, is having a moment. I think its main advantage is that it's a plant-based, natural alternative to butter or shortening and you can bake with it. But the jury's still out on its potential health benefits. So for now, you're better off using vegetable oils like olive and safflower; they're mostly unsaturated fat, which lowers "bad" LDL cholesterol when used instead of saturated fat. **Bottom line:** Consider cooking with "virgin" coconut oil (a.k.a. the least processed type) once in a while for a flavor boost in baking or sautés. Keep in mind,

BUZZWORD

CHOLINE

[koh-leen, kol-een]

WHAT IT IS: A nutrient linked to brain health that may help prevent heart and liver disease. Experts say 90% of us may be choline-deficient.

BEST SOURCES: Egg yolks, salmon, liver, wheat germ.

WHY IT MATTERS: Research associates low levels with impaired brain development, cognitive decline and increased risk of the illnesses noted above. Now the FDA is proposing changes that will allow



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We Develop, Manage and Promote Recipe Competitions that Result in Editorial Placements

The image shows a screenshot of a Progressive Grocer website article. At the top, there are logos for 'PROGRESSIVE GROCER' and several smaller images related to grocery trends. Below the navigation bar, the article title is 'Hy-Vee Chef Wins Iowa State Fair Competition' with a subtitle 'Competitors vie for healthiest salad dressing recipe' and a date 'August 17, 2016, 01:25 pm'. The main image shows four people standing in front of a banner for the 'Soy Salad Dressing Professional Chef's Competition'. A red caption below the image reads: 'Winners of the 2016 Iowa State Fair soy salad dressing contest: Hassan Atarmal, Alex Strauss, Kerri Rush and Patrick Cashman.' To the right, a smaller version of the article is visible, containing the following text:

Hy-Vee Chef Wins Iowa State Fair Competition
Competitors vie for healthiest salad dressing recipe
August 17, 2016, 01:25 pm

Winners of the 2016 Iowa State Fair soy salad dressing contest: Hassan Atarmal, Alex Strauss, Kerri Rush and Patrick Cashman.

State fair food is commonly known for its deep-fried excess, but this year's Iowa State Fair featured a contest showcasing options that are both healthy and delicious.

This week's competition, hosted by The Soyfoods Council and the Iowa Restaurant Association, allowed fairgoers to watch four local chefs make and discuss their tofu-based salad dressings in front of a panel of professional judges, then sample the results.

The winner: Chef Alex Strauss from the Market Café at the West Lakes Hy-Vee supermarket in West Des Moines. Strauss won over the crowds as well as a six-judge panel with his gold medal-winning sweet and spicy creamy mango habanero dressing, served over a mixed local greens salad with avocados, hearts of palm, red peppers and Jamaican jerk pork.

Healthy and Consumer Friendly

The competing chefs were challenged to make salad dressing recipes using soft silken tofu as the base; the dressings had to be consumer friendly and were delicious enough to put on a restaurant menu.

The other competitors were Chef Kerri Rush, Fresh Café & Market, who won second place for her Olive-Avotziki salad dressing; Chef Hassan Atarmal, Fresh Mediterranean Express, third place, Waukee-sofu soy ginger dressing; and Chef Patrick Cashman, Guru BBQ, Des Moines, fourth place, tofu roasted raspberry chipotle dressing

All participants received cash prizes.

