

In Season!

Summer 2014

*“Experience Our Passion
for Foodservice”*



Marek
Hospitality Inc.

Reducing Sodium in Soups with Our Made-From-Scratch Approach



As a culinary company we are dedicated to continuously looking for better ways to provide our guests with the most nutritious, great tasting meal options possible. To deliver the best quality soups that meet our commitment to promote healthy eating and wellness, we are excited to share that this culinary journey has produced fantastic results.

In an effort to reduce the levels of sodium in all soups and sauces many of our chefs are now preparing stocks (or broth) from scratch by roasting beef & chicken bones. This allows your very talented chefs to control the amount of sodium being added to soup and sauce bases. With our commitment to lowering sodium most chefs will add very little extra salt, if any, to ensure that you are receiving the healthiest soups and sauces possible.

Some cafés are unable to prepare fresh chicken and beef stock from scratch due to space or equipment restrictions, so they have now switched over to Gluten Free Low Sodium stock bases. Both of these new approaches have dramatically lowered the sodium levels in our soups and sauces without sacrificing great flavour. This translates into a reduction of sodium for our HealthWise Choices soups so that they have less than 480mg per serving. For example, our featured Carrot Lemongrass soup recipe on the right was reduced by almost 60% simply by using the gluten free low sodium stock base, and it now offers a mere 240mg of sodium per 250ml serving.

Do you dare to compare that sodium level to soups made outside your café? Tell us what you find by sending an email to inseason@morningstarhospitality.ca

With more and more of our guests looking for Gluten Free products due to health restrictions, dietary or lifestyle choices,

these new stock bases offer our chef's more versatility to satisfy the needs of our health conscious guests. We know that everyone has unique taste preferences, so if you prefer additional salt then it is available for you to add, but most importantly the choice is yours.

Preparing stocks from scratch and implementing new stock bases allows our chefs to reduce the sodium in soups and sauces by a minimum of 30%. We will continue to look for ways to prepare your fresh, great tasting meals in the healthiest manner possible. That is part of the Marek difference.

We encourage everyone to try a complimentary sample of our soups so you can taste the difference for yourself.



Carrot Lemongrass Soup

Nutrition Facts	
Valeur nutritive	
Per 250 ml (336g) / par 250 ml (336g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 110	
Fat / Lipides 6g	9%
Saturated / satures 3g	
+ Trans / trans 0g	16%
Cholesterol / Cholesterol 0mg	
Sodium / Sodium 240mg	10%
Carbohydrate / Glucides 16g	5%
Fibre / Fibres 3g	11%
Sugars / Sucres 5g	
Protein / Proteines 2g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	15%
Calcium / Calcium	6%
Iron / Fer	15%

Allergens:



Sulphites

Training our CHAMPS

Our commitment to training helps empower our chefs with the latest tools and insights to improve communication service and culinary innovation in our cafes across Canada.

This year, our Ontario and BC, training events featured an all-day multi-track format taking our Chefs, District Managers and Food Service Directors through Culinary, Catering, Marketing, Human Resources and Health & Safety seminars.

Our trainees were treated to a vendor fair and in Ontario, to a cooking demonstration by aboriginal Guest Chef Rich Francis. A member of the Tetlit Gwich'in and Tuscarora Nations, Rich has worked since 2010 to raise the profile of modern Aboriginal cuisine. Rich recently competed on the latest Top Chef Canada television culinary competition series, placing third overall.

The focus this year was on local sourcing, engaging customers through innovative marketing tools and an in depth launch of our Culinary Take-Home program.



what's cooking

Carrot Lemongrass Soup

8 Servings - 250 mL portion

INGREDIENTS

Vegetable stock, sodium reduced
Lime Zest
Lemongrass Stalks
Vegetable oil
Yellow onion diced
Coarse salt
Ginger, minced
Garlic, minced
Thai Red Curry Paste
Coriander seeds
Carrots, peeled and chopped
Coconut milk
Sambal oelek
Lemon juice, fresh
Lemon Zest
Cilantro leaves, chopped

AMOUNT

1.5 L (6 cups)
3 mL (1/2 tsp)
3 stalks
15 mL (1 Tbsp)
1 each
1 mL (1/4 tsp)
30 mL (2 Tbsp)
15 mL (1 Tbsp)
5 mL (1 tsp)
5 mL (1 tsp)
900 g (2 lbs)
150 mL (2/3 cup)
3 mL (1/2 tsp)
25 mL (1 1/2 Tbsp)
5 mL (1 tsp)
30 mL (2 Tbsp)



METHOD

1. Heat stock in a large pot. Add lime zest and keep warm on low heat.
2. Chop onions and set aside. Chop carrots and set aside.
3. Prepare lemongrass by cutting the stalk 4" from root end and peel the outer layers from the lemongrass keeping the inner core. Using a broad bladed knife, (with blade facing away from you) smash the lemongrass core, mince and set aside.
4. Grind coriander seeds finely.
5. Using another large pot, over medium heat, add onion and salt and cook until onions are translucent.
6. Add minced garlic, ginger, lemongrass, curry paste and ground coriander; sauté and stir for 5 minutes.
7. Stir in chopped carrots. Sauté for several minutes, then pour in hot stock.
8. Bring to a boil and simmer until carrots are soft, about 15 minutes.
9. Whisk in coconut milk, sambal oelek and simmer for another 15 minutes.
10. Puree with food processor until smooth.
11. Just before serving, add lemon juice and lemon zest.
12. Garnish with freshly chopped cilantro.

Allergens: Sulphites WW pts: 3

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
114 kcal	16.0 gm	2.0 gm	5.7 gm	41.4 %	0 mg	245 mg	2.8 gm	55 mg

Adapted from Rebar Modern Food Cookbook



3 Gold and 1 Silver Medal

Congratulations to Barry Green, an employee at the Toyota Motor Manufacturing Corporation Inc. Cambridge café, who competed in 10-pin bowling events during the Special Olympics from July 7-13th 2014. Dana Hospitality proudly sponsored him to participate in the event by helping to cover the travel and hotel costs to Vancouver for Barry and his brother. We are proud of you Barry! Well done.

Farmer's Market Events Highlight Local Sourcing

This summer, both the Heritage Café at Scarborough General Hospital and the Atrium Café at the Scarborough Hospital Birchmount Campus held large BBQ events which incorporated farmer's market displays featuring fresh, healthy produce sourced from local vendors.

The event inspired customers to support

buying from local vendors who offered an assortment of organic vegetables, fruits, baked goods, home-made jams, natural honey, fresh pies, and more.

Thanks to the café staff for going beyond a standard BBQ to offer employees who work in the busy healthcare industry the opportunity to buy local and choose a healthier lifestyle.



Welcome Deborah Kerr!



Deborah Kerr has joined our team as Director for Catering Operations and Business Development. With over 20 years' experience as a senior executive in the hospitality and event planning industry, Deb will be responsible for developing our catering business by seeking out new opportunities both on and off site.

Deborah brings with her a depth of knowledge in event catering; she has managed large scale events for Golf Canada, The Royal Agricultural Winter Fair, McMichael Art Gallery and the Ontario Science center. Her dedication and passion for the foodservice industry drives Deborah to make every event an unforgettable experience.

A Warm Welcome to Our New Client



BALMORAL HALL SCHOOL
A UNIVERSITY PREPARATORY SCHOOL FOR GIRLS

Balmoral Hall School is a private school in Winnipeg Manitoba that inspires girls to excel, to reach, and to lead. Offering programs from child care to Grade 12, Balmoral Hall School provides a complete educational experience just for girls. Our café is proud to help nourish young minds and future generations.

In Season! is published jointly 4 times per year by Dana Hospitality LP and Marek Hospitality Inc. Send submissions or questions to: inseason@marekhospitality.ca or Contact Us at: 905-829-9800.