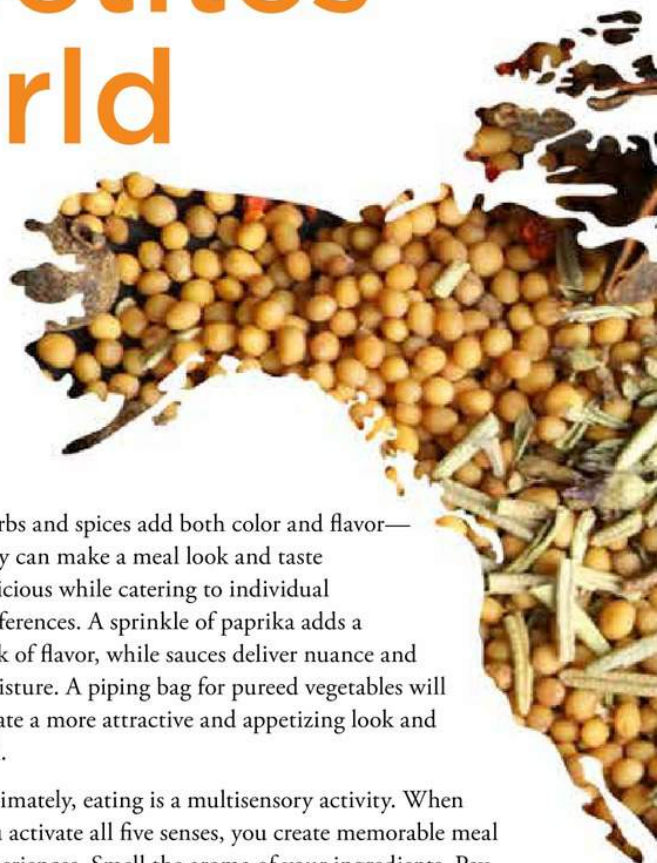


Boost Appetites With a World of Taste



Soak up the taste of Italy in a bowl of veggie-packed Pasta Alfredo. Travel to the sun-soaked coast of Greece with a Grilled Chicken Gyro. And win over veggie and meat lovers alike with Grilled Cauliflower Tikka Masala featuring the flavors of India.

International cuisine not only tastes great, it sparks appetite and connection.

Poor appetite is a common complaint in many healthcare settings and can lead to unintentional weight loss, nutrition deficiencies, and a decrease in muscle strength and physical function. Bringing in food, fun, and faraway places, global cuisine encourages residents and patients to share stories, memories, and hearty meals together. In addition, showcasing world flavors can be a way to stimulate appetites.

THE FLAVORS OF THE WORLD

Building flavor is all about aroma, mouthfeel, and taste.

The nose, in particular, plays a significant role in eating—it can trigger emotions and memories. Simply put, if something has a pleasant aroma, residents will be more excited to eat it.

Likewise, it's important to consider how you want your meal to feel when you take a bite. Fluffy? Crunchy? Tender? How much heat do you want to deliver through spices? In terms of mouthfeel, many tools are available today to make modified-texture diets more appealing; for instance, using silicone molds for visual appeal of pureed foods can help stimulate appetite by creating attractive, familiar shapes.

Herbs and spices add both color and flavor—they can make a meal look and taste delicious while catering to individual preferences. A sprinkle of paprika adds a kick of flavor, while sauces deliver nuance and moisture. A piping bag for pureed vegetables will create a more attractive and appetizing look and feel.

Ultimately, eating is a multisensory activity. When you activate all five senses, you create memorable meal experiences. Smell the aroma of your ingredients. Pay attention to the visual appearance. Hear the sizzle in the pan when you're doing a cooking demonstration. Feel the texture of fruits and veggies to determine if they are ripe. Taste the recipe before you serve it.

Humans can distinguish about 100,000 different flavors. Simple shifts in flavor profiles can encourage greater interest and participation in meal programs by residents and visitors alike.

FAVORITE FLAVOR PROFILES

When you think of Southeast Asia, you probably envision spicy sauces, the saltiness of soybeans, and the sweetness of rice. On a trip to Italy, you would be struck by the acidity of tomatoes and the light fruitiness of olive oil. Today, we are fortunate to have access to almost every ingredient and flavor profile around the globe.

Premade spice blends are a great option for saving time and creating flavor. You can buy them premade or easily mix your own. For instance, Chinese Five Spice includes cinnamon,



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cloves, fennel, star anise, and Szechuan peppercorns. Herbs de Provence features oregano, rosemary, sage, savory, tarragon, and thyme. A shake of either will add instant flavor and kick to any entrée or side dish.

The next time you are looking to add global flavors to a meal, you can turn to the following countries and ingredients for further inspiration:

- **India** is known for its curries, vindaloos, and dosas or pancakes. Common herbs and spices include cardamom, cloves, coriander, mustard seed, turmeric, and saffron—among other flavorful options.
- **China** places a premium on color, smell, and taste as well as the meaning of food. Garlic, ginger root, sesame, star anise, fennel, and pepper are all features of Chinese cuisine.
- **Italy** uses different ingredients based on region, ranging from tomatoes, meat, fish, and pecorino cheese to pastas, olives, peppers, oranges, garlic, basil, thyme, and oregano. Yogurt

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GRILLED CAULIFLOWER TIKKA MASALA

10 SERVINGS



This vegetarian Indian classic is full of flavor and unique with cauliflower steaks. It will also satisfy non-vegetarians on a Meatless Monday.

INGREDIENTS

Marinade

- 4 cups Greek nonfat plain yogurt
- 6 Tbsp Lemon juice
- 1/4 cup Garlic paste
- 1/4 cup Ginger paste
- 3 Tbsp Cayenne pepper
- 1-1/2 tsp Black pepper
- 1-1/2 tsp Salt
- 2 tsp Cumin, ground
- 2 tsp Turmeric, ground
- 20 each Cauliflower steaks, 1-inch thick, 5.25 oz. each

Sauce

- 2 Tbsp Olive oil
- 1-1/8 cups Carrots, peeled, chopped
- 1-1/4 cups Onion, finely chopped
- 1 cup Green peppers, chopped
- 1-2/3 Tbsp Garlic, chopped
- 1-1/2 tsp Garam masala
- 1 tsp Ginger paste
- 1 tsp Paprika
- 1 tsp Salt
- 1/2 tsp Cumin, ground
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon, ground
- 1-3/4 cups Crushed tomatoes, canned
- 1-3/4 cups Tomato sauce
- 1-2/3 cups Coconut cream, canned
- 1-1/2 cups Chickpeas, canned, drained, and rinsed
- 1 cup Frozen peas
- 2/3 cup Greek nonfat plain yogurt
- 1 cup Fresh cilantro, chopped

INSTRUCTIONS

Marinade

- Add yogurt, lemon juice, garlic, ginger, cayenne and black pepper, salt, cumin, and turmeric to a large mixing bowl; mix until combined.
- Cover cauliflower steaks in marinade and place on sheet pans; cover and refrigerate 4+ hours or overnight.

Sauce

- Heat olive oil in a large saucepan over medium heat; add carrots, onions, green peppers, garlic, garam masala, ginger, paprika, salt, cumin, turmeric, and cinnamon.
- Cook approx. 5-6 minutes; add crushed tomatoes, tomato sauce, and coconut cream.
- Simmer approx. 15-20 minutes or until veggies are tender.
- Add chickpeas, frozen peas, yogurt, and cilantro; stir and cook 5 additional minutes until heated through.

Finishing

- Grill cauliflower steaks 1-2 minutes per side on stove-top to achieve a nice char and finish in oven as directed below.
Convection Oven: 350°F for 25-30 minutes
Standard Oven: 400°F for 32-37 minutes

Service

- Add 3.5 oz sauce in center of plate and 2 cauliflower steak pieces on top.
- Top with another 3.5 oz sauce and serve immediately.

can be used in place of cream in many Italian recipes as a healthy alternative.

- **Greece**, like many other Mediterranean countries, focuses on the trifecta of meat, olive oil, and wine. Veggies, grains, meat, fish, pasta, yogurt, olive oil, lemons, oregano, mint, dill, and nutmeg are all prominently featured in Greek cuisine.
- **Argentina** is known for a cultural blend of Mediterranean influences brought by Spanish and Italian immigrants. Argentinians are generally known for their love of eating and sharing meals. Common spices and herbs include paprika, cayenne pepper, bay leaf, and nutmeg.

The list goes on. Every region, every country, and many cities offer a particular palate, history, and profile. Some simple research can help your operation spice up recipes and create more memorable meals.

FOOD, FUN, AND FARAWAY PLACES

"When you bring in flavors and activities from countries around the world, you also inspire connection, encourage residents to tell stories through food, and provide fresh meal inspiration," said Lesley Shiery, RD from the General Mills Bell Institute of Health & Nutrition. "Flavor makes all the difference in the world when it comes to mealtime, and enhancing flavor may help improve appetite especially for those who have impaired taste or smell."

To bring more excitement to the dining room, you can take flavorful food one step further:

- **Offer weekly themed meals** that feature a country or area of the globe. Enhance the experience with activities, decorations, and a movie night or event that highlights that same region.

- **Try a lateral shift.** Start with something residents already know and like and tweak it a little. Steamed broccoli can be updated with an Asian dipping sauce or be added to pasta to increase vegetable consumption. These simple shifts can reduce boredom.
- **Create a passport program** that encourages residents to get stamps from around the world when they try different foods and cuisines.

Check out free resources to help you plan your own globally-themed event. General Mills Foodservice has created a guide that pairs fun activities with menu ideas to engage residents depending on which region of the world you are highlighting. A downloadable culinary passport can be used for your residents to record their food adventures.

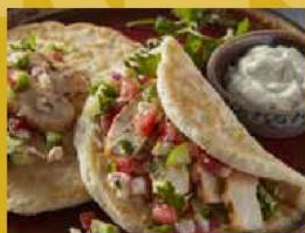
“A World of Taste” resources and recipes (including those printed here) can be found at generalmillscf.com/worldoftaste

The recipes may be customized to various needs and interests. Zoodles can work great in place of pasta, for example, and different vegetables can amp up meals for color and flavor. You can also turn to recipe starters to save on prep time.

TRAVEL THE WORLD THROUGH TASTE

From coast to coast and country to country, the world is full of flavor just waiting to be shared and celebrated. ■

GRILLED CHICKEN GYRO



12 SERVINGS

A delicious wrapped sandwich from Greece filled with fresh herbs, soft cheese, and grilled chicken.

INGREDIENTS

Biscuit Pitas

- 12 each Southern style, easy split frozen dough, thawed

Greek Salad

- 3/4 cup Cucumber, diced small
- 3/4 cup Tomatoes, diced small
- 1/2 cup Red onion, diced small
- 2 Tbsp Feta cheese, crumbled
- 1 Tbsp Parsley, fresh, chopped
- 1-1/2 tsp Olive oil
- 1 tsp Salt
- 1/4 tsp Black pepper, ground

Assembly

- 2 lbs. 4 oz. Grilled chicken, sliced, held warm
- 1-1/2 cups Tzatziki sauce

INSTRUCTIONS

Biscuit Pitas

- Roll out thawed biscuit pucks to 6-inch disks.
- Cook disks on greased griddle preheated to 375°F for 3-6 min. per side.

Greek Salad

- Combine Greek Salad ingredients in large bowl and stir until completely combined; refrigerate.

Assembly

- Add 3 Tbsp of Greek Salad down the center of each puck.
- Top with 3 oz. sliced chicken and 2 Tbsp Tzatziki sauce.

ALFREDO PRIMAVERA SAUCE



**44 SERVINGS,
4 OZ. PORTION**

A veggie-packed pasta sauce that gets its creamy-smoothness from low-fat yogurt.

INGREDIENTS

- 6 Tbsp Olive oil
- 3 cups Yellow onion, chopped
- 9 cups Mushrooms, fresh, sliced
- 8 cups Red bell peppers, fresh, julienne
- 12 cups Lowfat vanilla yogurt
- 1 Tbsp Oregano leaves, dried
- 2 Tbsp Kosher salt
- 1 Tbsp Black pepper
- 1 Tbsp Garlic powder
- 1-1/2 cups Parmesan cheese, shredded, firmly packed

INSTRUCTIONS

- Heat oil in large skillet over medium-high heat; cook onions about 2 minutes or until soft, but not brown.
- Add mushrooms and bell peppers; heat about 2 minutes or until mushrooms are soft and peppers are still slightly crisp.
- Add yogurt, seasonings, and Parmesan cheese; heat over low heat, stirring constantly, until cheese is melted and sauce is smooth. Do not boil, or sauce will curdle.
- Remove from heat and serve 4 oz. per portion.