

September 2019
Newsletter



1900 Phillips Field Road
Fairbanks Alaska 99701
(907)458-0000
fax (907)452-2201
(800)478-2371



SANDHILL CRANES

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AUTUMN EQUINOX

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INSTRUCTIONS:

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- Ketchup..... 4.0 oz
- Yellow mustard..... 0.5 oz
- Brown sugar..... 1.0 tbsp
- Tabasco Sauce.....1.0 tsp
- Kosher salt..... 0.5 oz
- Black pepper, ground..... 0.25 oz
- Simplot Lattice Cut Fries (#216)...**6/4.5lb
- Fred's Battered Pickle Chips (#511).....**10.0 oz
- American cheese sauce.....7.5 oz

INSTRUCTIONS:

1. Sauté the ground beef until thoroughly cooked and drain the fat and return beef to pan.

- 2.** Add the peppers and onions, ketchup, mustard, brown sugar, Tabasco and seasonings to the beef.
- 3.** Continue cooking the beef topping until heated through. Reserve warm.
- 4.** For each serving: prepare 10 oz. of the Lattice Fries according to the package directions, drain and place on a warm plate.
- 5.** Top the Fries with 3 oz. of beef topping, 2 oz. of fresh fried pickles, 1 ½ oz. of warmed cheese sauce and drizzle with ¾ oz. of ketchup.



THE TRUTH ABOUT UNCURED MEATS

As consumers demand healthier food, many restaurants today are looking for products with words like "no nitrates added" or "uncured" on the packaging. But we may have been misled, experts say.

Consumer Reports recently published a report finding that deli meats with those labels actually contain similar levels of nitrates as meats that don't carry these labels.

Part of the explanation lies in federal labeling rules for processed meats. When hot dog or bacon manufacturers use **natural curing agents, such as celery powder**, in lieu of synthetic sodium nitrite, they can be required to use terms such as "no nitrates added" and "uncured." even though everyone in the meat industry realizes it's not technically correct. In other cases, food manufacturers may add these claims

voluntarily, perhaps for marketing reasons.

Deli meats carrying these labels pose the same health risks as traditionally cured meats, because the nitrate levels are the same, their chemical composition is absolutely the same, and so are the health effects.

The label says the product has no nitrates added, but the reality is that they've simply switched to a different source.

So, here's a tip: When you see a "no nitrates added" label, look for an asterisk pointing to fine print that may say something like "no nitrates except those naturally occurring in celery powder." That

asterisk basically contradicts the nitrate-free claim. If you don't see an asterisk, the product might indeed be nitrate-free.

Remember, uncured meats are not necessarily nitrite or nitrate free and may not be any healthier than cured meats



FAST FOOD OFFERS PLANT BASED CHOICES

Most Independent restaurants watch closely what the national fast food chain companies are introducing on their menus. These companies have a research budget that allows them to predict what consumers will buy. This year we see many of these major companies investing a lot of resources to make meat alternatives more mainstream. Most of these new products are coming from Impossible Foods or Beyond Meat.

As Popeye's and Chick-fil-A waged a chicken sandwich war with real chicken this August, KFC introduced a plant-based "chicken" that proved so popular in a sales test that it sold out in a single day in Atlanta. The Beyond Fried Chicken boneless wings and nuggets were created with the help of Beyond Meat. KFC has not yet announced a national roll out.

Is the idea to turn everyone into a vegetarian? Not exactly, but studies have shown that eating less meat could help both the environment and your health, and that could be making people a little more interested in cutting back.



Here's a look at plant based options that other fast food companies are selling



Burger King

Impossible Whopper was introduced in April and went nationwide in August

Dunkin'

Beyond Sausage Breakfast Sandwich was introduced in July and currently is only available in Manhattan.

White Castle

The Impossible slider has been available nationwide almost a year.

Carl's Jr.

Introduced the Beyond Famous Star Burger early this year.

Little Caesar's

Currently testing a "sausage" topping by Impossible Foods in limited markets.

Qdoba

Since April, they are offering a plant based taco filling also by Impossible Foods