

THE SCOOP

SERVING UP FOODSERVICE INSPIRATION

SO MUCH
MORE
THAN
SWEET

Domino Foods, Inc.





HOW SUGAR GOES BEYOND SWEET

WHAT CAN SUGAR DO FOR YOUR OPERATION?

Did you know that sugar has a wide range of unique properties that make it an exceptionally versatile ingredient in a foodservice operation? Is it any wonder that sugar is a staple pantry item in every kitchen? Adding sweetness aside, sugar is also used to provide a variety of other aesthetic enhancements in baking and sautéing, as well as elevating the appeal of sauces, marinades and beverages.

SWEETNESS IS JUST THE START:

Even beyond just supplying sweetness, sugar plays an irreplaceable role in the quality of foods and beverages.

When sugar is removed from food and beverage, texture and volume are sacrificed and the final product may not look as desirable.

Sugar retains and preserves moisture and thus acts as a softening agent in a variety of foods such as baked goods. It also helps maintain the freshness of baked goods for a longer period of time.

When caramelized, sugar provides a mouthwatering boost of color, flavor, texture and aroma to a variety of foods such as grilled meats and breads.





SWEET-INTEL

 — FOR MENU SUCCESS

Here at ASR Group, we are experts in all things sweet. But we also know that sugar brings a lot more to the table in matters of texture, appearance, performance and more. Discover how sugar goes beyond sweet to give everything you serve even more appeal.

SUGAR'S ROLE IN SAVORY

In more savory dishes, sugar acts as a balancer to neutralize the bitterness or sourness of other flavors such as vinegars, fruit juices, various spices, or salt. Sugar brings a balance to the overall flavor of the dish. It can also be used to add more robust flavor to vegetables or meats.

ENHANCE COLOR:

Sugar can be used to increase the browning of grilled or sautéed vegetables and meats. This caramelization enhances the dish's depth of flavor.

TENDERIZE MEAT:

In brine solutions and marinades, sugar promotes tenderization.

ELEVATE FLAVOR:

When used in a dry rub or marinade, sugar enhances the flavor and browning of delicate fish, poultry and other meats.

OFFSET ACIDS:

Sugar can help bring balance to sauces containing acidic ingredients such as lemon and lime juice, tomato products and vinegars.



THE AESTHETICS OF SUGAR



CARAMELIZATION AND COLOR

Caramelization and Maillard browning reactions are fundamental not only to the flavor and aroma, but the overall color of food. Sugar caramelizes when heated above its melting point, adding flavor and leading to surface browning which improves moisture retention in baked goods. At temperatures above 347° F, melted sugar takes on an amber color.

MAILLARD BROWNING:

During cooking, the reaction between sugar and amino acids that gives rise to browning and flavoring in products such as bread, baked goods, caramel candy and savory dishes.



HOW SUGAR INFLUENCES FLAVOR AND AROMA

FLAVOR

White sugar imparts pure sweetness without adding flavor. However, golden and brown sugars add a wide variety of flavor notes to foods, including brown butter, caramel, butterscotch, fruit, licorice, and even rum. These flavor notes are attributed to the molasses in golden and brown sugars. Like cane sugar, molasses is also derived from the sugarcane plant. The more molasses retained in the sugar, the darker the color, and the richer the flavor.

AROMA

That mouthwatering smell of baking bread? You can thank sugar for that. The Maillard browning reaction releases aromatic compounds that leave you asking "is it done yet?" Sugar enhances aroma and balances flavor notes to ensure a pleasing experience. Sugar's aroma enhancing properties are used in a wide variety of foods including breads, meats and fruit preserves.





OTHER ATTRIBUTES BEYOND SWEET

PRESERVATION

Sugar is an essential ingredient in preserving foods, such as fruit preserves and baked goods. Sugar removes moisture from these foods which inhibits microbial growth and prevents spoilage.

A sugar and salt mixture is typically used in curing meats like bacon or lox. While salt plays a greater role overall in the curing process, sugar contributes to moisture removal and helps to balance out the salty flavor of the cured meat.

FERMENTATION

Sugar acts as a food for yeast and bacteria, creating a chemical reaction called fermentation. Fermentation plays an integral role in the creation of many foods and beverages, such as yogurts, breads and doughs, kombucha, kimchi, beer and wine.

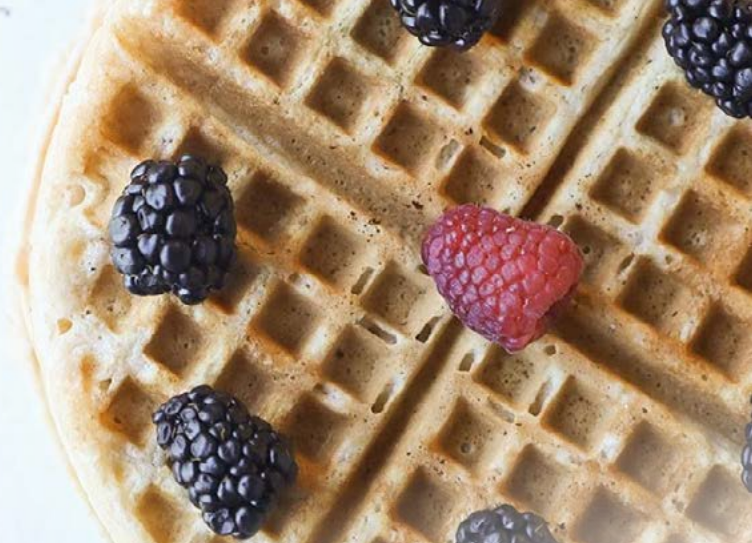
TEXTURE AND VOLUME

Sugar provides volume and consistency, especially in cakes, breads and beverages. In cakes, sugar delays starch gelatinization. This means the cake can increase in volume for a longer period while baking, resulting in a taller finished product. In bread, sugar affects the volume and texture of dough by speeding up the fermentation process, giving the bread a more porous structure. Sugar also plays an important role in defining the body of beverages – i.e. how filling they are. In ice creams and frozen yogurts, sugar lowers the freezing point to create a softer, creamier texture.



CHEF'S CORNER

For each edition of The Scoop from ASR Group™, we bring you exclusive insights from Eleonora Lahud, research chef from ASR Group.



ELEONORA LAHUD | Research Chef, ASR Group

Eleonora has a degree in Food Science and is a Certified Baker from the American Institute of Baking, with management studies in Barcelona, Spain. She has experience working with leading global food companies in research & development, technical sales, consumer engagement and catering.

SUGAR 101: WHICH TYPE OF SUGAR DO I USE?

White, light brown, dark brown, turbinado – how do you know which sugar to use? Each sugar has a distinctively different taste profile, color, and texture. Therefore, it's important to understand these differences in order to choose the right product for your application and achieve your desired result.

EXTRA FINE GRANULATED SUGAR:

Also known simply as white sugar, Extra Fine Granulated Sugar is highly **VERSATILE** and delivers a **CLEAN** flavor profile. A pantry staple, this product is a great choice for a wide range of food and beverage applications - baked goods, breads, sauces, marinades, pickling, brining, and more. It is particularly ideal for cold beverages like lemonade and sweet teas because it **DISSOLVES** quickly and **SWEETENS** without adding flavor.



BAKERS SPECIAL SUGAR:

With an **ULTRA-FINE** grain size, Bakers Special Sugar is a white sugar that is specifically designed for baking and confectionery applications. The **SMALLER** grain size means that it **MIXES, BLENDS AND MELTS** more evenly than Extra Fine Granulated Sugar.

*Photo credit to Rebecca Firth @displacedhousewife



POWDERED SUGAR:

Also known as Confectioners Sugar, this sugar has an exceptionally **FINE GRANULATION** and clean flavor profile. The super smooth texture makes this sugar ideal for **FROSTINGS AND GLAZES**. It's also commonly used for **LIGHTLY DUSTING** pastries, fruit, or desserts to add a touch of sweetness and enhance their visual appeal.



For more information on Domino Foods, Inc. products, visit our [online product gallery](#).



THE SCOOP





CHEF'S CORNER

SUGAR 101: WHICH TYPE OF SUGAR DO I USE?

As we move from white sugar to brown sugars, the difference is not only in color, but in taste and performance. Brown sugars retain more of the natural molasses for a depth of flavor and enhanced texture.

LIGHT BROWN SUGAR:

Delivering medium levels of flavor described as **BUTTERY** and **WARM**, Light Brown Sugar tends to balance and carry other ingredient flavors very well – particularly in savory dishes. The moist character of this sugar imbues a **RICH** and **CHEWY** texture to baked goods.



DARK BROWN SUGAR:

This is the flagship sugar for creating luscious marinades for meats – especially when **GRILLING** and **SMOKING**. Dark Brown Sugar adds **COMPLEX SPICY** notes and depth of color to cakes, gingerbread, and brown breads. It also pairs especially well with stone fruits and dark chocolate.



TURBINADO:

Also known as Demerara, Turbinado has **LARGE AMBER CRYSTALS** that deliver a hint of sweet spice and green fruity top notes. This sugar is a popular choice for sweetening hot coffee, espresso, and tea. It also works well as a **TOPPING** for cookies and other baking applications, adding **CRUNCHY** texture, sweetness, and a bit of **SPARKLE**. Simple syrup prepared with turbinado has complex flavor and is perfect for pouring over pancakes or waffles.





SWEETLY DISTINCT



SALES-BUILDING IDEAS FROM ASR GROUP.

Here are some unexpected ways to use sugar to enhance your menu offerings.

PICKLING PACKS A PROFIT PUNCH

According to Mintel, there has been a 36% increase over the past three years in popularity of pickling.* Pickling allows a chef to be both innovative and resourceful by pickling unused fruit and vegetable parts. At the center of the pickling process is brown sugar. By mingling with the salt and acid, brown sugar lends balance and adds body to your favorite pickled treats.

GIVING VEGGIES EXTRA FLAVOR

When vegetables cook, they naturally become sweeter and more caramelized. Brown sugar enhances this inherent sweetness, creating deep flavors and a beautiful sheen. Try a sweet glaze on beets, turnips or rutabaga to help balance their earthy flavor.

SEASONING MEAT, POULTRY AND SEAFOOD

Brown sugar provides the perfect texture and flavor for meat, poultry, or seafood dishes. Whether you're marinating a slab of ribs for ultimate tenderness or prepping a glaze for your fish, brown sugar is an integral ingredient. One example: combining Dijon with brown sugar and olive oil is an easy and delicious way to season red meat.



FEATURED RECIPE



DELICATA SQUASH AGRODOLCE

*Created by Gabriel Freeman
Scofflaw, Chicago*

A seasonal showstopper with a Mediterranean flair and a touch of sweet. Sugar, sherry vinegar and shallots create a flavorful base to accentuate the creamy, sweet flesh of the delicata squash. Plate and top with feta, pistachios and sumac to give it an ethnic authenticity.

HOW TO MAKE:

(4 servings)

Ingredients:

- 1 whole delicata squash
- ½ cup extra virgin olive oil
- 2 fresh shallots, peeled and cut lengthwise into eighths
- ½ cup Domino® or C&H® Light Brown Sugar
- ¼ cup sherry vinegar
- 4 oz feta
- 4 oz pistachios, roasted and chopped
- 1 oz sumac

Instructions:

1. Halve delicata and slice ¼" thick. Heat sauté pan on medium high heat. Add 1 oz olive oil and sear shallots. Reduce heat and add sugar. Once sugar is caramelized, add vinegar. Swirl pan until sugar and vinegar are combined. Remove from heat.
2. Preheat oven to 400°F. Toss delicata squash in olive oil and roast until golden brown. Remove from oven and salt to taste.
3. Arrange squash on plate. Top with sauce and shallots. Sprinkle with feta, pistachios, and sumac.



FEATURED PRODUCT



This month's featured product is a versatile sugar that can be used in a wide range of applications. **Domino® Light Brown** and **C&H® Golden Brown Sugar** have a buttery, caramel flavor along with a moistness that makes this sugar ideal for baked goods like cookies, spiced cakes and brownies. In savory dishes, Light Brown Sugar imparts rich flavor, color, and sheen when used as an ingredient in dry rubs, stir fries, glazes and marinades.



BROUGHT TO YOU BY ASR GROUP

This exclusive newsletter has been provided by ASR Group. Domino Foods, Inc. is a leader and innovator in sweetening solutions with more than 150 years of experience taking sugarcane from the farm to the table. We are proud to provide the brands of sugar, sweeteners, and syrups that foodservice professionals know and trust including Domino®, C&H®, Florida Crystals®, and Tate+Lyle®.

To learn more, contact your ASR Group sales manager or visit us at dfifoodservice.com.

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