



BETTER THAN FRESH

Your Playbook for Saving Labor and Adding Flavor
with Frozen Fruit, 365 Days a Year



Spicy Ponzu Poke
with Mango

IT'S TIME TO RETHINK FROZEN, *one fruit at a time.*

Let this playbook inspire you to start thinking of exciting new ways to turn frozen fruit into delicious offerings across the menu, way beyond smoothies.

EVERY IDEA IS CHEF APPROVED, EASY TO EXECUTE, AND SURE TO DELIGHT CUSTOMERS.



WHY CHOOSE FROZEN FRUIT

over fresh?

90%

of Americans don't get their recommended daily intake of fruits and vegetables. Incorporating frozen fruits and vegetables into an existing meal is an easy way to add nutrition quickly.¹

If frozen fruit isn't on your radar, it should be.
It can do all the things fresh fruit can... only better.



Pepper Shrimp Salad



BENEFITS OF DOLE FROZEN FRUIT:

PERFECTLY RIPE. As soon as fresh fruit is picked, it begins to lose nutrients. Dole harvests fruit at peak perfection and quick-freezes it, which locks in ripeness and nutrients.

AVAILABLE YEAR-ROUND. DOLE frozen fruit is sourced globally and dependably available, no matter the season. That means you always have access to bright, flavorful fruit.

SIMPLE INGREDIENTS. Often, frozen fruit contains no other ingredients than the fruit itself. Typically, there is little need for additives or preservatives.

BETTER BLENDED BEVERAGES. Frozen fruit replaces ice in smoothies and other blended beverages, which keeps the drinks from tasting watered-down. **DOLE® Chef-Ready Cuts** and **DOLE® Smoothie Cuts** are available in eight different fruit varieties.

BETTER FOR YOU. Frozen fruit contains higher levels of vitamin C than fresh produce that has been stored for several days. And berries (or any blue, purple, or red fruit) contain antioxidant compounds called anthocyanins, which are more bioavailable when they've been frozen.²

¹ <https://www.sciencedaily.com/releases/2014/07/140722124810.htm>

² Disparities in State-Specific Adult Fruit and Vegetable Consumption — CDC, United States, 2015

A DEEPER LOOK at fresh fruit

SO, WHAT ABOUT FRESH FRUIT?

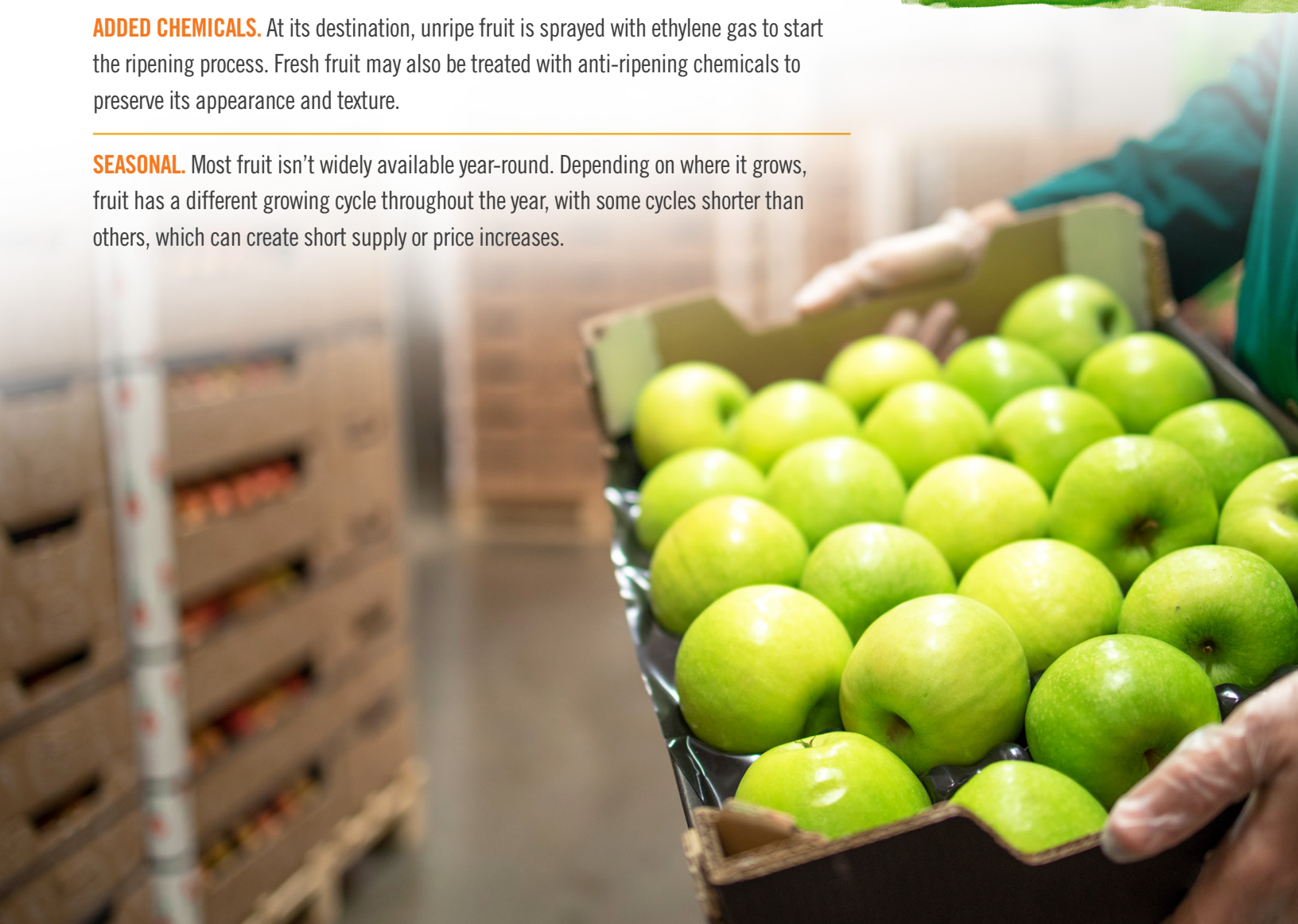
PICKED WHILE GREEN. Farmers pick fruit before it has time to fully ripen, so it can travel to its destination without getting damaged. As a result, many varieties of fruit simply don't reach their full flavor potential, and don't taste as good.

IS FRESH... REALLY THAT FRESH? Fruit can spend days—up to several weeks—in distribution centers before hitting shelves. That's a lot of time to lose nutritional value.

ADDED CHEMICALS. At its destination, unripe fruit is sprayed with ethylene gas to start the ripening process. Fresh fruit may also be treated with anti-ripening chemicals to preserve its appearance and texture.

SEASONAL. Most fruit isn't widely available year-round. Depending on where it grows, fruit has a different growing cycle throughout the year, with some cycles shorter than others, which can create short supply or price increases.

At Dole, quality matters. That's why we test our products thoroughly to ensure you receive only the highest-quality fruit with consistent taste, color, and texture, year-round.





A TALE OF *Two Strawberries*

Let's compare the life span of a fresh strawberry with a **DOLE Frozen Strawberry**. For operators who need to minimize food waste, versatile ingredients like frozen fruit simply make more sense. (Plus, frozen strawberries make an amazing strawberry coulis for desserts and pancakes!)

DOLE FROZEN STRAWBERRY

SHELF LIFE. Flash-frozen DOLE fruit can last up to 24 months stored properly in an unopened package.

RIPENESS. Picked at peak perfection, quality-tested for taste and consistency.

DURABILITY. Frozen at peak ripeness and packaged for transport.

LABOR. Prepped, easy to handle, and ready to use.



FRESH STRAWBERRY

SHELF LIFE. Only 3-7 days in the refrigerator.

RIPENESS. Depends on the season, grower, and other factors.

DURABILITY. Picked early to avoid damage in transport; fragile.

LABOR. Needs to be sorted, washed, trimmed, and cut.

Fruits and vegetables provide nutrients like beta-carotene, vitamin C, and vitamin E, that can boost immune function.

CUT LABOR, TIME, AND WASTE—*not* fruit

DOLE® frozen fruit can be your back-of-house best friend. Our products are designed with convenience in mind, so operators and chefs have more time to do what they love: get creative and make delicious food.



According to a report published by the National Resources Defense Council, US restaurants generate an estimated 22 billion to 33 billion pounds of food waste each year.³



READY TO USE. Frozen fruit is washed, cut, and ready right out of the package. No pits, no peels, nada.

100% USABLE FRUIT. Zero product waste. No over-ripened or under-ripened fruit to throw away. DOLE fruit is individually quick-frozen, so it's good to go when you are.

VALUABLE LABOR-SAVING EFFICIENCIES. Cutting produce can be tricky and always requires skilled labor. Frozen fruit is already prepped—easy as can be.

LESS WEAR AND TEAR. DOLE Smoothie Cuts and DOLE Chef-Ready Cuts are pre-cut in cubes, dices, slices and chunks that help extend the life of blenders and food processors.

Fruit hacks: CULINARY TECHNIQUES TO MAKE FROZEN FRUIT SHINE

Frozen fruit isn't just for smoothies. Professional chefs use these easy-to-execute techniques to add value and interest to any menu.

Strawberry and Olive
Bruschetta with Goat Cheese



PICKLING

Believe it or not, fruit can be pickled or fermented too! Preserving is an easy way to add a punch of vibrant acidity to any dish. This technique relies on a multipurpose brine that is poured over the fruit and allowed to steep in the refrigerator. Feel free to add spices to complement the flavors in your menu.

USE IT WITH: Berries, mangos, peaches, cherries, papaya, and apples all work great here.

HOW TO DO IT: First, make a basic brine. Combine equal parts vinegar and water with some salt and sugar (use ½ cup sugar and 1 Tbsp. salt for every 2 cups of total liquid). Add any spices and bring the liquid to a boil. Pour brine over the frozen fruit in a large non-reactive container and let cool to room temperature before refrigerating. The pickled fruit will be ready to use in 24 hours, but the longer it sits, the more flavorful it'll become, if it's submerged in the brine.

WAYS TO MAKE IT DELICIOUS:

- ✓ Try pickled peaches in a sparkling wine cocktail.
- ✓ Add pickled apples or cranberries to a charcuterie or cheese board.
- ✓ Garnish a spicy curry with pickled mangos.
- ✓ Use pickled fruit in a taco or as a bowl topper.
- ✓ Serve pickled cherries over vanilla ice cream for a tangy end-of-meal treat.



REAL-WORLD INSPIRATION

A globally inspired spot in Naperville, Illinois turns to pickled blueberries as an acidic counterpoint to its richly flavored chicken confit with cheese polenta, bacon jus, and shiitake mushrooms.



Dole chef-developed recipe

Try this **Vietnamese Noodle Salad Bowl with Pickled Apples** to add irresistible global flavor to your menu. [View recipe](#)

SAVE THAT BRINE! Use leftover brine in a vinaigrette for salads or a marinade ingredient for meats or roasted vegetables.



ROASTING

High-heat roasting intensifies the sweetness of fruit and concentrates the flavor. This technique is easy to do in a standard or wood-fired oven, but cooking times may vary. Make sure the fruit is a uniform size, and keep an eye on the oven.

USE IT WITH: Peaches, apples, cherries, or pineapple. Other stone fruits work well, too, as they can stand up to high temperatures without falling apart.

HOW TO DO IT: Lightly toss DOLE frozen fruit in a bowl with vegetable oil, then place onto a parchment-lined sheet tray. Roast in the oven at 425° until fruit has softened and slightly browned around the edges. Flip pieces if necessary to brown evenly.

WAYS TO MAKE IT DELICIOUS:

- ✓ Serve roasted blackberries with pork chops or breaded pork tenderloin.
- ✓ Top vanilla ice cream with roasted peaches and salted caramel sauce.
- ✓ Serve roasted pineapple over grilled fish with a sprinkle of lime zest and finely chopped jalapeño pepper.

CHEF'S TIP: Fruit can go sweet or savory depending on what your menu needs. Incorporate fresh herbs (rosemary, thyme, or sage) or other spices (chili pepper, cinnamon, ginger, or cracked pepper) to take one fruit in many different directions!

Dole chef-developed recipe

Try **Sorghum and Roasted Cherry Flatbread**. Ancient grains, peppery arugula, and fruit make this plant-based recipe ideal for anyone. [View recipe](#)



CARAMELIZING

This technique uses added sugar (or brown sugar) and butter that is heated in a skillet. Over the heat, it melts together and caramelizes around the fruit as it cooks, intensifying the sweetness. The amount of sugar depends on the quantity of fruit you use.

USE IT WITH: Peaches, cherries, bananas, cranberries, pineapples, strawberries, mangos, apples, or any fruit that can stand up to cooking.

HOW TO DO IT: Place a skillet over medium heat and add a few tablespoons of butter. Once butter has melted, add sugar, a small amount of water, and DOLE frozen fruit. Stir occasionally and gently, being careful not to crush the fruit. After a few minutes, the liquid will thicken and fruit will soften, becoming jam-like.

WAYS TO MAKE IT DELICIOUS:

- ✓ Serve caramelized bananas over waffles or French toast.
- ✓ Caramelize cranberries and apples together to serve over roasted pork.
- ✓ Top a spinach salad with caramelized strawberries, almonds, and crumbled goat cheese.



Add acidity to make it sparkle. While still hot, finish caramelized fruit with a squeeze of lemon or lime juice for next-level taste.



Dole chef-developed recipe

Chilled Mango Soup with Caramelized Pineapple is cool, sweet, and refreshingly easy to make. [View recipe](#)

EVEN MORE FRUIT-FORWARD

flavor inspiration

Used strategically, fruit can add complexity and offer a wide range of flavors and textures, which appeal to both consumers' sense of adventure and their desire for comfort. Other food trends, such as mindful eating and plant-forward meals, naturally inspire creative, high-impact uses of fruit on the menu.

Don't be afraid to think outside the (fruit) box and get super creative. Here are a few more ways to get cooking with DOLE frozen fruit:



Grilling

Grilled peaches, pineapple, mangos, or avocado make amazing additions to savory salsas and fruit relishes, or irresistible toppings on roasted meats.



Macerating

Create a rustic sauce for waffles, pancakes, or breakfast bowls by crushing thawed berries and sweetening to taste. Turn a simple cheesecake into something spectacular, or use sweet fruit to balance out an ultra-savory meat entrée.



Infusing

Frozen fruit is perfectly ripe and adds flavor to neutral spirits, like this [Blackberry Mojito](#) made with fruit and rum, or vinegar for signature cocktails and other functional beverages, like [Blackberry Apple Cider Vinegar Shrub](#).



Smoking

Does your operation have a smoker? Carve out a little space for fruit to soak up some smoky flavor and add it to a delicious signature barbecue sauce, hot sauce, or chamoy.



Poaching

Gently cooking DOLE frozen apples, peaches, cranberries, or cherries in wine and mulling spices infuses the fruit and makes every bite sublimely tender.



Frozen desserts and ices

Residual cooked fruit juice or reductions from poaching liquid are easy to turn into a granita, sorbet, or sherbet for an impressive, zero-waste menu offering.



Spreads, dips and chutney

Use residual cooked fruit juice reductions to flavor spreads and sauces. For example, after caramelizing pineapple chunks, use the residual juice to flavor a pineapple mostarda. Sweeten a tapenade with raspberry purée.



Get spicy

Fruit is a natural counterbalance to spicy heat. As the demand for spicy food grows, a little sweetness can help add to the fanbase. Think habanero pickled peaches, or a spicy papaya salad served with [Korean Bulgogi Beef](#).

A contemporary seafood restaurant in Washington, D.C., uses a finish of fermented blackberry vinegar to punctuate its avocado confit and young romaine lettuce salad.

FRUITFUL APPLICATIONS, *Tips & Tricks*

A bowl- and burger-centric healthy fast casual chain serves a plant-forward poke bowl with roasted watermelon in lieu of tuna. If grilled, **DOLE** Mango could be treated the same way.

Here are some ideas for getting the best from frozen fruit in any application you can dream up.

STORAGE. When stored properly, DOLE frozen fruit can last up to 24 months. Squeeze as much air out of the opened bag as possible before sealing and placing back in the freezer.

BAKING. Making muffins, scones, or cupcakes? Rinse frozen fruit under cold water to prevent colors from bleeding during baking. Then try [Bran Blueberry Maple Muffins](#) for a healthy brunch add-on.

TO THAW OR NOT TO THAW? In most applications, fruit can be used frozen, but it may increase the cooking times. When in doubt, follow the recipe instructions. If the recipe has a short baking/cooking time, allow the frozen fruit to thaw before adding it to the recipe. This delicate [Croatian Cherry Puff Pastry](#) celebrates all the juicy flavors of summer.

PUSH THE BOUNDARIES OF SWEET VS. SAVORY. When operators apply the same techniques used on vegetables and proteins to fruit, there's plenty of opportunity to introduce customers to a beloved new favorite. Need an example? Gorgeous dragon fruit gives a delicious splash of vibrant color to seared scallops and sautéed asparagus in this show-stopper of a [recipe](#).



Dragon Fruit & Mango Purée
with Seared Scallops &
Sautéed Asparagus

Fresh vs. frozen

HOW TO ENSURE THE PROPER YIELD

DOLE® Chef-Ready Cuts

Tropical Gold Pineapple		
	Diced from Fresh	DOLE Frozen Cubed Chef-Ready Cuts
Units	3 whole pineapples*	One 5 lb. bag
Average prep time/5 lbs. of fruit	31 minutes	> 30 seconds
Fruit recovery	60%**	100%
Waste/spoilage	15%	0%

*Includes shell and core.

**After removing the shell and core from one 3-pound pineapple, you are only left with about 4.5 cups of cubes per pineapple.

Strawberries		
	Diced from Fresh	DOLE Frozen Diced Chef-Ready Cuts
Units	6 baskets	One 5 lb. bag
Average prep time/5 lbs. of fruit	22 minutes	> 30 seconds
Fruit recovery	85%	100%
Waste/spoilage	15%*	0%

*This assumes that all of the strawberries are usable (i.e., not mushy or moldy).

Mangos		
	Diced from Fresh	DOLE Frozen Cubed Chef-Ready Cuts
Units	13 mangos*	One 5 lb. bag
Average prep time/5 lbs. of fruit	37 minutes	> 30 seconds
Fruit recovery	66%**	100%
Waste/spoilage	4%	0%

*Includes pit.

**A ripe, 12-ounce mango will provide about 1 cup of fruit.

Bananas		
	Sliced from Fresh	DOLE Frozen Sliced Chef-Ready Cuts
Units	26 bananas	One 5 lb. bag
Average prep time/5 lbs. of fruit	13 minutes	> 30 seconds
Fruit recovery	75%*	100%
Waste/spoilage	15%	0%

*A medium-or average-sized banana = ¾ cup.

Dragon Fruit		
	Diced from Fresh	DOLE Frozen Diced Chef-Ready Cuts
Units	16 dragon fruits*	One 5 lb. bag
Average prep time/5 lbs. of fruit	31 minutes	> 30 seconds
Fruit recovery	55%	100%
Waste/spoilage	15%	0%

*Flavor is associated with the color of the flesh: whitish dragon fruit often has a mild taste while darker, redder flesh can be sweeter and juicier.

Avocados		
	Diced from Fresh	DOLE Frozen Diced Chef-Ready Cuts
Units	32 avocados*	Three 2 lb. bags
Average prep time/5 lbs. of fruit	26 minutes	> 30 seconds
Fruit recovery	45%**	100%
Waste/spoilage	15%	0%

*Includes pit.

**Diced Avocado: A medium-sized avocado is equal to about one cup.

Peaches		
	Diced from Fresh	DOLE Frozen Diced Chef-Ready Cuts
Units	23 peaches*	One 5 lb. bag
Average prep time/5 lbs. of fruit	66 minutes	> 30 seconds
Fruit recovery	53%**	100%
Waste/spoilage	15%	0%

*Includes pit.

**Freestone Peaches: On average, a peach pit weighs about 10 grams.

Apples		
	Diced from Fresh	DOLE Frozen Diced Chef-Ready Cuts
Units	34 apples*	One 5 lb. bag
Average prep time/5 lbs. of fruit	85 minutes	> 30 seconds
Fruit recovery	60%	100%
Waste/spoilage	19%	0%

*There are on average 3 apples per pound.

Plantains		
	Sliced from Fresh	DOLE Frozen Sliced Chef-Ready Cuts
Units	12 plantains	One 5 lb. bag
Average prep time/5 lbs. of fruit	10 minutes	> 30 seconds
Fruit recovery	75%*	100%
Waste/spoilage	10%	0%

*Ripe plantains are sweet like bananas, without the banana flavor. They can be eaten raw, but are best when fried or baked.



FRUIT WASTE IS *the pits.*

DOLE® IS BRIGHT BEHIND YOU
with zero-waste products that cut down on
time and labor.

BRILLIANT FRUIT SOLUTIONS™

Visit dolefoodservice.com for innovative recipes,
product video overviews, and current offers.

