



The Savory Appeal of Fruit

How to maximize the versatility of fruit in new and creative savory applications, across any menu.

Fijian Avocado Mango Salad
Featuring DOLE® Chef-Ready
Cuts Diced Avocado and
IQF Mango Chunks



TODAY,
FRUIT
ISN'T
JUST
FOR

smoothies
and fruit
bowls.

As one of the original, unprocessed plant-based foods, fruit is gaining popularity as a healthy, center-of-the-plate option for consumers. Let this technique guide steer you towards using fruit in new, savory ways—far beyond desserts and breakfasts—and help you give consumers what they're demanding: innovative, exciting, and increasingly plant-based offerings.

With the right fruit and some culinary know-how, fruit is endlessly adaptable for taking on more dayparts, menu parts, and gives consumers what they're demanding.

DOLE WILL SHOW YOU HOW!

Bright behind you:

WHY SHOULD FRUIT BE CONSIDERED ON MORE MENUS?

IT'S LOVED BY MOST.

89% of consumers love or like fruit.

Datassential Menu Trends, July 2022



IT'S A HEALTHY SWAP.

Compared to traditional meat, plant-based sources like fruit often include more antioxidants, fibers, phytochemicals (chemicals produced by plants that support health), vitamins, and minerals.

IT'S NATURAL.

58% of consumers look for foods with natural ingredients.

foodindustryexecutive.com/2021/06/how-consumers-view-food-ingredients



IT'S MINIMALLY PROCESSED.

Meat alternatives don't just happen magically. They often contain a multitude of added ingredients like sugars, salt, oils, and others, many of which are unpronounceable. Not so with fruit!

delish.com/food/a38848136/plant-based-meat-substitutes-healthier

FRUIT IS MOVING TOWARDS THE *center of the plate*

As consumer demand skyrockets and operators are faced with uncertainty and rising costs, plant-based ingredients like fruit deserve their place in the spotlight, even in dishes that aren't dessert or breakfast.

Let us take you through a few different methods of cooking and seasoning your fruits. After that, we will explore how to use these center-of-the-plate marvels on every part of your menu.

47%

of Americans would like
to see more variety in
forms of plant-based
meat alternatives.

Flavor Trends 2022, FNL





GRILLING

The grill is a fantastic way to bring out sweetness, add a smokey and caramelized flavor profile and amp up the texture of fruit. Grilled fruit makes an amazing addition to savory salsas, fruit relishes, or irresistible toppings on roasted meats.

USE IT WITH: Avocados, stone fruits, mangos, or pineapple.

HOW TO DO IT: For most fruits, simply brushing a neutral oil on the fruits' surface and placing it on a hot grill for 3-4 minutes per side until you see grill marks is perfect.

MENU INSPIRATION: Grilled mangos have natural sweetness, which is perfect on a skewer or added to salads and salsas.

GRILLED PINEAPPLE IS UP +49.7% ON CASUAL DINING MENUS

79% OF CONSUMERS LOVE OR LIKE PINEAPPLE

DATASSENTIAL MENU TRENDS, JULY 2022

Dole chef-developed recipe

Fire Grilled Pineapple Gorgonzola Salad, a perfect summer dish made with juicy heirloom tomatoes, crumbled gorgonzola, and rings of freshly grilled, sweet DOLE Canned Pineapple Slices. [View recipe](#)





PICKLING

This popular form of preservation is easy to do and lends a delicious acidity to already sweet fruit. No special canning equipment is needed since the pickled fruit is stored in the refrigerator.

USE IT WITH: Mangos, avocados, peaches, cherries, and berries of all kinds.

HOW TO DO IT: Make a simple brine by combining 1 cup apple cider vinegar and 1 cup sugar in a non-reactive pot and heat until dissolved. Once dissolved, remove from heat, and add 2 cups water. Add ½ teaspoon each peppercorns, coriander, fennel seeds, cardamom seeds, and 1 diced red onion to the brine. Then add sliced or cubed fruit and let sit in fridge for at least 1 hour or up to 3 days.

MENU INSPIRATION: Add any combination of spices and herbs to customize the pickling brine: star anise, garlic, pink peppercorns, cumin seed, fresh rosemary, or citrus peel.

OVER 50 LTO'S FEATURE A PICKLED ITEM IN THE LAST YEAR

DATASSENTIAL MENU TRENDS, JULY 2022

Dole chef-developed recipe

Chicken Tlayudas feature a crispy flour tortilla with black beans, DOLE Chef-Ready Mango Frozen Purée, and pickled DOLE Chef-Ready Cuts Mango Cubes. [View recipe](#)





ROASTING

High-heat roasting intensifies the sweetness of fruit and concentrates its flavor. This technique is simple in a standard or wood-fired oven, but cooking times may vary.

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

HOW TO DO IT: Make sure the fruit is a uniform size. Lightly toss fruit in a bowl with vegetable oil then place onto a parchment-lined sheet tray. Roast in the oven at 425 degrees until fruit has softened and slightly browned around the edges. Flip pieces if necessary to brown evenly and keep an eye on the oven to prevent scorching.

MENU INSPIRATION: Want to make a salad luxuriously hearty? Add the fruit to a baking dish along with a splash of vinegar and roast it in a 425-degree oven for 15-25 minutes.

Sautéed
Chicken
+200%

Veal
Entrée
+100%

Pork
Chops
+50%

Turkey
Sandwiches
+50%

Curry
+50%

Hawaiian
Pizza
+40%

Tom Yum
Soup
+25%

Salmon
Entrée
+20%

FRUITS PAIRED WITH ENTREES, TECHNOMIC

Dole chef-developed recipe

Black Truffle Pizza Bianco features a cauliflower crust and roasted DOLE Chef-Ready Diced Strawberries for a sweet and savory taste that is perfectly balanced. [View recipe](#)





SAUTÉING

Any fruit will work, especially young (unripe) jackfruit, which when sautéed with the sauce of your choice takes on the flavor and texture of pulled pork or chicken.

USE IT WITH: Young jackfruit, berries, pineapple, or stone fruit. Other stone fruits work well too, as they can stand up to high temperatures without falling apart.

HOW TO DO IT: Place a skillet over medium heat and add a few tablespoons of butter or oil. Add fruit and stir occasionally and gently, being careful not to crush the fruit.

MENU INSPIRATION: Sautéing jackfruit with a sauce of your choice allows it take on the flavor and texture of a pulled meat. Add it to a nonstick skillet, add sauce, then simmer until the jackfruit has absorbed all the sauce. To achieve the slightly crispy ends like real BBQ, simply bake the sauced jackfruit in a 450 degree oven for 20 minutes until the edges are crispy.

JACKFRUIT: 12% OF CONSUMERS LOVE OR LIKE IT, AND IT HAS GROWN +99.7% ON MENUS OVER THE LAST 4 YEARS!

DATASSENTIAL MENU TRENDS, JULY 2022

Dole chef-developed recipe

Asian BBQ Jackfruit Steam Buns feature three kinds of fruit: DOLE Chef-Ready Cuts Mango Cubes, DOLE Chef-Ready Peach Frozen Purée, and DOLE Shredded Young Green Jackfruit, each treated differently for amazingly delicious results. [View recipe](#)





To further enhance the savory appeal of fruit, you can use spices, seasonings, and other flavorings, especially ones traditionally used for savory dishes. Depending on the need, these can be added to cooked or raw fruit.

29% NOTE THAT FUSION FLAVORS ARE THE BEST WAY TO INTRODUCE THESE NEW, INTERNATIONAL FLAVORS.

FLAVOR TRENDS 2022, FNL

SPICES. Smoky seasonings like cumin, chile pepper, chile powder, or cayenne are delicious when sprinkled on watermelon, avocado, mango, or cooked jackfruit.

HERBS. Fresh green herbs can really punch up the flavor in surprising ways and complement the natural sweetness of fruit.

- **MANGOS.** Try basil, cilantro, or mint.
- **PINEAPPLES.** Look at rosemary, sage, cilantro, chives, or basil.
- **WATERMELON.** Trust mint, basil, or oregano.

SAUCES AND DRIZZLES: Think of these ideas as quick marinades that pack a lot of flavor.

- **HONEY-LIME DRIZZLE.** Combine ¼ cup honey, juice and zest of 2 limes, and red pepper flakes. Brush on mangos, pineapple, or stone fruits on the grill. Baste every couple of minutes until fruits are nice and charred.
- **TERIYAKI.** While pineapple, peaches, or jackfruit are cooking, baste in a sweet and savory teriyaki sauce for a fun Asian kick.



Fruit provides flexibility and versatility across all dayparts. From breakfast all the way to lunch and dinner, cooked and seasoned fruits can surprise and delight your customers.

Here are just a few of our favorite ways to use fruit in unexpected ways on the menu.



JACKFRUIT

- BBQ jackfruit sandwich
- Pulled jackfruit tacos with Latin seasoning mix, grilled pineapple, and mango salsa
- Jackfruit meatballs
- Hawaiian grilled jackfruit and pineapple kabobs
- Teriyaki jackfruit bowl
- Jackfruit lettuce wraps
- BBQ jackfruit pizza
- Jackfruit curry
- Jackfruit huevos rancheros or chilaquiles



MANGO

- Flatbread pizza topped with roasted or grilled mango, basil, balsamic, and cheese
- Roasted mango salad



PINEAPPLE

- Cuban-style avocado, watercress, and pineapple salad
- Caramelized pineapple quesadillas
- Honey lime grilled pineapple and vegetable skewers with Moroccan seasoning



WATERMELON

- Grilled watermelon topped with warm corn salsa and feta cheese
- Grilled watermelon over arugula salad with balsamic and goat cheese
- Grilled lime and chipotle watermelon skewers with Mexican rice and beans
- Poke bowl featuring roasted caramelized watermelon instead of fish

ACCORDING TO DATASSENTIAL, FRUIT HAS A FOOD VERSATILITY SCORE OF **90 OUT OF 100**, WHICH INDICATES IT IS EXTREMELY VERSATILE ACROSS THE MENU.

Bright Behind You:

HOW DOLE® FRUIT CAN ADD VALUE TO OFFERINGS AND ENRICH MENUS

Dole is ready to help your operation offer fruit solutions and build your menus at a lower cost, all while offering excitement and flavor. That's because our fruit is:

READY-TO-USE. DOLE 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 or already cut and canned, so it's good to go when you are.

LABOR-SAVING AND EFFICIENT. Cutting produce can be tricky and always requires skilled labor. DOLE fruit is already prepped, easy as can be.

ALWAYS IN SEASON. DOLE fruit is readily available when you need it, beyond the typical growing season of most seasonal fruit.

Try these specific DOLE products ready to help you tackle waste, labor, and so much more:





CHECK OUT OUR LATEST *Techniques video!*

Interested in trying out a few techniques
to get your fresh, fruity, new plant-based
menu offering underway?

Our new video shows
you the steps.

watch it now!



DOLE® IS BRIGHT BEHIND YOU
with fun, exciting ways to use fruit on any menu

BRILLIANT FRUIT SOLUTIONS™

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

