



RECIPES FOR SWEET SUCCESS

The *Harvest Splendor*® Recipe Book

With their vibrant color and sweet-and-salty flavor, sweet potato fries can complement a wide variety of dishes. And with the superior crispness and long holding of *McCain*® *Harvest Splendor* varieties, the menuing possibilities are now endless. Pair with proteins from lamb to salmon, load them up as starters or create satisfying small plates. From first light of day to lights out, they'll ensure sweet sales.



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PERFECT PAIRINGS

Sweet potato fries aren't just for pairing with sandwiches. Their sweet-and-salty flavor perfectly complements higher-end main-dish proteins from seafood to lamb chops and beyond.



CEDAR-PLANKED SALMON

& SWEET POTATOES

A salmon fillet roasted on a cedar plank is served with a steamed vegetable medley and crispy sweet potato fries. Accompanied by a ramekin of honey mustard aioli.



McCain® Harvest Splendor® Sweet Potato Regular Fries 3/8" XL - MCF03725

Total Plate Cost*
\$4.88

Menu Price
\$14.99

Potential Profit
\$10.11

INGREDIENTS

3 ounces	McCain® Harvest Splendor® Sweet Potato Regular Fries 3/8" XL
4 ounces	salmon fillet, skin on, but scored
1 tablespoon	olive oil
3 ounces	mixed zucchini, cauliflower and broccoli
to taste	kosher salt
to taste	freshly ground black pepper
2 ounces	honey-mustard aioli (recipe follows)

HONEY MUSTARD AÏOLI— YIELD: 1 QUART

3½ cups	mayonnaise
1 tablespoon	chopped garlic
2 tablespoon	fresh-squeezed lemon juice
3 ounces	honey mustard

PREPARATION

1. Heat an 8-inch non-stick omelet pan over medium high.
2. Place salmon skin side down on a cutting board and brush with the olive oil.
3. Season with salt and pepper and add to the hot pan, skin-side up.
4. Sear fish for 1-2 minutes, or until golden brown.
5. Gently turn the fish over and reduce heat to medium.
6. Fry sweet potatoes according to package directions.
7. Meanwhile, steam vegetables, then season with salt and pepper.
8. Cook fish to desired degree of doneness, then transfer to a heated serving plate.
9. Serve with steamed vegetables, fries and the aioli.

FISH AND SWEET

POTATO CHIPS

Golden-battered fish fillets pair up with crispy sweet potato fries and a side of malt vinegar aioli for a delicious twist on this old English classic.



McCain® Harvest Splendor® Sweet Potato Thin Ridge 10-Cut Wedges - MCF04712

Total Plate Cost*
\$3.09

Menu Price
\$8.99

Potential Profit
\$5.90

INGREDIENTS

4 ounces	McCain® Harvest Splendor® Sweet Potato Thin Ridge 10-Cut Wedges
4 ounces	battered cod fillets, frozen
2	lemon wedges
2 ounces	malt vinegar aioli (recipe follows)

MALT VINEGAR AIOLI— YIELD: 1 QUART

3½ cups	mayonnaise
2 teaspoons	chopped garlic
2 tablespoons	fresh-squeezed lemon juice
1 teaspoon	seafood seasoning
3 ounces	malt vinegar, or to taste

PREPARATION

1. Combine all ingredients for the aioli in a medium-sized bowl until fully incorporated. Taste for seasonings and adjust if needed. Keep cool.
2. Fry sweet potatoes and fish according to package directions.
3. Serve with aioli and lemon wedges.

GRILLED LAMB CHOPS

& TUSCAN SWEETS

Grilled lamb chop trio with Tuscan-style, rosemary-garlic-Parmesan sweet potato fries and grilled asparagus.



McCain® Harvest Splendor® Sweet Potato Cross Trax® - MCF05074

Total Plate Cost*
\$8.81

Menu Price
\$24.99

Potential Profit
\$16.18

INGREDIENTS

4 ounces	McCain® Harvest Splendor® Sweet Potato Cross Trax®
3	lamb loin chops
1 tablespoon	olive oil
2 ounces	asparagus stalks, trimmed
to taste	kosher salt
to taste	freshly ground black pepper
1 ounce	rosemary-garlic-parmesan blend (recipe follows)

ROSEMARY-GARLIC-PARMESAN BLEND

— YIELD: 1 QUART

1½ cups	shredded Parmesan
¼ cup	chopped garlic
½ cup	chopped rosemary

PREPARATION

1. Combine cheese, garlic and rosemary in a medium-sized bowl until fully blended. Reserve for service.
2. Season lamb chops with salt and pepper, pan-sear and finish in a hot oven.
3. Fry sweet potatoes according to package directions.
4. Meanwhile, toss asparagus in the olive oil and season with salt and pepper. Grill 'till crisp-tender.
5. Remove sweet potatoes from fryer and immediately season with rosemary mix.
6. Serve with asparagus and lamb on a heated plate. Garnish with a bit more of the herb mix and serve.

SWEET SHAREABLES

When a guest tries something tasty for the first time, they want to share the experience. Build sharing into the dish with these unique shareables that attract more guests by putting flavor at the forefront.



LEBANESE

SWEETS

Savory Middle Eastern herbs play nicely against the sweet crispiness of classic-cut sweet potato fries and the cool freshness of cucumber-dill yogurt dip.



McCain® Harvest Splendor® Sweet Potato Regular Fries 3/8" XL - MCF03725

Total Plate Cost*
\$1.45

Menu Price
\$4.99

Potential Profit
\$3.54

INGREDIENTS

8 ounces	McCain® Harvest Splendor® Sweet Potato Regular Fries 3/8" XL
1½ ounces	cucumber-dill yogurt dip (recipe follows)
to coat	Za'atar seasoning, prepared (OR MAKE YOUR OWN)

CUCUMBER-DILL YOGURT DIP — YIELD: 1 QUART

1½ cups	cucumber, finely chopped
⅔ cup	dill, chopped
2 teaspoons	garlic, minced
2 cups	Greek yogurt
2 teaspoons	fresh-squeezed lemon juice
to taste	kosher salt

PREPARATION

1. Combine ingredients for cucumber-dill yogurt dip in a medium-sized mixing bowl until fully incorporated.
2. After frying, gently toss sweet potatoes in Za'atar seasoning.
3. Serve with cucumber-dill yogurt dip.

SWEET-CUTERIE

BOARD

Crispy, tender sweet fries served with sliced sausage and house-selected cheeses with spicy peanut dipping sauce and 5-peppercorn mayo.



McCain® Harvest Splendor® Sweet Potato Cross Trax® - MCF05074

Total Plate Cost*
\$3.53

Menu Price
\$10.99

Potential Profit
\$7.46

INGREDIENTS

4 ounces	McCain® Harvest Splendor® Sweet Potato Cross Trax®
2 ounces	sausage of choice, sliced
2 ounces	cured meat of choice, thin-sliced
2 ounces	soft cheese of choice
2 ounces	blue cheese of choice
2 ounces	olives
1 ounce	spicy Thai peanut sauce (recipe follows)
1 ounce	5-peppercorn mayonnaise (recipe follows)

SPICY THAI PEANUT SAUCE — YIELD: 1 QUART

1½ cups	creamy peanut butter
¾ cup	hot water
6 tablespoons	Thai red curry paste
6 tablespoons	brown sugar
6 tablespoons	Sriracha
¼ cup	soy sauce
¼ tablespoons	rice vinegar
¼ cup	fresh lime juice
2 teaspoons	garlic, minced
1½ teaspoons	red pepper flakes
4	green onions, cut on the bias
to taste	sea salt and black pepper

5-PEPPERCORN MAYONNAISE — YIELD: 1 QUART

3½ cups	mayonnaise
½ cup	water
4 tablespoons	five peppercorn blend, crushed
1 tablespoon	lemon juice, fresh-squeezed

PREPARATION

- Mix together peanut butter and hot water in a medium-sized mixing bowl until smooth. Stir in the remaining ingredients for spicy Thai peanut sauce. Keep cool and store covered.
- Place ingredients for 5-peppercorn mayo into a food processor. Blend until smooth.
- After frying, plate waffle fries, meats and cheeses on a fresh cutting board complete with a small serving knife.
- Serve with spicy Thai peanut sauce and 5-peppercorn mayonnaise for dipping.

SRIRACHA-DUSTED SWEET FRIES

Bring the irresistible combination of heat and sweetness to more guests at once with crispy sweet potato fries and Sriracha in its fundamental form. Served with a cool black sesame ranch for dipping.



McCain® Harvest Splendor® Sweet Potato Regular Fries 3/8" XL - MCF03725

Total Plate Cost*
\$1.22

Menu Price
\$4.99

Potential Profit
\$3.77

INGREDIENTS

8 ounces	McCain® Harvest Splendor® Sweet Potato Regular Fries 3/8" XL
1 ounce to coat	black sesame ranch (recipe follows) Sriracha seasoning

BLACK SESAME RANCH — YIELD: 1 QUART

4 cups	ranch dressing, prepared (OR MAKE YOUR OWN)
2 tablespoons	black sesame seeds
4 tablespoons	sesame oil

PREPARATION

1. Combine the ranch dressing, black sesame seeds and sesame oil in a medium-sized mixing bowl until fully incorporated.
2. After frying, coat sweet potatoes with Sriracha seasoning.
3. Serve plated or in a basket with black sesame ranch for dipping.

ITALIAN

SWEET POTATOES

Sweet potato crinkle cuts tossed with extra virgin olive oil, rosemary and grated Parmesan. Accompanied by a creamy sun-dried tomato aioli.



McCain® Harvest Splendor® Sweet Potato Deep Groove Crinkle Fries 7/16" XL - MCF04566

Total Plate Cost*
\$1.57

Menu Price
\$5.99

Potential Profit
\$4.42

INGREDIENTS

8 ounces	McCain® Harvest Splendor® Sweet Potato Deep Groove Crinkle Fries 7/16" XL
1½ ounces	sun-dried tomato aioli
to coat	olive oil
to coat	rosemary
to coat	Parmesan, grated

SUN-DRIED TOMATO AÏOLI – YIELD: 1 QUART

8 ounces	sun-dried tomatoes
1 tablespoon	garlic, chopped
3 cups	mayonnaise

PREPARATION

1. Place the sun-dried tomatoes, garlic, and mayonnaise into a food processor and blend until smooth.
2. After frying, gently toss sweet potatoes with olive oil, rosemary, and grated Parmesan.
3. Serve plated or in a basket with 1½ ounces of sun-dried tomato aioli for dipping.

SWEET & BUFF

Crispy sweet potato waffle cuts tossed with a sharp Buffalo sauce and crumbled blue cheese and drizzled with cool ranch dressing.



McCain® Harvest Splendor® Sweet Potato Cross Trax® - MCF05074

Total Plate Cost*
\$2.05

Menu Price
\$5.99

Potential Profit
\$3.94

INGREDIENTS

4 ounces	McCain® Harvest Splendor® Sweet Potato Cross Trax®
4 ounces	Buffalo sauce, prepared (OR MAKE YOUR OWN)
1½ ounces	ranch dressing, prepared (OR MAKE YOUR OWN)
2 ounces	blue cheese crumbles
to garnish	parsley, chopped

PREPARATION

1. After frying, gently toss waffle fries in Buffalo sauce.
2. Sprinkle with blue cheese crumbles and drizzle ranch dressing with a spoon in a consistent pattern over the top.
3. Garnish with chopped fresh parsley.
4. Serve on a platter with plenty of napkins.

SWEET THAI FRIES

Maxi-cut, ginger-dusted sweet potato fries drizzled with hoisin, garnished with toasted sesame seeds and fresh scallions, complete with a garlic-cilantro aioli and sweet Thai chili sauce for dipping.



McCain® Harvest Splendor® Maxi Fries ¼"x ½" XL - MCF04965

Total Plate Cost*
\$1.48

Menu Price
\$6.99

Potential Profit
\$5.51

INGREDIENTS

8 ounces	McCain® Harvest Splendor® Sweet Potato Maxi Fries ¼" × ½" XL
1 ounce	sweet Thai chili sauce, prepared (OR MAKE YOUR OWN)
1 ounce	garlic-cilantro aioli (recipe follows)
¼ cup	scallions, bias cut
to coat	brown sugar
to coat	sesame seeds
to coat	ground ginger
drizzle	hoisin

GARLIC-CILANTRO AÏOLI — YIELD: 1 QUART

1 tablespoon	garlic, minced
6 tablespoons	cilantro, chopped
4 cups	mayonnaise

PREPARATION

1. Combine ingredients for garlic-cilantro aioli in a medium-sized mixing bowl until fully incorporated.
2. After frying, coat fries with brown sugar, sesame seeds and ginger. Drizzle with hoisin sauce over the top with a spoon in a consistent pattern. Top with scallions.
3. Serve in a bento box with garlic-cilantro aioli and sweet Thai chili sauce for dipping.

SMALL AND SWEET

More guests are looking to try new and exciting flavors when they dine out,¹ and small plates help minimize the risk of ordering something new. Offer these dishes in small portions and get more guests trying it at your place first.



MAXI-CUT SWEETS

WITH GARDEN SLAW

A fresh and tangy take on down-home slaw complements this new style of a southern staple: tender, wide-cut sweet potato fries.



McCain® Harvest Splendor® Maxi Fries ¼" x ½" XL - MCF04965

Total Plate Cost*
\$0.90

Menu Price
\$3.99

Potential Profit
\$3.09

INGREDIENTS

8 ounces	McCain® Harvest Splendor® Sweet Potato Maxi Fries ¼" x ½" XL
2½ ounces	garden slaw (recipe follows)

GARDEN SLAW — YIELD: 1 QUART

1 quart	cabbage, thinly chopped
1 small	onion, chopped
1 small	green bell pepper, chopped
½ cup	sport peppers, chopped
¾ cups	sugar
¼ cup	vinegar
1 cup	mustard
2 teaspoons	kosher salt
pinch	black pepper

PREPARATION

1. Put cabbage, peppers and onions into a small pot. Mix with sugar, vinegar, salt and pepper.
2. Over medium heat, bring the mixture to a boil, then add the mustard.
3. Bring to a boil again, then let simmer for 15 minutes.
4. Cool to room temperature, then store covered and refrigerated.
5. Fry maxi-cut fries and toss with prepared garden slaw.
6. Serve in a small skillet or plate.

KIMCHI

SWEET FRIES

Crispy, natural maxi-cut sweet potato fries topped with Korean kimchi and sautéed pork belly, served with sweet Thai chili sauce and Sriracha mayo.



McCain® Harvest Splendor® Maxi Fries ¼" x ½" XL - MCF04965

Total Plate Cost*
\$1.26

Menu Price
\$5.99

Potential Profit
\$4.73

INGREDIENTS

8 ounces	McCain® Harvest Splendor® Sweet Potato Maxi Fries ¼" x ½" XL
4 ounces	pork belly, cooked and diced
2 tablespoons	bacon fat
3 ounces	kimchi
1 ounce	sweet Thai chili sauce, prepared
1 ounce	Sriracha mayo (recipe follows)

SRIRACHA MAYO — YIELD: 1 QUART

8 tablespoons	Sriracha
4 cups	mayonnaise

PREPARATION

1. Combine Sriracha and mayonnaise in a medium-sized bowl until fully incorporated.
2. Heat pork belly in bacon fat and place on top of prepared fries.
3. Add kimchi, then drizzle with Sriracha mayo and sweet Thai chili sauce.
4. Serve in a take out box with chopsticks.

SWEET POTATO PORK TACOS

Sweet and smoky pulled pork tacos filled with barbeque-seasoned sweet potato fries and tangy jicama slaw—cooled with fresh pico de gallo and cilantro-lime sour cream.



McCain® Harvest Splendor® Sweet Potato Thin Fries 5/16" XL - MCF03731

Total Plate Cost*
\$2.03

Menu Price
\$7.99

Potential Profit
\$5.96

INGREDIENTS

2 ounces	McCain® Harvest Splendor® Sweet Potato Thin Fries 5/16" XL
to coat	barbecue spice mix
2 ounces	pulled pork
2	6" heated corn tortillas
2 ounces	pico de gallo, prepared
1 ounce	jicama slaw (recipe follows)
2 ounces	cilantro-lime sour cream (recipe follows)

JICAMA SLAW — YIELD: 1 QUART

3 cups	jicama, julienned
2 cups	carrots, shredded
2 ounces	canola oil
2 tablespoons	cilantro, chopped
1 medium-sized	lime, juiced
to taste	kosher salt
to taste	black pepper

CILANTRO-LIME SOUR CREAM — YIELD: 1 QUART

6 ounces	limeade frozen drink concentrate
6 tablespoons	cilantro, chopped
4 cups	sour cream
to taste	kosher salt

PREPARATION

1. Combine jicama slaw ingredients in a medium-sized mixing bowl until fully incorporated. Keep cool.
2. Combine cilantro-lime sour cream ingredients in a medium-sized mixing bowl until fully incorporated. Keep cool.
3. After frying, toss sweet potatoes with seasoning mix to coat.
4. Place tortillas on serving plate and divide heated pork, fries, jicama slaw, pico de gallo and sour cream between them.

QUICK DIPS

Orders that include sweet potato fries can earn you \$3.50 more than the average visit.² Attract more guests to order this highly profitable product by serving with simple, unique dips that elevate flavor appeal.





5-PEPPERCORN MAYO

mayonnaise, water, five peppercorn blend, lemon juice

AIOLIS

CURRY AIOLI WITH CUMIN

Yield: 1 quart
4 tablespoons curry powder, toasted
2 tablespoons paprika
3 cups mayonnaise
4 tablespoons cumin
2 tablespoons lemon juice, fresh-squeezed

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

5-PEPPERCORN MAYO

Yield: 1 quart
3½ cups mayonnaise
½ cup water
4 tablespoons five peppercorn blend, crushed
1 tablespoon lemon juice, fresh-squeezed

PREPARATION

Place all ingredients into food processor. Blend until smooth.

See full [Sweet-Cuterie Board](#) recipe.

GARLIC-CILANTRO AIOLI

Yield: 1 quart
1 tablespoon garlic, minced
6 tablespoons cilantro, chopped
4 cups mayonnaise

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

See the full [Sweet Thai Fries](#) recipe.

SRIRACHA MAYO

Yield: 1 quart
8 tablespoons Sriracha
4 cups mayonnaise

PREPARATION

Combine ingredients in a medium-sized bowl until fully incorporated.

See the full [Kimchi Sweets](#) recipe.

SUN-DRIED TOMATO AIOLI

Yield: 1 quart
8 ounces sun-dried tomatoes
1 tablespoon garlic, chopped
3 cups mayonnaise

PREPARATION

Place ingredients in a food processor and blend until smooth.

See full [Italian Sweet Potatoes](#) recipe.



CUCUMBER-DILL YOGURT DIP

cucumber, dill, garlic, Greek yogurt, lemon juice, salt

CREAM

BASED

APRICOT-BACON DIP

Yield: 1 quart
2 cups cream cheese, softened
1½ cups apricot preserves
8 slices bacon, cooked and chopped
2 teaspoons garlic, minced
2 scallions, chopped

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

CILANTRO-COCONUT MILK

Yield: 1 quart
2 cups cilantro, chopped
2 cups coconut milk
4 teaspoons Sriracha
1 tablespoon ginger, chopped
1 tablespoon garlic, chopped

PREPARATION

Place ingredients into a blender and process until smooth.

CILANTRO-LIME SOUR CREAM

Yield: 1 quart
6 ounces limeade frozen drink concentrate
6 tablespoons cilantro, chopped
4 cups sour cream
to taste kosher salt

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

See the full [Sweet Potato Pork Tacos](#) recipe.

CUCUMBER-DILL YOGURT DIP

Yield: 1 quart
1½ cups cucumber, finely chopped
2/3 cup dill, chopped
2 teaspoons garlic, minced
2 cups Greek yogurt
2 teaspoons fresh-squeezed lemon juice
to taste kosher salt

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

See the full [Lebanese Sweets](#) recipe.



BLACK SESAME RANCH

ranch dressing, black sesame seeds, sesame oil

DRESSINGS

BLACK SESAME RANCH

Yield: 1 quart

4 cups	ranch dressing
2 tablespoons	black sesame seeds
4 tablespoons	sesame oil

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

See the full [Sriracha-Dusted Sweet Fries](#) recipe.

GREEN GODDESS DRESSING

Yield: 1 quart

2 cups	mayonnaise
1 cup	buttermilk
½ cup	white wine vinegar
1 cup	parsley, chopped
8	scallions, chopped
2 tablespoons	Worcestershire sauce

PREPARATION

Place the ingredients into a blender and process until smooth.

PESTO

KALE-PECAN PESTO

Yield: 1 quart

2 cups	kale, cleaned and minced
½ cup	pecans, toasted, and chopped
1 medium-sized	green bell pepper
1 cups	extra virgin olive oil
4 teaspoons	garlic
2 teaspoons	sugar

PREPARATION

Place the kale, pecans, bell pepper, garlic, and sugar into a blender set to low. Gradually add the olive oil and blend until smooth.



SPICY THAI PEANUT SAUCE

peanut butter, water, curry paste, brown sugar, Sriracha, soy sauce, rice vinegar, lime juice, garlic, red pepper flakes, green onion, salt, pepper

SAVORY

SAUCES

HONEY SESAME SEED GLAZE

Yield: 1 quart

1½ tablespoons	ginger, minced
1½ tablespoons	garlic, minced
2 teaspoons	sesame seeds
2 cups	honey
2 cups	sesame oil

PREPARATION

1. Put sesame oil, ginger and garlic into a small pot.
2. Heat over medium to gently cook the garlic.
3. Add the honey and sesame seeds, then simmer until thickened to glaze consistency.

GRILLED ONION HORSERADISH SAUCE

Yield: 1 quart

3 cups	Greek yogurt
4 tablespoons	horseradish sauce, prepared
½ cup	red wine vinegar
1 medium	onion, grilled and chopped

PREPARATION

Combine ingredients in a medium-sized mixing bowl until fully incorporated.

ALABAMA WHITE BARBECUE SAUCE

Yield: 1 quart

3 cups	mayonnaise
1½ cup	apple cider vinegar
6 ounces	corn syrup
2 teaspoons	cayenne
2 teaspoons	horseradish sauce, prepared
2 teaspoons	lemon juice, fresh-squeezed

PREPARATION

Place ingredients into a blender and process until smooth.

SPICY THAI PEANUT SAUCE

Yield: 1 quart

1½ cups	creamy peanut butter
¾ cup	hot water
6 tablespoons	Thai red curry paste
6 tablespoons	brown sugar
6 tablespoons	Sriracha
¼ cup	soy sauce
¼ tablespoons	rice vinegar
¼ cup	fresh lime juice
2	garlic, finely minced
1½ teaspoons	red pepper flakes
4	green onions, cut on the bias
to taste	sea salt
to taste	black pepper

PREPARATION

Mix together peanut butter and hot water in a medium-sized mixing bowl until smooth. Stir in the remaining ingredients. Keep cool and store covered.



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¹"Innovative, shareable appetizers drive sales", Nation's Restaurant News, 2015.

²NPD Crest, year ending April 2015.

³Based on approximate total plate food costs including average distributor markup.

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