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DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!



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Chef's Recipes

For



All Natural Bases



About the Recipes

We hope you enjoy these recipes.
They are chef-developed for restaurants.
Remember, they are only a guide

MAKE THEM YOUR OWN !!

If there's an ingredient you dislike, **replace it.**

If there's one you really like, **add more.**
Substitute any ingredients with similar
ingredients you have on hand.

Cutting down on fat?

Substitute a "fat-free" cook spray for butter or oil,
"Fat-Free" Half & Half (Land O' Lakes) for regular,
Evaporated Skim milk for Heavy cream
Soften Bases in water instead of oil before
rubbing on meats, poultry or fish to season.
Replace mayonnaise or sour cream in dips, pastas
or on sandwiches with "Fat-Free" varieties,
then add great flavor with Bases.

Some of the recipes call for

Minor's Sauce/Soup Thickener "Dry Roux"®

Substitute any of the following:

- a) Classic roux in equal amounts of butter and flour
 - b) Cornstarch or arrowroot and water
- 1 oz. of Dry Roux® replaces 2 Tbsp. cornstarch or ¼ cup
flour

HAPPY COOKING !!

Heidi & David

- A) For MORE FLAVOR LESS SALT; **replace salt with 2-3 times** amount of Base. (omit 1 tsp. salt; replace with 2-3 tsp. Base) Bases are highly concentrated; Use LEVEL measurements.
- B) Replace bouillon cube(s) with ½ tsp. Base each, for more natural flavor and less salt.
- C) **Blend Base into any recipe easily by dispersing in any liquid called** for in the recipe; i. e., water, milk, eggs, mayonnaise ...
- D) To enhance soup stock: Add 1 Tbsp. Base per quart. For full flavored stock or broth: see directions on container.
- E) Rice, grains, beans, vegetables: Add 1 tsp. Base to every 1½ cups water before cooking.
- F) For **cooked rice, beans, grains or vegetables:** Add ½ tsp. per cup to season or as a finishing touch to flavor. Dissolve in small amount of water, stir or toss.
- G) Marinades made easy: Add Base to olive oil, red wine vinegar, garlic & black pepper. Marinate 1 hour. Use 1 tsp. Base per ¼ cup water or oil. Put in jar and shake well to mix.
- H) **Fully seasoned rubs:** Add 1 Tbsp. Base and choice of herbs to ½ cup oil. Rub on skin and meat before grilling, broiling or sauteing to replace salt.
- I) A flavorful baste: Combine 2 tsp. Base with ¼ cup oil for each lb. of meat. Baste throughout cooking process.
- J) Breading: 1) Season meat with Base (softened in water or oil) at 2 tsp. per pound of meat. Then dust with combination of flour, bread crumbs and seasonings. 2) or combine Base with breading mixture using electric mixer and coat.
- K) **Sandwiches, dips and appetizers:** Blend 1 tsp. Base per cup of mayonnaise or 1 tsp. per 8 oz. sour cream or cream cheese.
- L) Pasta Sauce: Add 1 tsp. per cup for enhanced flavor. (e. g. **Carbonara Sauce**)
- M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.
- N) Poaching: Add 1 Tbsp. Base per quart of water with an acid such as wine, lemon juice or vinegar to retain meat juices. Do not let liquid boil when poaching. Boiling will toughen meat.
- O) **Roasting: Season** with Base and oil. Cook at high temp. for short time, then lower temp for longer time. Meat will caramelize outside for flavor and remain tender and juicy inside.
- P) Ground meats: Add Base to ground meat before grilling, baking or broiling at 2 tsp. per lb.
- Q) **Potatoes: Mashed/**Twice Baked: 1½ to 2 tsp. Base (Ham or Bacon) per lb.
- R) Bread & Rolls: Omit salt. Add 1 Tbsp. Base per every 4 cups flour.
- S) **Stuffing: Disperse ½ tsp.** Base (in liquid) per cup of stuffing. Be sure stuffing is cool before stuffing meat. Never stuff raw meat until ready to cook.
- T) Pizza crust: Dilute Garlic Base (any flavor you want) in olive oil, add Parmesan cheese and herbs of choice; brush on prior to baking.
- U) **EGGS - Add ¼ tsp. Base dissolved in 1 tsp. water** to scrambled eggs, egg whites or egg substitute, omelets or quiche to replace salt.

French Onion Soup

1	oz	Butter, slightly salted
1	lb	Onion sliced thin
64	oz	Water hot
1.25	oz	<u>All Natural Beef Base</u>
		Croutons or bread
		Provolone cheese, sliced

In a heavy bottom pan, melt butter. Add onions and sauté until they turn a rich brown color, approximately 20 minutes, stirring frequently. DO NOT BURN ONIONS. Add water and All Natural Beef Base. Heat to boiling stirring frequently. Reduce heat and gently boil 5 minutes. Check seasoning for taste. Chill if not using immediately. In an oven safe bowl top soup with croutons or bread and top with a slice of provolone cheese. Place under broiler until cheese is browned and bubbly. Serves 16

Beef Vegetable Soup

6	cups	Water, boiling
1.5	tblsp	<u>All Natural Beef Base</u>
1	cup	Mixed vegetables, frozen
1	cup	Roast beef, 1/8" trim, medium diced
		Salt, as needed
		Black pepper, ground, as needed

In an accommodating stainless steel pot, add All Natural Beef Base to boiling water and stir. Add vegetables and diced beef. Bring to a boil and simmer for 10 minutes. Season with salt and pepper and serve. Serves 16

RECIPE NOTES

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Three Grain Italian Sausage Soup

1	Gal	Water
2	oz	All Natural Beef Base
4	oz	Barley, whole grain pearls, cooked
4	oz	Rice, cooked
4	oz	Quinoa, cooked
4	oz	Italian sausage, pork, cooked, sweet, medium dice

In a large pot, bring water and All Natural Beef Base to a boil. Add barley, rice, quinoa and sausage. Bring back to a boil. Adjust seasonings and serve. Garnish with Minor's Signature Flavor or serve with pita chips accented with Minor's Cilantro, Ancho, Chipotle, Roasted Garlic Signature Flavor. Serves 10

Beef Consommé with Mushrooms

2	tsp	Vegetable oil
8	oz	Button mushroom sliced thin
2	oz	Scallion or Green onions, bias cut thin
2	qt	Water hot
2	Tbsp	All Natural Beef Base

Heat oil in a sauce pot; add mushrooms, sauté until tender. Add scallions or green onions and sauté until wilted. Add hot water and All Natural Beef Base. Mix well. Simmer 5 minutes. Serve hot. Serves 52

Mom's Sunday Noodles

1	oz	Butter
4	oz	Button mushrooms, sliced thin
2	oz	Onion, small diced
1/2	tsp	Garlic, chopped
5	C	Water, hot
1	Tbsp	All Natural Beef Base
2	Tbsp	Madeira wine Marsala
1/4	tsp	Caramel color (optional)
1	C	Water lukewarm
4	oz	Minor's® Dry Roux® (Sauce/Soup Thickener)
4	oz	Sour cream
3	lb	Egg noodles, wide, cooked warm
1/2	tsp	Garlic, chopped

In saucepot, melt butter. Add mushrooms, onions and garlic. Sauté 2-3 minutes. Add water, Beef Base, wine and caramel color, mix well. Heat to gentle boil, stirring occasionally. In a bowl, whisk Dry Roux and water into smooth slurry.. Gradually pour slurry into boiling liquid, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil 2 minutes. Remove from heat. Temper sour cream with some hot broth. Add tempered sour cream to sauce and stir until well blended. Pour sauce over warm noodles; mix to coat.. Serve immediately. Accompany a pot roast, roast ham, leg of lamb, grilled flank steak or roast chicken. Serves 16

Chicken Stock for Poaching, Steaming, Braising and Stewing

1		Bay leaf
1		Thyme leaf, fresh
2		Parsley sprigs, fresh
1	Tbsp	Pink peppercorns, whole
5	C	Water, hot
1 1/4	oz	All Natural Chicken Base

In a cheese cloth, tie bay leaf, thyme, parsley and peppercorns together to form a sachet. In a pot, add water, All Natural Chicken Base and sachet. Chill liquid if not using immediately. Infuse with Minor's Signature Flavor Concentrate to diversify flavor profiles. Serves 32

Sweet Corn and Basil Soup

2	oz	Vegetable oil
3/4	C	Onion, sweet, chopped
3	lb	Corn, white, frozen, thawed
10	C	Water, hot
1 1/2	oz	All Natural Chicken Base
1	C	Cream, 35% heavy
		Salt
		Black pepper, ground
1 1/4	oz	Basil, fresh, chopped

.In a large pot, heat oil over medium heat. Add onions, sauté until translucent, about 5 minutes. Add white corn and sauté for 3-4 minutes. Add water and All Natural Chicken Base, stirring until blended. Simmer 15 minutes, remove from heat. Working in batches, puree soup in blender or food processor until smooth. Return soup to pot and stir in cream. Salt and pepper to taste. Top with fresh chopped basil. Garnish with Minor's Ancho, Chipotle, or Roasted Garlic Signature Flavors. Serves 16

Chicken & Wild Rice Pilaf Soup (Natural)

1	Tbsp	Butter, unsalted
1/2	C	Onion, small diced
1/2	C	Carrot, small diced
1/8	C	Celery, small diced
7	C	Water, hot
1 1/4	oz	All Natural Chicken Base
1	C	Cooked chicken, meat only, small diced
17.6	oz	Uncle Ben's Ready Rice (pouch) Long Grain & Wild

In a pot, melt butter. Add vegetables; sauté 5 minutes. Add water and All Natural Chicken Base. Boil, stirring occasionally. Add cooked chicken meat. Reduce heat. Heat Uncle Ben's rice per package instructions. Add to soup; stir to mix. Chill if not using immediately. Serves 16

Butter Sauce with Chicken or Vegetable Flavor

16	oz	Water, hot
2	tsp	All Natural Chicken or Vegetable Base
1	Tbsp	Lemon juice, fresh
8	oz	Butter, slightly salted

In a pot, mix water, All Natural Chicken Base and lemon juice. Bring to a rapid boil and reduce to half volume and simmer. Stirring constantly, add butter until incorporated. Serve immediately. Serves 8

Chicken and Mushroom Sauce

4	Tbsp	Butter, unsalted
12	oz	Button mushrooms, fresh, sliced thin
1	Tbsp	All purpose flour
1	C	Water, warm
1	tsp	All Natural Chicken Base

In a pot, melt butter. Add mushrooms; sauté until cooked through. Sprinkle flour over sautéed mushrooms. Stir until flour is absorbed. Simmer 1-2 minutes, stirring constantly. In a 1 qt. liquid measure, add water and All Natural Chicken Base, mix. Slowly pour broth into mushroom mixture, stirring constantly to avoid lumps. Bring to a slow boil. Remove from heat. Chill if not using immediately. Heavy cream may be added to create a mushroom cream sauce. Serves 8

Vegetable Noodle Bowl

2	tsp	Vegetable oil
8	oz	Button mushrooms, sliced thin
2		Long green onions, bias cut, thin
2	qt	Water, hot
2	Tbsp	All Natural Vegetable Base
13	oz	Japanese Udon noodles, cooked

Heat oil in a sauce pot; add mushrooms and sauté until tender. Add green onions and continue to sauté until wilted. Add water and Natural Vegetable Base. Mix well. Add noodles, stir. Simmer for 5 minutes. Serve hot. Serves 5

Potatoes Poached in a Vegetable Broth

2	tsp	All Natural Vegetable Base
4	C	Water, boiling
4	C	New potato Fingerlings, split, raw, rinsed
		Butter, unsalted
		Salt
		Black pepper, ground
		Parsley, fresh chopped

Mix Vegetable Base with water. Cool. In a pot, add vegetable broth and potatoes. Simmer until potatoes are fork tender. Strain potatoes, reserving broth. Let cool. When reheating, place potatoes and broth in a sauté pan. When broth has been brought to a boil, add butter and season with salt and pepper as needed. Garnish with chopped parsley and serve. Serves 16

Wild Rice Vegetable Soup

6	C	Water, boiling
1 1/2	Tbsp	All Natural Vegetable Base
1	lb	Uncle Ben's Ready Rice (pouch) Long Grain & Wild
		Salt
		Black pepper, ground

In a soup pot, add Natural Vegetable Base to boiling water and stir. Remove from heat. Add rice; season to taste. Serve. Serves 16

Beef and Soba Noodles

6	C	Water
1 1/2	Tbsp	All Natural Beef Base
1	lb	Japanese Soba noodle, dried blanched
1	tsp	Scallions or Green onions, thin sliced for garnish

In a pot, bring water to a boil. Add All Natural Beef Base and stir. Add blanched noodles and remove from heat. Let cool. Garnish with scallions or green onions and serve. To enhance flavor, infuse with Minor's Soy Wasabi, Ancho, Chipotle or Roasted Garlic Signature Flavors. Serves 16

Italian Meatball Soup

2	qt	Water, hot
2	Tbsp	All Natural Beef Base
2	oz	Spinach, frozen, drained, chopped
8	oz	Beef, ground, formed into 1/2 oz. meatballs
4	oz	Mixed vegetables, frozen, thawed
4	oz	Uncle Ben's Ready Rice (pouch) Long Grain & Wild

In soup pot bring water to a boil. Add All Natural Beef Base, spinach, meatballs, vegetable and rice. Simmer 10 minutes. Serve hot. Serves 6

Vegetable and Slider Soup

1 1/2		All Natural Vegetable Base
6	C	Water, boiling
1	lb	Pasta, sheets, flat pappardelle cut, fresh, blanched
		Salt
		Fresh ground Black pepper

In a pot, add All Natural Vegetable Base to boiling water and stir. Add blanched pasta, remove from heat. Season with salt and pepper. Serve. For a different taste, Infuse with Minor's Signature Flavors. Serves

Deviled Strip Steak au Poivre

5	oz	All Natural Beef Base
1/2	tsp	Cayenne pepper, ground
1 1/2	tsp	Chili powder
1 1/2	tsp	Tabasco, hot chili sauce
1 1/2	tsp	Peppercorn, black, cracked
5	lbs	Beef loin Strip steak, trimmed

Mix All Natural Beef Base with cayenne pepper, chili powder, Tabasco and peppercorns until well blended. Rub steaks with Beef Base mixture. Refrigerate 1 hour. In a well heated cast iron pan, blacken steaks. Finish cooking steaks in 350°F oven until desired temperature is reached. Serve with garlic mashed potatoes and grilled vegetables. Serves 10

Parsley Au Jus

4	C	Water
1	Tbsp	All Natural Chicken Base
10	oz	Parsley, fresh

In a sauce pot, bring water to a boil. Add All Natural Chicken Base and stir to blend. In blender place parsley and 1/2 of hot stock; puree 1-2 minutes. Add remaining stock. Strain through cheese cloth. Chill if not using immediately. Serves 16

Chicken Tortellini soup

1	tbsp	Vegetable oil
2	oz	Onion small diced
2	oz	Carrot small diced
2	oz	Celery small diced
2	qt	Water hot
2	tbsp	All Natural Chicken Base
9	oz	Buitoni® Herb Chicken Tortellini 20 oz. cooked

In soup pot, heat oil, add onions, carrots and celery and sauté until tender. Add hot water and All Natural Chicken Base. Mix well. Add Tortellini and simmer for 3-5 minutes. Serve hot. Serves 6

Vegetable Fried Rice

1	tsp	All Natural Vegetable Base
1	cup	Water, boiling
2	cups	Uncle Ben's Ready Rice (pouch) Long Grain & Wild
2	cups	Mixed vegetables, frozen Asian blend, thawed, drained
	as needed	Salt
	as needed	Black pepper, ground
	garnish	Scallion, sliced thin

In an accommodating size pot, add All Natural Vegetable Base to boiling water and stir. Remove from heat. Incorporate rice and vegetables until well blended. Season with salt and pepper. Garnish and serve. Serves 8

Vegetable Broth Infused Polenta Cakes

3/4	tbsp	All Natural Vegetable Base
3	cups	Water, boiling
1	cup	Polenta dry, instant
1	tbsp	Butter, unsalted
	dash	Salt, as needed
	dash	Black pepper, ground, as needed

In a large stainless steel pot, add All Natural Vegetable Base to boiling water and stir. Simmer for 1 minute. Add polenta and butter, whisking vigorously to incorporate. There should be no lumps. Do not let polenta boil, as it may splash out causing injury. When polenta has thickened, remove from heat. Season with salt and pepper. Pour polenta on to a parchment lined sheet tray. Spread mixture evenly to ensure portions are uniform. Let cool for 1 hour or until polenta is firm. Serves 16

Chicken Noodle Soup

1	oz	Butter, unsalted
4	oz	Onion small diced
4	oz	Carrot small diced
2	oz	Celery small diced
56	oz	Water hot
1.25	oz	All Natural Chicken Base
8	oz	Egg noodle, wide, cooked
8	oz	Cooked chicken, meat only small diced

In a pot, melt butter. Add onions, carrots and celery; sauté 5 minutes. Add hot water and All Natural Chicken Base. Heat to boiling, stirring occasionally. Add noodles and cooked chicken meat. Reduce heat, simmer 2-3 minutes. Chill if not using immediately. Yield 2 qts

Chicken Balsamico Sauce

1/4	cup	Olive oil
2	oz	Butter, slightly salted
3	oz	Shallot julienne
1	tbsp	Honey lavender
1	tsp	Thyme, fresh chopped
1/2	tsp	Black pepper, cracked
2.8	oz	Balsamic vinegar white
8	oz	Water hot
1	tbsp	All Natural Chicken Base
2	cups	Cream, heavy whipping
2.25	oz	Parmesan cheese, grated fresh

Heat olive oil and butter in a saucepan over medium heat. Stir in shallots and cook until they have caramelized to a dark, golden brown, about 10 minutes. Stir in honey, thyme and black pepper. Deglaze pan with white balsamic vinegar. Add water, All Natural Chicken Base and heavy cream. Stir to mix and bring to a simmer. Remove from heat and stir in Parmesan cheese until melted. Serves 10

Yucatan Chicken Tortilla Soup

1	tbsp	Vegetable oil
3	oz	Onions small diced
24	oz	Water hot
1.75	oz	All Natural Chicken Base
1	lb	Cooked chicken, meat only diced
28	oz	Tomatoes, canned with juice diced
3	oz	Salsa, chunky
1/2	tbsp	Cumin, ground
1	tsp	Garlic, dried, minced
1/2	tsp	Chilli powder
1/4	tsp	Black pepper, ground
5	ea	Corn Tortillas 6" julienne

In a sauce pot, heat oil. Add onions, sauté until translucent, approximately 3-5 minutes. Add water, All Natural Chicken Base, chicken meat, tomatoes in juice, salsa, cumin, garlic, chili powder and pepper. Heat to boiling, stirring occasionally. While stirring, slowly add tortilla strips to soup. Reduce heat, cover and gently simmer 10 minutes. Serve warm. Yield 2 qts