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Liquid Consommé Prep Recipes



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SEAFOOD CONSOMMÉ Prep

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Lobster Dumplings in Seafood Consommé

1/2 lb	shrimp - peeled and deveined
1/2 lb	lobster
2 Tbsp	mascarpone
1	egg
1/2 Tbsp	minced ginger
1/4 cup	diced water chestnuts
1 Tbsp	cilantro - finely chopped
1/8 tsp	salt
1/4 cup	water
16 pieces	wonton wrappers
2 Tbsp	red and yellow bell pepper - dice
1 Tbsp	cilantro
2 Tbsp	orange topiko - (fish roe), up to 3
	<u>Prepared Seafood Consomme Prep</u>

In a food processor, puree the shrimp, lobster, mascarpone cheese, egg, ginger, water chestnuts, and cilantro. Transfer to a bowl and season with salt and pepper. Cover with plastic wrap and refrigerate for one hour. Lower the heat and simmer for a few minutes. Dumplings: Lay out the wrappers on a work surface and place a heaping teaspoon of the filling in the center of each. Wet the edges of each wrapper with a little bit of water, gather the edges together, and twist to close. Place the dumplings on a baking sheet lined with parchment paper, cover with plastic wrap, and refrigerate until ready to use. Bring a large saucepan of water to a boil and cook the dumplings for about 5 minutes, or until they float to the surface. Remove with a slotted spoon and serve with the consommé. Garnish with bell peppers and cilantro.

Broccoli and Cheddar Soup with Bacon

3	heads	broccoli
1½	quarts	water
1	quart	milk
1	bag	<u>Instant White Cheese Sauce Mix</u>
2	Tbsp.	<u>Liquid Chicken Consommé Prep</u>
1¼	tsp.	Worcestershire sauce
1	tsp.	Amore Garlic Paste
4	oz.	bacon
2	medium	onions
2	ribs	celery

Cut the broccoli into flowerets and blanch in the 1½ qts. water. Remove from the boiling water with a slotted spoon and shock in ice water. Add the milk to the water and return to a boil. Shut off the flame and add the Instant White Cheese Sauce Mix, Liquid Chicken Consommé Prep and Worcestershire sauce. Mix thoroughly and allow to stand for 5-10 minutes. Julienne the bacon and onions, and bias cut the celery. Brown the bacon over low heat, add the onions, celery and Amore Garlic Paste. Toss until the onions are translucent. Add to the cheese mixture. Puree half of the cooked broccoli and add the puree and flowerets to the cheese mixture. Heat the soup over low heat for 10-15 minutes. Adjust the seasoning with salt and pepper. Yields 2 ¾ quarts

Potato and Apple Soup with Cheddar Cheese

1	pint	heavy cream
1	gallon	<u>prepared Minor's Chicken Base</u>
3	quarts	<u>prepared Minor's Ham Base</u>
7	lbs.	potatoes, peeled and quartered
1½	tsp.	Amore Garlic Paste
6		Granny Smith apples, peeled and quartered
2	ribs	celery, small diced
2		carrots, small diced
2	medium	onions, small diced
½	lb.	bacon, julienne
3	medium	leeks, julienne
2	Tbsp.	<u>Liquid Chicken Consommé Prep</u>
2	tsp.	Worcestershire sauce
1	quart	<u>prepared Instant Yellow Cheese Sauce Mix</u>

In a stock pot cook the bacon until crisp. Remove bacon and reserve for later use. Sauté the leeks, celery, carrots, onions and [garlicinoil] in the bacon fat. Add the apples, potatoes, prepared Chicken Bases, prepared Ham Base and Liquid Chicken Consommé Prep. Simmer until the potatoes are tender. Puree the soup and finish with Worcestershire sauce, prepared Instant Yellow Cheese Sauce Mix, heavy cream and crisp bacon. Yields 2+ Gallons

Chicken Hollandaise

½-¾ tsp.	<u>Liquid Chicken Consommé Prep</u>
1 cup	<u>prepared Minor's Hollandaise Sauce</u>
1 Tbsp.	Chopped Shallots in Oil
1 Tbsp.	whole butter
	salt & pepper

Prepare Hollandaise Sauce. Sauté the Chopped Shallots in Oil in the whole butter. Combine all ingredients and mix well. Season with salt and pepper. Yields 1 cup

Swedish Style Meatballs

5 lbs.	ground beef
8	eggs
1 lb.	bread crumbs
1 Tbsp.	Amore Garlic Paste
2 tsp.	oregano
2 tsp.	thyme
1 Tbsp.	chopped parsley
2 Tbsp.	Basil in Oil
16 oz.	milk
4 oz.	grated Parmesan cheese
2 Tbsp.	<u>Liquid Beef Consommé Prep</u>

Place all ingredients in a mixing bowl and mix well. Shape into 2 oz. balls and bake at 350° for 20-30 minutes. yields 80-2 oz. meatballs

Chasseur Sauce

1 quart	<u>prepared Minor's Demi Glace Sauce</u>
3 oz.	brandy
1 cup	Chablis
½ tsp.	Amore Garlic Paste
2 Tbsp.	Chopped Shallots in Oil
10 oz.	sliced mushrooms
2 Tbsp.	whole butter
2 cups	tomato concassé
1 Tbsp.	chopped parsley
1 tsp.	<u>Liquid Beef Consommé Prep</u>

Sauté the mushrooms, Chopped Shallots in Oil and Amore Garlic Paste in butter. Add the Chablis and brandy and reduce by half. Add the remaining ingredients and simmer for 5-10 minutes.

yields approximately 1¾ quarts

Cream of Asparagus

1 tsp.	Amore Garlic Paste
2 ribs	celery, chopped
2 small	onions, chopped
4 oz.	<u>O'dell's Clarified Butter</u>
3 lbs.	asparagus
1	bay leaf
1 quart	<u>prepared Liquid Vegetable Consommé Prep</u>
6 oz.	flour
1 quart	heavy cream
3 quarts	<u>prepared Minor's Chicken Base</u>

Combine the prepared Chicken Base and Liquid Vegetable Consommé Prep. Add the bay leaf and bring to a simmer. Remove the bottom 2 inches from the asparagus and discard. Chop the remaining stalks and add to the stock. Simmer until tender and remove from the stock. Discard the bay leaf. Heat the butter in a separate pot and sauté the onion, celery and Amore Garlic Paste until translucent. Add the flour to create a vegetable roux and continue to cook without color for 5-10 minutes. Slowly add the stock and asparagus to the roux. Mix thoroughly. Heat to a simmer for 3-5 minutes. Puree the soup in a blender or strain and puree the vegetables before returning to the soup. Finish with heavy cream and season with additional Liquid Vegetable Consommé Prep. yields approximately 1¾ gallon

Tuscan Tomato Soup

1 Tbsp.	olive oil
1 rib	celery, sliced
1 medium	onion, julienne
1	zucchini, julienne
1	yellow squash, julienne
2	peeled, seeded, small diced tomatoes
½ tsp.	Amore Garlic Paste
½ tsp.	chopped fresh thyme
1 Tbsp.	chopped fresh parsley
½ tsp.	chopped fresh basil
1 quart	<u>prepared Liquid Vegetable Consommé Prep</u>
1½ cups	diced tomato with juice
2 Tbsp.	tomato paste (or use 1 Tbsp <u>Amore Tomato Paste</u>)
1 cup	cooked small pasta

Heat oil and lightly sauté the vegetables and Amore Garlic Paste. Add half of the fresh herbs and toss briefly. Add the prepared Liquid Vegetable Consommé Prep, diced tomato with juice, tomato paste and cooked pasta. Simmer for 5-10 minutes and finish with remaining fresh herbs. Yields 2+ Quarts

Vegetable Hollandaise

1 cup	<u>prepared Minor's Hollandaise Sauce</u>
1 Tbsp.	Chopped Shallots in Oil
1 Tbsp.	whole butter
½-¾ tsp.	<u>Liquid Vegetable Consommé Prep</u>
	salt & pepper

Prepare Hollandaise Sauce Mix per package instructions. Sauté the Chopped Shallots in Oil in the whole butter. Combine all ingredients and mix well. Season with salt and pepper. Hold in steam table for service. Yields 1 Cup

Sautéed Spring Spinach

1	Tbsp.	olive oil
1	tsp.	Amore Garlic Paste
1	Tbsp.	Chopped Shallots in Oil
1		julienne red pepper
1		julienne yellow pepper
10	oz.	washed and dried spinach
1	tsp.	<u>Liquid Vegetable Consommé Prep</u>

Sauté the Amore Garlic Paste, Chopped Shallots in Oil and peppers until softened. Add the spinach and Liquid Vegetable Consommé Prep and toss until wilted. Serve immediately. Yields

Roasted Vegetable Risotto

2	Tbsp.	olive oil, divided
2	tsp.	Amore Garlic Paste
1		green pepper, small diced
1		red pepper, small diced
1		zucchini, small diced
1	small	onion, small diced
4		plum tomatoes, peeled, seeded and small diced
1	lb.	Arborio rice
1 ¼	qt.	<u>prepared Liquid Vegetable Consommé Prep</u>
1	tsp.	chopped thyme
1	Tbsp.	chopped basil
1	Tbsp.	chopped parsley

Toss the Amore Garlic Paste and vegetables in 1 tablespoon olive oil. Caramelize in a preheated 400° oven. Remove from oven and reserve for later use. Add remaining tablespoon of oil to sauté pan. Add rice and toss to coat. Add 1 cup of prepared Liquid Vegetable Consommé Prep. Stir continuously while simmering, until fully absorbed. Repeat the process until all the stock is gone and rice is tender. Add the caramelized vegetables and herbs. Toss gently. Season with additional undiluted Liquid Vegetable Consommé Prep. Yields 16-20

Pasta Salad

1	lb.	small pasta
1 ½	cups	mayonnaise
2	ribs	celery, small diced
1	tsp.	Amore Garlic Paste
1	small	red onion, small diced
1		green pepper, julienne
1		red pepper, julienne
2	Tbsp.	chopped parsley
½	tsp.	Worcestershire sauce
1 ½	tsp.	Dijon mustard
2-3	Tbsp.	pickle relish
2-3	tsp.	<u>Liquid Vegetable Consommé Prep</u>
		salt and pepper to taste

Cook pasta in boiling salted water, drain and cool under cold running water. In a large bowl combine the remaining ingredients. Add the pasta and toss. Chill well before service. Yields 10 portions

Roasted Vegetables with Barley

2	cups	barley
2	qts.	<u>prepared Liquid Vegetable Consommé Prep</u>
2	Tbsp.	olive oil
2	tsp.	Amore Garlic Paste
1		green pepper, small diced
1		red pepper, small diced
1		zucchini, small died
1	small	onion, small diced
1	small	eggplant, peeled and small diced
4		plum tomatoes, peeled, seeded and small diced
16	oz.	cooked white beans, rinsed
1	tsp.	chopped thyme
2	Tbsp.	chopped basil
2	Tbsp.	chopped parsley

Prepare the barley per package instructions in the Liquid Vegetable Consommé Prep. Toss the Amore Garlic Paste and vegetables in 1 tablespoon olive oil. Caramelize in a preheated 400° oven. Remove from oven and toss with the beans and herbs. Season with additional undiluted Liquid Vegetable Consommé Prep. Serve by putting a scoop of barley into a soup bowl and topping with the roasted vegetable mixture. Yields 16-20 portions

Grilled Chicken Enchiladas

2	cups	water
2	cups	crushed tomatoes
		Enchilada Sauce
1	lb.	shredded cheddar
10-12		soft corn tortillas
2	lbs.	grilled, shredded, chicken breast
½	tsp.	Amore Garlic Paste
1	medium	onion, small-diced
1	Tbsp.	olive oil
1	tsp.	<u>Liquid Vegetable Consommé Prep</u>
		<u>CIO Ancho Chile Flavor Concentrate</u>
1	Tbsp.	cornstarch
¼	cup	chopped scallions

Heat oil and sauté the onion and Amore Garlic Paste. Add the chicken and mix well. Remove from the fire. In a separate pan, combine the tomatoes, water, Liquid Vegetable Consommé Prep, Ancho Chile Flavor Concentrate, to taste, and cornstarch. Simmer for 5-10 minutes. Add the scallions and mix well. Add ½ cup of sauce mixture to the chicken. Fill tortillas with chicken mixture and roll. Place in an oiled pan, seam side down. Top with sauce and cheese. Bake at 350° until internal temperature reaches 165°F. Yields 10-12 portions