

\$2.50



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Chef's Ingredient™

KNORR LIQUID BASES

Gluten Free



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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!!

Chef's Secrets for Delicious Results

- A) For MORE FLAVOR LESS SALT; replace salt with 2 times amount of Base. (e.g. omit 1 tsp. salt; replace with 2 tsp. Base.) Bases are highly concentrated; USE LEVEL MEASURES.
- B) Replace bouillon cube(s) in any recipe with ½ tsp. Base for more natural flavor & 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 of water. For full flavored stock or broth: see directions on container.
- E) Rice, grains, beans, vegetables: Add 1 tsp. Base to every 1½ cups boiling water used in cooking.
- F) For cooked rice, beans, grains or vegetables: Add ½ tsp. per cup as a seasoning or as a finishing touch to flavor. Dissolve in small amount of water first, 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 vegetable oil.
- H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin & meat before grilling, broiling or sautéing to replace salt.
- I) A flavorful baste: Combine 1 tsp. Base with ¼ cup oil for each lb. of meat. Baste throughout cooking process.
- J) Breading: 1) Rub meat with softened (in water or oil) Base at 2 tsp. per lb. of meat. Then dust with combination of flour, bread crumbs and seasonings. 2) Mix Base into breading mixture with electric mixer and coat.
- K) Sandwiches, dips & 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.
- M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.
- N) Poaching: Add 1 Tbsp. Base per qt. of water with an acid (wine, lemon juice or vinegar) to retain meat juices. Do not allow liquid to boil when poaching. Boiling toughens meat.
- O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to caramelize outside for flavor, while remaining tender & juicy inside.
- P) Ground meats: Add base to ground meat before grilling or baking at 2 tsp. per pound.
- Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Chicken Base 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 Chicken/Garlic Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.
- U) Replace salt in scrambled eggs, egg whites or egg substitute, omelets or quiche with ¼ tsp. any flavor Base per egg. (dissolve Base in 1 tsp. warm water before adding)

About the Recipes

We hope you enjoy these recipes.

Remember, they are only a

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" cooking spray for butter or oil, "Fat-Free" Half & Half, (Land O' Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Create memorable meals
with Knorr's Liquid Bases.

HAPPY COOKING !!
Heidi & David

BLACK BEAN CHILI with BUTTERNUT SQUASH & SWISS CHARD

(serves 5)

1	tbsp	Olive oil
1 1/2	cups	Onions , chopped
2 1/2	cloves	Garlic , chopped
2	cups	Squash, butternut ,peeled 1/2" dice
2	tbsp	Chili powder
1	tsp	Cumin, ground
2	cups	Black beans
4	cups	Knorr Liquid Vegetable Base
2	cups	Tomatoes, canned , diced, juice reserved
4	cups	Swiss chard , chopped coarsely
		Salt and Pepper, to taste
		Artisan-style Croutons, for garnish

Heat oil in heavy, large pot over medium-high heat. Add onions and garlic. Sauté until tender and golden. Add squash then chili powder and cumin. Stir in beans, prepared vegetable base and tomatoes with juice; bring to boil. Reduce heat and simmer, uncovered, until squash is tender. Stir in Swiss chard; simmer until chard is tender but still bright green. Season to taste with salt and pepper.

BRAISED PORK BELLY and SEARED PORK TENDERLOIN (serves 7)

1	lb	Pork tenderloin , cleaned, tied
2	lb	Pork , remove skin
1	tbsp	SEASONING SALT
1 1/2	oz	Oil
1/2	lb	mirepoix (carrot, celery, onion)
1/4	cup	Tomato paste
1/4	cup	Balsamic Vinegar
1		Bay leaf , whole
1/2		Thyme sprig
2	cups	Knorr Liquid Beef Base, prepared
2	cups	Minor's Demi-Glace, prepared
1/2	cup	Raisins , soaked in boiling water
1/2	cup	Raisins , soaked in boiling water

Cut pork belly in 3 " squares, season with seasoning salt. Heat oil in braising pan, brown pork belly on both sides, remove from pan, and pour off excess fat. Return pan to the stove, add mirepoix and brown vegetables. Add tomato paste, cook paste for a few minutes. Deglaze with wine and vinegar. Add prepared beef base and demi-glaze, bring to a simmer. Place pork belly in sauce, simmer. Place in 350 degree oven, cover with parchment, cover and braise until tender 1 1/2 hours. When tender, remove from sauce, strain, adjust seasoning and consistency. Drain raisins and add to sauce.

Pork Tenderloin:

Season with seasoning salt. Heat oil in pan on high, sear pork giving a good golden color. Remove from heat, finish off in the oven. Should have an internal temperature of 140 degrees. Place pork belly on plate, coat with 2 ounces of sauce, place two sliced of pork tenderloin on top, and serve with Bacon and Sausage Polenta and Sauteed Spinach.

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ASIAN BRAISED SHORT RIBS (serves 5)

2 ½	lb	Beef short ribs
1 ½	tbsp	Olive oil
1	tsp	Five-Spice powder
¾	cup	KNORR Liquid Vegetable Base, Prepared
1	cup	Minor's Demi-Glace, prepared

Cut beef ribs between bones into individual pieces. Season both sides with Salt and pepper. Pre-heat a large braising pan and add olive oil. Brown beef ribs on one side then turn and brown on the other side, remove from pan and drain extra fat. Deglacé pan with vegetable stock and bring liquid to a simmer. Place beef ribs back into pan and add Chinese Five spice and Demi-Glace, bring to a boil. Cover and place in a 325 degree oven for 3 hours. Remove ribs and reserve sauce.

COUSCOUS with LAMB and SEVEN VEGETABLES (serves 10)

1	cup	Chickpeas
2	lb	Lamb shoulder , boneless, cut into 2 inch cubes
2		Onions , chopped
½	tbsp	Salt
½	tbsp	Black Pepper , ground
½	tbsp	Ginger, ground
½	gram	Saffron threads, crushed
3/8	cup	Butter , unsalted
1 ¼	qt	Knorr Vegetable Liquid Base, prepared
1	lb	Carrots , 2 inch bias cut
1	lb	Turnips , 2 inch dice
1	lb	Pumpkin , 2 inch dice
1	lb	Zucchini , 2 inch dice
2 ½		Tomatoes, red vine , peeled, diced
½	cup	Raisins
2	tbsp	Harissa powder (available at Soupbase.com)
5	cup	Couscous , prepared

If using dry chickpeas, cook according to the package directions. If using canned chickpeas, drain and rinse well. In a large tagine pot or heavy pot, combine lamb, onions, salt, pepper, ginger, saffron, and butter. Mix together and add prepared vegetable base to cover by 2 inches. Bring to a boil, reduce heat, cover and simmer for 1 hour. Add the chickpeas and all the vegetables except the zucchini. Cover and continue to simmer for another 20 minutes. Add the zucchini, and raisins and cook until all the vegetables and meat are tender, about 15-20 minutes.

To Serve:

Fluff couscous with a fork making sure it is all broken up. Pile couscous in a warm serving platter or in a tagine dish making a well in the center. Using a slotted spoon, lift the meat and vegetables from the pan juices and arrange them in the middle of the couscous. Adjust the seasonings in the remaining juices and spoon over the meat and vegetables. Whisk together the harissa and 1 cup of water. Adjust to taste. Serve on the side.

BRAISED VEAL CHEEKS with BOURBON STREET RED GRAVY (serves 5)

5	lb	Veal, cheeks
2	cup	Flour, seasoned
		Corn oil for Sauteing
3		Onions , peeled and chopped
½	tbsp	Garlic(1) , chopped
2	whole	Serrano pepper or jalapeno, chopped
4	cups	Tomatoes, plum , peeled and seeded
4	cups	Knorr Liquid Beef Base, prepared
2	cups	Coffee, brewed
2	cups	Red wine
½	tbsp	Cumin, seeds , toasted, ground
2	cups	Minor's Demi-Glace, prepared
1.00	cup	Balsamic Vinegar

Dust veal with seasoned flour, brown off in hot oil in a braiser. Remove meat, add onions, cook till light brown. Add tomatoes, red wine, coffee, peppers, garlic and cumin. Add beef base, demi glace and balsamic vinegar, Cook until meat is tender and remove meat. Adjust consistency of the sauce and seasoning to taste. Puree sauce.

Note: Works great with pork and beef also.

IRISH BEEF STEW with STOUT (serves 5)

1/8	cup	Olive oil
2		Bay leaves, whole
2	lb	Beef for stewing 1-1/2" cubes
1		Spanish onion large, sliced
3	clove	Garlic chopped
1	tsp	Thyme dried
½	tsp	Rosemary(1)
1/8	cup	All-purpose flour
½	cup	Irish stout
2	tsp	Knorr Liquid Beef Base
1	cup	Water hot
1	tbsp	Parsley , fresh, chopped
½	lb	Carrots sliced
		Freshly ground black pepper to taste

Heat olive oil in small brazier or ovenable large casserole pot. Add bay leaves and sauté for a moment. Add cubed meat and brown on high heat. Add sliced onion and cook until onion becomes transparent. Reduce heat and add garlic, thyme, rosemary and flour. Stir well and continue to cook for 1 or 2 minutes. Add Beef Base to hot water and add to pot. Add stout. Simmer to thicken slightly. Add remaining ingredients and cover, place in 275°F oven for 2 hours or until tender, stirring occasionally. Season with pepper to taste.

LAMB SHANKS with WHITE BEANS and RED PEPPERS (serves 5)

1 ¼	cup	Beans, white dried
		Olive oil as needed
2 ¾	lb	Lamb shank (5 shanks)
½	lb	Onions diced
¾	lb	Carrots peeled, sliced
2		Leeks , white and pale green parts, chopped
1 ¾	oz	Garlic(1) minced
½	tbsp	Thyme dried
1 ½		Bay leaves, whole
1	qt	Knorr Liquid Chicken Base, prepared
20	oz	Tomatoes, plum , drained, crushed
1 ½	tbsp	Marjoram(1) minced or dried

Soak beans overnight. In a large stock pot heat oil and brown lamb shanks on all sides. Remove and set aside. Heat remaining oil and sauté onions, carrots, leeks, garlic, thyme and bay leaves until onions are transparent. Add prepared Knorr Liquid Chicken Base, tomatoes, lamb shanks and bring to a boil. Cover, reduce heat and simmer for 1 hour. Spoon off as much of the fat as possible. Preheat oven at 350°F. Drain and rinse white beans and add to lamb. Place in a large roasting pan and continue cooking in the oven for another hour. Remove lamb, cover and continue cooking white beans until tender about 45 minutes adding more prepared Knorr Liquid Chicken Base if necessary. Char peppers over broiler or on top of stove until blackened on all sides. Place peppers in paper bag, seal and let peppers stand for 10 minutes. Peel, seed and cut into small julienne. Remove meat from bones, then cut into chunks. Add lamb, peppers and marjoram to beans and cook until heated through. (This dish can be made a day ahead).

MONGOLIAN HOT POT (serves 10)

3 ¼	cup	Knorr Liquid Beef Base, prepared
2	cup	Knorr Liquid Vegetable Base, prepared
½ inch	piece	Ginger root, fresh, thinly sliced
¾	cup	Mushrooms, shiitake
3	x	Scallions, chopped
2 ½	tbsp	Soy sauce
¾	cup	Bok choy (1/2 to 1 cup), shredded, or Napa cabbage
2 ½	lb	Pork , beef, or lamb roast, thinly sliced
		Assorted dipping sauces
3 ¼	cup	Knorr Liquid Beef Base, prepared

In a medium saucepan, heat prepared Knorr Ultimate Beef Base, prepared Knorr Ultimate Vegetable Base, ginger, green onion and soy sauce to boiling. Stir in bok choy or cabbage and transfer to traditional Mongolian hot pot, fondue pot or electric wok (the amount of ingredients will vary depending on how much your pot will hold). Thread meat slices on bamboo skewers or pierce with fondue fork and cook in broth several at a time. When meat is cooked, dip in sauces. After all meat has been cooked and consumed, ladle cooking broth into bowls and enjoy.

PORK CHILE VERDE (serves 8)

2		Chiles, jalapeno , roasted
2		Pepper, Poblano , roasted
8		Tomatillos , roasted, chopped
½	cup	Olive oil , or as needed
2 ½	lb	Pork shoulder, boneless , cut into 1" cubes
¼	cup	Garlic(1) , chopped
2	cup	Onions , ¾" dice
24.2	floz	Knorr Liquid Chicken Base, Prepared
¼	cup	Lime juice , fresh squeezed
1	bunch	Cilantro , chopped
		Kosher salt and black pepper to taste
1	cup	Sour cream, regular , or Mexican Creama

Rinse and husk tomatillos and put on a sheet pan under the broiler, cook until charred on all sides and soft. Roast chilies on pan or over open flame. Peel, stem and cut into ¼ inch dice. In a medium braising pan, heat olive oil over medium heat and sear pork in batches. Remove pork and add onions and garlic and cook until translucent. De-glaze pan with stock and add back pork. Bring to a boil, skim and bring down to a simmer. Add peppers, and tomatillos and cook until pork is fork tender, about 45 minutes. Add lime juice, and chopped cilantro and heat back through. Season to taste. Serve garnished with a tablespoon of sour cream and warm tortillas on the side.

PORK and APPLE CURRY with BASMATI RICE (serves 10)

2 ½	lb	Pork Loin , center cut, diced in 1/2" pieces
½	tbsp	Peanut oil
1 ¾	tsp	Garlic(1) , minced
¾	tbsp	Onions, shallots , minced
5	tsp	Curry Powder
5	tsp	Tomato paste
2 ½	cup	Water
4 ½	tsp	Knorr Liquid Chicken Base
3 ½	tbsp	Yogurt, plain
1 ¾	tbsp	Cornstarch
¾	cup	Apples , diced in ¼" pieces
		Mint , fresh - to garnish
3 1/3	cup	Rice, basmati (<i>available at soupbase.com</i>)
5	cup	Water

Sear off pork loin dice until caramelized in peanut oil. Sweat garlic and shallots with curry powder to release flavor. Add tomato paste and water with Knorr Liquid Chicken Base. Braise about 1/2 hour in 350°F oven. Finish with diced apple and stir in yogurt. Garnish with fresh mint. Bring water to boil, add rice and cover. Cook on low heat about 18 minutes. Serve pork on top of basmati rice.

JERK RED SNAPPER with DIRTY RICE (serves 5)

1/8	cup	Canola oil
5		Red snapper fillets (5-6oz each), coat and grill
1	tbsp	Seasoning (salt+ pepper)
1	cup	Ready-To-Use Jamaican Jerk Sauce (Available @ Soupbase.com)
2 1/2	clove	Garlic minced
1/2	cup	Onion, yellow
1/8	cup	Celery
2 1/2	tbsp	Cajun seasoning
5	oz	rice cooked long grain
1/2	qt	Knorr Liquid Vegetable Base, prepared
3/8	cup	Onion, yellow

Preheat grill. Preheat oven to 325 degrees. Brush fish fillets with 1 oz of oil. Season with salt and pepper and hold in the refrigerator. In a sauce pan, heat remaining oil, saute all the vegetables until fragrant. Add the cajun seasoning, rice and prepared vegetable base. Place in oven and cook for 20 min or until fluffy. Grill snapper on all sides, brush generously with RTU Jamaican jerk sauce. Serve snapper with dirty rice.

CHICKEN and RICE (serves 10)

1/8	cup	Olive oil
15	pieces	Chicken parts
1/4	tsp	Garlic(1) minced
1/8	cup	Onions, white chopped
1 1/2	cup	Rice, white
1.5	floz	Knorr® Liquid Chicken Base
1	qt	Hot Water
1/4	cup	Black olives, canned whole, pitted - OPTIONAL
1/2	cup	Green peas cooked - OPTIONAL
		Black pepper, ground to taste

dissolve hot water and Liquid Chicken Base...set aside

Heat olive oil and brown chicken on all sides. Remove and pour off drippings except 3 Tablespoons. In same pan, saute garlic and onions until onions are transparent. Add rice and saute for 2 minutes. Add prepared Base and bring to a boil. To the rice mixture return the chicken and simmer until rice is done. Garnish with olives or peas. This dish should be soupy.

CHICKEN PURLOO (serves 10)

1/4	cup	Butter
1	cup	Scallions chopped
1	cup	Celery diced
1	cup	Tomatoes, canned ,diced
2	tbsp	Hot pepper sauce
		Chicken, Whole ,cooked & Stripped in small pieces
2	cups	Knorr Liquid Chicken Base, prepared
2	cup	Rice, white rinsed and drained
		Kosher salt & coarse pepper to season

Preheat oven to 375. In a large sauce pan, melt the butter,saute the scallions and celery until tender. Add the tomatoes, hot sauce, and season with salt and pepper. Add chicken, rice and prepared chicken base. Place in a 375°F oven, covered, for 45 minutes. Uncover and stir to evenly distribute the chicken, vegetables, and rice. Return to the oven and cook until the rice is tender and has absorbed all the liquid. Taste and adjust seasoning.

ASIAN NEW YEAR MEATBALL and SPINACH SOUP (yields 3 quarts)

		MEATBALLS:
1 1/2	lb	Ground Beef , or ground pork
1 1/2	tbsp	Soy sauce
1 1/2	tbsp	Vinegar, rice wine
1/2	tbsp	Sesame oil
1/2	tsp	Salt
2	tbsp	Cornstarch
2		Scallions , minced
1	tbsp	Ginger root , minced
1	tbsp	Garlic(1) , minced
		SOUP:
1/2		Onions , diced
1/2	tbsp	Peanut oil
1/2	tbsp	Garlic(1) , minced
1/2	tbsp	Ginger root , minced
3/4	gal	Water
3	oz	Knorr® Liquid Chicken Base
6.00	tbsp	Cornstarch
1.00	lb	Udon noodles , cooked
1.00	lb	Spinach , roughly chopped
1.00	tbsp	Sesame oil

Meatballs:

Mix all ingredients in a large bowl until well incorporated. Using a # 40 scoop, make meatballs (should form 75 - 1 " round balls. Refrigerate.

Soup:

Saute onion in peanut oil until just soft, add garlic and ginger. Add water and chicken base and bring to a boil, then reduce to a simmer. Add meatballs and cook until done, about 8 minutes (skim surface during cooking). Make a slurry with cornstarch and add to the soup. Add spinach, noodles and cook about 2 minutes. Top with sesame oil and serve.

BUSH TUCKER'S STEW (serves 5)

1/4	cup	Onions ,large diced
1/3	cup	Celery ,large diced
1/3	cup	Carrots .large diced
1/4	cup	Squash, zucchini ,large diced
1/4	cup	Squash, yellow ,large diced
1/2	lb	Sausage, smoked cubed
1	cup	Potatoes- Red bliss cubed
1/4	cup	Corn, yellow
1	floz	Olive oil
1/4	cup	Tomatoes, canned diced
1	qt	KNORR Liquid chicken base, prepared
1/2	lb	Chicken, rotisserie pulled & chopped
		Salt, Kosher to season
		Pepper, coarse to season

Preheat oven to 325 degrees. In a large bowl, combine the carrots, celery, onion, zucchini, yellow squash, corn, potatoes, sausage and olive oil. Toss to coat evenly. Place vegetables on a baking tray and roast in the oven for 20 min. In a stock pot, combine the roasted vegetables, diced tomatoes, and the prepared chicken base. Bring to a simmer and simmer for 30 minutes. Adjust seasoning and consistency if desired. serve hot.

BULGAR GAZPACHO (serves 10)

3	cup	Knorr Liquid Vegetable base, prepared
12	floz	Tomato juice
1 ½	cup	Bulgur wheat grain
3	tbsp	Balsamic Vinegar
3	clove	Garlic , minced
1/2	tsp	Cumin, ground
2 ½	tsp	Salt, Kosher
1/2	tbsp	Louisiana hot sauce
7		Scallions , sliced
2	cup	Tomatoes, red vine , seeded, chopped
2	cup	Cucumber, seedless , peeled, seeded, chopped
1 ¼	cup	Bell pepper, green , seeded, small dice
5	tbsp	Cilantro(1) , chopped

Bring tomato juice and prepared Knorr Vegetable Base to a boil. Pour over bulgur and cover 20 minutes. Fluff with a fork. Combine remaining ingredients and toss with bulgur. Chill for 4 hours before serving.

BEEF, MUSHROOM and TOASTED BARLEY SOUP (serves 10)

1/8	cup	Margarine
1/2	cup	Onions , diced
1/2	cup	Carrots ,diced
1/2	cup	Celery , diced
1	cup	Mushrooms, domestic ,sliced
2	tbsp	Thyme minced
2	lb	Beef for stewing , trimmed, cooked, small dice
1	cup	Tomatoes, canned ,petit cut
3/4	cup	Barley ,toasted and partially cooked
2	qt	Knorr Liquid Beef base, prepared
1	qt	Knorr Liquid Vegetable Base, prepared
		salt and pepper , as needed

In a large soup kettle, sauté onions, celery, carrot , thyme and mushrooms until soft and fragrant. Add beef, tomatoes, toasted barley, prepared Beef Base and Knorr Vegetarian Base and simmer around 20 minutes. Adjust seasoning and consistency if desired. Serve hot.

VEGETABLE RIGATONI (serves 10)

2	lbs.	Rigatoni
3	tsp	Knorr® Liquid Vegetable Base
3	oz	Olive oil
2		Eggplant , diced
1		Zucchini , diced
1		Squash, yellow , diced
1		Onions , diced
1		Red Pepper , diced
1	cup	Mushrooms, crimini
1	cup	Broccoli
1	Tbsp	Garlic
1		tomato , diced
1	cup	Parmesan Cheese
		Parsley, for garnish
		Basil, for garnish

Prepare water for pasta. Coat eggplant, zucchini, squash, onion and red pepper with olive oil and roast about 15 minutes at 400°F. (Vegetables should start to caramelize.) Sauté mushrooms in olive oil, then add garlic then tomatoes. Add roasted vegetables to sauté. Cook pasta and drain. Toss pasta with vegetables; add KNORR® Liquid Vegetable Base. Just prior to serving, garnish with Parmesan cheese, parsley and basil.

BACON and SAGE POLENTA (serves 5)

1	qt	KNORR Liquid Chicken Base, prepared
1	tbsp	Sage , chiffonade
1	cup	Yellow Cornmeal
1/4	cup	Cheese, Parmesan , grated
2	tbsp	Butter
1/4	tsp	Black Pepper
¼	cup	Bacon , diced

Render bacon, when it is crisp, remove and reserve. Pour off excess fat. Add fresh sage to the remaining bacon fat, saute lightly, and add prepared chicken base. Bring prepared chicken base to a boil over high heat; gradually add cornmeal whisking the whole time. When the mixture begins to bubble, reduce heat, stirring constantly 10-15 minutes. Slowly add other ingredients, continue cooking and mixing at the same time. Either serve now as a soft polenta, or pour into greased hotel pan and allow to set, refrigerated, overnight. Then cut into desired shape and reheat by sauteing, grilling, or baking.

CHICKEN GRAVY or **BEEF GRAVY** (serves 5)

½ cup + 2 Tbsp	Butter
½ cup + 2 Tbsp	All-purpose flour
6	Tbsp Knorr Liquid Chicken Base or Knorr Liquid Beef Base
2	qts Water

Melt butter in small sauce pot. Stir in flour to make a smooth roux. Cook roux slowly for 5-6 minutes; do not brown. In a separate container, mix 1 gallon of hot water with Knorr Ultimate Chicken Base and stir with wire whip until base is well dissolved. Slowly whip stock into roux, until thickened and smooth. Continue to simmer sauce slowly for an additional 20-30 minutes. Strain and reserve for intended use.

LENTIL SOUP (makes 1 gallon)

1	lb	Lentils
3	qt	Water
½ cup + 1 Tbsp	Knorr Liquid Beef Base	
1/2	cup	Carrots , sliced
1	cup	Celery , sliced
1	cup	Onions , small dice
1	tsp	Garlic(1) , minced
1		Bay leaf

Wash lentils well. Place in a heavy sauce pan and combine with water. Bring to a boil. Add Knorr Liquid Beef Base, carrots, celery, onions, garlic, and bay leaves. Mix well. Simmer for 40 minutes or until lentils are tender.

FRIED RICE BALLS with MOZZARELLA (serves 5)

FILLING:		
1	cup	Pork , ground
1/4	cup	Chicken, liver , chopped
1/8	cup	Olive oil
1	clove	Garlic , minced
1/4	tsp	Chili peppers, red flakes
1	cup	Mariana Sauce
1	cup	Green peas
RICE:		
2	tbsp	Butter
1/8	cup	Olive Oil
1 ½	cup	Rice, arborio
1/4	cup	Wine, white
4	cups	Knorr Liquid Chicken Base, prepared (hot)
20	threads	Saffron
3/4	cup	Parmesan, reggiano , grated
1/2	cup	Mozzarella , fresh cut into 1/2 inch cubes
2	each	Eggs , beaten
2	whole	Egg white
2	cup	Breadcrumbs, plain
4	cups	Olive oil for frying

FOR RAGU FILLING:

Heat oil, add ground pork and chicken livers, cook to break up and brown meat, pour off excess fat. Combine garlic to brown meat, cook for about 2 minutes. Add Marinara Sauce and cook about 5 minutes and finish with peas. Mixture should be thick enough to stuff rice ball.

FOR RICE: In sauce pan heat butter and oil, toast rice until you get a nutty smell. Deglaze with wine, cook down add saffron, then add a small amount of hot prepared stock, stirring. Continue to adding small amounts of stock while stirring, until the rice is done. Season to taste, add parmesan cheese. When warm, stir in beaten egg. Whip egg whites, place in bowl for breading. In your hand, take a small amount of rice mixture, make a center well. Place a spoon of ragu and cube of cheese, seal up and roll into a ball. Repeat process until rice is used up. Place in egg white too coat then roll in bread crumbs. Deep fry in 350 degree olive oil until golden brown and warm inside, drain on an absorbent towel and serve.

ITALIAN SAUSAGE and ESCAROLE SOUP (serves 10)

2	tbsp	Olive oil
1	cup	Onions, white , fine diced
2	tbsp	Garlic(1) minced
2.50	qt	Knorr Liquid Chicken Base, prepared
15	cups	Escarole , torn
1	lb	Italian sausage smoked or fresh, diced or cut into rounds
2	tsp	Red Pepper crushed
		Black Pepper to taste
1/4	tsp	Red Pepper crushed

Sweat onions and garlic in olive oil. Add prepared chicken base and sausage. Let simmer for 15 min. Turn off heat. Add escarole and red pepper flakes. Stir to wilt greens, adjust seasoning and serve hot.