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Chef's Ingredient™

Minor's Classic Recipes for Sauteed Vegetable and Mushroom Bases PART 2



Chef's Secrets For Delicious Results

A) **ADD MORE FLAVOR LESS SALT**; **replace salt with 2 to 3 times** amount of Base. (e.g. omit 1 tsp. salt; replace with 2 to 3 tsp. Base.) Bases are highly concentrated; **USE LEVEL MEASUREMENTS.**

B) Add Bases to your favorite homemade salad dressing (e.g. **Lobster Caesar Dressing**)

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 2 tsp. Base to every 2 cups water before 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. Use 1 tsp. Base per cup of marinade.

H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin &/or fish before grilling, broiling or sauteing to replace salt.

I) A flavorful baste: Combine 2 tsp. Base with ¼ cup oil for each lb. of seafood. Baste throughout cooking process.

J) Breading: Mix Base with seasoned breading mixture at 2 tsp. per pound of seafood using an 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. (e.g. **Shrimp Alfredo 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 fish juices. Do not allow liquid to boil when poaching. Boiling will toughen fish.

O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to carmelize on the outside for flavor, while remaining tender & juicy inside.

P) **Crab Cakes**: Add base to ground crab before grilling or sauteing at 2 tsp. per pound.

Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Base (Lobster, Shrimp) 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 fish. Never stuff raw fish until ready to cook.

T) Pizza crust: Dilute any flavor Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.

U) EGGS - Add ¼ tsp. Base dissolved in 1 tsp. water to scrambled eggs, egg whites or egg substitutes, omelets or quiche to replace salt. Try lobster, crab, shrimp- any flavor.



A FEW TIPS FROM THE CHEFS AT MINORS

ROASTING is a dry-heat method of cooking, using hot air to circulate around the food which heats the outer layer of food. In turn, the food's natural juices become heated, change to steam and cook the center. Roast meat or poultry on a roasting rack to prevent overcooking the bottom of the meat. A meat thermometer should be inserted in the portion of the meat which takes longest to cook. Place in the center of a rump roast or between the leg and breast of chicken, turkey or other poultry.

BAKE quiches, souffles, custards or other egg-based dishes in a water bath for even cooking and to prevent sticking. For a crisp textured crust, partially bake pie shell for 10-15 mins. in a 350°F oven before adding custard mixtures to ensure an evenly baked pie shell.

BASIC BREADING MIX - Depending on how heavily you bread your chicken, this recipe should coat 10-12 lbs.

¼ cup Minor's Chicken Base	9 oz. all- purpose flour
½ cup plain bread crumbs	½ Tbsp. paprika
¾ tsp. garlic powder	1½ tsp. poultry seasoning
1/3 tsp. ground red pepper	1/3 tsp. ground white pepper

Place all ingredients in mixing bowl. Using paddle attachment, mix at medium speed for 5 minutes. Coat chicken with breading mix. Place on lightly oiled sheet tray. Bake at 350°F until golden brown.

DEEP-FRIED foods should be moist and tender on the inside and golden crisp on the outside. If the food tastes oily or the crust is soggy, the oil may be old or not at the correct temperature. Use high quality, clean frying oil. The oil will last longer and there will be less saturation of oil into food, thus maintaining optimum flavor.

Before STEWING, sear meat over high heat, on all sides in small batches to prevent crowding, which will retain natural juices, add color and flavor. When making stews, cut vegetables in like-size pieces for even cooking. Tender vegetables such as peas should be added near the end of the stewing time to prevent overcooking.

STEAMING is one of the best ways to retain the nutritive value of foods. Steamed foods generally contain a greater proportion of nutrients because water-soluble nutrients are not drawn out of the food as readily as with other cooking methods. When steaming, cover food first with plastic wrap and then with aluminum foil. The plastic wrap will prevent the aluminum flavor from being transferred to the food. The aluminum foil will secure a seal on the pan. Steam foods in an aromatic liquid, such as beef or chicken stock. The flavor from the liquid will be transferred to the food. This liquid can be used to make an accompanying sauce.

POACHING uses both steam and liquid to cook. the lid should be left on during poaching so the food that is not submerged can be cooked by the steam trapped inside the pan.

SAVE YOUR STEMS! Turn calcium-rich broccoli stems into a delicious, healthy slaw. For easy BROCCOLI-CARROT SLAW, combine shredded carrots, shredded broccoli stems, red onion, diced red pepper, dry mustard and a little Chicken or Vegetable Base. Toss with Sweet 'n Sour Poppy Seed Vinaigrette.

MURPHY'S FAMOUS SEAFOOD STEAK RUB - Brush fish steaks with olive oil, then rub a small amount of Minor's Sautéed Vegetable Base on top of each steak. Broil until done. The Base will brown as the fish cooks, adding a rich golden color and savory vegetable flavor. If grilling beef steaks, combine olive oil and base in a small bowl to use as a marinade or baste. Ideal for salmon, tuna or swordfish.

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HOT VEGETABLE PITA (serves 12)

1/2	cup	Vegetable oil or Olive oil
2	Tbsp.	<u>Minor's® Sautéed Vegetable Base</u>
1	tsp	<u>Minor's® Roasted Garlic Flavor Concentrate</u>
2	(15.5 oz.) cans	Red Kidney beans, canned drained, rinsed
1	lb	Cauliflower florets, sliced
1 1/2	cups	Button mushrooms sliced
1	cup	Red bell peppers julienne cut
1	cup	Yellow bell peppers julienne cut
1/2	cup	Broccoli florets cut small
1/2	cup	Scallions green onions, bias cut
1	tbsp	Cilantro, dried
2	tsp	Oregano, dried
1/4	tsp	Black pepper, ground
6	each	Pita Pocket Bread

Heat oil in skillet or sauté pan. Add Sautéed Vegetable Base, Roasted Garlic Base, kidney beans, cauliflower, mushrooms, red peppers, yellow peppers, broccoli, scallions, cilantro, oregano and pepper. Sauté until hot throughout, approximately 3-5 minutes. To serve: Place 3/4 cup (approximately 5 oz.) of vegetable mixture in each pita half.

COUSCIOUS WITH FRUIT (serves 16)

2	tbsp	Olive oil
1/2	tsp	Cardamom, ground
1/2	tsp	Coriander, ground
1/2	tsp	Cinnamon, ground
3	cups	Water
1/4	cup	Apples dried, coarsely chopped
1/4	cup	Figs, dried coarsely chopped
1/4	cup	Apricots, dried coarsely chopped
2	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
1	lb	Couscous instant
1/2	ea	Lemon cut in half
1	oz	Mint, fresh or parsley

In a sauce pot, heat oil. Lightly toast spices in hot oil. Careful not to burn. Add water, fruit, Sautéed Vegetable Base, couscous and lemon. Bring to a boil and remove from heat. Let sit covered for 5 minutes. Remove lid. Fluff couscous using a fork. Add mint or parsley.

SAUTEED SEA BASS w/ an ORANGE & FENNEL COMPOTE

10	fillets	Sea Bass portioned
5	gr	as needed Olive oil
1 1/4	cup	Florence fennel trimmed, julienne
1	tbsp	Garlic, dried, minced
1 1/4	cup	Carrots peeled, this, diagonal sliced
4	cups	Water
2	tbsp	<u>Minor's® Gluten Free Vegetable Base</u>
1	tbsp	Butter, unsalted
1	tbsp	Orange zest

Season and sear fish in a sauté pan with olive oil. Place in 350°F oven until desired temperature is reached. Reserve. In a stainless steel sauce pan, sauté garlic, carrots and fennel in olive oil. Add water, Gluten Free Vegetable Base and bring to a boil. Add butter and zest; season and reserve. In individual cassoulette dishes, portion fennel and carrots. Add broth and place sea bass over top. Garnish and serve.

POTATO & CARROT PANCAKES (serves 11)

3	cups	Potatoes, new, peeled grated
1	lb	Carrots grated
1	cup	Onions fine diced
3/4	cup	Eggs
5	tsp	<u>Minor's® Sautéed Vegetable Base</u>
3/4	cup	All purpose flour
2	tsp	Horseradish paste
0.5	tsp	White pepper, ground
1	cup	Vegetable oil

In a large bowl, combine potatoes, carrots and onions. Press moisture out. In a small bowl, combine eggs and Sautéed Vegetable Base; mix until well blended. Add egg mixture, flour, horseradish and pepper to potato mixture; mix thoroughly. Heat oil as needed in skillet. Spoon 2 oz. portions, forming pancakes. Fry until golden brown on both sides, approximately 6 minutes. Drain on paper towels. Serve with Vegetable Sauce, per recipe.

VEGETABLE SAUCE (serves 16)

3 1/2	cups	Water hot
2	tbsp	<u>Minor's® Vegetable Base</u>
1/2	cup	Water lukewarm
1/2	cup	<u>Minor's® Dry Roux® (Sauce/Soup Thickener)</u>
1/4	tsp	Basil leaf, dried
	pinch	Thyme, dried, ground
	pinch	Garlic powder

In a sauce pot, combine water and Vegetable Base. Heat to boiling, stirring occasionally. In a bowl, blend water, Dry Roux, basil, thyme and garlic powder into a smooth slurry, using a wire whip. Gradually pour the slurry into the boiling liquid, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil 2 minutes, stirring occasionally.

SOYBEAN & POTATO SOUP (serves 7)

2	tbsp	Vegetable oil
1-1/2	cups	Potatoes diced medium
1 large	Onion	diced fine
4	tsp	Garlic chopped
1	tsp	Garam masala, ground
1	tsp	Coriander, ground
1	tsp	Cumin, ground
6	tsp	<u>Minor's® Sautéed Vegetable Base</u>
4	cups	Water
6	oz	Soybeans, green raw
1/4	cup	Yoghurt 3.5% plain
	pinch	Salt
	pinch	White pepper, ground
	Pinch	Cilantro julienne cut (optional)
	Pinch	Red bell peppers julienne cut (optional)

In a sauce pot, heat vegetable oil. Add potatoes, onions and garlic; sauté over low heat for 5 minutes. Add the garam masala, coriander and cumin. Stir for approximately 1 minute. In a separate container, combine Sautéed Vegetable Base Mirepoix and water; mix with a wire whip. Add stock to the vegetables. Bring to a boil and simmer for 15 minutes. Add the soybeans and cook for an additional 5 minutes. Add yogurt and season with salt and pepper. When serving, garnish with cilantro and red peppers (optional).

MIREPOIX WHITE SAUCE (yields 1 gallon)

12	cups	Whole milk
1/4	cup	<u>Minor's® Sautéed Vegetable Base</u>
4	cups	Water lukewarm
1	cup	<u>Minor's® Dry Roux® (Sauce/Soup Thickener)</u>

In a sauce pot, combine milk and Sauteed Vegetable Base. Heat to boiling, stirring occasionally. In a bowl, blend Dry Roux and water into a smooth slurry, using a wire whip. Gradually pour the slurry into the boiling liquid, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil for 2 minutes, stirring occasionally.

ROASTED RED or YELLOW PEPPER COULIS (yields 1 1/2 cups)

4	cups	Red bell peppers roasted, skinned, seeded - see*
1	tsp	<u>Minor's® Sautéed Vegetable Base</u>
1	tbsp	<u>Minor's® Roasted Mirepoix Flavored Concentrate</u>
1	tbsp	Lemon juice, fresh

In a food processor on high speed, combine peppers, Sautéed Vegetable Base, Roasted Mirepoix Flavor Concentrate and lemon juice for 3 minutes until smooth. Place pureed peppers in a small mesh strainer. Using a rubber spatula, force mixture through the strainer to a bowl underneath to obtain a smooth mixture.

VEGETABLE ETOUFFE WITH LEMON RICE (serves 20)

4	cups	Rice white, dry
1/2	cup	Lemon juice, fresh
1/4	cup	Lemon zest
1	cup	Vegetable oil
2	cups	All purpose flour
10	cups	Water cold
3	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
1	tsp	<u>Minor's® Roasted Garlic Flavor Concentrate</u>
1	tbsp	Old Bay® Seasoning
1/2	tsp	Onion powder
1/4	tsp	White pepper, ground
2	pkgs	Mixed vegetables, frozen thawed

Cook rice per label directions, adding lemon juice and lemon zest to water. In a sauce pot, heat oil. Blend in flour. Cook until brown, stirring constantly. Add water and Sautéed Vegetable Base, Roasted Garlic, Old Bay Seasoning, onion powder and white pepper, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil 2 minutes, stirring occasionally. Add vegetable blend to sauce. Heat until vegetables are hot throughout. To serve: Ladle approximately 5 oz. rice over 8 oz. vegetable mixture.

PRIMAVERA COUSCOUS STUFFED TOMATOES (serves 10)

30	oz	Couscous
1	oz	Yellow squash, brunoise, sautéed
1	oz	Zucchini, brunoise, sautéed
2	tbsp	Butter, unsalted melted
1	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
1	tbsp	Chives, fresh minced
1	tbsp	Parsley, fresh chopped
4-5		Tomatoes, fresh, sliced in half, hollowed out
5	oz	Parmesan cheese, grated

Prepare couscous per instructions incorporating squash, zucchini, butter, Sautéed Vegetable Base, chives and parsley until well mixed. Season to taste. Stuff tomatoes with 3 oz. of couscous mixture. Top with Parmesan cheese. Place in 350°F oven until internal temperature reaches a minimum of 135°F and cheese is golden brown. Garnish and serve.

CHICKEN GRAVY MIREPOIX (yields 1 gallon)

4	cups	Water hot
2.5	oz	<u>Minor's® Chicken Base</u>
4	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
2	cups	Water lukewarm
8	oz	<u>Minor's® Dry Roux® (Sauce/Soup Thickener)</u>

In a sauce pot, combine water, Chicken Base and Sauteed Vegetable Base. Heat to a gentle boil, stirring occasionally. In a bowl, blend water and Dry Roux into a smooth slurry using a wire whip. Gradually pour slurry into the boiling liquid, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil 2 minutes, stirring occasionally.

CLASSIC MARINARA SAUCE (serves 8)

1	tbsp	Olive oil
2	tbsp	Onions fine diced
1/4	tsp	Garlic, dried, minced
1		(28 oz.) can Tomatoes, whole, canned in juice, low salt crushed in purée
1	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
1/2	tsp	Basil leaf, dried
1/2	tsp	Oregano leaf, dried
1	tbsp	Parmesan cheese, grated

In a 2 qt. saucepan, heat oil over medium high heat. Add onions and garlic; sauté 4 minutes, stirring frequently. Add tomatoes, Sautéed Vegetable Base Mirepoix, basil and oregano, mixing well. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil 10 minutes, stirring occasionally. Stir in Parmesan cheese. Serve over chicken meatballs or pasta.

EDAMAME DUMPLINGS (serves 11)

2-1/2	cups	Edamame, frozen, unprepared thawed
1	tbsp	<u>MINOR'S® Vegetable Base</u>
1	tsp	<u>Minor's® Roasted Garlic Flavor Concentrate</u>
1	tsp	Sesame seed oil
3.5	oz	Vegetable oil
1	tbsp	Soy sauce, light
2	qts	Water
32	each	Wonton skins
1	cup	Scallion sliced
1	tsp	Sesame seeds

Place edamame, Vegetable Base, Roasted Garlic Flavor Concentrate, sesame seed oil, vegetable oil, and soy sauce in a food processor and pureé till smooth. Bring water to a boil in large pot. Place 1/2 oz of edamame filling into each wonton skin. Wipe the edges with tepid water, fold the ends over to meet and press gently to seal, removing any trapped air. In small batches, place the wontons in boiling water and cook for 2-3 minutes. Remove from water and drain. Place 2 dumplings per plate and drizzle 1/2 oz General Tso's RTU Sauce. Garnish each plate with the scallions and sesame seeds.

SWEET POTATO ROSETTES

16	oz	Sweet potatoes peeled, large diced
12	oz	Potatoes peeled, large diced
1	qt	Water hot
1	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
2	tbsp	Butter, slightly salted
1/2	tsp	Cinnamon, ground
1/4	tsp	Nutmeg, ground
1/2	tsp	Ginger, dried powdered
1/2	cup	Pineapple juice
1/4	tsp	Salt
1/8	tsp	White pepper, ground

In a sauce pot, combine sweet potatoes, potatoes and water. Heat to boiling. Boil approximately 12 minutes until tender. Drain. Add Sautéed Vegetable Base, butter, cinnamon, nutmeg, ginger, pineapple juice, white pepper and salt. Beat on high speed with a wire whip until smooth and well blended. Pipe rosettes (1-1/2 oz. each) onto parchment paper with a star tip. Bake at 350°F for 15 minutes.

VEGETABLE RICE CASSEROLE (serves 19)

6	cups	Whole milk hot
1/3	cup	<u>Minor's® Vegetable Base</u>
1-3/4	cups	Long grain white rice dry
1/4	tsp	White pepper, ground
8	cups	Mixed vegetables, frozen
1	cup	Cheddar cheese sharp
5	tbsp	Breadcrumbs, dried

In a bowl, combine milk and Low Sodium Vegetable Base, mixing until dissolved. In a lightly greated quarter steam table pan - 2", add milk mixture, rice and pepper. Cover tightly and bake in 375°F conventional oven 20-25 minutes, stirring occasionally. Add vegetables, mixing well. Cover pan and return to oven for 20-25 minutes, stirring occasionally. Combine cheese and bread crumbs. Sprinkle mixture over rice and vegetables. Bake in 450°F conventional oven for approximately 7-10 minutes to melt cheese and brown bread crumbs.

QUINOA PILAF (serves 10)

6	tbsp	Butter, salted
1-3/4	cups	Onions small diced
1	tbsp	Garlic minced
2	tsp	Ginger root, fresh minced
12	cups	Water hot
4	tbsp	<u>Minor's® Sautéed Vegetable Base</u>
1-1/2	lbs	Quinoa mixed red & white
1-1/4	cups	Cranberries, dried
4	oz	Pine nuts toasted
1/2	cup	Parsley, fresh chopped
1/4	cup	Lime juice, fresh

In a large pot, melt butter. Add onions, garlic and ginger root; sauté 2-3 minutes. Add water, Vegetable Base and quinoa to the onion mixture. Stir to combine. Bring to a boil; reduce heat and simmer 15 minutes or until broth is absorbed. Remove from heat. Toss in cranberries, pine nuts, parsley and lime juice. Salt and pepper to taste. Serve warm or chilled.

FOUR GRAIN SOUP (yields 1 gallon)

3	tbsp	Vegetable oil
1/2	cup	Scallions or green onions, cut on bias
1/2	cup	Carrots raw, small diced
1	cup	Lentils dry
1	cup	Barley, pressed pearled, dry
1	cup	Rice white, dry
16	cups	Water
1/3	cup	<u>Minor's® Sautéed Vegetable Base</u>
1	tsp	<u>Minor's® Roasted Garlic Flavor Concentrate</u>
2	tbsp	Cilantro fresh, chopped
2	tsp	Basil leaf, dried
1/4 tsp	1/8 tsp	White pepper, ground
2	ea	Bay leaves
1	lb	Whole kernel corn, frozen

In a sauce pot, heat oil. Add scallions or green onions and carrots. Sauté 1 minute. Add lentils, barley and rice. Stir to heat slightly. Add water, Sautéed Vegetable Base and Roasted Garlic Flavor Concentrate, cilantro, basil, pepper and bay leaves. Heat to boiling; reduce heat and gently for 20-25 minutes. Remove bay leaves. Add corn. Return to a gently boil for 2-3 minutes.

STUFFED MUSHROOM CAPS (serves 45)

3	tbsp	Margarine or butter
1/4	cup	Onions chopped fine
1/2	cup	Ham, cooked small diced
1/4	cup	Button mushrooms chopped fine
1/2	cup	Breadcrumbs, dried
1/2	cup	Water hot
1	tsp	<u>Minor's® Mushroom Base</u>
1/2	tsp	<u>Minor's® Ham Base</u>
1	tbsp	Margarine or butter
48	each	Mushroom Caps

In a skillet over medium heat, melt margarine or butter. Add onions and sauté 2-3 minutes. Add ham and chopped mushrooms; continue to sauté 2-3 minutes. Add breadcrumbs; mix until well blended. In a small bowl, combine water, Mushroom Base and Ham Base. Mix well with wire whip. Add to sautéed mixture, mixing until well blended. Remove from pan and set aside. In the same skillet over medium high heat, melt 1 Tbsp. margarine or butter. Add mushroom caps; sauté 2-3 minutes, let cool. Fill each mushroom cap with 1 tsp. stuffing. Place on baking sheet and bake in 350°F conventional oven 12-15 minutes.

BROWN MUSHROOM GRAVY (Yields 1 gallon)

1-1/4	cups	Margarine or butter
4-1/2	cups	Button mushrooms sliced thin
1-3/4	cups	All purpose flour
16	cups	Water hot
1/3 cup	1 tbsp	<u>Minor's® Beef Base</u>
1-1/2	tbsp	<u>Minor's® Mushroom Base</u>
0.25	oz	Caramel color

In a sauce pot, melt margarine or butter. Add mushrooms; sauté 2 minutes. Blend in flour. Cook 2-3 minutes, stirring constantly. Add water, Beef Base, Mushroom Base and caramel color. Heat to boiling, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally.

MUSHROOM POLENTA (Yields 1 ¼ gallons)

1	gal	Water
4	tbsp	<u>Minor's® Mushroom Base</u>
3-1/3	cups	Cornmeal coarse, yellow
1/2	cup	Butter diced
1	cup	Parmesan cheese, grated

Thoroughly whisk together the Mushroom Base and water and bring to a simmer. Whisk in the cornmeal a little at a time to prevent lumps. Bring to a low simmer, and cook for 20-30 minutes over low heat. Once the cornmeal has absorbed all of the liquid and has a smooth mouth feel, it is done. Whisk in the butter and cheese and remove from heat.

ASPEN MUSHROOM TAPENADE (serves 9)

3	tbsp	Olive oil
1	tsp	Garlic chopped
1	quart	Shiitake mushrooms, fresh sliced
1	quart	Crimini mushrooms sliced
2	tbsp	<u>Minor's® Herb de Provence Flavor Concentrate</u>
2	tsp	<u>Minor's® Mushroom Base</u>
1/2	tsp	Black pepper, ground
1/3	cup	Red wine dry
1 1/2	cups	Black olives pitted, canned, drained
2	Tbsp	Capers, canned, drained
5	each	Anchovies, canned in oil, drained (optional)
2	tbsp	Lemon juice, fresh
1/4	cup	Olive oil

In a sauté pan, heat oil. Add garlic, shiitake mushrooms, crimini mushrooms, Herb de Provence Flavor Concentrate, Mushroom Base and pepper. Sauté until mushrooms begin to render their juices, approximately 5 minutes. Add wine. Lower heat slightly and cook uncovered, stirring occasionally, until the liquid has evaporated and the mushrooms are tender, approximately 8-10 minutes. Chill. In a food processor, combine the chilled mushroom mixture, olives, capers, anchovy fillets (optional) and lemon juice. Process until finely chopped. Gradually add olive oil. The mixture will thicken. DO NOT OVER-PROCESS; SOME TEXTURE SHOULD REMAIN. Refrigerate the tapenade, covered, for 24 hours. Serve at room temperature.

UMAMI RUB FOR BEEF (serves 24)

1/2	cup	<u>Minor's® Gluten Free Beef Base</u>
1/2	cup	<u>Minor's® Mushroom Base</u>
1/3	cup	Olive oil
1/4	cup	Black pepper, coarse ground
1/4	cup	Soy sauce gluten free
12	lb	Beef fillet, raw mignon

Whisk the Beef Base, Mushroom Base, oil, pepper and soy sauce together in a large bowl. Add marinade to steaks so they are fully coated. Store under refrigeration. Marinate beef for a minimum of 2 hours and up to 24 hours.

BROCCOLI MUSHROOM RISOTTO (serves 20)

1/2	cup	Vegetable oil
1	cup	Mushrooms fine diced
1/2	cup	Onions minced
2/3	cup	Almonds, sliced
8	cups	Water
3	tbsp 1 tsp	<u>Minor's® Mushroom Base</u>
2	cups	Water
3	cups	Parmesan cheese fresh, grated
3	cups	Broccoli florets cut small
2	cups	Arborio rice

In a sauce pot, heat oil. Add rice, mushrooms and onions. Sauté 2-3 minutes. Add almonds. Sauté until brown. Add water and Mushroom Base. Heat to boiling. Reduce heat and gently boil for 25 minutes. Add water 1/2 cup at a time, continuing to cook until liquid is absorbed. Repeat until rice is very tender, stirring continuously. Blanch broccoli florets in boiling water for 30 seconds to 1 minute. Drain and add to rice. Add cheese; stir until melted.

VEGETABLE BASTE (yields 1 1/2 cups)

1/2	container	<u>Minor's® Sautéed Vegetable Base or Minor's Mushroom Base</u>
2	cup	Vegetable oil or Olive oil
1/2	cup	Water lukewarm

In a bowl using a wire whip, mix Vegetable Base, oil and water together until well blended. Add spices or herbs if desired (see note below) and let stand for 30 minutes. Brush sauce on fish filets, poultry, roasts or steaks to be pan fried, roasted, broiled or rotisserie cooked.

CHICKEN CHASSEUR (serves 10)

10	ea.	Chicken breast fillets, without skin boneless
1/4	cup	Vegetable oil
16	oz	Mushrooms white, sliced
1/3	cup	Shallots minced
1/2	cup	White wine, dry
2	tsp	<u>Minor's® Chicken Base</u>
2	tsp	<u>Minor's® Mushroom Base</u>
4	cups	Water
1/2	cup	Tomatoes fresh, seeded, diced
1/4	cup	Butter
2.5	tbsp	Parsley, fresh minced
2.5	tbsp	Tarragon, fresh minced
3	tbsp	<u>Minor's® Dry Roux®(Sauce/Soup Thickener)</u>
5	gr	Salt (as needed)
5	gr	Pepper, ground (as needed)

Heat oil in skillet over medium heat. Add chicken breast and cook until golden brown on each side, approximately 5-6 minutes. Remove chicken from pan and set aside. Pour off all but 2 Tbsp. of fat from pan. Add mushrooms and sauté 3-4 minutes. Add shallots and continue to sauté until moisture has evaporated. Remove pan from heat and add wine. Return to heat and simmer until liquid is reduced by half. Add Chicken and Mushroom Bases, water, and tomatoes. Simmer over medium heat for 5-10 minutes. Increase the heat so the sauce comes to a boil. Mix the Dry Roux with 1/4 cup cool water. Whisk the Dry Roux into the sauce. Reduce heat to a simmer. Whip in the butter 1 Tbsp at a time, followed by the parsley, tarragon. Check seasonings and adjust accordingly.

FIVE SPICE GINGER CHICKEN (serves 13)

1/4	cup	Sesame seed oil
1	oz	<u>Minor's® Gluten Free Chicken Base</u>
2	lbs	Chicken breast fillets cut on bias
1	lb	Red bell peppers julienne cut
12	oz	Snow peas
8	oz	Mushrooms sliced medium
6	oz	Celery cut on bias
5	oz	Onions julienne cut
0.75	oz	Ginger root, fresh minced
8	oz	Bamboo shoots canned, sliced, drained
1	cup	Water
1/2	cup	Sherry, dry pale
1/4	cup	Soy sauce
1	oz	<u>Minor's® Mushroom Base</u>
1/2	oz	<u>Minor's® Roasted Garlic Flavor Concentrate</u>
1	tbsp	Cornstarch
2	tsp	Chinese five spice powder

In a bowl, combine oil and Chicken Base; stir until well blended. Add chicken and toss lightly until well coated. In a sauté pan, sauté chicken until evenly browned. Add peppers, peas, mushrooms, celery, onions and ginger. Sauté until tender crisp, approximately 3-5 minutes. Add bamboo shoots. Sauté 1 minute. In a bowl, combine water, sherry, soy sauce, Chicken Base, Mushroom Base, Roasted Garlic, cornstarch and five spice powder, into a smooth slurry, using a wire whip. Gradually pour the slurry into the boiling liquid, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil 2 minutes, stirring occasionally.