2021 Culinary Competition

Elevating the dining experience

ALL PARTICIPANTS RECIPE BOOK

OHIO HEALTH CARE ASSOCIATION
What was in the box?

MYSTERY BOX INGREDIENTS

Zesty Country Seasoning | Garlic Herb Seasoning | Cheesecake Delight | Asian Noodles | Fire Roasted Red Peppers & Pasta Salad | Brown Rice | Sliced Grilled Chicken | Pot Roast | Salad Mix

CONTACT GORDON FOOD SERVICE / SANDRIDGE FOOD CORPORATION FOR ORDERING INFORMATION

Each team was provided identical supplies in a mystery box prior to judging.
Thank you for the generous sponsorship of Gordon Food Service and Sandridge Food Corporation. They recognized the need to bring joy and inspiration to the industry through this culinary competition, and by truly elevating the dining experience for those they serve.

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What were the rules?

- One entry per community. If they are part of a chain, we respectfully asked that they joined forces and submit one entry per corporation.
- Must be a member of OHCA.
- Up to 4 people allowed per team.
- The team must create two different plated entrees, one on china and one on your disposables, one side, one salad, and one dessert for a total of five different items to present.
- All Mystery Box ingredients must be used in some way (can be used partially; not necessarily all ingredients have to be used).
- Grocery/pantry items may be used in addition to Mystery Box ingredients provided.
- All ingredients and recipes must be documented in the final presentation.
- HAVE FUN and be creative!
• 2 cups cooked brown rice
• 2 eggs, whisked
• 1/3 cup onion, small diced
• 1/3 cup red pepper, small diced
• 1/3 cup celery, small diced
• 2 cloves garlic, minced
• 1 cup breadcrumbs
• ¼ tsp ginger
• Salt and pepper pinches
• Pinch red pepper flakes (to taste)
• Oil for frying
• Mix all ingredients in a small bowl
• Shape rice cake into small ovals (2 ½ in)
• Fry rice cake until brown on all sides

Hot Honey Drizzle:
• ¼ cup honey
• 2 tbsp. hot sauce (Cholula)
• Mix with a fork until blended
• On a small plate, form Asian Noodle Salad into a little nest
• Place Fried Rice Cakes in the center and drizzle hot honey over cakes
HEARTS TO HEARTS BLEND

- ¼ cup fresh blueberries
- ¼ cup walnuts
- ¼ cup chopped apples
- 2 tbsp. chow mein noodles
- Strawberries for garnish

Strawberry-Balsamic Vinaigrette
- 1 cup sliced strawberries
- 1 tbsp. brown sugar
- ⅓ cup balsamic vinegar
- ¼ cup olive oil
- 1 tbsp. honey
- ½ tsp salt

• Sprinkle sliced strawberries with brown sugar, set aside until mixture is juicy, about 10 minutes.
• Mash berries with a fork until liquefied.
• Pour berry mixture into a small jar with lid; add balsamic vinegar, oil, honey, and salt. Shake well and refrigerate.
**ZESTY COUNTRY BLEND BEEF STEW IN SODA BREAD BOWL**

- Preheat oven to 375 degrees. Lightly grease a large baking sheet or line with parchment paper.
- 4 cups all-purpose flour
- 4 tbsp. white sugar
- 1 tsp baking soda
- 1 tbsp. baking powder
- ½ tsp salt
- ½ cup unsalted butter
- 1 egg

**Directions Bread:**
- In a large bowl, combine flour, sugar, baking soda, baking powder, and salt, mix well. Add butter, continue to mix. Stir in buttermilk and egg. Mix until dough forms a ball.
- Turn dough out onto a lightly floured surface, knead lightly, form dough into a round, and place on a prepared baking sheet.
- Bake in preheated oven for 40 minutes, turning halfway through. Bread is done when an inserted toothpick comes out clean.
- When the bread is cool, cut out the middle and scoop bread out to make a bowl.

- Preheat oven to 375 degrees
- medium onion, quartered
- 2 redskin potatoes, quartered
- 6 baby carrots
- 2 celery stalks chopped
- Steam all for 15 minutes
- 6 whole garlic cloves
- Salt and pepper, olive oil

**Directions Roasted Vegetables:**
- Toss steamed veggies in garlic, S&P with oil.
- Place on a baking sheet and roast in the oven for 20 minutes, stirring often until nicely browned.

**Directions Pot Roast:**
- Roast in the oven at 350 degrees for 45 minutes.
- Drain cooked pot roast, reserving liquid, and gently break into chunks.
- Heat reserved juices and add Zesty Country blend to taste.
- Gently add Beef and Roasted Veggies until heated.
- Ladle mixture into Bread Bowl and serve.
FIRE BRAISED CHICKEN OVER SOUTHWESTERN RANCH PASTA SALAD

- Southwestern Seasoning Mix all
- 2 tbsp. Chili Powder
- 2 tbsp. Paprika
- 1 tbsp. Coriander
- 1 tbsp. Garlic Salt
- 2 tbsp. Ground Cumin
- 1 tsp crushed Red Pepper flakes
- 1 tsp fresh ground Black Pepper
- 1 tsp dried Oregano
- Ranch Dressing
- Fresh Spinach
- Black Olives

Directions:
- Add olives, ranch dressing, and SW seasoning to Fire Roasted Red Pepper salad, mix well.
- Place spinach on a plate, add pasta salad.
- Season fire braised chicken lightly with garlic herb blend. Slice chicken on the bias and fan across pasta salad.
MINI CHEESECAKE BITES, RASPBERRY SAUCE & MANDARIN ORANGE SURPRISE

- Graham Crackers
- Cinnamon
- Brown Sugar

Blend ingredients to a fine powder

- Mandarin Oranges
- Raspberry Sauce
- Cheesecake Delight

- Scoop Cheesecake with #30 Disher, Place Mandarin Orange in the center. Roll into a ball, coat with graham cracker mixture. Drizzle raspberry sauce on the plate. Place 3 cheesecake bites on the plate. Drizzle more raspberry sauce on cheesecake bites.
ASIAN HOT POT

• 6 oz Asian spaghetti
• 4 oz Beef broth
• 1帕snip, peeled & spiraled
• ¾ Hard-boiled egg
• 1oz - Shredded carrots
• 1oz - Wild mushrooms
• 1T - Sliced green onions
• Microgreens for garnish

Production: Heat broth and noodles to 165°F and hold for service. Gather remaining ingredients and store cold below 41°F on the service line.

Service: Place noodles in the bottom of the bowl. Add broth, and top with remaining ingredients and garnishes. Serve and enjoy.
Salad: 1oz - Hearts & Hearts salad blend
• 3 oz portion - Yellow-fin Ahi Tuna steak
• 1 oz - cracked black peppercorns
• 2-4 oz - olive oil (for searing)
• 1 - Red 6x6 Tomato (rose garnish)
• 1 oz - Asian spaghetti
• 1 C - All-purpose flour
• Oil for frying
• Salt as needed

Dressing prep: Use a robot-coupe, or stick blender. Add all ingredients and start blending. Slowly add the oil as the blending is happening until the proper texture is reached.

Salad prep: Freeze bowl before use to ensure cold product upon service. Prepare beets and tomatoes for garnishes. Rinse spaghetti and blot dry, then toss in flour and fry until golden and crispy. Heat a small amount of the oil in a sauté pan until just under its smoking point. While oil is heating coat the tuna in the black pepper and salt slightly. When the oil is ready sear all sides of the tuna until brown. Slice tuna into thin strips and bring to service immediately. Tuna should be rare inside with a peppered crust on the outside.

Service: Place greens in a chilled bowl. Top with spaghetti straws. Arrange tuna slices as needed around the salad. Garnish with a tomato rose. Dress the salad with vinaigrette and sprinkle with sesame seeds.

Dressing:
• 1 oz - Wasabi sauce
• 1 oz - Grey Poupon Dijon Mustard
• 3 oz - balsamic vinegar
• 1 T - Fresh minced garlic
• 2 T - Zesty country seasoning
• 8 oz - olive oil
SOUTHWEST PASTA STUFFED RED PEPPER

- 4 - Fresh red bell peppers, tops removed and seeded
- 2 c - yellow onion, sliced thin
- 1 c - Shredded cheddar cheese
- 1 c - all-purpose flour
- 3 c - vegetable oil “for frying”
- 2 T - Garlic herb seasoning
- 1 - bunch fresh cilantro
- 3 T - ranch dressing

Stuffing:
- 8 c - Fire roasted red pepper & pasta salad
- 2 c - Shredded Cheddar cheese
- 1/4 c - chopped green onion

Pepper prep:
Take red peppers and steam or simmer in water until slightly softened. Then arrange the peppers in a baking dish with enough room to not smash each other with the open side up. Mix together all stuffing ingredients and stuff the mixture evenly into the peppers.

Production:
Top with cheddar cheese and bake at 350F for 25-30 minutes until the top is golden brown and the internal temperature reaches 165F. Heat oil to 400F in a saucepot, toss onions in seasoned flour, and fry in the oil until golden and crisp, set aside for service.

Service:
Place the pepper on a plate or in a to-go box. Top with onion straws and garnish with cilantro. Drizzle with ranch dressing and Garlic herb seasoning.
Wellington prep: The night before: take the pot roast and drain off excess liquids. Portion meat into 4oz portions and freeze in muffin cups. Lay out puff pastry and top with 2oz of the duxelles. Then place a frozen pot roast ball on top and fold the pastry around to form a larger ball. Trim excess pastry to garnish the top. Whip the eggs and water to form a wash. Then brush the egg wash over the wellington with a pastry brush and prepare for baking.

Duxelle prep: Add butter to a sauté pan and melt. Bring the temperature of the butter to slightly under its smoke point. Then carefully add the remaining duxelles ingredients. Sauté until almost all of the moisture is gone, being careful not to burn.

Sauce prep: Combine all sauce ingredients in a saucepan and bring to a simmer for service. Service: Preheat oven to 350F, bake for 25 to 30 minutes. The outside should be golden brown and the internal temperature needs to reach 165F. Ladle 1.5oz of the sauce onto a plate or a to-go box. Place cooked wellington in the center and garnish with fresh mushrooms and microgreens.
SRIRACHA BALSAMIC CHICKEN & WAFEL

3 oz - pulled cooked chicken breast
1 oz - Fresh mozzarella cheese ball (sliced)
1/2 oz - (3 slices) avocado
1 oz - Sliced roasted red bell pepper
¼ oz - beet strings
¼ oz - Fresh basil (chiffonade)
1 oz - Sriracha sauce
1 oz - Balsamic glaze

Prep: Heat chicken to 165F and hold for service. Cook wafel and set aside for service. Gather vegetables, cheese, and sauces keep cool for service.

Service: Decorate the plate with Sriracha sauce and balsamic glaze in a kris-cross wafel pattern. Top wafel with chicken, then red pepper strips, and top with sliced mozzarella. Broil until cheese is bubbly and melted. Place in the center of the decorated plate. Top with beet strings. Garnish with a chiffonade of basil.
BLUE-BALL SURPRISE

8 oz - Cheesecake Delight
8 oz - Brown cooked rice
12 oz - coconut milk unsweetened
5 oz - 10x powdered sugar
2 oz - Powdered Food thickener
5 oz - snowflake coconut
¼ oz - blue food coloring
1 each - orange

Production: Portion the cheesecake filling into 1oz balls and freeze. Zest the orange and set zest aside for service. Mix the blue coloring with the coconut and set aside. Mix the rice, thickener, coconut milk, sugar, and juice from the orange in a mixing bowl. Now evenly pack the rice around the frozen cheesecake balls. Then roll the balls in the blue coconut.

Service: Serve at room temperature with orange zest as a garnish.
Yields 12
MIXED GREEN SALAD IN CHEESE BOWL - FIG & BLACK GARLIC VINAIGRETTE

Servings: 4  
Preparation Time: 30 minutes  Start to Finish Time: 35 minutes  
Description: Delicate greens with a rich fig dressing, served in a crispy cheese bowl with zesty onions

4 cups Hearts to Hearts blend  
12 each heirloom grape tomatoes, halved  
5 cloves black garlic  
¼ each onion, julienned  
3 tablespoons fig balsamic vinegar  
¼ cup Franks Hot Sauce  
½ cup olive oil  
½ cup seasoned flour  
2 tablespoons honey  
1 ½ cups shredded Parmesan cheese  
Salt and Pepper to taste

1. Marinate onions in hot sauce for 20 minutes. Strain onions toss in seasoned flour, deep fry until crisp. Reserve for plating.  
2. In a Robo coupe, add black garlic and vinegar, blend on high. Drizzle in honey and olive oil until emulsified, adjust seasoning with salt and pepper.  
3. On a seasoned sheet pan, sprinkle cheese into 8-inch circles, bake at 350 degrees for 2-3 minutes. Remove from oven, lift off with spatulas, place over soup cup to cool and form a bowl shape. Reserve for plating.  
4. Place greens in mixing bowl, toss with dressing, place equal parts in cheese bowls, garnish with tomatoes and French-fried onions.  

Serving Ideas: Turn into an entrée salad by making the bowl larger, adding more greens, top with grilled, poached, seared or smoked beef, chicken, seafood, or pork.
CAST IRON DIVER SEA SCALLOPS - ASIAN NOODLES & JULIENNE VEGETABLES

Servings: 4  
Preparation Time: 25 minutes   Start to Finish Time: 35 minutes  
Description: Delicate sea scallops with Asian infused noodles and fresh vegetables

12 ounces Asian noodles salad  
2 tablespoons peanut butter  
2 tablespoons Trade East seasoning  
12 each diver sea scallops  
2 tablespoons Pina colada mix  
2 tablespoons Thai chili sauce  
2 tablespoons sesame oil  
2 tablespoons zesty county blend  
1 tablespoon hoisin sauce  
2 tablespoons Chinese five-spice  
6 ounces vegetable stock  
¼ each carrot, julienned  
2 tablespoons fresh parsley, chopped  
¼ each red, orange, green and yellow peppers  
4 each parsley sprigs

Pour half of the sesame oil in a cast-iron skillet and heat to a smoking point. Toss scallops in Trade East seasoning, sear each side for about one minute or until rich in color. Reserve to be finished and for plating. In a medium saucepot, add the remainder of sesame oil, and sauté all the vegetables for 2-3 minutes. Add stock, peanut butter, Pina colada mix, hoisin, five-spice, and peanut butter. Bring to simmer, mixing until it emulsifies. Toss scallops in the oven for 2-4 minutes at 350 degrees or until they reach 145 degrees. Fold in noodles, parsley into your saucepot, and heat to 165 degrees. Place equal portions of the noodles on the plate, place 3 scallops on each side of the dish.

Serving Ideas: Serve as a side dish to an entrée or increase the portion sizes and make an entrée out of it. Garnish with parsley sprig.
Cut pot roast into ½" thick slices, place in a hotel pan with a small amount of beef stock, and cover.

Melt butter in a medium stock saucepot, add pearl onions, and cook until they begin to caramelize.

Place pot roast into oven and heat to 165 degrees, approximately 15-20 minutes.

Add shallots and sauté for 1 minute, deglaze your pan with the port wine, reduce by half, add-in mushrooms.

Add pot roast stock and simmer for 5 minutes, and reserve for service.

Salt and pepper to taste.

Servings: 4
Preparation Time: 15 minutes   Start to Finish Time: 25 minutes
Description: Slow braised beef chuck finished with a rich mushroom port wine sauce and caramelized pearl onions.

20 ounces pot roast sliced ¼” thick
2 cups cremini mushrooms, halved
8 ounces pot roast stock, from a bag
16 each fresh pearl onions
½ cup port wine
1 tablespoon butter
2 tablespoons shallots, fine diced
salt and pepper to taste

1. Cut pot roast into ½” thick slices, place in a hotel pan with a small amount of beef stock, and cover.
2. Melt butter in a medium stock saucepot, add pearl onions, and cook until they begin to caramelize.
3. Place pot roast into oven and heat to 165 degrees, approximately 15-20 minutes.
4. Add shallots and sauté for 1 minute, deglaze your pan with the port wine, reduce by half, add-in mushrooms.
5. Add pot roast stock and simmer for 5 minutes, and reserve for service.
6. Salt and pepper to taste.

Serving Ideas: Shingle pot roast slices on your plate and ladle the sauce over top, making sure to have equal amounts of the mushrooms and onions on each serving. This should be served with root vegetable Medley and Michigan cherry brown rice with pistachios and feta cheese.
Servings: 4
Preparation Time: 20 minutes  Start to Finish Time: 30 minutes
Description: Penne pasta, roasted pepper, Boursin herb cream sauce with fresh vegetables, sweet lobster, and fire braised chicken.

4 cups roasted red pepper pasta
1 cup fresh spinach, chopped
6 ounces fire braised chicken breast, julienned
1 cup asparagus, cut 1 inch long
6 ounces lobster claw and knuckle meat, squeeze out water
1 cup sweet peppers, cut 1 inch long
2 each shallot, fine diced
1 cup grape tomato, halved
4 ounces sherry wine
4 each sliced French bread
1 tablespoon olive oil
1 tablespoon garlic butter
2 tablespoons basil, fresh, chopped
2 tablespoons mini peppadew peppers
1 each Boursin cheese wheel
½ cup shredded Parmesan cheese
1 cup heavy cream
salt and pepper to taste

1. Season half sheet tray and lay Parmesan into 3 inch long strips, 1.5” wide, bake at 350 degrees for 2-3 minutes or until lightly browned, remove from sheet tray with a metal spatula, and reserve.
2. Toast French bread with garlic butter at 350 degrees, in the oven for 3-4 minutes, and reserve.
3. In a large skillet add olive oil and shallots, saute’ for 2 minutes, deglaze with sherry and reduce to half, add cream, reduce by half.
4. Add pasta, lobster, and chicken, continue to simmer for 2 minutes.
5. Add all vegetables except the spinach and peppadew peppers, simmer for 1 minute.
6. Fold in Boursin, spinach, and basil.
7. Season with salt and pepper to taste.

Serving Ideas: Place 12 ounces of the pasta on your plate or large entrée bowl then garnish with peppadew peppers, toasted bread, and cheese.
In a medium saucepan, melt the butter and saute’ the onions for 1 minute.

Add beef stock, cherries, pistachios, and seasonings simmer for 5 minutes.

Next, add the rice and simmer until most of the liquid is gone, reserve for service.

Serving Ideas: Place 4 ounces of rice on a plate next to the entree and sprinkle feta cheese on top.
NEOPOLITAN CHEESECAKE MARTINI - TUILE CRISP

Servings: 4  
Preparation Time: 20 minutes  Start to Finish Time: 25 minutes  
Description: Chocolate, vanilla, and strawberry flavored cheesecake with Oreos and a French wafer. Bake extra tuile batter and crumble over ice cream or form into a bowl and add mousse.

3 cups cheesecake delight  
8 ounces butter, soft  
4 each strawberry, fans  
2 tablespoons chocolate syrup  
1/3 cup sugar  
1/4 cup whipped cream  
2 tablespoons cocoa powder  
1 teaspoon vanilla  
2 1/2 tablespoons grated chocolate  
1 pinch salt  
1/16 teaspoon vanilla bean, chopped  
8 each egg whites, room temperature  
1/4 ounce freeze-dried strawberries, pulsed down  
1/3 cup flour  
9 each Oreos, pulsed in Robo coupe

Mix 1 cup of cheesecake, mix with vanilla bean, reserve.  
Mix 1 cup of cheesecake mix with chocolate syrup, cocoa powder, and grated chocolate, reserve.  
Mix 1 cup cheesecake mix add pulsed strawberries, reserve.  

For the Tuile: In Robo coupe add egg whites and blend for 1 minute, add butter, vanilla, and salt blend until smooth; about 1 minute. Add flour and pulse until smooth. Season a sheet tray, pour them in small strips or circles, bake at 400 degrees for 3-4 minutes or until the edges begin to brown. Remove from the sheet with a spatula.  
Assembling: Equal parts of chocolate cheesecake in each cup, followed by 2 tablespoons Oreo mixture, then equal parts of the vanilla cheesecake mixture, followed by strawberry cheesecake mixture. Finish with a dollop of whipped cream, strawberry fan, and tuile crisp.
Brown Rice Salad
3 oz Baby Kale
2 oz Sliced Cucumber
2 oz Sliced Grape Tomato
1.5 oz Pickled Red Onion
2 oz Cooked Brown Rice
2 oz Lemon Vinaigrette
Procedure: Put all ingredients in a bowl. Toss with the vinaigrette.

Pickled Red Onions
2 small red onions
2 cups white vinegar
2 cups water
1/3 cup cane sugar
2 tablespoons sea salt
Procedure: Thinly slice the onions (it’s helpful to use a mandolin). Heat the vinegar, water, sugar, and salt in a medium saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Let cool and pour over the onions. Set aside to cool to room temperature, then store the onions in the fridge. Your pickled onions will be ready to eat once they’re bright pink and tender - about 1 hour for very thinly sliced onions, or overnight for thicker sliced onions.

Lemon Vinaigrette
6 oz extra virgin olive oil
3 oz freshly squeezed lemon juice
zest of 1 lemon
3 oz Honey
2 garlic cloves minced or pressed
Salt and Pepper to taste
Procedure: Combine all ingredients in a mason jar and shake until combined.
"COLLARDS" WITH BACON, CARMELIZED ONION, & APPLE CIDER VINEGAR

Complete Dish
6 oz Heart and Heart Blend
2 oz Diced cooked Bacon
3 oz Caramelized Onions
2 tsp Trade East Zesty Country Blend
1 oz Apple Cider Vinegar
1 oz Diced Red Bell Pepper

Procedure:
Over medium-high heat, sauté the Caramelized onions, bacon, and bell pepper until warm. Add in Lettuce Blend and Sauté until wilted. Deglaze with vinegar and season with Zesty Country Blend.

Caramelized Onions
1 onion sliced thin
2 oz Vegetable Oil

Procedure: Cook sliced onion in vegetable oil over medium heat until caramelized. About 15 minutes.
1 Flatbread Dough, Stretched
2 Links Boudin Sausage, Sliced
4 oz Roasted Corn
4 oz Roasted Red Pepper Puree
2 oz Parmesan Cheese
1 oz Fresh Tarragon Leaves
Procedure: Place the dough on a floured peel. Spread Red Pepper Sauce on the bottom of the dough. Top with remaining ingredients. Cook at 450 degrees for 10 minutes. Top with fresh Tarragon leaves.

Chicken & Brown Rice Boudin
½ pound Fire braised chicken breast, cut into 1-inch pieces
1 celery rib, diced
1 medium yellow onion, chopped
4 cloves garlic, minced
1 bell pepper, seeded and chopped
1 tablespoon kosher salt
½ cup cooked brown rice
Trade East Garlic Herb Blend to taste
Procedure: Grind all ingredients and stuff into casings. Poach for 10 minutes in simmering water.

Flatbread Dough
1 cup Sandridge Fire Roasted Red pepper Salad, Pureed
2 cups Cup All-Purpose Flour
2 Eggs
2 tsp of Salt
Procedure: Mix all ingredients and form into a dough. Turn dough onto a floured surface and knead for 3 minutes. Add flour as necessary to keep from being sticky. Cover and let rest for 30 minutes before use.

Roasted Red Pepper Puree
1 can Roasted Red peppers
¼ cup Olive Oil
Salt, to taste
Procedure: Puree until smooth.
KOREAN POT ROAST - ASIAN NOODLE PANCAKE & GOCHUJANG SAUCE

Korean Pot Roast
1 Asian Noodle Salad Pancake
4 oz Heated Pot Roast tossed in Gravy
2 oz Sautéed Sliced Celery
5 each Sautéed Whole Pearl Onions
2 oz Sliced Sautéed Carrots
3 oz Gochujang Sauce
Procedure: Place Sauce in a circular motion at the bottom of the plate. Add the Cooked Asian Noodle Pancake on top. Arrange the Pot Roast and Vegetables neatly on top.

Asian Noodle Salad Pancake
4 oz Asian Noodle Salad
2 Eggs
Procedure: Mix Eggs and Noodle Salad together. Place mixture in a heated nonstick skillet with Olive Oil. Form a pancake shape and cook until cooked enough to flip. Flip the pancake and the top should be golden brown. Cook the other side until done.

Gochujang Sauce
3 oz gochujang paste
1.5 oz Rice Wine Vinegar
1 oz Sesame Oil
1 oz Maple Syrup
Procedure: Combine all ingredients.
Complete Dish
3 oz Rice Pudding
3 oz Pureed Frozen Raspberries
3 oz Cheesecake Delight Ice Cream
1 Pizzelle
Whipped Cream and Fresh Berries to Garnish
Procedure: In the bottom of a stemless wine glass, layer the Rice Pudding first, followed by the Raspberry Puree, and Topped with the Ice Cream. Cover the glass with the Pizzelle and garnish the top of the pizzelle with whipped cream and Berries

Brown Rice Pudding
8 oz cooked Brown Rice
8 oz Heavy Cream
4 oz Dried Cranberries
4 oz Brown Sugar
1 tbsp Cinnamon
Procedure: Cook all ingredients down until desired consistency is reached.

Cheesecake Delight Ice Cream
2 cups Cheesecake Delight
1 cup Milk
Procedure: Combine ingredients and place in ice cream maker. Spin for 20 minutes until ice cream consistency. Remove from Ice Cream Maker and put in the freezer until needed.
ITALIAN PARMESAN GARDEN SALAD - BALSAMIC VINAIGRETTE

Serves 6 oz portion
Prep time 10 minutes
1/2 cup hearts and hearts blend, washed
2 oz cucumber, sliced into thin rounds
4 ea black olives, sliced
4 ea grape tomatoes, quartered
1/2 oz Parmesan, shaved
2 Tablespoons Balsamic vinaigrette, toss with salad
COMMUNICATION

BAKED ROASTED RED PEPPER PENNE, BEEF RAGU, STEAMED BROCCOLI, TOASTED GARLIC & LEMON

Beef Ragu: Serves 4 - 5 oz portion
Prep time 10 minutes, Cook time 20 minutes
1/2 medium onion, diced
1/2 carrot, diced
1 stalk celery, diced
2 cloves garlic, minced
1 pound pot roast, cooked
1/4 cup red wine
2 tsp zesty country blend
16 oz Hunts tomato sauce
Add all vegetables and seasoning in a stockpot and sauté. When softened add red wine and cook for 3 minutes. Then add tomato sauce. Add pot roast and simmer for 15 minutes.
Plating 3 oz of pot roast, 2 oz of sauce.

Baked Penne: Serves 4 - 3 oz portion
Prep time 10 minutes, Cook time 25 minutes at 375
1s Fire RRP Salad, place in mixing bowl
2 eggs, mix and add to a bowl
6 oz + 4 oz Mozzarella, 6 oz diced & 4 ounces sliced and reserved for the top
1 tsp basil, sliced thin (Chiffonade)
2 tsp zesty country blend, place in a bowl
Mix all ingredients together and place in an oven-safe pan and bake for 25 minutes. Let sit for 5 minutes then portion into 3 oz pieces.

Broccoli Garlic and Lemon: Serves 4 oz portion
Prep time 10 minutes, Cook time 8 minutes
4 oz fresh broccoli, trim if necessary
1 clove garlic, sliced thin
2 tsp oil, use for sauté
1/2 tsp lemon juice, reserve
1/8 tsp garlic herb seasoning
Steam broccoli for 6 minutes. Place oil in a sauté pan and add garlic slices and lightly brown. Remove from heat and add seasoning and lemon juice and toss gently with cooked broccoli.
TIRAMISU

Serves 4 - 4 oz portions  
Prep time 15 minutes  
1 # Cheesecake delight  
16 ea ladyfinger cookies  
8 oz decaf coffee, cooled  
1 tsp vanilla, mix with coffee  
Cocoa powder for dusting  

Can use 5 oz tulip cups or to-go container to build. Dip 4 ea ladyfingers in the coffee mixture then layer in a cup. Add 4 oz of cheesecake delight then dust the top with cocoa powder.
MANDARIN ASIAN SALAD
- SOY SESAME DRESSING

Serves 4 - 4 oz portions
Prep time 15 minutes
1/2 cucumber, spiraled or sliced very thin
1 red pepper/yellow pepper, julienned or sliced very thin
1 carrot, spiraled or sliced very thin
1/2 cup mandarin oranges, toss with white sesame
1 tsp white/black sesame seeds, reserve black for garnish
1/4 cup sesame oil
1 Tablespoon soy sauce
1 tsp mirin or white vinegar

To make the vinaigrette place soy and vinegar in a bowl and add the sesame oil slowly to incorporate. Take all the vegetables and toss with dressing and place the mandarins and sprinkle with black sesame for garnish.
Orange Glazed Chicken: Serves 4 - 3 oz portions, Prep time 5 minutes, Cook time 10 minutes

4 ea Fire Braised Chicken
2 Tablespoons honey
¼ cup soy
4 oz orange juice

Place honey, soy, and orange juice in a saucepot and reduce to a thickened consistency. Place chicken in a sauté pan heat and coat each breast with sauce for 3 minutes. Slice and serve.

Thai Peanut noodle: Serves 4-3 oz portions, Prep time 15 minutes, Cook time 5 minutes

1 # Asian Noodle salad
2 Tablespoons sesame oil
1 carrot, diced
½ onion, diced
1 Tablespoon peanut butter
2 Tablespoons peanuts, crushed for garnish

Sauté vegetables in oil add peanut butter. Add noodles and heat for 2 minutes. Remove and garnish with crushed peanuts.

Fried brown rice: Serves 4-3 oz portions, Prep time 15 minutes, Cook time 5 minutes

2 Tablespoons sesame oil
1 carrot, diced
½ onion, diced
1 stalk celery, diced
2 cloves garlic, minced
1 cup cooked brown rice
¼ cup reduced-sodium soy
1 tsp Garlic Herb blend
2 eggs, scrambled

Place oil in a pan add all vegetables and sauté for 3 minutes. Add rice, soy sauce, and seasoning. Cook for 2 minutes and scrambled eggs until they are cooked.
Serves 4-4 oz portions, Prep time 10 minutes
1 # Cheese cake delight, place in a bowl
¼ cup lime juice, place in a bowl
1 cup mango frozen or fresh, diced
½ cup graham cracker crumb

Can use a 5 oz tulip bowl or to-go container. Mix cheesecake delight with lime juice. Place 1 oz graham cracker on bottom of the container. Next 2oz filling, 2oz of mangoes, add the remaining 2 oz of filling and remaining 2 oz of mangoes.
SALAD

- Salad mix
- Cut Tomato
- Sliced carrots
- Sliced green bell pepper
- Shredded cheese
- Croutons
- Choice of dressing

Combine ingredients, add the dressing.
Mushroom soup & Pot roast base mixed together. Add Pot Roast, Diced potatoes, Diced onion, Diced celery, and Baby carrots. Salt and pepper to taste.
STUFFED GREEN BELL PEPPER

- 1/2 Roasted Green Bell Pepper
- Red Pepper Pasta Salad
- Parmesan Cheese

Fill pepper with pasta salad and then sprinkle with parmesan cheese if desired.
VEGETABLE LOMEIN

- Noodle Salad
- Mushrooms
- Green Bell Peppers
- Stir Fry Sauce

Sautee mushrooms, onions, green bell peppers. Add Asian noodle salad (rinsed off). Add Soy sauce.
Combine 1/2 cup butter, 1 cup water, and 1/4 tsp salt. Boil then remove from heat and add 1 cup flour stirring till it leaves the sides of the pan. Add eggs one at a time till thick golden yellow paste forms that stick to your finger and fall from the spoon in ribbons (about 4-6). Pipe onto a lined baking sheet in circles. Bake in a conventional oven at 375 for about 35-50 min. Let cool. Fill center with cheesecake filling. Garnish with pie cherries. Powdered sugar if desired.
Serves 24
6 qt. Hearts and Hearts Blend greens
1 c. Diced Celery
1 ¼ c. Green Pepper, diced
1 ¼ c. Red Onion, diced
1 ½ c. Tomatoes, diced
1 c. Peas
12 oz. Shredded Cheddar Cheese
12 oz. Bacon, well cooked & chopped

FOR THE Vinaigrette (per 4 servings)
½ c. Lemon juice
1 c. Canola oil
¾ tsp. Trade East Garlic Herb seasoning
2 Tbsp. water
2 Tbsp. Dijon mustard
1/8 c. granulated sugar
½ tsp. salt

DIRECTIONS: Thoroughly wash all produce under cool running water and prepare as listed above. Using a shaped bottomless and topless container, layer individual layers as follows:
Salad Greens
Celery
Green Pepper
Red Onion
Tomatoes
Peas
Cheese
Bacon
Whisk together all ingredients for Dressings until combined, drizzle over the top of salad and serve.
Serves 30
5 # precooked Fire braised boneless skinless chicken breasts, julienned
2 ½ qt. Red, Green, Yellow peppers, julienne
1 - 5 # container of Fire-roasted Red peppers & Pasta salad
Vodka Cream sauce
2 oz. Garlic Herb Blend seasoning

FOR THE SAUCE
2 qt. heavy cream
3 c. Vodka
¼ c. Trade East Garlic Herb seasoning
1 qt. diced tomatoes (fresh)

DIRECTIONS:
Julienne chicken breast, and all peppers, set aside. In a saucepan, add tomatoes, vodka, and garlic herb seasoning, cook until tomato softens and vodka reduces. Reduce heavy cream until it begins to thicken, do not scorch, add to tomato vodka mixture and maintain temperature. Sauté peppers, chicken, and garlic herb seasoning until peppers are tender. Add pasta salad and heat through. Add Vodka cream sauce and blend thoroughly. Make sure to adjust seasonings if needed. Serve immediately.
Serves 4
5 oz. Peas and Carrots
3 oz. Cooked bacon, diced
2 Whole eggs
1 ½ oz. Soy sauce
1 oz. Margarine
2 ½ c. precooked Brown Rice
1 Tbsp. Trade East Zesty Country Blend seasoning
Pinch Ground Black pepper

DIRECTIONS:
Combine rice, vegetables, bacon, and black pepper in a large bowl. Place margarine on the flat top grill. Add rice mixture and stir fry until hot. Crack eggs and whisk to blend. Create a well in the rice. Pour in the whisk eggs, cook until done, mixing into the rice forming small pieces. Add soy sauce and toss together. Remove from grill and serve.
Serves 4
1 - pound pre-cooked pot roast, cut into 1-inch cubes
4 cups Oriental vegetables
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
2 - 3 tablespoons olive oil
1 teaspoon sesame seeds

FOR THE SAUCE
3 tablespoons reduced-sodium soy sauce
2 tablespoons oyster sauce
1 tablespoon rice wine vinegar
1 tablespoon brown sugar, packed
1 tablespoon freshly grated ginger
2 cloves garlic, minced
1 teaspoon sesame oil
2 tablespoons of ketchup

DIRECTIONS:
Preheat a cast-iron skillet on the stove to medium-high heat. In a small bowl, whisk together soy sauce, oyster sauce, rice wine vinegar, brown sugar, ginger, garlic, sesame oil, and ketchup. Add olive oil to skillet and begin to sauté beef until brought up to a temperature of 165 degrees F. Add vegetables and cook an additional 5-7 minutes. Add Sauce and allow to coat beef and vegetables well. Serve immediately, garnished with sesame seeds and green onion, if desired.
Chocolate Cheesecake Filling:
2 c. Cheesecake Delight
¼ c. cocoa powder
½ tsp. vanilla extract
Combine all ingredients together and set aside.

Blueberry Cheesecake Filling:
2 c. Cheesecake delight
¼ c. lemon zest
1 c. lemon juice (fresh squeezed)
1 c. sugar
2 c. frozen blueberries
¼ c. water
Bring lemon juice, zest, blueberries sugar, and water to a slow boil, reduce and allow to thicken. Puree and allow to cool completely.

Strawberry Cheesecake filling:
2 c. cheesecake delight
1 ½ c. fresh strawberries, chopped zest, and juice of 1 lemon
Mix together all ingredients and set aside.

Wonton wraps

DIRECTIONS:
Using egg wash, wet all 4 sides of the wonton, add ½ ounce of filling in the center. Seal and fold like a purse. Deep fry until golden brown and garnish with sprinkled powdered sugar.
FIRE BRAISED CHICKEN BREAST, BROWN RICE & THREE BEAN MELODY

- 2 Chicken Breast
- 1 Tb Olive Oil
- 1 Tb Trade east Zesty Country Blend
- 1 Cup of Brown Rice
- 1/8 Cup White Wine
- 1/8 Cup of Black Beans
- 1/8 Cup of Pinto Beans
- 1/8 Cup of Garbanzo Beans
- ¼ Cup Cherry Tomatoes
- Salt and Pepper to Taste

Oil chicken breast, add zesty country blend, and put in the oven for 8 mins or until reheated to 165 degrees. In a separate pan put oil to the hot pan, add beans and cook for 5 mins, add wine and flame to burn off the alcohol. Add rice and cherry tomato. Season to taste.
Mix pasta salad, red peppers, parsley, and cherry tomatoes together and set aside. Oil portobello mushroom and season with garlic herb blend. Grill mark and set aside to cool down. Saute spinach with a little oil until wilted. Set aside to cool. Place portobello mushroom on a plate, add spinach and pasta salad. Top with Asiago Cheese.
F I R S T & M A I N  O F  N E W  A L B A N Y

GRILLED BEEF POT ROAST
RED WINE DEMI-GLACE
TRUFFLE RISOTTO

• Pot Roast Portion Cut in Half (reserve juice for sauce)
• 1 Cup of Reserved Pot Roast Juice
• ½ Cup of Red Wine, Reduce to half then put on top of the grilled pot
• 1 Cup of Cooked Brown Rice
• ¼ cup of White Wine
• ½ Cup of Chicken Stock
• ½ Tsp of Minors Garlic Base
• ½ Cup of Homemade Dehydrated Shiitake, Portobella, Oyster Mushrooms
• 2 Tbs Melted Butter
• 2 Tbs Truffle Oil
• Salt, Pepper, and Parmesan to taste

Oil pot roast portion and grill mark each side, making a diamond. Put on a sheet tray and bake 350 for 8 mins or until internal temp reaches 165 degrees. Add the reserved pot roast juice and red wine in a pot and reduce until thick for topping the beef. In a saucepan heat cream stock and wine. Reduce to half. In Sauté pan add brown rice and mushrooms. Slowly add reduced liquid. Season to taste and add parmesan to thicken.
ASIAN NOODLE SALAD
FRESH MIXED GREENS

- 2 Cups Sandridge Asian Noodle Salad
- ¼ Cup Sliced Sweet Peppers
- 1 Cup Sliced Napa Cabbage
- ¼ Cup Snow Peas Cut on a Bias
- ½ Tsp Sesame Oil
- 1 Tsp Low Sodium Soy Sauce
- ½ Tsp Teriyaki Glaze
- Handful of Markon Hearts and Heart Blend

Mix all ingredients together and put on top of mixed greens.
KIWI CHEESECAKE MOUSSE

- 2 Peeled Kiwi's
- 1 Kiwi Sliced for Garnish
- 1 Cup of Heavy Cream
- 1 Cup of Cheesecake Delight

Whip heavy cream until firm. Puree peeled Kiwi and fold with heavy cream. Gently fold cheesecake delight with cream and kiwi mixture and serve.
RASPBERRY Oreo Cheesecake

- 1 Cup of Oreos
- 1 Tb Butter Melted
- 1 Cup of raspberries
- 2 Tb Sugar
- 2 Tb Water
- 1 Cup of Heavy Cream
- 1 Cup of Cheesecake Delight

Blend Oreos and add melted butter. Form into a round mold. Heat water and sugar and let reduce to half add in raspberries and puree. Top Oreo with raspberry puree and set aside. Whip heavy cream until firm, fold cheesecake delight into the heavy cream. Place on top of Oreo and raspberry puree in a round mold. Place in freezer for 10 mins. Remove mold and take a hot butter knife around the edges to smooth. Top with raspberries and chocolate and serve.
Method: Steam portioned pot roast until it reaches 165.
Steam red-skinned potato until tender then portions with a melon baller.
Sauté all butchered vegetables until tender then adds potatoes. Season.
Plate pot roast with sautéed vegetables in the bowl and garnish with reserved sauce and a chiffonade of celery leaves and radish.
Asian Noodle
- 8 oz Asian Noodle
- 1 ea Napa cabbage
- 1 ea Bok Choy
- 1 ea Red pepper
- 1 ea Yellow pepper
- 1 Tbl Cilantro
- 2 ea Green onion
- 4 oz Fire Braised Chicken Breast

Sesame Peanut Dressing
- 1/3 cup Sesame oil
- 3 Tbl soy
- 2 tsp sugar
- 2 tsp wine vinegar
- 1 Tbl water

Blend all ingredients together in a food processor.

Method: Chiffonade all vegetables and sauté until tender, then add sliced chicken and noodles and cook until 165. Toss in 1/3 cup of dressing and garnish with cilantro.
RICE CAKE NAPOLEON

Method: Roast butternut squash at 350 until tender. Let cool then peel and slice into 2-ounce portions. Sautee garlic cloves until golden. Separate the seed from the yellow squash and discard it. Dice yellow squash into small cubes. Dice the red pepper into small cubes. Julienne green onion. Blanch asparagus then cut in half. Combine rice, avocado, 4 ounces of butternut squash, green onion, country blend seasoning, and 3 cloves of roasted garlic in a mixing bowl. Salt and pepper to taste. Form cakes and coat in panko. Sautee until golden brown. For the butternut squash puree; combine 2 ounces of squash, and 3 cloves of roasted garlic in a food processor and blend until smooth. Salt and Pepper to taste. Layer cooked rice cakes and portioned Butternut squash. Garnish plate with diced yellow squash, diced pepper, asparagus and the butternut squash puree.
FIRE ROASTED RED PEPPER SALAD

- 1 cup asiago parmesan cheese
- 5 ounces Red pepper salad
- 1 ounce diced and sauté pork belly or bacon
- 1 each red pepper
- 2 garlic cloves
- 1/4 Spanish yellow onion
- 1/2 cup mayo
- 1 cup Markon Hearts Blend
- 1 Tbl sweet corn niblets from Meals for all

Cheese cup: Heat nonstick pan or flat top to medium and sprinkle cheese in an even circular layer. Cook until golden then form over a cup. Let cool.

Roasted red pepper aioli: Roast garlic onion and red pepper for 30 min at 350. Then cool. Puree vegetables, add mayo salt, and pepper to taste.

Plate the cheese cup and portion red pepper salad into it. Garnish with a chiffonade of Markon hearts blend, pork belly, diced peppers, corn, diced yellow squash and red pepper aioli.
Method
Using a 2 oz scoop, portion 3 scoops of cheesecake on a wax-lined sheet tray and freeze for 2 hours. In a small pot combine 1 pt of blueberries, 1/2 cup water, 1/2 tbs sugar, 1/2 tbs honey, and cook over medium heat until most of the water is evaporated. Puree mixture, pass through a strainer, and put in a squeeze bottle. Use the same method to make the raspberry sauce. Heat the cream and divide into a bowl of white chocolate and a bowl of dark chocolate. Cover with plastic wrap and let sit for a few minutes. Stir each chocolate until smooth. Using a spoon cover 2 balls of cheesecake with white chocolate, then coat one with pecans. Cover the last ball of cheesecake with dark chocolate. Design the plate with the raspberry and blueberry sauces then plate the three cheesecakes.
- Pot Roast (8oz)
- Season with country blend seasoning
- Baked at 350 for 45 minutes
- Asian Noodles (16oz)
- Sauteed in olive oil with pepper and vegetable blend
- Garlic Seasoned Bread
SOUTHWEST PULLED CHICKEN SANDWICH

- Seasoned chicken breast baked at 375 for 50 minutes
- Chicken breast shredded (16oz)
- Fold chicken breast into Mexican cheese blend while warm (1/2 cup)
- Layered over hearts of lettuce
- Topped with sauteed pepper blend
- Severed on a toasted hoagie roll
PECAN SUMMER SALAD
DRIZZLED ZESTY OLIVE OIL DRESSING

- Markon Hearts and Heats Blend (16oz)
- Trade East Zesty Country Blend Mixed with Olive Oil (3oz)
- Sprinkled with Candied Season Pecans (10 pecan pieces)
CARMEL DELIGHT
CHEESECAKE SUNDAE

• Frozen Cheesecake Content
• Cover bottom of the goblet with graham cracker crumbs
• 3 Medium scoops of frozen cheesecake
• Drizzle with warm salted caramel sauce
• Top with candied pecans and fresh mint
HARVEST SALAD - FIG VINAIGRETTE DRESSING

- 2 cups Salad Mixture
- ½ Honey Crisp Apple Sliced Thin
- Sweet Orange Segments
- 2 Tbsp fresh pecans
- Top with dried cranberries
- 3 tbsp Gorgonzola cheese

Dressing:
- ½ cup fresh chopped figs
- 1 cup Balsamic Vinegar
- ¼ cup Honey
- 2 Tbsp Dijon Mustard
- Pinch Salt and Pepper
- 4 Tbsp Water
Blend until creamy
Combine mayo, dill, red onion, Dijon, honey, salt, pepper, and garlic herb seasoning and blend well.

Add chicken to the blended mixture and sliced grapes. Fold in to blend well.

Plate salad greens and top with chicken salad and chopped cranberries.

Serve with a side of raisin toast.

Garnish with fresh sliced honey crisp apples and grapes.

- 3 Cups Prepared chicken strips
- 1 ½ Cups of Mayonnaise
- 2 Tbsp Fresh Dill chopped
- ¼ cup Diced red onion
- Small bunch of red grapes sliced in half
- 3 Tbsp Dijon Mustard
- 3 Tbsp Honey
- 1 Tbsp Salt and Pepper
- 1 Tsp Garlic Herb Seasoning

1. Combine mayo, dill, red onion, Dijon, honey, salt, pepper, and garlic herb seasoning
2. Blend well
3. Add chicken to the blended mixture and sliced grapes. Fold in to blend well.
4. Plate salad greens and top with chicken salad and chopped cranberries
5. Serve with a side of raisin toast.
6. Garnish with fresh sliced honey crisp apples and grapes
Heat pan on medium heat
Add onions and cook until translucent.
Add garlic
Add cream, salt & pepper, and ¼ cup pesto.
Add roasted red tomatoes.
Heat until the mixture is well combined.
Add chicken, stirring to coat.
Cook for 5 minutes and then add pasta salad
Mix well until pasta is coated and all ingredients are well combined.
Plate and top with feta cheese and roasted red tomatoes, and slices of fresh basil

- Small bunch of baby broccoli
- Fresh basil (3 tbs) sliced thin
- 2 garlic cloves chopped to a paste
- ¼ cup oven-roasted tomatoes seasoned with salt and pepper and dried basil
- ¼ cup prepared pesto
- ¼ cup chopped sweet onion
- 2 ½ cups Prepared cooked chicken
- ¼ cup fresh chopped feta cheese
- 3 cups fresh heavy cream
- 3 cups Prepared pasta salad
- ½ lemon squeezed

ROASTED RED PEPPER PASTA SALAD
TERIYAKI SALMON & NOODLES

- 4 oz piece of Salmon
- Olive Oil
- Salt and Pepper
- Teriyaki Glaze
- ¼ Cup Chicken Stock
- Baby Bok Choy
- Red Peppers
- Sesame Seeds
- Prepared stir-fry noodles

1. Sauté 4oz. Fresh Salmon in a hot pan with oil, salt and pepper side down
2. Cook for 3 minutes
3. Top with Teriyaki glaze and put in the oven for 6 minutes at 350
4. On the stove, heat 1 cup teriyaki sauce, add 2 cups prepared stir-fry noodles.
5. In another pan, heat ¼ cup chicken stock and poach 2 small baby Bok Choy until just wilted.
6. Plate noodles top with salmon. Add a side of Bok Choy. Garnish with sliced sweet red peppers and sesame seeds
Prep time 35 minutes, Cook Time 30 minutes
- 2 Eggs, Beaten
- 5 oz. Portion Pot Roast
- 1 Clove of Garlic
- 1 cup Baby Bella Mushrooms
- 1 cup Shiitake Mushrooms
- Salt & pepper to taste
- Gouda cheese small chunks
- ¼ Red Onion Chopped
- Puff Pastry (Purchased at Grocery Store)

1. Chop all mushrooms, red onion, and garlic finely. Sauté in a pan with 2 tbs. of butter, add ¼ cup red wine reduce to paste.
2. Layout puff pastry on a floured table. Roll out to ¼ inch thickness, then cut a 5” x 5” square.
3. Spread sauté paste – called duxelles on top of puff pastry in the center.
4. Lay the pot roast on top and top with chopped Gouda cheese about 2 tbsp and salt and pepper.
5. Roll corners of the puff pastry to close pot roast and pinch all areas closed.
6. Turn the crease side down and spray the baking sheet.
7. Cut 4 Slits in the top and brush with egg wash over the pastry and bake for 30 minutes 350 Degrees in Oven.
GOLDEN RICE PILAF

- 2 cups of cooked brown rice
- ¼ cup chicken stock
- 1 tsp. Zesty Country Seasoning
- ½ cup golden raisins
- ¼ cup pine nuts (Roast in a dry sauté pan)
- ¼ cup fresh sliced shitake mushrooms

1. Add rice to the pan on medium heat.
2. Add chicken stock
3. When reduced add seasoning, golden raisins, and pine nuts to the pan and mix well
4. When completed, warm plate and serve
CHEESECAKE STRAWBERRY SHORT CAKE

- 6 tbs. Sugar
- 1 tbsp. Baking Powder
- ½ tsp Kosher Salt
- 1 Stick of butter cubed
- ¼ cup Milk
- 1 Egg and 1 Egg White
- Prepared cheesecake filling

1. Put the flour, sugar, salt, baking powder in a food processor and pulse until mixed.
2. Add butter and pulse about 15-20 times until it's a coarse texture.
3. Beat eggs, add milk, and mix into the dry ingredients with a spatula.
4. Roll out on a floured table to ½ inch thickness. Cut into circles
5. Brush with egg white
6. Bake 10 minutes at 425 degrees
7. Allow cooling completely before slicing in half.
8. Top-bottom with cheesecake filling, whip cream, and strawberries
9. Add the top shell and Cocoa for garnish.
Cut the portions of the pre-cooked beef pot roast to 4-ounce portions.

Make a pan of seasoned flour with Salt and Pepper, then dredge the portions.

Heat Sauté pan to medium-high heat and add 1 oz. olive oil, and 1-ounce butter.

Dip the dredged beef portions in the egg batter and sauté until golden brown on each side.

When fully browned, remove from the pan and deglaze the pan with Sherry.

Add 3 eggs beaten, and season lightly with Salt and Pepper.

Add 2 cups of cooked brown rice to the egg mixture.

Add 2 cups of shredded zucchini to the egg mixture.

Add Flour to firm up the batter, to make a nice cake.

Heat oil and butter in sauté pan, then using a # 16 scoop form zucchini cakes into the hot oil, then sauté until golden brown and tender.

To serve this dish drape two Battered Pot Roast Portions shingled over two Zucchini and Rice Cakes. Garnish with Rosemary.
Two pre-cooked Chicken Breasts, cut into fanned portions.
1 large roasted Red Pepper, also cut into fanned portions to match the Chicken Breast.
1 Qt. of uncooked fresh Spinach
2 T. Chopped Bacon
1 T. Finely Diced Onion
¼ c. sliced Mushrooms
1 C. Chicken Stock
Butter and Flour Roux for Thickening Stock
¼ C. Heavy Cream
White Wine to deglaze pan

Both parts of this dish need to be made simultaneously.

To make the Florentine, add the Bacon and Onions to the sauté pan and render the bacon and onions until half cooked. Add the sliced mushrooms and continue to sauté for about 2 minutes. Add the spinach and leave just long enough to wilt the spinach. Add the red pepper portion to heat lightly.

In another sauté pan, heat olive oil and butter and place the pre-cooked Chicken breast into the pan. When completely heated through, deglaze the pan with the white wine. Place the Spinach onto the plate first, then drape the Chicken Breast over the Spinach halfway, then fan the Breast. Top with the Red Pepper Garnish.

You need to add the Chicken Stock and Heavy Cream to the sauté pan to reduce the sauce while you are plating. Drape the sauce over the Chicken where it meets the Spinach.
1 C. IQF Blueberries
1 C. IQF Raspberries
1 C. IQF Strawberries
1 C. IQF Blackberries
1 C. Sugar
2 C. Pre-Made Cheesecake
1 C. Sugar
1 C. Butter

To make the Compote, add all fruit in a sauté pan with the 1 C. Sugar. Let simmer until the fruit is cooked down slightly, and a syrupy sweet glaze has incorporated all of the fruit.

To make the Cheesecake, put the Butter and Sugar into a saucepan and stir until it is dissolved and caramelized. Place the Caramel into a mixing bowl and stir until cooled. When cooled, mix in the Cheesecake.

To serve, place the Compote into a rarebit dish, and then top with the Cheesecake. Use a piping bag if available for the nicest presentation.
2-bottles Guinness Beer
24oz low sodium beef stock
1# precooked pot roast
Fresh Rosemary and Thyme
Salt and pepper – to taste.
Cornstarch – as needed.
Guinness Beer – as needed.

Reduce Beer on the stovetop by half to concentrate flavor. Add beef stock and bring to a boil.
Make a slurry with cornstarch and additional Guinness beer. Add slurry and thicken the sauce to
the consistency of a demi-glace.

Remove pot roast from packaging and drain – reserve sauce from packaging for other uses such
as soup or other sauce. Rinse any remaining sauce off the pot roast—portion into 2oz pieces and
place in a baking dish in a single layer. Pour sauce over beef and add rosemary and thyme
sprigs. Cover with foil and heat in a 250° oven for 2-3 hours. Beef should be tender and have an
internal temperature of at least 165°. Remove beef from sauce and hold warm. Strain sauce and
return to stovetop. Reduce the sauce to preferred consistency and then adjust seasoning to taste
with salt and pepper.

Servings: 4
GARLIC & HERB DOUBLE STUFFED POTATOES
BOURSIN CHEESE

2 each large baking potatoes
1# peeled and diced potatoes
2 Tbsp vegetable oil
2 TBSp Butter
2 oz Boursin Cheese
½ tsp Trade East Garlic and Herb seasoning
Salt and Pepper – to taste

Wash potatoes. Lightly oil potatoes and season with salt and pepper. Place on a baking sheet and bake whole 30-45 minutes until potatoes are tender. Remove from oven and allow potatoes to cool. Slice the ends off of two of the potatoes and cut them in half in the center. Using a spoon hollow out the potatoes leaving a 1/8” wall of potatoes on the sides and bottom forming a potato cup, reserve the inside of the potato. Boil the diced potatoes until tender enough to mash. Combine the reserved potato from the cups with the boiled potatoes, butter, cheese, and seasoning in a mixer to make a garlic and herb mashed potato that is stiff enough to pipe with a pastry bag. If needed adjust consistency with additional Boursin cheese or another dairy (sour cream, heavy cream, etc.) to reach a stiff, but pipeable, consistency. Adjust seasoning to taste with salt and pepper. Using a pastry bag with a star tip fill the potato cups with the mashed potatoes over-fill the cups like a traditional double stuffed potato making a decorative rosette top. Brush with melted butter and bake in a 350° oven until hot and golden brown.

Servings: 4
1½ pounds Fresh Asparagus
Vegetable Oil as needed (1-2 TBSP)
1 ½ tsp GFS Zesty Country Seasoning
Salt and Pepper

Clean and trim asparagus to a consistent length. Lightly oil asparagus. Place asparagus on a grill or charbroiler and cook asparagus until lightly charred but still al dente. Remove from grill and season with salt, pepper, and zesty country seasoning.

Servings: 4
4 each Fire Braised Chicken Breasts
1 cup chicken stock
½ cup halved black olives
½ cup halved green olives w/pimentos
½ cup halved kalamata olives
½ cups small diced red onion
½ cups halved grape tomatoes
1 Tbsp Capers
2 stems fresh oregano
1 each lemon
2 Tbsp oil
pepper to taste

Place chicken breast and chicken stock in a half-size hotel pan with 1 stem of oregano. Cover with foil and gently heat in the oven until an internal temperature of 165° is reached. In a skillet add oil and heat over medium flame. Add onions and sauté until lightly cooked. Add olives, tomatoes, capers, and oregano, lightly season with pepper as the olives and capers provide sufficient salt. Sauté until all ingredients are hot but still al dente. Plate chicken and top with tomato/olive mixture. Finish with a squeeze of fresh lemon and garnish with additional fresh oregano leaves.

Servings: 4
LAKES OF SYLVANIA

BROWN RICE FRITTERS
ZUCCHINI & PEAS,
CUCUMBER INFUSED
QUICK CRÈME FRAICHE

1 ½ cups cooked brown rice
1 cup grated zucchini
1 cup frozen peas
1 cup breadcrumbs
¼ cup crumbled feta cheese
1 tbsp chopped mint
¼ cups minced onion
3 eggs – beaten
Salt and pepper to taste
Oil as needed for sauteing

In a mixing bowl combine all ingredients except the eggs. Add the eggs one at a time until well combined and the mixture holds its shape when formed into a patty. Add 1-2 TBSP of oil to a nonstick skillet and place over medium heat. Using a #16 scoop divide mixture into equal portions and form into patties. Cooking four at a time, place the fritters in the pan and cook on one side until golden brown. Flip with a spatula cook until the second side is golden. Remove from skillet and hold hot until service. Continue until all fritters have been cooked. Alternately, fritters can be seared in a skillet and finished in the oven. Serve 2 fritters per portion.

Servings: 10 - 12

1 cup sour cream
Buttermilk as needed
3 ml Monin Concentrated Cucumber Flavoring
Salt and pepper

In a bowl whisk together 1 cup of sour cream and 1-3ml pump of Monin concentrated cucumber flavoring. Stream in buttermilk whisking constantly until a crème Fraiche consistency has been achieved. Adjust seasoning with salt and pepper. For a more intense cucumber flavor add an additional pump of concentrated cucumber flavoring.
CHOPPED SALAD - ASIAN PEAR, PICKLED GINGER, CRISPY NOODLES, POIVRE PEPPERS, GORGONZOLA, SESAME SEEDS

3 cups Hearts and Hearts Salad Mix
1 each Asian apple pear cut into strips
2 TBSP Pickled sushi ginger cut into julienne
1 Tsp black and white sesame seeds
2 dozen Poivre Peppers
¼ cup Crispy Asian Noodles
¼ cup Gorgonzola cheese

Crispy Asian Noodles: Heat deep fryer to 350°. Remove Asian Noodle Salad from the packaging. Separate noodles onto paper towels and pat dry. Place noodles in a deep fryer and fry for one minute. Lift fryer basket and scrape noodles that may be sticking to the basket. Once all noodles have been freed from the basket, return noodles to oil and fry until crisp an additional 1-2 minutes—drain noodles on paper towels.

Bunch and cut salad mix into strips and place in serving vessel. Top with Asian pear, sushi ginger, peppers, Gorgonzola, crispy noodles, and sprinkle with sesame seeds. This salad can be served as an individual side salad, an entrée salad, or family-style as a buffet and served with a dressing of choice. The recommended dressing for this salad would be a citrus vinaigrette or a citrus poppyseed dressing.

Servings: 4
Cube bacon – render in a skillet over medium heat until crispy – drain and reserve fat. In a saucepan, combine bacon fat, butter, and flour to make a blonde roux. Add Beer, cream, and milk to make a bechamel sauce. Whisk in Dijon Mustard and Worcestershire sauce. Add in cheeses, stir until completely melted and smooth. If the sauce is too thick, add some additional heavy cream to adjust the desired consistency. Place roasted red pepper macaroni salad in a mixing bowl, add half the cheese sauce, and mix. The mixture should be creamy. Add additional cheese sauce as needed. Place macaroni and cheese into a pan prepared with nonstick cooking spray. Top with breadcrumbs and sprinkle with melted butter. Bake at 350° for 25-30 minutes or until breadcrumbs are golden brown and a temperature of at least 165° has been reached. Remove from the oven and top with crispy bacon and chopped parsley.
8 oz Arborio Rice
2 Tbsp Butter
1 ½ - 2 quarts Jumex Mango Nectar
1 ½ Cup Heavy Cream
1 ½ Cup Cheesecake Delight
1 cup fresh mango cut into brunoise
1 Tbsp finely chopped fresh mint

Melt butter in a large skillet over medium-low heat. Add arborio rice and gently cook until rice grains crack being careful not to brown the rice. Warm the mango nectar in a saucepot. Add 2 cups of heated mango nectar to the arborio rice. Continuously stir the rice until the mango nectar is absorbed. Continue to add mango nectar in 2 cup additions until the rice grains are fully cooked and tender. Place cooked risotto into a container and cool completely in the refrigerator overnight. The next day - remove the risotto from the cooler. In a stand mixer combine heavy cream and cheesecake, using the whipped mix on high speed until light and fluffy being careful not to overwhip. Place ½ cup of the cheesecake whip in a pastry bag with a star tip. Fold the remaining cheesecake whip into the risotto until well combined. Portion risotto equally into 8 martini glasses. Pipe reserved cheesecake whip into rosettes on top of the risotto. Combine diced mango and finely chopped mint. Spoon over top of rosettes. Serve chilled.

Servings: 8
½ Cup Red Bell Pepper Diced
½ Cup Green Bell Pepper Diced
¼ Cup Red Onion Diced
1 tsp Chopped Garlic
1 Tbl Oil

Saute down with oil in a medium saute pan, until vegetables are tender, and onions become translucent.

2 Cups Heavy Cream
½ Cup Hot Sauce
½ Cup Shredded Cheddar
½ Cup Shredded Mozzarella
1 Chicken Breast
Zesty Country Blend

Add 2 cups of heavy cream to sauteed vegetables and then add 1/2 cup of Hot Sauce and allow to simmer to a boil on medium heat. When it begins to boil, place julienne chicken breast and ½ cup of both kinds of cheese into pan, stir, and bring to boil again. When it boils again turn the heat off and season to taste.
HIBACHI STYLE BEEF

Sauté down with oil in a medium sauté pan until vegetables are tender and onions become translucent. Add Pot Roast Beef and simmer with Teriyaki sauce and add Garlic Herb Blend to taste. Put this pan to the side.

1 Medium Egg
¼ cup Corn
¼ Cup Peas
1/8 Chopped Garlic
1 Tbl Oil
1 Cup of Teriyaki

Sauté oil and garlic together on medium heat and then crack an egg into the sautéing garlic and cook an egg. Then add Cooked Brown Rice, Corn, and Peas. Sauté for 2 minutes to remove from heat.
MOLTEN CHEESECAKE BITES

4 oz Cream Cheese
1/3 Cup Brown Sugar
½ Tbl Vanilla Extract
1 Medium Egg
4 oz Cheesecake Delight

Whip all the ingredients in mixer Medium Speed until smooth. Place into Baking Cups inside of a Muffin Pan, then put 1 oz of the mixture into the Baking Cup, then Freeze overnight.

6 Graham Crackers
2 Cups of Oreo Crumbles

Grind together until the mixture is ground fine, place in a bowl.

3 cups of Liquid Egg

Place into a bowl.

Remove the frozen bites from the freezer then quickly remove the paper wrap and dip into liquid egg and then into the ground mix. Make sure to coat both sides.

Place on parchment paper on ½ sheet tray and freeze again, spread evenly not touching each other.

Preheat Oven to 350, then place sheet tray in the oven for 5 minutes, then remove and serve.
CALIFORNIA POT ROAST

4 oz. brown rice
4 oz. pot roast
½ cup diced tomato
½ cup diced avocado
2 oz. hollandaise sauce

Prepare brown rice and layer on a plate, scoop pot roast onto rice, layer tomatoes and avocados on top, and drizzle hollandaise sauce on top.
Salad
1 cup springtime heart & heart salad blend
4 oz. diced strawberries
4 oz. mandarin oranges
2 oz. feta cheese
1 oz. chopped peanuts

Dressing
½ cup oil
¼ cup white vinegar
3 T. orange marmalade
4 oz. mandarin oranges
1 T. diced red onion
1 T. Dijon mustard
½ t. kosher salt
1 packet of sugar

Salad: Layer salad mix on a plate, spread diced strawberries, and mandarin oranges on top of the salad, sprinkle peanuts on top of the salad.

Dressing: Combine all ingredients and mix until all ingredients are mixed together.
12 in. flour tortilla shell
½ cup brown rice
½ cup Asian noodle salad
2 avocados
½ cup feta cheese
2 fire braised chicken breasts
1 T. zesty country blend

Lay tortilla out on a plate, cut avocado open, remove the pulp, and mash to a puree consistency, add feta cheese to avocado, spread over the tortilla, layer brown rice on to avocado mix, then add the Asian noodle salad, dice the chicken into bite-size pieces and mix with the zesty country blend, add chicken on top of Asian noodles, and roll up, cut diagonally.
1 quart half & half
2 cups milk
1 pound hot Jimmy Dean sausage
2 red peppers (Julienne style)
¼ cup diced red onion
1 cup Fire roasted red pepper pasta salad
2 T. honey
¼ cup basil
¼ cup parsley
¼ cup oregano

Heat half and half milk on the stove, do not let boil, fry up sausage along with red onion and red peppers, (reserve a few pepper pieces back for garnish) once half and half mixture begins to steam, add sausage mixture and spices to the pot, (reserve some parsley for garnish) let simmer until the mixture begins to thicken up, add the honey to the soup, and bring up to desired thickness.
Cocoa Puff Cheesecake

Crust:
- ½ cup cocoa puffs
- 2 oz. butter
Grind cocoa puffs into fine dust, add butter, and place them in the bottom of the dessert cup.

Filling:
- 1 cup cocoa puff cereal
- ½ cup cheesecake delight
- 1 T. heath topping
- Chocolate syrup
Crush cocoa puffs and combine with cheesecake delight, place on top of the crust in a dessert dish, top with heath topping and drizzle with chocolate syrup, garnish with orange rind.
Crust:
½ cup cocoa puffs
2 oz. butter
Grind cocoa puffs into fine dust, add butter, and place them in the bottom of the dessert cup.

Filling:
½ cup cheesecake delight
¼ cup diced strawberries
Chocolate syrup
Combine cheesecake delight and diced strawberries, place into dessert cups, drizzle with chocolate syrup, garnish with strawberries on top of the cheesecake, and orange rind on the plate.
Dressing Recipe:
Zesty orange salad dressing
1 cup olive oil
1 cup of OJ
1 cup juice from mandarin orange can
2 t Trade East zesty country blend seasoning
1 T orange zest
2 ½ cups red wine vinegar

Put all ingredients in a pot and bring to a simmer. Best if served warm.

Winter Orange Salad
6 oz Markon Heats blend salad mix
2 oz feta cheese
3 oz drained mandarin oranges
3 rings red onion
2 oz sliced sweet peppers
3 oz pecan pieces
6 cherry tomato

Place salad mix on the plate- top with remaining ingredients.
PESTO TOPPED FIRE ROASTED RED PEPPER SALAD

4 cups fire-roasted red pepper salad
4 cups roasted red peppers
2 T olive oil
2 T fresh minced garlic
2 cups almonds

Place red peppers, olive oil, garlic, and almonds into a food processor and blend until smooth. Serve 4 oz of red pepper salad on a plate topped with 2 T of homemade pesto.
1 package Fire braised chicken breast
3 cups chicken broth
2 T Trade East Zesty Country Blend
3 cups Cherry Tomatoes cut in half
1 onion, sliced
1 package crooked brown rice

Spread cooked brown rice on a full-size baking sheet. Top with Fire braised chicken breast. Pour chicken broth over chicken and rice, cover with tomatoes, onion, and seasoning. Bake 325-25 minutes or until chicken temps 165 degrees.
BEEF STIR FRY

1 pot roast - drained and cubed
1 onion, sliced
4 cups sliced sweet peppers
4 cups fresh broccoli florets

Sauce:
2 cups soy sauce
1 T Trade East Garlic Herb Blend
⅓ cup sesame oil
2 T minced garlic
2 T ground ginger
2 T Worcestershire
2/3 cup Orange Juice

Combine sauce ingredients into a bowl and whisk together. Add beef, peppers, onions, and broccoli- Cook until vegetables are soft. Add sauce and simmer. Add Asian Noodle Salad and simmer until warm.
CHOCOLATE CHEESECAKE MOUSSE

1 bag instant chocolate pudding mix
2 cups whipped topping mix
3 qts milk
4 cups cheesecake delight

Mix milk and chocolate pudding mix according to directions on the package. Place chocolate pudding into a mixer and add the whipped topping mix. Using the whip attachment, whip pudding until light and fluffy, add the cheesecake mix, and continue whipping until desire texture is reached.

Serve:
Pipe 4 oz of mousse into a dessert bowl, garnish with chocolate shavings, and whip cream.
TUSCANY FIRE BRAISED CHICKEN - RED PEPPER PASTA

4 Fire Braised Chicken Breast
2 cups heavy cream
2 tsp salt, for the chicken
2 Tbsp chicken base
1 tsp garlic & herb seasoning for the chicken
1 tsp salt
1 tsp pepper for the chicken
1 tsp pepper
1 Tbsp oil
1/2 c Parmesan Cheese
2 tsp minced garlic
2 Tbsp fresh Parsley, chopped
1 whole onion, diced
2 Tbsp Italian Seasoning
6 oz sun-dried tomatoes, chopped
2 cups spinach

1. Season the chicken all over with salt, pepper & Garlic Herb seasoning.
2. Heat the oil in a skillet over medium-low heat.
3. Flip the chicken, cook until heated through. Remove from pan. Let rest and slice into strips.
4. Add the garlic and onions, stirring until onions are translucent. Stir in the tomatoes and spinach until the spinach is wilted.
5. Add the heavy cream, salt, pepper, bringing to a boil.
6. Add the Parmesan cheese and parsley, stirring until the sauce has thickened slightly.
7. Take sauce mix to add 2 cups into a red pepper pasta salad.
8. Spoon on to plate lay the sliced chicken on top garnish with sauce and parmesan cheese.
In a medium skillet over medium heat, sauté the bacon until crisp. Use a slotted spoon to transfer the bacon to a paper towel-lined plate. Turn off heat and whisk the onions into the bacon grease. There should be about ¼ cup of bacon grease. If it’s shy of that amount, add some extra-virgin olive oil.

In a small bowl, whisk the vinegar and Dijon until emulsified. Add in the bacon grease mixture and whisk. Whisk in the salt and pepper.

To poach the eggs: Fill a nonstick saucepan with about 2 inches of water and bring it to the barest simmer over medium heat: add a little vinegar. Crack the eggs, slipping them gently into the water one at a time, and cook until the whites are set, but the yolks are still runny, 3 to 4 minutes. Using a slotted spoon, gently scoop the eggs from the water, and blot dry with a paper towel.

In a large salad bowl, toss the heart-to-heart lettuce mix with the dressing and bacon.

Divide the lettuce among 4 serving bowls and top each with a poached egg and sprinkle of chives.

4 pieces bacon, diced
8 cups Heart to Heart salad mix
2 Tbsp minced onions
2 Tbsp chives
Extra virgin olive oil, as needed
2 Tbsp honey
¼ cup Marsala vinegar
2 tsp Dijon mustard
¼ tsp salt
¼ tsp black pepper
4 eggs
Saute onions, garlic, ginger, salt, pepper in olive oil. Add water, soy sauce, mushrooms, honey, beef base, broccoli, carrots, red pepper, celery, sriracha, Asian Noodle Salad. Cook for 10 mins then add the cornstarch slurry. Heat until sauce thickens. Slice Hot Pot Roast, plate noodle mixture into a bowl, lay sliced Pot Roast garnish with sesame seeds.
HONEY BALSAMIC ROASTED BRUSSELS SPROUTS

4 servings
1 ½ lb brussels sprouts
2 teaspoons oil
2 teaspoons balsamic vinegar
2 teaspoons honey
1 teaspoon salt
1 teaspoon pepper
3 teaspoon minced garlic
Garnish parmesan cheese

Preheat oven to 425 degrees
On a prepared baking sheet, combine brussels sprouts and remaining ingredients mix evenly
Bake for 15-20 minutes
Pour 8 cups of half-and-half, cooked rice, sugar, and salt into a large pot. Stir constantly over medium heat with a spatula until the mixture thickens (25-35 minutes.) Remove from heat.

Place the beaten egg in a medium bowl. Slowly add a spoonful of the hot pudding to the egg, whisking vigorously and constantly. Add the temper pudding and egg mixture into the pot of hot rice pudding, stirring quickly to incorporate. Return the pot to medium heat and stir constantly until the mixture boils.

Remove from the heat and stir in the vanilla extract. Whisk in Cheesecake delight into the hot pudding stir well until the cheesecake delight is fully melted and incorporated. Transfer the pudding into a large bowl. Press a piece of plastic wrap directly on the surface of the pudding to avoid skin forming and refrigerate until ready to serve.

Scoop into bowls and top with the desired amount of cherry pie filling.
Asian Chicken Salad:
2 Cups Hearts to Hearts Salad Mix
½ Cup shredded red cabbage
¼ Cup Shredded Carrots
1 Mandarin Orange peeled and segmented
1 Cup Asian Noodle Salad
4 oz Fire Braised Chicken Breast
1 Tsp Sesame Seeds
2 Tbsp Sliced Almonds
1 Tbsp Garlic Herb Seasoning

Fry Asian Noodles in Deep Fryer for 2 minutes and cool on parchment paper. Heat chicken in 1 Tsp Oil season with garlic herb seasoning, slice chicken.
Build Salad: Lettuce, Cabbage, carrots, orange, chicken, fried noodles, almonds, sesame seeds.

Asian Dressing:
3 Tbsp Honey
1 ½ Tbsp Rice Wine Vinegar
¼ Cup Mayo
1 Tsp Dijon
1/8 Tsp Sesame Oil

Mix well
SPRINGMEADE HEALTH CENTER

CHORIZO ROASTED CORN

1 Lb Mexican Chorizo
⅛ Cup Cilantro Chopped Fine
2 Cups Green Peppers Chopped
1 Cup Scallions Julienned
1 Cup Red Onion Chopped
2 Limes
1 Tsp Sugar
1 Tbsp Garlic Herb Blend
2 Cups Brown Rice (Cooked)
1 (#10) Can Corn
Shell Eggs

Brown Chorizo then saute all veggies in chorizo fat add corn, rice seasonings and heat thru. Add cilantro and lime juice at the end and stir. Sunny side up egg on top of each portion.
ROASTED CHICKEN PENNE PASTA IN VODKA SAUCE

1 Fire Braised Chicken Breast
2 Cups Fire Roasted Red Pepper Salad
1 Can roasted tomato pureed
1 Qt Heavy Cream
1 Tbsp Salt
½ Tbsp Black Pepper
2 garlic cloves roasted then minced
½ Tbsp Chicken Base
½ Pound Brussel Sprouts (leaves)
1 Oz Truffle Salt
1 Oz Vodka
2 Tbsp Oil

Saute Garlic in Oil add cream, salt, pepper, roasted tomatoes, chicken base, and vodka. Simmer for 20 minutes. Add pasta to cream sauce simmer until hot. Place pasta in bowl heat chicken cut on bias and fan on top. Deep fry Brussels sprouts and place them on top of the chicken for garnish. Sprinkle with truffle salt.
1 package of prepared pot roast
1 yellow onion chopped
2 green peppers chopped
1 Tbsp Cumin
1 Tbsp Zesty Country Blend
½ cup cilantro chopped
1 Lime
½ Cups Butter
Puff Pastry Sheets
Sliced Pepper Jack Cheese

Melt butter and saute peppers and onions. Add seasonings, cilantro, lime juice, and pot roast incorporate together and set aside. Cut pastry sheets into 3 pieces. Place 1 slice of pepper jack on one side of the pastry sheet, add 4 oz of beef mixture, and another slice of cheese. Moisten the pastry with water around the edges, fold the sheet over the mixture, and crimp the edges with a fork. Deep Fry at 350 for about 10 minutes. Slice in half to serve.
2 cups Prepared Cheesecake Filling
1 Cup Strawberries in Syrup
2 Pearl Sugar waffles
½ Cup Blueberries
4 oz Raspberry Syrup
½ Cup Whipped Cream
Powdered Sugar

Toast waffles in the oven at 350 for 5 minutes. Mix strawberries into the cheesecake filling. Top 1 waffle with cheesecake filling. Top with 1 waffle cut in half. Garnish plate with blueberries, raspberry sauce, and powdered sugar.
Ingredients:
1/2 C Asian Noodles
2 C of Pot Roast
1 Tsp Garlic Herb Seasoning
1 C Mirepoix
1 Tsp Soy Sauce
1 Tsp Ground Ginger
1 Tsp Mild Chili Powder
1 Tsp Allspice
1 Qt of water
2 Tbl of Beef base
Fresh Chives

Directions:
Sauté mirepoix for 2 to 3 minutes in oil until vegetables are soft and translucent. Add Asian Noodles, Pot Roast and all seasonings continue cooking for 5 minutes. Add water and base, bring to a boil and simmer for 1 hour. Pour in a bowl top with fresh Chives.
Mandarin Salad - Peanut Dressing

Veggies:
Heart and Heart Blend
Fried Asian Noodles
Mandarin Oranges
Tomato
Cucumber and Red Onion Shaved

Dressing:
Garlic Herb Blend
3 Tbsp Asian Noodle Salad Liquid
2 Tbsp Peanut Butter
1/4 C Rice Wine Vinegar
2 Tbsp Sesame Oil
Zest and Juice of 1/2 Lime
1/2 Tsp Ground Ginger
1 Tbsp honey
Salt and Pepper to Taste
Parsley Flake

Directions:
Assemble Salad and veggies, top with fried Asian Noodles. Add dressing ingredients to a bowl and whisk until smooth.
ROASTED RED PEPPER
CHICKEN WRAP

Wrap:
Chicken
Brown Rice
Sundried Tomato Basil and Spinach Tortilla
Bell Pepper
Diced Tomato
1/2 Tb lemon juice
1 Tb Parsley Flake
1 Tb Oil
Salt and Pepper to taste

Aioli:
1 C of Fire Roasted Red Pepper Salad Pureed
2 Tsp Zesty Country Seasoning
1/4 C Rice Wine Vinegar
2 Tb Sesame Oil
1/4 C of Sour Cream

Directions:
Puree Roasted Red pepper Pasta salad then blend it with the remainder of the sauce ingredients. Spread sauce on tortilla then follow with Rice, Chicken, Peppers, and tomatoes. Combine lemon juice, parsley, oil salt, and pepper then drizzle on chicken. Wrap tightly then cut on a bias.
Sauté mirepoix in oil for 2 minutes until soft and onions are translucent.

Add Sweet potatoes continue to sauté for 5 minutes.

Cover veggies and potatoes with country seasoning and toss to coat.

Cook Pot-roast in Oven until 165.

Plate potatoes, then roast, then Sunnyside up egg.

Top with fresh Chives.

Hash:
1 C of Pot Roast
2 T of Zesty Country Seasoning
1/2 C mirepoix
Chives
2 Diced Sweet Potatoes
1 Egg

Sauce:
1 C of Fire Roasted Red Pepper Salad Pureed
2 Tsp Zesty Country Seasoning
1/4 C Rice Wine Vinegar
2 T Sesame Oil
1/4 C of Sour Cream

Directions:
1. Sauté mirepoix in oil for 2 minutes until soft and onions are translucent.
2. Add Sweet potatoes continue to sauté for 5 minutes.
3. Cover veggies and potatoes with country seasoning and toss to coat.
4. Cook Pot-roast in Oven until 165.
5. Plate potatoes, then roast, then Sunnyside up egg.
6. Top with fresh Chives.
Mix Rice, Tea, Cheesecake Delight, and raisins in a medium saucepan. Bring to a boil. Reduce to low and simmer for 20 minutes. Stir in butter then serve.

2 C cooked brown rice
1/2 C Cheesecake Delight
1.5 C Chai Tea
1 C Raisins
1 Tbl Butter

Directions:
1. Mix Rice, Tea, Cheesecake Delight, and raisins in a medium saucepan.
2. Bring to a boil.
3. Reduce to low and simmer for 20 minutes.
4. Stir in butter then serve.
Asian Noodle Salad
1 #10 Can of Low Salt Beef Broth
2 Tbsp Low Salt Soy Sauce
1 Tbsp Rice Vinegar
1 Tbsp Sugar (or Sugar Sub)
1 Cup Sauteed Bok Choy
1 Cup Sauteed Mushroom Blend
½ Cup Chopped Bamboo Shoots
½ Cup Chopped Water Chestnuts
Pepper to Taste
Chopped Green Onion to Garnish
Fire Roasted Red Pepper Salad
Markon Hearts and Hearts Blend
Diced Bacon
Ranch Dressing
Marinated Artichokes (Drained)
Feta Cheese
Roasted Red Peppers
GRILLED CHICKEN SALAD
& HOMEMADE HERBED SEASONED CROUTONS

Fire Braised Chicken Breast 1 Portion Sliced
Markon Hearts and Hearts Blend 1 Cup
Trade East Zesty Country Blend 1oz
3 Cherry Tomatoes (cut in half)
1 Sliced Hard-Boiled Egg
½ Cup Dried Cranberries
½ Cup Toasted Walnuts

Homemade Croutons:
1 Slice Frozen Garlic Toast- Toasted
Sprinkle Zesty Country Blend to Taste
Cut into Cubes
Dressing of Choice

Place the Heart Blend onto plate, Season and Slice the Chicken Breast, place on top of Heart Blend. Arrange additional items onto the salad. Add Croutons before serving to keep them crunchy and fresh. Add dressing of choice.
SLICED POT ROAST, BACON ONION MARMALADE, ROASTED CORN BLACK BEAN BROWN RICE

Pot Roast
Brown Rice 1 Cup
Trade East Garlic Herb Blend
½ Cup Roasted Corn and Black Bean Blend
1 Egg (add to the Cooked Brown Rice and Steam for 10 minutes)
Bacon Onion Marmalade
1 ½ Cup Gravy from the Pot Roast
½ Cup Diced Cooked Bacon
½ Cup Sauteed Sweet Onion
½ Cup Dark Brown Sugar
Blend Together and Simmer until Sugar Dissolves and Thickens.

Pureed Maple Glazed Carrots
Steamed Carrots
1 TBSP Maple Syrup
1 TBSP Melted Butter
Diced Fresh Parsley - to Garnish

Heat the Pot Roast, Plate, Drizzle the Bacon Onion Marmalade. Plate the Rice Vegetable Blend. Garnish with the Puree Carrot Blend and Diced Fresh Parsley.
**Graham Cracker Crust:**
- ½ Cup Graham Crackers Crushed
- 2 TSP White Sugar
- 1 TSP Light Brown Sugar
- 3 TBSP Melted Butter

Blend and pack into a single-serve springform pan. Set aside.

**Filling:**
- 2 Cups Cheesecake Delight
- One Large Retail Package Instant Banana Pudding
- Mix together (by hand is ok, but the Blixer makes a smoother outcome)
- Sugar-Free Whipped Topping - for Garnish
- Chocolate-Dipped Vanilla Wafers

**Alternate Dessert**

Add any flavor of powdered pudding mix to Cheesecake Delight:
- >Chocolate
- >Mocha
- >Pistachio

Blend in Blixer, dish into Tart Shells

Chill, Garnish, and Serve!
Braised beef served with a coca-cola demi pan sauce and grape tomatoes, accompanied with fire-roasted pasta croquettes, fresh parsley, and sage leaves.

- Fire roasted red pepper pasta croquette
- 3 c. fire roasted pasta salad (pulsed in Robo coupe)
- 1/4 c. lactose-free milk.
- ½ red bell pepper (brunoise)
- ½ green bell pepper (brunoise)
- ½ tsp zesty country seasoning
- ½ tsp garlic herb seasoning
- ½ tsp smoked paprika
- 2 tsp Dijon mustard
- 2/3 cup grated parm cheese (plus more for breading)
- ½ C. panko breadcrumbs (plus more for breading)
- 1 egg

Directions.
Take the pasta salad and pulse it a couple of times in a Robo coupe. Then take the salad out and place it into a mixing bowl. Add in the ingredients listed above till mixed well. Once it has been all mixed, let it set in the fridge for 15-20 minutes to chill and set. While it is setting, take some panko breadcrumbs, salt, pepper, and some more parm cheese and mix it all together. Take your croquette mixture out of the fridge and form it into little squares about 1 once or to your desired size. Gently press into your bread crumb mixture and cook to a golden brown, let the oil drain off and then sprinkle with a little finishing salt and serve by itself or with a dipping sauce.
Runner Up Team Overall
THE VILLAGE AT MARYMOUNT

GRILLED CHICKEN SALAD
PINK GRAPEFRUIT VIN

Grilled chicken over a bed of spring mix served with craisins, orange segments, diced red onions, English seedless cucumbers, and halved grape tomatoes and crushed walnuts. All this tossed with a pink grapefruit vinaigrette and served with the grilled chicken.
Croissants, coffee liqueur soaked raisin, orange zest and your cheesecake mix plated over crème anglaise.

- Custard
- 4 whole eggs
- 8 yolks
- 1 and ½ c. Granulated sugar
- 1 quart heavy cream
- 1Tbsp plus 1 tsp vanilla
- 1 pinch salt
- 1 orange zested
- 10 oz raisins
- ½ C. coffee liqueur (pour-over raisins and soak for 10 minutes)
- 10 croissants (pulled apart).
- 14 tbsp. cheesecake mix.

Directions.
Spray a 2inch half hotel pan and set it aside. Pull apart the croissants and place them in a mixing bowl. In another mixing bowl, place the raisins and pour the liqueur over them and let soak for 10minutes. Take one more mixing bowl and add the 4 whole eggs, 8 yolks, a pinch of salt, orange zest, vanilla, sugar, and the heavy cream and whisk till well blended. Drain the raisins and pour just the raisins over the croissants and then add the custard mixture gently fold together and then add 6 to 7 tablespoons of the cheesecake mix and fold into the mix. Once mixed add bread pudding to the sprayed hotel pan and add just a couple more spoonfuls of the cheesecake mix and bake at 350 for an hour and a half or until cooked and golden brown on top. Cut and serve over crème anglaise.
Buddha bowl. Sauteed celery, zucchini, mushrooms, onions, broccoli, and red and green bell peppers tossed in with an Asian pan sauce served over sauteed lo mein noodle topped with white and black sesame seeds and microgreens.

- 1 tsp. chopped garlic
- 2 tbsp. sesame oil
- 1 tbsp butter
- ½ yellow onion (chopped)
- Half zucchini sliced (half-moon)
- 1 small carrot (half-moon)
- Half and red and green bell pepper (julienned)
- ½ c. fresh broccoli florets.
- Soy sauce
- ½ tsp fresh ginger (minced)
- ½ tsp sesame seeds (garnish)
- 6 oz lo mein noodles
- 2 tbsp scallions
- Salt and pepper to taste
- 1 tsp. oyster sauce
- Red chili flake to taste

Directions:
In a medium to a large frying pan, heat oil and butter till hot, add in onions and cook till translucent and some browning, then add in the rest of the veggies except the broccoli, saute them with the garlic and ginger, till slightly soft but not overcooked. Steam the broccoli florets till fork tender and toss into the sauteed veggies. De-glaze the pan with soy sauce and add in the oyster sauce toss till well coated; at this point, add the chili flakes if you want the heat. Take the veggies out set them aside in a bowl. Take the noodle place in the pan that the veggies were cooked in and saute the noodles with a little bit of butter until warm. Take out place in a serving bowl, pour veggies over the noodles and garnish with sesame seeds and scallions.
Runner Up Team Overall
THE VILLAGE AT MARYMOUNT

FUNKY FUSION SLIDERS, ZESTY COUNTRY & HERB GARLIC FRIES

The sliders are made with pulled beef with caramelized onions that have been de-glazed with root beer and a general tso sauce. It is served on a toasted slider bun with a sweet and spice mayo, buttermilk fried onions, creamy coleslaw, and a pickle. Served with country zest and herb garlic fries.
Runner Up Team Overall
THE VILLAGE AT MARYMOUNT

PORK FRIED RICE

Sauteed veggies tossed with brown rice bacon, fresh herbs, and soy sauce.

- 2 tbsp sesame oil
- 1 tsp chopped garlic
- ½ tsp minced ginger
- ¼ C. diced yellow onion
- ¼ C. green peas
- ¼ C. diced carrots
- 4 tbsp diced bacon
- 1 tbsp + 1 tsp soy sauce
- 2 - 3 c. brown rice
- Sliced scallions
- Salt and pepper to taste
- 1 egg

Directions:
In a medium saute pan pour in the sesame oil and let it get hot. Once the oil is hot add in the diced bacon and cook just before crispy and then pull the bacon out, set aside. Add the onions, carrots, garlic, ginger to the sesame oil and bacon drippings saute veggies to fork-tender. Then add in brown rice and bacon saute rice, bacon, and veggies till warm then add soy sauce and toss together, then push the rice to the side of the pan add your egg, and scramble lightly so you still have egg whites, once this is done toss in the peas, mix all together and fold in the scallions, season with salt and pepper to taste and serve.
CHOP really fine in a food processor the first 5 ingredients.

Caramelize the 4 cups of sugar with the 2oz of water in a pan. When sugar is an amber color, remove it from the heat and add the processed lemongrass mix. Mix well.

Add the fish sauce and water.

Return to the stove and cook on medium for 5 minutes.

Cool to room temperature.

Add salad oil to the lemongrass mixture in a slow steady stream, whisking constantly.

**Dressing**
- 3 stalks of lemongrass
- 1 jalapeno
- 3 shallots
- 6 cloves of garlic
- 6 slices of ginger
- 2 c sugar
- 2 oz water
- 1/8 c fish sauce
- 1/8 c water
- 2 c salad oil

**Salad**
- 1 - 3# bag Asian Noodle Salad
- 1 large mango, peeled, cut into 1/2-inch pieces
- ½ bunch arugula stems removed, leaves torn
- ½ bunch watercress, tough stems removed
- 1 medium carrot, finely shredded
- 2 scallions, chopped
- 2 cups finely shredded savoy cabbage
- 1 cup cherry tomatoes, halved
- ½ cup chopped cilantro
- ¼ cup torn Thai basil leaves
- ¼ cup torn mint leaves
- ¼ cup crumbled toasted coconut flakes
- ¼ cup finely chopped salted, roasted peanuts, plus more for serving
- Lime wedges (for serving)

**Dressing Preparation:**
1. Chop really fine in a food processor the first 5 ingredients.
2. Caramelize the 4 cups of sugar with the 2oz of water in a pan.
3. When sugar is an amber color, remove it from the heat and add the processed lemongrass mix. Mix well.
4. Add the fish sauce and water.
5. Return to the stove and cook on medium for 5 minutes
6. Cool to room temperature
7. Add salad oil to the lemongrass mixture in a slow steady stream, whisking constantly.

**Assembly:**
In a large bowl, add Asian Noodle Salad, mango, arugula, watercress, carrots, scallions, cabbage, tomatoes, and dressing and toss to coat. Add cilantro, basil, mint, coconut flakes, and ¼ cup peanuts. Gently toss just to combine. Divide salad among plates, piling as high as possible. Top with additional peanuts and serve with lime wedges for squeezing over.
In a sauté pan heat the 1Tbs olive oil on medium heat and add the Grilled Sliced Chicken Breast. Sauté until hot. Remove the chicken from the pan and set it aside.

In the same pan on medium heat 1Tbs olive oil sauté mushrooms until all the water is out of the mushrooms. Add the spinach to the mushrooms and sauté 5 min longer.

Add the Fire Roasted Red Pepper Salad, heavy cream, and chicken stock. Bring to a boil. Reduce the heat to a simmer. Cook until the sauce has reduced by half.

Season to taste with the Trade East Garlic and Herb Blend.

Assembly: On four plates, divide the roasted red pepper pasta. Place 4 oz of the sliced chicken breast on the roasted red pepper pasta. Garnish with shaved parmesan cheese, and basil chiffonade.

**TUSCAN ROASTED RED PEPPER CHICKEN PASTA SPINACH & MUSHROOMS**

- 16 oz grilled sliced chicken breast
- 2 Tbs olive oil divided
- 1 – 4lb container of Fire Roasted Red Pepper Salad
- 2 cups Spinach
- 2 cups sliced mushrooms
- 1 cup heavy cream
- ½ cup chicken stock
- 1 tsp Trade East Garlic and Herb Blend.
- ½ cup shaved parmesan cheese
- ¼ cup basil leaves chiffonade

**Directions**

1. In a sauté pan heat the 1Tbs olive oil on medium heat and add the Grilled Sliced Chicken Breast.
2. Sauté until hot.
3. Remove the chicken from the pan and set it aside.
4. In the same pan on medium heat 1 Tbs olive oil sauté mushrooms until all the water is out of the mushrooms.
5. Add the spinach to the mushrooms and sauté 5 min longer.
6. Add the Fire Roasted Red Pepper Salad, heavy cream, and chicken stock.
7. Bring to a boil.
8. Reduce the heat to a simmer.
9. Cook until the sauce has reduced by half.
10. Season to taste with the Trade East Garlic and Herb Blend.
THE WESLEY COMMUNITIES

BIBIMBAP (KOREAN BEEF & RICE BOWL)

Ingredients:
- 2 Tbs vegetable oil
- 1 tsp toasted sesame oil
- 4 cloves of garlic crushed
- 1 tsp grated ginger
- 1 lb. Beef Pot Roast
- 1 tsp Trade East Zesty Country Blend Seasoning
- ¼ tsp red pepper flakes
- 1 Tbs dark brown sugar
- 1 Tbs low sodium soy sauce
- 3 green onions sliced
- 2 Tbs toasted sesame seeds

Roasted Lettuce:
- 1 - 2 lb bag of Markon Hearts and Hearts blend
- 2 oz Olive Oil
- 1 tsp Trade East Zesty Country Blend Seasoning

Directions: In a large skillet on medium-high heat add the vegetable oil and sesame oil • Add the garlic and ginger, sauté for about 1 minute • Add the Pot Roast breaking into small pieces and sauté for 5 minutes • Season with the Trade East Zesty Country Blend Seasoning • Add the red pepper flakes, dark brown sugar, and low sodium soy sauce • Simmer for 2 minutes • Remove from the heat and add the green onions and sesame seeds

Making the Roasted Lettuce: Preheat oven to 400 degrees • Spread Markon Hearts and Hearts blend on a lined sheet pan • Drizzle with olive oil season with Trade East Zesty Country Blend seasoning • Roast for 10 to 15 minutes or until the lettuce starts to caramelize and crispy on the edges • Remove from the oven, chop and set aside for later.

Making the Garlic Spinach: In a large skillet heat the vegetable oil and sesame oil • Add the garlic and sauté for about 1 minute • Add the Arugula and cook until wilted. Season with salt and pepper. • Remove from the pan and set aside

Making Gochujang Sauce: Combine all ingredients in a bowl and mix well

Assembling the bowl: In a large nonstick skillet heat 1 Tbs vegetable oil over medium heat • Add the Gordon Choice Cooked brown Rice, spreading it in an even layer • Cook without stirring until the rice is crisp on the bottom, 10 to 15 minutes • Divide the rice among 4 bowls • Top with Pot Roast, roasted lettuce, garlic spinach, sliced cucumbers, bean sprouts, and shredded carrots • Drizzle the top with gochujang sauce • Garnish with black sesame seeds and chopped scallions

Garlic Arugula:
- 2 Tbs vegetable oil
- 5 cloves of garlic minced
- 8 oz baby spinach
- Salt and Pepper to taste
- Crisp Rice and Extra Toppings
- 4 cups cooked Gordon Choice Cooked Brown Rice
- Shredded carrots
- Sliced cucumber
- Bean Sprouts
- Scallions and Black sesame seeds for garnish

Gochujang Sauce:
- ¼ cup gochujang paste
- 2 Tbs honey
- 1 Tbs toasted sesame oil
- 3 Tbs Making the Pot Roast Bulgogi
Blood Orange Truffle:
- 1/3 cup heavy cream
- 1 tsp blood orange zest
- 5 oz chopped dark chocolate
- 4 Tbs unsalted butter at room temperature
- 2 tsp blood orange juice

Cheesecake:
- 1 – 4.5 lb container of Cheesecake Delight

Cookie Bottom:
- 6 - Gordon Choice 1 oz sugar cookie dough

Directions:
Blood orange truffle: Place dark chocolate in a bowl • Combine heavy cream and orange zest in a saucepan over medium heat • Bring it to a light rolling boil. Remove from heat and pour over chocolate whisking until smooth • When chocolate is completely melted, whisk in butter and orange juice until smooth. • Chill mixture in the fridge overnight • Use a small scoop to scoop ball-shaped truffles. When scooped, place in freezer for 15 mins to set up.

Cookie Bottom: Bake sugar cookies at 325 degrees for 8 minutes. Remove from oven and cool completely.

Mirror Glaze:
- Add the sugar and 5oz water to a saucepan and heat over medium heat, stirring until sugar is dissolved • Place the 2.5 oz water in a small bowl, sprinkle the powdered gelatin over. Stir and let it sit for 15 minutes to bloom • Combine white chocolate and sweetened condensed milk in a large heatproof bowl • When the gelatin has dissolved, pour the hot liquid on top of the chocolate chip mixture. Let sit for 5 minutes to melt • Use an immersion blender to stir the glaze until the chocolate is completely melted. • Add the gel food coloring and stir until well mixed. • Pour the glaze through a fine strainer to remove any lumps. • Let the glaze cool to 90 degrees.

Candied Blood Orange Slices:
- Combine water and sugar in a saucepan and bring to a boil, stirring until the sugar dissolves. • Reduce heat to medium-low and add the blood orange slices • Simmer for 1 hour • Remove the orange slices with a slotted spoon and transfer to a cooling rack over the top of a sheet pan • Let orange slices dry for 24 hours uncovered, until they are dry and not sticky.

Assembly: Scoop the Cheesecake delight in a half-dome flexipan, silicon mold, filling ⅔ of the way up. • Push a chocolate truffle into the middle of the Cheesecake delight • Freeze in the silicon mold overnight • Pop-out cheesecakes and place them on top of the sugar cookie. Trimming the cookie if needed, so it doesn’t overlap on the edges • Place the cheesecake domes on a cooling rack with a sheet pan underneath. • Pour the cooled mirror glaze over top of the cheesecakes. Making sure all sides are covered • Allow the glaze to set for 5 minutes. Lightly dust with edible gold dust • Using a hot spatula to remove the cakes from the cooling rack cutting off any dips. • Place cheesecake bombe on a decorated plate and place the candied blood orange slice on top.
1 bag Pot Roast
3 whole Yellow Onions
1 lb Thick Cut Bacon
1 lb Butter
3 tbs + 1 tsp Granulated Garlic
3 tbs Sugar (White or Brown)
1 lbs Ground Chipotle Chile Pepper
12 slices Fontina Cheese
12 ct Brioche Buns
2 cups Mayonnaise
½ cup Sweet Baby Ray’s BBQ Sauce
24 slices Sliced Tomato
24 pcs Leaf Lettuce

Directions:
Drain Pot Roast Juice/Gravy.
Thinly slice pot roast and place in mixing bowl.
Half onions and thinly slice.
Melt butter on the stove.
Toss onions in butter and cook on medium heat until caramelized. Toss onions and drippings into the pot roast mixing bowl.
Mix 3 tbs garlic, all the sugar, all the chipotle in a small mixing bowl. Sprinkle generously over the bacon.
Cook bacon- soft-cooked- not crispy.
Dice bacon and toss it and drippings into pot roast bowl.
Mix the onions, pot roast, and bacon together.
Form 4 oz patties with the mixture and grill on flat top- on both sides, roughly 3 minutes per side.
Top with fontina cheese. Throw brioche buns on the grill while the cheese melts.
Mix mayo, 1 tsp garlic, and bbq sauce for aioli topping.
Carefully assemble burger- bun, burger patty, aioli sauce, tomato (2), lettuce leaf, top bun.
6 individual Corn Flour Tortilla
4 cups Canola Oil or Fryer Oil
2 breasts Fire Braised Chicken Breast
1 whole Red Onion
2 whole Tomato
1 bunch Cilantro
1 whole Avocado
1 tbs Garlic
1 tbs Cumin
1 tsp Ground Chipotle Pepper
3 whole Fresh Limes
2 cups Shredded Cheddar Cheese
2 individual Sour Cream (optional)
2 individual Salsa (optional)

Directions:
Heat 4 cups of oil in a saute pan wide enough to comfortably fit tortillas. Fry each tortilla until golden brown on each side (roughly 1-2 minutes per side). Cool on the wire rack. Slice or pull both chicken breasts. Dice red onion, tomato, and cilantro. Take half the tomatoes, onions, and cilantro, and puree together. Squeeze 2.5 fresh limes into the puree. Add garlic, cumin, and chipotle, and puree together. Add puree sauce to chicken and heat until chicken has fully reheated, ~ 5 minutes. Slice avocado thinly.

Layer your tostadas:
Layer one- fried tortilla, 2 oz chicken, sprinkle tomatoes, sprinkle onions, lay 2-3 thin slices of avocado. Generously sprinkle shredded cheddar.
Layer two- fried tortilla, 2 oz chicken, sprinkle tomatoes, sprinkle onions, lay 2-3 thin slices of avocado. Generously sprinkle shredded cheddar.
Layer three- fried tortilla, sprinkle tomatoes, sprinkle onions, lay 2-3 thin slices of avocado. Generously sprinkle shredded cheddar. Top with optional sour cream/salsa. Top with cilantro.
MOZZARELLA ARANCINI

First Place Winner Team Overall
TRINITY AT BEAVER CREEK

1 tub / 1 lb Mozzarella Clinge or Blocks of Mozzarella
1 tub Fire Roasted Red Pepper Salad
4 cups Cooked Brown Rice
4 cups Seasoned Croutons
2 cups Marinara Sauce
1 cup Parmesan Cheese (optional)
1 tsp Granulated Garlic (Spice)
1 tbs Leaf Oregano (Spice)
1 tsp Leaf Basil (Spice)
6 cups Fryer Oil or Canola Oil

Directions:
Puree croutons until fine. Add garlic, oregano, and basil. Place mixture into a 1/3 pan.
Puree pasta salad until smooth. Place into a separate third pan.
Using a 1 oz scoop make mozzarella balls (if clinge is unavailable- clinge comes in perfect 1 oz balls) The balls don’t have to be perfectly round.
Roll the mozzarella balls into the pasta puree. Roll until near-perfect circle.
Roll the new ball into brown rice mixture until nearly perfect circle.
Roll the new ball into crouton mixture until nearly perfect circle.
Repeat for the desired number of balls. (Can make 12 large or 24 smaller balls)
Fry at ~300 until golden brown. (2-3 minutes)
Roll Dough into crouton mixture a second time and fry again. (2-3 minutes)
Serve Over marinara sauce and top with light sauce and parmesan if desired.
2 cups Flour
1 ea Whole Egg
1 tsp Salt
3/4 cup Water
1 cup Cornstarch
6 cups Canola Oil or Fryer Oil
3 tbs Rice Wine Vinegar
3 tbs Extra Virgin Olive Oil
1 tbs Toasted Sesame Oil
2 tsp Trade East Zesty Country Blend
2 tbs Trade East Garlic Herb Blend
1 tsp Ground Ginger
2 ea Fresh Oranges
2 packets Brown Sugar
2 cups Markon Hearts and Hearts Blend
2 cups Asian Noodles Salad
2 cups/2cups Sugar/water
½ cup Sugar for garnish
1 ea Edible Orchid

Directions: Mix the flour and salt together. Make a well in the middle. Add egg and water and combine. Knead the dough with wet hands until pliable. ~3 - 5 minutes. Sprinkle cornstarch generously across the working surface. Roll dough out. Flip it. Roll dough out. Flip it. Repeat 6 times till the dough is thin and workable. Cut edges to make the dough into a square. Cut into four pieces. Wrap dough loosely around ladle, pinching bottom corners to get a wonton shape. Heat fryer oil to ~300 degrees. Fry dough ~2-3 minutes until lightly golden. One at a time, using the ladle to maintain the integrity of the shape. Let cool on a wire rack. Mix rice wine vinegar, both oils, both spice blends together. Squeeze one fresh orange into the mixture. Add two packets of brown sugar. Whisk. Rinse Asian noodles. Divide dressing into two bowls. Toss romaine and dressing in one bowl, noodles and dressing in the other bowl. Candy Oranges: slice oranges into thin slices. Boil 2 cups of water and sugar with the ginger. Once boiling add the sliced oranges. Let boil for 5 minutes. Pull the oranges and lay them down on a sugared surface to cool. Slice in half once cool.

Assembly- Wonton bowl, Romaine, Noodles, Candied Oranges, Orchid Blossom. Garnish Plate with Microgreens if desired.
1 cup Unsalted Butter
1 cup Water
1 cup Milk (Whole is best, 2% will work)
¼ tsp Salt
4 tsp Sugar
2 cups Flour
8 ea Whole Eggs
1 cup Cheesecake Delight
1 cup Heavy Whipping Cream
2 whole Fresh Navel Oranges
1 whole Minced Zest from one orange
2 tbs Grand Marnier Liqueur
1 cup Semi-sweet chocolate chips

Directions:
Bring butter, milk, water, sugar, and salt to a simmer. Add flour. Cook for two minutes until flour is fully incorporated/dissolved. Place mixture into a mixer. Turn the mixer on low. Incorporate the eggs, one at a time. Keep the mixer on until the eggs have fully combined with the dough. ~ 3 minutes. Divide the batter into two. One batter- make question marks/backward S for the swan head. Should be roughly 2-3 inches long. Best to start from the bottom and pull at the top to get a pointed beak when finished. The other batter- layered teardrops. Make them roughly 2.5-3 inches long. 1.5 inches wide. Two layers- height is important for the wings. Bake the heads at 300 for ten minutes. Rotate and bake 5 more minutes until golden brown. Bake the bodies at 300 for 30 minutes- turning halfway through. Let cool completely. Whip together cheesecake, heavy cream, fresh-squeezed orange juice (from two oranges) zest, and grand marnier until stiff peaks form. In a double boiler melt the chocolate. Dip the “beaks” in the chocolate to make the swans more pronounced. Cut the bodies in half (horizontally through the middle). Cut the top half in half again vertically. These are the “wings”. Drizzle melted chocolate over the wings. Let cool. Pipe the filling onto the body, tall, like you would a cupcake. Place the neck into the mixture. Crisscross the wings behind the neck on top of the filling. Garnish as desired- we like hand-carved strawberry roses and more chocolate.
VERSAILLES REHAB & HEALTHCARE CENTER

FIRE BRAISED CHICKEN & BROWN RICE

1 Bag of Fire Braised Grilled Chicken Breast
1 Bag of Fully Cooked Brown Rice
1 red and green bell pepper
2 tablespoons of Trade East Garlic Herb Spices
2 tablespoons of Trade East Zesty Country Blend Spices
1/2 cup butter

Instructions:
Mix garlic and country spices with ½ cup of butter. Warm brown rice while adding ½ of the butter & spice mixture into. Warm braised grilled chicken breast with other ½ of butter & spice mixture. Cut red and green peppers into slices. Once rice and chicken are warm enough, spoon brown rice onto the plate, add juicy chicken breast, and slices of red & green peppers to the plate and serve.
Saute vegetables

Heat fully cooked Pot Roast and put in a large bowl.

Add cooked pasta to a large bowl.

Add sauteed vegetables.

Gently toss to combine.

In a small bowl, whisk all dressing ingredients together.

Pour dressing over pasta mixture. Gently toss together to coat with dressing.

1 bag Asian Pasta Salad
1 fully cooked Pot Roast
1 cup sugar snapped peas
1 cup baby carrots
1 red & green bell sliced pepper rings

DRESSING:
1/2 cup Korean Barbecue Sauce
1 Tablespoon Trade East Country Spice
1 teaspoon Trade East Garlic Spice

Instructions:
1. Saute vegetables
2. Heat fully cooked Pot Roast and put in a large bowl.
3. Add cooked pasta to a large bowl.
4. Add sauteed vegetables.
5. Gently toss to combine.
6. In a small bowl, whisk all dressing ingredients together.
7. Pour dressing over pasta mixture. Gently toss together to coat with dressing.
VERSAILLES REHAB & HEALTHCARE CENTER

POT ROAST & ASIAN NOODLE SALAD CREPES

1 box of crepe mix
2 cups of shredded pot roast
2 cups of shredded chicken breast
2 cups of Asian Noodle Pasta
1 cup shredded scallions
16 ounces of cream cheese
1 tablespoon Trade East Country Blend Spice
3 Tablespoons Korean Barbecue Sauce

Directions:
Follow crepe mix instructions on the box to make 12 crepes. Warm chicken breast and pot roast. In a large bowl, mix cream cheese, spices, and sauces together. Add chicken breast and pot roast. Lay crepe out on a plate, add two spoons of mixture onto the crepe, roll together and tie with scallions. Place crepes on a plate, add a cup of dipping sauce (recipe below), and serve.

Dipping Sauce:
16 ounce of red raspberry preserves
2 tablespoons Korean Barbecue Sauce
1 teaspoon Trade East Zesty Country Blend Spice

Directions:
Mix all together until blended, pour into condiment bowls.
GRILLED CHICKEN & BROWN RICE EGG ROLLS

1 package egg rolls
2 cups fire braised chicken breast
4 cups shredded cabbage
1 cup shredded carrots
1 tablespoon Trade East Country Blend Spice
3 Tablespoons Korean Barbecue Sauce

Instructions:
Shred chicken, cabbage, carrots all together, mix in Trade East Country Blend, Korean Barbecue Sauce, then place half a cup of mixture onto each egg roll. Bake at 350 for 25 minutes.

Dipping Sauce:
16 ounce of red raspberry preserves
2 tablespoons Korean Barbecue Sauce
1 teaspoon Trade East Zesty Country Blend Spice
Mix all together until blended, pour into condiment bowls.
FIRE ROASTED RED PEPPER SALAD & GREENS

1 container of Fire Roasted Red Pepper Salad
1/4 cup of buttermilk ranch dressing
1 bag of Markon Hearts & Hearts Blend of Greens
House Dressing Mixture for red raspberry vinaigrette

Directions for the vinaigrette:
- ¼ cup olive oil
- 1 cup seasoned rice wine vinegar
- 10 ounce jar seedless raspberry jam
- 1 teaspoon Trade East Zesty Country Blend

Instructions:
Mix oil, vinegar, jam, and spice together in a medium bowl until smooth and creamy, set aside.

Mix red pepper salad with ¼ cup buttermilk ranch dressing, set aside. Mix together Markon Hearts Blend of Greens into a large bowl. Add a medium bowl of sauce that was set aside. Sprinkle Red Raspberry Vinaigrette onto salad greens. Add a scoop of red pepper pasta to the middle of salad and serve.
1 bag of Markon Hearts Blend of Greens

House Dressing:
1/2 cup good-quality mayonnaise
1/2 cup sour cream
1/2 cup buttermilk
1 tablespoon Trade East Country Blend
1/2 teaspoon apple cider vinegar
1/2 teaspoon Worcestershire sauce
1/2 teaspoon Trade East Garlic Spice

Instructions:
Mix together Markon Hearts Blend of Greens into a large bowl.
Mix together House Dressing Ingredients in a small bowl.
Sprinkle House Blend Dressing onto salad as served.
1 bag of crushed animal cookies
1 container of Cheesecake Delight
1 box of orange jello
1 box of cream cheese
Orange slices

Instructions:
Mix cream cheese, orange jello, and 1 cup of cheesecake delight together in a medium bowl and set aside. Place cups/glasses on the workspace. Add ¼ cup of crushed animal cookies to the bottom of the cup/glass. Add ½ cup of cheesecake. Add spoons of orange jello cream cheese mixture to cup/glass. Add ½ cup of cheesecake delight. (Sprinkle with crushed animal crackers, if desired.) Add a slice of orange to the cup/glass and enjoy!
German Chocolate Brownies
Ghirardelli Carmel Topping
1 Container of Cheesecake Delight
1 Hershey’s Bar
2 boxes of German chocolate cake mix
1 med can of evaporated milk
3 sticks butter (melted)
2 14 oz bags of Kraft caramels
2 cups chopped pecans or walnuts (optional)
2 cups of semi-sweet choc. chips

Directions:
Unwrap the caramels and melt them over low heat with 2/3 cup of evaporated milk. While melting, prepare the cake mix. Mix cake mix with butter and 2/3 C evaporated milk. Add nuts. *This mixture will be thick. Press 1/2 of the mixture into a greased 13 x 9-inch pan lined with parchment paper. Bake at 350 for 8 – 9 minutes. (The batter will have set but will still be jiggly in the middle.) Remove from oven and sprinkle chocolate chips over top. Then pour the caramel evenly over chocolate chips, covering the bottom brownie layer. Drop the remaining brownie mixture on top in pieces, covering the caramel. Bake for an additional 18 – 20 minutes and let cool completely. When cool, refrigerate the brownies while in the pan for at least an hour. This will allow the caramel to set. Cut into small bites, sprinkle with powdered sugar.

Instructions:
Make German Chocolate Cake Mix according to directions on the box, let cool, then cut into squares (or circles). Take the chocolate bar and shave into pieces and put aside in a small bowl until ready for it. Place a half cup of Cheesecake Delight into cup/glass, add brownie, add another half cup of Cheesecake Delight, squeeze on Giardhelli Carmel Topping, sprinkle chocolate shavings on top, add strawberry to the side of cup/glass.
SPRING MIX SALAD

Village of the Falls

- 5 oz Spring mix salad
- 2 medium sliced strawberries
- Zinfandel Vinaigrette
- ½ cup White Zinfandel Vinegar
- 1 cup extra-virgin olive oil
- 2 tsp dijon Mustard
- ½ tsp Salt
- Pinch of black pepper
- Combine all ingredients in a blender. Blend on low setting until mixed thoroughly

- Place 4 oz of Salad mix on a plate
- Sprinkle with shredded carrots
- Top with sliced strawberries
- Sliced Cucumber
- Tomato wedges
- French Fried Onions
- Julienne Green Bell Pepper
- Red Onion rings
- Sliced Almonds
- Drizzle with vinaigrette
ROASTED RED PEPPER SALAD

- 1 Large Green Pepper
- Roasted Red Pepper salad
- Sun-dried tomatoes
- Diced Green pepper
- Tarragon
VILLAGE OF THE FALLS

GARLIC HERBED CHICKEN FRIED BROWN RICE

- Fire Braised Chicken Breast
- Trade east Garlic herb seasoning
- 3 scallions 2” julienne sliced
- House-made Honey Garlic Sauce

- Remove Chicken from original packaging
- Coat ½ hotel pan with Pam Spray coating
- Place chicken breasts in a single layer in a pan
- Brush with garlic sauce
- Lightly sprinkle with garlic herb seasoning
- Cover with foil and place on a 350-degree oven for 30-45 minutes or until internal temperature reaches 165 degrees

- 1 bag Brown Rice
- 1 Large Eggs
- 12 oz frozen peas
- 6 oz shredded carrots
- 3 scallions 2” julienne sliced
- 2 cloves minced garlic
- 4 oz Salt-Free Soy Free

- Stir Fry
ASIAN AMERICAN POT ROAST, ASIAN NOODLE SIDE

- Pot Roast
- 3 Slices Ginger
- 2 Medium Yellow Onions peeled and cut into 1" pieces
- 3 cloves of Garlic peeled and minced
- ½ cup dry sherry
- 4 Tablespoons Salt-free Soy sauce
- 1 teaspoon sugar
- 3 large carrots peeled and sliced
- 5 scallions cut into 2-inch julienne slices
- 1 cup Beef Stock

Directions:
- Remove Pot roast from original packaging.
- Place in 8" deep half hotel pan.
- Mix Beef Stock, sherry, contained gravy, Ginger, garlic, soy sauce, and sugar in an 8-quart saucepan and bring to a boil.
- Add onions and carrots to pot roast and pour in sauce mixture.
- Cover with foil and place in a 350-degree oven for about an hour or until potatoes and carrots are fully cooked.
- Nest 6oz of Noodle side at 11:00 on a presentation plate
- Place 5 oz of sliced Pot Roast slightly nestled atop Noodle Salad
- Carrots, onions, mushrooms, and garlic
- Spoon 1 ½-2oz sauce atop pot roast
- Garnish with 4-6 slices of scallions
• 1 carton Cheesecake delight
• Remove half of the contents from the original package and place in a medium mixing bowl
• Add 8 oz Rich’s whipped cream and fold in gently
• In a 9 oz tumbler place Nilla wafers in layers starting with the bottom of the glass
• Spoon in 2 oz of the original mixture from carton enough to reach the top of the wafers
• Place 1 slice of Fresh orange atop the mixture
• Place 2 - 4 oz of the mixture with whipped cream atop oranges
• Pipe a small amount of whipped cream in the center of the glass
• Top with Fresh Strawberry
1 cup salad blend
1 Asian pear, diced
1 oz dried cranberries
1 oz chopped walnuts
⅔ cup extra virgin olive oil
⅓ cup balsamic vinegar
2 tablespoons habanero maple syrup
2 tablespoons pear juice (or apple)
1 teaspoon Garlic Herb blend
1 teaspoon fresh thyme, finely chopped

Directions:
Combine the olive oil, balsamic vinegar, maple syrup, and garlic herb blend. Blend until the vinaigrette is emulsified & creamy, add pear juice to thin out. Next, add in the fresh thyme. Stir to combine. Build your salad as desired and top with vinaigrette.
½ tub premade fire-roasted red pepper pasta salad
2 Tbsp. soy sauce
2 Tbsp. rice wine vinegar
2 tsp. toasted sesame oil
1 cup Edamame
1 cup diced Avocado
1/2 cup chopped fresh cilantro

Directions:
Combine soy sauce, vinegar, & oil, and coat the edamame and avocado & add the mixture to premade pasta salad, and stir. Serve 4-ounce portion and top with chopped cilantro.
THAI CHILI BEEF WITH COCONUT RICE

3 cups precooked brown rice
1 can (13.5 ounces) coconut milk
3 tablespoons chili sauce
2 tablespoons plus 1 teaspoon soy sauce
1 tablespoon vegetable oil
3 garlic cloves, chopped
1 ½ pound beef pot roast
1 cup chiffonade fresh basil leaves
Lime Wedges, for serving

Directions:
In a medium saucepan, heat coconut milk & add rice. Cover & set aside. When rice is heated, combine chili sauce and soy sauce in a small bowl; set aside. Heat a skillet. Add oil & garlic, stirring constantly, 15 seconds. Add soy mixture to deglaze the pan, and cook 30 seconds. Add beef, breaking up meat with a wooden spoon, until completely heated, about 4 minutes. Serve 3 ounces of beef over 4 ounces of coconut rice with lime wedges & top with basil.
16 ounces Asian spaghetti
2 teaspoons sesame oil
1 pound chicken, cut into strips
2 garlic cloves, minced
1 large egg, lightly beaten
3 cups coleslaw mix
1/3 cup rice vinegar
1/4 cup sugar
2 tsp zesty country seasoning
3 tablespoons soy sauce
2 tablespoon teriyaki sauce
1 tablespoon lime juice
Garnish with chopped fresh cilantro, lime slices, chopped peanuts, and green onions

Directions
Heat the oil over high heat in a large skillet. Add garlic and cook until tender and fragrant, about one minute, stirring constantly to keep the garlic from burning. Then, add the egg. Stir-fry for 1 minute. Add the coleslaw mix along with the vinegar, sugar, soy sauce, seasoning, teriyaki sauce, & lime juice. Stir-fry for about a minute, until the sauce is lightly bubbling and the coleslaw is wilted. Add the noodles and cook briefly to allow the flavors to come together. Add Chicken to the pan and continue to cook until it’s heated through. Finally, plate 4 ounces of chicken atop 4 ounces of noodles & garnish each dish with cilantro, peanuts, lime slice, and green onions.
CHAI TEA PANNA COTTA CHEESECAKE PARFAIT

1 ½ cups well chilled, heavy cream
1 1/2 tablespoons sugar
1 teaspoon vanilla extract
2 tablespoons chopped crystallized ginger
Cheesecake Delight
2 chai tea bags
¾ cup water
1 ¾ cups heavy cream
¾ cup granulated sugar
1 ½ teaspoons powdered gelatin

Directions:
Beat chilled whipping cream with sugar and vanilla extract in a bowl to soft peaks. Stir in chopped crystallized ginger. Cover and chill for up to 6 hours.
Add 2 ounces of cheesecake delight to ramekin; set aside in cooler.
Soften the gelatin in 2 tablespoons of water and set aside.
In a saucepot, warm the water and add the tea bags, let steep until the tea is strong. Add the cream and sugar and heat until the mixture just begins to boil. Take off the heat and add the softened gelatin. Mix until dissolved.
Pour 2 ounces of panna cotta mixture on top of the cheesecake in ramekin and chill for 2-3 hours until well set. Top with ginger whipped topping.
"Q U O T E S"

“It was a pleasure to see the enthusiasm for the competition. I was happy to hear about engagement of residents; involving them demonstrated value for resident preferences and real desire to offer great dining experiences.”
– Beverley L. Laubert, State Long-Term Care Ombudsman

“It’s been a tough year for everyone but especially for those in healthcare. You have shown what makes you all so resilient and have inspired so many of us with your creativity and determination. Thank you for all you do day in and day out, and fantastic job with your presentations.”
– Keith Amos, Regional Sales Manager, Sandridge

“Thank you for participating in the OHCA Mystery Box Challenge, presented by Sandridge Foods and Gordon Food Service. The time you put into this event was evidenced in the quality of dishes, the presentations, and the teams you gathered around yourselves. Your enthusiasm was contagious and inspiring, making me give pause; grateful to know you folks are the ones inspiring and championing our front-line workers. You are the wind beneath your residence’s experiences on a daily basis. It was said once in the competition and I quote, "...I view food as medicine..." I couldn’t agree more. As we wait with eager anticipation to ‘break bread together’ and share our meals, I know you all are out there making people’s lives just a little more normal and safe. Congratulations go out to you all for a job very well done; thank you for being an inspiration!”
– Eric Meisel, CEC, Culinary Specialist, Gordon Food Service

’It was a pleasure to be part of such a great event. Our team had a lot of fun, this was a great Team building opportunity for our staff. I know the residents will be grateful for the new recipes/items we created and will be implementing them on our menu soon. I am happy to see the recognition given to the Dietary communities for serving foods as a type of ‘medicine’ as many people do not realize the importance of a great meal and how it affects an individual’s daily living. I have believed for many years that we are ’Food Doctors’ in that we have the ability to nourish a person’s nutrition and keep them wanting to come back for more daily.’
– Marshall A. Goldstein, Executive Chef, The Elizabeth Scott Community