

\$2.50



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GLUTEN FREE COOKBOOK



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

About the Recipes

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

MAKE THEM YOUR OWN !!

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

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

Soften Bases in **water instead of oil** before
rubbing on meats, poultry or fish to season.

Replace mayonnaise or sour cream in dips, sand-
wiches or pastas with "Fat-Free" varieties, then
add great flavor with Bases.

HAPPY COOKING !!
Heidi & David

PLEASE NOTE: We define gluten free products as
those that contain no wheat, rye, oats or barley.
Please check all ingredients used to be sure they
will not have any affect on your system.



Chef's Secrets for Delicious Results

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

TABLE OF CONTENTS

CHEF'S INGREDIENT VEGETABLE SEASONING BLEND

Asian Coleslaw	2
Asian Pear Vinaigrette	2
<u>GLUTEN FREE SAUTEED VEGETABLE and/or MUSHROOM BASE</u>	
Heartland Corn Chowder	3
Vegetarian Tortilla Soup	4
Sauteed Vegetable Baste	5
Butter Sauce with Chicken or Vegetable Flavor	11
Vegetable Noodle Bowl	11
Potatoes Poached in a Vegetable Broth	11
Sauteed French Lettuce	17
<u>GLUTEN FREE MUSHROOM BASE and/or VEGETABLE BASE</u>	
Mushroom and Roasted Garlic Bruschetta	3
Broccoli Mushroom Risotto	4
Country Vegetable Medley	4
<u>GLUTEN FREE CLAM BASE</u>	
Chicken & Clams In Wine Sauce	5
Clam Dip	5
Seafood & Cheese Tortilla Soup	6
<u>GLUTEN FREE LOBSTER BASE</u>	
Irish Seafood Chowder	6
Lobster Sauce For Fish	7
Lobster Newburg	7
<u>GLUTEN FREE SEAFOOD BASE</u>	
Bayou Shrimp & Scallop Muddle	7
Creamy Seafood Sauce & Variations	8
Corn & Crabmeat Chowder	8
Louisiana Seafood Gumbo	9
<u>GLUTEN FREE CHICKEN BASE</u>	
Chicken & Mushroom Sauce	9
Chicken Noodle Soup	10
Parsley Au Jus	10
Butter Sauce with Chicken or Vegetable Flavor	11
Grilled Bayou Chicken with Cajun Hollandaise	12
Mediterranean Mashed Catania Potatoes	14
Potato Leek Kielbasa Soup	17
Sauteed French Lettuce	17
Memorable Mashed Potatoes	17
Chicken White Bean Chili	19
Chicken Salad Almondine	19
Chicken Vegetable Pasta Salad	19
<u>GLUTEN FREE BEEF BASE</u>	
French Onion Soup	10
Beef Vegetable Soup	10
Deviled Strip Steak au Poivre	11
Beef Gravy	18
Beef & Macaroni with Tomatoes	18
Cheeseburger Chowder	18
<u>GLUTEN FREE ROASTED GARLIC FLAVOR CONCENTRATE</u>	
Mushroom and Roasted Garlic Bruschetta	3
Roasted Garlic Seasoned Rack of Lamb	13
Beef Quinoa Soup	13
Salsa Verde	14
Mediterranean Mashed Catania Potatoes	14
Monaco Marinara Sauce	15
Black Bean & Roasted Vegetable Pico De Gallo	15
Cuban Style Roasted Garlic Mojo Marinated Pork	16
<u>GLUTEN FREE CILANTRO LIME FLAVOR CONCENTRATE</u>	
Salsa Verde	14
Mango, Cilantro Lime, Pepper & Gulf Shrimp Hoagie	14
Key West Monterey Jack & Shaved Ham Baguette	16
<u>GLUTEN FREE ROASTED MIREPOIX FLAVOR CONCENTRATE</u>	
Monaco Marinara Sauce	15
Black Bean & Roasted Vegetable Pico De Gallo	15
<u>GLUTEN FREE HOLLANDAISE CONCENTRATE</u>	
Grilled Bayou Chicken with Cajun Hollandaise	12
Voodoo Sauce For Chicken	12
Sauteed Shrimp with Citrus Hollandaise	12

Asian Coleslaw Makes about 2 cups

1/3	cup	Hellmans mayonnaise
1	Tbsp.	minced ginger
1	Tbsp.	soy sauce
1/4	cup	mirin (Japanese sweet rice wine)
1	Tbsp.	<u>CHEF'S INGREDIENT VEGETABLE SEASONING BLEND</u>
1	Tbsp.	white sesame seeds
1	Tbsp.	black sesame seeds (or use all white sesame seeds)
1	Tbsp.	wasabi powder (Japanese horseradish powder)
1	Tbsp.	white sugar
1	tsp.	toasted sesame oil
1/2	cup	julienned red cabbage
1/4	cup	julienned sweet potato
1/4	cup	julienned celery
1/4	cup	julienned onion
1.4	cup	julienned snap peas
1/4	cup	julienned carrots
1/4	cup	julienned shiitake mushrooms

Combine the first 10 ingredients in a large mixing bowl. Stir or whisk until fully combined and smooth. Add the julienned vegetables and toss until fully coated and combined. Serve immediately at room temperature, or refrigerate until ready to use.

Asian Pear Vinaigrette

6		Asian pears, peeled and diced
1/4	Tbsp.	sugar
1/4	cup	cider vinegar
1/4	cup r	ice vinegar
1/2	cup	olive oil
1/4	cup	walnut oil
1/2	cup	mirin (sweet Japanese rice wine)
1/2	cup	finely chopped shallots
1	tsp.	<u>CHEF'S INGREDIENT VEGETABLE SEASONING BLEND</u>
1/2	tsp.	ground nutmeg

Reserve 1 cup of the diced pears and set aside.

Combine the remaining ingredients in a skillet and cook over high heat until the pears are just tender, about 5 minutes. Transfer the mixture to a food processor and purée until smooth. Gently fold in the reserved pears.

Chicken (Or Turkey) White Bean Chili

1¾	Cups	Water
2/3	Cup	Onions -- medium diced
1½	Tsps	<u>Gluten Free Chicken Base</u>
1/8	Tsp	Garlic -- minced
2	Cups	Great northern beans -- canned, drained
4	Ozs	Chicken or turkey (1 cup) -- medium diced
½	Cup	Green chili peppers, canned, drained -- medium diced
½	Tsp	Ground cumin
¼	Tsp	Oregano
1/8	Tsp	Cilantro (dry)
	Dash	Ground red pepper
	Dash	Ground cloves
½	Cup	Monterey jack cheese, shredded for -- garnish, optional

In sauce pot combine water, onions, Base and garlic. Heat to boiling over med-high heat; reduce heat; gently boil 3 minutes, stirring occasionally. Add beans, chicken, chili peppers, cumin, oregano, cilantro, pepper and cloves. Return to gentle boil 10-12 minutes, stirring occasionally. Garnish. Serves 4

Chicken Salad Almondine

½	Cup	Mayonnaise
3	Tbsps	Sour Cream
¼	Cup	Celery -- diced small
1	Tbsp	Onions -- diced small
2	Tsp	<u>Gluten Free Chicken Base</u>
2	Tsp	White Wine Vinegar
1	Tsp	Fresh Lemon Juice
¼	Tsp	Fresh Ground White Pepper
1	Pound	Cooked Chicken Meat -- diced
1/3	Cup	Almonds -- slivered & toasted

Combine first 8 ingredients. Blend well. Add chicken and almonds. Mix gently until blended. Chill and serve. Serves 6

Chicken Vegetable Pasta Soup

3	Tbsps	<u>Gluten Free Chicken Base</u>
1½	Quarts	Water
2	Cups	Frozen mixed vegetables
1	Cup	Cooked chicken(5 oz.) -- diced
¾	Cup	Gluten Free Small pasta shells -- uncooked
½	Cup	Canned tomatoes, diced in juice
2	Tbsps	Onions -- diced medium
¾	Tsp	Fresh Parsley Chopped For Garnish -- optional

In a 4 qt. sauce pot, heat Base and water to boiling. Add remaining ingredients. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 12-15 minutes, until tender. Garnish. Serves 8

Beef Gravy

3 1/2	Tbsp	Butter
3 1/2	Tbsp	<u>Gluten Free Flour, all-purpose</u>
2	C	Water, hot
1	Tbsp	<u>Gluten Free Beef Base</u>

In a sauce pot melt butter. Whisk in flour. Cook 2 minutes, stirring constantly. Add water and Beef or Veal Base, mixing well with whisk. Heat to boiling; reduce heat and gently boil 2 minutes, stirring occasionally. Serves 10

Beef & Macaroni With Tomatoes

2	C	Elbow macaroni (gluten free)
1	lb	Ground chuck
2	Tbsp	<u>Gluten Free All-purpose flour</u>
3	C	Hot water
2	Tbsp	<u>Gluten Free Beef Base</u>
1	Can	Tomatoes crushed in puree (28 oz.)
1/2	C	Onions, diced medium
2	Tbsp	Sugar

Cook macaroni per pkg directions. Drain. In sauce pot over medium high heat, cook beef until browned, 10 min, stirring constantly. Don't drain fat. Add flour, mixing well. Cook 2 minutes, stirring occasionally. Add water, Beef Base, tomatoes, onions and sugar, mix well. Heat to boiling over medium high heat, stirring constantly; reduce heat; gently boil 25-30 minutes stirring occasionally. Add macaroni. Heat through, stirring occasionally. Serves 6

Cheeseburger Chowder

2	Tbsp	Vegetable oil
3/4	C	Onions, diced small
1/2	C	<u>Gluten Free Flour, all-purpose</u>
5	C	Water
2	C	Half and half
3	Tbsp	<u>Gluten Free Beef Base</u>
1	lb	Ground beef, cooked/crumbled
1	C	Tomatoes, diced medium
1 1/2	C	Potatoes, diced small
1/2	tsp	White pepper, Fresh ground
3/4	C	Cheddar cheese, sharp, grated

In sauce pot, heat oil over med-high heat. Add onions; saute 2-3 minutes. Blend in flour; cook over medium heat 2-3 minutes, stirring constantly. Add water, cream, Beef Base, ground beef, tomatoes, potatoes and pepper. Mix well. Heat to boiling over med-high heat; reduce heat; gently boil 10 minutes, stirring occasionally. Remove from heat. Add cheese; stir until melted. Serves 8

Heartland Corn Chowder

1/4	C	Butter or margarine
1/4	C	Onions, medium diced
1/4	C	Celery, medium diced
1/4	C	Green peppers, medium diced
1/4	C	Red peppers, medium diced
1/2	C	<u>Chef's Ingredient All Purpose Gluten Free Flour</u>
2	C	Water
3/4	C	Del Monte or Green Giant Creamed corn
1	C	Potatoes, medium diced
1/2	C	Corn, frozen whole kernel or 1-16 oz. can, drained
1 1/2	Tbsp	<u>Gluten Free Sautéed Vegetable Base</u>
1/2	tsp	Old Bay seafood seasoning
1/4	tsp	Worcestershire sauce
3/4	C	Cream, heavy whipping

In sauce pot over medium high heat, melt butter. Add onions, celery and peppers. Saute 3 minutes. Blend in flour. Cook over medium heat 2 minutes, stirring constantly. Add water, potatoes, Vegetable Base, Old Bay, Worcestershire, creamed and frozen corn. Boil over medium high heat, stirring constantly. Reduce heat; gently boil until potatoes are tender, 10-15 minutes, stirring occasionally. Add cream. Gently boil 2 minutes. Serves 5

Mushroom and Roasted Garlic Bruschetta

1/8	C	Olive oil
2	C	Onions, fine diced
1 1/2	C	Oyster mushrooms, chopped fine
1 1/2	C	Shiitake mushrooms, chopped fine
1 1/2	C	Mushrooms, white, chopped fine
1/4	C	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
1	tsp	<u>Gluten Free Mushroom Base</u>
1 1/2	Tbsp	Lemon juice
1/4	tsp	Black pepper, ground
1/4	C	Gruyere cheese, shredded
1/4	C	Gluten Free Bread crumbs, fresh,
28	slices	Gluten Free bread loaf, sliced 1/4" thick
2 2/3	Tbsp	Olive oil

In a sauté pan, sauté onions in oil until translucent. Add mushrooms, Roasted Garlic, Mushroom Base and lemon juice. Cook, stirring occasionally, until mushrooms are tender and liquid is reduced to one half original volume. Add pepper, cheese and bread crumbs. Gently fold until well blended. Take off heat. Cool mixture. Place sliced bread on sheet pan and brush lightly with olive oil. Toast bread in oven until lightly toasted. Spread 1 Tbsp mushroom mixture on each slice of bread. May be garnished with diced tomatoes, olives, cheeses and/or fresh chopped basil. Serves 28

Vegetarian Tortilla Soup

1	Tbsp	Butter or margarine
1/4	C	Red bell pepper, diced medium
4	tsp	Green Chilies, canned, diced
1/2	C	Zucchini, diced small
1/2	C	Onions, diced small
1/2	C	Yellow squash, diced small
1 1/4	C	Water
4	tsp.	<u>Gluten Free Sautéed Vegetable Base</u>
2	Cloves	Garlic, minced
1 1/2	C	Tomatoes, canned, diced in juice
2 1/2	Tbsp	Salsa, hot or mild
3/4	tsp	Cumin, ground
1/4	tsp	Chili powder
1/4	tsp	Black pepper, fresh ground
2		Corn Tortillas, 6" Round, julienned, 1 1/2" long

In sauce pot over medium high heat, melt butter. Add garlic, peppers, chilies, zucchini, onions and squash. Saute 5-7 minutes. Add water, Vegetable Base, tomatoes, salsa, cumin, chili powder and pepper. Heat to boiling over medium high heat. Reduce heat; cover; gently boil until vegetables are tender, 5-7 minutes, stirring occasionally. Add tortillas to soup while stirring. Serves 4

Broccoli Mushroom Risotto

1/4	C	Vegetable oil
1	C	White rice, long grain
1/2	C	Mushrooms, diced fine
1/4	C	Onions, minced
1/3	C	Almonds, sliced
1	qt	Water, cold
1 2/3	Tbsp	<u>Gluten Free Mushroom Base</u>
1	C	Water
1 1/2	C	Parmesan cheese, grated
1 1/2	C	Broccoli florets, cut small

In sauce pot over medium high heat, heat oil and add rice, mushrooms and onions. Saute 2-3 minutes. Add almonds and saute until brown. Add 1 qt. of water and Mushroom Base. Heat to boiling on medium high heat. Reduce heat and gently boil for 25 minutes. Add 1 C water 1/4 C at a time, if needed, continuing to cook until water is absorbed. Repeat until rice is very tender. Add cheese; stir until melted. Blanch broccoli in boiling water for 30 seconds to 1 minute. Drain, add to rice. Variation: Use as a stuffing. Serves 10

Country Vegetable Medley

1	C	Yellow wax beans, trimmed, cut 1 1/2" strips
1	C	Green beans, cut 1 1/2" strips
2	Tbsp	Margarine or butter
2	tsp	<u>Gluten Free Mushroom Base</u>
1	Can	Whole Potatoes*, halved, drained and rinsed (15 Oz.)
1/2	C	Mushrooms, fresh, sliced 1" thick

Parboil beans 7-10 minutes. Drain and rinse in cold water. Set aside. Melt butter in skillet over medium heat. Add Mushroom Base and blend well. Add beans, potatoes and mushrooms. Saute 7-10 minutes. Serve hot with corn bread. Variation: 1 1/2 C cooked, sliced potatoes or 1 C cooked rice may be substituted for canned potatoes. Serves 6

Potato Leek Kielbasa Soup

1/4	Tsp	Cumin Seed
1/4	Tsp	Caraway Seed
1	Medium	Leek, White Part Only, clean well -- cut in 1/4" strips
1	Tbsp	Unsalted Butter
2	Cups	Hot Water
2	Tsp	<u>Gluten Free Chicken Base</u>
1/2	Pound	Potatoes -- diced medium
1/3	Pound	Low-Fat Kielbasa, Quartered Lengthwise --cut in 1/2" strips
1	Tbsp	Half And Half
1/2	Cup	Fresh Spinach Leaves -- julienned

In dry saucepan, toast cumin and caraway seeds over moderate heat, stirring until fragrant. Set aside. In soup pot, cook leek in butter, stirring occasionally, 5 minutes or until very soft. Add Base and hot water to leeks, along with potatoes; bring to boil. Simmer 10 min. or until potatoes are tender. Stir in toasted seeds, kielbasa, half & half, and pepper to taste. Simmer 5 min. Just before serving stir in spinach, reserve a portion for garnish.

Serves 2

Sautéed French Lettuce

2	Tablespoons	Butter Or Margarine
3/4	Cup	Green Onions -- sliced thin
1	Pound	(1 Qt) Iceberg Lettuce -- julienned - Do not use hearts
1	Cup	Frozen Peas -- thawed
1/2	Tablespoon	<u>Gluten Free Chicken Base*</u>
1/2	Tablespoon	<u>Gluten Free Vegetable Base*</u>
1/4	Teaspoon	Marjoram Or Oregano

In large skillet over med-high heat, melt butter. Add onions; saute 1 minute. Add lettuce, cook until wilted, apx. 1 minute. Add peas. Dissolve Bases and oregano in 2 Tbsps.

water and add to lettuce. Cook and stir 1 minute. *Use one Base variety if desired. Serves 6

Memorable Mashed Potatoes

1	Quart	Potatoes -- diced large
1	Quart	Water
1/4	Cup	Milk
2	Tsps	<u>Gluten Free Chicken Base</u>
2	Tsps	Butter Or Margarine
1/8	Tsps	Fresh Ground White Pepper

Heat potatoes and water to boiling over med-high heat. Reduce heat; gently boil until potatoes are tender, apx. 15 minutes. Drain. Combine milk, Base, butter, pepper and potatoes. Beat at high speed with electric mixer until smooth. Serves 6

Cuban Style Roasted Garlic Mojo Marinated Pork

4 each Pork tenderloins, whole, trimmed

Mojo marinade:

2/3 C Olive or vegetable oil
2/3 C Grapefruit juice, fresh
1/3 C Lime juice, fresh
2 Tbsp Rosemary, fresh, chopped
1/2 Tbsp **Gluten Free Roasted Garlic Flavor Concentrate**
1 tsp Cumin, ground
1/4 tsp Black Pepper, ground

Prepare marinade:

In a saucepan over medium high heat, combine olive oil, grapefruit juice, lime juice, rosemary, Roasted Garlic, cumin and black pepper. Bring to a boil. Remove from heat and chill before using as a marinade or as a table sauce. To prepare pork: Completely coat pork with Mojo marinade. Cover with plastic wrap and refrigerate at least 8 hours. To cook: Remove pork from marinade and sear on a char-grill or saute on all sides. Place seared pork on a baking pan. Brush evenly with additional Mojo marinade. Bake in a 350°F oven 25-30 minutes until meat reaches an internal temperature of 160° F and is slightly pink in the center. Remove pork from pan and set on a plate to rest for 5 minutes before slicing. Serves 16

Key West Monterey Jack & Shaved Ham Baguette

DRESSING

5 oz Cream cheese, softened
2 Tbsp **Gluten Free Cilantro Lime Flavor Concentrate**
2 tsp Lemon juice, fresh
1/2 tsp Caribbean jerk spice
1 1/2 C Mayonnaise

SANDWICH

16 Gluten Free French rolls
1 lb Monterey Jack cheese, sliced
2 lb Ham, cooked, sliced thin
1 1/2 lb Tomatoes, sliced
8 oz Lettuce, Romaine

In a food processor, combine cream cheese, Cilantro Lime Flavor Concentrate, lemon juice and jerk seasoning. Process until well mixed. Add mayonnaise. Process until well blended. Set aside. Slice each roll lengthwise. Spread each slice of bread with 1/2 Tbsp. of mayonnaise mixture. Evenly layer 1 oz. Monterey jack cheese, 2 oz. ham, 2 tomato slices and 1 leaf of romaine on bottom halves of bread. Cover with top halves of bread. Cut in half and serve. Serves 16

Sauteed Vegetable Baste

1/4 C Vegetable or olive oil
1/4 C Water, lukewarm
1/3 C **Gluten Free Sauteed Vegetable Base**
1 tsp Herbs, dried, use one or more of the following:
Dill, Rosemary and/or Tarragon

In a small bowl, whisk oil, water and Vegetable Base until well blended. Add herbs, mix well. Let stand 30 minutes. Brush on fish, chicken, beef or pork. Marinates 8 lbs. of meat. Yield 1 cup

Chicken & Clams In Wine Sauce

1 Tbsp Vegetable Oil
1 1/2 Cups (10 Oz.) Boneless Chicken -- cut 1/4" x 1 1/2"
1 Medium Red Bell Pepper -- cut 1/4" x 1 1/2"
3 Tbsp Vegetable Oil
1 Cup (4 Medium) Leeks -- sliced 1/4" thick
2 Cups Fresh Mushrooms -- sliced 1/4" thick
1 Tbsp Fresh Parsley -- minced very fine
1 Medium Garlic Clove -- minced very fine
1 Can (6 1/2 Oz.) Chopped Clams -- undrained
3/4 Cup Hot Water
1 Tbsp + 2 Tsp **Gluten Free Clam Base**
1/4 Cup Sauterne Wine
1/3 Cup Cold Water
3 Tbsps Pure Cornstarch

In a 2 qt. saucepan, heat 1Tbsp. oil over med-high heat until hot. Add chicken and saute 3-5 minutes. Add peppers continue saute 3-5 minutes longer until chicken is lightly browned. Remove from pan and set aside. In same pan, heat additional oil over med-high heat, until hot. Saute and stir leeks 3-4 minutes. Add mushrooms, parsley and garlic. Reduce heat; saute 3-5 minutes. Stir in clams with juice, water, Base and wine. Heat to boiling over med-high heat. Reduce heat and simmer 5 minutes, stirring occasionally. Add chicken and peppers. Heat to simmering, stirring occasionally. In a bowl, blend cornstarch and water using wire whisk. While stirring constantly, add to hot mixture. Heat to boiling over medium heat, stirring often. Boil and stir 1 minute Serve over rice or pasta. Serves 4

Clam Dip

2 Cans (6.5 Oz.) Chopped Clams with 1/4 cup juice reserved
1 Package (8 Oz.) Cream Cheese -- softened
1/2 Cup Sour Cream
2 Tsp **Gluten Free Clam Base**
1/3 Cup Red Bell Pepper -- finely chopped
1/4 Cup Shallot -- minced
2 Tbsps Fresh Parsley -- minced
1 Tsp Worcestershire Sauce
1/8 Tsp Cayenne Pepper or More To Taste

Dissolve Base in 1/4 cup clam juice. Whisk together cream cheese, sour cream and Base mixture, until smooth. Stir in remaining ingredients. Serve with veggies, toasts or chips. Yield 2 cups

Seafood & Cheese Tortellini Soup

1	Cup	Cheese tortellini (made with gluten free pasta)
¼	Cup	Butter or margarine
½	Cup	Onions -- short julienne cut
¼	Cup	Red bell pepper -- short julienne cut
½	Tsp	Garlic -- minced
½	Cup	<u>Chef's Ingredient Gluten Free All-purpose flour</u>
3	Cups	Water
2	Tbsps	<u>Gluten Free Clam Base</u>
	Dash	Fresh ground white pepper
½	Cup	Half and half
1	Can	(6½ oz.) Chopped Clams-with juice
½	Cup	Frozen peas
¼	Cup	Each Bay scallops and shrimp (70/90 count) -- or amount to taste

Cook pasta per pkg directions. Drain, rinse and set aside. In sauce pot over med-high heat, melt butter. Add onions, peppers and garlic. Saute 3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Clam Base and pepper, mixing well with wire whisk. Heat to boiling over med-high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add half & half, peas, and seafood. Mix well. Return to gentle boil for 3 minutes, stirring occasionally. Add tortellini. Return to gentle boil 3 minutes, stirring occasionally. Serves 6

Irish Seafood Chowder

2	Tbsps	<u>Chef's Ingredient Gluten Free Flour</u>
2	Tbsps	Butter
6	Cups	Water
2	Tbsps + 2 Tsp.	<u>Gluten Free Lobster Base</u>
1	Cup	Half And Half Or Cream
¾	Pound	Mixed Fish* -Salmon, Crab, Shrimp... or more to taste
¼	Cup	Carrots -- Diced
¼	Cup	Leeks -- Sliced
¼	Cup	Red Bell Peppers --Diced
¼	Cup	Celery
¼	Cup	Dry White Wine
¼	Tsp	Mustard Seed
		Fresh Basil -- to taste
		Fresh Ground White Pepper -- to taste

Dissolve Lobster Base in water for broth and set aside. In a saucepan, melt butter and saute vegetables until tender-crisp. Add wine and reduce. Add flour and make a roux. Mix in lobster broth and cream; simmer about 20 minutes. Add fish, mustard seed and basil; cook 5 minutes more. Adjust seasonings and serve. *Jim adds smoked salmon for a richer, stronger tasting soup. Use any fish or vegetable combination desired. Serves 4

Monaco Marinara Sauce

1	Tbsp	Olive oil
2	Tbsp	Onions, finely chopped
1 (28 oz)	Can	Tomatoes, crushed in puree
1-1/2	tsp	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
3	Tbsp + 1 tsp	<u>Gluten Free Roasted Mirepoix Flavor Concentrate</u>
1/2	tsp	Basil, leaf, dried
1/2	tsp	Oregano, leaf, dried
1	tsp	Sugar, granulated
1	Tbsp	Parmesan cheese, fresh, grated

In a sauce pot, heat oil over medium high heat. Add onions; sauté 4 minutes, stirring frequently. Add tomatoes, Roasted Garlic, Herb de Provence, Roasted Mirepoix, basil, oregano and sugar, mixing well. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil 10 minutes, stirring occasionally. Stir in Parmesan cheese. Serve over meatballs or pasta, or use as a dipping sauce. Serves 7

Black Bean and Roasted Vegetable Pico De Gallo

1	Tbsp	Olive oil
1	Tbsp	<u>Gluten Free Roasted Mirepoix Flavor Concentrate</u>
1-1/2	tsp	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
1-3/4	Cups	Tomatoes, diced, seeded
1/4	Cup	White onion, fine diced
2	Tbsp	Lime juice, fresh
5	tsp	Ortega Diced Jalapeno, drained, finely chopped
1-1/2	Tbsp	Cilantro, fresh, chopped
1	Cup	Black beans, canned, drained, rinsed
1	dash	Salt
3	Tbsp	Green onions, sliced

In a large bowl, combine oil, Roasted Mirepoix, Roasted Garlic, tomatoes, onions, lime juice, diced jalapeno and cilantro. Mix until well blended. Add black beans and salt; gently mix. Top with green onions and refrigerate for at least 30 minutes. Serve with cooked meat, fish, or poultry. Serves 8

Salsa Verde

4 1/2	Tbsp	Cilantro or parsley, washed
8	oz	Whole green chiles, fire roasted, canned, diced, drained
1	tsp	Salt
1	Tbsp	Lemon juice, fresh
8	oz	Yogurt, plain
1	Tbsp	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
2	tsp	<u>Gluten Free Cilantro Lime Flavor Concentrate</u>
2	C	Mayonnaise
2	Tbsp	Tabasco, hot chili sauce green

In a blender, combine cilantro, chiles, salt and lemon juice. Blend until smooth. In a bowl, add blender mixture, yogurt, Roasted Garlic Flavor Concentrate, Cilantro Lime Flavor Concentrate, mayonnaise and Tabasco. Mix until well blended and smooth. Keep chilled. Can be served with all Indian foods. Serves 16

Mediterranean Mashed Catania Potatoes

3-1/3	Cups	Potatoes, peeled, large diced in enough water to cover
1/4	tsp	Salt
1/3	Cup	Whole milk
1	Tbsp	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
1	tsp	<u>Gluten Free Chicken Base</u>
1/4	Cup	Sour Cream
2	Tbsp	Margarine or butter
2/3	Cup	Cheddar cheese, shredded
1	Tbsp	Sun dried tomatoes, re-hydrated, chopped fine

Heat potatoes, water and salt to boiling over medium high heat. Reduce heat and gently boil until very tender, apx 15 minutes. Drain and place in mixer bowl. Add milk, Roasted Garlic, Chicken Base, sour cream, margarine or butter, cheese and tomatoes. Mix with a whip attachment until smooth. Serve. Serves 7

Mango, Cilantro Lime, Pepper & Gulf Shrimp Hoagie

DRESSING

1	qt	Mayonnaise
3	Tbsp	<u>Gluten Free Cilantro Lime Flavor Concentrate</u>
2	tsp	Lime juice, fresh
1/4	tsp	Tabasco, hot chili sauce, green jalapeno

SALSA

1 1/2	lb	Mango, ripe peeled, small diced
3/4	C	Red onions, small diced
3/4	C	Red bell peppers, small diced
1	Tbsp	Cilantro, fresh, coarsely chopped

SANDWICH

2	lb	Shrimp, peeled and cooked, large (deveined)
16		Gluten Free French rolls, (3.5 oz each)
4	oz	Lettuce, Romaine

In a medium bowl, combine mayonnaise, Cilantro Lime Flavor Concentrate, lime juice and Tabasco sauce. Mix until well blended. Set aside. In a medium bowl, combine mango, red onions, red bell peppers and cilantro. Add shrimp and dressing. Mix until well blended. Slice each roll lengthwise. Place lettuce leaf on each roll. Top with 6 oz. shrimp salad mixture. Cut in half and serve. Serves 16

Lobster Sauce For Fish

2	Tbsps	Butter
1/4	Cup	<u>Chef's Ingredient Gluten Free All-Purpose Flour</u>
1 1/2	Cups	Hot Water
1	Tbsp	<u>Gluten Free Lobster Base</u>
1/2	Cup	Cream -- hot
1	Tbsp	Pale Dry Cocktail Sherry

Melt butter over low heat. Blend in flour with wire whisk. Stir over low heat for 1-2 minutes, until bubbly and well blended. Remove from heat and add hot water gradually, mixing well. Stir in Base. Heat to boiling, stirring constantly. Boil and stir 1 minute. Add hot cream and dry sherry, mixing well. Hold over hot water until ready to serve. Yield 2 cups

Lobster Newburg

3	Tbsps	Butter or Margarine
1/4	Cup + 2 Tbsps	<u>Chef's Ingredient Gluten Free All Purpose Flour</u>
1 1/4	Cups	Hot Water
1	Tbsp	<u>Gluten Free Lobster Base</u>
	Dash	Ground Red Pepper
1	Cup	Heavy Whipping Cream -- hot
1/2	Tbsp	Butter Or Margarine
8	Ozs (2)	Lobster Tails, Cooked & Drained -- cut in 1/2" pieces
2	Tbsps	Pale Dry Cocktail Sherry

In a 3 qt. saucepan, melt butter over medium heat. Add flour and whisk until well blended, evenly cooked and bubbly, 2-3 minutes. Remove from heat. Stir in water, Base and red pepper, mixing well. Bring to a boil, stirring constantly. Boil and stir for 1 minute, until thickened. Stir in hot cream, mixing well and set aside. In a large skillet, melt butter over medium heat. Add lobster and saute 2-3 minutes, until hot. Add sauce and sherry, mixing gently. Serve hot over toast points, buttered rice or in pastry shells. Serves 4

Bayou Shrimp & Scallop Muddle

2	Tbsp	Salt Pork Or Bacon -- diced small
1/3	Cup	Green Onion -- sliced thin on bias
1/3	Cup	Carrots -- diced small
1/4	Cup	Green Pepper -- diced small
2	Tbsp	<u>Chef's Ingredient Gluten Free All-Purpose Flour</u>
1 1/2	Cups	Hot Water
3/4	Cup	Potato -- diced small
1	Tbsp	<u>Gluten Free Seafood Base</u>
2/3	Cup	Shrimp 70/90 Count
1/2	Cup	Bay Scallops
	Dash	Ground Nutmeg
	Dash	Ground White Pepper
	Dash	Gluten Free Hot Red Pepper Sauce

In sauce pot over med-high heat, saute salt pork or bacon until evenly browned. DO NOT drain fat. Add onions, carrots and peppers. Saute 2-3 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, potatoes and Base. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Add shrimp, scallops, nutmeg, white pepper and red pepper sauce; gently boil 2-3 minutes, stirring occasionally. Serves 4

Creamy Seafood Sauce & Variations

1	Tbsp	Butter Or Margarine
1	Tbsp	<u>Chef's Ingredient Gluten Free All Purpose Flour</u>
¾	Cup	Hot Water
1	Tsp	<u>Gluten Free Seafood Base</u>
¼	Cup	Heavy Whipping Cream
1	Tbsp	White Wine, Sherry Or Champagne -- Optional
1	Tbsp	Cold Butter -- Optional
1	Tsp	Fresh Parsley -- Chopped for Garnish

In a 1 qt. saucepan (not aluminum) over med-high heat, melt butter and blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, wine and Base and heat to a gentle boil, stirring constantly. Reduce heat, and gently boil 2 minutes, stirring occasionally. Add cream, stirring constantly. Return to a gentle boil and add lemon juice and cold butter. Mix until well blended. Serve over any broiled, baked or sautéed seafood. Garnish.

Variations: Add the following to 1 cup Creamy Seafood Sauce and mix until well blended.

Lemon Caper Sauce - Add 1 Tbsp. white wine and 1 tsp. chopped capers.

Lemon Thyme Sauce - Add ¼ Tsp. fresh thyme, chopped. Serve over Cod &/or Swordfish.

Lemon Tarragon Sauce - Add ¼ Tsp. fresh chopped tarragon. Serve over Scallops

Southern Spice Sauce - Add: ½ Tsp. green peppers, ½ tsp. red bell peppers finely diced, ¼ tsp. Old Bay® Seasoning. Serve over shrimp or shellfish. Yield 1 cup

Corn & Crabmeat Chowder

3	Ears	Corn On The Cob (about 1½ cups) -- cooked
5	Tbsps	Butter Or Margarine
5	Tbsps	<u>Chef's Ingredient Gluten Free All Purpose Flour</u>
2	Cups	Water
4½	Tsps	<u>Gluten Free Seafood Base</u>
2 ½	Cups	Milk
¼	Cup	Onion -- finely chopped
¾	Cup	(Apx. 6 Oz.) Fresh Or Frozen Crabmeat -- picked over
		Fresh Ground Pepper -- to taste
1/8	Tsp	Cayenne Pepper
½	Cup	Heavy Cream

Scrape corn off the cob. Melt 4 Tbsps. of butter in a saucepan. Add flour and stir until blended. Add water, Base and milk, stirring rapidly with whisk. Cook, stirring often, for apx. 10 minutes. Meanwhile, melt remaining butter in another saucepan and add onion. Cook until wilted. Add crabmeat, corn, pepper and cayenne. Cook briefly; add to sauce. Add cream and bring to a boil. Simmer gently for 5 minutes. Serves 5

HOLLANDAISE SAUCE VARIATIONS

Dilled Hollandaise - ¼ tsp. dried dill weed or ½ tsp. fresh - Seafood, veal or seafood omelet

Curry Hollandaise - ¼ tsp. curry powder - Serve over eggs benedict, shrimp or pork

Crab Meat Hollandaise - 2 Tbsp. cooked crab meat, flaked - Serve over fish or veal

Herbed Hollandaise - 1 tsp. each fresh minced - chives, shallots, parsley, tarragon, chervil

Serve over Fish and seafood

Roasted Garlic Seasoned Rack of Lamb

2	Lb	Domestic 1/2 lamb rack, French boned (7 bones)
1/2	Tbsp	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
1/4	Cup	Gluten Free Bread crumbs, dry, Italian-seasoned

Fully trim and clean lamb rack. Spread Roasted Garlic evenly over all meat surfaces. Coat garlic with bread crumbs. Cook in 350° F. oven 12-15 minutes to desired internal temperature. Remove from oven and allow to rest 4-5 minutes before cutting. Serve 3 to 4 bones (chops) per serving.

Serves 2

Beef Quinoa Soup

3 1/2	Tbsp	<u>Quinoa (dry)</u>
1	C	Water
1/2	Tbsp	Margarine or butter
1/3	C	Celery, small diced
1/3	C	Onions, small diced
1/3	C	Carrots, small diced
2 3/4	C	Water
4	tsp	<u>Gluten Free Beef Base</u>
1/8	tsp	<u>Gluten Free Roasted Garlic Flavor Concentrate</u>
1/3	C	Beef, cooked, small diced
1/4	C	Tomatoes, canned, diced in juice
dash		White pepper, ground

In saucepan, heat barley and water to boiling. Reduce heat and gently boil 45-50 minutes until tender. Rinse under cold water. Drain. Set aside. In sauce pot over medium high heat melt margarine or butter. Add celery, onions and carrots; saute 5 minutes. Add water, beef base, Roasted Garlic, beef, tomatoes, pepper and barley. Mix well. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil 10-15 minutes, stirring occasionally. Serves 4

Grilled Bayou Chicken with Cajun Hollandaise

1½	Cups	Olive Oil
¾	Cup	Water
2	Tbsps	<u>Gluten Free Chicken Base</u>
2	Tbsps	Fresh Garlic -- crushed
		Fresh Ground Black Pepper -- to taste
1½	Tbsps	Hot Red Pepper Sauce
3	Pounds	Boneless Skinless Chicken Breast
¼	Cup	Hot Water
¾	Cup	Roasted Red Peppers
2¼	Tsps	Jalapeno Peppers
2	Cups	Water
1	Teaspoon	Salt
1	Teaspoon	Hot Red Pepper Sauce
½	Container	<u>Gluten Free Hollandaise Sauce Concentrate</u>

Marinade: Whisk oil, 1st amt of water, Chicken Base, garlic, black pepper, and 1st amt of red pepper sauce; until well blended. Marinate chicken, covered/refrigerated at least 3 hrs, turning occasionally. Grill until brown apx. 15-20 mins. Sauce: In blender or processor puree hot water, roasted red & jalapenos peppers until smooth. In sauce pot, bring 3rd amt of water, pepper puree, salt & pepper sauce to rapid boil; turn off heat. Immediately add Hollandaise Concentrate. Whisk until smooth & thickened. Serve over chicken. Serves 8

Voodoo Sauce For Chicken

1/3	Container	<u>Gluten Free Hollandaise Concentrate</u> -- Prepared As Directed
2	Whole	Roasted Red Peppers Or equal amt jarred -- Peeled & Pureed
1	Whole	Jalapeno Pepper or To Taste -- Minced
1½	Tbsps	Fresh Parsley -- Chopped

Prepare Hollandaise per directions on container. Add peppers and parsley; mix until well blended. Serve over roast chicken. Yields 3 cups

Sauteed Shrimp with Citrus Hollandaise

1	Cup	Water
½	Container	<u>Gluten Free Hollandaise Concentrate</u>
½	Cup Each	Orange Juice & Grapefruit Juice
1½	Tbsps	<u>Gluten Free Seafood Base</u>
1/8	Cup	Triple Sec Liqueur
1	Tbsp	Lemon Juice
¼	Cup	Butter Or Margarine
2	Pounds	Shrimp -- peeled & deveined
1	Cup	Grapefruit Sections
3/8	Cup	Orange Sections

In sauce pot, combine water, Hollandaise Conc., Base, Triple Sec and juices; mix well. Heat to boiling over med-high heat, stirring constantly. Set aside, keep hot. In sauce pot, melt butter over med-high heat. Saute shrimp 2-3 mins., stirring constantly. Add prepared Hollandaise; blend well. Add citrus sections. Stir VERY gently. Serve over angel hair pasta. Serves 10

Louisiana Seafood Gumbo

¼	Cup	Rice - cook per package directions
2	Tbsps	Butter Or Margarine
½	Cup	Andouille Sausage -- diced medium
¾	Cup	Onions -- diced medium
¾	Cup	Green Pepper -- diced medium
½	Cup	Celery -- sliced medium
1	Tsp	Garlic -- minced
¼	Cup	<u>Chef's Ingredient Gluten Free All-Purpose Flour</u>
3	Cups	Hot Water
2	Tbsps + 1 Tsp	<u>Gluten Free Seafood Base</u>
2¼	Tsp	Worcestershire Sauce
¼	Tsp	Hot Red Pepper Sauce
1/8	Tsp	Ground Red Pepper
1/8	Tsp	Fresh Ground Black Pepper
¼	Cup	Water
¾	Tsp	Gumbo File
½	Cup	Or To Taste Shrimp 70/90 Count
1/3	Cup	Frozen Okra -- sliced
1/3	Cup	Or To Taste Lump Crabmeat
¼	Cup	Or To Taste Bay Scallops

Cook rice per pkg. directions; set aside. In sauce pot melt butter. Add sausage, onions, green pepper, celery and garlic. Saute 5 minutes. Add flour; stir until well blended. Cook for 2-3 minutes, stirring constantly. Add the 3 cups hot water, Seafood Base, Worcestershire, red pepper sauce, red and black pepper. Mix until well blended. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. In small bowl blend ¼ cup water and gumbo file using whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat; reduce heat and gently boil 3 minutes, stirring occasionally. Add seafood and okra. Mix well. Heat to boiling; reduce heat, gently boil 3 minutes, stirring occasionally. Add rice, mixing well. Gently boil 1 minute, stirring occasionally. Serves 6

Chicken and Mushroom Sauce

4	Tbsp	Butter, unsalted
12	oz	Button mushrooms, fresh, sliced thin
1	Tbsp	<u>Chef's Ingredient Gluten Free All purpose flour</u>
1	C	Water, warm
1	tsp	<u>Gluten Free Chicken Base</u>

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

Chicken Noodle Soup

1	oz	Butter, unsalted
4	oz	Onion small diced
4	oz	Carrot small diced
2	oz	Celery small diced
56	oz	Water hot
1.25	oz	<u>Gluten Free Chicken Base</u>
8	oz	Gluten Free Pasta, cooked
8	oz	Cooked chicken, meat only small diced

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

Parsley Au Jus

4	C	Water
1	Tbsp	<u>Gluten Free Chicken Base</u>
10	oz	Parsley, fresh

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

French Onion Soup

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

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

Beef Vegetable Soup

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

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

Deviled Strip Steak au Poivre

5	oz	<u>Gluten Free Beef Base</u>
1/2	tsp	Cayenne pepper, ground
1 1/2	tsp	Chili powder
1 1/2	tsp	Gluten Free Hot Sauce
1 1/2	tsp	Peppercorn, black, cracked
5	lbs	Beef loin Strip steak, trimmed

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

Butter Sauce with Chicken or Vegetable Flavor

16	oz	Water, hot
2	tsp	<u>Gluten Free Chicken or Vegetable Base</u>
1	Tbsp	Lemon juice, fresh
8	oz	Butter, slightly salted

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

Vegetable Noodle Bowl

2	tsp	Vegetable oil
8	oz	Button mushrooms, sliced thin
2		Long green onions, bias cut, thin
2	qt	Water, hot
2	Tbsp	<u>Gluten Free Vegetable Base</u>
13	oz	Rice Noodles, cooked

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

Potatoes Poached in a Vegetable Broth

2	tsp	<u>Gluten Free Vegetable Base</u>
4	C	Water, boiling
4	C	New potato Fingerlings, split, raw, rinsed
		Butter, unsalted
		Salt
		Black pepper, ground
		Parsley, fresh chopped

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