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**Holiday Delights**

## About the Recipes

We hope you enjoy the recipes we've chosen.  
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.

Cutting down on fat?  
Substitute a "fat-free" cooking spray for butter or oil,  
"Fat-Free" Half & Half (Land O' Lakes) for regular,  
Evaporated Skim milk for heavy cream  
Soften Bases in water instead of oil before  
rubbing on meats, poultry or fish to season.  
Replace mayonnaise or sour cream in dips,  
pastas or on sandwiches with "Fat-Free" varieties,  
then add great flavor with Bases.

Some of the recipes call for  
Minor's Sauce/Soup Thickener "Dry Roux"®  
Substitute any of the following:  
a) Classic roux in equal amounts of butter and flour  
b) Cornstarch or arrowroot and water  
1 oz. of Dry Roux® replaces 2 Tbsp. cornstarch or ¼ cup flour

Create memorable meals with Minor's.

**HAPPY COOKING !!**  
Heidi & David

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

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

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

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

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

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

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

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

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

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

**MURPHY'S FAMOUS SEAFOOD STEAK RUB** - Brush fish steaks with olive oil, then rub a small amount of Minor's Sautéed Vegetable Base on top of each steak. Broil until done. The Base will brown as the fish cooks, adding a rich golden color and savory vegetable flavor. If grilling beef steaks, combine olive oil and base in a small bowl to use as a marinade or baste. Ideal for salmon, tuna or swordfish. Marilyn Murphy is a Dietetic Consultant. She combines a love good food with an impressive career in dietetic foodservice, counseling operators and distributors on a wide range of nutritional topics.

## Confetti Slaw with Dried Cranberries

3/8	Cup	Frozen Margarita Mix -- thawed
1/8	Cup	Cider Vinegar
1/8	Cup	Vegetable Oil
1½	Tsps	<b>Minor's Vegetable Base</b>
Dash		Fresh Ground White Pepper -- to taste
2 ½	Cups	Green Cabbage -- sliced thin
1½	Cups	Red Cabbage -- sliced thin
½	Cup	Cranberries -- dried
1	Cup	Red and Green Apples, Tart -- diced medium

In a small bowl, combine Margarita mix, vinegar, oil, pepper and Vegetable Base; mix until well blended. In a larger bowl, toss together cranberries, apples, green and red cabbage. Add dressing; toss well. Chill. Serve plated and garnished with alternating thin slices of red and green apples. Serves 12

## Eggs Benedetto

20	Ozs	Frozen Chopped Spinach
1	Cup	<b>Prepared Minor's Alfredo Sauce</b>
1½	Tablespoons	Fresh Lemon Juice
Pinch		Ground Nutmeg
6	Ozs	(Apx. 8 Thin Slices) Baked Ham
4		English Muffins -- Split and Toasted
1	Tbsp	Cider Vinegar
8	Large	Eggs
		Ground Red Pepper- To Taste For -- Garnish

Heat oven to 200°F, place your serving platter in oven. Cook spinach per pkg. dir. Stir lemon juice into prepared Alfredo Sauce. Stir nutmeg and ½ the Alfredo sauce into the spinach. Keep remaining sauce warm. Cook ham 30-45 seconds per slice, turning once, until hot and slightly curled. Place muffin halves on warmed platter. Top each muffin half with a slice of ham and a portion of spinach. Return platter to oven. ½ fill a skillet with water, add vinegar and bring to simmer. Break eggs into small bowl, slide, 1 egg at a time, into the simmering water. Cover and simmer until set, 4-5 minutes. With slotted spoon place eggs on muffins. Spoon remaining sauce over and garnish with red pepper. Serves 4

## Shrimp Pate

1		Onion -- diced
½	Cup	Butter
2	4½ oz. Cans	Shrimp -- drained or 1 lb. fresh boiled popcorn shrimp
½	Tsp	Fresh Ground Black Pepper
		Juice Of ½ A Lemon
2	Tbsps	Mayonnaise
1	Tsp	<b>Minor's Shrimp Base</b> -- Or More To Taste
4	Ozs	Cream Cheese
		Garlic Cloves To Taste

Saute onion in butter. Place in food processor with shrimp. Add remaining ingredients, process and adjust seasonings. Serve with crackers, cocktail bread, shrimp chips etc. Serves 6

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## Autumn Vegetable Stew

1	Tbsps	Olive Oil
1½	Tbsps	<b>Minor's Ancho Concentrate</b> or to taste
1	Small	Onion -- Chopped
1		Bay Leaf
½	Tsp each	Ground Cumin and Oregano
1	Large	Zucchini -- Trimmed And Diced
1	Each - Medium	Sweet Red and Yellow Bell Pepper - Cored, Seeded, Diced
1	Cup	Canned Black Beans -- Rinsed
2	Medium	Tomatoes -- Peeled, Seeded, Chopped
2	Ears	Corn -- Kernels Sliced Off
1	Cup	Water
1	Tsp	<b>Minor's Vegetable Or Chicken Base</b>
1	Clove	Garlic -- Minced
½	Tsp to 1 Tsp	Fresh Ground Black Pepper
1	Tbsp	Cilantro -- Minced

Heat oil in large skillet. Add chili powder, onion, garlic (if using clove), bay leaf, oregano and cumin. Saute until mixture is fragrant and onions tender, apx. 5 min. Add zucchini and peppers; saute 5 min. Add beans, tomatoes, corn and broth. Simmer, uncovered, until vegetables are tender-crisp and flavors blend, 10 min. Season to taste with pepper. If desired, add more chili powder. Remove bay leaf. Sprinkle with cilantro, serve hot. Serves 3

## Beef Tenderloin A La Deutsch

2½	Pounds	Beef Tenderloin - Trimmed & Cut Apx. -- ¼ X 1 X 2" Lengths
½	Tsp	Paprika
¼	Tsp	Black Pepper
1/8	Cup	Corn Oil
5	Ozs	Unsalted Butter Or Margarine
6	Ozs	Onion -- Diced Small
8	Ozs	Green Peppers Cut -- ¾" X 1"
12	Ozs	Fresh Mushrooms -- Sliced ½" Thick
1 1/3	Cups	Burgundy Wine
1½	Quarts	Hot Water
1/8	Cup	<b>Minor's Beef Base</b>
½	Tsp	Paprika
2	Tbsps + 2 Tsp.	Tomato Puree
3½	Ozs	Cornstarch
1	Cup	Cold Water
2	Tsps	Browning Aid (Gravy Master)

Place beef in roasting pan; sprinkle evenly with paprika and pepper. Add oil and toss until well coated, arrange evenly in the pan. Sear in a 425°F oven, uncovered, stirring occasionally, 35 minutes, until evenly browned. Remove from oven. In sauce pot over medium heat, melt butter, stir in onions and peppers; saute 6-8 minutes. Add mushrooms and saute 4-5 minutes, stirring often. Add wine, heat to boiling, stirring often. Reduce heat and gently boil 5 minutes. Remove from heat. Stir in water, Base, paprika, tomato puree, meat and juices. Heat to boiling, stirring occasionally. Remove from heat. Transfer to roasting pan. Cover tightly, bake 350°F for 50 minutes, until tender, stirring occasionally. In a bowl, blend cornstarch and browning aid with cold water with whisk, until smooth. Gradually pour into hot mixture, stirring gently. Heat to boiling, stirring often. Boil and stir 2 minutes. Serve over rice or noodles. Serves 10

## Holiday Hunter Sauce for Turkey, Beef and Chicken

½	Tbsp	Butter Or Margarine
1	Cup	Fresh Mushrooms -- Diced Medium
½	Cup	Dry Sauterne Wine
2½	Cups	Water
¼	Container	<b>Minor's Demi Glace Concentrate</b>
¼	Cup	Tomato Sauce
1	Tsp	Chopped Fresh Parsley -- Or To Taste
1	Tsp	Chervil
1	Tsp	Tarragon

In a sauce pot, melt butter over med-high heat; add mushrooms and saute 2-3 minutes. Add wine and heat to boiling. Reduce liquid to ½ over med-high heat, stirring occasionally. Add water, Demi-Glace Concentrate, tomato sauce, parsley, chervil and tarragon; mix well with whisk. Heat to boiling over med-high heat, stirring constantly. Serve hot. Yield 3 cups

## Artichoke Fritters with Béarnaise Sauce

4	Cups	Peanut Oil
1	Cup	Flour
1	Tsp	Baking Powder
1	Cup	Milk
1	Tsp	Olive Oil
		Salt And Pepper -- to taste
10	Canned	Artichoke Hearts -- halved
¼	Container	<b>Minor's Hollandaise Concentrate</b>
1	Cup	Water
1	Tsp	Tarragon Vinegar
¼	Tsp	Dried Tarragon
Dash		Fresh Ground Black Pepper
1/3	Tsp	<b>Maggi@ Liquid</b> -- Optional

**Béarnaise Sauce:** Heat water to boiling remove from heat and immediately add Hollandaise Concentrate, stirring with wire whisk until smooth and thickened. Add tarragon vinegar, dried tarragon, pepper and Maggi@ Liquid. Whisk until well blended. Adjust seasonings and keep warm.

**Fritters:** Heat oil in a deep pan. Mix flour and baking powder with egg, milk and olive oil. Season with salt and pepper. Dip artichokes in batter; until golden brown. Drain on paper towels. Serve with Sauce. Yield 20 fritters

## Marinated Shrimp

1	Pound	Shrimp -- Cleaned
2	Cups	Sour Cream
1	Cup	Mayonnaise
		Juice From 1 Lemon
2		Red Onions -- Thinly Sliced
2	Tsps	<b>Minor's Shrimp Base</b> -- Or More To Taste
½	Tsp	Fresh Ground Pepper
3	Dashes	Cayenne Pepper Or Tabasco Sauce

Combine all ingredients. Marinate overnight. Serve buffet style as an hors d'oeuvre.

## Spicy Shrimp

½	Cup	Safflower Or Corn Oil
1/3	Cup	Onion -- Minced
1	Tbsp	Garlic -- Minced
1	Tbsp + 1 Tsp	Fresh Ginger
½	Cup	Water
1	Tsp	<b><u>Minor's Shrimp Base</u></b>
½	Tsp	Tabasco Sauce
1½	Pounds	Large Unshelled Shrimp (About 45)

Combine water and Shrimp Base for broth, set aside. Heat ¼ cup oil until hot in a wide saucepan. Saute onion, stirring constantly, until it starts to brown, apx. 6 minutes, do not burn. Add garlic and ginger; saute, stirring often, apx. 5 minutes. Add broth and Tabasco; boil 30 for seconds. Turn off the heat and stir in remaining oil. Add shrimp, tossing to coat. Let stand at room temperature 20 minutes or up to 3 hours, covered and refrigerated. Stir occasionally. Remove from refrigerator 30 minutes before serving. Cook shrimp, covered over med-high heat (in same pan) stirring often; recovering pan until just cooked through 5-7 minutes. Season with Tabasco. Serve with crusty bread for dipping. Serves 4

## White Caribbean Crab Chili

¼	Cup	Butter
1	Small	Yellow Onion -- Diced
¼	Cup	Flour
1	Tbsp	Dry Jerk Seasoning Blend (Unsalted)
3	Cups	Water
1	Tbsp + ½ Tsp	<b><u>Minor's Crab Base</u></b>
2/3	Cup	Heavy Cream
1	Cup	Black Eyed Peas (Or Choice Of Beans)
7	Ozs	Fresh Or Canned Crab Meat
		Fresh Ground Black Pepper -- To Taste
		Flour Tortillas -- Cut In Wedges
		Fresh Parsley or Dill Chopped For Garnish

Dissolve Crab Base in water for stock and set aside. Melt butter in pan over medium heat. Add onions, flour and jerk seasoning to make a roux. Stir constantly 3-4 minutes or until roux is light golden brown. Whisk in small amounts of crab stock, whisking until no lumps remain. Reduce heat and allow mixture to simmer 20-25 minutes. Do not boil. Add cream and black-eyed peas; simmer 5-10 minutes more. Add crab and heat through. Season to taste with pepper and add herbs. Serve hot. For garnish heat ¼" vegetable oil in frying pan over med-high heat. Fry tortillas until golden. Drain on paper towels; sprinkle with salt or jerk seasoning. Serves 2

## Cold Poached Salmon with Cilantro Sauce

1½	Pounds	Salmon Fillet Or 6 Fillets At 5 Oz. Each
½	Cup	White Wine
½	Cup	Sour Cream
½	Tsp	<b><u>Minor's Clam Base</u></b>
¾	Cup	Mayonnaise
2	Tbsps	Lime Juice
½	Cup	Fresh Cilantro -- chopped

Place salmon in glass baking dish, dissolve ¼ tsp Base in wine and add to fish; cover with parchment or wax paper and bake at 375 °F, 25 minutes for the fillets; 35 minutes for a whole fillet. Remove from the oven and refrigerate. Chop cilantro in food processor; add ¼ tsp. Clam Base mixed with lime juice. Add mayonnaise and sour cream. Adjust seasoning and serve with the salmon. Garnish with watercress, cucumber and lime slices. Serves 8

## Bloody Bull Cocktail

2 ¾	Cups	Tomato Juice
1	Cup	Vodka Or Gin
¾	Tsp	Celery Seed
½	Tsp	<b><u>Minor's Beef Base</u></b>
½	Tbsp	Worcestershire Sauce
½	Tsp	Coarsely Ground Black Pepper
½	Tsp	Onion Juice Or White Vinegar
5	Drops	Or 6 Red Pepper Sauce

Blend at low speed for 1 minute and serve over ice. Garnish with celery stick. Serves 3

## Chicken Mousse

2	Cups	Cooked Chicken Breast -- Chopped
12		Almonds -- Ground
6	Tbsps	Mayonnaise
1	Cup	Water
3	Tsps	<b><u>Minor's Chicken Base</u></b>
1	Package	Gelatin
¼	Cup	Cold Water
1¼	Cups	Whipping Cream -- Lightly Whipped
2	Tsps	Scraped Onion
		Juice Of ½ Lemon
2	Tbsps	Sherry
		Fresh Ground Pepper

Either mince chicken or place in food processor until finely ground. Mix chicken, almonds, water, Chicken Base, onion, lemon juice, mayonnaise and sherry. Dissolve gelatin in cold water and heat gently. Cool for 2 minutes. Pour into chicken mixture. Fold in whipped cream, add 6 grinds of fresh ground pepper. Place in oiled mold and chill 2 hours. Serve with toast points or crackers as hors d'oeuvre or on lettuce with tomato as a salad. Serves 6 as a salad for luncheon or 12 as hors d'oeuvre. Serves 12

## Hot Crab, Artichoke & Jalapeno Dip

1	Large	Green Bell Pepper -- chopped
1	Tbsp	Vegetable Oil
2	Cans	(14 Ozs. Each) Artichoke Hearts -- drained and chopped
2	Cups	Bottled Mayonnaise
2	Tsps	<b><u>Minor's Crab Base</u></b>
½	Cup	Scallions -- sliced thin
½	Cup	Bottled Pimiento -- drained/chopped
1	Cup	Parmesan Cheese -- freshly grated
1½	Tbsps	Fresh Lemon Juice or to taste
4	Tsps	Worcestershire Sauce or to taste
3		Bottled Pickled Jalapeno Peppers -- seeded and minced
1	Tsp	Celery Salt
1	Pound	Crab Meat - If Frozen -- thawed and drained
1/3	Cup	Almonds -- sliced and toasted

In small skillet cook green bell pepper in oil over medium heat, stirring until softened let cool. In a large bowl combine bell pepper, artichokes, mayonnaise, Crab Base, scallion, pimiento, Parmesan, lemon juice, Worcestershire, Jalapeños and celery salt. Blend until combined well. Gently stir in crab meat. Transfer mixture to a buttered ovenproof chafing or baking dish, sprinkle with almonds. May be prepared up to this point 1 day in advance and kept covered and chilled. Bake in a preheated 375°F oven for 25 -30 minutes or until the top is golden and the mixture bubbly. Serve with pita chips. Serves 10

## Chicken Stroganoff

5		Boneless Skinless Chicken Breast -- Cut In 1" Pieces
		Fresh Ground Pepper -- To Taste
		<b><u>Minor's Chicken Base</u></b> -- To Taste
		Oil -- To Taste
3	Tbsps	Butter Or Margarine
1	Medium	Onion -- Sliced
½	Pound	Mushrooms -- Sliced
1	Tbsp	All-Purpose Flour
1	Cup	Hot Water
1	Tsp	<b><u>Minor's Chicken Base</u></b>
½	Cup	Sour Cream
1	Tbsp	Dijon Mustard
		Rice Cooked In Chicken Or Mushroom Broth -- optional
		Chopped Fresh Parsley -- Garnish

Combine 1st amt. Base, pepper and oil. Add chicken; toss until well coated. Melt 2 Tbsps of butter in a large skillet over med-high heat. Add chicken, cook until opaque, stirring occasionally, apx. 5 minutes. Transfer to a bowl; keep warm. Add onions and mushrooms to skillet; cook until light brown, stirring often, 6-8 minutes. Add mushrooms and onions to bowl with chicken and recover. Melt remaining butter to the same skillet over med-low heat. Add flour and stir 3 minutes. Combine 2nd amount of Base and hot water. Whisk Base mixture into flour and stir vigorously until smooth, apx. 5 minutes. Stir in sour cream and mustard. Heat until warmed, do not boil. Return chicken, mushrooms and onions to the pan and toss with sauce. Top with parsley, serve with rice. Serves 4

## Mushroom Rye Casserole

5	Tbsps	Unsalted Butter or Cooking Spray
1	Cup	Onions -- Coarsely Chopped
1	Cup	Carrots -- Coarsely Chopped
1	Cup	Celery -- Coarsely Chopped
2	Cups	(apx. 6 Oz.) Mushrooms -- Sliced Thick
4	Cups	Stale Rye Bread Cubes
1	Cup	Water
2	Tsps	<b><u>Minor's Turkey Base</u></b>
½	Cup	Fresh Dill -- Chopped
1	Tbsp	Caraway Seeds
1	Tbsp	Dill or cumin seed
½	Tsp	Freshly Ground Pepper
4		Eggs -- Lightly Beaten

Dissolve Base in water, set aside. Heat oven to 350°F. Spray or butter 2½ qt. casserole. Heat 4 Tbsp. of the butter in a large skillet over med-high heat. Add onions, carrots and celery; saute until starting to brown, apx. 10 minutes. Add mushrooms; saute 3 min. Remove from heat, stir in bread cubes, broth, fresh dill, pepper, caraway and dill seeds. Add eggs; stir until well blended. Transfer to prepared casserole and dot with butter. Bake, uncovered, until golden brown, apx. 30 min. Serves 12

## Sammy's Dinner For Two

2	6-7 oz.	Fillets grouper, halibut, snapper or salmon
		Fresh Ground Pepper -- to taste
1	Tbsp	Fresh ginger root -- minced
1	Tbsp	Shallot -- minced
		Butter for sautéing -- to taste
1	Cup	Fresh or frozen sweet corn
1	Large	Tomato -- cored, seeded and chopped
4	Ozs	Mushrooms -- sliced
½	Cup	White wine
½	Cup	Water
¾	Tsp	<b><u>Minor's Clam Base</u></b>
3	Tbsps	Butter -- chilled
½	Bunch	Fresh cilantro -- minced
1	Tbsp	Fresh Garlic -- minced

Preheat oven to 375°F. Generously season fillets with pepper. Place fish in a small deep casserole. In a saucepan, saute garlic, ginger and shallots in 1st amount of butter for 2-3 minutes. Add corn, tomato, mushrooms, water, Clam Base and wine to the pan. Bring to simmer. Pour over fish; bake, covered, apx. 15 minutes, or until fish is firm to the touch. Remove fish from the casserole and place in wide soup bowls. Whisk chilled butter into corn-tomato mixture, a Tbsp at a time. Add cilantro. Pour over fish and serve. Serves 2

## Mushrooms With Shallots And Parsley

1	Pound	Fresh Mushrooms - Any Variety -- Cleaned & Quartered
¼	Cup	Peanut, Vegetable Or Corn Oil
		Fresh Ground Pepper -- To Taste
2	Tbsps	Unsalted Butter
1	Tsp	<b><u>Minor's Mushroom Base</u></b> -- Or More To Taste
1½	Tablespoons	Shallots -- Finely Chopped
1	Tablespoon	Parsley -- Chopped
¼	Cup	Fine Dry Breadcrumbs

Heat oil in skillet, when almost smoking, add mushrooms, then pepper. Cook over high heat, shaking the skillet and stirring until mushrooms are nicely browned all over. Remove mushrooms from skillet and drain. Combine Mushroom Base with melted butter in skillet, add shallots and saute 1 minute. Add sauteed mushrooms back to skillet. Sprinkle bread crumbs, toss and stir until liquid is absorbed and bread crumbs become dry and crisp. Add parsley, toss and serve. Excellent with grilled lamb, poultry, steak or grilled tomatoes. Serves 4

## Fiesta Alfredo Sauce

½	Tbsp	Vegetable Oil
¼	Tsp	Garlic -- Chopped
1	Tbsp	Green Onions -- Sliced Thin
2	Tbsps	White Mushrooms -- Sliced Thin
2	Tbsps	Shiitake Mushrooms -- Sliced Thin
2	Tbsps	Oyster Mushrooms -- Sliced Thin
½	Cup	Spinach -- Chopped
1	Tbsp	White Wine
½	Tsp	Fresh Basil -- Chopped
½	Tsp	Fresh Thyme -- Chopped
1/3	Cup	Tomatoes -- Diced
1	Cup	Cream
¼	Cup	Fresh Grated Parmesan Cheese
2	Tbsps	Fresh Grated Romano Cheese
½	Tsp	<b><u>Minor's Chicken Base</u></b>

In a sauce pot over med-high heat, saute garlic in oil until brown. Add onions, mushrooms and spinach. Saute 3 minutes. Add wine, basil, thyme and tomatoes and cook 2 minutes. Add cream, Chicken Base, and cheeses. Heat to boiling and cook 5 minutes, stirring occasionally. Serve with pasta or rice over chicken, pork, veal or seafood. Yield 2 cups

## Strictly Vegetarian Stew

¼	Cup	Olive Oil
2	Medium	White Onions -- Sliced
3	Cloves	Garlic-- Chopped
1	Can	(28 Oz.) Tomatoes -- With Juice
1	Can	(16 Oz.) Chickpeas -- Drained
1	Large	Yam -- Peeled & Diced
2		Zucchini -- Sliced Into Rounds
1	Tbsp	Dried Rosemary
½	Cup	Water
½	Tsp	<b><u>Minor's Sautéed Vegetable Base</u></b>
		Fresh Ground Black Pepper -- To Taste
½	Cup	Romano Cheese -- Grated

Heat a heavy-bottom pan to medium heat, add oil. When hot, add onions and saute until soft, apx. 5 minutes, stirring to separate into rings. Add garlic and cook another minute. Pour tomatoes into the pan. Bring to a simmer and add chickpeas, yam, zucchini and rosemary. Add water and Vegetable Base, stirring to dissolve. Cover and simmer until yam is soft and zucchini cooked, apx. 10 minutes. Season with pepper, stir in cheese. Serve over rice or couscous cooked in vegetable or chicken broth for added flavor, if desired. Serves 4

## Sweet 'N Sour Brochettes

1	Can	Pineapple Chunks - (15 ¼ ozs.)
2/3	Cup	Lukewarm Water
1 1/2	Tsps	<b><u>Minor's Chicken Base</u></b>
3	Tbsps	Distilled White Vinegar
1/4	Cup	Brown Sugar
1	Tbs	Soy Sauce
2	Tsps	Worcestershire Sauce
1	Pound	Boneless Pork Top Loin -- cut 1½" cubes
2	Tbsps	Cornstarch
1		Green Bell Pepper -- cut in 2 " squares
1		Red Bell Pepper -- cut in 2" squares
1	Medium	Onion -- cut in wedges

Drain pineapple juice into a large glass mixing bowl and set pineapple aside. Add water, Chicken Base, vinegar, sugar, soy sauce and Worcestershire to the juice. Mix well with wire whisk until Base is dissolved. Add pork, cover and refrigerate 2 hours. Remove pork from marinade; set aside. Pour marinade into sauce pan. Add cornstarch to marinade, whisking until well blended. Bring to boil over medium heat. Boil and stir 1 minute. Reduce heat and simmer 5 minutes, stirring constantly. Set aside. Arrange the pork, pepper, onion and pineapple on 4" skewers (2 pcs each). Place skewers in a shallow baking pan and brush with the marinade (apx. 2 Tbsps. per skewer). Bake at 425°F for 30-40 minutes, turning and basting several times until pork is done. Serve hot as appetizer or place 3 brochettes over rice for entree. Serves 15

## Turkey Thighs In Red Wine Garlic Sauce

3		Turkey Thighs - Apx. 2-3 Lbs. -- Boned
		Fresh Ground Pepper
		<b><u>Minor's Turkey Base</u></b> -Softened In Water -- Or Oil
4-6	Cloves	Garlic -- Pressed
2	Cups	Water
2	Tsps	<b><u>Minor's Beef Base</u></b>
1	Cup	Red Wine
1	Small	Onion -- Chopped
2	Tbsps	Soy Sauce
½	Tsp	Mixed Dried Herbs - Thyme Oregano Sage -- Etc.
Pinch		Red Pepper Flakes
3	Ozs	Or More Day-Old French Bread

Preheat oven to 500°F. Season thighs lightly with softened Turkey Base and pepper. Place thighs skin side down in a non-stick or sprayed roasting pan. Place in the oven until brown, apx. 15 minutes. Remove, turn skin-side up and season again. Return to oven and brown, 15 minutes more. Remove from oven and reduce heat to 325°F. Pour off fat and add remaining ingredients, except for the bread, tucking solid ingredients under and around the thighs. Cover the pan lightly with foil and return it to the oven. Bake apx. 90 minutes or until very tender. Next, raise the oven heat to 425°F. Remove the turkey from pan and pour the liquid contents into a bowl or fat separator. Return the turkey to pan and place in the oven, uncovered, until brown, up to 20 minutes. De fat pan liquid and place in a blender. Add the bread and puree until smooth. (Taste, if salty or thin add more bread) Strain into a saucepan and bring to simmer. The bread thickens the gravy without adding extra fat. When turkey has browned, carve into thick slices; serve with gravy over bread or polenta wedge. Serves 6

## Mexican Chicken Dijon

1	Tbsp	Olive Oil
2	Tsps	<b>Minor's Chicken Base</b>
2	Cups	(1 Lb.) Skinless Boneless Chicken Breast -- Julienned
3	Tbsps	Butter Or Margarine
1½	Cups	Mushrooms -- Quartered
½	Cup	Green Pepper -- Medium Diced
½	Cup	Red Pepper -- Medium Diced
½	Cup	Onions -- Medium Diced
1	Tsp	Green Chili Or Jalapeno Peppers*, to taste -- Small Diced
1	Tsp	Crushed Red Pepper
3	Tbsps	All-Purpose Flour
1	Cup	Water
1	Tbsp + 1 Tsp	<b>Minor's Chicken Base</b>
2	Tbsps	Lime Juice
2	Tbsps	Dijon Mustard
1	Tbsp	Ground Cumin
1	Tsp	Chili Powder
Dash		Ground Red Pepper
1	Cup	Half And Half
½	Cup	Sour Cream

In a medium bowl, combine oil and 1st amount of Chicken Base, mix until well blended. Add chicken and toss until coated. In a large saute pan, melt butter and add chicken; saute over med-high heat apx. 5 minutes, stirring often. Remove chicken from pan and set aside. In the same pan, add mushrooms, onions, crushed red pepper, green chili, green and red peppers. Saute over med-high heat 2-3 minutes, stirring often. Add flour, mixing until well blended. Add water, 2nd amount of Base, lime juice, mustard, cumin, chili powder and ground red pepper. Mix well. Heat to a slow boil over med-high heat 2-3 minutes, stirring often. In a small bowl, blend half & half and sour cream; gradually add to the simmering ingredients, stirring constantly. Add chicken and heat to a gentle boil 2-3 minutes, stirring often. Serve over Spanish rice or pasta. Serves 8

## Tequila Lemon, Lime Sauce

½	Tbsp	Vegetable Oil
¼	Tsp	Garlic -- Minced
1	Tbsp	Green Onions -- Thinly Sliced
½	Tsp	Jalapeno Peppers -- Finely Diced
2	Tbsps Each	Red, Green & Yellow Bell Peppers -- Finely Diced
1	Tsp	Fresh Basil -- Chopped
2	Tbsp	Tequila
2	Tsps	Triple Sec
2	Tsps	Lemon & Lime Juice
1	Cup	Cream
½	Tsps	<b>Minor's Chicken Base</b>

In sauce pot over med-high heat, saute garlic in oil. Add onions, peppers and basil and saute 1-2 minutes. Add Tequila, Triple Sec, lemon and lime juice. Cook until reduced to ½ the original volume. Add cream and Chicken Base. Heat to boiling; reduce heat and gently boil 2-3 minutes. Serve over chicken, veal, seafood. Serves 6

## Bouillabaisse Sauce For Fish

1	Cup	Onion -- Minced
½	Cup	Fresh Fennel - Minced
2	Tbsps	Olive Oil
16	Ozs	Canned Tomatoes -- Drained And Chopped
2	Cloves	Garlic-- Minced
¼	Cup	Grand Marnier or Comparable Orange Flavored Liqueur
2	Tsps	<b>Minor's Seafood, Clam Or Fish Base</b>
2	Cups	Water
½	Cup	Fresh Parsley -- Minced
½	Tsp Each	Dried Thyme -- Crumbled & Fennel Seed -- Crushed
2	Tsps	Grated Orange Rind
2	Tbsps	Tomato Paste
4	Each	Cherrystone Clams & Mussels -- Scrubbed Well
4	6 Oz.	Fish Fillets - Salmon, Snapper Etc.
2	Tbsps	Unsalted Butter -- Melted
		Fresh Ground Black Pepper -- Optional

Dissolve Base and tomato paste in water and set aside. In a saucepan over medium heat cook onion and fennel in oil until softened. Add tomatoes, garlic and liqueur; boil 1 minute. Add base-tomato paste mixture, ¼ cup of parsley, thyme, fennel, orange rind and pepper; simmer 30 minutes. Add clams and mussels; boil covered 5 minutes or until they open. Transfer shellfish to plate and keep warm. Reduce sauce until slightly thickened. Add remaining parsley. In buttered or sprayed baking dish, arrange fish skin side down in one layer, season with pepper and salt; drizzle melted butter. Bake in a preheated 500°F oven 8-10 minutes, or until just firm. Cover with sauce, surround with shellfish. Serves 4

## Asparagus & Smoked Salmon Benedict

3		English Muffins -- split
3	Ozs	Smoked Salmon
12	Stalks	Asparagus -- trimmed and blanched
4		Eggs
2	Tbsps	Milk
		Ground Red Pepper
1 - 2	Tbsps	Butter
1/3	Cup + 1 Tsp	<b>Hollandaise Sauce Concentrate</b>
1	Cup	Boiling Water
1	Tsp	<b>Minor's Chicken Base</b>

Whisk Hollandaise Concentrate into boiling water until smooth and thickened. Set aside and keep warm. Toast muffins, top with salmon and 2 stalks of asparagus in form of an "X". Dissolve Base in eggs and beat well. Season to taste. Melt butter in a saute pan and cook the eggs until lightly scrambled. Top muffins, asparagus and salmon with eggs and prepared Hollandaise. Garnish with chives and pinch of pepper if desired; serve. Serves 6



## Veal Chops with Golden Almonds, Prosciutto & Brandy Cream

3	Tbsps	Butter
1	Cup	Sliced Almonds
1	Tsp	Garlic -- Chopped
¼	Cup	Prosciutto
¼	Cup	Brandy
½	Cup	<b>Prepared Minor's Demi-Glace</b>
¼	Cup	Heavy Cream Or Fat Free Half & Half
Pinch		Salt
Pinch		Pepper
¼	Cup	Oil
4	1" Thick	Veal Chops

Sauce: In a small pan melt the butter over medium heat. Add almonds and garlic, being careful not to burn, cook until brown. Add prosciutto; cook 3 min. Add brandy and carefully flame. Add demi-glace and cream. Simmer 10 minutes. Salt and pepper to taste. Veal: preheat oven to 350°F. Heat oil in pan and sear the chops on both sides. Place chops in the oven and cook for 10 minutes. Place on platter with sauce and serve. Serves 4

## Hot & Spicy Sea Bass Habanero

3	Tbsps	Extra-Virgin Olive Oil
4	6 Ozs	Sea Bass Fillets, With Skin If Desired
		Fresh Ground Pepper -- To Taste
1	Small	Onion -- Thinly Sliced
1	Small	Mango -- Cut In ½" Dice
1	Large	Tomato -- Seeded and Cut In Thin Strips
1		Habanero Chile -- Seeded and very Thinly Sliced
½	Cup	Dry White Wine
¾	Cup	Water
¾	Tsp	<b>Minor's Fish Base</b>
1		Lime -- Cut Into 8 Wedges
¼	Cup	Loosely Packed Cilantro Leaves

Heat oil in a large non-reactive skillet until shimmering. Season bass with pepper and add to the skillet skin side up. Cook over high heat until nicely browned but barely opaque throughout, apx. 1 minute per side. Transfer to a plate. Add onion to the skillet and cook over med-high heat, stirring until browned, apx. 3 minutes. Raise heat to high; add garlic, mango, tomato, habanero and a pinch of pepper; cook until fragrant, apx. 2 minutes. Add wine and cook until reduced by ½, apx. 2 minutes. Dissolve Base in water, add to the pan and bring to a boil. Reduce heat to med-low and simmer 2 minutes. Lightly squeeze lime juice into broth and add wedges along with fish. Cover and cook until fish is opaque throughout, 1-3 minutes. Season to taste. Transfer fish and vegetables to 4 soup plates, spoon broth over the top. Sprinkle with cilantro and serve. Serves 4

## Voodoo Sauce For Chicken

1/3	Container	<b>Minor's Hollandaise Concentrate</b> -- 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. Yield ¾ cup

## Cranberry Hunter Sauce

1	Tbsp	Butter Or Margarine
½	Cup	Frozen Pearl Onions
1¼	Cups	Shiitake Mushrooms -- Julienned
¼	Cup	Frozen Whole Cranberries
¾	Tsp	Tarragon
1½	Cups	Water
½	Cup	Cranberry Juice
3/8	Cup	<b>Minor's Down Home Turkey Gravy Concentrate</b>

In saucepan over med-high heat, melt butter. Add onions and saute for 1 minute. Add mushrooms and saute 1 minute more. Add cranberries and tarragon. Mix well. Add water and cranberry juice. Heat to boiling over med-high heat, stirring occasionally. Remove from heat. Immediately add Turkey Gravy Concentrate and blend well with wire whisk until the mixture is smooth and thickened apx. 2-3 minutes. Yield 2 cups

## Consomme Velvet

2	Quarts	Hot Water
2	Tbsps	<b>Minor's Chicken Base</b>
5/8	Cup	Minute Tapioca
2		Egg Yolks
1	Cup	Heavy Cream
½	Cup	Dry Sherry
Dash		Cayenne Pepper
1/8	Tsp	White Pepper

Add Chicken Base to heated water and simmer 10 minutes. Add tapioca and cook for 10 minutes, over low heat. Combine yolks, cream and sherry; mix well. Add to soup, stirring constantly. Simmer 5 minutes. Strain through fine mesh sieve. Add pepper; serve. Serves 8

## Minor's Lobster Bisque

½	Cup	<b>Minor's Sauce/Soup Thickener (Dry Roux®)</b>
½	Cup	Lukewarm Water
2¼	Cups	Hot Water
1	Tbsp + 2 Tsp	<b>Lobster Base</b>
	Dash	Ground Red Pepper
1¼	Cups	Half And Half -- hot
2	Tbsps	Pale Dry Cocktail Sherry

In saucepan, blend Dry Roux® with warm water until smooth, using wire whisk. Add hot water, Base and red pepper, mixing constantly. Boil and stir 1 minute. Reduce heat and simmer slowly for 10 minutes, stirring often. Add Half & Half and sherry mixing well. Heat to simmering, stirring often. Serve hot, garnished with chopped cooked lobster, chopped fresh parsley or chives. Serves 8

## Shrimp With Lemon Alfredo Sauce

¾	Pound	Raw Shrimp -- Peeled & De veined
1	Tsp	Fresh Lemon Juice
1	Tsp	Lemon Zest
8	Ozs	Fettuccini, Plain Or Spinach -- cooked per pkg directions
¼	Cup	Half And Half
¾	Cup	Water
1	Tsp	<b><u>Minor's Shrimp Base</u></b>
3	Tbsps + 1 Tsp.	<b><u>Minor's Alfredo Sauce Concentrate</u></b>

Combine water, Half & Half and Shrimp Base; bring to boil, remove from and immediately add Alfredo Concentrate, whisk until thickened. Add shrimp and boil gently apx. 3 minutes. Stir in lemon juice and zest. Gently boil 2 minutes more. Serve over cooked fettuccini. Serves 4

## Warm Leeks Vinaigrette

8		Leeks - About 1" Diameter -- trimmed/cleaned
2	Tbsps	Olive Oil
2	Tbsps	Dry Red Wine
½	Cup + 2 Tbsps	<b><u>Chicken Broth made from Minor's Chicken Base</u></b>
2	Tsps	Red Wine Vinegar
½	Tsp	Dijon Mustard

In a 10" skillet saute leeks in oil over med-high heat, turning, until golden, apx. 10 minutes. Stir in wine and ½ cup of broth; cook leeks, covered, turning occasionally, until tender when pierced, apx. 10 minutes. Transfer to a serving plate. Whisk the remaining 2 Tbsps of broth and vinegar into the skillet; boil, stirring, until thickened slightly. Remove from heat, whisk in mustard and pepper to taste. Pour over the leeks.

## Oysters Anna with Dill Hollandaise

16	Plump	Oysters
1	Cup	Peanut Oil
¾	Cup	All-Purpose Flour
6	Large	Eggs -- Beaten
1 1/3	Cups	<b><u>Prepared Hollandaise Sauce from Minor's Concentrate</u></b>
1	Tbsp	Fresh Dill
		Caviar -- For Garnish

Heat oil in frying pan. Dredge oysters in flour, then immerse into eggs. Drop immediately into oil. Turn once very gently. Drain on paper towels and keep warm. Add ½ tsp. dill to prepared Hollandaise Sauce, mix gently until well blended. Ladle Hollandaise sauce onto a serving platter and place oysters on top of sauce. Garnish with remaining dill or caviar. Serve immediately. Serves 4

## Potato Cheese Pancakes

1¾	Pounds	Potatoes (About 5) -- Peeled
		<b><u>Minor's Chicken Base</u></b> -- To Taste
2		Eggs -- Lightly Beaten
2	Tbsps	All-Purpose Flour
1/8	Tsp	Nutmeg -- Grated
½	Cup	Gruyere Cheese -- Diced Fine
4	Tbsps	Oil

Finely grate potatoes. Spoon into cheesecloth and squeeze to extract moisture. There should be apx. 1¾ cups of pulp. Empty potatoes into a bowl; add Chicken Base, eggs, flour, nutmeg and cheese; blend well. Heat oil in skillet and drop potato mixture in, using apx. 3 Tbsps. per pancake. Cook until golden, turn to other side. Drain on paper towels. Serves 6

## Tournedos Au Poivre

8	3 Oz.	Tenderloin Steaks
1	Cup	Butter
½	Cup	Brandy
2	Tsps	Green Peppercorns
2	Tsps	Shallots -- Minced
1	Cup	<b><u>Prepared Minor's Brown Sauce or Demi-Glace</u></b>
½	Cup	Red Wine
2	Tsps	Fresh Parsley -- Chopped

Melt ½ the butter in a large frying pan over med-high heat. Add steaks; saute on both sides to medium rare. Remove from pan and set aside. Add brandy, peppercorns and shallots. Stir and (carefully) ignite. When flame dies down, add prepared brown sauce or demi-glace and red wine. Cook until sauce is reduced by 1/3. Stir in remaining butter and parsley. Pour over steaks and serve. Serves 4

## Savoyarde Potatoes

5		Russet Potatoes -- Peeled
2	Cups	Warm Water
1	Tbsp	<b><u>Minor's Chicken Base</u></b>
1	Tbsp + 1 Tsp	Paprika
½	Cup	Gruyere (Swiss) Cheese -- Grated

Cut potatoes in ½ lengthwise. Place cut side down and slice into 1/8" slices, cutting almost through. Arrange, intact, in rows in a baking pan. In a small bowl, combine water and Chicken Base, mixing well. Pour Base mixture over the potatoes to apx. 2/3 height of potatoes. Sprinkle paprika over potatoes. Cover the pan with foil, shiny side down. Bake at 375°F until tender and broth has thickened or absorbed, apx. 1 hour. Remove foil. Sprinkle with cheese. Return to oven to slightly brown cheese, apx. 15 mins. Serves 10

## French Vanilla Ice Cream - No Turning

6	Large	Eggs
¼	Cup	Light Corn Syrup
1	Cup	Sweetened Condensed Milk
1	Tbsp	<b><u>Le Ruth's Vanilla Bean Marinade</u></b>
3	Cups	Whipping Cream -- Whipped

Whip yolks and corn syrup until thick and fluffy (apx. 6-7 minutes). Fold in condensed milk and vanilla. Carefully fold in whipped cream. Pour into mold and freeze overnight.

## Hot 'N Savory Buffalo Wings

1	Cup	Hot Pepper Sauce
¾	Cup	Butter Or Margarine -- Melted
1	Tbsp + 2 Tsp	<b><u>Minor's Chicken Base</u></b>
1	Tbsp	<b><u>Maggi® Liquid Seasoning</u></b>
¼	Tbsp	Fresh Lemon Juice
5	Pounds	Chicken Wings, Fresh, Frozen Or -- Breaded

In bowl combine pepper sauce, butter, Base, Maggi® and lemon juice. Set aside. Split wings at each joint and discard tips. Fry at 350°F until crisp, 8-10 minutes, drain. OR bake in a roasting pan at 425°F for 1 hour; turn halfway through cooking time. Dip wings in sauce to coat completely. Place on metal tray and broil 30 seconds to 1 minute for crisp wings. Serve with blue cheese dip and celery sticks. Serves 8