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*Chef's Ingredient™*

# CHEF'S INGREDIENT SEASONING BLENDS COOKBOOK



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### FRIED CHICKEN FINGERS (makes 4 servings)

		Vegetable Oil, for frying
2	chicken breasts	cut diagonally into 3/4 inch wide strips
1	tbsp + 1 tsp	<b>Chef's Ingredient Poultry Seasoning Blend</b>
2	large	eggs
1	cup	milk
1/4	cup	corn flour
1/4	cup	yellow corn meal
1	tbsp	baking powder
1 1/4	cups	all-purpose flour, in all

Pour enough oil into a medium sized pot about 2 inches deep and place over high heat. Bring the temperature of the oil to 350°F. It's important to keep the temperature of the oil as close to 350°F as possible. Season the chicken fingers evenly with 2 teaspoons of the Poultry Seasoning Blend. While the oil is heating, prepare the wet and dry batters. Place the egg and milk in an 8-inch square baking pan or casserole dish and whisk until well combined. In a similar dish combine the corn flour, corn meal, baking powder, ¼ cup of the flour and the remaining 2 teaspoons of the Poultry Seasoning Blend. Place the remaining 1 cup of flour in a similar dish. When the oil reaches 350°F, place the chicken fingers in the flour and toss until coated. Transfer the fingers to the wet batter and turn until coated on all sides. Transfer the fingers, a few at a time, to the cornmeal mixture. Mound the cornmeal mixture over the fingers and press with your hands until they are evenly coated. Immediately but gently shake off the excess and transfer to the hot oil. Fry the chicken fingers, turning them several times, until they are light golden brown on both sides, about 6 to 7 minutes in all. Drain on paper towels and serve immediately.

### CHICKEN DIANE (makes 2 servings)

6	ounces	uncooked dry pasta
3/4	cup	(1 1/2 sticks) unsalted butter, in all
1	tbsp + 2 tsp	<b>Chef's Ingredient Poultry Seasoning Blend</b>
3/4	pound	boneless, skinless chicken breasts, cut into strips
3	cups	sliced mushrooms (about 8 ounces)
1/4	cup	minced green onion tops
3	tbsp	minced parsley
1	tsp	minced garlic
1	cup	basic chicken stock, or water

Cook pasta according to package directions just to al dente stage. Immediately drain and rinse with hot water to wash off starch, then with cold water to stop cooking process; drain again. To prevent pasta from sticking together, pour a very small amount of oil in palm of your hand and rub through pasta. Mash 4 tablespoons of the butter in medium bowl and combine with Poultry Magic and chicken. Heat large skillet over high heat until hot, about 4 minutes. Add chicken pieces and brown, about 2 minutes on first side and about 1 minute on the other. Add mushrooms and cook 2 minutes. Add green onions, parsley, garlic and stock. Cook 2 minutes more or until sauce is boiling rapidly. Add remaining butter (cut into pats), stirring and shaking pan to incorporate. Cook 3 minutes and add cooked pasta. Stir and shake pan to mix well. Serve immediately.



## **BROILED FLOUNDER** (makes 4 servings)

2 water  
2 tbsp unsalted butter  
2 tbsp freshly squeezed lemon juice  
1 tbsp + 1/2 tsp **Chef's Ingredient Seafood or Salmon Seasoning Blend**  
4 (4-5 oz each) flounder fillets, 1/2 inch thick

Have the top rack of the broiler about 5 inches from the heat source and preheat the broiler. Add enough water to a 9 x 12 x 2-inch baking pan to measure 1/4 inch deep. Add the butter or margarine, lemon juice, and 1 1/2 teaspoons of the Seafood Magic. Place the pan under the broiler for 5 minutes to heat the liquid. Meanwhile, evenly sprinkle one side of each fillet with 1/2 teaspoon Seafood Magic. Lay the fillets, seasoned side up, in the pan and broil until lightly browned on top, 5 minutes if your fillets are exactly 1/2 inch thick. Remove with a slotted spatula, draining off all excess liquid, and serve immediately.

Note: You can use this recipe with other kinds of fish, such as trout, sole, bass, red snapper, redfish, tilefish, drum or walleye.

Note: You can substitute white wine for the lemon juice for a different taste.

## **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 **Chef's Ingredient Vegetable Seasoning Blend**  
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.

## **BRONZED ALASKA SALMON** (makes 2 servings)

2 6 oz fresh Alaska Salmon fillets, skinless  
5 tsp **Chef's Ingredient Salmon Seasoning Blend**  
2 tsp olive oil  
2 tbsp capers, drained  
5 tbsp Merlot wine, in all  
2 tbsp unsalted butter

Place a nonstick skillet over medium-high heat until hot, about 3 minutes. Place the fillets on a small plate. Drizzle the oil over the fillets. Roll each fillet on the plate until evenly coated with oil on all sides. Place 2 teaspoons of the Salmon Seasoning Blend on a separate small plate. Roll one of the oiled fillets in the Salmon Seasoning Blend until evenly coated on all sides (almost all the oil should be gone). Repeat the process with the remaining fillet. As soon as the skillet is hot, place the fish in the skillet, flat side down. Cook, turning frequently, until the undersides of the fillets are bronze in color, approximately 3 minutes. Watch as the fish cooks and you'll see a white line coming up the side of each fillet as it turns from translucent to opaque; when one half of the thickness is opaque, the fish is ready to be turned. Turn the fish and cook approximately 2 minutes longer. Remove the fillets from the pan and set them aside. Add the capers to the pan and cook until the liquid on the capers has almost evaporated, about 1 minute. Add the remaining 1 teaspoon of Salmon Seasoning Blend and stir briefly. Add 4 tablespoons of the Merlot wine, stir well then add the butter. Cook, stirring gently, until the butter has melted and the sauce is boiling. Stir in the remaining tablespoon of Merlot. Remove from heat. Serve the fillets, 1 per plate with half of the sauce.

Note: To test for doneness, simply touch the fish in the center - - properly cooked fish will have a stiffer texture than partially cooked fish. You also can use a fork to flake the fish at its thickest part - - if it flakes easily, it is done. Do not overcook as the fish will continue to cook even after you remove it from the heat. You can turn the fish more than once or continuously until cooked to desired doneness. All cooking times are approximate. Be sure to remove all the skin from the fish. Even a small amount of skin will contribute an oily flavor to the dish.

## **CHICKEN PASTA** (makes 4 servings)

4 cups cooked pasta (about 3 cups before cooking)  
8 ounces diced chicken breast  
1 tbsp + 1 tsp **Chef's Ingredient Poultry Seasoning Blend**  
4 tbsp unsalted butter  
6 tbsp thinly sliced green onions  
2 cups heavy cream

Cook the pasta according to package directions, drain, and set aside. Sprinkle the chicken with 1 teaspoon Poultry Seasoning Blend and rub it in well. Melt the butter in a 12-inch skillet over high heat, shaking the skillet once or twice. When the butter sizzles, in about 2 minutes, add the chicken and remaining 1 tablespoon of Poultry Seasoning Blend, and cook for 3 minutes, stirring occasionally. Add the onions and cream and bring to a boil. Cook, occasionally whisking gently, until the cream begins to thicken, about 5 minutes. Add the pasta, return to a boil, and remove from the heat.

## OVEN FRIED CATFISH (makes 4 servings)

4 (4-5 oz) fresh catfish fillets  
2 tbsp + 2 tsp **Chef's Ingredient Seafood, Salmon, or Vegetable Seasoning Blend**  
1/2 cup toasted bread crumbs  
2 tbsp finely chopped fresh parsley  
3 tbsp finely sliced green onions  
1 tbsp olive oil

Sprinkle all surfaces of the fish evenly with 1 tablespoon plus 2 teaspoons of the Seasoning Blend and gently rub it in. Preheat the oven to 450°. Combine the breadcrumbs, parsley, green onions, and remaining Magic Seasoning Blend in a bowl. Add the oil and combine it until the crumbs are moist. Dredge the fillets, one at a time in the breadcrumb mixture, pressing down gently on each side. Shake off any excess crumbs. Place the seasoned fish on a nonstick baking sheet, presentation side up, and cook for 6 minutes. Turn the fish over and cook for 6 minutes. Turn over one more time (presentation side up) and cook until done, about 4 minutes more. Serve immediately.

## CHICKEN PAPRIKASH (makes 4 servings)

3 tbsp **Chef's Ingredient Poultry Seasoning Blend**, in all  
1 (3-4 pound) chicken, all visible fat removed, cut into 8 pieces  
2 tbsp olive oil  
2 cups chopped onions, in all  
1 tsp fresh minced garlic  
1/4 cup sweet paprika  
1/2 tsp dill weed  
1 tsp dried basil leaves  
1 (6 oz) can tomato paste  
3 1/2 cups chicken stock  
8 ounces sour cream  
4 cups cooked wide egg noodles

Sprinkle 2 tablespoons of the Poultry Seasoning Blend over the chicken and rub it in well; set aside. Heat the oil in a heavy 5 1/2-quart pot over high heat for 4 minutes. Brown the chicken pieces for 5 minutes on each side--you may have to do this in batches--and remove to a bowl. Add 1 cup of onions to the pot, scrape up the brown crust on the bottom, and cook for 2 minutes. Add the garlic, paprika, the remaining 1 tablespoon of the Poultry Seasoning Blend, the dill, basil, and remaining onions. Cook, scraping the bottom of the pot occasionally, until the onions are golden brown and a crust forms, about 4 minutes. Stir in the tomato paste, scrape the pot bottom, and cook for 2 minutes. Add the stock, scrape up the crust on the bottom of the pot, and bring to a boil. Return the chicken and any juices that have accumulated to the pot, and bring to a boil. Reduce the heat to medium-low, cover, and simmer until the chicken is done, about 25 minutes. Remove the pot from the heat. Stir several tablespoons of the sauce into the sour cream, then gently stir the sour cream mixture back into the sauce. Place the pot back over low heat and cook, stirring constantly, just until all the sour cream is incorporated and the sauce is heated through. Serve over the noodles.

## FRESH GARLIC PASTA (makes 4 servings)

3 tbsp olive oil  
6 cloves fresh garlic, sliced lengthwise into thirds  
2 tbsp unsalted butter  
1 tbsp + 1 tsp **Chef's Ingredient Poultry Seasoning Blend**  
1/2 cup chopped green onions  
5 cups cooked pasta (your favorite)

In a 12-inch skillet, heat the oil to 200° and add the garlic. Cook until the garlic starts to brown at the edges. Add the butter and Poultry Seasoning Blend, and cook until the garlic turns golden brown. Add the onions and pasta, toss, and cook until the pasta is thoroughly heated. Serve immediately.

## GARLIC SEAFOOD ON PASTA (makes 4 servings)

2 quarts hot water  
1 tbsp salt  
1 tbsp vegetable oil  
1/2 pound fresh spaghetti, or 1/3 pound dry  
3/8 pound unsalted butter (1 1/2 sticks)  
1/2 pound shellfish (crabmeat, shrimp, crawfish or oysters) or  
1/2 pound firm fleshed fish filets, cut up  
1/2 cup chopped green onions  
1 tbsp + 1/2 tsp **Chef's Ingredient Seafood Seasoning Blend**  
1 tbsp minced garlic  
3/4 cup warm seafood stock or water

Combine the hot water, salt and oil in a large pot over high heat; cover and bring to a boil. When water reaches a rolling boil, add small amounts of spaghetti at a time to the pot, breaking up oil patches as you drop spaghetti in. Return to a boil and cook uncovered at al dente stage (about 4 minutes if fresh, 7 minutes if dry); do not overcook. (During this cooking time, use a wooden or spaghetti spoon to lift spaghetti out of the water by spoonfuls and shake strands back into the boiling water.) Then immediately drain spaghetti off into a colander; stop its cooking by running cold water over strands. (If you used dry spaghetti, first rinse with hot water to wash off starch.) After the spaghetti has cooled thoroughly about 2 to 3 minutes, pour a liberal amount of vegetable oil in your hands and toss spaghetti. Set aside in a colander.

Melt 6 tablespoons of the butter in a large skillet over high heat. Add the seafood, green onions, Seasoning Blend, and garlic; cook just until seafood is cooked while vigorously shaking the pan in a back-and-forth motion (versus stirring), about 1 minute. Add the stock and the remaining 6 tablespoons of butter. Cook until butter melts, about 1 minute, continuing to shake pan. Add the spaghetti; toss and cook just until spaghetti is heated through, about 1 minute more. Remove from heat and serve immediately.

For each serving, roll spaghetti on a long fork and place on a heated serving plate. Top with remaining sauce.

## **BARBECUED SHRIMP** (yields 2 dozen shrimp)

2 dozen large shrimp with heads and shells, about 1 pound  
1/4 pound (1 stick), plus 5 tablespoons unsalted butter, in all  
1 1/2 tsp minced fresh garlic  
1 tsp Worcestershire sauce  
1 tbsp + 1 tsp **Chef's Ingredient Seafood Seasoning Blend**  
1/2 cup shrimp stock  
1/4 cup beer, unopened but at room temperature

Rinse the shrimp in cold water and drain them well. Pinch off and discard the portion of the head from the eyes forward (including the eyes, but not the protruding long spine above the eyes). Leave as much as possible of the orange-colored shrimp fat from the head attached to the body. Set aside. Combine 1 stick of the butter, the garlic, Worcestershire sauce, and Seafood Seasoning Blend in a large skillet over high heat. When the butter melts, add the shrimp. Cook for 2 minutes, shaking (versus stirring) in a back-and-forth motion. Add the remaining 5 tablespoons butter and the stock. Cook and shake the pan for 2 minutes. Add the beer and cook and shake the pan for 1 minute more. Remove from the heat and serve immediately in bowls with lots of French bread on the side, or on a platter with cooked rice mounded in the middle and the shrimp and sauce surrounding it.

Note: If you can't find shrimp with heads, go ahead and use headless shrimp. Your dish will still be great.

## **CRAWFISH ST. CHARLES** (makes 4 servings)

5 tbsp unsalted butter, in all  
1/4 tsp chopped garlic  
1 tbsp **Chef's Ingredient Seafood Seasoning Blend**  
1 tbsp **Chef's Ingredient Salmon Seasoning Blend**  
1 pound peeled crawfish or peeled shrimp (21-25 count preferred)  
3 tbsp chopped fresh dill, in all  
1 cup chicken stock  
1/2 cup diced tomatoes

In a 10-inch skillet over high heat, melt 2 tablespoons of the butter. Add the garlic, Meat Seasoning Blend and Salmon Seasoning Blend. Cook, stirring, for about 30 seconds, then add the crawfish (or shrimp). Stir until the seafood is coated with butter and seasonings. Add 2 tablespoons of the dill and stir well. Add the stock. Stir well and bring to a full simmer, then add tomatoes, the remaining dill and the remaining butter. Stir until the butter is melted and emulsified into the sauce.

Serve immediately on pasta or rice or accompanied with warm French bread.

## **CRAB LOUIS** (makes 4 lunch servings)

2 tbsp + 1 tsp **Chef's Ingredient Seafood Seasoning Blend**  
1 tsp dry mustard  
1/2 tsp ground cinnamon  
2 tbsp olive oil  
1 cup chopped onions  
1 cup chopped green bell peppers  
1/2 cup chopped celery  
2 eggs  
1 egg yolk  
1/4 cup tarragon vinegar  
1 cup vegetable oil, in all  
1 tbsp prepared Dijon mustard  
1 fresh tomato, cut into 8 wedges  
1 pound lump crabmeat, picked over for shells and cartilage  
1/2 cup diced tomatoes  
1/2 cup chopped green onion tops, plus extra for garnish  
3 hard-boiled eggs, peeled and chopped  
2 cups shredded lettuce  
Tomato wedges  
Sliced black olives

Combine the first 3 ingredients thoroughly in a small bowl to make the seasoning mix. Makes 2 tablespoons plus 2-1/4 teaspoons.

Heat the olive oil in an 8-inch skillet over high heat. When the oil is hot, add the onions, bell peppers, and celery and 1 tablespoon plus 2 teaspoons of the seasoning mix. Cook, stirring and shaking the pan occasionally, until the onions are golden brown, about 5 to 6 minutes. Remove from the heat and set aside to cool. Process the raw eggs, egg yolk, and vinegar in a food processor or blender, until blended, about 10 to 15 seconds. With the machine running, slowly drizzle in 1/2 cup of the vegetable oil in a thin stream. Add the mustard, tomato wedges, 1 teaspoon of the seasoning mix, and the cooled cooked vegetables, scraping all the seasoning from the skillet. Process until thoroughly blended, about 1 minute. Drizzle in the remaining 1/2 cup vegetable oil and process until the dressing is creamy and smooth, about 1 minute.

Combine the crabmeat, diced tomatoes, green onions, hard-boiled eggs, and the remaining seasoning mix in a large bowl. Toss well. Gently fold in 1-1/2 cups of the dressing.

For each serving, place 1/2 cup of the shredded lettuce on a plate and sprinkle 2 tablespoons of the dressing over the lettuce. Cover with about 1 cup of the crab mixture and top with 2 tablespoons more dressing. Garnish with tomato wedges, sliced olives, and green onions.