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*We're all about flavor!*

&

**Chef's Ingredient™**

Summer Old  
Summer New  
Summer Hot  
Summer Cool  
Summer Recipes



# 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, skim milk for whole milk etc.

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

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

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

Create memorable meals with Minor's.

**HAPPY COOKING !!**  
Heidi & David

## Grilling Tips & Summer Cooking Ideas

Grilling is a dry-heat method of cooking foods. Because it does not include fat or other moisture it is important to choose naturally tender cuts of meat or poultry. Good-quality, well-marbled meats are best. Avoid excessive oil on meat, as it can cause flare-ups and impart a charred/burnt flavor. Instead lightly coat with oil seasoned with a Minor's Base. Turn meat only once with tongs.

Oil or butter seasoned with a Base and basted on vegetables or meat or seafood works well after grilling.

Use a Base rub before grilling as a seasoning to replace salt and pepper. Use the base as the salt portion of the rub, then add seasonings of choice. Add a few drops of water or oil to make a paste.

### SINGING SLAW DRESSING

Recipe By : Minor's

Yield: 3 cups.

2 Cups	Mayonnaise
3/4 Cup	Sour Cream
2 Tbs	White Vinegar
1 Tbs	Minor's Chicken Base
1/2 Tbs	Ground Mustard
1/2 Tsp each	Sugar and Fresh Ground White Pepper

**Combine ingredients well with whisk. Chill. Use 1/2 cup per 12 oz of salad**

MURPHY'S FAMOUS SEAFOOD STEAK RUB - Brush fish steaks with olive oil, then rub a small amount of Minor's Sautéed Vegetable Base on the top of each steak. Broil steaks until done. The Vegetable 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 tuna, salmon or swordfish. Marilyn Murphy is a Dietetic Consultant, she combines a love of good food with an impressive career in dietetic food-service, counseling operators and distributors on a wide range of nutritional topics.

When grilling turkey-burgers add Chicken, Turkey or Beef Base and a touch of oil to the meat before making patties. The oil provides moisture to the meat, as turkey tends to dry up on the grill.

Add 2 tsp. of base per lb. of meat or poultry to season.

Allow meats to marinate at least 20 min. Marinating meats will tenderize and season.

Marinate tough cuts of meat overnight.

Use apx. 1/4 cup marinade per pound of meat, chicken etc.

Use Au Jus Prep as a "Spritz" for steaks, burgers or roasts during cooking for increased flavor. Prepare Au Jus, pour into pump spray. To keep meats, steaks, chops moist before serving - Spray Au Jus Prep before covering. Mix Au Jus Prep double strength - marinate steaks 30 min. prior to grilling.

Spicy Dragon Burgers - spread prepared Szechuan sauce over barbecued or grilled hamburgers for a savory, hot topping

Use prepared Garlic with Black Bean Sauce as a baste for tuna steaks, mahi mahi, swordfish or pork tenderloin.

SAVE YOUR STEMS! - Turn calcium-rich broccoli stems into a delicious, healthy slaw. To make an easy BROCCOLI-CARROT SLAW, combine shredded carrots & broccoli stems, red onion, diced red pepper, dry mustard and a little Chicken or Sautéed Vegetable Base. Toss with Sweet 'n Sour poppy seed vinaigrette.

Use Minor's New Signature Flavor Concentrates exciting new flavor for grilling, basting, rubs, marinades, baked beans, salad dressing, salsas, gazpacho.

## Chicken Tortilla Salad W/ Sesame-Mustard Dressing

2	Tbsps	Sesame Seeds -- Lightly Toasted
1	Tbsp	White Wine Vinegar
1	Tbsp	Dijon-Style Mustard
1/2	Tsp	<b>Chicken Base</b>
1/2	Tsp	Red Pepper Sauce -- Or More To Taste
1/4	Cup	Vegetable Oil + Additional For Frying
1	Whole	Skinless Boneless Chicken Breast Sliced -- 1/4" Wide Strips
1 1/2	Tbsps	Red Pepper Sauce
1	Tsp	<b>Chicken Base</b>
3	6 - Inch	Corn Tortillas Cut Into -- 1/4" Wide Strips
1/2	Small	Head Romaine, Rinsed, Spun Dry & Sliced Thin
1/2	Cup	Red Or Yellow Bell Pepper -- Julienned

In blender combine seeds, vinegar, mustard, 1/4 cup oil, 1st amt. Base and pepper sauce to taste, blend until smooth. Combine 2nd amt. Base with red pepper sauce; toss to coat chicken. Let stand covered. In skillet heat add'l (apx. 1/2") oil over med-high heat until hot but not smoking. Fry tortillas in small batches 15-30 seconds or until golden. Transfer to paper towels. Season with salt. Pour off all but 1 Tbsp. oil from skillet. Heat remaining oil over high heat until hot but not smoking. Saute chicken, stirring occasionally 2-3 min. or until golden. Transfer with slotted spoon to salad bowl, add romaine, bell pepper & dressing; toss until combined. Place on plates, top with tortillas. Serves 2

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### Knockwurst Salad

1	Tsp	German mustard
2	Tbsps	Olive oil
3	Tbsps	Wine vinegar
3	Tbsps	Cold beef broth made with <b>Beef Base</b>
1	Tsp	Sugar
1/8	Tsp	Cracked black pepper
1	Pound	Knockwurst -- peeled/thinly sliced
1	Medium	Onion -- cut in thin rings
1	Medium	Boiled potato -- peeled & diced
1		Hard cooked egg
		Lettuce leaves
2		Dill pickles -- thinly sliced - for garnish

Combine mustard, olive oil, wine vinegar, broth, sugar & pepper in bowl; whisk until well blended. Place knockwurst, onion, & potato in large bowl. Pour dressing over & toss gently. Refrigerate 2 hours. Peel & thinly slice egg, mix with salad. Serve on lettuce with pickles. Serves 4

### David's Grilled Pork Tenderloin

1/2	Cup	Vegetable Or Canola Oil
1	Tsp	<b>Pork Base</b>
2	Tbsps	Fresh Lime Juice
		Zest From 1 Lime -- Optional
1	Tsp	<b>Chipotle Concentrate</b>
1	Tsp	<b>Ancho Concentrate</b>
1/2	Tsp	Cinnamon
1/2	Cup	Fresh Cilantro -- Finely Chopped
1 1/2	Pounds	Apx. Pork Tenderloin -- Trimmed

Blend ingredients. Marinate pork, refrigerated, 1-3 hours. Reserve marinade. Grill to desired doneness, basting with marinade.

### Orange Black Bean Salad

1	Can	Black Beans -- Rinsed And Drained
1	Can	Mandarin Oranges -- Drained
1/3	Cup	Scallions -- Thinly Sliced
1/4	Cup	Fresh Squeezed Lime Juice
2	Tbsps	Oil
1/4	Tsp	Fresh Ground Black Pepper
1	Tsp	<b>Chipotle Concentrate</b>

Blend lime juice, oil, pepper & Chipotle. Combine beans, orange segments, and onions. Toss all ingredients together gently. Serves 6

### Cold Oriental Snow Pea & Scallop Soup

1 1/2	Tbsps	Fresh Ginger Root Or 1/2 Tsp. Ground
1	Large Clove	Garlic-- Sliced Thin
1/2	Tsp	Black Peppercorns
6	Cups	Water
2	Tsps	<b>Seafood Or Clam Base</b>
2	Tsps	<b>Chicken Base</b>
1	Tsp	Soy Sauce -- Or To Taste
1 1/2	Tbsps	Dry Sherry -- Or To Taste
1	Tsp	Oriental Sesame Oil -- Or To Taste
1/4	Pound	Snow Peas, Trimmed -- Cut In 1/2" Pieces
1/2	Pound	Sea Scallops, Halved, Rinsed -- Drained Well
3/4	Cup	Scallions -- Sliced Thin
		Fresh Ground Pepper -- To Taste

In kettle combine ginger, peppercorns, garlic, 1/2 cup scallions, water and Bases. Bring to boil, simmer 10 min. Remove from heat, cool. Pour through fine sieve set over a bowl. Stir in soy, sherry, oil & pepper. Chill 3 hrs. In saucepan of boiling salted water, cook peas & scallops 1 min. drain, refresh under cold water. Stir into soup with remaining scallions. Serve cold or room temp. Serves 6

### Cold Tomatillo Soup

1	Medium	Onion -- diced medium
2	Tbsps	Olive Or Vegetable Oil
2	Pounds	Tomatilloes - Washed -- chopped large
1/2	Tsp	Cumin
4	Cloves	Garlic -- minced
4	Cups	Water
1 1/2	Tbsp	<b>Chicken Base</b>
2	Tbsps	Cilantro -- chopped
1/4	Tsp	Fresh Ground White Pepper
		Sour Cream, Avocado Or Tortilla Strips -- for garnish

Saute onions, garlic (if using cloves) & Tomatillo in oil until soft. Add water, Base(s); simmer 10 min. Puree in food processor, strain well, return to pan. Add cilantro. Simmer 5 min. Serve hot or chill apx. 4 hrs. Can be made 1 day in advance. Serves 4

### Meaty Barbecue Spice

3/4	Cup	Catsup
2	Tbsps	<b>Au Jus Concentrate</b>
2	Tbsps	Vegetable Oil
1	Tbsps	Brown Sugar
1	Tsp	Onion Powder
1/4	Tsp	Liquid Smoke Flavoring

Mix thoroughly. Brush over ribs, chops or burgers. Yield: 1 cup

### Fresh Mushroom Salad With Lemon Dressing

1	Pound	Firm White Mushrooms-Stems trimmed flush with cap
2	Tbsps	Fresh Lemon Juice
½	Cup	Heavy Cream Or Fat Free Half & Half
4		Scallions -- sliced thin
3	Tbsps	Fresh Parsley -- minced
		Fresh Ground Black Pepper -- to taste
1	Tsp	<b>Mushroom Base</b> or more to taste
		Thin Slices Buttered Brown Bread As Accompaniment

Slice mushrooms thin. In large bowl whisk lemon juice & Base into cream. Add mushrooms, scallions, parsley & pepper. Toss gently until combined. Transfer to serving bowl. Serves 6

### Shrimp Tarragon Vinaigrette

1	Cup	Vegetable Oil
½	Cup	Distilled White Vinegar -- or to taste
2	Tbsps	Lemon Juice
2	Tsps	<b>Shrimp Base</b>
1	Clove	Garlic -- mashed
½	Tsp	Dijon Mustard
¼	Tsp	Dried Leaf Tarragon or more to taste

In a mixing bowl, combine all ingredients. Whisk vigorously. Chill. Stir well before serving over crisp greens topped with chilled shrimp or white fish. Serves 12

### Ranchero Vinaigrette

1½	Cups	Vegetable Oil
1	Cup	Red Wine Vinegar
2/3	Cup	Tomato Paste
½	Cup	Onion -- Minced
3	Tbsps	<b>Au Jus Concentrate</b>
3	Tbsps	Cilantro -- Minced
1	Tbsp	Garlic Powder
1	Tsp	Chili Powder
½	Cup	Green Chiles -- Chopped

Blend 1st 8 ingredients. Add chilies; chill. Serve over corn salsa, Mexican bean, taco or fajita salad. Yield 4 ½ cups

### Chilled Lima Bean Soup

1½	Tbsps	Butter
1	Small	Yellow Onion -- Chopped
2	Cups	Baby Lima Beans
4	Cups	Water
2	Tbsps	<b>Chicken Base</b>
1	Large	Potato -- Diced
		Fresh Ground White Pepper -- To Taste
1/8	Cup	Fresh Mint, Chopped -- For Garnish
¼	Cup	Creme Fraiche For Garnish -- Optional

Melt butter over med. heat. Add onions, cook, stirring often, until onions are tender, apx. 10 min. Add beans, potatoes, water and Base. Bring to boil over high heat. Lower heat, simmer until beans and potatoes are tender, apx. 15 min. With slotted spoon remove ½ cup vegetables, set aside for garnish. Continue cooking vegetables until easily mashed against side of pot. Puree vegetables and stock in food processor. Strain; season with pepper. Serve hot or cold. Garnish. Soup will thicken when chilled, thin to desired consistency with cold stock. Serves 4

### Beefed-Up Turkey Burgers

1	Small	Onion -- chopped fine
2	Cloves	Garlic -- minced
3	Tbsps	Fresh parsley -- chopped fine
1	Pound	Ground turkey
1	Tbsp	Water
2	Tsps	<b>Beef Base</b>
½	Cup	Unseasoned bread crumbs
1	Tbsp	Dijon-style mustard
2	Tsps	Worcestershire sauce
1	Tsp	Dried basil
½	Tsp	Dried oregano
1		Egg white
¼	Tsp	Fresh ground pepper
1	Tsp	Safflower oil

Combine egg white, water and Base, mix well until dissolved. Add to bread crumbs. Soak apx. 5 min. Add to turkey with remaining ingredients. Form into patties. Heat oil in large nonstick skillet, fry at least 3 min. per side or until meat is well browned. Serves 4

### Chilled Barley Salad

1½	Cups	Water
2	Tsps	<b>Chicken Base</b>
2/3	Cup	Quick Cooking Barley -- uncooked
1	Cup	Frozen Peas -- thawed and drained
2/3	Cup	Plum Tomatoes Or Sweet Red Pepper -- diced
3	Tbsps	Italian Salad Dressing
2		Green Onions -- diagonally cut
¼	Tsp	Dried Basil
1/8	Tsp	Ground White Pepper

Bring Base and water to a boil in a saucepan; reduce heat to low, stir in barley. Cover; cook 10-15 min. or until tender and liquid is absorbed. Remove from heat; add peas and next 5 ingredients. Toss gently; cover/chill. 6-½ cup svgs. Serve chilled or room temp. Serves 6

### Dilled Mushroom Salad

2	Tbsps	Oil
1	Tbsp	White Vinegar
2	Tsps	Fresh Dill
6	Tbsps	Whipping Cream
1	Tsp	<b>Mushroom Base</b>
1	Cup	Shiitake Mushrooms
		Fresh Watercress Or Salad Green Of Choice
		Fresh Ground Black Pepper -- To Taste

Whisk together oil, vinegar, dill, cream, Base and pepper. Add mushrooms; toss. Place greens on large salad plate and top with mushrooms. Garnish with fresh ground pepper. Serves 2

## Fiesta Lime Béarnaise Over Grilled Swordfish

1	Cup	Water
1	Cup	Prepared <b>Hollandaise Sauce</b>
¼	Tsp	Dried Tarragon
1	Tsp	Tarragon Vinegar
Dash		Fresh Ground Black Pepper
2	Tbsps	Roasted red peppers, canned -- drained & diced small
¼	Tsp	Lime juice
1/8	Tsp	Lime zest -- grated fine
5	6 Oz.	Swordfish filets

Add Tarragon, Tarragon Vinegar and pepper to prepared Hollandaise. Whisk until smooth/thickened. Add peppers, lime juice and zest, mixing well. Grill fish. Serve with sauce.

## San Antonio Bean Dip

1	Tbsp	<b>Roasted Garlic Concentrate</b>
2	Tsp	<b>Ancho Concentrate</b>
1	Tsp	<b>Chipotle Concentrate</b>
1	Cup	Canned Great Northern Beans -- Drained
½	Cup	Canned Black Beans -- Drained
8	Ounces	Cream Cheese
2	Tbsps	Green Onions -- Chopped
1	Tsp	Fresh Lime Juice
1	Tsp	<b>Chicken Base</b>

Blend all ingredients in a food processor and serve.

## Grilled Flank Steak With Cilantro Garlic Sauce

1	Pound	Flank Or Skirt Steak - - scored lightly
½	Cup	Fresh Cilantro (apx. 1 bunch) -- minced
2	Cloves	Garlic -- Minced & Mashed To A Paste With ¼ Tsp. Salt
¼	Cup	Pepperoncini Without Stems -- minced
3	Tbsps	Olive Oil
2	Tsps	Fresh Lemon Juice
¼	Tsp	Fresh Ground Black Pepper
1	Tsp	<b>Au Jus Prep</b>

In small bowl, combine cilantro, garlic paste, Au Jus Prep, pepperoncini, olive oil, lemon juice and pepper. Using apx. ½ sauce, rub all sides of steak, place in small plastic bag. Marinate refrigerated 1 hr. Remove 30 min. prior to cooking. Grill apx. 6" from glowing coals 4-5 min. a side for medium rare. Transfer to cutting board, cool 5 min. before slicing thin diagonally. Serve with remaining sauce. (var: Wrap sliced beef and sauce in tortillas) Serves 2

## Lobster Flavored Mayonnaise

2	Cups	Mayonnaise
1	Tbsp	<b>Lobster Base</b>
1	Tbsp	Onion -- chopped fine
1	Tbsp	Fresh Dill Weed -- Chopped Or ½ the Amt. Dry
1	Tbsp	Fresh lemon juice
1	Tbsp	Sauterne wine

Combine all ingredients, whisk well. Chill. Adjust ingredients to taste. Serves 16

## Herbed Potato Burgers

1	Pound	Lean ground beef
½	Pound	Russet potatoes -- shredded
1/3	Cup	Fresh basil -- minced
1/8	Cup	Fresh chives -- snipped
2	Tsps	<b>Beef Base</b>
		Fresh ground pepper -- to taste

Combine ingredients in bowl. Shape into 6 patties. Grill to personal preference. Serves 4

## Zesty Fajita Or Steak Salad Marinade

½	Cup	Vegetable Oil
½	Cup	Lime Juice
¼	Cup	Water
1/8	Cup	<b>Chicken Or Beef Base</b>
1/8	Cup	Ground Cumin
2	Tsps	Chili Powder
2	Tsps	Crushed Red Pepper
1	Tsp	Garlic Powder

Blend all ingredients well. Marinate up to 3 lbs. of meat for 1 hr. prior to grilling or sautéing.

## Ham Pasta Salad

1	Cup	Mayonnaise
¼	Cup	Sour Cream
1	Tbsp	<b>Ham Base</b>
1½	Tsps	Brown Sugar
¼	Tsp	Chili Powder
4	Cups	Rotini - Cooked Per Pkg. Directions -- (3 Cups Uncooked)
½	Cup Each	Tomatoes And Boiled Ham -- Diced
1/3	Cup Each	Celery And Green Pepper -- Diced Small
1/3	Cup	Kidney Beans -- Rinsed And Drained

Combine mayo, Ham Base, sour cream, sugar and chili powder until well blended. In large mixing bowl, combine with remaining ingredients. Toss lightly. Chill well. Serve with halved cherry tomatoes. Serves 6

## Szechuan Dipping, BBQ Or Wing Basting Sauce

¼	Tsp	Crushed Red Pepper Or Red Pepper Flakes -- Or To Taste
¼	Cup	Butter
2	cups	<b>Szechuan Sauce</b>

Combine peppers, butter and sauce. Heat to simmer stirring well. Serve as a dip for fried vegetables or shrimp.

## Oregon Shrimp Salad

1	Pound	Small Cooked Shrimp
1	Cup	Celery -- diced
¼	Cup	Green Onions -- minced
¼	Cup	Red Bell Pepper -- diced
2		Hard Cooked Eggs -- diced
¼	Cup	Frozen Peas
¾	Cup	Mayonnaise
1	Tsp	<b><u>Lobster, Shrimp or Seafood Base</u></b>
2	Tbsps	Fresh Lemon Juice
Dash		White Pepper
Dash		Dry Mustard

Lettuce, Fresh Pear, Melon, Apple, Or Grapes. Lemon Wedges -- for garnish

Combine shrimp, celery, onions, peppers, eggs, peas. Toss lightly. Combine mayo, Base, lemon juice, white pepper & mustard. Mix well. Add to shrimp mixture. Chill. Place spoonful of shrimp salad over lettuce. Arrange fruit & lemon wedges around salad. Serve with melba toast. Serves 8

## Pesto Crab Salad

1½	Cups	Olive Oil
3	Tbsps	Lemon Juice-Fresh
1	Tbsp	<b><u>Crab Base</u></b>
¼	Cup	Fresh Grated Parmesan Cheese
1/8	Cup	Pine Nuts, Slivered Almonds Or Walnuts -- Chopped
1/8	Cup	Dried Sweet Basil
¼	Tsp	Garlic Powder
1/8	Tsp	Fresh Ground Black Pepper
¼	Cup	Frozen Chopped Spinach -- squeezed dry

For 2 cups Pesto: Combine above ingredients in processor on high until smooth. Chill; mix well. Serve over pasta or Crab Salad: see below

## Crab Salad

- ½ head iceberg lettuce or desired variety, rinsed, dried & torn bite-size
- 1 small bunch red leaf lettuce, rinsed, dried & torn bite-size
- 2 small tomatoes, rinsed, dried & cut in wedges
- 1 small cucumber, rinsed, dried & sliced 1/8" thick
- 2 pkgs. (6 oz.) canned or frozen crab meat, thawed & drained well

Toss vegetables in large bowl. Sprinkle with crab, top with Pesto, serve. Serves 16

## Southwestern Bloody Mary

3	Cups	Vegetable Juice
2	Tbsps	Fresh Lime Or Lemon Juice
1	Tbsp	Fresh Cilantro -- Minced
1	Tbsp	Worcestershire Sauce
2 -3	Tsps	<b><u>Chipotle Concentrate</u></b>
1	Tsp	Ground Cumin
1	Tsp	Sugar
2/3	Cup	Chilled Vodka
		Ice Cubes
6	Stalks	Celery With Leafy Tops

Mix 1st 7 ingredients in pitcher. Chill until cold, at least 2 hours or overnight. Mix in vodka. Fill 6 glasses with ice. Pour mixture over. Garnish with celery. Serves 6

## Crab Louis Sauce For Salad

1	Cup	Mayonnaise
¼	Cup	Heavy whipping cream
¼	Cup	Chili sauce
1	Tsp	Worcestershire sauce
1	Tsp	<b><u>Seafood, Lobster or Shrimp Base</u></b>
½	Tsp	Salt Free Cajun Seasoning
¼	Cup	Green peppers -- chopped fine
¼	Cup	Red peppers -- chopped fine
2	Tbsps	Fresh lemon juice
		Tabasco sauce -- to taste

In medium bowl, combine mayonnaise, cream, chili sauce & Worcestershire. Add Base; Cajun seasoning and whisk until dissolved. Add lemon juice, green & red peppers. Adjust seasonings with Tabasco & salt as needed. Salad: Toss 1 cup sauce with 2 cups cooked crab meat (be careful to remove all shells). Serve over shredded lettuce with sliced hard boil egg garnish. Serves 8

## Grilled Bayou Chicken with Cajun Hollandaise

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

Combine 1st 7 ingredients; whisk until well blended. Marinate chicken, covered and refrigerated for 3 hrs., turn occasionally. Grill until brown, 15-20 min. Puree ¼ cup water, red & jalapeno peppers until smooth. In sauce pot, bring 2 cups, water, pureed mixture, salt & pepper sauce to rapid boil; turn off heat. Immediately add Concentrate. Whisk until smooth and thickened. Serve sauce with chicken. Serves 8

## Seafood Pasta Salad

8	Ounces	Small rotini pasta
1	Tbsp	Salt
2	Tbsps	Corn oil
½	Cup	Celery -- medium diced
½	Cup	Onions -- medium diced
¼	Cup	Green peppers -- medium diced
¼	Cup	Red peppers -- medium diced
½	Cup	Mild salsa
2	Tbsps	<b>Seafood Base</b>
2	Tbsps	Lemon juice
2	Tsps	Ground cumin
½	Tsp	Old Bay Seafood Seasoning
1	Tsp	Chili powder
¼	Tsp	Garlic powder
6	Ounces	Bay scallops
6	Ounces	Shrimp 70-90 count or smaller
6	Ounces	Canned chopped clams -- drained
1	Cup	Mayonnaise
¼	Cup	Sour cream

Cook pasta per pkg. directions. Chill under cold water; drain. In large saute pan, heat oil over med-high heat. Add celery, onions, green & red peppers; saute 1-2 min. Add salsa, Base, lemon juice, Old Bay, cumin, chili & garlic powders, mix well. Heat to boiling, stirring occasionally; reduce heat, gently boil 1-2 min; stirring occasionally. Add scallops; cook 2-3 min., depending on size. Add shrimp; cook 1-2 min. until done. Add clams; gently boil 30-45 seconds. Remove from heat. Chill in ice water, stirring occasionally. In large bowl, whisk mayo and sour cream. Add pasta & seafood, mixing well. Chill 1 hr, stirring occasionally.

VAR: Add salt free Cajun seasoning to taste for Cajun seafood salad. Serves 6

## Caribbean Seafood Salad

½	Cup	Shrimp 70/90 Ct. -- cooked
1/3	Cup	Lobster Meat-Cooked -- diced medium
¼	Cup	Bay Scallops -- cooked
¼	Cup	Fish - Cooked -- diced medium
1/3	Cup	Canned Chopped Clams -- drained
2	Tbsps	Pineapple -- diced medium
¼	Cup	Papaya -- diced medium
2	Tbsps	Green Pepper -- diced medium
2	Tbsps	Red Bell Pepper -- diced medium
2	Tbsps	Green Onion -- sliced
2	Tbsps	Lime Juice
2	Tbsps	Orange Juice
2	Tbsps	Vegetable Oil
1	Tbsp	<b>Seafood Base</b>
1	Tbsp	Caribbean Jerk Spice
1	Tbsp	Fresh Cilantro -- chopped

In large bowl, combine seafood, pineapple, papaya, onions, green & red peppers. In separate bowl, combine lime & orange juice, oil, Base, Jerk & cilantro. Whisk well. Pour over seafood; toss gently. Chill 1 hr. Toss gently. Serve on lettuce or in ½ coconut shell. Serves 4

## Grilled Flank Steak with Cabrales Sauce

2	Cups	Water
1/3	Cup + 1 Tbsp.	<b>Demi -Glaze Concentrate</b>
¼	Cup + 1 Tbsp.	Chili Sauce
2/3	Cup	Blue cheese -- crumbled or grated
3 1/3	Pounds	Flank steak

In sauce pot bring water to rapid boil. Immediately add Demi-Glaze, whisk until smooth and thickened. Reduce heat to medium. Add chili sauce & cheese. Bring to boil stirring occasionally. Reduce heat; simmer until cheese melts, stirring constantly. Grill steak. Serve with sauce. Serves 11

## Thai Steak Salad

12	Ounces	Boneless Top Round Steak, Apx. 1" Thick
8	Cups	Romaine lettuce, loosely packed -- torn bite-size
½	Cup	Green onions -- sliced thin
1	Cup	Radishes -- sliced thin
1	Cup	Cucumber -- sliced thin
½	Cup	Cilantro -- chopped
½	Cup	Water
½	Tsp	<b>Chicken Base</b> , Or To Taste
2	Tbsp	Fresh lime juice
1½" X 1"	Piece	Fresh Ginger -- peeled and chopped
1	Tsp	Vegetable oil
1	Large	Clove garlic peeled
1	Tsp	Sugar
½	Tsp	Hot-pepper sauce

Grill steak 4-6" from heat, 5-7 min. a side for rare, 7-9 min., for medium, 9-11 min. for well done. Remove to cutting board; let stand 5 min. Meanwhile place lettuce, cucumber, radishes, scallions and cilantro in salad bowl. Place water, Base, lime juice, ginger, oil, garlic, sugar, hot sauce in blender and process until smooth. Cut steak thin across grain; add to bowl. Add dressing; toss to coat. Serves 4

## Lemon Spinach Couscous Salad

2¼	Cups	Water
3	Tsps	<b>Chicken Base</b>
1	10 Oz.	Box Couscous ( Apx. 1½ Cups)
3	Tbsps	Fresh Lemon Juice -- Or To Taste
¼	Cup	Olive Oil
2	Cups	Fresh Spinach, Stemmed, Washed, Spun Dry, Shredded
3	Large	Scallions -- Sliced Thin
3	Tbsps	(Or To Taste) Fresh Dill -- Finely Chopped
		Fresh Ground Black Pepper -- To Taste

In saucepan bring water and Base to boil. Stir in couscous. Remove from heat, let stand, covered, 5 min. Fluff with fork, transfer to bowl. Stir in lemon juice, oil and pepper. Cool completely. Stir in spinach, scallions and dill. Chill covered, minimum 2 hrs. or overnight. Serves 6