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Chef's Recipes
For

Chicken Base
and
Turkey Base



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.

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

HAPPY COOKING !!
Heidi & David



Recipe Notes

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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)

Alfredo Sauce II

½	Cup	Hot Water
1½	Tsps	Chicken Base
¾	Cup	Heavy Cream
1	Tbss	Unsalted Butter
¼	Cup	Lukewarm Water
3½	Tbsps	Minor's Sauce/Soup Thickener (Dry Roux®)
½	Cup	Fresh Grated Parmesan Cheese

n sauce pot combine water, Base, cream and butter. Heat to boiling, stirring occasionally, until butter melts. Blend Dry Roux® with warm water until smooth using whisk. While stirring vigorously, gradually pour into hot liquid. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Add cheese, stirring until mixed thoroughly. Remove from heat. Yields 2 cups

Baked Potato Bernier

2	Large	Baking Potatoes (Apx. 8 Oz. Each) -- washed
¼	Cup	Bacon -- diced small
¼	Cup	Hot Milk
1½	Tbsps	Chicken Base
1	Tbsp	Sour Cream
1½	Tsps	Butter Or Margarine
1½	Tsps	Chives -- chopped
	Dash	Fresh Ground White Pepper
1	Tbsp	Fresh Grated Parmesan Cheese
1	Tbsp	Butter Or Margarine

Bake potatoes 450°F until tender, apx. 1 hour. While warm, cut in ½ lengthwise. Scoop out potato, leaving ¼" in skin. Mash scooped out potaoes. Saute bacon until crisp, for apx. 7 minutes. Drain. Combine bacon and remaining ingredients in bowl; mix until smooth and well blended. Fill skins. Sprinkle with cheese, then melted butter. Bake 375°F for 15-20 minutes. Serves 4

Braised Carrots With Cilantro Sauce

1	Pound	Carrots -- peeled and julienned
¼	Cup	Water
¼	Tsp	Chicken Base
3	Tsps	Fresh Cilantro -- coarsely chopped
1	Tsp	Honey
¼	Cup	Sour Cream
3	Tbsps	Butter
		Fresh ground pepper -- to taste

Dissolve Base in water. Set aside. Heat butter in medium skillet. Add carrots, cook over medium heat until they just begin to soften, apx. 5 minutes. Add broth, 2 tsps of cilantro, honey and pepper; cover and simmer until carrots are tender, apx. 5 minutes. Transfer to serving bowl with slotted spoon; keep warm. Increase heat to high; cook until pan juices thicken slightly, about 1 minute. Turn off heat; stir in sour cream and 1 tsp. cilantro. Pour sauce over carrots, serve immediately. Serves 4

Turkey Tetrazzini

10	Ozs	Mushrooms (Apx 4 Cups) -- sliced thin
5	Tbsps	Unsalted Butter
¼	Cup	All-Purpose Flour
1¾	Cups	Milk
2	Cups	Warm Water
2	Tbsps	Turkey Base
¼	Cup	Dry White Wine
3	Cups	Cooked Turkey With Giblets If Desired -- coarsely chopped
1	Cup	Cooked Peas
2/3	Cup	Fresh Grated Parmesan Cheese
1/3	Cup	Fine Bread Crumbs (Fresh If Desired)
10	Ozs	Spaghetti

Cook mushrooms in 4 Tbsp. butter over medium heat, stirring until most of the liquid is evaporated, stir in flour. Cook over low heat, stirring 3 minutes. Dissolve Base in water; combine with milk and wine. Add mixture in stream to mushrooms, stirring; bring to boil. Reduce heat; simmer 5 minutes. Cook pasta al dente, drain well. Combine pasta, mushroom sauce, turkey, peas and pepper to taste. Stir in ½ the Parmesan; transfer to buttered shallow 3 qt. casserole. Combine remaining Parmesan, bread crumbs, salt & pepper and sprinkle over Tetrazzini; dot top with remaining butter - cut into bits. May be prepared up to this point 1 month in advance-kept frozen, covered. Bake in center of preheated 375°F. oven 30-40 minutes, or until bubbling top is golden. Serves 4-6

Turkey Vegetable Noodle Soup

1½	Tsps	Butter Or Margarine
1¼	Cups	Onions -- diced small
1	Cup	Carrots -- diced medium
½	Cup	Celery -- diced medium
1¾	Quarts	Hot Water
2	Tbsp. + 2 Tsp	Turkey Base
4	Ozs	Canned Crushed Tomatoes In Puree
1½	Cups	Fine Egg Noodles
2	Cups	Cooked Turkey -- diced small
½	Cup	Frozen Green Peas -- thawed

In sauce pot melt butter over medium heat. Add onions, carrots and celery. Saute and stir 3-5 minutes. Stir in water, Base and tomatoes, mixing well. Bring to boil. Add noodles. Reduce heat, gently boil until noodles are tender. Add turkey and peas, stirring well. Simmer 5-7 minutes, until peas are tender. Serves 10

“To Taste” Turkey Thigh Sandwiches

Turkey Thighs	White Wine -- to taste
Onions -- sliced-to taste	Vegetable Oil -- to taste
Turkey Base -- to taste	Paprika -- to taste
Garlic Cloves -- to taste-sliced	Pepper -- to taste

Disperse Bases in oil. Cook with skin on-remove if desired after roasting. Rub base mixture under and on skin. Place in roasting pan. Add wine, onions and garlic (if using cloves). Sprinkle with paprika and pepper. Bake 350°F covered apx. 2 hrs. Uncover last hour. Don't worry about overcooking - the longer roasted the easier to release from bone. Shred with fork. Serve on rye bread with horseradish sauce or over spaetzle with gravy.

Cheese Soup Vermont

4	Tbsps	Margarine Or Butter
1/3	Cup	Onions -- diced small
1/3	Cup	Celery -- diced small
1/3	Cup	Carrots -- diced small
1/3	Cup	Green Peppers -- diced small
½	Cup	All-Purpose Flour
3	Cups	Hot Water
4	Tsps	Chicken Base
2	Slices	American Cheese -- diced small
1	Cup	Sharp Cheddar Cheese -- shredded
1	Cup	Half And Half -- hot
1/3	Cup	Beer - Optional

In saucepan, melt butter over medium heat. Add onions, celery, carrots and peppers; saute/stir 10 min. Add flour, stirring until well blended, evenly cooked, 2-3 min. Remove from heat. Stir in water and Base, mixing well. Heat to boiling, stir often. Boil/stir 1 min. Reduce heat; gently boil 7 min, stirring occasionally. Add cheeses, half & half and beer, mix well. Heat to simmering, stirring continuously until cheese melts. Garnish with blanched green pepper, cherry tomato slices, herbed croutons. Serves 6

Cheese Tortellini With Vegetables

1	Cup	Cheese Tortellini -- uncooked
1	Tbsp	Each Butter Or Margarine & Veg. Oil
¼	Cup	Carrots -- julienned
¼	Cup	Mushrooms -- sliced thin
¼	Cup	Yellow Squash -- julienned
1/8	Cup	Celery -- julienned
1/8	Cup	Onions -- julienned
1/8	Cup	Bell Peppers-Any Variety Or Color -- julienned
1½	Tbsps	Water
2 ¼	Tsps	Chicken Base
1/8	Cup	Tomatoes -- peeled and diced
½	Tsp	Dried Basil
¼	Tsp	Garlic -- minced
		Fresh Ground White Pepper -- to taste

Cook tortellini per pkg. directions. Rinse in cold water; drain. In skillet on med-high heat, melt butter and oil. Add carrots, celery, mushrooms, squash, onions and peppers; saute 2-3 minutes. Add water, Base, basil, tomatoes, garlic, pepper and tortellini, mix well. Cook until hot, 3-4 minutes, stirring occasionally. Serves 6

Cole Slaw Or Potato Salad Dressing

2	Cups	Mayonnaise
¾	Cup	Sour Cream
2	Tbsps	White Vinegar
1	Tbsp	Chicken Base
½	Tbsp	Ground Mustard
½	Tsp each	Sugar and Fresh Ground White Pepper

Combine ingredients well with whisk. Chill. Use ½ cup per 12 ozs. of salad. Yield 3 cups

Chicken & Turkey Graviest.

¼	Cup	Butter Or Margarine
3/8	Cup	All Purpose Flour
2	Tbsps	Cornstarch
1	Quart	Hot Water
4	Tsps	<u>Chicken or Turkey Base</u>

Melt butter over medium heat. Blend in flour and cornstarch. Cook over medium heat 2-3 minutes, stirring constantly. Add remaining ingredients. Heat to boiling, stirring constantly. Reduce heat; gently boil 2 minutes, stirring occasionally. Yield 1 qt

Herbed Turkey Gravy

2	Tbsps	Butter or Margarine	4	Tsps	<u>Turkey Base</u>
1	Cup	Onions, Chopped	1	Tbsp	Fresh Parsley, Chopped
1	Cup	Mushrooms, Chopped	¼	Tsp	Dried Thyme, Crumbled
4	Cup	Water	¼	Cup	Cornstarch

Dissolve Base in water, separate ½ cup of the broth and cool. In sauce pot saute onions and mushrooms in butter, 2 minutes. Stir in 3½ cups broth, parsley and thyme. Remove from heat. Mix cornstarch and cooled broth until smooth; pour into pot stirring constantly with whisk. Bring to boil over medium heat; boil 1 minute. Yield: apx. 1 qt. Var.: Use wine fruit juice or cream as part of liquid.

Chicken (Or Turkey) White Bean Chili

1¼	Cups	Water
2/3	Cup	Onions -- medium diced
1½	Tsps	<u>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

Turkey Florentine Soup

1	Tbsp	Vegetable oil
½	Cup each	Onion and Red bell pepper -- diced medium
3	Cups	Water
1	Cup	Turkey meat -- cooked & diced
1/8	Cup	Frozen chopped spinach
1½	Tbsps	<u>Turkey Base</u>
¼	Tsp	Poultry seasoning
	Dash each	Ground nutmeg and Fresh ground white pepper
2	Tbsps	Cornstarch well blended into 1/4 cup cold water

In sauce pot, heat oil over med-high heat. Add onions and peppers; saute 2-3 minutes. Add 1st amount of water, turkey, spinach, poultry seasoning, Base, nutmeg and pepper. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 5-8 minutes, stirring occasionally. Blend 2nd amount of water and cornstarch until smooth with wire whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally. Serves 4

Turkey (Or Chicken) A La King

1	Cup	Fresh Mushrooms -- sliced 1/4" thick
½	Cup	Green Pepper -- cut in 1" squares
4	Tbsps	Margarine Or Butter
¼	Cup	All-Purpose Flour
1¼	Cups each	Hot Water and Hot Milk
1	Tbsp + 1 tsp	<u>Turkey Base Or -- Chicken Base</u>
1 2/3	Cups	Cooked Turkey or Chicken (9 Oz.)
1	Tbsp + 1 tsp	Pimiento -- chopped

Parboil mushrooms and green peppers 3-4 minutes. Drain and rinse with cold water. Set aside. Melt butter over medium heat. Add flour using wire whisk. Stir until well blended, evenly cooked and bubbly, 2-3 minutes. Remove from heat. Add water, milk and Base. Bring to boil, stirring constantly. Boil and stir 2 minutes. Add turkey, pimiento, peppers and mushrooms. Heat until simmering, stirring occasionally. Serve over puff pastry shells, rice or biscuits. Serves 4

Turkey Noodle Soup Oriental

3	Tbsps	<u>Turkey Base</u> into 2½ quarts water
2	Ribs	Celery - Sliced Thin -- diagonally cut
2	Medium	Carrots -- pared and cut into matchsticks
4	Ozs each	Fresh White and Shitake Mushrooms -- sliced thin
4	Ozs	Medium Shrimp - Shelled, Deveined -- chopped
1	Package	Frozen Baby Peas (10 Ozs) -- thawed
4		Scallions -- thinly sliced
¼	Cup	Soy Sauce - Light
2	Tbsps	Oriental Sesame Oil

Heat water and Base to boiling in large pot. Add celery and carrots; boil gently until tender, apx. 5 minutes. Add remaining ingredients, cook 5 minutes longer. Taste, adjust seasonings. Serve with noodles of choice (cellophane or mung bean threads suggested) and fresh ground black pepper. Serves 8

Turkey & Green Chili Soup

3	Tbsps	Vegetable oil
8	Ozs	Turkey meat -- medium diced
1	Cup	Onions -- medium diced
¼	Tsp	Garlic -- minced
1/3	Cup	All-purpose flour
2½	Cups	Water
½	Cup	Half and half
1½	Tbsps	Turkey Base
1/3	Cup	Canned tomatoes -- diced & drained
1/3	Cup	Green chili peppers, canned -- diced
1	Tbsp + 2 tsp	Jalapeno peppers, canned -- small diced
½	Tsp	Ground cumin
	Dash	Ground red pepper

In sauce pot heat oil over med-high heat. Add turkey; saute 3-5 minutes, until lightly browned. Add onions and garlic; saute until tender, apx. 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, half & half, Base, tomatoes, red pepper, cumin, chili and jalapeno peppers. Heat to boiling over med-high heat, stirring occasionally. Yield 1 ¼ qts

Mushroom Rye Casserole

5	Tbsps	Unsalted Butter (Cooking Spray)
1	Cup	Onions -- Coarsely Chopped
1	Cup	Carrots -- Coarsely Chopped
1	Cup	Celery -- Coarsely Chopped
2	Cups	Mushroom (About 6 Oz.) -- Sliced Thick
4	Cups	Stale Rye Bread Cubes
1	Cup	Water
2	Tsps	Turkey Base
½	Cup	Fresh Dill -- Chopped
1	Tbsp	Caraway Seeds
1	Tbsp	Dill Seed 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. butter in large skillet over med-high heat. add onions, carrots and celery; saute until starting to brown, apx. 10 minutes. Add mushrooms; saute 3 minutes. Remove from heat, stir in bread cubes, broth, 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 minutes. Serves 12

Chicken Gumbo Creole Soup

2	Tbsps	Butter Or Margarine
1¼	Cups	Onions -- julienned
½	Cup each	Celery -- sliced ¼" thick, Green Pepper -- julienned
2	Cloves	Garlic -- minced
1/8	Tsp	Ground Thyme and 1 Bay Leaf
1½	Quarts	Hot Water
3	Tbsps	Chicken Base
1	Can	(14.5oz) Diced Tomatoes In Juice
1	Cup	Frozen Whole Okra -- sliced ¼" thick
½	Cup	Long-Grain White Rice -- uncooked
2/3	Cup	Cooked Chicken -- diced small
1/8	Tsp	Worcestershire Sauce
	Dash	Ground Red Pepper
¼	Cup	Lukewarm Water
3	Tbsps	Sauce/Soup Thickener (Dry Roux®)

In sauce pot, melt butter over medium heat. Add onions, celery, green pepper, garlic, thyme and bay leaf; saute and stir 3 minutes. Add water, Base, tomatoes, okra, rice, chicken, Worcestershire and red pepper, mixing well. Heat to boiling. Reduce heat; gently boil 15 minutes, stirring occasionally, until rice is tender. Discard Bay Leaf. Blend warm water and Dry Roux® until smooth, with whisk. While stirring vigorously pour into hot mixture. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Serve with herbed or garlic croutons or chopped fresh parsley. Yield 2¼ qts

Chicken Mexicali Soup

½	Tssp	Vegetable oil
¾	Tsp	Chicken Base
6	Ozs	Boned and skinned chicken breasts -- diced medium
3	Tbsps	Bacon -- diced fine
½	Tbsp	Vegetable oil
½	Cup	Onion -- diced small
¼	Tsp	Garlic -- minced
3	Cups	Hot water
1	Tbsp + 2 tsps	Minor's Chicken Base
½	Cup	Black beans -- canned, undrained
¼	Cup	Canned roasted red peppers -- small diced
¼	Cup	Mild picante sauce
¾	Cup	Canned, diced tomatoes with juice
2	Tbsps	Canned green chili peppers -- small diced
½	Tsp each	Ground cumin, Chili powder, Hot pepper sauce
¼	Tsp	Fresh ground black pepper
2	Tbsps	Water
1	Tbsps	Cornstarch
1½		Corn tortillas -- julienned

Combine 1st amount of Base and oil. Blend well. Add chicken; toss until coated. Set aside. In sauce pot, saute bacon until crisp. Add 2nd amount oil, heat. Add chicken onions and garlic. Saute until evenly browned. Add hot water, 2nd amount of Base, beans, peppers, picante, tomatoes, chilies, cumin, pepper and pepper sauce. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 12-15 minutes, stirring occasionally. In bowl, blend water and cornstarch until smooth, with whisk. Gradually pour into boiling liquid. Heat to boiling over med-high heat, stirring often. Add tortillas. Return to gentle boil for 2 minutes stir occasionally. Servings 4

Chicken Salad Amandine

½	Cup	Mayonnaise
3	Tbsps	Sour Cream
¼	Cup	Celery -- diced small
1	Tbsp	Onions -- diced small
2	Tsp	Chicken Base
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	Chicken Base
1½	Quarts	Water
2	Cups	Frozen mixed vegetables
1	Cup	Cooked chicken(5 oz.) -- diced
¾	Cup	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

Chicken With Mushroom Herb Sauce

2	Tbsps	Olive Oil
¾	Pound	Boneless Skinless Chicken Breasts -- pound thin/pat dry
½	Cup	Water Mixed with 1 Tsp Chicken Base
2	Tbsps	Shallot -- minced
¼	Cup	Mushrooms -- minced
1	Tbsp	Fresh Chives -- snipped
2	Tbsps	Fresh Tarragon-Minced Or 2 tsps dried crumbled
2	Tsps	Fresh Lemon Juice
2	Tbsps	Cold Unsalted Butter -- cut into bits
2	Tbsps	Fresh Parsley -- minced

In skillet heat oil on med-high heat until hot. Season chicken with pepper; saute 30-45 seconds a side, until browned lightly. Remove, keep warm. Pour fat from skillet, add broth; deglaze on high heat, scraping brown bits. Add shallots and mushrooms; bring to a boil and simmer for 5 minutes. Add herbs, simmer 5 minutes more or till slightly reduced. Add lemon juice. Add cold butter bits; swirl till blended. Pour over chicken. Serves 2

Spicy Cajun Chicken Breast

½	Cup	Vegetable Oil
1½	Tbsps	Chicken Base
2	Pounds	Skinless Boneless Chicken Breast
¼	Cup	Cajun Seasoning-Not "Salt First" variety

In bowl, combine oil and Base; marinate chicken 30 min. Remove from marinade; dust with cajun spice on both sides. Grill apx 5 min. a side or bake 375°F apx. 15 min. Serve as entree or in Cajun Chicken Caesar Salad. **Serves 4**

Maryland Turkey & Vegetable Chowder

¼	Cup	Butter or margarine
¼	Cup each	Onions and Celery -- medium diced
1/8	Cup	Green peppers -- medium diced
½	Cup	All-purpose flour
1	Quart	Water
¾	Cup	Potatoes -- medium diced
2/3	Cup	Frozen whole kernel corn
¾	Cup	Creamed corn
1	Tbsp + 1 tsp	Turkey Base
¼	Tsp	Old Bay Seafood Seasoning
¼	Tsp	Poultry seasoning
	Dash	Fresh ground white pepper
4	Ozs	Turkey meat, cooked (1 cup) -- medium diced

In sauce pot over med-high heat, melt butter. add onions, celery and peppers; saute 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, potatoes, frozen and creamed corn, Base, pepper, Old Bay and poultry seasoning. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil until potatoes are tender, 12-15 minutes, stirring occasionally. Add turkey meat; cook 2 minutes, stirring occasionally. Yield 1 ½ qt

Turkey Cutlets Sauteed & Honey Glazed

3	Tbsps	Balsamic Vinegar
1	Tbsp	Honey
¾	Pound	Turkey Cutlets - Each About ¼" Thick
½	Cup	Fine Dry Bread Crumbs
1	Tsp	Turkey Base
		Pepper To Taste
¼	Cup	Olive Oil
2	Cloves	Garlic -- minced
1	Tbsp	Unsalted Butter
¼	Cup	Dry White Wine
		Fresh Parsley For Garnish -- Minced

Dissolve Base in wine. Set aside. In small bowl stir vinegar and honey until blended. Reserve. Dredge turkey in bread crumbs, pressing to adhere. In large skillet heat oil over med-high heat until hot but not smoking. Saute turkey in batches, turning once for 1 minute, transfer to platter. Wipe out skillet, melt butter saute garlic over med-low heat, stirring 1 minute or until pale golden; stir in wine mixture. Boil until reduced to apx. 2 Tbsp., stir in vinegar and honey mixture; boil until syrupy. Spoon glaze over cutlets, sprinkle with parsley. Serves 2

Potato Leek Kielbasa Soup

¼	Tsp	Cumin Seed
¼	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	Chicken Base
½	Pound	Potatoes -- diced medium
1/3	Pound	Low-Fat Kielbasa, Quartered Lengthwise --cut in 1/2" strips
1	Tbsp	Half And Half
½	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

Risotto With Porcini & Fresh Basil

2/3	Oz	Dried porcini mushrooms
3½	Tsps	Chicken Base
3	Cloves	Garlic -- finely chopped
3½	Cups	Water
2	Tbsps	Olive oil
¾	Cup	Onions -- finely chopped
1	Cup	Arborio rice
3	Tbsps	Fresh basil -- finely chopped
¼	Cup each	Parmesan and Romano cheese -- freshly grated
		Fresh ground pepper -- to taste
1	Cup	Hot water

Soak mushrooms in 1 cup hot water for 30 minutes. Remove from water (reserve water), chop fine. Strain reserved water. Set aside. In 1½ qt. sauce pan, combine water and Base, bring to boil, reduce heat and simmer. Preheat saute pan on medium heat. Add olive oil; heat 1 minute. Saute onions and garlic for 2-3 minutes. Add rice; saute 3-4 min. Stir ½ cup broth into rice. Stir until absorbed. Add remaining broth 1/3 cup at a time, stirring until absorbed. Add remaining reserved water, ¼ cup at a time, stirring until absorbed. Stir in cheeses. Add pepper. Serves 4

Sauteed French Lettuce

2	Tablespoons	Butter Or Margarine
¾	Cup	Green Onions -- sliced thin
1	Pound	(1 Qt) Iceberg Lettuce -- julienned - Do not use hearts
1	Cup	Frozen Peas -- thawed
½	Tablespoon	Chicken Base*
½	Tablespoon	Minor's Vegetable Base*
¼	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

Cream Of Chicken Florentine Soup

4	Tbsps	Margarine Or Butter
½	Cup	All-Purpose Flour
¾	Cups	Hot Water
2	Tbsps	Chicken Base
2/3	Cup	Cooked Chicken (3 Oz.) -- diced medium
¼	Package	Frozen Spinach -Partially Thawed -- chopped
2	Tbsps	Pimiento -- drained/chopped
	Dash	Ground Nutmeg
½	Cup	Half And Half

In saucepan, melt butter over medium heat. Add flour, stirring with wire whisk until blended, evenly cooked and bubbly, 2-3 min. Remove from heat. Stir in remaining ingredients; heat to boiling. Reduce heat; gently boil 5 min., stirring occasionally, until thickened. Garnish with julienned pimiento, blanched asparagus tips or croutons. Serves 6

Creamed Chicken & Garlic Soup

1/8	Cup	Butter Or To Taste
½	Cup each	Yellow Onion and Celery -- diced medium
1	Tbsp.	Garlic Minced -- or more to taste
1/3	Cup	All-Purpose Flour
1	Quart	Water
2½	Tbsp	Chicken Base
½	Cup	Cooked Chicken Meat -- pureed
1	Cup	Cooked Chicken Meat -- julienned
1	Cup	Half And Half**
¼	Cup	Pale Dry Sherry

In saucepot over med-high heat, melt butter. Saute onions, celery and garlic, 1-2 minutes. Add flour, blend well; cook 2-3 min. until bubbly. Add water, Base (s), bring to boil, lower heat; simmer 10-12 min. Stir occasionally. Add pureed chicken; cook 2-3 minutes. Add julienned chicken and half & half; cook 2-3 min. Add sherry, blend, remove from heat. Serves 8

Minor's Devil's Rub & Mediterranean Marinade

*** Devil's Rub ***

2	Tbsps	White Vinegar
1½	Tsps	Chicken Base
6-8	Cloves	Garlic-- minced
1	Tbsp each	Tomato Paste and Hot Pepper Sauce
2	Tbsps	Brown Sugar, Packed
1	Tsp	Red Pepper -- crushed

*** Mediterranean Marinade ***

½	Cup	Olive oil
¼	Cup	Lemon juice
1/8	Cup	Red wine vinegar or more to taste.
½	Tbsp	Chicken Base
½	Tbsp	Garlic, minced
1	Tbsp	Oregano
¼	Tsp	Fresh ground black pepper

For both recipes: Combine all ingredients until well blended. Rub on poultry. Use apx. 1½-2 Tbsp. per lb. Let stand 15 min. - 2 hrs. Yield: ¾ - 1 cup. Marinates apx. 5 lbs.

Crisp Braised Celery

1½	Large	Bunches of celery with leaves
2	Tbsps	Vegetable oil
1	Tbsp	Unsalted butter
1	Tsp	Sugar
¾	Tsp	Celery seeds
1/3	Cup	Water
1/3	Tsp	<u>Chicken Base</u>

Dissolve Base in water, set aside. Trim celery, reserve leaves. Rinse and cut celery diagonally into 1/8" slices. (should be apx. 8 cups when sliced). In skillet heat oil and butter over med-high heat until hot but not smoking. Add celery, sugar and celery seeds. Saute, stirring, 1 minute. Add broth and reserved leaves, bring liquid to boil, simmer covered 3-5 minutes or until celery is crisp-tender. Serves 10

Fresh Julienne Vegetable Sauté

1	Oz	Butter Or Margarine
1½	Cups	Carrots -- julienned
1½	Cups	Celery -- julienned
1	Cup	Onion -- julienned
½	Cup	Green Pepper -- julienned
2	Ozs	Hot Water
2½	Tsp	<u>Chicken Or Veg. Base</u>
	Pinch	Ground White Pepper

Melt butter over medium heat. Add vegetables; saute 2 -3 minutes. Combine water and Base. Add to vegetables. Saute until tender-crisp over medium heat. Remove from heat, add pepper to taste. Serve hot. Use any vegetable combination desired. Serves 6-8

Fried Rice

1	Cup	Water
2	Tsps	<u>Chicken Base</u>
½	Cup	White Rice
1/3	Cup	Bacon -- diced small
½	Cup	Mushrooms -- thin sliced
1/3	Cup	Green Pepper -- diced small
½	Cup	Green Onion -- thin sliced
	Dash	Soy Sauce
	Dash	Fresh Ground White Pepper

In sauce pot, boil water. Add Base and rice, mixing well. Reduce heat, cover and gently boil for 20 minutes. Remove from heat and let stand for 5 minutes. In saute pan over med-high heat, saute bacon until crisp, apx. 5 minutes. DO NOT drain fat. Add onions, mushrooms and peppers; saute 3-5 minutes. Add to rice. Stir until blended. Add soy and pepper. Mix to blend. Serves 5

Memorable Mashed Potatoes

1	Quart	Potatoes -- diced large
1	Quart	Water
¼	Cup	Milk
2	Tsps	<u>Chicken Base</u>
2	Tbsps	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

Old Fashioned Bread Stuffing

1	Loaf	White Bread - One Day Old -- small cubed
1½	Tsps	Poultry Seasoning
¼	Tsp	Black Pepper
6	Tbsps	Butter or Margarine
½	Cup	Onions -- diced small
1¼	Cups	Boiling Water
1	Tbsp + 1 tsp	<u>Turkey or Chicken Base</u>

Combine bread, poultry seasoning and pepper. Toss lightly until well blended. Set aside. In skillet, melt 3 Tbsp. butter over medium heat. Add onions; saute 5-10 minutes, until lightly browned. Remove from pan; set aside. In same skillet, melt remaining butter over medium heat. Saute until browned, 3-5 minutes, set aside. Combine water and Base, stirring well. Add broth and onions to browned butter, mixing well. Pour slowly over bread cubes while tossing lightly. Don't overmix. Place dressing in greased loaf pan. Bake 350°F 30-35 minutes or until lightly browned. Serves 6

Pasta Florentine

10	Ozs	Linguini Or Pasta Of Choice
2	Tbsps	Butter Or Margarine
¼	Cup	Onion -- diced small
¼	Cup	Red Or Yellow Bell Pepper -- diced small
1½	Tsps	Garlic -- minced
2	Tbsps	All-Purpose Flour
1¼	Cups	Hot Water
1	Tbsp + 1 tsp	<u>Chicken Base</u>
¼	Cup	Frozen Spinach -- chopped fine
¼	Tsp	Fresh Ground Black Pepper
	Dash	Nutmeg -- ground
½	Cup	Half And Half
3	Tbsps	Fresh Grated Parmesan Cheese

Cook pasta per pkg. directions. Melt butter over med-high heat. Add onions, pepper and garlic; saute 2-3 minutes. Blend in flour; cook over medium heat 2-3 minutes, stirring constantly. Add water, Base, spinach, pepper and nutmeg, mix well. Heat to boiling, stirring constantly. Reduce heat; gently boil 2 minutes, stirring occasionally. Add half & half and cheese, mixing well. Heat to boil over med-high heat, stirring often. Reduce heat; gently boil 3-4 minutes, stirring occasionally. Add pasta. Serves 6

Lemon Herb Pork Chops

¼	Cup	Fresh Lemon Juice
¼	Cup	Vegetable Oil
2	Tbsps	Chicken Base
1	Tbsp + 1 tsp	Honey
2	Tsps	Dijon Mustard
1	Tsps	Worcestershire Sauce
½	Tsp	Thyme, Leaf
½	Tsp	Rosemary, Leaf
½	Tsp	Dried Basil
8	3 - Oz.	Pork Chops or chicken breasts

In bowl, combine first 9 ingredients. Mix with whisk until blended. Brush or dip pork chops in mixture until coated. Place on shallow baking pan and bake at 375°F, 20-25 minutes. Baste. Bake 20-25 minutes longer. Serves 8

Macaroni & Cheese

4	Oz.	Elbow Macaroni
½	Tsp	Vegetable Oil
1	Cup	Whole Milk
¾	Cup	Hot Water
1	Tbsp	Chicken Base
1	Tsp	Dry Mustard
¼	Cup	Lukewarm Water
3/8	Cup	Minor's Sauce/Soup Thickener (Dry Roux®)
1	Cup	Extra Sharp Cheddar, shredded or -- sliced thin
¼	Cup	Extra Sharp Cheddar - option if baking

Cook macaroni per pkg. directions until al dente. Drain well; mix with oil until coated. Set aside. In sauce pot, combine milk, water, Base and mustard. Heat to boiling over med-high heat, mixing well. Blend water and Dry Roux® until smooth, using whisk. While stirring vigorously, pour into hot liquid. Heat to boiling over medium heat, stir constantly. Boil and stir 1 minute. Add cheese, stirring until melted. Add macaroni to sauce, tossing until evenly mixed. If desired, transfer to baking pan, sprinkle with remaining cheese. Bake uncovered at 350°F until lightly browned, 15-20 minutes. Serves 6

Mediterranean Lima Beans

2	Tbsp	Olive Oil
2	Cups	Carrots -- thin sliced
1¼	Cups	Onions -- diced small
1	Cup	Celery -- thin sliced
1½	Cups	Tomatoes, Canned -- diced
2	Tsps	Chicken Base
1	Tbsp	Cilantro -- chopped
2	Cans	(15oz.) Lima Beans -- rinsed and drained

In sauce pot heat oil over med-high heat. Add carrots, onions and celery; saute 3 mins. Add tomatoes, Base and cilantro. Cook until tender-crisp, apx. 4 minutes, stir occasionally. Add beans; mixing well. Place in baking pan; cover and bake at 350°F for 20 minutes. Serves 8

Grilled Bayou Chicken

1½	Cups	Olive Oil
3	Ozs	Water
2	Tbsps	Chicken Base
2	Tbsps	Fresh Garlic -- crushed
½	Oz	Fresh Ground Black Pepper
1	Tbsp + 1½ tsp	Hot Red Pepper Sauce
3	Pounds	Boneless Skinless Chicken Breast

Combine first 7 ingredients; mix with wire whisk until well blended. Marinate chicken covered and refrigerated for 3 hours, turning occasionally. Grill until brown, 15-20 min. Serves 8

Homestyle Chicken Noodle Soup

2	Tbsps	Margarine Or Butter
1	Cup	Onions -- diced small
1	Cup	Carrots -- sliced 1/8" thick
½	Cup	Celery -- sliced 1/8" thick
7	Cups	Hot Water
2	Cups	Egg Noodles -- uncooked
2	Cups	Cooked Chicken (8 Oz.) -- diced small
7	Tsps	Chicken Base

In 4 qt. saucepan, melt butter over medium heat. Stir in onions, carrots and celery; saute 5 minutes. Stir in water, Base and noodles. Heat to boiling, stirring often. Reduce heat; gently boil until noodles are tender, 8-10 minutes. Add Chicken; continue gentle boil, 3-5 minutes, stirring occasionally. Serve garnished with chopped fresh parsley. Serves 8

Houlihan's Baked Potato Soup

5	Cups	Potato -- diced bite-sized
1	Stick	Butter
2	Cups	Onions -- diced medium
3/8	Cup	Flour
5	Cups	Water
¼	Cup	Chicken Base
1	Cup	Potato Flakes
1½	Tsps	Dried Basil
1	Tsps	Tabasco
1	Cup	Heavy Cream
1	Cup	Milk

Steam potatoes until fork-tender. Heat butter in sauce pot. Saute onions until translucent. Add flour, mix well and cook 3 minutes. Add water and Base. Mix well. Bring to boil. Add potato flakes, whisk until well blended. Add basil and Tabasco. Gently boil 5 minutes. Add cream, milk and potatoes. Heat to almost boiling; DO NOT boil. Serves 12

Hot 'N Savory Vegas Wings

1	Cup	Hot Pepper Sauce or as hot as you like it
2/3	Cup	Butter Or Margarine
1	Tbsp+ 1 tsp	Chicken Base
1	Tsp	Fresh Lemon Juice
5	Pounds	Chicken Wings-Fresh, Frozen Or Breaded

In bowl, combine 1st. 4 ingredients. Mix well, set aside. Split wings at joints; discard tips. Fry 375°F 8-10 min. Drain. OR Bake on rack in roasting pan 425°F, 1 hour; turn halfway through cooking time. Dip wings in sauce to coat. Place on metal tray, broil ½ - 1 min. for crisp wings. Serve with blue cheese dip and celery sticks. Serves 8

Idaho Black Bean Salsa

2	Cans	(15 ozs. each) Black Beans -- drained/rinsed
2/3	Cup	Tomatoes -- diced small
½	Cup	Green Pepper -- diced small
¼	Cup	Onions -- diced small
3	Tbsp	Lime Juice
2	Tbsp	Red Wine Vinegar
2	Tbsp	Fresh Cilantro** -- chopped
2	Tbsp	Garlic -- minced
1	Tbsp	Chicken Base

In large bowl combine all ingredients. Mix well to blend. Chill. ** To substitute dried cilantro (coriander) use ¼ of the amount called for. Serves 8

Southwest Style Chicken Soup with Avocado Slices

1	Tbsp + ¾ tsp	Chicken Base
1¼	Quarts	Warm Water
¾	Tsp	Chili Powder
1	Tsp	Lemon Juice Or To Taste
1	Ripe	Avocado - Peeled, Seeded, Slice Each Half Lengthwise Into 6 Slices, Slice Crosswise Into Thin Slices

In saucepan add Base to water; bring to boil. Reduce heat, simmer for 2 minutes. Add chili powder and lemon juice. Add avocados. Serve hot. Variation: Chicken Avocado Soup a la Phoenix - Chill soup after preparing. Puree 1 avocado, ½ cup of sour cream and lemon juice to taste. Add to chilled soup. Serves 4

Sweet Red Pepper Soup

9		Red Bell Peppers -- seeded and chopped
4	Tbsps	Shallots -- chopped
3	Cups	Water
1½	Tbsps	Chicken Base
1	Cup	Heavy Cream or Land 'O Lakes Fat Free Half & Half
1	Cup	White Wine

Simmer peppers, shallot and wine; 5 minutes. Add water and Base. Cook 20 minutes, until peppers are tender. Puree in blender. Add cream, bring to boil; simmer 5 minutes. Season with ground red pepper - to taste. Serves 6

Herb Compound Butter

1	Cup	Cream
1	Cup	Unsalted Butter -- Softened
1	Tbsp	Chicken Base
2	Tsp	Garlic -- Minced
1	Tsp	Lemon Juice
1	Tbsp	Fresh Parsley -- Chopped
1	Tsp	Coarse Ground Black Pepper
1	Tsp	Onion Powder
½	Tsp	Dried Basil
¼	Tsp	Thyme

In mixer or food processor, blend all ingredients until smooth. Use suggestions: Immediately place 1 Tbsp. on top of grilled, baked or broiled meat, fish, chicken or vegetables or gently toss 1 Tbsp. per 3 oz. cooked pasta. Yield 2 cups

Savoyarde Potatoes

5		Russet Potatoes -- Peeled
2	Cups	Warm Water
1	Tbsp	Chicken Base
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 small bowl, combine water and Base, mixing well. Pour over sliced potatoes to apx. 2/3 height of potatoes. Sprinkle paprika over potatoes. Cover pan with foil, shiny side down. Bake at 375°F until potatoes are tender and broth has thickened or absorbed, apx. 1 hour. Remove foil. Sprinkle with cheese. Return to oven to slightly brown cheese, apx. 15 minutes. Serves 10

Spring Green Vegetable Soup

1	Tbsp	Butter Or Margarine
½	Cup	Onion -- Chopped
1	Quart	Water
4	Tsps	Chicken Base
8	Ozs	Fresh Asparagus -- Cut In 1" Pieces
½	Cup	Zucchini -- Sliced
½	Cup	Frozen Peas
2	Ozs	Uncooked Angel Hair Pasta Broken -- Into 2" Pieces
1	Cup	Fresh Spinach -- Chopped
1	Tbsp	Fresh Dill Weed Or 1 Tsp. Dried

Melt butter in medium saucepan over medium heat. Add onion; cook 2-3 minutes, or until tender, stirring often. Add water and Base. Bring to boil. Stir in asparagus, zucchini, peas and pasta. Return to boil for 3-4 minutes or until pasta is of desired doneness, stirring occasionally. Stir in spinach and dill; cook 30 seconds or until spinach is wilted. Serves 4