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**Chef's Recipes**  
For  
  
**Sauce Preps**  
and  
**Dry Gravy Mixes**



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 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

## "Chef's Secrets" For Best Results

### SAUCE/SOUP THICKENER (DRY ROUX)

**For 2 cups white sauce or gravy:** Combine 3½ Tbsps. Dry Roux with ½ cup lukewarm water; add to 1½ cups hot milk or broth. Cook until thickened, stirring constantly. Fluff dry roux and use level measures. Prepare broth with any Minor's Base and use these measurements for delicious, lump-free gravy. **1 oz. of Dry Roux replaces 2 Tbsp. Cornstarch or ¼ cup flour.**

**BROWN SAUCE (ESPAGNOLE)** - for 2 cups sauce - whisk 3 Tbsp Prep into ¾ cup lukewarm water and whisk that combination into 1 cup hot water. Can be prepared day before and re-heated. Use for Coq Au Vin, Steak Diane or Veal Scallopini. To change flavor, add onions, mushrooms, green peppers. Add dry wines, fruit juices or fruit flavor liqueurs for exotic flavored sauces. Madeira Sauce - prepare per directions (for 2 cups), substitute 2 Tbsp. Madeira for same amount water.

**VEGETARIAN CONSOMMÉ PREP (CHICKEN STYLE)** - An instant dry mix. Just add water for chicken flavored **VEGETARIAN** consommé. Serve hot or cold. Add rice or noodles for light soup. Add flavor and color to scratch gravies and sauces. Use as basis for vegetable soups or stews. Sprinkle on vegetables before steaming for extra flavor.

**DRY GRAVY MEASUREMENT GUIDE** - Mix dry ingredients well before using.

**Beef, Chicken, Turkey and Pork** - For approximately 2½ cups gravy, combine ½ cup mix + ½ cup warm water, whisk into 1½ cups boiling water.

**Southern Style Country Gravy Mix** - For approximately 2½ cups gravy, combine 2/3 cup mix + ½ cup warm water, whisk into 1½ cups boiling water.

**Note:** The above measurements will produce a sauce or gravy of average consistency.

## Recipe Notes



## A Savory Turkey & Spinach Meatloaf with Homestyle Turkey Gravy

7	lb	Turkey, ground
2	lb	Spinach, frozen, thawed, squeezed dry
3	C	Onions, finely chopped
1	Tbsp	Garlic, dried, minced
8	ea	Egg, large, beaten
2	tsp	Thyme, dried, ground
2	tsp	Basil leaf, dried
1/4	tsp	Nutmeg, ground
1	Tbsp	Salt
1	tsp	White pepper, ground
1	bag	<b>Turkey Gravy Mix</b>

Combine all ingredients except Turkey Gravy Mix. Blend well. Place turkey mixture into four lightly greased loaf pans. Bake in a 325°F oven for 75 minutes. Internal temperature should be 175°F. Prepare Turkey Gravy Mix according to label directions. Keep warm. To serve: Cut loaf into 8 (4 oz.) servings. Ladle 2 oz. Turkey Gravy over each slice. Serves 32

### Beef Tips & Mushrooms

8	lb	Beef sirloin steaks trimmed & cut into ½"x ½"x 1" strips
1/4	C	Vegetable oil
3/4	C	Butter, salted or margarine
3	lb	Mushrooms, sliced thin
2	lb	Onions, medium diced
2	lb	Red bell peppers, medium diced (or green bell peppers)
1	gal	<b>Beef Gravy Mix (12 oz. Bag)</b>
1	C	Burgundy red wine, optional
1	tsp	Salt, optional

In a 12"x18" roasting pan, combine beef strips and oil, tossing until well coated. Arrange beef strips in an even layer across the bottom of the pan. Sear uncovered in a 425°F oven until beef is evenly browned, 30-40 minutes, stirring occasionally. Remove meat from pan. In a sauce pot, melt butter or margarine. Add mushrooms, onions and peppers. Sauté vegetables until tender-crisp, 6-8 minutes. Add prepared gravy, browned meat, wine (optional) and salt (optional). Heat to a gentle boil, stirring frequently. Gently boil until heated through, 10 minutes, stirring occasionally. Serve over noodles or rice. Serves 53

### Breaded Turkey Cutlets

2.5	lb	Turkey breast, boneless, skinless
2		Eggs, large
2	C	Whole milk
8	oz	All purpose flour
9	oz	<b>Turkey Gravy Mix (12 oz bags)</b>
2	oz	Vegetable oil

Slice turkey into 4 oz. pieces. Pound each piece lightly with a meat mallet to 1/4" thickness. In a bowl, whisk eggs. Add milk; whip until well blended. In a pan, mix flour and Turkey Gravy Mix until well blended. Dip turkey cutlets into egg and milk mixture, then into breading mixture on both sides until evenly coated. Set aside and chill until ready to cook. In a skillet, heat oil. Add cutlets; sauté on each side until evenly browned, 2 minutes. Serve hot. Minor's Chicken Gravy Mix and chicken tenders may be substituted to make Breaded Chicken Tenders. Serves 10

## Sauce Preps and Dry Gravy Mix Recipe Index

### **Brown Sauce**

Piquant Sauce	2
Lyonnais Sauce	2
Beef Tenderloin	7
Creole (Spanish) sauce	8
Mushroom Brown Sauce	4
Minute Goulash	4
Beef Stroganoff	5
Tournedos Au Poivre	8
Bordelaise Sauce	15
Red Pepper Sauce	16
Garlic Barbeque Sauce	10
Meat Loaf with Red Pepper Espangole Sauce	12
Meat Loaf Florentine	12
Balsamic Demi-Glace	15

### **Pork Gravy Mix**

Pork Normandy	14
Sweet and Sour Pork with Pork Gravy Mix	9
Mason-Dixon Grits with Pork Gravy Mix	10

### **Sauce/Soup Thickener (Dry Roux®)**

Any Base Gravy	4
Iowa Corn Chowder	6
Apple Crisp	14
Vermont Cheese Soup	3
Alfredo Sauce	13
Cheese Sauce	13
Cream of Tomato Soup	13
Mushroom Sauce	9
Italian Deli Soup	14
Country Vegetarian Pot Pie	15

### **Vegetarian Consommé Prep**

Iowa Corn Chowder	6
Vegetarian Potato & Spinach Soup	6
Vegetable & Black Bean Quesadilla	7
Vegetarian Vegetable Soup	8
Sautéed French Lettuce	14
Cajun Beans & Rice	3
Vermont Cheese Soup	3
Cabbage & Noodles Casserole	11
Vegetable & Cheese Tortellini Stew	11
Prosciutto Consomme with Cantaloupe and Arugula	3

### **Southern Style Country Gravy**

Southern Baked Pork Chops	5
Southern Style Country Sausage Gravy	12
Waffle Breakfast Stacker with Southern Style Gravy	10

### **Beef Gravy**

Shepherd Pie with Beef Gravy Mix	2
Meatloaf Sandwich with Beef Gravy	7
Beef Tips & Mushrooms	16

### **Turkey Gravy**

A Savory Turkey & Spinach Meatloaf with Homestyle Turkey Gravy	16
Breaded Turkey Cutlets	16

## Piquant Sauce

1/4	C	Butter, salted
3	oz	Shallots or 1 small onion
3/4	C	Vinegar
3 1/2	qt	Water
16	oz	<b>Brown Sauce Prep</b> (Espagnole)
2	C	Pickles sweet, chopped

In a sauce pot over medium high heat, melt butter or margarine. Add shallots or onions, sauté briefly. Add vinegar and reduce to half. Add water and Brown Sauce Prep, mixing well. Boil 2-3 minutes. Add pickles, mix well. Serves 56

## Shepherd Pie with Beef Gravy Mix

4	lb	Beef, ground or ground chuck
2	C	Water, lukewarm
2	C	<b>Beef Gravy Mix</b> (12 oz. Bag)
1	qt	Water - If desired, reserve juices from canned vegetables and include as part of the liquid to make the quart .
1	Tbsp	Vegetable oil
29	oz	Green beans, canned, drained
14.5	oz	Tomatoes, canned, drained, small diced
3	C	Mushrooms, canned, drained
8	oz	Corn, canned, drained
1/4	C	Breadcrumbs, dried
1	tsp	Salt
2	qt	Instant Mashed Potatoes, prepared
1/4	C	Breadcrumbs, dried

In a bowl, whisk 2 C lukewarm water and Beef Gravy Mix until smooth. Set aside. In a bowl, whisk 2 C lukewarm water and Beef Gravy Mix until smooth. Set aside. In a saucepan, bring 1 qt. hot water to a boil. Add gravy mixture, whisk well. Boil and stir 3 minutes. Set aside. In a pan coated with oil, combine browned meat, beans, tomatoes, mushrooms, corn, bread crumbs, salt and gravy. Mix lightly until well blended. Spread prepared mashed potatoes evenly over meat and vegetable mixture. Sprinkle with bread crumbs. Bake in a 375°F oven until top is lightly browned, 40-60 minutes. Serves 32

## Lyonnais Sauce

3/4	C	Butter, salted or Margarine
2 1/2	C	Onions sliced
3 1/4	qt	Water
16	oz	<b>Brown Sauce Prep (Espagnole)</b>

In a sauce pot over medium high heat, melt butter or margarine. Add onions and sauté until golden brown. Add water and Brown Sauce Prep, mix well. Boil for 2-3 minutes. Serves 64

## Bordelaise Sauce

3	Cups	Burgundy wine
1/2	Teaspoon	Thyme
2		Bay leaves
4	Tablespoons	Shallots
1	Teaspoon	Crushed black pepper corns
4	Quarts	<b>Brown sauce prep (prepared)</b>
4	Tablespoons	Whole butter - softened
1	Teaspoon	Fresh lemon juice
10	Ounces	Beef Marrow

Combine wine, thyme, bay leaves, shallots & pepper in sauce pot. Simmer & reduce to 1/3 volume. Add Brown Sauce mixture, blending well. Bring to simmer. Fold, DO NOT WHIP, butter into sauce. Add lemon juice. Poach marrow lightly in separate pot 45 seconds. Add to Bordelaise Sauce. Yield 1 Gallon

## Country Vegetarian Pot Pie

2	Cups	Water
1/2	Cup	Rutabaga -- diced
3/4	Cup	Potatoes -- diced large
1/2	Cup	Carrots -- diced medium
1/3	Cup	Frozen Pearl Onions
1 1/2	Cups	Hot Water
1	Tbsp + 1 Tsp.	<b>Vegetable Base</b>
1/8	Tsp	Thyme Leaf
1/8	Tsp	Rosemary Leaf
1/2	Cup	Lukewarm Water
1/3	Cup	<b>Sauce/Soup Thickener (Dry Roux®)</b>
	Dash	Fresh Ground White Pepper
1/3	Cup	Canned Kidney Beans -- rinsed & drained
1/4	Cup	Canned Mushrooms -- sliced & drained
1/2	Cup	Frozen Peas
1/2	Cup	Frozen Corn
		pie crust or puff pastry dough

In sauce pot, boil water over med-high heat. Add rutabagas; cook 10 minutes Add potatoes, carrots and onions; cook until just tender, 12-15 minutes. Drain. Remove from pot. Set aside. In same pot, combine hot water, Base, thyme and rosemary. Bring to boil over med-high heat. In bowl, blend warm water and Dry Roux® until smooth, with whisk. Gradually pour into boiling liquid, stirring constantly. Bring to boil over med-high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally. Add, beans and all vegetables to sauce, mix until well blended. Pour into pie pan, top with pie crust or puff pastry dough. Bake 350°F 45-50 min. or until crust is golden. Serves 5

## Balsamic Demi-Glace

1 3/4	qt	Water
3/4	C	<b>Brown Sauce Prep</b> (Espagnole)
8	oz	Red wine burgundy
3	Tbsp	Balsamic vinegar
1	tsp	<b>Beef Au Jus Concentrate</b> (No Added MSG)
2	Tbsp	Honey
1	Tbsp	Tomato paste
1	tsp	Black pepper, coarse ground

In a sauce pot over medium high heat, whisk water and Brown Sauce Prep until dissolved. Heat to a gentle boil, stirring occasionally, for 2 minutes until smooth and thickened. In a bowl, combine wine, vinegar, Beef Au Jus, honey, tomato paste and pepper until well blended. Add mixture to brown sauce. Heat to a gentle boil for 3 minutes, stirring occasionally. Serve with beef, chicken or pork, or use as a base sauce to create other variations. Serves 32

## Sautéed French Lettuce

2	Tbsp	Butter Or Margarine
¾	Cup	Green Onions -- sliced thin
1	Pound	(1 Quart) Iceberg Lettuce (No Hearts) -- julienned
1	Cup	Frozen Peas -- thawed
½	Tbsp	<b><u>Vegetarian Consommé Prep</u></b>
½	Tbsp	<b><u>Vegetable Base</u></b>
¼	Tbsp	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, Console Prep, Base and marjoram. Cook and stir 1 minute.

Serves 6

## Apple Crisp

2	Pounds	Macintosh Apples-Peeled, Cored -- sliced
¾	Cup	Sugar
¼	Cup	<b><u>Dry Roux®</u></b>
¼	Tsp	Cinnamon
¼	Cup	Cold Water
1	Cup	All-Purpose Flour
¾	Cup	Brown Sugar -- packed
¾	Cup	Butter

In sauce pot, combine sugar, Dry Roux® and cinnamon. Mix until well blended. Add water, mix until well blended. Add apples, mixing gently. Heat to gentle boil over med-high heat, apx. 2 min., stirring often. Pour into greased baking pan.

**Topping:** In mixing bowl, combine flour, brown sugar and butter; blend until crumbly. Sprinkle over apple mixture. Bake at 375°F for 40 minutes. or until bubbly and golden brown. Top with Cinnamon Vanilla Sauce. Serves 10

## Pork Normandy

1	Tbsp	Vegetable Oil
1½	Pounds	Boneless Pork Loin -- julienned
1½	Cups	Hot Water
1½	Cups	Apple Juice
½	Cup	Granny Smith Apples* Grated Or -- chopped fine
	Dash	Salt
1	Cup	Lukewarm Water
¼	Package	<b><u>Pork Gravy Mix</u></b>

Heat oil. Add pork; saute 5-7 minutes, until browned. Add hot water, apple juice, apples\* and salt. Heat to boiling. Whisk lukewarm water and Gravy Mix until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Serve over chow mein noodles, rice or mashed potatoes. \* 3 oz. unsweetened applesauce may be substituted for apples. Serves 8

## Cajun Beans And Rice

½	Cup	Hot Water
2	Tbsp	<b><u>Vegetarian Consommé Prep</u></b>
2	Cups	Canned Red Beans -- Rinsed And Drained
1/3	Cup	Onion -- Chopped Fine
¼	Cup	Celery -- Chopped Fine
2	Tbsps	Green Peppers -- Chopped Fine
1/8	Tsp	Thyme
1/8	Tsp	Liquid Smoke Flavoring
	Dash	Ground Red Pepper
3	Cups	Long-Grain White Rice -- Cooked

In sauce pot combine water Console Prep, beans, onions, celery, green pepper, thyme, liquid smoke and red pepper; mix well. Heat to boiling over med-high heat; reduce heat and gently boil 10-15 minutes stirring occasionally. Serve beans over rice. Serves 6

## Vermont Cheese Soup

2	Tbsp	Butter Or Margarine
1/3	Cup	Onions -- Diced Small
1/3	Cup	Carrots -- Diced Small
1/3	Cup	Celery -- Diced Small
2	Tbsp	Green Pepper -- Diced Small
3	Cups	Water
2	Tbsp	<b><u>Vegetarian Consommé Prep</u></b>
1	Cup	Half And Half
¼	Cup + 2 Tbsps	<b><u>Sauce/Soup Thickener (Dry Roux®)</u></b>
¾	Cup	Sharp Cheddar Cheese -- Grated
¼	Cup	American Cheese -- Grated

In sauce pot over med-high heat, melt butter. Add onions, carrots, celery and green pepper. Saute 8-10 mins. Add water and Consommé Prep, mix well. Heat to boiling, reduce heat, gently boil 2 mins. Whisk Half & Half and Dry Roux® until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring frequently. Reduce heat; gently boil 2 min., stirring occasionally. Add cheese, stir until melted. Serves 5

## Prosciutto Consommé with Cantaloupe and Arugula

1	gal	Water, boiling
3.2	oz	<b><u>Vegetarian Consommé Prep</u></b> (Chicken Style)
15	oz	Ham, smoked Prosciutto, sliced thin
2	ea	Melon, Cantaloupe washed, scooped with a small melon baller
6	oz	Arugula fresh

Add Vegetarian Consommé Prep to boiling water. Whisk vigorously. Ladle the consommé into a bowl. Add sliced prosciutto and melon balls. Garnish with arugula and serve immediately. Garnish with a drizzle of Minor's Cilantro Signature Flavor or incorporate a level of flavor with the addition of Minor's Flavor Concentrate such as the Roasted Red Pepper, Roasted Garlic or the Chipotle and Ancho. Serves 15

## Mushroom Brown Sauce

1	Tbsp	Butter Or Margarine
1	Cup	Fresh Mushrooms -- sliced ¼" thick
3/8	Cup	<b><u>Brown Sauce Prep</u></b>
3¼	Cups	Lukewarm Water

In sauce pan, melt butter over medium heat. Add mushrooms; saute and stir 6-8 minutes. Remove from heat. In sauce pot, blend Brown Sauce Prep with water, mixing well with wire whisk. Heat to boiling over medium heat, stirring constantly. Reduce heat; simmer 5 min., stirring occasionally. Add sautéed mushrooms with juices to sauce; mixing well. Simmer 1 minute. Serve hot over beef entrees, noodles or rice. Yield 4 Cups

## Minute Goulash

3	Tbsp	<b><u>Brown Sauce Prep</u></b>
2	Cups	Water
3	Pounds	Beef tenderloin tips -- cut in ½" cubes
1	Large	Onion -- diced medium
¾	Tsp	Salt
¾	Tsp	Fresh ground black pepper
1	Tbsp	Paprika
¾	Tsp	Fresh squeezed lemon juice
2	Tbsps	Butter
2	Tbsps	Vegetable oil
¾	Cup	Red wine
2	Cups	Potatoes-cooked -- ½" dice

Dissolve Brown Sauce Prep in water; set aside. In bowl toss beef with salt, pepper and paprika, mix well. Add lemon juice, remix; set aside. In skillet, heat oil, add butter; when sizzling stops add onions, saute until translucent. Remove from pan. Add beef, saute to medium rare. Remove from skillet; set aside. Deglaze pan with wine; reduce to syrupy consistency. Add Brown Sauce; bring to simmer. Add potatoes and beef, simmer apx. 2 min. Garnish with parsley. Serves 12

## Any Base Gravy With Dry Roux®

3½	Tbsp	<b><u>Dry Roux®</u></b>
¼	Cup	Lukewarm Water
2	Cups	Hot Water
1	Tbsp	<b><u>Any Flavor Minor's Base</u></b>

In saucepan, blend Dry Roux® with lukewarm water until smooth, using wire whisk. Add hot water and Base, stirring well. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat; simmer slowly 10 min., stirring occasionally. Serve hot. Serves 8

## Alfredo Sauce

¼	Cup + 1 Tbsp.	<b><u>Dry Roux®</u></b>
1	Cup	Lukewarm Water
1½	Tsps	Salt
¼	Tsp	Dry Mustard
1/8	Tsp	Black Pepper
3	Cups	Milk -- hot
1	Cup	(4 Oz.) Parmesan Cheese -- grated
¼	Cup	(1 Oz.) Romano Cheese -- grated
½	Pound	Cooked Fettucini

In saucepan, whisk Dry Roux® with water until smooth. Add salt, dry mustard, pepper and milk. Heat to boiling over medium heat, stirring continuously. Boil and stir 1 minute until thickened. Remove from heat. Stir in cheese, mixing until well blended. Toss with fettucini. Serves 6

## Cheese Sauce

3½	Tbsp	<b><u>Dry Roux®</u></b>
¼	Cup	Lukewarm Water
1¼	Cups	Hot Milk
½	Tsp	Salt
1	Cup	(4 Oz.) Sharp Cheddar Cheese -- shredded

In saucepan whisk Dry Roux® with warm water until smooth. Add milk and salt, stirring constantly. Heat to boiling over medium heat, stirring continuously. Boil and stir 1 minute, until thickened. Remove from heat. Add cheese, mixing well. Heat to simmering, stirring continuously until cheese is melted. Serve over pasta, cooked vegetables or tortilla chips topped with chili peppers & chopped onions. Serves 8

## Cream Of Tomato Soup

3	Cups	Hot Water
1	Can	(6 Oz) Tomato Paste
2	Tbsp	Sugar
2½	Tsps	Salt
1/3	Cup	<b><u>Dry Roux®</u></b>
½	Cup	Lukewarm Water
2½	Cups	Half And Half -- hot

In saucepan, combine water, tomato paste, sugar and salt, mixing well. Heat to simmering, stirring occasionally. In small mixing bowl, whisk Dry Roux® with water until smooth. While stirring vigorously, gradually pour into hot stock. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat; simmer slowly 10 minutes, stirring occasionally. Add half & half, mixing well. Serve hot, garnished with parsley. Variation: Decrease hot water to 1½ cups & replace half & half with 4 cups hot milk. Serves 6

## Meat loaf With Red Pepper Espagnole Sauce

3	Tbsp	<b>Brown Sauce Prep</b>
1	Cup	Hot Water
¾	Cup + 2 Tbsp	Lukewarm Water
1	Large	Red Pepper -- diced medium
1	Tbsp	Butter
		Fresh Ground Black Pepper -- to taste

Saute red pepper in butter until limp. Set aside. Combine first 3 ingredients according to directions on container. After Brown Sauce thickens, stir in peppers, simmer 5 min, season to taste. Serve over Meat loaf Florentine, if desired. See Recipe Below. Serves 8

## Meat Loaf Florentine

5½	Box	Pepperidge Farm Garlic & Olive Oil Croutons -- crushed
¼	Cup	Bread crumbs
1½	Cups	Hot water
1½	Tsps	<b>Beef Base</b>
1½	Cups	Yellow onions -- chopped medium
1½	Tsps	Vegetable oil
4		Eggs
3	Pounds	Ground chuck
2½	Tsps	Worcestershire Sauce
2	Tsps	Fresh ground black pepper
2	Cups	Fresh spinach --- cut in strips
¼	Cup	Pesto Sauce
1/3	Cup	Pine nuts -- lightly toasted
1½	Tsps	Vegetable oil

Combine Base and water. Add bread crumbs and croutons. Set aside. Saute onions in oil just until tender. Let cool. In large bowl, mix eggs, ground chuck, pesto, pepper, pine nuts, onions, spinach, Worcestershire and crouton mixture until thoroughly blended. Shape into loaf or fill 13"x9" baking pan. Bake at 350°F 45 minutes to 1 hour. Remove; let stand at least 10 min. before slicing. Serve with Red Pepper Espagnole Sauce.

## Southern Style Country Sausage Gravy

1	Pound	Mild Bulk Sausage -- crumbled
3	Cups	Hot Water
1	Cup	Lukewarm Water
½	Package	<b>Southern Style Country Gravy Mix</b>

In sauce pot, cook and stir sausage over med-high heat until no longer pink, 5-7 minutes. Drain fat. Stir in hot water; bring to boil. In bowl, whisk warm water and Gravy until well blended. Gradually add to hot mixture while whisking constantly. Gently boil and stir 3 min. Serve hot over biscuits or cornbread. Serves 8

## Southern Baked Pork Chops

2	Cups	Lukewarm Water
½	Pkg.	<b>Southern Style Country Gravy</b>
3	Cups	Hot Water
10		Pork Chops (About 3½ lbs)
¾	Cup	All-Purpose Flour
1	Tsp	Salt
1/8	Tsp	Fresh Ground Black Pepper
1	Cup	Vegetable Oil

Whisk warm water and Gravy Mix until smooth. Bring water to boil. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 3 min., stirring occasionally. Dredge chops in flour, salt & pepper. Heat oil. Brown pork chops evenly on both sides. Transfer to baking dish, cover with Gravy. Bake at 350°F, 50 min. or until tender. Serves 8

## Beef Stroganoff

3	Tbsp	Vegetable Oil
2	Pounds	Beef Tenderloin - Well Trimmed -- cut 1" x 2" strips*
¼	Tsp	Paprika
1/8	Tsp	Black Pepper
3½	Cups	Lukewarm Water
¼	Cup + 2 Tbsp	<b>Brown Sauce Prep</b>
½	Tsp	Worcestershire Sauce
¼	Tsp	Dry Mustard
4	Tbsp	Margarine Or Butter
1	Pound	Fresh Mushrooms -- sliced ¼" thick
½	Cup	Cultured Sour Cream
¼	Cup	Cold Water
2	Tbsp + 2 Tsp.	Cornstarch
		Buttered Noodles Or Rice

In large skillet, heat oil over medium heat. Add beef; toss until well coated. Sprinkle evenly with paprika and pepper. Saute and stir 5-10 minutes, until browned. Remove from pan; set aside. In the same skillet, melt butter over medium heat. Stir in mushrooms; saute 3-5 minutes. Remove from heat; set aside. In sauce pot, combine water, Brown Sauce Prep, Worcestershire and mustard, stirring well with wire whisk. Heat to boiling over medium heat, stirring constantly. Reduce heat; simmer 5 minutes, stirring occasionally. Add mushrooms and beef to sauce; mixing well. Heat to boiling, stirring often. Reduce heat; slowly simmer 5-10 minutes. In bowl, whisk together sour cream, water and cornstarch. Gradually add to hot mixture, stirring constantly. Heat to boiling, stirring constantly. Reduce heat; simmer 2-3 minutes, stirring often. Serve over noodles or rice. Use any cut of beef you desire. Serves 8

## Iowa Corn Chowder

3	Tbsps	Butter Or Margarine
¼	Cup	Onions -- diced medium
¼	Cup	Celery -- diced medium
1/8	Cup	Green Pepper -- diced medium
3	Cups	Water
¾	Cup	Frozen Corn
1	Cup	Potatoes -- diced medium
¾	Cup	Canned Creamed Corn
2	Tbsps	<b><u>Vegetarian Consommé Prep</u></b>
	Dash	Fresh Ground White Pepper
	Dash	Hot Pepper Sauce
	Dash	Worcestershire Sauce
½	Cup	Milk
1/3	Cup	<b><u>Sauce/Soup Thickener (Dry Roux®)</u></b>

In sauce pot over med-high heat, melt butter. Add onions, celery and peppers; saute 2-3 minutes. Add water, frozen and creamed corn, potatoes, Consommé Prep, pepper, pepper sauce and Worcestershire. Heat to boiling, reduce heat; gently boil 10-12 minutes. In bowl, blend milk and Dry Roux® until smooth, using 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 5

## Vegetarian Potato & Spinach Soup

2	Tbsp	Butter Or Margarine
1	Cup	Onions -- diced medium
½	Cup	Carrots -- julienned
¼	Cup	Red Bell Pepper -- diced small
6	Cups	Water
2½	Cups	Potato -- diced medium
1	Cup	Spinach -- chopped
3	Tbsps	<b><u>Vegetarian Consommé Prep</u></b>
½	Clove	Minced
¼	Tsp	Fresh Ground White Pepper
¼	Tsp	Onion Powder
4	Tbsps	Water
2	Tbsp	Cornstarch

In sauce pot over med-high heat, melt butter. Add onions, carrots, peppers and garlic, if using clove; saute 3-4 minutes. Add water, potatoes, spinach, Consommé Prep, Garlic Base, pepper and onion powder. Heat to boiling over med-high heat, stirring often. Reduce heat gently boil 10-12 minutes, stirring occasionally. In bowl, blend water and cornstarch until smooth, using wire whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 2 min., stirring occasionally. Serves 8

## Cabbage & Noodles Casserole

2	Cups	Medium Wide Egg Noodles -- uncooked
1	Tbsp	Butter Or Margarine
1	Cup	Onions -- diced medium
1½	Quarts	Cabbage -- julienned
1	Tsp	Caraway Seed
½	Tbsp	Celery Seed
1 1/3	Tbsp	Water - more if needed
1	Tsp	<b><u>Vegetable or Chicken Base</u></b>
1	Tbsp	<b><u>Vegetarian Consommé Prep</u></b>
2	Cups	Hot Water
2	Tbsp	All-Purpose Flour
½	Cup	Plain Yogurt
2	Tbsp	Sour Cream
2	Tbsp	Cider Vinegar
¼	Cup	Parmesan Cheese -- grated
3	Tbsp	Bread Crumbs -- dry

Prepare noodles per pkg. directions, omitting salt. In sauce pot over med-high heat, melt butter. Add onions; saute 2 min. Add cabbage, caraway and celery seed; saute 1 minute. Add 1st amount of water, Base and Consommé Prep. Gently boil until cabbage is tender, apx. 10 minutes. In bowl, combine 2 cups water and flour; mix until well blended. Add to vegetables mixing well. Heat to slow boil over med-high heat 2-3 minutes. In small bowl, combine yogurt, sour cream and vinegar, mixing until well blended. Gradually add to cooked mixture, stirring constantly. Add noodles. Heat through. In small bowl, combine cheese and bread crumbs. Place cabbage/ noodle mixture in baking ban. Sprinkle with bread crumb mixture; bake at 350°F 30-35 min. Serves 5

## Vegetable & Cheese Tortellini Stew

2	Cups	Cheese Tortellini
2	Cups	Water
1	Can	(29 Oz.) Tomatoes Crushed In Puree*
½	Cup	Frozen Italian Green Beans
2/3	Cup	Canned Red Kidney Beans -- rinsed & drained
½	Cup	Carrots -- diagonally cut
½	Cup	Celery -- diagonally cut
½	Cup	Onion -- diagonally cut
1½	Cups	Mushrooms -- quartered
3	Tbsps	<b><u>PrepVegetarian Consommé</u></b>
¾	Tsp	Sated Garlic Base Or 3 Cloves -- minced
½	Tsp	Italian Seasoning
¼	Tsp	Ground Black Pepper
		Fresh Grated Parmesan Cheese -- garnish

Cook tortellini per pkg. directions. Drain; rinse with cold water. Set aside. In sauce pot, combine water, tomatoes, beans, carrots, celery, onions, mushrooms, Consommé Prep, Garlic Base or cloves, Italian seasoning and pepper. Mix well. Heat to boiling over med-high heat; reduce heat, gently boil apx. 20 min., stirring occasionally. Add tortellini. Heat to boiling. Reduce heat; gently boil 2 min. Serve with Parmesan Cheese. \* Diced tomatoes in heavy juice can be substituted. Serves 8



## Garlic Barbeque Sauce

1/2	C	Butter, salted or margarine
1/2	C	Onions chopped fine
1/2	tsp	<b>Roasted Garlic Flavor Concentrate</b>
4	Tbsp	Vinegar
1	C	Ketchup
1	tsp	Brown sugar
3 1/2	qt	Water
16	oz	<b>Brown Sauce Prep (Espagnole)</b>

In a sauce pot over medium high heat, melt butter or margarine. Add onions and sauté. Add garlic, vinegar, ketchup, brown sugar and water, mixing well. Boil, add Brown Sauce Prep, mixing well. Gently boil 5 minutes. Serves 64

## Waffle Breakfast Stacker with Southern Style Gravy

30	oz	<b>Southern Style Gravy Mix</b> (11.5 oz. Bag) prepared
40	oz	Large Belgian Waffles or whole wheat waffles of your choice, prepared
40	oz	Egg, scrambled, prepared
2 1/2	lb	Ham, smoked Maple, shaved, prepared
10	oz	Cheddar cheese, smoked, shredded
3	oz	Red bell pepper, sautéed
2 1/2	oz	Yellow bell pepper, sautéed
2	oz	Green Bell Pepper, sautéed
7 1/2	oz	Onion, sautéed

Assemble the stack by placing a heated waffle on the bottom, followed by 2 slices of ham, 2 oz. eggs and 1 oz. of cheddar cheese. Add another waffle and top with 3 oz. of Southern Style Country Gravy. Garnish with 1.5 oz. of peppers and onions. Serve the Minor's Southern Style Gravy with biscuits, smothered pork, pork sausage links and poached eggs. Serves 10

## Mason-Dixon Grits with Minor's® Pork Gravy Mix

7 1/2	lb	Andouille sausage, split lengthwise
1/2	C	Red bell pepper minced
1/2	C	Green Bell Pepper minced
3/4	C	Cheddar cheese sharp, shredded
80	oz	Grits stone ground, prepared
11.5	oz	Corn, yellow, kernels, frozen or fresh, cooked
1	oz	Parsley, fresh washed, chopped, 1 bunch
1	qt	<b>Pork Gravy Mix</b> (11.25 oz. Bag), prepared
1 1/2	tsp	Cayenne pepper
30	ea	Cornmeal formed into Hush puppies, fried

Grill the sausage, set aside. Mix minced peppers and shredded cheese for confetti mix. Mix prepared grits with the corn and parsley and heat thoroughly. Prepare Pork Gravy Mix per package instructions. Mix in cayenne pepper to 1 qt. of gravy and keep warm. Spoon 1 C of grits on a serving plate, followed by 2 grilled andouille sausages. Ladle 3 oz. Pork Gravy over the sausage and add 3 hush puppies. Top gravy with confetti before serving. Serves 10

## Vegetable And Black Bean Quesadilla

1	Tbsp	Vegetable Oil
1/2	Cup	Green Onions -- Sliced
3/8	Cup Each	Red & Yellow Bell Pepper -- Diced Small
2	Cups	Canned Black Beans -- Drained & Rinsed
1	Tbsp	Jalapeno Peppers -- Drained & Diced Small
1	Tbsp	Fresh Cilantro
1	Tsp	Ground Cumin
1	Tsp	<b>Vegetarian Consommé Prep</b>
1 1/2	Cup	Monterey Jack Cheese -- Shredded
12	7"	Flour Tortillas

In a sauce pot, heat oil over med-high heat. Add onions, red and yellow peppers. Saute 3 mins. Add beans, jalapeno peppers, cilantro, cumin and Consommé Prep. Blend well. Place 1/2 cup of vegetable mixture on each tortilla; spread evenly. Sprinkle 1/4 cup cheese over vegetables. Place 2nd tortilla on top. Heat to melt cheese in a saute pan, oven, griddle or grill. When cheese is melted, cut in wedges. Serve with salsa and sour cream. Serves 6

## Meatloaf Sandwich with Minor's® Beef Gravy Mix

32	oz	<b>Beef Gravy Mix</b> (12 oz. Bag) prepared
50	oz	Beef, ground prepared into a Meatloaf, sliced
2	lb	French bread Artisan Herb, sliced
10	oz	Tomatoes washed, sliced
5	oz	Lettuce washed, separated
10	oz	Onions Bermuda, sliced

Prepare Beef Gravy Mix per package instructions. Reserve 1 qt. for recipe requirements. Keep warm. Arrange meatloaf slice on one slice of the herb bread with the tomato, lettuce and onion on the other. Ladle 2 oz. of Beef Gravy over the meatloaf and serve warm. Serve with spicy french fries, wedge cut fries, onion rings or smashed potatoes. Serves 10

## Beef Tenderloin A La Brown Sauce

2	Tbsps	Margarine Or Butter
2	Pounds	Beef Tenderloin, Well Trimmed -- cut 1/4" x 2"
1	Tsp	Paprika
1/2	Tsp	Salt
2	Tbsps	Margarine Or Butter
2	Medium	Onions -- diced medium
2	Medium	Green Peppers -- diced large
1	Package	(8 Oz.) Fresh Mushrooms -- sliced 1/4" thick
1/4	Cup	<b>Brown Sauce Prep</b>
1 2/3	Cups	Lukewarm Water
1/3	Cup	Burgundy Red Wine

In skillet, melt 2 Tbsp. butter over medium heat. Add beef, tossing until well coated. Sprinkle paprika and salt evenly over meat. Saute and stir until browned, 5-10 minutes. Remove from pan; set aside. In same skillet, melt second 2 Tbsps. butter over medium heat. Add onions, peppers and mushrooms. Saute and stir until tender-crisp, 7-10 mins. Remove from heat; set aside. In saucepan, blend Brown Sauce Prep with small amount water, using wire whisk. Mix in remaining water and wine. Heat to boiling over medium heat, stirring constantly. Reduce heat; simmer 5 minutes, stirring occasionally. Add vegetables and beef to sauce, stirring gently. Heat to simmering on medium heat, stir often. Serve over rice or noodles. Serves 6

## Vegetarian Vegetable Homestyle Soup

1	Tbsp	Butter Or Margarine
½	Cup	Onion -- diced medium
¼	Cup	Celery -- diced medium
¼	Cup	Carrots -- diced medium
1	Quart	Water
2	Tbsps	<b><u>Vegetarian Consommé Prep</u></b>
1		Clove Garlic -- minced
1	Cup	Kidney Beans, Canned -- drained
1	Cup	Cabbage -- diced small
½	Cup	Elbow Macaroni
½	Cup	Potatoes -- diced medium
2	Tbsps	Tomato Paste
1/8	Cup	Corn, Canned -- drained
1	Tsp	Parsley Flakes or Fresh - minced to taste
	Dash	Fresh Ground White Pepper
	Dash	Basil Leaves
	Dash	Thyme
2	Tbsps	Cornstarch
2	Tbsps	Cold Water

In sauce pot over med-high heat, melt butter. Add onions, celery, carrots and garlic if using clove; saute 3 minutes. Add water, Consommé Prep, Garlic Base, beans, cabbage, macaroni, potatoes, tomato paste, corn, parsley, pepper, basil and thyme. Mix well. Heat to boiling; reduce heat, gently boil until macaroni and potatoes are tender, 10-12 min. In bowl, blend cornstarch and cold water. Slowly add to gently boiling soup. Mix well; cook 2 mins. 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>Brown Sauce</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. Set aside. Add brandy, peppercorns and shallots. Stir and carefully ignite. When flame dies down, add prepared brown sauce and red wine. Cook until sauce is reduce by 1/3. Stir in remaining butter and parsley. Pour over steaks, Serves 4

## Creole (Spanish) Sauce

1/2	C	Margarine or butter
3-2/3	C	Onions, julienne cut
3	C	Green Bell Peppers, julienne cut
1	qt.	Mushrooms, sliced thin
1	qt	Water, lukewarm
3/4	C	<b><u>Brown Sauce Prep</u></b> (Espagnole)
28	oz	Tomato puree crushed

In a skillet, melt margarine or butter. Add onions, green peppers and mushrooms. Sauté until tender-crisp, 10-12 minutes. Remove from heat. In a sauce pot, whisk water, Brown Sauce Prep and tomatoes. Add sautéed vegetables and juices. Heat to boiling, stirring constantly. Reduce heat and gently boil 10 minutes, stirring occasionally. Serve hot over braised beef tips and cooked rice. Serves 44

## Mushroom Sauce With Dry Roux®

2	Cups	Hot Water
2	Tbsp	<b><u>Mushroom Base</u></b>
½	Cup	Cold Water
½	Cup	<b><u>Dry Roux®</u></b>
1½	Cups	Half And Half

In sauce pot, combine hot water and Mushroom Base; mix well. Heat to boiling over med-high heat for 2 minutes. In a small bowl whisk cold water and Dry Roux until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat and gently boil for 2 minutes, stirring occasionally. Add half & half, mixing well. Yield 1 Quart

## Sweet and Sour Pork with Pork Gravy Mix

8	lb	Pork, boneless, lean, sliced 1/2 inch x 1 inch strips
1/4	C	Vegetable oil
106	oz	Pineapple chunks, canned in juice, drained, reserve juice
2 2/3	C	Vinegar, white
1	C	Soy sauce
2	C	Brown sugar, packed
11.25	oz	<b><u>Pork Gravy Mix</u></b> (11.25 oz. Bag)
1	qt	Water, lukewarm
2	lb	Green Bell Peppers
2	lb	Onions, medium diced

In a roasting pan, combine pork and oil, toss until well coated. Arrange pork in an even layer across the bottom of the pan. Sear, uncovered, in a 425°F oven until pork is lightly browned, 30-40 minutes. Stir occasionally. Remove from oven and set aside.. Drain pineapple juice into a 2 qt. measure. Add enough water to make 2 qt. Pour pineapple juice into a sauce pot. Set pineapple chunks aside. Add vinegar, soy sauce and brown sugar to pineapple juice. Stir well. Heat to boiling. Stir occasionally. In a bowl, combine Pork Gravy Mix and water, whisk until blended. Gradually add to hot pineapple juice mixture, whisking constantly. Gently boil 3 minutes, stirring frequently. Pour sauce over browned meat in roasting pan, mix well. Cover pan tightly and bake in a 350°F oven for 60 minutes. In a sauce pot, cover green peppers and onions with water and parboil 2 minutes. Drain, add parboiled vegetables and reserved pineapple chunks to pork, mixing well. Cover pan tightly and bake 15 minutes longer, until hot. Serve over rice. Serves 53

## Bordelaise Sauce (Brown Sauce Prep)

1	Tbsp	Butter, slightly salted
1	Tbsp	Shallots, (or onions) finely chopped
1/2	C	Burgundy red wine
1 1/2	C	Water, lukewarm
3	Tbsp	<b><u>Brown Sauce Prep</u></b> (Espagnole)

In a saucepan, melt butter over medium heat. Add shallots or onions; sauté until tender, 4-5 minutes. Add wine, mix well. Heat to boiling. Reduce heat and gently boil 8-10 minutes, reducing the wine to half its volume. Remove from heat. Add lukewarm water and Brown Sauce Prep, whisking well. Heat to boiling over medium high heat, stirring constantly. Reduce heat and gently boil 5 minutes, stirring occasionally. Serve with beef tenderloin, filet mignon, steaks or roast beef. Garnish with chopped fresh parsley. Optional: Stir in 1/4 cup diced, poached marrow when ready to serve. (Recipe to follow) Serves 8