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!!

1-800-827-8328
COOKING@SOUPBASE.COM

$2.50

&

Chef’s Ingredient™

MINOR’S

Sauce Preps

Dry Gravy Mixes
**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

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**Chef’s Secrets” For Best Results**

**SAUCE/SOUP THICKENER (DRY ROUX)**

For 2 cups white sauce or gravy: Combine 3½ Tbsp. 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.
**A Savory Turkey & Spinach Meatloaf with Homestyle Turkey Gravy**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity/Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 lb</td>
<td>Turkey, ground</td>
<td></td>
</tr>
<tr>
<td>2 lb</td>
<td>Spinach, frozen, thawed, squeezed dry</td>
<td></td>
</tr>
<tr>
<td>3 C</td>
<td>Onions, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Garlic, dried, minced</td>
<td></td>
</tr>
<tr>
<td>8 ea</td>
<td>Egg, large, beaten</td>
<td></td>
</tr>
<tr>
<td>2 tsp</td>
<td>Thyme, dried, ground</td>
<td></td>
</tr>
<tr>
<td>2 tsp</td>
<td>Basil leaf, dried</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Nutmeg, ground</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>1 tsp</td>
<td>White pepper, ground</td>
<td></td>
</tr>
<tr>
<td>1 bag</td>
<td>Turkey Gravy Mix</td>
<td></td>
</tr>
</tbody>
</table>

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

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**Beef Tips & Mushrooms**

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

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

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**Breaded Turkey Cutlets**

<table>
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<tr>
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<th>Quantity/Type</th>
<th>Description</th>
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<tbody>
<tr>
<td>2.5 lb</td>
<td>Turkey breast, boneless, skinless</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Eggs, large</td>
<td></td>
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<tr>
<td>2 C</td>
<td>Whole milk</td>
<td></td>
</tr>
<tr>
<td>8 oz</td>
<td>All purpose flour</td>
<td></td>
</tr>
<tr>
<td>9 oz</td>
<td>Turkey Gravy Mix (12 oz bags)</td>
<td></td>
</tr>
<tr>
<td>2 oz</td>
<td>Vegetable oil</td>
<td></td>
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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

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**Sauce Preps and Dry Gravy Mix Recipe Index**

- **Brown Sauce**
  - Piquant Sauce
  - Lyonnaise Sauce
  - Beef Tenderloin
  - Creole (Spanish) sauce
  - Mushroom Brown Sauce
  - Minute Goulash
  - Beef Stroganoff
  - Tourneros Au Poivre
  - Bordelaise Sauce
  - Red Pepper Sauce
  - Garlic Barbeque Sauce
  - Meat loaf with Red Pepper Espagnole Sauce
  - Meat loaf Florentine
  - Balsamic Demi-Glace

- **Pork Gravy Mix**
  - Pork Normandy
  - Sweet and Sour Pork with Pork Gravy Mix
  - Mason-Dixon Grits with Pork Gravy Mix

- **Sauce/Soup Thickener (Dry Roux®)**
  - Any Base Gravy
  - Iowa Corn Chowder
  - Apple Crisp
  - Vermont Cheese Soup
  - Alfredo Sauce
  - Cheese Sauce
  - Cream of Tomato Soup
  - Mushroom Sauce
  - Italian Doli Soup
  - Country Vegetarian Pot Pie

- **Vegetarian Consommé Prep**
  - Iowa Corn Chowder
  - Vegetarian Potato & Spinach Soup
  - Vegetable & Black Bean Quesadilla
  - Vegetarian Vegetable Soup
  - Sautéed French Lettuce
  - Cajun Beans & Rice
  - Vermont Cheese Soup
  - Cabbage & Noodles Casserole
  - Vegetable & Cheese Tortellini Stew
  - Prosciutto Consomme with Cantaloupe and Arugula

- **Southern Style Country Gravy**
  - Southern Baked Pork Chops
  - Southern Style Country Sausage Gravy
  - Waffle Breakfast Stacker with Southern Style Gravy

- **Beef Gravy**
  - Sheperd Pie with Beef Gravy Mix
  - Meatloaf Sandwich with Beef Gravy
  - Beef Tips & Mushrooms

- **Turkey Gravy**
  - A Savory Turkey & Spinach Meatloaf with Homestyle Turkey Gravy
  - Breaded Turkey Cutlets
Piquant Sauce

Butter, salted
Shallots or 1 small onion
Vinegar
Water
Brown Sauce Prep (Espagnole)
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

Beef, ground or ground chuck
Water, lukewarm
Beef Gravy Mix (12 oz. Bag)
Breadcrumbs, dried
Salt
Instant Mashed Potatoes, prepared
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

Lyonnaise Sauce

Butter, salted or Margarine
Onions sliced
Water
Brown Sauce Prep (Espagnole)

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

Burgundy wine
Thyme
Bay leaves
Shallots
Crushed black pepper corns
Brown sauce prep (prepared)
Whole butter - softened
Fresh lemon juice
Beef Marrow


Country Vegetarian Pot Pie

Water
Rutabaga -- diced
Potatoes -- diced large
Carrots -- diced medium
Frozen Pearl Onions
Hot Water
Vegetable Base
Thyme Leaf
Rosemary Leaf
Lukewarm Water
Sauce/Soup Thickener (Dry Roux®)
Fresh Ground White Pepper
Canned Kidney Beans -- rinsed & drained
Canned Mushrooms -- sliced & drained
Frozen Peas
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

Water
Brown Sauce Prep (Espagnole)
Red wine burgundy
Balsamic vinegar
Beef Au Jus Concentrate (No Added MSG)
Honey
Tomato paste
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 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 Vegetarian Consommé Prep
- ½ Tbsp Vegetable Base
- 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 Dry Roux®
- ¼ Cup Cinnamon
- ¼ Cup Cold Water
- 3/8 Cup Brown Sugar -- packed
- 3/8 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.

**Pork Normandy**

- 1 Tbsp Vegetable Oil
- 1⅛ Pounds Boneless Pork Loin -- julienned
- 1⅛ Cups Hot Water
- 1⅛ Cups Apple Juice
- ⅛ Cup Granny Smith Apples* Grated Or -- chopped fine
- Dash Salt
- 1 Cup Lukewarm Water
- ¼ Package Pork Gravy Mix

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**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cup</td>
<td>Hot Water</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Vegetarian Consommé Prep</td>
</tr>
<tr>
<td>1 Cup</td>
<td>Canned Red Beans -- Rinsed And Drained</td>
</tr>
<tr>
<td>1/3 Cup</td>
<td>Onion -- Chopped Fine</td>
</tr>
<tr>
<td>1/3 Cup</td>
<td>Celery -- Chopped Fine</td>
</tr>
<tr>
<td>2 Tbps</td>
<td>Green Peppers -- Chopped Fine</td>
</tr>
<tr>
<td>1/8 Tsp</td>
<td>Thyme</td>
</tr>
<tr>
<td>1/8 Tsp</td>
<td>Liquid Smoke Flavoring</td>
</tr>
<tr>
<td>Dash</td>
<td>Ground Red Pepper</td>
</tr>
<tr>
<td>3 Cups</td>
<td>Long-Grain White Rice -- Cooked</td>
</tr>
</tbody>
</table>

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
- 3 Tbsp Vegetarian Consommé Prep
- 1 Cup Half And Half
- ¼ Cup + 2 Tbsps Sauce/Soup Thickener (Dry Roux®)
- ¼ Cup Sharp Cheddar Cheese -- Grated
- ¼ Cup American Cheese -- Grated


**Prosciutto Consommé with Cantaloupe and Arugula**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>gal</td>
<td>Water, boiling</td>
</tr>
<tr>
<td>3.2 oz</td>
<td>Vegetarian Consommé Prep (Chicken Style)</td>
</tr>
<tr>
<td>15 oz</td>
<td>Ham, smoked Prosciutto, sliced thin</td>
</tr>
<tr>
<td>2 ea</td>
<td>Melon, Cantaloupe washed, scooped with a small melon baller</td>
</tr>
<tr>
<td>6 oz</td>
<td>Arugula fresh</td>
</tr>
</tbody>
</table>

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 Brown Sauce Prep
- 3¾ Cups Lukewarm Water

In saucepan, melt butter over medium heat. Add mushrooms; sauté 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 Brown Sauce Prep
- 2 Cups Water
- 3 Pounds Beef tenderloin tips -- cut in ½” cubes
- 1 Large Onion -- diced medium
- ⅛ Tsp Salt
- ⅛ Tsp Fresh ground black pepper
- ⅛ Tsp Paprika
- ⅛ Tsp Fresh squeezed lemon juice
- 2 Tbsps Butter
- 2 Tbsps Vegetable oil
- ⅜ 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, sauté until translucent. Remove from pan. Add beef, sauté 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®

- 3 ⅓ Tbsp Dry Roux®
- ⅓ Cup Lukewarm Water
- 1 ⅔ Cups Hot Water
- 1 Cup Any Flavor Minor's Base

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

- ⅛ Cup + 1 Tbsp. Dry Roux®
- 1 Cup Lukewarm Water
- 1 ⅛ Tbsp Salt
- ¼ Tsp Dry Mustard
- ⅛ Tbsp 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

- 3 ⅓ Tbsp Dry Roux®
- ⅓ Cup Lukewarm Water
- 1 ⅔ Cups Hot Milk
- ⅓ 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
- 2 ⅔ Tsp Salt
- 1 ⅔ Cup Dry Roux®
- ½ Cup Lukewarm Water
- 2 ⅔ 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 1 ½ cups & replace half & half with 4 cups hot milk. Serves 6
Meat loaf With Red Pepper Espagnole Sauce

<table>
<thead>
<tr>
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<th>Unit</th>
<th>Ingredient</th>
<th>Type</th>
<th>Notes</th>
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<tbody>
<tr>
<td>3</td>
<td>Tbsp</td>
<td>Brown Sauce Prep</td>
<td></td>
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</tr>
<tr>
<td>1</td>
<td>Cup</td>
<td>Hot Water</td>
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<td></td>
</tr>
<tr>
<td>½</td>
<td>Cup</td>
<td>Lukewarm Water</td>
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<tr>
<td>2</td>
<td>Tbsp</td>
<td>Butter</td>
<td></td>
<td>Fresh Ground Black Pepper -- to taste</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
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<th>Unit</th>
<th>Ingredient</th>
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<th>Notes</th>
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<tbody>
<tr>
<td>5½</td>
<td>Box</td>
<td>Pepperidge Farm Garlic &amp; Olive Oil Croutons -- crushed</td>
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<tr>
<td>¼</td>
<td>Cup</td>
<td>Bread crumbs</td>
<td></td>
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</tr>
<tr>
<td>1½</td>
<td>Cups</td>
<td>Hot water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1½</td>
<td>Tbsp</td>
<td>Beef Base</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1½</td>
<td>Cups</td>
<td>Yellow onions -- chopped medium</td>
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<td></td>
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<tr>
<td>1½</td>
<td>Tbsp</td>
<td>Vegetable oil</td>
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<tr>
<td>4</td>
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<td>Eggs</td>
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<td></td>
</tr>
<tr>
<td>3</td>
<td>Pounds</td>
<td>Ground chuck</td>
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<tr>
<td>2½</td>
<td>Tbsp</td>
<td>Worcestershire Sauce</td>
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<tr>
<td>2</td>
<td>Tbsp</td>
<td>Fresh ground black pepper</td>
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<td></td>
</tr>
<tr>
<td>2</td>
<td>Cups</td>
<td>Fresh spinach -- cut in strips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼</td>
<td>Cup</td>
<td>Pesto Sauce</td>
<td></td>
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<tr>
<td>1½</td>
<td>Cup</td>
<td>Pine nuts -- lightly toasted</td>
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<td></td>
</tr>
<tr>
<td>1½</td>
<td>Tbsp</td>
<td>Vegetable oil</td>
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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

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<th>Unit</th>
<th>Ingredient</th>
<th>Type</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Pound</td>
<td>Mild Bulk Sausage -- crumbled</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Cups</td>
<td>Hot Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Cup</td>
<td>Lukewarm Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½</td>
<td>Package</td>
<td>Southern Style Country Gravy Mix</td>
<td></td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
<th>Type</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Cups</td>
<td>Lukewarm Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½</td>
<td>Pkg.</td>
<td>Southern Style Country Gravy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Cups</td>
<td>Hot Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td>Pork Chops (About 3½ lbs)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼</td>
<td>Cup</td>
<td>All-Purpose Flour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Tsp</td>
<td>Salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/8</td>
<td>Tsp</td>
<td>Fresh Ground Black Pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Cup</td>
<td>Vegetable Oil</td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
<th>Type</th>
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<tr>
<td>3</td>
<td>Tbsp</td>
<td>Vegetable Oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Pounds</td>
<td>Beef Tenderloin - Well Trimmed -- cut 1” x 2” strips*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼</td>
<td>Tsp</td>
<td>Paprika</td>
<td></td>
<td></td>
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<tr>
<td>1/8</td>
<td>Tsp</td>
<td>Black Pepper</td>
<td></td>
<td></td>
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<tr>
<td>3½</td>
<td>Cups</td>
<td>Lukewarm Water</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼</td>
<td>Cup</td>
<td>Vegetable Oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½</td>
<td>Tbsp</td>
<td>Worcestershire Sauce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½</td>
<td>Tbsp</td>
<td>Dry Mustard</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Tbsp</td>
<td>Margarine Or Butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Pound</td>
<td>Fresh Mushrooms -- sliced ¼” thick</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½</td>
<td>Cup</td>
<td>Cultured Sour Cream</td>
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<td></td>
</tr>
<tr>
<td>¼</td>
<td>Cup</td>
<td>Cold Water</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>Tbsp + 2 Tsp.</td>
<td>Cornstarch</td>
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</table>

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
¼ Cup Frozen Corn
1 Cup Potatoes -- diced medium
¾ Cup Canned Creamed Corn
2 Tbsps Vegetarian Consommé Prep
Dash Fresh Ground White Pepper
Dash Hot Pepper Sauce
Dash Worcestershire Sauce
½ Cup Milk
1/3 Cup Sauce/Soup Thickener (Dry Roux®)

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 Vegetarian Consommé Prep
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 5

Cabbage & Noodles Casserole

2 Cups Medium Wide Egg Noodles -- uncooked
1 Tbsp Butter Or Margarine
1 Cup Onions -- diced medium
1 ½ Quarts Cabbage -- julienned
1 Tsp Caraway Seed
½ Tbsp Celery Seed
1 1/3 Tbsp Water - more if needed
1 Tsp Vegetable or Chicken Base
1 Tbsp Vegetable Consommé Prep
2 Cups Hot Water
2 Tbsp All-Purpose Flour
½ Cup Plain Yogurt
2 Tbsp Sour Cream
2 Tbsp Cider Vinegar
2 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 pan. Sprinkle with bread crumb mixture; bake at 350°F 30-35 min. Serves 5

Vegetable & Cheese Tortellini Stew

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  Roasted Garlic Flavor Concentrate
4  Tbsp  Vinegar
1  C  Ketchup
1  tsp  Brown sugar
3 1/2 qt  Water
16 oz  Brown Sauce Prepar (Espagnole)

In an 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 60

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**Waffle Breakfast Stacker with Southern Style Gravy**

30 oz  Southern Style Gravy Mix (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

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**Beef Tenderloin A La Brown Sauce**

2  Tbsps  Margarine Or Butter
2  Pounds  Beef Tenderloin, Well Trimmed -- cut ¼” x 2”
1  Tsp  Paprika
½  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 ¼” thick
¼  Cup  Brown Sauce Prepar
1 2/3  Cups  Lukewarm Water
1/3  Cup  Burgundy Red Wine

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

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**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  Pork Gravy Mix (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

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**Meatloaf Sandwich with Minor’s® Beef Gravy Mix**

32 oz  Beef Gravy Mix (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

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**Vegetable And Black Bean Quesadilla**

1  Tbsp  Vegetable Oil
½ 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 ½ Cup  Monterey Jack Cheese -- Shredded
7” Flour Tortillas

In an 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 ½ cup of vegetable mixture on each tortilla; spread evenly. Sprinkle ¼ 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

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**Beef Tenderloin A La Brown Sauce**

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 |
| 1/2 Cup         | Onion -- diced medium |
| 1/4 Cup         | Celery -- diced medium |
| 1/4 Cup         | Carrots -- diced medium |
| 1 Quart         | Water |

**Vegetarian Consommé Prep**

| 2 Tbsps         | Clove Garlic -- minced |
| 1 Cup           | Kidney Beans, Canned -- drained |
| 1 Cup           | Cabbage -- diced small |
| 1/2 Cup         | Elbow Macaroni |
| 1/2 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 |

**Tournedos Au Poivre**

| 8  3 Oz..       | Tenderloin Steaks |
| 1 Cup          | Butter |
| 1/2 Cup        | Brandy |
| 2 Tsp          | Green Peppercorns |
| 2 Tsp          | Shallots -- Minced |
| 1 Cup          | Brown Sauce |
| 1/2 Cup        | Red Wine |
| 2 Tsp          | Fresh Parsley -- Chopped |

Melt 1/2 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 reduced 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          | Brown Sauce Prep (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 4

**Mushroom Sauce With Dry Roux®**

| 2 Cups         | Hot Water |
| 2 Tbsp         | Mushroom Base |
| 1/4 Cup        | Cold Water |
| 1/4 Cup        | Dry Roux® |
| 1 1/2 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 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       | Pork Gravy Mix (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         | Brown Sauce Prep (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