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# 2010 Minor's Classic Recipes for Sauteed Vegetable and Mushroom Bases



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## Chef's Secrets For Delicious Results

A) **ADD MORE FLAVOR LESS SALT:** **replace salt with 2 to 3 times** amount of Base. (e.g. omit 1 tsp. salt; replace with 2 to 3 tsp. Base.) Bases are highly concentrated; **USE LEVEL MEASUREMENTS.**

B) Add Bases to your favorite homemade salad dressing (e.g. **Lobster Caesar Dressing**)

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 2 tsp. Base to every 2 cups water before 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. Use 1 tsp. Base per cup of marinade.

H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin &/or fish before grilling, broiling or sauteing to replace salt.

I) A flavorful baste: Combine 2 tsp. Base with ¼ cup oil for each lb. of seafood. Baste throughout cooking process.

J) Breading: Mix Base with seasoned breading mixture at 2 tsp. per pound of seafood using an 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. (e.g. **Shrimp Alfredo Sauce**)

M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.

N) **Poaching:** Add **1 Tbsp. Base per quart of water** with an acid such as wine, lemon juice or vinegar to retain fish juices. Do not allow liquid to boil when poaching. Boiling will toughen fish.

O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to carmelize on the outside for flavor, while remaining tender & juicy inside.

P) **Crab Cakes:** Add base to ground crab before grilling or sauteing at 2 tsp. per pound.

Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Base (Lobster, Shrimp) 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 fish. Never stuff raw fish until ready to cook.

T) Pizza crust: Dilute any flavor Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.

U) EGGS - Add ¼ tsp. Base dissolved in 1 tsp. water to scrambled eggs, egg whites or egg substitutes, omelets or quiche to replace salt. Try lobster, crab, shrimp- any flavor.



## A FEW TIPS FROM THE CHEFS AT MINORS

ROASTING is a dry-heat method of cooking, using hot air to circulate around the food which heats the outer layer of food. In turn, the food's natural juices become heated, change to steam and cook the center. Roast meat or poultry on a roasting rack to prevent overcooking the bottom of the meat. A meat thermometer should be inserted in the portion of the meat which takes longest to cook. Place in the center of a rump roast or between the leg and breast of chicken, turkey or other poultry.

BAKE quiches, souffles, custards or other egg-based dishes in a water bath for even cooking and to prevent sticking. For a crisp textured crust, partially bake pie shell for 10-15 mins. in a 350°F oven before adding custard mixtures to ensure an evenly baked pie shell.

BASIC BREADING MIX - Depending on how heavily you bread your chicken, this recipe should coat 10-12 lbs.

¼ cup Minor's Chicken Base	9 oz. all-purpose flour
½ cup plain bread crumbs	½ Tbsp. paprika
¾ tsp. garlic powder	1½ tsp. poultry seasoning
1/3 tsp. ground red pepper	1/3 tsp. ground white pepper

Place all ingredients in mixing bowl. Using paddle attachment, mix at medium speed for 5 minutes. Coat chicken with breading mix. Place on lightly oiled sheet tray. Bake at 350°F until golden brown.

DEEP-FRIED foods should be moist and tender on the inside and golden crisp on the outside. If the food tastes oily or the crust is soggy, the oil may be old or not at the correct temperature. Use high quality, clean frying oil. The oil will last longer and there will be less saturation of oil into food, thus maintaining optimum flavor.

Before STEWING, sear meat over high heat, on all sides in small batches to prevent crowding, which will retain natural juices, add color and flavor. When making stews, cut vegetables in like-size pieces for even cooking. Tender vegetables such as peas should be added near the end of the stewing time to prevent overcooking.

STEAMING is one of the best ways to retain the nutritive value of foods. Steamed foods generally contain a greater proportion of nutrients because water-soluble nutrients are not drawn out of the food as readily as with other cooking methods. When steaming, cover food first with plastic wrap and then with aluminum foil. The plastic wrap will prevent the aluminum flavor from being transferred to the food. The aluminum foil will secure a seal on the pan. Steam foods in an aromatic liquid, such as beef or chicken stock. The flavor from the liquid will be transferred to the food. This liquid can be used to make an accompanying sauce.

POACHING uses both steam and liquid to cook. The lid should be left on during poaching so the food that is not submerged can be cooked by the steam trapped inside the pan.

**SAVE YOUR STEMS!** Turn calcium-rich broccoli stems into a delicious, healthy slaw. For easy BROCCOLI-CARROT SLAW, combine shredded carrots, shredded broccoli stems, red onion, diced red pepper, dry mustard and a little Chicken or Vegetable Base. Toss with Sweet 'n Sour Poppy Seed Vinaigrette.

MURPHY'S FAMOUS SEAFOOD STEAK RUB - Brush fish steaks with olive oil, then rub a small amount of Minor's Sautéed Vegetable Base on top of each steak. Broil until done. The Base will brown as the fish cooks, adding a rich golden color and savory vegetable flavor. If grilling beef steaks, combine olive oil and base in a small bowl to use as a marinade or baste. Ideal for salmon, tuna or swordfish.

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### Barley, Vegetable & Chickpea Blend

1/2	C	Barley
2	Tbsp	Butter Or margarine
1	Tbsp	<u>Sauteed Vegetable Base</u>
1	Can	Chickpeas, drained (15 oz can)
1 1/3	C	Tomatoes, diced medium
1	C	Asparagus, cut & blanched (or peas or pea pods)
1/2	tsp	Thyme

Cook barley. Drain and rinse. In sauce pot over medium high heat, melt butter. Add Vegetable Base, cooked barley, chickpeas, tomatoes, asparagus and thyme, Mix well. Heat throughout. Serves 9

### Barley Vegetable Pie

1/2	C	Barley, medium size
1	Tbsp	Butter or margarine
3/4	C	Onions, diced small
1 3/4	C	Mushrooms, diced fine
3 1/4	C	Zucchini, grated
1	C	Carrots, grated
4		Egg whites
3/4	C	Sharp Cheddar Cheese, grated
1	Tbsp	<u>Sauteed Vegetable Base</u>
1	tsp	Dill Weed
3/4	tsp	Lemon rind, grated
1/2	tsp	Thyme leaf

Cook barley per pkg. directions 40 minutes or until just tender. Drain; set aside. In sauce pot, heat butter over medium high heat. Add onions; saute 2-3 minutes. Add mushrooms, zucchini and carrots. Saute 5 minutes. Put into large bowl. Add egg whites, barley, cheese, Vegetable Base, dill, lemon rind and thyme. Mix well. Place in 9" greased pie pan. Cover; bake at 350°F for 45 minutes. Serve with a Yogurt Dill Sauce, if desired. Serves 6

### Beef Or Chicken Gravy Mirepoix

3 1/2	C	Water, hot
1	Tbsp	<u>Chicken or Beef Base</u>
2 1/4	tsp	<u>Sauteed Vegetable Base</u>
1/2	C	Water, lukewarm
1/2	C	<u>Sauce/Soup Thickener (Dry Roux®)</u>

In sauce pot, combine hot water & Bases. Bring to simmer over medium high heat, stirring occasionally. In bowl, whisk water & Roux until smooth. While stirring vigorously pour into hot stock. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Serve over mashed potatoes, chicken & biscuits or chicken stew. Yield 1 qt

### Sauteed Julienne of Vegetables

1/2		Spaghetti squash, 2 lb
2	Tbsp	Butter or margarine
2 1/2	C	Leeks, julienned
2	C	Carrots, julienned
1 1/2	C	Zucchini, julienned
1 1/2	C	Red bell pepper, julienned
1/2	C	Water
2	Tbsp	<u>Sauteed Vegetable Base</u>
1/4	tsp	Black pepper, fresh ground

Bake squash 400°F, 45 minutes, flesh-side down, in 1/2" water. Remove seeds. Scrape out squash with fork. In sauce pot over medium high heat, melt butter. Add leeks, carrots, zucchini and peppers. Saute 1 minute. Add water, Vegetable Base, pepper and squash, mix well. Heat through and serve. Serves 10

### Heartland Corn Chowder

1/4	C	Butter or margarine
1/4	C	Onions, medium diced
1/4	C	Celery, medium diced
1/4	C	Green peppers, medium diced
1/4	C	Red peppers, medium diced
1/2	C	Flour, all purpose
2	C	Water
3/4	C	Creamed corn
1	C	Potatoes, medium diced
1/2	C	Corn, frozen whole kernel or 1-16 oz. can, drained
1 1/2	Tbsp	<u>Sauteed Vegetable Base</u>
1/2	tsp	Old Bay seafood seasoning
1/4	tsp	Worcestershire sauce
3/4	C	Cream, heavy whipping

In sauce pot over medium high heat, melt butter. Add onions, celery and peppers. Saute 3 minutes. Blend in flour. Cook over medium heat 2 minutes, stirring constantly. Add water, potatoes, Vegetable Base, Old Bay, Worcestershire, creamed and frozen corn. Boil over medium high heat, stirring constantly. Reduce heat; gently boil until potatoes are tender, 10-15 minutes, stirring occasionally. Add cream. Gently boil 2 minutes. Serves 5

### Flavorful Vegetables

1/4	C	Water
1	Tbsp	<u>Sauteed Vegetable Base</u>
1	lb	Vegetables, mixed, frozen, carrots, snap peas, spinach

In sauce pot, combine water and Vegetable Base. Heat to boiling. Add vegetables. Heat to boiling over medium high heat; reduce heat; gently boil 10 minutes or until tender, stirring occasionally. Serves 8

## Mushroom and Roasted Garlic Bruschetta

1/8	C	Olive oil
2	C	Onions, fine diced
1 1/2	C	Oyster mushrooms, chopped fine
1 1/2	C	Shiitake mushrooms, chopped fine
1 1/2	C	Mushrooms, white, chopped fine
1/4	C	<b>Roasted Garlic Flavor Concentrate</b>
1	tsp	<b>Mushroom Base</b>
1 1/2	Tbsp	Lemon juice
1/4	tsp	Black pepper, ground
1/4	C	Gruyere cheese, shredded
1/4	C	Bread crumbs, fresh, white
28	slices	French bread, sliced 1/4" thick
2 2/3	Tbsp	Olive oil

In a sauté pan, sauté onions in oil until translucent. Add mushrooms, Roasted Garlic, Mushroom Base and lemon juice. Cook, stirring occasionally, until mushrooms are tender and liquid is reduced to one half original volume. Add pepper, cheese and bread crumbs. Gently fold until well blended. Take off heat. Cool mixture. Place sliced bread on sheet pan and brush lightly with olive oil. Toast bread in oven until lightly toasted. Spread 1 Tbsp mushroom mixture on each slice of bread. May be garnished with diced tomatoes, olives, cheeses and/or fresh chopped basil. Serves 28

## Pasta Primavera with Mirepoix Sauce

10	oz	Fettuccini or Linguini
2	C	Milk, whole
2	C	Water, hot
3	Tbsp	<b>Sauteed Vegetable Base</b>
4	Cloves	Garlic, finely chopped
2	oz	Margarine or butter
1/8	tsp	White Pepper, ground
1/2	C	Water, lukewarm
1/2	C	<b>Soup/Sauce Thickener -- (Dry Roux®)</b>
1	lb	Vegetable blend, frozen

Cook pasta per package directions. Combine milk, water Vegetable Base, garlic, butter and pepper. Boil over medium heat; mix well. Whisk warm water and Dry Roux® until smooth. Slowly pour into boiling liquid, stirring constantly. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil 2 minutes, stirring occasionally. Add vegetables and gently boil 3-5 minutes until tender-crisp, stirring occasionally. Add pasta to sauce. Toss gently to evenly mix. Serves 7

## Vegetarian Tortilla Soup

1	Tbsp	Butter or margarine
1/4	C	Red bell pepper, diced medium
4	tsp	Green Chilies, canned, diced
1/2	C	Zucchini, diced small
1/2	C	Onions, diced small
1/2	C	Yellow squash, diced small
1 1/4	C	Water
4	tsp.	<b>Sauteed Vegetable Base</b>
2	Cloves	Garlic, minced
1 1/2	C	Tomatoes, canned, diced in juice
2 1/2	Tbsp	Salsa, hot or mild
3/4	tsp	Cumin, ground
1/4	tsp	Chili powder
1/4	tsp	Black pepper, fresh ground
2		Corn Tortillas, 6" Round, julienned, 1 1/2" long

In sauce pot over medium high heat, melt butter. Add garlic, peppers, chilies, zucchini, onions and squash. Saute 5-7 minutes. Add water, Vegetable Base, tomatoes, salsa, cumin, chili powder and pepper. Heat to boiling over medium high heat. Reduce heat; cover; gently boil until vegetables are tender, 5-7 minutes, stirring occasionally. Add tortillas to soup while stirring. Serves 4

## Vegetarian Vegetable Soup

2	qt	Water, hot
2 2/3	Tbsp	<b>Sauteed Vegetable Base</b>
1	lb	Italian Vegetable Blend, frozen, 1 bag
1 3/4	C	Crushed Tomatoes In Puree, (1 - 14 Oz. Can)
2	C	Cabbage, diced small
1/4	C	Long Grain White Rice, uncooked

In sauce pot, combine all ingredients. Heat to boiling over medium high heat, stirring well. Reduce heat; simmer, stirring occasionally, 20 minutes or until rice & vegetables are tender. Garnish with grated Parmesan cheese. Serves 8

## Black Bean Soup Rio Grande

1	qt	Cold water
1 1/4	C	Black beans, canned, drained, rinsed
2	tsp	Vegetable oil
1/4	C	Carrots, diced medium
1/4	C	Celery, diced medium
1/4	C	Onions, diced medium
2	tsp	Jalapeno Peppers, canned, seeded, diced medium
1/2	tsp	Garlic, minced
1		Bay leaf
3 3/4	C	Water, hot
1 1/3	Tbsp	<b>Sauteed Vegetable Base</b>
2/3	C	Red wine, dry
1/3	C	Tomatoes, canned, crushed in puree
1	C	Black beans, canned, drained, rinsed (for garnish)
		Sour cream, diced tomatoes and onions (for garnish)

Heat oil over medium high heat. Add carrots, celery, bay leaf, onions, peppers and garlic. Saute 5-8 minutes. Add hot water, Vegetable Base, 1 1/4 C beans and tomatoes; bring to a boil. Reduce heat; gently boil 1 hour, stirring occasionally. Add wine. Gently boil for 30 minutes or until vegetables are tender. Remove bay leaf. Puree in blender. Garnish with 1 C beans, tomatoes, onions and/or sour cream. Serves 6

### **Brown Rice Pizza with Alfredo Sauce**

3/4	C	Water
1/4	C	Half and half
3	Tbsp	<b><u>Minor's Alfredo Concentrate</u></b>
2	C	Brown rice, cooked
1/2	C	Mozzarella cheese, grated
1		Egg white
2	tsp	Vegetable oil
1	qt	Zucchini, grated
2	C	Yellow squash, grated
2	C	Carrot, grated
2/3	C	Green onion, sliced thin
1 1/2	tsp	<b><u>Sauteed Vegetable Base</u></b>
2		Eggs
1		Egg white
1/4	tsp	Black pepper, fresh ground
1/4	tsp	Marjoram
1/4	tsp	Thyme

In a saucepot boil water and half & half. Remove from heat. Immediately add Alfredo Concentrate. Whisk until smooth and thickened. Set aside. In a bowl, combine rice, cheese and 1 egg white. Press mixture into quiche pan, forming a shell. Bake at 375°F for 5 minutes. In a large skillet, heat oil over medium heat; add zucchini, squash, carrots and onions. Saute 3-4 minutes. Set aside. In large bowl, combine Vegetable Base and prepared Alfredo Sauce, mixing well. Add vegetables, eggs, 1 egg white, pepper, marjoram and thyme; mix well. Place mixture in rice shell and bake at 375°F for 30 minutes. Serves 6

### **Cheddar Broccoli Bread Pudding**

1/4	C	Butter or margarine
1	C	Onions, diced small
2 1/2	C	Mushrooms, sliced thin
1	Pkg	Broccoli, chopped, frozen, 10 oz box
3	Large	Eggs
1	C	Milk
1	Can	Green chilies, (4 oz can)
2	Tbsp	<b><u>Sauteed Vegetable Base</u></b>
1/4	tsp	Black pepper, fresh ground
6	Slices	White bread, crusts removed
2	C	Cheddar Cheese, grated

In skillet, heat butter over medium high heat. Add onions; saute 2 minutes. Add mushrooms and broccoli; saute 3-5 minutes. Set aside. In a small bowl, combine eggs, milk, chilies, Vegetable Base and pepper, mix well. Place 1/2 bread slices in a greased baking pan. Layer bread with 1/2 each broccoli, cheese and egg mixtures. Layer remaining bread, vegetables, cheese and egg mixture. Cover; bake in water bath at 350°F, 20 minutes. Remove cover; bake 10-15 minutes, until custard sets. Serves 8

### **Broccoli Mushroom Risotto**

1/4	C	Vegetable oil
1	C	White rice, long grain
1/2	C	Mushrooms, diced fine
1/4	C	Onions, minced
1/3	C	Almonds, sliced
1	qt	Water, cold
1 2/3	Tbsp	<b><u>Mushroom Base</u></b>
1	C	Water
1 1/2	C	Parmesan cheese, grated
1 1/2	C	Broccoli florets, cut small

In sauce pot over medium high heat, heat oil and add rice, mushrooms and onions. Saute 2-3 minutes. Add almonds and saute until brown. Add 1 qt. of water and Mushroom Base. Heat to boiling on medium high heat. Reduce heat and gently boil for 25 minutes. Add 1 C water 1/4 C at a time, if needed, continuing to cook until water is absorbed. Repeat until rice is very tender. Add cheese; stir until melted. Blanch broccoli in boiling water for 30 seconds to 1 minute. Drain, add to rice. Variation: Use as a stuffing. Serves 10

### **Egg Cutlets**

7		Eggs, hard boiled, chilled and medium diced
1/4	C	Butter or margarine
2	Tbsp	Onions, finely diced
1/2	C	Flour, all purpose
1 1/4	C	Milk
1 1/2	tsp	<b><u>Sauteed Vegetable Base</u></b>
3/4	tsp	Parsley flakes
1/8	tsp	White Pepper, fresh ground
1/8	tsp	Nutmeg, ground
1	C	Milk
2		Eggs
2	C	Bread crumbs
1/3	C	Vegetable oil

In sauce pot over medium high heat, melt butter. Add onions; saute 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring occasionally. Whisk in milk and Vegetable Base. Boil over medium heat; gently 3-5 minutes, stirring occasionally. Chill. Combine eggs, prepared sauce, parsley, pepper and nutmeg. Mix thoroughly. Form 2 oz. cutlets. Chill 1 hour. In bowl, whisk 1 C milk and 2 eggs. Dredge cutlets in egg wash and then bread crumbs. In skillet, heat oil. Brown cutlets over medium heat, 2-4 minutes a side. Serve with cheese sauce. Serves 14

### **Curried Cabbage**

1	Tbsp	Butter, margarine or vegetable oil
2	tsp	Mustard seed
2	C	Onions, sliced thin
1/4	C	Water, hot
1	Tbsp	<b><u>Sauteed Vegetable Base</u></b>
2	tsp	Curry powder
2	qt	Green cabbage, julienned

In skillet, heat oil or butter over medium heat. Add mustard seeds. Cover; cook 1 minute or until they start to pop, shaking pan often to prevent burning. Add onions; saute 2-3 minutes. Add water, Vegetable Base and curry; mix well. Add cabbage. Cook over medium high heat 15 minutes or until cabbage is al dente, stirring occasionally. Serves 5

## Bellisimo Portabello Rosa Pizza

4		Portabello mushrooms, whole
1	C	Vinaigrette dressing
4		Roma tomatoes
3	C	Water
1	C	Half and half
6.8	oz	<b>Minor's Alfredo Sauce Concentrate</b> , 1/2 (13.6 oz) container
1	Tbsp	<b>Mushroom Base</b>
4		12" Boboli Pizza Crusts
2 1/2	C	Green onions, sliced thin
2 1/2	C	Mozzarella cheese, grated
2	C	Red bell pepper, finely diced

Marinate mushrooms in dressing for 2 hours. Grill both sides 8 minutes. Cool and slice 2" x 1". Set aside. Roast tomatoes whole in a 350°F oven for 30-40 minutes. Remove seeds and slice. Set aside. In sauce pot, heat water and half & half to boiling over medium high heat. Remove from heat and immediately add Alfredo Concentrate and Mushroom Base. Whisk until smooth and thickened. Spread the Alfredo Sauce over the pizza crusts. Layer the mushrooms, onions, cheese and peppers over sauce. Top with the tomatoes and bake at 375°F 15 minutes. Serves 24

## Crostini with Black Olive & Mushroom Tapenade

3	Tbsp	Olive oil
2	tsp	<b>Mushroom Base</b>
1	qt	Shiitake mushrooms, quartered
1	qt	Crimini mushrooms, quartered
2	Tbsp	Herbs, fresh, minced (Thyme, Oregano, Marjoram, Rosemary)
1/2	tsp	Garlic, chopped
1/2	tsp	Black Pepper, fresh ground
1/3	C	Red Wine, dry
1 1/2	C	Greek Olives, black
2	tsp	Capers, Nonpareil, drained
5	Filets	Anchovies, drained
2 1/2	Tbsp	Lemon juice, fresh
1/4	C	Olive oil
1	Loaf	Italian baguette, diagonally cut 1/2" thick
		Olive Oil, as needed

**Tapenade:** In a large saute pan, heat oil over medium high heat. Add Mushroom Base, mushrooms, herbs, garlic and pepper. Saute 5 minutes or until mushrooms begin to render juices. Add wine. Lower heat slightly and cook uncovered, stirring occasionally, until liquid evaporates and mushrooms are tender, 8-10 minutes. Cool to room temperature. In food processor, combine mushroom mixture, olives, capers, anchovies and lemon juice. Process until finely chopped. With motor running, gradually add 1/4 C olive oil. Mixture will thicken. DO NOT OVER PROCESS; some texture should remain. Cover tapenade and refrigerate 24 hours. Serve at room temperature with crostini. **Crostini:** Brush bread slices with olive oil; bake, broil or grill until lightly browned. Top each slice with tapenade or serve plate of crostini with bowl of tapenade for guests to spread their own. Serves 9

## Cheese Tortellini & Vegetables

1	lb	Cheese tortellini
1/4	C	Butter or margarine
1/4	C	Olive oil
1	C	Carrots, julienned
3/4	C	Yellow squash, julienned
3/4	C	Zucchini, julienned
1	C	Mushrooms, sliced
1/2	C	Celery, julienned
1/2	C	Onions, julienned
3/4	C	Water
1	C	Tomatoes, diced
2 2/3	Tbsp	<b>Sauteed Vegetable Base</b>
6	Cloves	Garlic, minced
1/8	tsp	White pepper, fresh ground

Cook tortellini per label directions. Drain and rinse in cold water; set aside. In sauce pot over medium high heat, melt butter and oil. Add carrots, squash, zucchini, mushrooms, celery, onions and garlic saute 3-4 minutes. Dissolve Vegetable Base in water; add to pan along with tomatoes, pepper and tortellini; mix well. Simmer 3-4 minutes, stirring occasionally. Serves 6

## Corn Bread & Vegetable Bake

1	C	Cornmeal, yellow
1	C	Flour, all-purpose
1	Tbsp	Sugar
1	Tbsp	Baking powder
1	tsp	Black pepper, fresh ground
1	C	Milk
1		Egg, beaten
2	Tbsp	<b>Sauteed Vegetable Base</b>
1 1/2	C	Spinach, frozen, chopped, squeezed dry
1	C	Carrots, frozen, sliced
1	C	Broccoli, chopped, frozen
1	C	Onions, diced small
1	C	Corn, frozen, whole kernel
1/2	C	Zucchini, diced small
1/2	C	Peas, frozen

In bowl, combine cornmeal, flour, sugar, baking powder and pepper, mix until well blended. In another bowl, combine milk, eggs and Vegetable Base. Add to dry ingredients, mix well. In large bowl, combine spinach, carrots, broccoli, onions, corn, zucchini and peas. Add corn bread mixture, mix until well blended. Put in greased loaf pan; bake at 350°F for 40-45 minutes. Serves 12

## Dijon Honey Mustard Salad Dressing

1 3/4	C	Mayonnaise
1	Tbsp	<b>Sauteed Vegetable Base</b>
5	oz	Vegetable oil
1/3	C	Honey
1/3	C	Onions
1/4	C	Dijon mustard
2	tsp	Lemon juice, fresh
	Dash	Hot red pepper sauce

Combine ingredients, mixing well with a wire whip. Chill; mix well before serving. Makes 3 cups

## Curried Potatoes

1 1/2	lb	Potatoes, diced medium
3	Tbsp	Butter Or Margarine
1 1/2	C	Onions, diced medium
1	Tbsp	<u>Sauteed Vegetable Base</u>
1	Tbsp	Curry Powder

In sauce pot, cover potatoes with water. Bring to a boil over medium high heat; reduce heat; gently boil until al dente, 8-10 minutes. Drain and set aside. In skillet over medium high heat, melt butter. Add onions; saute 2-3 minutes. Add Vegetable Base and curry powder, mix well. Add to potatoes, mix well. Serves 6

## Horseradish Mashed Potatoes

1 1/4	lb	Potatoes, diced large
		Water, hot, to cover
1/3	C	Milk (For creamier consistency use 1/2 C milk)
2	tsp	<u>Sauteed Vegetable Base</u>
2	Tbsp	Butter or margarine
1	Tbsp	Horseradish

Bring potatoes and water to boil. Reduce heat; gently boil 15 minutes or until tender. Drain. In a bowl, combine milk, Vegetable Base, butter, horseradish and potatoes. Beat on high until smooth. Serves 4

## Roasted Herb Potatoes

2	Tbsp	Vegetable or olive oil
1	Tbsp	<u>Sauteed Vegetable Base</u>
1/4	tsp	Basil leaves
1/4	tsp	Tarragon leaf
1 1/2	lb	Potatoes, diced large
		Vegetable spray for roasting

In small bowl, combine oil, Vegetable Base, basil and tarragon; mix until well blended. In large bowl, pour mixture over potatoes, tossing gently to coat. Use a non-stick baking pan or vegetable spray and roast at 400°F 45 minutes or until potatoes are tender, stirring occasionally. Serves 6

## Sauteed French Lettuce

2	Tbsp	Butter or margarine
3/4	C	Green onions, sliced thin
1	qt	Iceberg lettuce, julienned (do not use hearts)
1	C	Peas, frozen, thawed
1/2	Tbsp	<u>Chicken Base*</u>
1/2	Tbsp	<u>Sauteed Vegetable Base*</u>
1/4	tsp	Marjoram or oregano

In large skillet over medium high heat, melt butter. Add onions; saute 1 minute. Add lettuce, cook 1 minutes or until wilted. Add peas. Dissolve Bases and oregano in 2 Tbsp water and add to lettuce. Cook and stir 1 minute. \*Use one Base variety if desired. Serves 6

## Country Vegetarian Pot Pie

2	C	Water
1/2	C	Rutabaga, diced
3/4	C	Potatoes, diced large
1/2	C	Carrots, diced medium
1/3	C	Pearl Onions, frozen
1 1/2	C	Water, hot
1 1/3	Tbsp	<u>Sauteed Vegetable Base</u>
1/8	tsp	Thyme leaf
1/8	tsp	Rosemary leaf
1/2	C	Water, lukewarm
1/3	C	<u>Minor's Sauce/Soup Thickener (Dry Roux®)</u>
	Dash	White Pepper, fresh ground
1/3	C	Kidney beans, canned, rinsed & drained
1/4	C	Mushrooms, canned, sliced & drained
1/2	C	Peas, frozen
1/2	C	Corn, frozen
		Pie crust or puff pastry dough

In sauce pot, boil water over medium 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, Vegetable Base, thyme and rosemary. Boil over medium high heat. In bowl, whisk warm water and Dry Roux® until smooth. Slowly pour into boiling liquid, stirring constantly. Boil over medium high heat, stirring often. Reduce heat and gently boil 2 minutes, stirring occasionally. Add, beans and vegetables to sauce, mix until well blended. Pour into pie pan, top with pie crust or puff pastry. Bake at 350°F 45-50 minutes. or until crust is golden. Serves 5

## Fried Rice

2 1/4	C	Water, hot
1	Tbsp	<u>Mushroom Base</u>
1	C	White rice, long grain
2	Tbsp	Butter or margarine
1/2	C	Green peppers, diced small
3/4	C	Mushrooms, diced medium
3/4	C	Green onions, sliced thin
1/8	tsp	Soy sauce
	Dash	White Pepper, fresh ground

Prepare rice per pkg. directions; adding Mushroom Base to cooking water. Remove from heat; let stand covered 5 minutes or until liquid is absorbed. Set aside. In skillet over medium high heat, melt butter. Add peppers, mushrooms and onions. Saute 2-3 minutes. Add rice. Cook over medium high heat 2-3 minutes, stirring often. Add soy sauce and pepper. Mix well. Serves 10

## Country Vegetable Medley

1	C	Yellow wax beans, trimmed, cut 1½" strips
1	C	Green beans, cut 1½" strips
2	Tbsp	Margarine or butter
2	tsp	<u>Mushroom Base</u>
1	Can	Whole Potatoes*, halved, drained and rinsed (15 Oz.)
1/2	C	Mushrooms, fresh, sliced 1" thick

Parboil beans 7-10 minutes. Drain and rinse in cold water. Set aside. Melt butter in skillet over medium heat. Add Mushroom Base and blend well. Add beans, potatoes and mushrooms. Saute 7-10 minutes. Serve hot with corn bread. Variation: 1 1/2 C cooked, sliced potatoes or 1 C cooked rice may be substituted for canned potatoes. Serves 6

## Italian Vegetable Medley

2	Tbsp	Olive oil
1	C	Green bell peppers, julienned
1	C	Red bell pepper, julienned
1	C	Onions, julienned
1 1/2	C	Mushrooms, diced medium
3/4	tsp	Garlic, minced
1/2	tsp	Chili peppers, green, diced fine
3	Tbsp	Flour, all purpose
1/8	tsp	Oregano, ground
	Dash	Black pepper, fresh ground
2	C	Water
1	Tbsp	<b><u>Mushroom Base</u></b>
1	C	Tomatoes, canned, diced in juice
1 1/2	tsp	Parsley, fresh (preferably flat leaf), chopped

In sauce pot, heat oil over medium high heat. Add onions, mushrooms, garlic, green, red and chili peppers. Add flour, oregano and pepper; blend well. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Mushroom Base, tomatoes and parsley; mix well. Heat to boiling over medium high heat, stirring constantly. Reduce heat; gently boil 5 minutes, stirring occasionally. Serve over spaghetti squash or angel hair. Serves 6

## Mexican Deep Dish Onion Cheese Pie

1		Pie shell, deep dish 9" single crust (fresh or frozen)
3	Tbsp	Butter or margarine
1	qt	Onions, julienned
1/3	C	Red bell pepper, diced small
1/3	C	Green bell pepper, diced small
1 1/2	C	Half and half
1	Tbsp	<b><u>Sauteed Vegetable Base</u></b>
4		Eggs
1 1/2	Tbsp	Flour, all purpose
1/2	tsp	Cumin, ground
1/2	tsp	Chili powder
1/8	tsp	Red Pepper, ground
1	C	Pepper jack cheese, grated

Bake the pie shell at 400°F for 12-15 minutes, until lightly browned. Set aside. In a saucepot over medium high heat, melt butter. Add onions, bell peppers; saute 6-8 minutes. Cool 15-20 minutes. In bowl, combine half & half, Vegetable Base, eggs, flour, red pepper, cumin, chili powder, cheese and vegetables; mix well. Pour into shell. Place on baking tray and bake at 350°F 40 - 45 minutes or until custard sets. Serves 8

## Mirepoix White Sauce

1	C	Water, lukewarm
1/2	C	<b><u>Minor's Sauce/Soup Thickener (Dry Roux®)</u></b>
3	C	Milk
1 1/3	Tbsp.	<b><u>Sauteed Vegetable Base</u></b>

Whisk water and Dry Roux® until smooth. Set aside. In sauce pot, combine milk and Vegetable Base. Heat to boiling over medium high heat, stirring occasionally. Gradually pour Dry Roux® mixture into boiling liquid, stirring constantly. Boil over medium high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally. Makes 1 qt

**Note** :Use as a base for creamed peas, rice and vegetable casserole, primavera sauce, over cooked vegetables, creamed eggs, creamed vegetable soups & vegetarian bisques.

## Pasta E Fagioli

2	tsp	Olive or vegetable oil
1 1/4	C	Onions, diced small
1	C	Carrots, sliced medium
1/2	C	Celery, sliced medium
1/2	tsp	Garlic, minced
1	qt	Water, hot
1 1/2	Tbsp	<b><u>Sauteed Vegetable Base</u></b>
1	Tbsp	<b><u>Minor's Beef Base</u></b>
1	Can	Tomatoes, crushed, in puree, canned (14 oz)
1	C	Pinto beans, canned, drained
1	C	Great northern beans, canned
2	oz	Ditalini
1	Tbsp	Sugar
2	tsp	Fresh parsley, chopped
1	tsp	Basil, dried, crushed
1/2	tsp	Rosemary, leaf
	Pinch	Thyme, ground
1		Bay Leaf, small

Heat oil. Saute onions, carrots, celery and garlic 3-4 minutes. In soup pot combine remaining ingredients with sauteed vegetables. Boil; reduce heat; gently boil 10-12 minutes. Remove bay leaf. Serves 8

## Vegetarian Bean Soup

1	Tbsp	Butter or margarine
1/4	C	Onions, diced medium
1/4	C	Carrots, diced medium
1/4	C	Celery, diced medium
2	C	Water
1 1/2	Tbsp	<b><u>Sauteed Vegetable Base</u></b>
1	Can	Great northern beans, drained(16 oz)
1/3	C	Tomatoes, canned, diced in juice
1 1/2	Tbsp	Tomato paste
1/4	C	Water
	Dash	White Pepper, fresh ground
2	Tbsp	<b><u>Minor's Sauce/Soup Thickener (Dry Roux®)</u></b>

In sauce pot over medium high heat, melt butter. Add onions, carrots and celery; saute 2-3 minutes. Add water, Vegetable Base, beans, tomatoes, tomato paste and pepper. Heat to boiling; reduce heat; gently boil 20 minutes, stirring occasionally. In small bowl, whisk 1/4 C water and Dry Roux® until smooth. Slowly pour into boiling liquid, stirring constantly. Heat to boiling over medium high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally.

Yield 1 qt

## Sauteed Vegetable Baste

1/4	C	Vegetable or olive oil
1/4	C	Water, lukewarm
1/3	C	<b><u>Sauteed Vegetable Base</u></b>
1	tsp	Herbs, dried, use one or more of the following: Dill, Rosemary and/or Tarragon

In a small bowl, whisk oil, water and Vegetable Base until well blended. Add herbs, mix well. Let stand 30 minutes. Brush on fish, chicken, beef or pork. Marinates 8 lbs. of meat. Yield 1 cup

## Crazy Enchilada with California Sauce

1	C	Ricotta cheese
1		Egg yolk
2	C	Water, hot
1/3	C	Green onion, sliced thin
1/4	C	Red pepper, diced small
1/4	C	Green pepper, diced small
1/4	C	Yellow pepper, diced small
1/4	C	Carrots, grated
1	tsp	<u>Sauteed Vegetable Base</u>
1/4	tsp	Oregano
1/4	tsp	Chili powder
1/4	tsp	Cumin, ground
1	Clove	Garlic, chopped
1/2	C	Corn, frozen
4		6" Flour Tortilla

### California Sauce

3/4	C	Tomatoes, canned, crushed in puree
1/4	C	Green peppers, diced fine
6	Tbsp.	Carrots, shredded
3	Tbsp	Green onion, sliced thin
1 1/2	tsp	Orange juice
1	Tbsp	Raisins
1	tsp	<u>Sauteed Vegetable Base</u>
1	tsp	Steak sauce

ENCHILADA: In a small bowl, mix cheese and egg yolk. Refrigerate. In a sauce pot, boil water. Blanch green onions, carrots, red, green and yellow peppers for 1 minute. Chill in ice water. Drain and set aside. Combine cheese and egg mixture, Vegetable Base, oregano, chili powder, cumin, garlic, corn and vegetables. Mix well. Place 1/2 C mixture in each tortilla. Roll, place in greased baking pan, top with California Sauce (recipe below). Bake, covered at 350°F for 30 minutes, until heated through. Serve on shredded lettuce with sour cream.

CALIFORNIA SAUCE - In saucepan over medium high heat, bring tomatoes, peppers, carrots, onions, orange juice, raisins, Vegetable Base and steak sauce to a boil, stirring occasionally. Reduce heat; gently boil 10-15 minutes, stirring occasionally. Good over vegetable burgers, also. Makes 1¼ cups. Serves 4

### Hot Vegetable Hero

3	Tbsp	Olive oil
1 1/2	C Each	Onions, red & green bell peppers, julienned
1 1/2	C	Mushrooms, diced medium
1	tsp	Garlic, fresh, minced
1	Tbsp	Green Chilies, canned, diced & drained
3	Tbsp	Flour, all purpose
1/8	tsp	Oregano, ground
	Dash	Black Pepper, fresh ground
2	C	Water
1	Tbsp	<u>Mushroom Base</u>
1	C	Tomatoes, canned, diced in juice
1 1/2	tsp	Cilantro, fresh, chopped fine

In sauce pot, heat oil over medium high heat. Add bell peppers, onions, mushrooms, garlic and chilies; saute 3 minutes. Blend in oregano, pepper and flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Mushroom Base, tomatoes and cilantro. Heat to boiling over medium high heat; reduce heat; gently boil 5 minutes or until vegetables are al dente. Serve on a kaiser roll or a hoagie bun. Serves 8

## Fresh Mushroom Bisque

1/3	C	Butter or margarine
1	C	Mushrooms, fresh sliced thin or 8 oz canned, drained, sliced
1/3	C	Flour, all purpose
1	qt	Water, hot
1 1/2	Tbsp	<u>Mushroom Base</u>
1	C	Half and half

In sauce pot over medium high heat, melt butter. Add mushrooms and saute 3 minutes. Blend in flour. Cook 2-3 minutes, stirring constantly. Add water and Mushroom Base. Heat to boiling, stirring constantly. Reduce heat; gently boil 10 minutes, stirring occasionally. Add half & half, mixing well. Heat to simmering, stirring often. Yield 1 ¼ qts

### Cream Of Mushroom Soup

1/2	C	Half and half
1/2	C	<u>Minor's Sauce/Soup Thickener (Dry Roux®)</u>
2 1/2	C	Milk
1	C	Water, hot
1 1/2	tsp	<u>Mushroom Base</u>

In small bowl, whisk half & half and Dry Roux® until smooth. Set aside. In sauce pot, whisk together milk, water and Mushroom Base. Heat to boiling over medium high heat, stirring often. Gradually pour roux mixture into boiling liquid, stirring constantly. Heat to boiling over medium high heat, stirring often. Reduce heat; gently boil 1 minute. Stir occasionally. Yield 1 qt

### Creamy Mushroom Sauce

2	Tbsp	Butter or margarine
1/4	C	Flour, all purpose
1 1/4	C	Water, hot
1	Tbsp	<u>Mushroom Base</u>
3/4	C	Half and half, hot

In saucepot melt butter over medium high heat. Blend in flour; cook over medium heat 2-3 minutes, stirring occasionally. Add water and Mushroom Base; whisk until smooth. Heat to boiling over medium high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add half & half, mixing well. Serve over chicken, seafood or vegetables. Serves 10

### Mushroom Gravy

3 1/2	Tbsp	Butter
3 1/2	Tbsp	Flour, all-purpose
2	C	Water, hot
1	Tbsp	<u>Mushroom Base</u>

In a sauce pot, melt butter. Whisk in flour. Cook 2 minutes, stirring constantly. Whisk water and Mushroom Base, mixing well. Heat to boiling; reduce heat and gently boil 2 minutes, stirring occasionally. Serves 10