

## Adobo Braised Chicken



Despite being only four ingredients long, this seared and shredded chicken recipe delivers a rich, full bodied flavor normally associated with more time and labor-intensive dishes. The Minor's® Red Chile Adobo braising liquid gets its sweet, earthy flavor from a puree of dried ancho chiles, onions, latin spices and lime juice. Stewed tomatoes provide another punch of umami.

|                  |             |
|------------------|-------------|
| Yield            | 30 oz.      |
| Serves           | 20          |
| Preparation time | 2 minutes   |
| Cooking time     | 100 minutes |

### Recipe details

| Qty | Unit  | Alt Qty | Alt Unit | Ingredient  | Preparation |
|-----|-------|---------|----------|---|-------------|
| 2   | lb    |         |          | Chicken thigh without bone  |             |
| 16  | fl oz | 2 cups  |          | Water   |             |
| 8   | oz    | 1 cup   |          | Tomatoes, whole, canned in juice, low salt                                  |             |
| 2   | oz    | 2 tbsp  |          | <b>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</b> |             |

### Preparation Steps

1. Sear chicken thighs on medium high heat in braising pan.
2. Whisk together the water and Red Chile Adobo Flavor Concentrate, and add it to the braising pan.
3. Add diced tomatoes and bring liquid to a simmer. Cover pan and place in a 350°F convection oven for approximately 90 minutes or until chicken is fork tender.
4. Remove chicken from broth and shred.
5. If the broth hasn't fully reduced to a sauce by the time the chicken has finished cooking, reduce it over medium heat.
6. Toss shredded chicken with thickened adobo sauce.

### Nutrition

| Nutritional analysis per serving |       |
|----------------------------------|-------|
| Energy (Kcal)                    | 101.7 |
| Energy (Kj)                      | 426.8 |
| Protein (g)                      | 8     |
| Carbohydrate, total (g)          | 0.7   |
| Fats, total (g)                  | 7.2   |
| Sugars, total (g)                | 0.3   |
| Fats, saturated (g)              | 2     |
| Fiber, total dietary (g)         | 0.2   |
| Sodium (mg)                      | 58    |
| Calcium (mg)                     | 9.1   |
| Cholesterol (mg)                 | 38.1  |
| Iron (mg)                        | 0.6   |
| Vitamin A (µg_RAE)               | 66.1  |
| Vitamin C (mg)                   | 2.8   |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Ancho Portobello Mushrooms



Main ingredient vegetable featuring Minor's® Ancho Flavor Concentrate.

|                  |            |
|------------------|------------|
| Yield            | 1-1/2 cups |
| Serves           | 8          |
| Preparation time | 5 minutes  |
| Cooking time     | 12 minutes |

### Recipe details

| Qty | Unit  | Alt Qty | Alt Unit | Ingredient  | Preparation |
|-----|-------|---------|----------|---|-------------|
| 8   | oz    | 1 qt    |          | Portobello mushrooms  | minced      |
| 1/8 | tsp   |         |          | Cinnamon, ground  |             |
| 1/2 | fl oz | 1 tbsp  |          | Water   |             |
| 1/2 | oz    | 1 tbsp  |          | <u>MINOR'S® Ancho Flavor Concentrate Gluten Free 6x14.4 oz.</u> |             |

### Preparation Steps

1. Sauté minced mushrooms over medium high heat for 3-4 minutes.
2. Whisk together Ancho Flavor Concentrate, cinnamon, and water.
3. Pour flavor concentrate mixture over mushrooms, and toss until thoroughly combined.
4. Continue to cook until excess water has evaporated.

### Nutrition

| Nutritional analysis per serving |      |
|----------------------------------|------|
| Energy (Kcal)                    | 12.6 |
| Energy (Kj)                      | 54.2 |
| Protein (g)                      | 0.7  |
| Carbohydrate, total (g)          | 1.5  |
| Fats, total (g)                  | 0.4  |
| Sugars, total (g)                | 0.7  |
| Fats, saturated (g)              | 0.1  |
| Fiber, total dietary (g)         | 0.5  |
| Sodium (mg)                      | 41.4 |
| Calcium (mg)                     | 3.5  |
| Cholesterol (mg)                 | 0    |
| Iron (mg)                        | 0.2  |
| Vitamin A (µg_RAE)               | 8.8  |
| Vitamin C (mg)                   | 0.3  |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

### Chipotle Marinated Pork Loin



Slow roasted pork tenderloin marinated with a smoky Chipotle rub for an ultra tender, savory result with hints of garlic, grilled onions and latin spices. The marinade owes its firepower to chipotle chiles, which are smoked and quickly grilled for an amazing flavor and a touch of heat.

|                  |                 |
|------------------|-----------------|
| Yield            | 9 lbs           |
| Serves           | 50              |
| Preparation time | 2 minutes       |
| Cooking time     | 30 - 60 minutes |

#### Recipe details

| Qty | Unit | Alt Qty | Alt Unit | Ingredient   | Preparation |
|-----|------|---------|----------|--|-------------|
| 10  | lb   |         |          | Pork loin  |             |
| 6   | oz   | 3/4 cup |          | <u>MINOR'S® Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u> |             |

#### Preparation Steps

1. Rub pork loin with Chipotle Flavor Concentrate. Marinate, refrigerated, for at least 4 hours.
2. On the day of service, roast at 350°F until doneness is achieved. Allow roast to rest for 10-12 minutes before slicing.

#### Chef's tip

Rub with marinade the day before service, and marinate overnight.

#### Nutrition

| Nutritional analysis per serving |       |
|----------------------------------|-------|
| Energy (Kcal)                    | 138.9 |
| Energy (Kj)                      | 583.4 |
| Protein (g)                      | 19.5  |
| Carbohydrate, total (g)          | 1.2   |
| Fats, total (g)                  | 5.6   |
| Sugars, total (g)                | 0.3   |
| Fats, saturated (g)              | 1.9   |
| Fiber, total dietary (g)         | 0.1   |
| Sodium (mg)                      | 130.3 |
| Calcium (mg)                     | 18.1  |
| Cholesterol (mg)                 | 53.5  |
| Iron (mg)                        | 0.8   |
| Vitamin A (µg_RAE)               | 16.6  |
| Vitamin C (mg)                   | 0.6   |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Grilled Marinated Zucchini



Vegetarian main ingredient option for the slider action station.

|                  |           |
|------------------|-----------|
| Yield            | 8 oz      |
| Serves           | 8         |
| Preparation time | 5 minutes |
| Cooking time     | 8 minutes |

### Recipe details

| Qty | Unit  | Alt Qty | Alt Unit | Ingredient  | Preparation           |
|-----|-------|---------|----------|---|-----------------------|
| .5  | fl oz | 1       | tbsp     | Olive oil   |                       |
| .5  | oz    | 1       | tbsp     | <u>MINOR'S® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u> |                       |
| 1   | tsp   |         |          | <u>MINOR'S® Chipotle Flavor Concentrate 6x14.4 oz.</u>                |                       |
| 8   | oz    | 8       | each     | Zucchini  | sliced into 1" rounds |

### Preparation Steps

1. Whisk together the olive oil, Roasted Garlic and Chipotle Flavor Concentrates.
2. Toss zucchini rounds with marinade. Marinate for at least 4 hours.
3. Grill zucchini until tender and lightly charred.

### Chef's tip

Rub with marinade the day before service and marinate overnight.

### Nutrition

| Nutritional analysis per serving |       |
|----------------------------------|-------|
| Energy (Kcal)                    | 24.5  |
| Energy (KJ)                      | 104.2 |
| Protein (g)                      | 0.4   |
| Carbohydrate, total (g)          | 1.7   |
| Fats, total (g)                  | 1.9   |
| Sugars, total (g)                | 0.8   |
| Fats, saturated (g)              | 0.3   |
| Fiber, total dietary (g)         | 0.4   |
| Sodium (mg)                      | 77.1  |
| Calcium (mg)                     | 5.1   |
| Cholesterol (mg)                 | 0     |
| Iron (mg)                        | 0.1   |
| Vitamin A (µg_RAE)               | 7     |
| Vitamin C (mg)                   | 4.8   |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Jalapeño Cream Cheese Spread



A versatile topping that may be used across a number of applications.

|                  |           |
|------------------|-----------|
| Yield            | 3-1/2 lbs |
| Serves           | 80        |
| Preparation time | 2 minutes |

### Recipe details

| Qty | Unit | Alt Qty | Alt Unit | Ingredient  | Preparation |
|-----|------|---------|----------|---|-------------|
| 3   | lb   |         |          | Cream Cheese, light   |             |
| 8   | oz   | 1 cup   |          | <u>MINOR'S® Fire Roasted Jalapeño Flavor Concentrate Gluten Free (6x13.6oz)US</u> |             |

### Preparation Steps

1. Thoroughly combine cream cheese and Fire Roasted Jalapeño Flavor Concentrate. Keep chilled until service.

### Chef's tip

For additional flavored spread options, refer to the Signature Spread Matrix.

### Nutrition

| Nutritional analysis per serving |       |
|----------------------------------|-------|
| Energy (Kcal)                    | 36    |
| Energy (Kj)                      | 159.6 |
| Protein (g)                      | 1.7   |
| Carbohydrate, total (g)          | 1.4   |
| Fats, total (g)                  | 2.7   |
| Sugars, total (g)                | 1.2   |
| Fats, saturated (g)              | 1.6   |
| Fiber, total dietary (g)         | 0.1   |
| Sodium (mg)                      | 127.6 |
| Calcium (mg)                     | 53.7  |
| Cholesterol (mg)                 | 8     |
| Iron (mg)                        | 0     |
| Vitamin A (µg_RAE)               | 59.6  |
| Vitamin C (mg)                   | 4.2   |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Sun Dried Tomato Hummus Spread



A versatile topping that may be used across a number of applications.

|                  |           |
|------------------|-----------|
| Yield            | 3-1/2 lbs |
| Serves           | 80        |
| Preparation time | 2 minutes |

### Recipe details

| Qty | Unit | Alt Qty | Alt Unit | Ingredient   | Preparation |
|-----|------|---------|----------|--|-------------|
| 3   | lb   |         |          | Hummus   |             |
| 8   | oz   | 1 cup   |          | <u>MINOR'S® Sun Dried Tomato Pesto Flavor Concentrate 6x13.6oz</u> |             |

### Preparation Steps

1. Thoroughly combine hummus with Sun Dried Tomato Flavor Concentrate. Keep chilled until service.

### Chef's tip

For additional flavored spread options, refer to the Signature Spread Matrix.

### Nutrition

| Nutritional analysis per serving |       |
|----------------------------------|-------|
| Energy (Kcal)                    | 34.8  |
| Energy (Kj)                      | 147.5 |
| Protein (g)                      | 1.6   |
| Carbohydrate, total (g)          | 3.1   |
| Fats, total (g)                  | 2     |
| Sugars, total (g)                | 0.4   |
| Fats, saturated (g)              | 0.3   |
| Fiber, total dietary (g)         | 1.2   |
| Sodium (mg)                      | 103.9 |
| Calcium (mg)                     | 10.8  |
| Cholesterol (mg)                 | 0.2   |
| Iron (mg)                        | 0.5   |
| Vitamin A (µg_RAE)               | 10.8  |
| Vitamin C (mg)                   | 0     |

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.