

JAMAICAN SPICED BEEF

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Allspice
- ☐ Cinnamon
- ☐ Black pepper
- ☐ Nutmeg
- ☐ 2 oz molasses
- ☐ 2 oz Red wine vinegar
- ☐ 1 lb brown rice dry, optional
- ☐ #5 can black eyed peas, optional

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ 1 lb white onion
- ☐ 1 lb green bell pepper
- ☐ 2 lbs tomatoes
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ .5 lb herb-mint, parsley, or cilantro

*Yams, sweet potatoes, avocado, green beans, bell peppers, eggplant, plantains, pineapple, scallions, and onions are all vegetables that work well on this station.

> Protein

- ☐ 6 lbs beef sirloin or other tender cut

> Refrigerated

- € ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub
- € ☐ MINOR'S Fire Roasted Jalapeno Flavor Concentrate 1 tub
- € ☐ MINOR'S Natural Gluten Free Beef Base 1 tub

JAMAICAN SPICED BEEF

PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Prepare Jamaican spiced beef broth recipe
- € ☐ Dice, oil, season, and roast on high heat 4 lbs beef sirloin
- € ☐ Cut for soup, blanch and shock 3 lbs local seasonal vegetables
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- € ☐ Cut for soup, blanch and shock 3 lbs local seasonal vegetables
- € ☐ Drain, rinse, and store #5 can of black eyed peas*optional item
- € ☐ Cook, 1 lb (dry weight) rice (optional item)

> Day of Service

- € ☐ Reheat broth to a minimum of 180°F
- € ☐ Clean and chop .5 lb herbs

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ Refuse container
- € ☐ Soup kettle
- € ☐ 6 oz ladle for soup
- € ☐ Containers for holding vegetables cold (6)
- € ☐ Risers and station decorations
- € ☐ Containers for holding beans and/or rice cold (2)
- € ☐ Container for holding beef cold (1)
- € ☐ Container for holding herbs cold (1)
- € ☐ Serving tongs for vegetables, beef, starches (10)

Jamaican Spiced Beef

This broth is flavored with beef and a blend of spices, chilies, molasses and vinegar.

Yield: 1 gallon + 1 quart
Serving Size: 20 (8 oz) servings
Prep time: 10 minutes
Cook time: 30 minutes



Recipe Details

Ingredients	Weight/Metric		Measure
Allspice, ground	–	6 g	1 Tbsp
Cinnamon, ground	–	6 g	2 tsp
Pepper, black, ground	–	5 g	2 tsp
Nutmeg, ground	–	1 g	1-1/4 tsp
Onions, white, thick rings	10 oz	283 g	1 each
Green, sweet pepper, 1/2 inch rings	8 oz	226 g	1 each
Vegetable oil	.5 oz	–	1 Tbsp
Water	128 fl oz	–	1 gal
Minor's® Natural Gluten Free Beef Base	2.5 oz	72 g	4 Tbsp
Minor's Roasted Garlic Flavor Concentrate	1.25 oz	36 g	2 Tbsp
Tomatoes, fresh, diced	1 lb 8 oz	680 g	1 qt
Minor's Fire Roasted Jalapeño Flavor Concentrate	4 oz	120 g	1/2 cup
Red wine vinegar	2 fl oz	–	1/4 cup
Molasses	1.5 oz	43 g	2 Tbsp

Preparation Steps

1. In a small bowl, mix together the allspice, cinnamon, pepper and nutmeg.
2. Coat the onions and all the peppers with the oil. Lightly sprinkle them with some of the spice mixture, reserving some for later use. Grill lightly, being careful not to burn. If blackened, remove char before proceeding.
3. In a 2–3 gallon stockpot, add the water, Beef Base and the Roasted Garlic Flavor Concentrate. Mix well and bring to a simmer.
4. Add grilled vegetables, tomatoes, Fire Roasted Jalapeno Flavor Concentrate, tomatoes, vinegar and the molasses to the stock. Simmer gently for 10–15 minutes.
5. Season to taste. Add the remaining spice mixture and remove from heat. Hold on soup station.

Roasted Garlic and Caribbean Citrus Broth

A flavorful roasted garlic and citrus broth with roasted lemons, orange and lime.

Yield: 1 gallon + 1/2 quart
Serving Size: 18 (8 oz) servings
Prep time: 10 minutes
Cook time: 30 minutes



Recipe Details

Ingredient	Weight/Metric		Measure
Olive oil	4 oz	—	1/2 cup
Garlic cloves	2 oz	60 g	1/2 cup
Onions, red, cut in large wedges	4 oz	116 g	1 cup
Lemons, cut in half	6 oz	170 g	2 each
Lime, cut in half	1.75 oz	50 g	1 each
Orange, cut in half	4 oz	113 g	1 each
Water	128 fl oz	—	1 gal
Lemon juice	4 fl. oz	—	1/2 cup
Orange juice	4 fl. oz	—	1/2 cup
Minor's® Roasted Garlic Flavor Concentrate	5 oz	144 g	1/2 cup
Minor's Natural Gluten Free Chicken Base	3 oz	90 g	5 Tbsp

Preparation Steps

1. In a 10–12 inch sauté pan over medium-high heat, heat the oil. Pan roast the garlic, turning often, and being careful not to scorch. Remove with slotted spoon. Add onions, and pan roast until golden. Remove with slotted spoon.
2. Place lemons, lime and orange cut side down, and pan-roast until golden brown. Remove from heat.
3. In a 2–3 gallon stockpot, add the water, lemon juice, orange juice, Roasted Garlic Flavor Concentrate and Chicken Base. Mix well and bring to a simmer.
4. Add roasted citrus, garlic and onion. Season to taste and remove from heat. Hold on soup station.

Serving Suggestions

If large garnishes such as lemon slices or large herb stems are present in soup stock, ladle around these garnishes when serving broth to customers, leaving them in during service.

ROASTED GARLIC CITRUS

ORDER GUIDE

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> Dry Goods

- € ☐ 1 lb brown rice dry, optional
- ☐ #5 can black eyed peas, optional

> Produce

***be sure to ask your distributor about local seasonal produce*

- ☐ 2 oz garlic cloves
- ☐ 1 lb red onion
- ☐ 1 lb lemons
- ☐ 1 lb limes
- ☐ 1 lb oranges
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ 3 lbs local seasonal vegetable*
- ☐ .5 lb herb-mint, parsley, or cilantro

*Yams, sweet potatoes, avocado, green beans, bell peppers, eggplant, plantains, pineapple, scallions, and onions are all vegetables that work well on this station.

> Protein

- € ☐ 6 lbs chicken thighs

> Refrigerated

- € ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub
- € ☐ MINOR'S Natural Gluten Free Chicken Base 1 tub

ROASTED GARLIC CITRUS

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Serves: 50

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> Day Before Service

- € ☐ Prepare Roasted garlic and Caribbean citrus broth recipe
- € ☐ Poach 6 lbs boneless skinless chicken thighs. Chill and dice chicken
- € ☐ Cut for soup, blanch and shock 3 lbs local seasonal vegetables
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- € ☐ Drain, rinse, and store #5 can of black eyed peas*optional item
- € ☐ Cook, 1 lb (dry weight) rice (optional item)

> Day of Service

- € ☐ Reheat broth to a minimum of 180°F
- € ☐ Clean and chop .5 lb herbs

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ Refuse container
- € ☐ Soup kettle
- € ☐ 6 oz ladle for soup
- € ☐ Containers for holding vegetables cold (6)
- € ☐ Risers and station decorations
- € ☐ Containers for holding beans and/or rice cold (2)
- € ☐ Container for holding chicken cold (1)
- € ☐ Container for holding herbs cold (1)
- € ☐ Serving tongs for vegetables, starches, chicken (10)