

Athens Blend Grain Salad


A medley of spelt, millet and bulgur provides the foundation for a flavorful salad, while a sprinkling of roasted eggplant, crimini mushrooms, capers, red onion and spinach delivers a vibrant punch.

Yield 12 oz

Serves 1

Preparation time 2 minutes

Cooking time 2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.5	oz	1/3	cup	Spelt with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1.5	oz	1/3	cup	Millet with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1.5	oz	1/3	cup	Bulgur with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
3	oz	2	tbsp	Eggplant	diced, roasted
1	oz	1/4	cup	Crimini mushrooms	quartered, roasted
1/2	oz	1/2	cup	Spinach, fresh	chiffonade
1/2	oz	2	tbsp	Red onions	diced, roasted
1/2	oz	1	tbsp	Red pepper, roasted, canned and drained	diced, roasted
1/4	oz	1	tsp	Capers in brine, drained	
1/4	oz	1	tsp	Raisins	
1/2	tsp			Oregano, fresh	chopped
1/2	tsp			Rosemary, fresh	chopped
1/2	tsp			Basil, fresh	chiffonade
2	fl oz	1/4	cup	Mediterranean Finishing Broth - prepared	(see separate recipe)

Preparation Steps

1. Combine Spelt, Millet, Bulgur, eggplant, mushrooms, spinach, onions and peppers (or guest's choice of grains and vegetables) in a sauté pan.
2. Add capers, raisins, oregano, rosemary and basil (or guest's choice of herbs and other garnishes).
3. Add enough Mediterranean Finishing Broth (or guest's choice of finishing broth) to aid in the warming of the salad, but not so much that there will be excess broth once the salad has been warmed.

Chef's tip

Can be served warm or cold. In Fall and Winter use finished broth. In Spring or Summer use Housemade dressing for a cool refreshing salad.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	218.9
Energy (KJ)	920.1
Protein (g)	7.8
Carbohydrate, total (g)	46.9
Fats, total (g)	1.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	9.1
Sodium (mg)	595.8
Calcium (mg)	68.2
Cholesterol (mg)	0
Iron (mg)	3
Vitamin A (µg_RAE)	122.3
Vitamin C (mg)	16.5

Cold Farro Salad


Hearty farro tossed with a mix of oven roasted carrots, shallots and crimini mushrooms along with chopped radicchio for a little crunch. Topped with fresh thyme, parsley and a squeeze of lemon juice.

Yield	1-1/4 cup
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	oz	1	cup	Farro with Roasted Mirepoix Flavor Concentrate - prepared	(see separate recipe)
1.25	oz		1/4 cup	Roasted Carrots - prepared	(see separate recipe)
1	oz		1/4 cup	Shallot	sliced, roasted
1/2	oz		1/4 cup	Shiitake mushroom, dried	roasted
1/2	oz		1/4 cup	Crimini mushroom	roasted
1/4	oz		1/4 cup	Lettuce	chopped
1	tbsp			Parsley, fresh	chopped
1	tsp			Thyme, fresh	chopped
1/2	fl oz		1 tbsp	Olive oil	
1	tsp			Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.	
1/4	tsp			Lime juice, fresh	

Preparation Steps

1. Add Farro (or guest's selections of chilled grains) to a bowl.
2. Combine Roasted Carrots, shallots, mushrooms, radicchio, parsley and thyme (or guest's selections of vegetables, herbs, fruits and proteins) with grains.
3. Dress with oil, Roasted Mirepoix Flavor Concentrate and lemon juice (or guest's selection of Minor's enhanced dressings, oils, and/or vinegars).

Chef's tip

Use the Minor's Signature Dressings Matrix tool to create premium, house-made dressings in minutes.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	296.6
Energy (KJ)	1263.6
Protein (g)	6.1
Carbohydrate, total (g)	36.6
Fats, total (g)	15
Fats, saturated (g)	2.1
Fiber, total dietary (g)	4.8
Sodium (mg)	155.6
Calcium (mg)	39.3
Cholesterol (mg)	0
Iron (mg)	1.9
Fats, monounsaturated (g)	10.7
Fats, polyunsaturated (g)	1.7
Vitamin A (µg_RAE)	366.7
Vitamin C (mg)	9.6

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

Ancient Grains Cooking Table

This table provides a quick, handy reference for cooking many different types of grains. The ratios given are for volumetric measuring. Grains are all measured as 1 (one) unit* and the corresponding measure of prepared stock is listed in an equivalent unit size.

For example when cooking “Barley (pearled)”, the measure is listed as 2-½. So for every 1 Cup of barley, 2-½ Cups of prepared stock is needed. If quarts are used, the ratio would be 1 Quart of barley to 2-½ Quarts of stock. This is a handy technique when working in a busy kitchen, as the ratio will hold true no matter what container or measurement is used.

* With volumetric measuring, any unit of measure can be used—including quarts, gallons, 1/6th pan, etc.



QUICK COOKING GRAINS							
1 Unit Cup / Quart / Gallon	Grain to Broth Ratio	Yield	Cook Time (minutes)	Cooking Method	Pre-Soak	Gluten Free	Instructions
Amaranth	1 : 1-1/4	1-1/4 units	:15 - :20	Steam or Pilaf	-	Yes	Cook via pilaf or steam method using stock prepared with Minor's® Roasted Mirepoix Flavor Concentrate.
Buckwheat Groats	1 : 2	2 units	:15	Pilaf	-	Yes	Toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Bulgur (quick cooking)	1 : 1	2 units	:05	Steam	-	-	With the pot steaming, pour boiling stock over grains until just submerged. Cover and let stand. Fluff if necessary.
Bulgur (medium, coarse)	1 : 1-3/4	2 units	:10 - :20	Pilaf	-	-	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Couscous (small)**	1 : 1	1-1/2 units	:05 - :10	Steam	-	-	With the pot steaming, pour boiling stock over grains until just submerged. Cover and let stand. Fluff if necessary.
Couscous (large)**	1 : 1-1/4	2-1/2 units	:05 - :10	Pilaf	-	-	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Farro (semi-pearled)	1 : 2	2 units	:20 - :25	Pilaf	-	-	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Freekkah (greenwheat)	1 : 1-1/2	2 units	:20	Pilaf	-	-	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Millet	1 : 2	3 units	:15 - :20	Pilaf	-	Yes	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Quinoa*	1 : 1-3/4	2-1/2 units	:12 - :15	Pilaf	-	Yes	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Teff	1 : 1	2 units	:15 - :20	Pilaf	-	Yes	To toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.


 1 Unit
Cup / Quart / Gallon

SLOW COOKING GRAINS							
	Grain to Broth Ratio	Yield	Cook Time (minutes)	Cooking Method	Pre-Soak	Gluten Free	Instructions
Barley (pearled)	1:2-1/2	3 units	:30 - :40	Simmer	Quick Soak (optional)	Yes	Optional pre-soak. Toast grains in oil and sautéed onion. Add 1/2 of hot stock & cover for 2-3 hours. Add remaining 1/2 of hot stock and simmer for :30 - :40 minutes until all liquid is absorbed.
Barley (hulled)	1:3	3 units	:45 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :45 - :60 until all liquid is absorbed.
Einkorn	1:1	2 units	:20	Pilaf	Overnight	-	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining 1/2 of stock and simmer for :45 - :60 minutes until all liquid is absorbed. Rinse to remove extra starch.
Farro (whole grain)	1:3	2-1/2 units	:45 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :45 - :60 until all liquid is absorbed.
Kamut	1:4	2 units	:50 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50 - :60 until all liquid is absorbed.
Oat Berries / Groats	1:1-3/4	2-1/2 units	:30 - :40	Simmer	Quick Soak (optional)	-	Optional pre-soak. Toast grains in oil and sautéed onion. Add 1/2 of hot stock & cover for 2-3 hours. Add remaining 1/2 of hot stock and simmer for :30 - :40 minutes until all liquid is absorbed.
Rye Berries	1:3	2 units	:50 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50 - :60 until all liquid is absorbed.
Sorghum	1:3	2 units	:60 - :75	Simmer	Quick Soak (optional)	Yes	Optional pre-soak. Toast grains in oil and sautéed onion. Add 1/2 of hot stock & cover for 2-3 hours. Add remaining 1/2 of hot stock and simmer for :60 - :75 minutes until all liquid is absorbed.
Spelt Berries	1:2	2 units	:45 - :50	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :45 - :50 until all liquid is absorbed.
Triticale Berries	1:3	2 units	:50 - :60	Simmer	Overnight	Yes	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50 - :60 until all liquid is absorbed.
Wheat Berries	1:4	2 units	:50 - :60	Simmer	Overnight	-	Bring 1/2 of prepared stock to boil and pour over grain. Soak overnight. Add remaining stock and simmer for :50 - :60 until all liquid is absorbed.


 1 Unit
Cup / Quart / Gallon

RICE							
	Grain to Broth Ratio	Yield	Cook Time (minutes)	Cooking Method	Pre-Soak	Gluten Free	Instructions
Basmati Rice	1:1-3/4	3 units	:20 - :25	Pilaf	-	Yes	Toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Black or Purple Rice	1:2-1/4	2 units	:35	Pilaf or Pasta	-	Yes	Cook via pilaf or pasta method using stock prepared with Minor's® Roasted Mirepoix Flavor Concentrate.
Brown Rice (long)	1:2-1/2	2 units	:40 - :45	Steam or Pilaf	Quick Soak (optional)	Yes	Cook via pilaf or steam method using stock prepared with Minor's Roasted Mirepoix Flavor Concentrate.
Brown Rice (short)	1:2-1/2	3 units	:40 - :50	Steam or Pilaf	Quick Soak (optional)	Yes	Cook via pilaf or steam method using stock prepared with Minor's Roasted Mirepoix Flavor Concentrate.
Himalayan Red Rice	1:2	3 units	:35	Pilaf	-	Yes	Toast grains briefly in oil and sautéed onion. Add hot stock and cover. Cook until all liquid is absorbed.
Sushi Rice	1:1-1/2	2-1/2 units	:20 - :25	Steam	-	Yes	With the pot steaming, pour boiling stock over grains until just submerged. Cover and let stand. Fluff if necessary.
Wild Rice	1:3	2 units	:45 - :60	Pasta	-	Yes	Bring 1 gallon of stock to boil for every 2 lbs of rice. Simmer until tender, approximately :45 - :60 minutes. Drain away extra stock.

Ancient Grains Cooking Table

Generally speaking, cooking techniques for grains can be similar to cooking rice—and is typically accomplished using one of the following three (3) basic methods:

1. Pilaf / Simmer Method
2. Steam Method
3. Pasta Method

Chef's Tip: For an extra boost of flavor, add Minor's® Herb de Provence Flavor Concentrate to the prepared stock (1 Tbsp of concentrate : 1 Gal of prepared stock).

Pilaf / Simmer Method

In a saucepan, sauté diced onion with a little oil. Add grain of choice and toast briefly, coating in oil. Add the recommended amount of hot stock prepared with Minor's Roasted Mirepoix Flavor Concentrate (Gluten Free) or Low Sodium Chicken Base (GF). Cover with lid and cook until all the liquid is absorbed. Remove cover to release excess heat and steam. Fluff if necessary.

Note: Simmering is basically a longer method of the pilaf method. Some grains will need extended simmering time to absorb the stock.

Steam Method

Bring stock prepared with Minor's Roasted Mirepoix Flavor Concentrate (Gluten Free) or Low Sodium Chicken Base (GF) to a simmer and pour over grain. Cover and let stand. Alternatively, you can steam in a pressure steamer. Simply add flavored stock over grain until it is just covered. Cover tightly with plastic wrap and steam (see chart for cooking times). Remove wrap and fluff. Cool or let stand until needed.

Pasta Method

A simple method that yields a clean grain that's not starchy or sticky. Prepare 1 gallon of stock for every 2 pounds of grain/rice using Minor's Roasted Mirepoix Flavor Concentrate (Gluten Free) or Low Sodium Chicken Base (GF). Bring stock to a boil and add grain of choice. Simmer until tender. Drain away the excess stock after cooking.

Note: This method will cause nutrient and flavor loss if done for an extended period of time.

Soaking Shortcut for Longer Cooking Grains

For faster prep times on longer cooking grains, bring half of the recommended amount of Minor's prepared stock to a boil and pour over grain. Let stand for 2-3 hours before cooking. When ready, heat the grains with the remaining stock and cook per the recipe. You'll find the cooking time is much shorter with a little pre-soaking. For tougher grains, pre-soak overnight (see Grain Cooking Table).

Note: Do not pre-soak overnight in unseasoned water. The grains will absorb unflavored water and take on very little flavor later in the cooking process.

Ancient Grains Cooking Table

Prepared Stock vs. Plain Water

To achieve robust flavor with any type of grain or cooking method, use stock prepared with Minor's® Gluten Free Concentrates or Low Sodium Bases. This will gently imbue the grain with flavor during the cooking process and make them tender, tasty, and ready to use in any hot or cold recipe.

It's important to use prepared stock, rather than plain water, as the cooking liquid because it is extremely difficult to add sufficient flavor after the grains have been cooked. Grains will swell to 2-3 times their original size and absorb the liquid they are prepared in. Once cooked in plain water, the grain will forever "fight" the addition of more flavor and will result in a bland tasting grain. This is never more evident than in semi- and un-milled grains.

Important: Cooking Times Vary

Grains vary in cooking time depending on a couple of factors: the age of the grain; how long it's been stored; the variety of grain; the pans used; and type of cooking equipment. Recommended cooking times are provided, but ultimately the grains are done when the desired level of flavor and tenderness is reached. Given the factors above, if the grain is not as tender as you like when the "time is up," simply add more prepared stock and continue cooking. Or, if the grains are tender and tasty before all the liquid is absorbed, drain the excess liquid.

With respect to equipment, convection ovens will cook quicker than conventional ovens, and modern accelerated ovens such as a combi-oven will cook quicker still (approximately 25% faster than a convection oven). Combi-ovens have the added benefit of steam, so the amount of cooking stock could be cut by approximately 20%. Be sure to track results in your Cook Table and record for future use.

Bulgar with Roasted Mirepoix Flavor Concentrate

Ancient grain cooked using Minor's® Roasted Mirepoix Flavor Concentrate and the steam method.

Yield	2 qts
Serves	32
Preparation time	5 minutes
Cooking time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
32	fl oz	1	qt	Water, boiling	
1	oz	2	tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
2	lb		qt	Bulgur wheat	

Preparation Steps

1. Whisk Roasted Mirepoix Flavor Concentrate into simmering water until thoroughly incorporated.
2. Place bulgur into a container large enough to hold both it and the flavored broth. Pour flavored broth over bulgur and cover tightly with plastic wrap or a tightly fitting lid. Allow bulgur to steam with the broth for at least 5 minutes or until all the liquid is absorbed.
3. Remove the lid and fluff the grain with a fork to release excess heat and moisture.

Chef's tip

For an excellent flavor enhancement, add Minor's Herb De Provence Flavor Concentrate to the cooking liquid (1 tbsp to 1 gallon of stock).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	98
Energy (KJ)	410.5
Protein (g)	3.2
Carbohydrate, total (g)	21.7
Fats, total (g)	0.5
Sugars, total (g)	0.2
Fats, saturated (g)	0.1
Fiber, total dietary (g)	3.5
Sodium (mg)	11.9
Calcium (mg)	9.9
Cholesterol (mg)	0
Iron (mg)	1.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.2
Vitamin A (µg_RAE)	2.9
Vitamin C (mg)	0

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

Farro with Roasted Mirepoix Flavor Concentrate

Ancient grain cooked using Minor's® Roasted Mirepoix Flavor Concentrate and the pasta method.

Yield	2 qts
Serves	32
Preparation time	24 hours
Cooking time	55 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
128	fl oz		1 gal	Water, boiling	
4	oz		1/2 cup	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
2	lb		1 qt	Farro (Wheat)	

Preparation Steps

1. To a pot of simmering water, add the Roasted Mirepoix Flavor Concentrate. Whisk until thoroughly incorporated. Cool to room temperature or below.
2. Add 1-3/4 qt. of roasted mirepoix broth to the farro, and refrigerate for at least 8 hours or overnight.
3. After the farro has soaked, bring remaining broth to a simmer and add farro. Simmer for 45-55 minutes. Add additional broth if necessary.
4. Once farro is tender, strain to drain any excess liquid and cool.

Chef's tip

Minor's Herb de Provence Flavor Concentrate added to the cooking liquid (1 tbsp to 1 gallon of stock) is an excellent flavor enhancement.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	100.7
Energy (KJ)	447.3
Protein (g)	4
Carbohydrate, total (g)	19.6
Fats, total (g)	0.1
Sugars, total (g)	0.4
Fats, saturated (g)	0
Fiber, total dietary (g)	1.8
Sodium (mg)	62.5
Calcium (mg)	5.7
Cholesterol (mg)	0
Iron (mg)	1.1
Fats, monounsaturated (g)	0
Fats, polyunsaturated (g)	0
Vitamin A (µg_RAE)	11.8
Vitamin C (mg)	0.2

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

Millet with Roasted Mirepoix Flavor Concentrate

Ancient grain cooked using Minor's Roasted Mirepoix Flavor Concentrate and the pilaf method.

Yield	3 qts
Serves	48
Preparation time	3 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1/2	fl oz		1 tbsp	Olive oil	
3	oz		2/3 cup	Onions	diced
2	lb		1 qt	Millet	
80	fl oz		2-1/2 qts	Water	
2.5	oz		5 tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	

Preparation Steps

1. In a pot over medium heat, sweat onions in olive oil. Gently cook until translucent and soft.
2. Add millet and continue to stir until all of the grain has been coated with the oils.
3. Add water and thoroughly whisk in the Roasted Mirepoix Flavor Concentrate. Bring to a simmer and tightly cover.
4. Place in a preheated 325°F convection oven for approximately 30 minutes. When fully cooked, the liquid should be absorbed and the millet should be tender.
5. Remove the lid, and fluff the grain with a fork and to release excess heat and moisture.

Chef's tip

For an excellent flavor enhancement, add Minor's Herb De Provence Flavor Concentrate to the cooking liquid (1 tbsp to 1 gallon of stock).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	76.6
Energy (KJ)	321.1
Protein (g)	2.1
Carbohydrate, total (g)	14.3
Fats, total (g)	1.1
Sugars, total (g)	0.3
Fats, saturated (g)	0.2
Fiber, total dietary (g)	1.7
Sodium (mg)	20
Calcium (mg)	3.3
Cholesterol (mg)	0
Iron (mg)	0.6
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.4
Vitamin A (µg_RAE)	4.9
Vitamin C (mg)	0.2

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

Quinoa with Roasted Mirepoix Flavor Concentrate

Ancient grain cooked using Minor's Roasted Mirepoix Flavor Concentrate.

Yield	2-1/2 qts
Serves	30
Preparation time	3 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
64	fl oz	2	qt	Water	
2	oz	4	tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
24	oz		1 qt	Quinoa	rinsed

Preparation Steps

1. Over medium high heat, whisk together water and Roasted Mirepoix Flavor Concentrate. Add quinoa and bring to a simmer.
2. Cover pot with lid and place in a 350°F convection oven for 25-30 minutes or until quinoa is tender. Be sure to test the quinoa for doneness.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	92.9
Energy (KJ)	412.7
Protein (g)	3.5
Carbohydrate, total (g)	15.1
Fats, total (g)	1.8
Sugars, total (g)	1.2
Fats, saturated (g)	0
Fiber, total dietary (g)	5.6
Sodium (mg)	29.3
Calcium (mg)	9.8
Cholesterol (mg)	0
Iron (mg)	1.1
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	38.6
Vitamin C (mg)	0.1

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

Spelt with Roasted Mirepoix Flavor Concentrate

Ancient grain cooked using Minor's® Roasted Mirepoix Flavor Concentrate and the pasta method.

Yield	1-3/4 qts
Serves	28
Preparation time	24 hours
Cooking time	55 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
128	fl oz		1 gal	Water, boiling	
4	oz		1/2 cup	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
2	lb		1 qt	Spelt, uncooked	

Preparation Steps

1. To a pot of simmering water, add the Roasted Mirepoix Flavor Concentrate. Whisk until thoroughly incorporated. Cool to room temperature or below.
2. Add 1-3/4 quarts of roasted mirepoix broth to the spelt berries and refrigerate for at least 8 hours or overnight.
3. Once the spelt has soaked, bring the remaining broth to a simmer and add spelt. Simmer for 45-55 minutes. Add additional broth if necessary.
4. Once spelt is tender, strain to drain any excess liquid and cool.

Chef's tip

For an excellent flavor enhancement, add Minor's Herb De Provence Flavor Concentrate to the cooking liquid (1 Tbsp. : 1 gallon of stock).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	114.5
Energy (KJ)	480.5
Protein (g)	4.8
Carbohydrate, total (g)	24.1
Fats, total (g)	0.9
Sugars, total (g)	2.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	3.6
Sodium (mg)	54.6
Calcium (mg)	12.7
Cholesterol (mg)	0
Iron (mg)	1.4
Fats, monounsaturated (g)	0.2
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	16.7
Vitamin C (mg)	0.2

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

Wheat Berries with Roasted Mirepoix Flavor Concentrate

Ancient grain cooked using Minor's Roasted Mirepoix Flavor Concentrate and the pasta method.

Yield	2 qts
Serves	32
Preparation time	24 hours
Cooking time	55 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
128	fl oz		1 gal	Water, boiling	
4	oz		1/2 cup	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
2	lb		1 qt	Wheat, berries	

Preparation Steps

1. To a pot of simmering water, add the Roasted Mirepoix Flavor Concentrate. Whisk until thoroughly incorporated. Cool to room temperature or below.
2. Add 1-3/4 quarts of roasted mirepoix broth to the wheat berries and refrigerate for at least 8 hours or overnight.
3. Once the wheat berries have soaked, bring the remaining broth to a simmer and add wheat berries. Simmer for 40-55 minutes. Add additional broth if necessary.
4. Once wheat berries are tender, strain to drain any excess liquid and cool.

Chef's tip

For an excellent flavor enhancement, add Minor's Herb De Provence Flavor Concentrate to the cooking liquid (1 tbsp to 1 gallon of stock).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	100.9
Energy (KJ)	447.8
Protein (g)	3.6
Carbohydrate, total (g)	21.3
Fats, total (g)	0.7
Sugars, total (g)	0.4
Fats, saturated (g)	0
Fiber, total dietary (g)	4.3
Sodium (mg)	45.5
Calcium (mg)	3.5
Cholesterol (mg)	0
Iron (mg)	0.9
Fats, monounsaturated (g)	0
Fats, polyunsaturated (g)	0
Vitamin A (µg_RAE)	11.8
Vitamin C (mg)	0.2

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

Wild Rice with Roasted Mirepoix Flavor Concentrate

Wild rice cooked using Minor's Roasted Mirepoix Flavor Concentrate.

Yield	3 qts
Serves	10
Preparation time	3 minutes
Cooking time	45 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
128	fl oz		1 gal	Water	
3	oz		1/3 cup	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
24	oz		1 qt	Wild rice	

Preparation Steps

1. Over medium high heat, whisk together water and Roasted Mirepoix Flavor Concentrate. Add wild rice and bring to a simmer.
2. Cover pot with lid and place in 350°F convection oven for 45 minutes or until rice is tender. It may be necessary to strain excess liquid from the rice once it is tender.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	253.3
Energy (KJ)	1062.8
Protein (g)	10.1
Carbohydrate, total (g)	53.1
Fats, total (g)	0.9
Sugars, total (g)	2.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	4.4
Sodium (mg)	115.8
Calcium (mg)	24.4
Cholesterol (mg)	0
Iron (mg)	1.4
Fats, monounsaturated (g)	0.2
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	29
Vitamin C (mg)	0.5

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

Herbed Chicken Finishing Broth


This rustic broth packs intense flavor - meaty chicken, sweet roasted garlic, rosemary, basil, thyme and marjoram. A quick and flavorful addition to any grain preparation.

Yield	2 gal
Serves	32
Preparation time	2 minutes
Cooking time	15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
256	fl oz		2 gal	Water, boiling	
8	oz		1 cup	<u>Minor's Chicken Base Low Sodium (No Added MSG)* Gluten Free 6x1 lb.</u>	
8	oz		1 cup	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1	oz		2 tbsp	<u>Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

Preparation Steps

1. In a 2-3 gallon stockpot, bring water to a boil. Whisk in the Chicken Base Low Sodium and Roasted Garlic Flavor Concentrates. Reduce to a simmer, and cook for 5-10 minutes.
2. Remove from heat, and whisk in Herb de Provence Flavor Concentrate.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	36.2
Energy (KJ)	160.9
Protein (g)	1.4
Carbohydrate, total (g)	4.7
Fats, total (g)	1.3
Sugars, total (g)	1.1
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.5
Sodium (mg)	486.7
Calcium (mg)	8.2
Cholesterol (mg)	2.2
Iron (mg)	0.1
Vitamin A (µg_RAE)	12.4
Vitamin C (mg)	0.1

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

Herbed Vegetable Finishing Broth


This vegetarian broth is anything but boring. A savory mirepoix of roasted carrot, onion and celery is accentuated with the mellow taste of roasted garlic and a host of fragrant aromatics - thyme, rosemary, basil and marjoram.

Yield	2 gal
Serves	32
Preparation time	2 minutes
Cooking time	15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
156	fl oz		2 gal	Water, boiling	
6	oz		2/3 cup	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
8	oz		1 cup	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1	oz		2 tbsp	<u>Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

Preparation Steps

- In a 2-3 gallon stockpot, bring water to a boil. Whisk in the Roasted Mirepoix and Roasted Garlic Flavor Concentrates. Reduce to a simmer, and cook for 5-10 minutes.
- Remove from heat, and whisk in Herb de Provence Flavor Concentrate.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	21.9
Energy (KJ)	97.5
Protein (g)	0.4
Carbohydrate, total (g)	3.6
Fats, total (g)	0.7
Sugars, total (g)	1.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	0.5
Sodium (mg)	344.8
Calcium (mg)	6.8
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	26.1
Vitamin C (mg)	0.3

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

Mediterranean Finishing Broth


Add a Mediterranean flair to any grain dish with this full-flavored finishing broth featuring Minor's Vegetable Mirepoix, Roasted Garlic Concentrate and a blend of torn basil and oregano.

Yield	2 gal
Serves	32
Preparation time	5 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
256	fl oz		2 gal	Water, boiling	
64	oz		2 qts	Tomato	petite diced
12	oz		1-1/2 cups	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
6	oz		2/3 cup	<u>Minor's Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
6	oz			Basil, fresh	chopped
4	oz			Oregano, fresh	chopped
1.5	tsp			Red pepper, crushed	flakes

Preparation Steps

1. In a 2-3 gallon stockpot, heat the water, tomatoes, Roasted Garlic Flavor Concentrate and Vegetable Base. Simmer for 10-15 minutes to bring out the mellow flavors. Remove from heat.
2. Add the basil, oregano and red pepper. Check for seasonings.
3. Hold for use when reheating grain dishes.

Chef's tip

Add a Mediterranean flair to any grain with this full-flavored finishing broth featuring Minor's Gluten Free Roasted Garlic Flavor Concentrate and Natural Gluten Free Vegetable Base.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	38.1
Energy (KJ)	165.5
Protein (g)	1.3
Carbohydrate, total (g)	7.1
Fats, total (g)	0.7
Sugars, total (g)	3.3
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.6
Sodium (mg)	759
Calcium (mg)	33.1
Cholesterol (mg)	0
Iron (mg)	0.5
Vitamin A (µg_RAE)	80.1
Vitamin C (mg)	10.1

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

Moroccan Roasted Garlic and Lemon Finishing Broth


A fragrant and delicious North African broth featuring a small army of spices: Garam marsala, cumin, cinnamon, coriander and pepper. The flavors are sweetened and sharpened with blend of orange juice, honey and lemon.

Yield 1-1/2 gal

Serves 24

Preparation time 5 minutes

Cooking time 10 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	tbsp			Garam masala, ground	
1	tbsp			Cumin, ground	
1	tbsp			Cinnamon, ground	
1	tbsp			Coriander, ground	
1	tbsp			Pepper, ground	
16	fl oz	2	cups	Orange juice, unsweetened	
4	fl oz		1/2 cup	Olive oil	
1.5	oz	3	tbsp	Honey	
128	fl oz		1	gal Water, boiling	
8	oz		1	cup Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
4	oz		1/2 cup	Minor's Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
4	fl oz		1/2 cup	Lemon juice, fresh	

Preparation Steps

1. In a dry pan, lightly toast the garam masala, cumin, cinnamon, coriander and pepper over medium heat for 2-3 minutes or until they become fragrant.
2. Add orange juice, olive oil and honey, and reduce by half.
3. Add water and whisk in the Roasted Garlic Flavor Concentrate and Vegetable Base. Simmer for 5-10 minutes.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	81.6
Energy (KJ)	347.2
Protein (g)	0.8
Carbohydrate, total (g)	8.2
Fats, total (g)	5.4
Sugars, total (g)	4.8
Fats, saturated (g)	0.7
Fiber, total dietary (g)	1.2
Sodium (mg)	672.5
Calcium (mg)	17.2
Cholesterol (mg)	0
Iron (mg)	0.7
Vitamin A (µg_RAE)	16.7
Vitamin C (mg)	9.1

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

Chipotle Balsamic Vinaigrette (Oil Free)


Puréed raisins are used as a thickener in lieu of traditional oil is well balanced blend of sweet and earthy flavors. The chipotle adds touch of smoky, mellow heat.

Yield	2-1/2 cups
Serves	40
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz		2 cups	Raisin	
4	fl oz		1/2 cup	Balsamic vinegar	
1	tsp			<u>Minor's Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
8	fl oz		1 cup	Water	

Preparation Steps

1. Add raisins, vinegar, and Chipotle Flavor Concentrate to high powered blender.
2. Add about half of the water and puree. Continue to add water until desired consistency is achieved. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.2
Energy (KJ)	80.4
Protein (g)	0.2
Carbohydrate, total (g)	4.9
Fats, total (g)	0
Sugars, total (g)	3.7
Fats, saturated (g)	0
Fiber, total dietary (g)	0.2
Sodium (mg)	4
Cholesterol (mg)	0
Vitamin A (µg_RAE)	0.5
Vitamin C (mg)	0.1

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

Creamy Garlic & Herb Dressing (Vegetarian*)


Roasted garlic and fresh Italian herbs star in this creamy dressing. Tofu and soy milk are blended for a smooth, silky texture.

Yield	48 fl.oz.
Serves	48
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
28	oz			Tofu	soft
4	fl oz	1/2 cup		Soy Milk	
1.5	oz	3 tbsp		Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
1	oz	1/2 cup		Scallions	white portion, chopped
1	fl oz	2 tbsp		White wine vinegar	
1	tsp			Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.	
1/4	tsp			Tabasco, hot chilli sauce	

Preparation Steps

1. Add the tofu, soy milk, Roasted Garlic Flavor Concentrate, scallions, vinegar, Herb de Provence Flavor Concentrate and cayenne pepper sauce to a high power blender. Purée until smooth.
2. Season to taste.

Chef's tip

Serve as an alternative for Vegan and lactose intolerant diners. *Also does not contain egg or dairy products.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	15.9
Energy (KJ)	67
Protein (g)	1.4
Carbohydrate, total (g)	0.8
Fats, total (g)	0.9
Sugars, total (g)	0.5
Fats, saturated (g)	0.1
Fiber, total dietary (g)	0.1
Sodium (mg)	36.6
Calcium (mg)	61.6
Cholesterol (mg)	0
Iron (mg)	0.9
Vitamin A (µg_RAE)	3.3
Vitamin C (mg)	0.1

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

Creamy Roasted Garlic Dressing


An honestly good buttermilk dressing that's cool, creamy, zesty and garlicky - without being overpowering.

Yield	2-1/2 qts
Serves	160
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb		1 qt	Mayonnaise	
32	fl oz		1 qt	Buttermilk	
16	oz		2 cups	Sour cream	
4	oz		1/2 cup	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	

Preparation Steps

1. Thoroughly whisk together the mayonnaise, buttermilk, sour cream, and Roasted Garlic Flavor Concentrate. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	31.6
Energy (KJ)	132.5
Protein (g)	0.4
Carbohydrate, total (g)	2.0
Fats, total (g)	2.6
Sugars, total (g)	0.7
Fats, saturated (g)	0.7
Fiber, total dietary (g)	0
Sodium (mg)	71.9
Calcium (mg)	10.8
Cholesterol (mg)	2.9
Iron (mg)	0
Vitamin A (µg_RAE)	7.4
Vitamin C (mg)	0.1

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

Creamy Sun Dried Tomato Dressing


This velvety smooth buttermilk dressing with a simple mix of Minor's Sun Dried Tomato Pesto that brings out the boldest intent and great tomato flavor.

Yield	2-1/2 qts
Serves	160
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb		1 qt	Mayonnaise	
32	oz		1 qt	Buttermilk	
16	oz		2 cups	Sour cream	
4	oz		1/2 cup	<u>Minor's Sun Dried Tomato Pesto Flavor Concentrate 6x13.6oz</u>	

Preparation Steps

1. Thoroughly whisk together the mayonnaise, buttermilk, sour cream and Sun Dried Tomato Pesto Flavor Concentrate. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	32.1
Energy (KJ)	134.8
Protein (g)	0.4
Carbohydrate, total (g)	1.9
Fats, total (g)	2.6
Sugars, total (g)	0.7
Fats, saturated (g)	0.7
Fiber, total dietary (g)	0
Sodium (mg)	57.6
Calcium (mg)	11.8
Cholesterol (mg)	3
Iron (mg)	0
Vitamin A (µg_RAE)	9.2
Vitamin C (mg)	0.1

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

Grandma's Homemade Ranch Dressing


A creamy, rich buttermilk ranch dressing with the zip of mayonnaise, roasted garlic, and fresh herbs.

Yield	2-1/2 qts
Serves	160
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb		1 qt	Mayonnaise	
32	fl oz		1 qt	Buttermilk	
16	oz		2 cups	Sour cream	
2	oz		1/4 cup	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1/2	oz		4 tsp	<u>Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

Preparation Steps

1. Thoroughly whisk together the mayonnaise, buttermilk, sour cream Roasted Garlic and Herb de Provence Flavor Concentrates. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	31.4
Energy (KJ)	131.8
Protein (g)	0.3
Carbohydrate, total (g)	1.9
Fats, total (g)	2.6
Sugars, total (g)	0.7
Fats, saturated (g)	0.7
Fiber, total dietary (g)	0
Sodium (mg)	63.4
Calcium (mg)	10.8
Cholesterol (mg)	2.9
Iron (mg)	0
Vitamin A (µg_RAE)	7.1
Vitamin C (mg)	0.1

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

Honey Citrus Vinaigrette


Citrus and honey. Cracked black pepper and red chili pepper flakes. Savory and sweet. Like a warm blast of sunshine on a gray, chilly day.

Yield	2 qts
Serves	128
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
32	fl oz	2	qts	Minor's Honey Citrus Pepper RTU Sauce 4x0.5 gal.	
16	fl oz	2	cups	Rice vinegar	
4	oz	1/2	cup	Orange juice, unsweetened	concentrate
2	oz	1/4	cup	Minor's Culinary Cream 2x5 lb.	
16	fl oz	2	cups	Vegetable oil	

Preparation Steps

1. Thoroughly whisk together the Honey Citrus Pepper Sauce, vinegar, orange juice concentrate and Culinary Cream.
2. Vigorously whisk while slowly drizzling in the oil to form emulsified vinaigrette. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	47.8
Energy (KJ)	201.7
Protein (g)	0.1
Carbohydrate, total (g)	3.5
Fats, total (g)	3.7
Sugars, total (g)	2.9
Fats, saturated (g)	0.5
Fiber, total dietary (g)	0
Sodium (mg)	41.6
Calcium (mg)	0.6
Cholesterol (mg)	0.2
Iron (mg)	0
Vitamin A (µg_RAE)	5.9
Vitamin C (mg)	0.5

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

Lemon Pepper Herb Vinaigrette


A light and tangy dressing of lemon juice, cracked black pepper, olive oil, and grated Parmigiano with hints of rosemary, thyme, marjoram, basil, and garlic that gently coats and brightens every dish.

Yield 2 qts

Serves 128

Preparation time 5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
16	fl oz		2 cups	Lemon juice, fresh	
			2 tsp	Black pepper, cracked	
1/2	oz		1/4 cup	Parmesan cheese, grated	
2	oz		1/4 cup	<u>Minor's Culinary Cream 2x5 lb.</u>	
1/2	oz		1 tbsp	Dijon mustard	
1/2	oz		2 tsp	<u>Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
48	fl oz		1-1/2 qts	Vegetable oil	
			2 tbsp	Lemon zest	

Preparation Steps

1. Thoroughly blend together the lemon juice, Culinary Cream, cheese, mustard, Herb de Provence Flavor Concentrate, lemon zest and black pepper.
2. Continue blending while slowly drizzling in the oil to form emulsified vinaigrette. Season to taste.

Chef's tip

Pairs great with fresh seafood.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	98.5
Energy (KJ)	405.5
Protein (g)	0.1
Carbohydrate, total (g)	0.4
Fats, total (g)	10.8
Sugars, total (g)	0.1
Fats, saturated (g)	1.3
Fiber, total dietary (g)	0
Sodium (mg)	9.6
Cholesterol (mg)	0.3
Vitamin A (µg_RAE)	0.8
Vitamin C (mg)	1.7

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

Molasses & Mustard Vinaigrette


Sweet and tangy with a southern vibe. Dark molasses and brown sugar are balanced by the pungent heat of Dijon mustard, the subtle tartness of apple cider vinegar, and the savory notes of roasted onion, aged bourbon and cayenne pepper.

Yield	2 qts
Serves	128
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
32	fl oz		1 qt	Minor's Bourbon Style RTU Sauce 4x0.5 gal.	
10	oz		1-1/4 cups	Dijon mustard	
8	fl oz		1 cup	Cider vinegar	
2	oz		1/4 cup	Minor's Culinary Cream 2x5 lb.	
16	fl oz		2 cups	Vegetable oil	

Preparation Steps

1. Thoroughly blend together the Bourbon Style Sauce, mustard, vinegar and Culinary Cream.
2. Continue to blend while slowly drizzling in the oil to form emulsified vinaigrette. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	51
Energy (KJ)	215.6
Protein (g)	0
Carbohydrate, total (g)	4.2
Fats, total (g)	3.7
Sugars, total (g)	2.9
Fats, saturated (g)	0.5
Fiber, total dietary (g)	0
Sodium (mg)	98.4
Calcium (mg)	0.3
Cholesterol (mg)	0.2
Iron (mg)	0.1
Vitamin A (µg_RAE)	0.5
Vitamin C (mg)	0

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

Pineapple Bourbon Vinaigrette


This Polynesian-Cajun mash up infuses fresh pineapple with the sweet and savory notes of brown sugar, roasted onion, aged bourbon and fruity apple cider vinegar for a light and refreshing dressing.

Yield	2 qts
Serves	128
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	oz		3 cups	Pineapple	crushed with juice
16	fl oz		2 cups	<u>Minor's Bourbon Style RTU Sauce 4x0.5 gal.</u>	
8	fl oz		1 cup	Cider vinegar	
2	oz		1/4 cup	<u>Minor's Culinary Cream 2x5 lb.</u>	
16	fl oz		2 cups	Vegetable oil	

Preparation Steps

1. In a blender, thoroughly blend together the pineapple Bourbon Style Sauce, vinegar and Culinary Cream.
2. Continue to blend while slowly drizzling oil to form emulsified vinaigrette. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	43.5
Energy (KJ)	182.1
Protein (g)	0.1
Carbohydrate, total (g)	2.6
Fats, total (g)	3.7
Sugars, total (g)	2
Fats, saturated (g)	0.5
Fiber, total dietary (g)	0.1
Sodium (mg)	23
Calcium (mg)	0.9
Cholesterol (mg)	0.2
Iron (mg)	0.1
Vitamin A (µg_RAE)	0.7
Vitamin C (mg)	1.9

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

Pomegranate Chipotle Vinaigrette


Equal parts sweet, tart and smoky, this full bodied dressing features balsamic vinegar, honey, pomegranate molasses and juice. A touch of heat and added depth of flavor is derived from smoked chipotle peppers, onions and jalapeno.

Yield 2 qts
 Serves 128
 Preparation time 5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz		1 cup	Pomegranate Molasses	
8	fl oz		1 cup	Pomegranate juice, bottled	
8	fl oz		1 cup	Balsamic vinegar	
2	oz		1/4 cup	<u>Minor's Culinary Cream 2x5 lb.</u>	
1	oz		2 tbsp	Honey	
1/2	oz		1 tbsp	<u>Minor's Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
36	fl oz		1-1/4 qts	Vegetable oil	

Preparation Steps

1. Thoroughly blend together the pomegranate molasses, pomegranate juice, vinegar, Culinary Cream, honey and Chipotle Flavor Concentrate.
2. Continue blending while slowly drizzling in the oil to form emulsified vinaigrette. Season to taste.

Chef's tip

Pairs great with sweet fruits like pears.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	86
Energy (KJ)	357.8
Protein (g)	0
Carbohydrate, total (g)	0.7
Fats, total (g)	8.1
Sugars, total (g)	2.5
Fats, saturated (g)	1
Fiber, total dietary (g)	0
Sodium (mg)	3.8
Cholesterol (mg)	0.2
Vitamin A (µg_RAE)	1
Vitamin C (mg)	0

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

Sesame Dressing


A symphony of Asian influences that hits all the right notes - sugarcane molasses, miso, soy, lime juice, a hint of garlic, and the nuttiness of toasted sesame oil.

Yield	7-1/2 cups
Serves	120
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
32	fl oz	1 qt		<u>Minor's Sesame Sauce RTU 4x0.5 gal.</u>	
8	fl oz	1 cup		Rice vinegar	
2	oz	1/4 cup		<u>Minor's Culinary Cream 2x5 lb.</u>	
2	fl oz	1/4 cup		Lime juice, fresh	
1	fl oz	2 tbsp		Sesame seed oil	
16	fl oz	2 cups		Vegetable oil	

Preparation Steps

1. Thoroughly blend together the Sesame Sauce, rice vinegar, Culinary Cream and lime juice.
2. Combine the sesame and vegetable oils. Slowly drizzle the oil into the sauce while blending to form an emulsified vinaigrette. Season to taste.

Chef's tip

Serve it as a dipping sauce.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	58.5
Energy (KJ)	247.7
Protein (g)	0.1
Carbohydrate, total (g)	5
Fats, total (g)	4.2
Sugars, total (g)	4.2
Fats, saturated (g)	0.5
Fiber, total dietary (g)	0.1
Sodium (mg)	82.4
Calcium (mg)	1.8
Cholesterol (mg)	0.3
Iron (mg)	0
Vitamin A (µg_RAE)	0.8
Vitamin C (mg)	0.1

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

Sun Dried Tomato Vinaigrette


A light and flavorful favorite featuring umami-packed Minor's Sun Dried Tomato Pesto, splashes of red wine vinegar, and hints of Parmesan and herbs. Makes even the simplest salads a culinary treat.

Yield	2 qts
Serves	122
Preparation time	5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
16	fl oz	2	cups	Red wine vinegar	
4	oz	1/2	cup	<u>Minor's Culinary Cream 2x5 lb.</u>	
3	oz	1/3	cup	<u>Minor's Sun Dried Tomato Pesto Flavor Concentrate 6x13.6oz</u>	
1	oz	2	tbsp	<u>Minor's Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	
1	oz	2	tbsp	Ketchup	
40	fl oz	5	cups	Vegetable oil	

Preparation Steps

1. Thoroughly blend together the vinegar, Culinary Cream, Sun Dried Tomato Pesto, Vegetable Base and ketchup.
2. Continue to blend while slowly drizzling oil to form emulsified vinaigrette. Season to taste.

Chef's tip

Perfect addition to so many salads, pastas - even doubling as a sandwich dressing.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	88.3
Energy (KJ)	364.4
Protein (g)	0.1
Carbohydrate, total (g)	0.3
Fats, total (g)	9.6
Sugars, total (g)	0.2
Fats, saturated (g)	1.2
Fiber, total dietary (g)	0
Sodium (mg)	31
Calcium (mg)	1.4
Cholesterol (mg)	0.5
Iron (mg)	0
Vitamin A (µg_RAE)	4
Vitamin C (mg)	0.1

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

Sweet & Spicy Plum Wasabi Vinaigrette


A rich and tangy blend of sweet plum, spicy wasabi, and umami-rich ingredients builds a completely savory vinaigrette.

Yield 3 qts. + 1 cup
 Serves 104
 Preparation time 5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	qt		8 cups	Minor's® Sweet & Spicy Plum Sauce RTU 4x05 gal.	
8	oz	1	cup	Rice wine vinegar	
17	oz		2 cups	Water	cold
17	oz		2 cups	Olive oil	or Vegetable oil

Preparation Steps

1. In a bowl, combine all ingredients. Mix well with a wire whip.

Chef's tip

Use for Asian style salads, skewers, etc.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	92.1
Energy (KJ)	397.7
Protein (g)	0.1
Carbohydrate, total (g)	11.4
Fats, total (g)	4.9
Sugars, total (g)	9.8
Fats, saturated (g)	0.7
Fiber, total dietary (g)	0.1
Sodium (mg)	212.8
Calcium (mg)	0.6
Cholesterol (mg)	0
Iron (mg)	0
Fats, monounsaturated (g)	3.4
Fats, polyunsaturated (g)	0.5
Vitamin A (µg_RAE)	8.9
Vitamin C (mg)	0.1
Vitamin D (µg)	0

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

Sweet Ancho Vinaigrette


Sweet maple syrup and balsamic vinegar are whisked together with the smoky Latin zing of ancho peppers and roasted onion.

Yield 2-1/4 qts

Serves 144

Preparation time 5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	fl oz	3	cups	Balsamic vinegar	
10	oz	1-1/4	cups	<u>Minor's Ancho Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
4	fl oz	1/2	cup	Maple syrup	
4	oz	1/2	cup	<u>Minor's Culinary Cream 2x5 lb.</u>	
32	fl oz	1	qt	Vegetable oil	

Preparation Steps

1. Thoroughly blend together the vinegar, Ancho Flavor Concentrate, maple syrup and Culinary Cream.
2. Continue to blend while slowly drizzling in the oil to form emulsified vinaigrette. Season to taste.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	69.2
Energy (KJ)	287.3
Protein (g)	0
Carbohydrate, total (g)	1.2
Fats, total (g)	6.8
Sugars, total (g)	1.3
Fats, saturated (g)	0.9
Fiber, total dietary (g)	0.1
Sodium (mg)	45.3
Cholesterol (mg)	0.4
Vitamin A (µg_RAE)	10.7
Vitamin C (mg)	0.4

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

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	<u>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	

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 Pepper Candied Bacon


Possibly the most perfect salad topping. Sweet. Earthy. Savory. Salty. Smoky. Crispy. spicy. Delectable!

Yield	36 slices
Serves	108
Preparation time	3 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
48	oz	36	each	Bacon	thick cut
8	oz	1	cup	Brown sugar	
1	oz	2	tbsp	<u>Minor's Ancho Flavor Concentrate Gluten Free 6x14.4 oz.</u>	

Preparation Steps

1. Lay out bacon on a sheet tray with a roasting rack. If no roasting rack is available, line sheet tray with parchment paper.
2. Thoroughly combine sugar and Ancho Flavor Concentrate. Sprinkle the sugar mix on to the top of each slice of bacon.
3. Place in a cold convection oven (starting in a cold oven keeps the bacon from curling up). Turn on oven to 300°F and bake for approximately 20 minutes. Depending on the thickness of the bacon, more time may be needed. When finished, the bacon should be crisp and the sugar should have melted to coat the bacon.
4. Allow bacon to cool for one half hour or longer before handling.
5. Chop and use as a signature addition to salads.

Chef's tip

Use the same procedure with other Minor's Flavor Concentrates to create several different signature bacons.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	66.4
Energy (kJ)	278.2
Protein (g)	1.5
Carbohydrate, total (g)	2.1
Fats, total (g)	5.7
Sugars, total (g)	2
Fats, saturated (g)	2.7
Fiber, total dietary (g)	0
Sodium (mg)	111.6
Calcium (mg)	2.7
Cholesterol (mg)	8.6
Iron (mg)	0.1
Vitamin A (µg_RAE)	2.7
Vitamin C (mg)	0.1

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

Ancho Portobello Mushrooms


Make an impact on any dish with sautéed portobello mushrooms flavored with cinnamon and 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	MINOR'S® Ancho Flavor Concentrate Gluten Free 6x14.4 oz.	

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.

Chipotle Spiced Nut Mix


CROUTON-LIKE CRUNCH WITHOUT THE CARBS. ADD A TOUCH OF SMOKY HEAT TO MEATY WALNUTS AND RICH, BUTTERY PECANS.

Yield	1 qt
Serves	128
Preparation time	5 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	oz		1/4 cup	Butter	
1/2	oz		1 tbsp	<u>Minor's Chipotle Flavor Concentrate Gluten Free 6x14.4 oz.</u>	
4	oz		1/2 cup	Granulated sugar	
1/4	oz		2 tsp	Salt	
4	oz		1 cup	Walnut	chopped
4	oz		1 cup	Pecan nut	chopped
4	oz		1 cup	Cashew nut, unsalted	or salted, chopped
4	oz		1 cup	Peanut, plain	chopped

Preparation Steps

1. Melt butter over medium heat. Once butter has melted, whisk in Chipotle Flavor Concentrate until thoroughly dispersed in butter.
2. Add sugar and salt, and whisk briskly for 30 seconds or until sugar is dissolved. Add nuts and thoroughly toss in butter mixture.
3. Spread nuts on a parchment lined baking sheet, and bake in a convection oven at 325°F for 10-12 minutes or until the nuts are lightly toasted.
4. Cool and store in an air tight container.

Chef's tip

Use this recipe with other Minor's Flavor Concentrates to create your signature flavored nuts.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	28.9
Energy (KJ)	120.6
Protein (g)	0.6
Carbohydrate, total (g)	1.6
Fats, total (g)	2.4
Sugars, total (g)	1
Fats, saturated (g)	0.5
Fiber, total dietary (g)	0.3
Sodium (mg)	28.2
Calcium (mg)	2.8
Cholesterol (mg)	0.9
Iron (mg)	0.2
Vitamin A (µg_RAE)	3.4
Vitamin C (mg)	0

Creamy Roasted Garlic Marinated Potatoes


Savory roasted potatoes tossed with a creamy, garlicky buttermilk dressing for cool, tangy and unique topping.

Yield	1 qt
Serves	32
Preparation time	10 minutes
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	oz	1	qt	Potato	peeled, sliced, blanched
4	fl oz		1/2 cup	Creamy Roasted Garlic Dressing - prepared	(see separate recipe)

Preparation Steps

1. Gently but thoroughly toss potatoes with the Creamy Roasted Garlic Dressing.
2. Allow potatoes to marinate at least 4 hours.

Chef's tip

Serve as an addition to a salad. The potatoes absorb the dressing very well. It may be necessary to toss the potatoes in a touch of additional dressing for visual appearance prior to service.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.9
Energy (KJ)	83.8
Protein (g)	0.4
Carbohydrate, total (g)	3.2
Fats, total (g)	0.6
Sugars, total (g)	0.4
Fats, saturated (g)	0.2
Fiber, total dietary (g)	0.4
Sodium (mg)	18.2
Calcium (mg)	4.2
Cholesterol (mg)	0.7
Iron (mg)	0.1
Vitamin A (µg_RAE)	1.7
Vitamin C (mg)	3.5

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

Grilled Marinated Zucchini


Thick cut zucchini grilled tender with a hint of chipotle and roasted garlic.

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.

Herbed Pita Croutons


Crispy pita chips punctuated with aromatic infusions of marjoram, thyme, basil, rosemary and garlic.

Yield	2 qts
Serves	50
Preparation time	4 minutes
Cooking time	15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	fl oz		1/2 cup	Olive oil	
1	tsp			<u>Minor's Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
10	oz	2 qts		Bread, pita, whole-wheat	cut into 1"x1" squares

Preparation Steps

1. Thoroughly whisk together olive oil and Herb de Provence Flavor Concentrate.
2. Toss pita squares in olive oil until thoroughly coated.
3. Lay pita squares in one even layer on a baking sheet, and bake in a convection oven for 12-15 minutes at 375°F.
4. Allow to cool, and place in an airtight container.

Chef's tip

Menu as Herb de Provence for Italian fare or Za'atar for Middle Eastern offerings.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	35.6
Energy (KJ)	152.9
Protein (g)	0.6
Carbohydrate, total (g)	3.1
Fats, total (g)	2.5
Sugars, total (g)	0.1
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.4
Sodium (mg)	29.3
Calcium (mg)	1
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	0.1
Vitamin C (mg)	0

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

Jalapeño Pico De Gallo


A versatile speed scratch salsa featuring sweet corn, fresh tomatoes, scallions, cilantro and a little heat from Minor's® Jalapeño Flavor Concentrate. Serve as a side dish or fresh topping.

Yield 9 lbs.

Serves 144

Preparation time 15 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
99	oz		4-1/2 qts	Tomatoes	seeded, diced
1	lb		1 qt	Red onions	small diced
3	oz		1/2 cup	<u>MINOR'S® Fire Roasted Jalapeño Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	oz		1 cup	Cilantro	chopped

Preparation Steps

1. Add tomatoes, onions, Fire Roasted Jalapeño Flavor Concentrate and cilantro to a bowl. Fold together until thoroughly combined.

Chef's tip

For a milder Pico De Gallo, substitute Fire Roasted Poblano Flavor concentrate.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	5.5
Energy (KJ)	23.2
Protein (g)	0.2
Carbohydrate, total (g)	1.1
Fats, total (g)	0.1
Sugars, total (g)	0.7
Fats, saturated (g)	0
Fiber, total dietary (g)	0.3
Sodium (mg)	11.5
Calcium (mg)	3.1
Cholesterol (mg)	0
Iron (mg)	0.1
Fats, monounsaturated (g)	0
Fats, polyunsaturated (g)	0
Vitamin A (µg_RAE)	10.3
Vitamin C (mg)	3.7
Vitamin D (µg)	0

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

Lemon Herb Marinated Artichokes


Layers of fresh, herbal and zesty flavors play off each other when tender artichokes, Dijon mustard and shards of Parmesan are combined with splashes of olive oil and Minor's culinary cream.

Yield	1 qt
Serves	32
Preparation time	1 minute
Marination time	overnight

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	lb	1	qt	Artichokes	quartered, cooked
8	fl oz		cup	Lemon Pepper Herb Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Toss artichokes with Lemon Pepper Herb Vinaigrette. Marinate overnight.

Chef's tip

Mix and match Minor's dressings with vegetables to create signature marinated toppings.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	59.9
Energy (KJ)	247.2
Protein (g)	1
Carbohydrate, total (g)	3.2
Fats, total (g)	5.1
Sugars, total (g)	0.3
Fats, saturated (g)	0.6
Fiber, total dietary (g)	1.5
Sodium (mg)	31.2
Calcium (mg)	13.4
Cholesterol (mg)	0.2
Iron (mg)	0.4
Vitamin A (µg_RAE)	3
Vitamin C (mg)	3.8

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

Lemon Herb Marinated Mushrooms


These mushrooms kick it up when paired with marjoram, thyme, basil, rosemary and a squeeze of lemon. The result is bright, tasty, satisfying and simple.

Yield 2 qts

Serves 16

Preparation time 10 minutes

Marination time 4 hours

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	oz	2	qts	Button mushroom	sliced
6	fl oz		3/4 cup	Lemon Pepper Herb Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Toss mushrooms in Lemon Pepper Herb Vinaigrette until they are thoroughly coated.
2. Allow mushrooms to marinate overnight or for at least 4 hours.

Chef's tip

Serve as an addition to a salad. The mushrooms absorb the vinaigrette very well. It may be necessary to toss the mushrooms in a touch of additional dressing for visual appearance prior to service.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	77.6
Energy (KJ)	320.8
Protein (g)	1.1
Carbohydrate, total (g)	1.4
Fats, total (g)	7.8
Sugars, total (g)	0.6
Fats, saturated (g)	1
Fiber, total dietary (g)	0.4
Sodium (mg)	8.6
Calcium (mg)	2.5
Cholesterol (mg)	0.2
Iron (mg)	0.2
Vitamin A (µg_RAE)	0.6
Vitamin C (mg)	1.5

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

Marinated Steak

Juicy grilled sirloin marinated in a rub of Minor's Natural Gluten Free Beef Base and oil for a robust and savory beef flavor.

Yield 10-1/2 lbs

Serves 40

Preparation time 5 minutes

Marination time 4 to 24 hours

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	fl oz		1/2 cup	Olive oil	
4	oz		1/2 cup	<u>Minor's Gluten Free Beef Base made with Natural Ingredients (6x1lb)</u>	
10	lb			Beef sirloin steak	

Preparation Steps

1. Whisk together olive oil and Beef Base.
2. Toss steaks in marinade until all have been coated in the Beef Base mixture.
3. Marinate for 4 – 24 hours.

Chef's tip

Replace sodium with Beef Base for intense flavor.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	245.6
Energy (KJ)	1027
Protein (g)	23.7
Carbohydrate, total (g)	0.4
Fats, total (g)	15.9
Sugars, total (g)	0.3
Fats, saturated (g)	5.6
Fiber, total dietary (g)	0
Sodium (mg)	366.4
Calcium (mg)	27.9
Cholesterol (mg)	47.1
Iron (mg)	1.7
Fats, monounsaturated (g)	7.6
Fats, polyunsaturated (g)	0.8
Vitamin A (µg_RAE)	0.6
Vitamin C (mg)	0
Vitamin D (µg)	0.6

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

Oven Dried Tomatoes


Enjoy the concentrated flavor of sun-dried tomatoes while retaining a bit more of the fresh-off-the-vine juiciness with this intensely flavorful and versatile topping packed with savory garlic and umami.

Yield 1 cup

Serves 16

Preparation time 10 minutes

Cooking time 6 to 10 hours

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	fl oz	2	tbsp	Olive oil	
1/2	oz	1	tbsp	<u>Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
1	lb	1	qt	Tomatoes	Grape, split in half

Preparation Steps

1. Whisk olive oil and Roasted Garlic Flavor Concentrate together. Toss tomatoes with olive oil mixture.
2. Place tomatoes on a parchment lined baking sheet or on a roasting rack cut side up. Place in a 165°F conventional oven or in a warmer with temperature controls for a minimum of 6 hours. The amount of time needed will depend largely on the size and type of tomatoes used.
3. The tomatoes will be almost totally dry and firm to the touch. If the tomatoes are "mushy" they are not finished.

Chef's tip

This technique may be done with any Minor's Flavor Concentrate. Herb de Provence, Roasted Mirepoix, and Fire Roasted Poblano all work particularly well. For more tender oven dried tomatoes, soak prior to service in warm water for 10-12 minutes. Drain off excess water and serve.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	22.2
Energy (KJ)	93.1
Protein (g)	0.3
Carbohydrate, total (g)	1.4
Fats, total (g)	1.9
Sugars, total (g)	0.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.4
Sodium (mg)	31.6
Calcium (mg)	3
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	12.9
Vitamin C (mg)	3.6

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

Poblano Marinated Chicken


A gentle toss in savory Fire Roasted Poblano-oil infuses lean chicken with rich flavor while tenderizing the meat. The mellow heat of the roasted chiles is accented by hints of tangy lime, onions, garlic, and a punch of cilantro that drives home the authentic latin taste.

Yield 15 lbs.
 Serves 50
 Preparation time 2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
16	fl oz	2	cups	Canola oil	
1	lb	2	cups	MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US	
15	lb	50	each	Chicken	thighs

Preparation Steps

1. Whisk together the oil and Fire Roasted Poblano Flavor Concentrate.
2. Add chicken thighs and toss until all pieces are evenly coated.
3. Marinate, refrigerated, for a minimum of 4 hours.

Chef's tip

Rub with Marinade the day before service and marinate overnight.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	386.6
Energy (KJ)	1621.6
Protein (g)	25.6
Carbohydrate, total (g)	1.3
Fats, total (g)	30.5
Sugars, total (g)	0.4
Fats, saturated (g)	6.6
Fiber, total dietary (g)	0.2
Sodium (mg)	248.8
Calcium (mg)	17.4
Cholesterol (mg)	102.1
Iron (mg)	1.4
Fats, monounsaturated (g)	14.4
Fats, polyunsaturated (g)	7.4
Vitamin A (µg_RAE)	170
Vitamin C (mg)	14.8
Vitamin D (µg)	0.3

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

Roasted Carrots

Roasted carrots in a high temperature oven until caramelized and tender-crisp, which brings out their natural sweetness.

Yield 2 cups

Serves 8

Preparation time 2 minutes

Cooking time 25 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	lb		1 qt	Carrots	peeled, sliced
1/2	oz		1 tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
1	tsp			Olive oil	

Preparation Steps

1. Mix the carrots, Roasted Mirepoix Flavor Concentrate and olive oil thoroughly in a bowl.
2. Lay carrots in a single layer on a sheet tray.
3. Roast in a 365°F convection oven until carrots are slightly caramelized and fork tender.

Chef's tip

Other vegetables you can use: parsnips, turnips, sweet potatoes, or virtually any variety of squash.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	29.8
Energy (Kj)	126.2
Protein (g)	0.5
Carbohydrate, total (g)	5.9
Fats, total (g)	0.7
Sugars, total (g)	2.8
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.6
Sodium (mg)	60.8
Calcium (mg)	19.3
Cholesterol (mg)	0
Iron (mg)	0.2
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	482.7
Vitamin C (mg)	3.4

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

Roasted Garlic Croutons


Celebrate the senses with the mouth-watering aroma of roasted garlic when you toss in a handful of crispy croutons on a hearty Caesar salad, or your favorite mixed greens.

Yield	2 qts
Serves	64
Preparation time	10 minutes
Cooking time	45 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	fl oz		1/2 cup	Olive oil	
2	tsp			Minor's Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
1	lb		1 each	Baguette	diced

Preparation Steps

1. Thoroughly whisk together olive oil and Roasted Garlic Flavor Concentrate.
2. Toss diced baguette with garlic oil until all pieces of bread are covered in oil.
3. Bake in a 225°F convection oven for 45 minutes, or until the croutons are crunchy all the way through.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	35.3
Energy (KJ)	147.9
Protein (g)	0.6
Carbohydrate, total (g)	3.7
Fats, total (g)	2
Sugars, total (g)	0.2
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.2
Sodium (mg)	48.5
Calcium (mg)	5.4
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	0.2
Vitamin C (mg)	0

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

Roasted Sweet Potatoes

Sweet, creamy and packed with depth of flavor thanks to a rub in Minor's vegetable mirepoix base.

Yield	2 cups
Serves	8
Preparation time	2 minutes
Cooking time	25 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	lb		1 qt	Sweet potatoes	peeled, sliced
1/2	oz		1 tbsp	<u>Minor's Roasted Mirepoix Flavored Concentrate Gluten Free 6x1 lb.</u>	
1	tsp			Olive oil	

Preparation Steps

1. Mix sweet potatoes, Roasted Mirepoix Flavor Concentrate and olive oil thoroughly in a bowl.
2. Lay sweet potatoes in a single layer on a sheet tray.
3. Roast in a 365°F convection oven until potatoes are lightly caramelized and fork tender.

Chef's tip

The same ratio of ingredients works well with almost any vegetable. Using the Roasted Mirepoix Flavor Concentrate not only adds the necessary sodium, but it also adds a great well rounded flavor to roasted vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	55.4
Energy (KJ)	231.7
Protein (g)	0.9
Carbohydrate, total (g)	11.9
Fats, total (g)	0.6
Sugars, total (g)	2.6
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.7
Sodium (mg)	52.8
Calcium (mg)	17.6
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	407.9
Vitamin C (mg)	1.5

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

Roasted Winter Squash


Delightfully chewy and caramelized on the outside- with a burst of warm, creamy sweetness on the inside.

Yield	2 cups
Serves	8
Preparation time	2 minutes
Cooking time	25 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	lb	1	qt	Butternut squash	diced
1	oz	1	tbsp	Minor's Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
1	tsp			Olive oil	

Preparation Steps

1. Thoroughly toss the squash, Vegetable Base and oil in a bowl.
2. Lay squash in a single layer on a sheet tray. Roast in a 365°F convection oven until squash is lightly caramelized and is fork tender.

Chef's tip

The same ratio of ingredients works well with almost any vegetable. Using the Minor's Vegetable Base not only adds the necessary sodium, but it also adds a great well rounded flavor to roasted vegetables.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	34.4
Energy (KJ)	145
Protein (g)	0.6
Carbohydrate, total (g)	7.4
Fats, total (g)	0.7
Sugars, total (g)	1.5
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1.2
Sodium (mg)	262.2
Calcium (mg)	28.1
Cholesterol (mg)	0
Iron (mg)	0.4
Fats, monounsaturated (g)	0.4
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	304.9
Vitamin C (mg)	12.1
Vitamin D (µg)	0

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

Sun Dried Tomato Vinaigrette Marinated Green Beans


Vibrant green beans are served tender crisp, flavored with splashes of savory vinaigrette featuring Minor's Sun Dried Tomato Pesto, red wine vinegar, sautéed onions and Minor's Vegetable Mirepoix.

Yield 1 qt

Serves 32

Preparation time 5 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12	oz		1 qt	Green beans	cut, blanched
2	fl oz		1/4 cup	Sun Dried Tomato Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Toss green beans with Sun Dried Tomato Vinaigrette.
2. Allow beans to marinate for at least 4 hours.

Chef's tip

Tomato and green beans are a relatively common pairing in Italy. A generous shower of herbed pita chips adds more texture, turning it into a new twist on panzanella.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	12.9
Energy (KJ)	53.3
Protein (g)	0.3
Carbohydrate, total (g)	0.4
Fats, total (g)	1.2
Sugars, total (g)	0.3
Fats, saturated (g)	0.2
Fiber, total dietary (g)	0.2
Sodium (mg)	3.7
Calcium (mg)	4
Cholesterol (mg)	0.1
Iron (mg)	0.1
Vitamin A (µg_RAE)	6.3
Vitamin C (mg)	1.3

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

Sun Dried Tomato Vinaigrette Marinated White Beans


A sharp and piquant mix of cannellini beans, bright parsley, red wine vinegar, and Minor's Vegetable Mirepoix. The addition of Minor's Sun Dried Tomato Pesto elevates this humble bean into a palate-awaking topping packed with compact tomato flavor and a slightly meaty edge.

Yield 2 qts

Serves 64

Preparation time 5 minutes

Marination time 4 hours

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
42	oz		2 qts	White beans, canned	
10	fl oz		1-1/4 cups	Sun Dried Tomato Vinaigrette - prepared	(see separate recipe)
1/2	oz		1/4 cup	Parsley, fresh	chopped

Preparation Steps

1. Fold the beans, Sun Dried Tomato Vinaigrette and parsley together.
2. Marinate for at least 4 hours.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	47
Energy (Kj)	195.2
Protein (g)	1.4
Carbohydrate, total (g)	3.9
Fats, total (g)	2.9
Sugars, total (g)	0.1
Fats, saturated (g)	0.4
Fiber, total dietary (g)	1
Sodium (mg)	92.6
Calcium (mg)	9.5
Cholesterol (mg)	0.2
Iron (mg)	0.4
Vitamin A (µg_RAE)	2.1
Vitamin C (mg)	0.4

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

Teriyaki Grilled Portobello Mushrooms


Create a filling protein replacement and vegetarian option with plump, grilled portobello mushrooms sautéed with Minor's Teriyaki Sauce.

Yield 10 each

Serves 10

Preparation time 2 minutes

Cooking time 8 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
13	oz	10	each	Portobello mushrooms	
1.5	oz	3	tbsp	<u>MINOR'S® Teriyaki Sauce RTU 4x0.5 gal.</u>	

Preparation Steps

1. Grill, sauté, or roast Portobello mushrooms until tender.
2. Toss the cooked mushrooms in Teriyaki Sauce and reserve until needed.

Chef's tip

Various main ingredient vegetables and RTU Sauces may be mixed and matched using this same procedure. See Signature Sauce Matrix.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	15.5
Energy (KJ)	66.6
Protein (g)	1
Carbohydrate, total (g)	3.1
Fats, total (g)	0.2
Sugars, total (g)	1.6
Fats, saturated (g)	0
Fiber, total dietary (g)	0.6
Sodium (mg)	42.9
Calcium (mg)	3.2
Cholesterol (mg)	0
Iron (mg)	0.2
Vitamin A (µg_RAE)	0
Vitamin C (mg)	0

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

Signature Dressings



CREATE SIGNATURE DRESSINGS WITH *MINOR'S* FLAVOR CONCENTRATES

	Ancho	Chipotle	Cilantro Lime	Fire Roasted Jalapeño	Fire Roasted Poblano	Herb de Provence	Red Chile Adobo	Roasted Garlic	Roasted Mirepoix	Sun Dried Tomato Pesto
Balsamic +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp
Basic Vinaigrette +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp
Blue Cheese +	1 Tbsp	1 Tbsp	1 Tbsp	3 Tbsp	3 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
Caesar +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	-	1 Tbsp	1 Tbsp	1 Tbsp
French +	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	3 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
Greek +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
Honey Mustard +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
Italian +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp
Ranch +	2 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
Slaw Dressing +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	-	1 Tbsp	1 Tbsp	2 Tbsp
Thousand Island +	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp

Signature Dressings



CREATE SIGNATURE DRESSINGS WITH MINOR'S® READY-TO-USE SAUCES

	Balsamic Vinegar	Basic Vinaigrette	Cider Vinegar	Lemon or Lime Juice	Red Wine Vinegar	Rice Wine Vinegar	White Vinegar
Bourbon Style +	2 Tbsp	4 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Caribbean +	2 Tbsp	5 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Chile Garlic +	2 Tbsp	5 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
General Tso's +	3 Tbsp	4 Tbsp	3 Tbsp	2 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp
Honey Citrus Pepper +	3 Tbsp	5 Tbsp	3 Tbsp	2 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp
Sesame +	2 Tbsp	4 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Stir Fry +	1 Tbsp	4 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
Sweet & Spicy Plum +	2 Tbsp	5 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Sweet Chili +	1 Tbsp	5 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
Szechuan +	1 Tbsp	4 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
Teriyaki +	2 Tbsp	5 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Zesty Orange +	3 Tbsp	5 Tbsp	3 Tbsp	2 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp

ANCIENT GRAINS

MENU CONCEPTS

mediterranean medley

a blend of bulgur, spelt and millet* topped with shredded kale, sautéed eggplant, crimini mushrooms, white beans, green beans, peppers, onions, olives, and raisins tossed with a warm mediterranean finishing broth* for an infusion of Roasted Garlic and tomato flavor and garnished with chopped mint, scallion and crumbled feta

neapolitan

a blend of farro, barley and couscous* topped with lemon herb marinated artichoke hearts^, grilled onions, grilled fennel, and broccoli rabe sautéed in mediterranean finishing broth* for added notes of Roasted Garlic and tomato, and finished with a chiffonade of spinach and capers with a garnish of fresh basil, oregano, rosemary and toasted pine nuts

moroccan kamut

a blend of kamut and basmati* topped with swiss chard, green beans, grilled onions, scallions, chopped figs, and raisins tossed in a warm moroccan finishing broth* using Roasted Garlic and lemon garnished with chopped parsley, toasted almonds and grilled lemon slices

phoenician kamut

kamut* topped with chopped tomatoes, scallions, olives, and garlic tossed in a fresh lemon juice and parsley dressing

quinoa & black beans

tri-colored quinoa* with cherry tomatoes, black beans, and diced scallion tossed in a latin-inspired Fire Roasted Poblano & Cilantro-Lime vinaigrette*

* see recipe under the Signature Dressings matrix

^ see recipe under the House-made Toppings tab

+ see recipe under the Ancient Grains tab

Featured Minor's Products: Cilantro Lime Flavor Concentrate Gluten Free 6x13.6oz US, Fire Roasted Poblano Flavor Concentrate Gluten Free 6x13.6oz US, Herb de Provence Flavor Concentrate Gluten Free 6x12.8oz US, Natural Gluten Free Chicken Base 6x1lb US, Roasted Garlic Flavor Concentrate Gluten Free 6x1Lb US, Roasted Mirepoix Flavor Concentrate Gluten Free 6x1Lb US, Sun Dried Tomato Pesto Flavor Concentrate Gluten Free 6x13.6oz US



ANCIENT GRAINS

ORDER GUIDE

Order Guide for 50 Servings

> Dry Goods

- Minor's® shelf-stable Ready-to-Use (RTU) sauces for crafting premium dressings (see House-made Dressings or Signature Dressing Matrix for recipes and ingredient lists)
- 1 lb dried fruit and/or nuts and seeds
- 1.5 lbs dry ancient grains (see ancient grains cooking table)*
- 1.5 lbs dry ancient grains (see ancient grains cooking table)*
- 1.5 lbs dry ancient grains (see ancient grains cooking table)*
- 1 qt Minor's House-made Toppings (see recipes for ingredient lists)

*Additional grain ideas: amaranth, barley, farro, kamut, millet, quinoa, rice, wheat berries, wild rice, and many other grain and/or noodle options may all be added to increase guest customization.

> Produce

Be sure to ask your distributor about local seasonal produce.

- 3 lbs local seasonal produce
- ½ lb fresh local seasonal herbs

> Protein

- 5-8 lbs protein[>]

[>] Additional protein ideas: bacon, beef, chicken, fish, ham, pork, sausage, shellfish, tempeh, and tofu marinated in Minor's Flavor Concentrates all work well on this station. For increased guest customization, use a combination of meats and let your guests decide which options they would like.

> Dairy

- 3 lbs cheese (optional)^{*}

^{*} Additional cheese ideas: blue cheeses, cheeses with inclusions like peppers or herbs, cojita, feta, fresh mozzarella, goat cheese, halloumi, paneer, parmesan, queso fresco, smoked cheeses, and many other options can all be added to increase guest customization.

> Refrigerated

- 1 tub Minor's Roasted Mirepoix Flavor Concentrate (Gluten Free) or Low Sodium Chicken Base (Gluten Free) for cooking grains
- Minor's Flavor Concentrates for dressings and cold grains (see House-made Dressings or Signature Dressing Matrix for premium recipes and ingredient lists) and/or finishing broths for warm grain salads
- 1 tub Minor's Culinary Cream (see Signature Dressing Matrix for recipes and ingredient lists)



ANCIENT GRAINS

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

- Cook 1.5 lbs of ancient grains (see ancient grains cooking table)
- Cook 1.5 lbs of ancient grains (see ancient grains cooking table)
- Cook 1.5 lbs of ancient grains (see ancient grains cooking table)
- Crumble/grate 3 lbs cheese
- Prepare 5-8 lbs Minor's® marinated proteins (and/or signature vegetable recipes)
- Prepare 2 gallons of finishing broth for hot ancient grains or prepare 3 Minor's premium dressing recipes for cold grain salad (using House-made Dressing recipes or Signature Dressing Matrix)
- Prepare 1 qt Minor's House-made topping(s)
- Secure and prepare 18 lbs local seasonal produce (3 lbs each of 6 varieties)
- Secure and prepare 1 lb dried fruit and/or nuts and seeds

> Day of Service

- Chop fresh herbs and/or highly perishable vegetables for station
- Heat (optional) and chop protein and/or signature vegetable

> Station Set Up

For **hot** ancient grains

- Portable burner
- Check the burner's function, power and/or fuel
- Appropriately sized non-stick sauté pans (3)
- Heated bain-marie for finishing broth
- 2 oz ladle for finishing broth

For **cold** ancient grains

- Ladles for dressings (3)
- Containers for holding dressings (3)
- Large bowls for tossing cold salads (3)
- Tongs for serving cold salads (3)

For **both** ancient grains

- Large serving spoon (1)
- Heat proof spatula (1)
- Containers for holding ingredients cold (13)
- Serving utensils for cold ingredients (13)
- Risers, point-of-sale materials, and station decorations
- Clean uniform
- Gloves
- Sanitation bucket with towel
- Additional towels (3)
- Refuse container

