

### Adobo Arepa Batter



Grilled cornbread infused with *Minor's*® Red Chile Adobo Flavor Concentrate delivers a hint of ancho, tomato and spices. The outer layer is crisp and buttery, with an inner fluffiness from the cornmeal. A delicious carrier whether fried, baked or grilled that's suitable for breakfast, lunch, snack-time or dinner.

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

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4.5	lb		1 tray	<u>STOUFFER'S® Corn Pudding 4x72 oz.</u>	thawed
1.5	oz		3 tbsp	<u>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
8	oz		2 cups	<u>MINOR'S® Dry Roux® (Sauce/Soup Thickener) 4x2.5 lb.</u>	

#### Preparation Steps

1. In a mixing bowl thoroughly combine the Corn Pudding with the Red Chile Adobo Flavor Concentrate.
2. Using a spatula, fold in the Dry Roux.
3. Ladle a 2 oz. portion onto a griddle or non-stick sauté pan heated to about 350°F. Flip the arepas when they begin to bubble and the bottom is golden brown.

#### Chef's tip

For higher volume operations, arepas may be cooked 24 hours in advance.

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	117.6
Energy (Kj)	522
Protein (g)	3.1
Carbohydrate, total (g)	16.6
Fats, total (g)	4.5
Sugars, total (g)	3.6
Fats, saturated (g)	1
Fiber, total dietary (g)	1
Sodium (mg)	287.5
Calcium (mg)	28
Cholesterol (mg)	33.9
Iron (mg)	1.1
Vitamin A (µg_RAE)	14.4
Vitamin C (mg)	0.5

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

### Jalapeno Arepa Batter



A succulent Colombian and Venezuelan grilled cornbread infused with Minor's® Fire Roasted Jalapeño Flavor Concentrate for a hint of smokiness and heat. Serve them fried, baked or grilled at breakfast, lunch or dinner day-parts.

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

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4.5	lb		1 tray	<u>STOUFFER'S® Corn Pudding 4x72 oz.</u>	thawed
1.5	oz		3 tbsp	<u>MINOR'S® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
8	oz		2 cups	<u>MINOR'S® Dry Roux® (Sauce/Soup Thickener) 4x2.5 lb.</u>	

#### Preparation Steps

1. In a mixing bowl thoroughly combine Corn Pudding with Fire Roasted Jalapeno Flavor Concentrate.
2. Using a spatula, fold in the Dry Roux.
3. Ladle a 2 oz. portion onto a griddle or non-stick sauté pan heated to about 350°F. Flip the arepas when they begin to bubble and the bottom is golden brown.

#### Chef's tip

For additional flavored batters, refer to the Signature Arepa Batter Matrix.

#### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	117.7
Energy (Kj)	522.5
Protein (g)	3.2
Carbohydrate, total (g)	16.6
Fats, total (g)	4.5
Sugars, total (g)	3.6
Fats, saturated (g)	1
Fiber, total dietary (g)	1
Sodium (mg)	299.7
Calcium (mg)	27.9
Cholesterol (mg)	33.9
Iron (mg)	1.1
Vitamin A (µg_RAE)	2.4
Vitamin C (mg)	2.4

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

## Braised Beef for De Pabellon Arepa Filling



Tender, juicy beef braised in a savory stock of *Minor's®* Gluten Free Beef Base, Vegetable Base and Ancho Flavor Concentrate for a complex layering of garlicky, smoky and roasted flavors.

Yield	3-1/2 lbs beef + 2 cups sauce
Serves	28
Preparation time	15 minutes
Cooking time	2-1/2 hours

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
6.5	lb			Beef chuck, pot roast	cleaned and trimmed
10	oz	2 cups		White onion	medium dice
64	oz	2 qts		Tomato	diced
16	fl oz	2 cups		Beef Stock - prepared with <b>MINOR'S® Natural Gluten Free Beef Base 6x1lb</b>	
8	fl oz	1 cup		Vegetable stock - prepared with <b>MINOR'S® Gluten Free Vegetable Base 6x1lb</b>	
1/2	oz	2 tsp		<b>MINOR'S® Ancho Flavor Concentrate 6x14.4 oz.</b>	

### Preparation Steps

1. In medium size braising pot, sear chuck roast on all sides. Remove roast and reserve.
2. In the same pot, sauté onions until lightly caramelized.
3. Add roast back to the pot along with the tomatoes and stocks. Stir in the Ancho Flavor Concentrate. The stock and vegetables should be enough to cover 2/3 to 3/4 of the chuck roast.
4. Cook covered in a convection oven for about 2-1/2 hours at 350°F or until fork tender.
5. Remove beef from braising liquid and shred, discarding any large pieces of fat or gristle.
6. Purée remaining vegetables and braising liquid into a sauce, and toss with pulled beef.

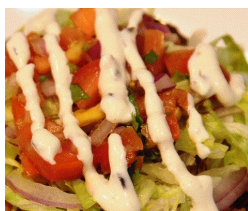
### Chef's tip

Hold beef hot in sauce for arepa station.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	276.6
Energy (Kj)	1159.4
Protein (g)	21.2
Carbohydrate, total (g)	3.8
Fats, total (g)	19.2
Sugars, total (g)	2.1
Fats, saturated (g)	7.7
Fiber, total dietary (g)	0.9
Sodium (mg)	123.3
Calcium (mg)	28.4
Cholesterol (mg)	95.8
Iron (mg)	2
Vitamin A (µg_RAE)	29.8
Vitamin C (mg)	9

## Green Chile Crema



A fresh and flavorful Latin crema enhanced with smoky Poblano, onions, garlic, cilantro and lime juice.

Yield	2-1/4 cups
Serves	108
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12.5	oz	1-1/2 cups		Sour Cream, reduced fat, cultured	or Fat free
4	oz	1/2 cup		Mayonnaise, fat free	
1	oz	2 tbsp		<u>MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1	fl oz	2 tbsp		Lime juice, fresh	

### Preparation Steps

1. Whisk together sour cream, mayonnaise, lime juice and Fire Roasted Poblano Flavor Concentrate.

### Chef's tip

For additional flavored crema concepts, refer to the Signature Sauce Matrix below.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	5.8
Energy (Kj)	25.6
Protein (g)	0.1
Carbohydrate, total (g)	0.4
Fats, total (g)	0.4
Sugars, total (g)	0.1
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0
Sodium (mg)	15.6
Cholesterol (mg)	1.4
Iron (mg)	0
Vitamin A (µg_RAE)	4.3
Vitamin D (µg)	0.3

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

## Honey Citrus Pepper Pineapple Salsa



Use this versatile, sweet and spicy salsa for topping or dipping with a number of applications.

Yield	1-1/2 qts
Serves	38
Preparation time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1.5	lb	1 qt		Pineapple	diced
4	oz	1 cup		Red bell pepper	diced
2	oz	1/2 cup		Red onion	diced
.3	oz	1/2 cup		Cilantro	chopped
.25	oz	1 tbsp		Sesame seed	
8	oz	1 cup		<u>MINOR'S® Honey Citrus Pepper RTU Sauce 4x0.5 gal.</u>	

### Preparation Steps

1. Combine the pineapple, peppers, onions, cilantro, sesame seeds and Honey Citrus Pepper Sauce. Marinate for at least 1 hour.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	22.8
Energy (Kj)	98.9
Protein (g)	0.2
Carbohydrate, total (g)	5.4
Fats, total (g)	0.2
Sugars, total (g)	4.2
Fats, saturated (g)	0
Fiber, total dietary (g)	0.4
Sodium (mg)	34.9
Calcium (mg)	5
Cholesterol (mg)	0
Iron (mg)	0.1
Vitamin A (µg_RAE)	10.5
Vitamin C (mg)	12.4

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## Jalapeno Guacamole



A colorful and zesty speed-scratch guacamole featuring hints of garlic, onion and heat from Fire Roasted Jalapeños.

Yield	6-1/4 lbs.
Serves	50
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	2 qts		Avocado	pulp
45	oz	2 qts		Jalapeno Pico De Gallo - prepared	(see recipe)

### Preparation Steps

1. Fold avocado pulp together with Minor's® flavored Jalapeno Pico de Gallo.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	64
Energy (KJ)	267.9
Protein (g)	1
Carbohydrate, total (g)	4.3
Fats, total (g)	5.4
Sugars, total (g)	1
Fats, saturated (g)	0.8
Fiber, total dietary (g)	2.7
Sodium (mg)	14.9
Calcium (mg)	7.7
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	0.7
Vitamin A (µg_RAE)	13.5
Vitamin C (mg)	7.6
Vitamin D (µg)	0

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

## Jalapeño Pico De Gallo



A spicy salsa fresca made from ripe tomatoes, sweet red onion, fresh cilantro with notes of onion, lime juice and smokiness from Minor's® Fire Roasted Jalapeño Flavor Concentrate.

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

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## Red Chile Adobo Crema



Cool cream balances the mild heat of dried Ancho peppers and is enhanced by layers of tomato, garlic and Latin spices from Minor's® Red Chile Adobo Flavor Concentrate.

Yield	2-1/4 cups
Serves	108
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
12.5	oz		1-1/2 cups	Sour cream, fat-free	
4	oz		1/2 cup	Mayonnaise, fat-free	
1	fl oz		2 tbsp	Lime juice, fresh	
1/2	oz		1 tbsp	<b>MINOR'S® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</b>	

### Preparation Steps

- Whisk together sour cream, mayonnaise, lime juice and Red Chile Adobo Flavor Concentrate.

### Chef's tip

For additional flavored crema concepts, refer to the Signature Sauce Matrix.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	3.6
Energy (Kj)	15.2
Protein (g)	0.1
Carbohydrate, total (g)	0.7
Fats, total (g)	0
Sugars, total (g)	0.1
Fats, saturated (g)	0
Fiber, total dietary (g)	0
Sodium (mg)	13.9
Cholesterol (mg)	0.4
Iron (mg)	0
Vitamin A (µg_RAE)	3.6

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## Reina Pepiada Arepa Filling



This "curvy queen" is complex and velvety. Moist shredded chicken, fresh parsley and diced bell pepper are gently folded into a course mash of tender avocado and mayonnaise. Scrumptious, rich and satisfying the filling gets a flavor boost of roasted chiles, garlic, cilantro and lime juice from *Minor's®* Fire Roasted Poblano Flavor Concentrate.

Yield	1-1/2 qts.
Serves	24
Preparation time	10 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
10	oz	2 each		Avocado	diced or Avocado pulp
4	oz	1/2 cup		Mayonnaise	
1	fl oz	2 tbsp		Vinegar	white
4	tbsp			Cilantro	chopped
4	tbsp			Parsley, fresh	chopped
1	tsp			<u>MINOR'S® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)</u>	
1.1	oz	1-1/3 tbsp		<u>MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1.5	oz	1/4 cup		Red onion	small dice
1.5	oz	1/4 cup		Red bell pepper	small dice
1	oz	1/4 cup		Scallion	sliced
24	oz			Chicken breast fillet	cooked, diced

### Preparation Steps

1. In a large mixing bowl, add avocado, mayonnaise and vinegar. Coarsely mash avocado and mayonnaise together until mayonnaise has a green tint to it and only a few pieces of avocado remain.
2. Add cilantro, parsley, Chicken Base, Fire Roasted Poblano Flavor Concentrate, onions, peppers, scallion, and chicken. Thoroughly fold all ingredients together and refrigerate.

### Chef's tip

The chicken salad is best if made 24 hours in advance. Avocado pulp may be used in place of diced avocado.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	72.9
Energy (Kj)	305.9
Protein (g)	6.9
Carbohydrate, total (g)	2.7
Fats, total (g)	3.9
Sugars, total (g)	0.7
Fats, saturated (g)	0.6
Fiber, total dietary (g)	0.9
Sodium (mg)	102.1
Calcium (mg)	7.3
Cholesterol (mg)	17.8
Iron (mg)	0.3
Fats, monounsaturated (g)	1.7
Fats, polyunsaturated (g)	1.2

Vitamin A (µg_RAE)	24.5
Vitamin C (mg)	7.3
Vitamin D (µg)	0.1

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

## Signature Sauces & Condiments



1 Cup

Arepa Batter

+

### CREATE SIGNATURE BATTERS BY ADDING *MINOR'S*® FLAVOR CONCENTRATES

Ancho	Chipotle	Cilantro Lime	Fire Roasted Jalapeño	Fire Roasted Poblano	Red Chile Adobo	Roasted Garlic	Roasted Mirepoix	Sun Dried Tomato Pesto
3 Tbsp	2 Tbsp	1 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp	3 Tbsp



1 Cup

Cheese Sauce

+

### CREATE SIGNATURE CONDIMENTS WITH *MINOR'S* FLAVOR CONCENTRATES

Ancho	Chipotle	Cilantro Lime	Fire Roasted Jalapeño	Fire Roasted Poblano	Red Chile Adobo	Roasted Garlic	Roasted Mirepoix	Sun Dried Tomato Pesto
1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	-	1 Tbsp	1 Tbsp	2 Tbsp
1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp

Crema

+

Guacamole

+

Salsa

+

# AREPAS STATION

## MENU CONCEPTS

### *arepa puerca*

chorizo, beans, grilled chicken, chicharron  
and melted White Queso Sauce on a  
Red Chile Adobo arepa<sup>+</sup>

### *arepa burger*

grilled angus burger with lettuce, tomato and  
cheddar cheese on a Roasted Garlic arepa<sup>+</sup>

### *arepa paisa*

chorizo, chicharron, beans, fried egg  
and melted White Queso Sauce on a  
Fire Roasted Jalapeño arepa<sup>+</sup>

### *arepa mexicana*

chorizo, frijoles, grilled onions, jalapenos,  
guacamole and jack cheese on a  
Chipotle arepa<sup>+</sup>

### *montañera*

grilled Fire Roasted Poblano arepa<sup>+</sup> topped  
with carne, melted mozzarella and a fried egg

### *perico puerca*

scrambled eggs with chorizo, grilled onions,  
green peppers and habanero cheese on an  
Ancho arepa<sup>+</sup>

### *ropa vieja arepa*

braised beef cooked in a sweet tomato & red  
pepper sauce, topped with black beans,  
melted mozzarella and cojita cheeses on a  
Sun Dried Tomato Pesto arepa<sup>+</sup>

<sup>+</sup> see the Signature Arepas Batter matrix under the  
Arepas tab

Featured **Chef-mate®** Sauces: ¡Que Bueno!® White Queso Sauce 6x106 oz US

Featured **Minor's Products**: Ancho Flavor Concentrate Gluten Free 6x14.4oz US, Chipotle Flavor Concentrate Gluten Free 6x14.4oz US, Fire Roasted Jalapeño Flavor Concentrate Gluten Free 6x13.6oz US, Fire Roasted Poblano Flavor Concentrate Gluten Free 6x13.6oz US, Red Chile Adobo Flavor Concentrate Gluten Free 6x13.6oz US, Roasted Garlic Flavor Concentrate Gluten Free 6x1Lb US, , Sun Dried Tomato Pesto Flavor Concentrate Gluten Free 6x13.6oz US



# AREPAS STATION

## ORDER GUIDE

## Order Guide for 50 Servings

### > Dry Goods

- ☐ 1 tub Minor's® Dry Roux, 2.5lb size
- ☐ 1 jug Minor's Honey Citrus Pepper Ready-to-Use (RTU) Sauce
- ☐ 64 oz canned diced tomatoes in juice
- ☐ 1 oz black or white sesame seed
- ☐ 8 oz mayonnaise
- ☐ 1 oz white vinegar
- ☐ 1 oz rice vinegar
- ☐ 50 oz canned black beans

### > Produce

*Be sure to ask your distributor about local seasonal produce.*

- |   |  |
|---|--|
| <input type="checkbox"/> 6 lbs tomatoes       | <input type="checkbox"/> 1 lb white onions                   |
| <input type="checkbox"/> 1 lb onion           | <input type="checkbox"/> 1 red onion                         |
| <input type="checkbox"/> 2 green bell peppers | <input type="checkbox"/> 2 red bell peppers                  |
| <input type="checkbox"/> 2 oz scallions       | <input type="checkbox"/> 1 oz parsley                        |
| <input type="checkbox"/> 12 oz cilantro       | <input type="checkbox"/> 4 lbs avocado pulp (or 16 avocados) |
| <input type="checkbox"/> 2 pineapples         | <input type="checkbox"/> 12 limes                            |

### > Protein

- ☐ 7 lbs beef chuck roast
- ☐ 2 lbs boneless skinless chicken breast

### > Frozen

- ☐ 2- 72oz trays Stouffer's® Corn Pudding

### > Refrigerated

- ☐ 1 tub Minor's Ancho Flavor Concentrate
- ☐ 1 tub Minor's Fire Roasted Jalapeño Flavor Concentrate
- ☐ 1 tub Minor's Fire Roasted Poblano Flavor Concentrate
- ☐ 1 tub Minor's Natural Gluten Free Beef Base
- ☐ 1 tub Minor's Natural Gluten Free Chicken Base
- ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- ☐ 1 tub Minor's Red Chile Adobo Flavor Concentrate
- ☐ 16 oz sour cream
- ☐ 3 lbs cojita cheese or another mild white cheese

# AREPAS STATION

## 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

- ☐ Fill two (2) squirt bottles with vegetable/canola oil
- ☐ Open, drain, and rinse black beans
- ☐ Prepare two (2) Signature Arepa Batter recipes\* (see Signature Arepa Batter matrix)
- ☐ Prepare braised beef for de pabellon arepa recipe
- ☐ Prepare reina pepiada arepa filling recipe
- ☐ Prepare Fire Roasted Jalapeño pico de gallo recipe (complete salsa recipe prior to starting guacamole recipe)
- ☐ Prepare Fire Roasted Jalapeño guacamole recipe
- ☐ Prepare green chile crema recipe
- ☐ Prepare Honey Citrus Pepper pineapple salsa recipe
- ☐ Prepare Red Chile Adobo crema recipe

\* Arepas may be cooked to order or in advance depending on style and volume of service

### > Day of Service

- ☐ Heat braised beef for de pabellon arepa filling
- ☐ Chop remaining cilantro for station (approximately 8 oz)
- ☐ Cut limes into 1/8's for station
- ☐ Crumble or shred cheese if necessary

### > Station Set Up

- ☐ Portable burners (1-2)
- ☐ Check the burner's function, power and/or fuel
- ☐ Appropriately sized non-stick sauté pans (2)
- ☐ Heat-proof spatula (2)
- ☐ Containers for holding batters cold (2)
- ☐ 2 oz ladles for batters (2)
- ☐ Chaffer for holding beef for de pabellon arepa filling hot
- ☐ Tongs for beef for de pabellon arepa filling
- ☐ Containers for holding items cold (9)
- ☐ Serving utensils for cold items (9)
- ☐ Risers, point-of-sale materials, and station decorations
- ☐ Clean uniform
- ☐ Gloves
- ☐ Sanitation bucket with towel
- ☐ Additional towels (3)
- ☐ Refuse container