

Teriyaki Stir Fry Bowl



Delectable mouthfuls of chicken, bok choy, carrot and peas are stir fried in Minor's ready-to-use (RTU) Teriyaki Sauce for an infusion of toasted sesame, soy and brown sugar served sizzling hot over a bed of barley.

Yield	10-1/2 oz
Serves	1
Preparation time	2 minutes
Cooking time	3 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3	oz	1/2 cup		Cooked chicken, meat only	chopped
.75	oz	1/2 cup		Bok choy	sliced
1	oz	1/2 cup		Carrot	julienne
2.5	oz	1/2 cup		Peas, green, fresh	
1	oz	2 tbsp		MINOR'S® Teriyaki Sauce RTU 4x0.5 gal.	
2.25	oz	1/2 cup		Barley prepared with Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	

Preparation Steps

1. Sauté chicken and/or larger vegetables for 1-2 minutes.
2. Add additional chosen garnishes and cook until vegetables are hot but still crispy.
3. Remove from heat, and toss with chosen Minor's Teriyaki RTU Sauce.
4. Create a bed of barley and top with chicken, vegetables and sauce.

Chef's tip

For a next-level flavor build, use a marinated protein and main vegetable ingredient, in addition to your Signature Sauce.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	306.6
Energy (KJ)	1294.5
Protein (g)	28
Carbohydrate, total (g)	32.2
Fats, total (g)	7.1
Sugars, total (g)	11.7
Fats, saturated (g)	1.8
Fiber, total dietary (g)	7.1
Sodium (mg)	400.8
Calcium (mg)	67.3
Cholesterol (mg)	63.8
Iron (mg)	2.8
Vitamin A (µg_RAE)	326.6
Vitamin C (mg)	39.8

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

Chipotle Marinated Pork Loin



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

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

Recipe details

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

Preparation Steps

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

Chef's tip

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

Nutrition

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

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

Grilled Marinated Zucchini



Tender zucchini slices marinated in a blend of Minor's Roasted Garlic and Chipotle Flavor Concentrates offer a filling vegetarian, gluten-free option packed with bold flavor.

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	MINOR'S® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.	
1	tsp			MINOR'S® Chipotle Flavor Concentrate 6x14.4 oz.	
8	oz	8	each	Zucchini	sliced into 1" rounds

Preparation Steps

- Whisk together the olive oil, Roasted Garlic and Chipotle Flavor Concentrates.
- Toss zucchini rounds with marinade. Marinate for at least 4 hours.
- 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.

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		<u>MINOR'S® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
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.

Signature Sauces & Condiments for Noodle Bowl Station



1 Cup of
RTU Sauce Below

CREATE SIGNATURE SAUCES BY COMBINING *MINOR'S*® READY-TO-USE (RTU) SAUCES

		Bourbon Style	Caribbean	Chile Garlic	General Tso's	Honey Citrus Pepper	Sesame	Stir Fry	Sweet & Spicy Plum	Sweet Chili	Szechuan	Teriyaki	Zesty Orange
Bourbon Style	+	-	1/4 cup	-	1/4 cup	1/4 cup	1/4 cup	-	1/4 cup	-	-	-	-
Caribbean	+	1/4 cup	-	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Chili Garlic	+	-	1/4 cup	-	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
General Tso's	+	1/4 cup	1/4 cup	1/4 cup	-	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Honey Citrus Pepper	+	1/3 cup	1/3 cup	1/4 cup	1/3 cup	-	1/4 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup
Sesame	+	1/4 cup	1/3 cup	1/4 cup	1/3 cup	1/3 cup	-	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup	1/3 cup
Stir Fry	+	-	1/3 cup	1/4 cup	1/4 cup	1/3 cup	1/4 cup	-	1/3 cup	1/3 cup	1/3 cup	1/4 cup	1/3 cup
Sweet & Spicy Plum	+	1/4 cup	-	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	-	1/4 cup	1/4 cup	1/4 cup	1/4 cup
Sweet Chili	+	1/4 cup	-	1/4 cup	1/3 cup	1/4 cup	1/4 cup	1/4 cup	-	-	1/4 cup	1/3 cup	1/3 cup
Szechuan	+	-	1/3 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	1/4 cup	-	1/4 cup	-	-	1/3 cup
Teriyaki	+	-	1/3 cup	1/4 cup	1/4 cup	1/3 cup	1/4 cup	1/4 cup	1/3 cup	1/3 cup	1/3 cup	-	1/3 cup
Zesty Orange	+	1/4 cup	1/4 cup	1/3 cup	1/4 cup	1/4 cup	1/4 cup	1/3 cup	1/4 cup	1/4 cup	1/4 cup	1/3 cup	-



1 Cup of

CREATE SIGNATURE CONDIMENTS USING *MINOR'S* READY-TO-USE (RTU) SAUCES

		Bourbon Style	Caribbean	Chile Garlic	General Tso's	Honey Citrus Pepper	Sesame	Stir Fry	Sweet & Spicy Plum	Sweet Chili	Szechuan	Teriyaki	Zesty Orange
Barbeque Sauce	+	6 cup	3 cup	-	2 cup	2 cup	2 cup	4 cup	3 cup	4 cup	4 cup	4 cup	4 cup
Coconut Milk	+	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
Peanut Butter	+	2 cup	2 cup	-	4 cup	2 cup	2 cup	2 cup	4 cup	4 cup	2 cup	4 cup	2 cup
Wasabi	+	1/2 tsp	-	-	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp	1/2 tsp

STIR FRY STATION

MENU CONCEPTS

beef stir fry with orange sauce

strips of Fire Roasted Jalapeño marinated beef,
shiitake mushrooms, onions, bell peppers,
ginger, and swiss chard stir-fried with
Zesty Orange-Szechuan Sauce* served over a
3-grain blend

chicken stir fry with sweet chili sauce

crispy chicken, scallion, jalapeño, mango,
and shredded purple cabbage stir-fried with
Sweet Chili Sauce served over faro

coconut-citrus pepper shrimp stir fry

baby shrimp, shredded broccoli, kale & carrots,
snap peas, and coconut-Honey Citrus
Pepper Sauce* served over Cilantro Lime rice

turkey stir fry

ground turkey, baby corn, water chestnuts,
chopped cashews, and bean sprouts
stir-fried with Stir Fry Sauce served over
brown rice

zesty orange vegetable stir fry

bok choy, yellow squash, shredded carrots,
and water chestnuts stir-fried with
Zesty Orange Sauce served over a blend of
quinoa and wild rice topped with fresh mint,
cilantro, and sesame seeds

zucchini & vegetable stir fry

broccoli, carrots, bell peppers, edamame,
mushrooms, stir-fried with a
wasabi-Teriyaki Sauce* served over barley

* see recipe under the Stir Fry tab

* see the Signature Flavor matrix under the Stir Fry tab

Featured Minor's® Products: Cilantro Lime Flavor Concentrate Gluten Free 6x13.6ozUS, Fire Roasted Jalapeño Flavor Concentrate Gluten Free 6x13.6ozUS

Featured Minor's RTU's: Honey Citrus Pepper RTU Sauce 4x0.5Gal US, Stir Fry RTU Sauce 4x0.5Gal US, Sweet Chili RTU Sauce 4x0.5Gal US, Szechuan RTU Sauce 4x0.5Gal US, Teriyaki RTU Sauce 4x0.5Gal US, Zesty Orange RTU Sauce 4x0.5Gal US



STIR FRY STATION

ORDER GUIDE

Order Guide for 50 Servings

> Dry Goods

- ☐ 4 lbs grains*
- ☐ 4 Minor's® Ready-to-Use (RTU) Sauces for creating Signature Sauces
(see Signature Sauces matrix for ideas)
- ☐ 1 bottle of Maggi® Liquid Seasoning for authentic umami boost (optional)

* Additional grain ideas: amaranth, barley, farro, kumat, millet, quinoa, rice, wild rice, wheat berries, and many other grain options can all be added to increase guest customization.

> Produce

Be sure to ask your distributor about local seasonal produce.

- ☐ 1 lb scallions
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^
- ☐ 3 lbs local seasonal produce^

^ Additional produce ideas: baby corn, bamboo shoots, bean sprouts, bok choy, carrots, edamame, eggplant, fresh herbs, garlic, ginger, mushrooms, onions, peas, scallions, sesame seeds, squash, water chestnuts, zucchini, and many other options can all be added to increase guest customization.

> Protein

- ☐ 10 lbs protein^

> Beef, chicken thighs or breasts, fish, pork loin, shellfish, steak or turkey marinated in Minor's Flavor Concentrates or Ready-to-Use Sauces all work well on this station. For increased guest customization, use a combination of meats and let your guests decide which option they would like.

> Refrigerated

- ☐ 1 tub Minor's Natural Gluten Free Chicken or Vegetable Base for cooking grains
- ☐ 2-3 tubs Minor's Bases or Flavor Concentrates for marinating proteins

STIR FRY 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

- ☐ Cook 4 lbs grains in Minor's® Natural Gluten Free Chicken or Vegetable stock
- ☐ Secure 4 Minor's Ready-to-Use (RTU) Sauces with pumps
- ☐ Secure 1 lbs scallions
- ☐ Secure and marinate 10 lbs protein
- ☐ Secure and prepare 3 lbs local seasonal produce
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> Day of Service

- ☐ Cook and slice Minor's marinated protein
- ☐ Heat grains
- ☐ Prepare 2 Signature Sauce options (see Minor's Signature Sauce matrix)
- ☐ Wash and slice scallions

> 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 spatulas (2)
- ☐ Chaffer for holding grains hot
- ☐ Chaffer for holding protein(s) hot
- ☐ Tongs for proteins
- ☐ Serving spoon for grains
- ☐ Containers for holding ingredients cold (7)
- ☐ Serving utensils for cold ingredients (7)
- ☐ Risers, point-of-sale materials, and station decorations
- ☐ Clean uniform
- ☐ Gloves
- ☐ Sanitation bucket with towel
- ☐ Additional towels (3)
- ☐ Refuse container