

# Seafood Night

## Heavenly Halibut



Serves 4

### Ingredients

4 – 4oz. Pacific Seafood Premium Halibut #8028

¼ cup shredded Parmesan Cheese #1683

1.5 tbsp mayonnaise

2 tbsp butter

1 tbsp lemon juice

1.5 tbsp green onion, chopped

1/8 tsp salt  
1 dash hot pepper sauce

### Directions

1. Preheat the oven broiler. Grease a baking dish.
2. In a bowl, mix the Parmesan cheese, butter, mayonnaise, lemon juice, green onions, salt, and hot pepper sauce.
3. Arrange the halibut fillets in the prepared baking dish.
4. Broil halibut fillets 8 minutes in the prepared oven, or until easily flaked with a fork. Spread with the Parmesan cheese mixture, and continue broiling 2 minutes, or until topping is bubbly and lightly browned.

<http://www.kitchme.com/recipes/heavenly-halibut>

## Cranberry Pecan Crusted Salmon



Yield 2 servings

### Ingredients

- 1/4 cup finely chopped pecans #1292
- 1/4 cup panko breadcrumbs
- 1/8 tsp salt
- 1/4 tsp parsley #1426
- 2 TBSP unsalted butter
- 2 salmon patties #2808
- 1/4 cup cranberry sauce
- *serve atop 2-4 cups fresh baby spinach or with your favorite veggie side!*



## Instructions

1. Preheat oven to 400 degrees F.
2. Combine pecans, panko, salt, and parsley in a small bowl.
3. Melt butter and pour over pecan mixture, tossing to coat.
4. Pat salmon dry and spread with cranberry sauce, about 2 TBSP per filet, then top with pecan topping.
5. Bake 10-15 minutes, until salmon is tender and flakes easily with a fork. The general rule of thumb is 10 minutes of cook time per inch of thickness, which should help you adjust times based on the cut used.
6. After removing the skin, plate the steamy salmon atop the fresh baby spinach as a salad, or gently wilt spinach in a skillet with a little butter and a pinch of salt. I typically go the salad route for salmon lunches and the wilted, cooked route with the spinach when serving salmon up for dinner. Choose your favorite method!
7. Enjoy!

From <<https://peasandcrayons.com/2014/12/cranberry-pecan-crust-ed-salmon.html>>

## Lemon Dill Sauce



- 1/4 cup mayonnaise
- 2 tablespoons mustard
- 1 teaspoon lemon juice
- 1 teaspoon lemon peel, grated
- 1/4 teaspoon cayenne pepper #1418
- 2 teaspoons shallots, minced
- 2 teaspoons dill, chopped
- 2 teaspoons basil, #1443

### Lemon Dill Sauce-

1. Combine all lemon dill sauce ingredients together in a small bowl.

**To serve-**

1. Add about 1 tablespoon of lemon dill sauce to each bottom bun, top with a salmon patty, avocado, tomato, onion, and lettuce.

**Recipe Notes****How to cook salmon burgers on the stove top:**

1. Heat a large skillet over medium-high heat. Add 1 tablespoon olive oil and heat until very hot.
2. Add patties, working in batches if needed.
3. Cook until golden brown, 4 minutes, flip. Cook until the internal temperature reaches 130°F, 3 to 4 minutes, do not overcook! From <<https://www.jessicagavin.com/salmon-burgers-lemon-dill-sauce/>>

## Zesty Fish Stick Tacos



Servings 6

You don't need to go to Mexico to enjoy fish tacos. Try our version for a delicious meal that's quicker than fast food.

Savings on 2 ingredient(s)

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**Ingredients**

24 frozen fish sticks #2809

1 Flour Tortillas #4970

3/4 cup mayonnaise

2 tablespoons chopped fresh cilantro

2 tablespoons Taco Seasoning Mix #1037

1 1/2 cups shredded lettuce

1 medium tomato, chopped

Taco sauce, if desired

## Steps

- Cook fish sticks as directed on package. Heat tortillas as directed on package.
- In medium bowl, combine mayonnaise, cilantro and taco seasoning mix; mix well.
- Carefully cut each warm fish stick into 3 or 4 pieces. Spread one side of each tortilla with mayonnaise mixture. Top half of each with warm fish sticks, lettuce and tomato. Fold untopped side over filling. Serve with taco sauce. From <<https://www.tablespoon.com/recipes/zesty-fish-stick-tacos/bed7fb52-c621-497c-8901-31e2a58adfe2>>

## Tips for Cooking Fish

Brush fillets in a tablespoon of melted butter and sprinkle with herbs of your choice, then cook for 40 to 50 minutes at 250°F. This low-and-slow method will give you tender, moist fillets.

From <<https://www.thrillist.com/recipe/nation/fish-basics-the-beginner-s-guide-to-cooking-fish/>>

When frying a fillet of fish always be sure to preheat the pan as it prevents the fish from sticking to the pan. It's best to use a combination of oil and butter (butter for flavour and oil to prevent the butter from burning). Dust the fish with seasoned flour (literally flour with some salt, pepper and spices) and you're ready to fry.

From <<https://www.yuppiechef.com/spatula/ten-tips-for-cooking-fresh-fish/>>

When baking fish be sure to baste with butter and lemon juice – to prevent drying out. Whole fish is delicious baked in the oven but can be tricky to remove so place a few layers of foil under the fish for lifting. To test whole fish pierce with a thin knife into the thickest part of the fish. The flesh should be opaque and flaky. Foil parcels are also super: 8-10 minutes for thin fillets (Angel fish, Gurnard) and 12 – 15 minutes for thick fillets (Kingklip, Cape Salmon) at 180C. Here's a tasty [herby fish rub](#) to try.

From <<https://www.yuppiechef.com/spatula/ten-tips-for-cooking-fresh-fish/>>

Fish should be cooked to an internal temperature of 145 F. But if you don't have a food thermometer, you can determine whether fish is properly cooked by slipping the point of a sharp knife into the flesh and pulling it aside. The flesh should be opaque and separate easily.

From <<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/cooking-fish/sls-20077118?s=3>>

It's easy and delicious to cook fish fillets in packets of parchment paper, a technique called en papillote. The fish is cooked by the trapped steam. If you don't have parchment paper, use aluminum foil to make the packets. Bake for 10 to 15 minutes at 400 F.

From <<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/multimedia/cooking-fish/sls-20077118?s=4>>

**What is the most common mistake for home chefs unfamiliar with cooking seafood?** Have you ever wondered why your house sometimes smells so strongly of fish when you cook it? Odds are you probably overcooked it.

But you're not alone.

Chef Nischan believes that overcooking fish is the most common mistake for home chefs. Avoid having your meal go belly up by cooking the fish for a couple minutes less than your estimated time, then check for doneness. You can always put it back in the oven, but you can't fix it once it's overcooked. Check the fish for doneness by separating its flesh in the thickest part of the fish with a fork; it should flake easily. Remember that the fish will continue to cook for another few minutes once it's off the heat.

From <<http://www.wholefoodsmarket.com/blog/whole-story/cooking-fish-without-fear-tips-chef-michel-nischan>>

It takes just 3 to 4 minutes to sauté thin fillets in a hot skillet. (A general rule is to cook fish about 7 to 10 minutes per inch of thickness.) Use a well-seasoned cast-iron or nonstick skillet, and turn the pieces only once—the first side down gets the crispest. Baked or broiled fillets don't need to be turned at all. To check for doneness, slip a small knife under the fish and gently lift. When fully cooked, the fillet will begin to flake and break open, changing in color from translucent to opaque.

From <<https://www.southernliving.com/food/how-to/tips-how-to-cook-fish>>

A hot pan and a thoroughly dried fillet are essential if you want a crispy-skinned fried fish. Use a non-stick pan to prevent the fish from sticking, or a cast-iron pan with extra oil for ultra crisp. Add a neutral oil like grapeseed or canola to the pre-heated pan, place your fish skin side down and press it to ensure the entire surface touches the pan (this will prevent curling). Flip it once — and only once — about halfway through cooking.

From <<http://www.theloop.ca/8-tips-to-cook-fish-perfectly-every-time/>>

You went a bit overboard with the blackened catfish, and now it's a little *too* black. Freshen up burnt fish with some chopped parsley. It will help neutralize the burnt flavor and may just save dinner!

If you're cooking fish and it comes out too dry, brush it with a mixture of equal parts melted butter and lemon juice and some dried or fresh herbs. The butter will help make it moister, while the lemon juice will help it hold together and cause your diners to salivate—perhaps making them less likely to notice your cooking error.

Always cook fish skin-side down first. Not only will it produce a crisp exterior, but you'll also avoid overcooking. A good rule of thumb is to leave the fish skin-side down for three-quarters of the cooking time, and only flip it over for a few minutes to finish.

From <<https://www.quickanddirtytips.com/house-home/food/10-tips-for-cooking-fish>>

Rizzuto Gluten Free Flat Bread #1077 \$38.99 for a case of 40ct  
(sandwiches, flat bread pizza, bread sticks, gyro)

FOSTER Fz Chicken Breasts, Sriracha 6-7lb case #1091 \$19.99

Pasta Primavera Spinach and Mozzarella Ravioli #1911 a 3.5lb bag for \$17.99  
Filled with Ricotta, Romano, Parmesan, Monterey Jack, mozzarella and Cheddar cheeses.

Rosina Tri Color Tortellini #1815 for \$21.49 for a 5lb bag  
Ricotta cheese blend ( soups, salads, pasta dishes)

Jones All Natural Bulk Sausage 4/12oz chubs #4044 \$15.99

Flavrpac American Harvest Capri Vegetables #8737 4 lb \$6.99  
Blend of julienne cut carrot strips, bias cut green beans sliced yellow squash and zucchini

Flavrpac Chopped Onions #5772 2lb bag \$3.99



## Tortellini and Sausage Soup

1 lb. Jones Bulk Sausage #4044 (may sub Italian sausage or meatballs)

6 cups Beef Broth

1 cup #5772 Chopped onions

2 cloves garlic (chopped or minced)

1- 14 oz ca Diced Tomatoes

2 Tlbs Herbed Vinegar (may use cider vinegar with 1 tlb. dried herbs)

3 Cups Capri Blend veggies #8737

1 tsp dried Basil #1443

16 oz. (2 cups) Tri colored Tortellini #1815



1- 8oz can tomato sauce

1 tsp Oregano #1445

Grated Parmesan cheese

Brown sausage with onions and garlic. Drain Fat. In large stew pot add sausage, beef broth, vinegar, tomatoes, Capri blend vegetables, tomato sauce, basil and oregano and simmer uncovered minimum 30 minutes. Add tortellini and simmer until pasta is tender. Serve, sprinkle parmesan cheese on each serving.

<https://whatscookingamerica.net/HerbVinegar.htm>



## California Chicken Flatbread

<http://www.delish.com/cooking/recipe-ideas/recipes/a48118/california-chicken-flatbread-recipe/>

- 2–3 slices Daily's Precooked bacon, chopped
- 1 red onion, chopped
- 1/2 lb. boneless skinless chicken breast, chopped into 1" cubes ( using Siracha Foster Fz chicken breasts)
- 1 large flatbread ( Rizzuto 5x7 gluten free flatbread)
- 1/2 c. shredded pepper jack
- 1/4 c. ranch dressing ( using Rosie's ranch mixed with Buttermilk)
- ½ tsp. cayenne/siracha or reds hot sauce ( using Franks Red hot sauce)
- 1/2 avocado, thinly sliced
- 1/4 c. Thinly sliced green onions

### DIRECTIONS

Preheat oven to 350°.

Meanwhile, cook bacon in a large skillet over medium heat until crispy. Drain cooked bacon on paper towels but leave the fat in the pan. Add onions and cook in bacon fat until softened. Add chicken to the pan and sauté, stirring occasionally, until cooked through, 6 to 8 minutes. Remove from skillet. Place flatbread on a large baking sheet. Sprinkle cheese over flatbread, then top with chicken and bacon. Bake until the cheese is melted, about 10 minutes. Meanwhile, mix together ranch and Sriracha in a small bowl. Top freshly baked flatbread with avocado and green onions. Drizzle with spicy ranch and serve.



## Spinach and Cheese Ravioli in Garlic and Sage Butter Sauce

**Yield:** 6 people

**Prep Time:** 10 minutes

**Cook Time:** 3

**Total Time:** 13 Minutes

**Ingredients:**

1-8oz package of Past Prima Spinach and Cheese Ravioli

3- 4 leaves of dried or fresh sage, finely chopped

2 tbsp of butter

1 garlic glove, finely chopped

Fresh Spinach to garnish

**Directions:**

Follow the instructions on the Pasta Prima packaging on how to cook the ravioli. Then drain the ravioli. Put the butter, sage, and garlic on a frying pan and let the butter brown a little. Add in the drained ravioli to the pan and sear 1 minute on each side. Add a handful of fresh spinach to coat.

Plate the ravioli and drizzle some of the butter sauce on top. Top with fresh grated parmesan cheese





# MINOR'S® FLAVOR CONCENTRATES

## Plus-One Ingredient Matrix

Signaturize your offerings by transforming everyday ingredients with MINOR'S Flavor Concentrates.

Tbsp = Tablespoon  
tsp = teaspoon



1 CUP	Ancho	Chipotle	Cilantro Lime	Roasted Garlic	Herb de Provence	Roasted Mirepoix	Sun Dried Tomato
GUACAMOLE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	-	1 Tbsp	2 Tbsp
SALSA	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	-	2 Tbsp	1 Tbsp
MAYONNAISE	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
KETCHUP	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp
YELLOW MUSTARD	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	-	-
DIJON MUSTARD	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	3 Tbsp
PICKLE RELISH	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
BBO	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
TARTAR SAUCE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
SOUR CREAM	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
BUTTER	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
CREAM CHEESE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
YOGURT	2 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
MAPLE SYRUP	1 Tbsp	1 Tbsp	1 Tbsp	-	1 Tbsp	1 Tbsp	-
APRICOT PRESERVES	1 Tbsp	1 Tbsp	1 Tbsp	-	1 Tbsp	1 Tbsp	-
OIL	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
RANCH	2 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
THOUSAND ISLAND	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
CAESAR	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
HONEY MUSTARD DRESSING	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
SLAW DRESSING	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
BLUE CHEESE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
HUMMUS	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
ALFREDO	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
HOLLANDAISE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
DEMI GLACE	1 Tbsp	1 Tbsp	-	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
COUNTRY GRAVY	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
CHEESE SAUCE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp
TOMATO SAUCE	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp
MAC & CHEESE	1 Tbsp	1 Tbsp	-	1 Tbsp	1 tsp	1 Tbsp	1 Tbsp
RISOTTO	1 Tbsp	1 Tbsp	-	1 Tbsp	1 tsp	1 Tbsp	1 Tbsp

2 CUPS							
BROTH SOUP	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
CREAM SOUP	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp



# MEXICAN NIGHT

## Chicken Fajitas

The zesty flavor of this seasoning also goes great with beef or pork. Place meat and vegetable mixture in a warmed tortilla and top with fajita fixings such as cheese, salsa, sour cream or guacamole.

Prep Time: 15 minutes

Cook Time: 10 minutes

Makes 8 servings.

### Ingredients:

2 tablespoons vegetable oil, divided

1 pound MSQM Chicken Strips for Fajitas, thawed (#2609)

2-3 cups Flav-R-Pac Fajita Blend, frozen (#2609)

1/4 cup water

3 tablespoons AP Fabulous Fajita Seasoning Mix(#1017)

8 Mexican Original Flour Tortillas, thawed (#4970—8", #1296—10")

Assorted toppings, such as salsa, sour cream, guacamole, shredded cheese and chopped tomatoes (optional)

### Directions:

1. Heat 1 tablespoon of the oil in large skillet on medium-high heat. Add chicken strips; cook and stir 3 minutes or until lightly browned. Remove from skillet.
2. Heat remaining 1 tablespoon oil in same skillet. Add vegetables; cook and stir 3 to 5 minutes.
3. Return chicken to skillet, add water and Fajita Seasoning Mix; cook and stir 3 minutes or until heated through.
4. Spoon into warm tortillas. Serve with toppings, if desired.



# MEXICAN NIGHT (Pg. 2)

## Skewered Sirloin with Cilantro Lime Sour Cream

Fajitas on a stick! A sophisticated way to have fajitas. Serve with grilled (or boiled) corn on the cob (#4655) and an avocado and tomato salad for easy sides.

Prep Time: 20 minutes

Cook Time: 7 minutes

Makes 4 servings.

### Ingredients:

- 1 1/4 pounds MSQM Beef Strips for Fajitas (#2604)
- 2 tablespoons lime juice
- 3 teaspoons AP Fabulous Fajita Mix (#1017)
- 2 peppers (red, green, or yellow) cut in 16 pieces each

### Cilantro Lime Sour Cream

- 1 cup sour cream
- 1 tablespoon Minor's Cilantro Lim Concentrate (#1492)

### Directions:

1. Mix Sour Cream ingredients in small bowl until well blended. Cover. Refrigerate until ready to serve.
2. Mix 2 tablespoons lime juice and fajita seasoning mix in large bowl. Add beef fajita strips; toss to coat well.
3. Alternately thread beef strips and bell peppers onto skewers.
4. Broil skewers on broiler pan coated with Vegalene (#1212) for 5 to 7 minutes or until desired doneness, turning once. Serve with Sour Cream.



# MEXICAN NIGHT (pg. 3)

## Cilantro Lime Rice

### Ingredients:

1/4 cup butter  
1 c. Flav-R-Pac Chopped Onions (#5772)  
3 c. whole grain brown rice  
6 cups water  
1 Tbsp. + 1 tsp. Custom Culinary Real Chicken Base (#1038)  
3 tsp. Minor's Cilantro Lime Concentrate (#1492)  
2 fresh limes, juiced

### Directions:

Saute' onion in butter until translucent. Add water, rice, chicken base, and 1 tsp. of the Cilantro Lime Concentrate. Bring to a boil and then simmer until liquid is absorbed and rice is tender (approx. 45 minutes). Stir in remaining 2 tsp. Cilantro Lime Concentrate and lime juice and serve. Makes 6 cups. (top with cut fresh cilantro, optional)

