



# October 2024

October- World Pasta Day (Week of  
October 25th):

CK Brown Sugar Chipotle Salmon with Honey Meal - 012352091087

October- World Pasta Day (Week of  
October 25th):

CK Steakhouse Pasta - 012352091056

CK Bowtie Pasta Primavera - 012352091070

CK Marry Me Chicken Tortellini Meal - 012352091063

CK Pappardelle with Short Rib & Carrot Ragu - 012352091292

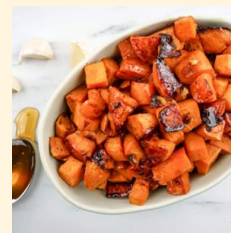
CK Creamy Mushroom Lasagna - 012352091278

## with Honey Meal

BC#012352091087

**\*\*Ingredients\*\*:**

1. CK Side - Honey Roasted Sweet Potatoes: 1 x Recipe yield
2. Grilled Veggies: 10 x 5 oz
3. Fish, salmon, Atlantic, wild, raw: 40 oz
4. Limes, raw: 1 x 1 fruit (2" dia)
5. Sugars, brown: 7.5 tsp (unpacked)
6. Butter, salted: 1.5 oz
7. Frozen Mixed Berries: 10 oz
8. Blueberries, frozen, unsweetened: 10 oz
9. Honey: 5 tbsp
10. La Costena Chipotle Peppers in Adobo Sauce:
11. Spice, ground cumin: 7 tsp
12. Kosher Salt: 2 tsp



**\*\*Prepare Honey Roasted Sweet Potatoes\*\*:**

1. **\*\*Prep Ingredients\*\*:**
  - Wash and cut sweet potatoes into 1/2"-3/4" chunks. Wash rosemary, remove leaves from stems, and mince leaves.
2. **\*\*Preheat Oven\*\*:**
  - Preheat the oven to 375°F. Lightly coat a baking sheet with cooking spray.
3. **\*\*Make the Sauce\*\*:**
  - Combine water, brown sugar, honey, and olive oil. Whisk until smooth.
  - Heat over medium heat, stirring occasionally until mixture is reduced by half.
4. **\*\*Roast Sweet Potatoes\*\*:**
  - Spread sweet potatoes evenly over the baking sheet. Sprinkle with salt and pepper.
  - Roast for about 30 minutes, turning occasionally until almost tender.
5. **\*\*Apply Glaze\*\*:**
  - Drizzle glaze over sweet potatoes and toss to coat. Roast for another 20 minutes until sweet potatoes are tender and syrup is reduced to a glaze. Remove from the oven and season with black pepper and chopped rosemary. Serve 8 oz per portion.

**\*\*Prepare Grilled Veggies\*\*:**

1. **\*\*Prep Ingredients\*\*:**
  - Wash, deseed, and thinly slice peppers. Peel and thinly slice onions. Wash and trim broccoli florets. Wash, peel, and thinly slice fresh carrots on the bias.
2. **\*\*Grill Veggies\*\*:**
  - Combine all ingredients in a large bowl and toss well. Preheat a flat-top grill to high.
  - Spread veggies thin over the grill and cook for 5-8 minutes until seared and beginning to char on the edges.
  - Serve 5 oz per portion.

**\*\*Prepare Salmon\*\*:**

1. **\*\*Prep Ingredients\*\*:**
  - Thaw berries completely. Blend chipotle peppers until smooth. Melt butter over low heat.
2. **\*\*Prepare Glaze\*\*:**
  - Press berries through a very fine sieve into a bowl, discarding the seeds. Whisk in honey, butter, and lime juice to form a glaze.
  - Divide the glaze in half.
3. **\*\*Make Spice Rub\*\*:**
  - Blend brown sugar, cumin, and salt. Add the chipotle puree and mix well.
4. **\*\*Prepare Salmon\*\*:**
  - Place a rack on a sheet pan. Top the flesh side of the salmon with the prepared spice mixture and place on the rack.
  - Brush with prepared glaze mixture.
5. **\*\*Bake Salmon\*\*:**
  - Preheat oven to 400°F.
  - Place salmon in the oven and bake for about 15 minutes or until the internal temperature reaches 145°F.
  - Remove from the oven and brush with reserved glaze.

**10 total servings across 10 packages (590 grams per package)**

# Steakhouse Pasta

BC#012352091056

## Ingredients

- 1 tbsp Olive Oil (for grilling)
- 1 tsp Kosher Salt (for pasta water)
- 24 oz Pappardelle Egg Pasta (8 x 3 oz portions)
- 2 tbsp Olive Oil (for sauce)
- 3 cloves Garlic, minced
- 4 fl oz Brandy
- 28 oz Tomatoes, cooked, red and ripe
- 0.5 tsp Granulated Sugar
- 0.25 tsp Crushed Red Pepper Flakes
- 1 tsp Black Pepper, ground
- 1 tsp All-Purpose Seasoning
- 0.5 tsp Lawry's Lemon Pepper Seasoning
- 12 oz Skirt Steak, outside, separable lean only, trimmed
- 0.75 cup Fontina Cheese, shredded
- 1.5 oz Gorgonzola Cheese, crumbled
- 0.75 cup Heavy Whipping Cream
- 1 tbsp Prepared Horseradish
- 0.33 cup Half-and-Half
- 3 cups Raw Spinach
- 10 Fresh Basil Leaves
- 4 slices French Garlic Bread



## Preparation Instructions

### \*\*Marinate and Grill the Steak\*\*:

1. Brush the grill with olive oil and preheat to medium-high.
2. Season one side of the steak with 0.5 tsp all-purpose seasoning, 0.25 tsp black pepper, 0.25 tsp lemon pepper, and a pinch of kosher salt.
3. Grill steak seasoned-side down for 3 to 4 minutes. Flip and season the other side with the remaining 0.5 tsp all-purpose seasoning, 0.25 tsp black pepper, 0.25 tsp lemon pepper, and a pinch of kosher salt.
4. Continue cooking for an additional 3 to 4 minutes until medium rare.
5. Remove the steak from the grill and allow it to rest while preparing the sauce.

### \*\*Cook the Pasta\*\*:

1. Bring a large pot of water to a boil and add 1 tsp kosher salt.
2. Add 24 oz pappardelle pasta and cook according to package instructions.
3. Drain the pasta once cooked and set aside.

### \*\*Prepare the Sauce\*\*:

1. Heat 2 tbsp olive oil in a large skillet over medium heat.
2. Add minced garlic and sauté for 1 minute.
3. Turn off the heat and add 4 fl oz brandy. Turn the heat back on and reduce the brandy by half, approximately 1 minute.
4. Add 28 oz cooked tomatoes, 0.5 tsp sugar, crushed red pepper flakes, and a pinch of salt and black pepper.
5. Cook for 10 minutes, stirring occasionally.
6. Reduce the heat to low and stir in 0.75 cup fontina cheese and 1 tbsp gorgonzola cheese.
7. Stir in 0.75 cup heavy whipping cream and 1 tbsp prepared horseradish. Add 0.33 cup half-and-half if the sauce is too thick. Taste and adjust seasonings as needed.

### \*\*Assemble the Dish\*\*:

1. Add the spinach to the sauce and toss to coat.
2. Drain the pasta and mix with the sauce.
3. Slice the steak into 0.5-inch strips.
4. Divide the pasta into serving containers and top each portion with steak slices.
5. Garnish with fresh basil leaves and remaining gorgonzola crumbles.
6. Serve with French garlic bread slices on the side.

## Package and Label

- Portion into containers and label accordingly for serving or packaging.

**4 total servings across 4 packages (620 grams per package)**

# Bowtie Pasta Primavera

**\*\*Ingredients\*\*:****BC#012352091070**

- 16 oz Bowtie Pasta
- 2 tbsp Olive Oil (for cooking)
- 10 oz Portabella Mushrooms, sliced
- 2 cups Asparagus, woody ends removed, cut into 2-inch pieces
- 1 large Zucchini, sliced into half-moons
- 1 large Red Bell Pepper, julienned
- 2 cups Cherry Tomatoes, halved
- 1 tsp Black Pepper, ground
- 6 oz Cream Cheese
- 0.5 cup Parmesan Cheese, grated
- 10 Fresh Basil Leaves
- 2 oz Parmesan Cheese, shredded
- 3 tsp Kosher Salt
- 2 cloves Garlic, minced
- 4 slices French Garlic Bread

**\*\*Preparation Instructions\*\*:****\*\*Prepare the Vegetables\*\*:**

1. Wash and dry the mushrooms. Slice into thin strips.
2. Wash and remove woody ends of the asparagus. Cut into 2-inch pieces.
3. Wash, trim the ends, and slice the zucchini lengthwise, then into half-moon shapes.
4. Wash and halve the cherry tomatoes.
5. Wash, de-seed, and julienne the red bell pepper.

**\*\*Cook the Pasta\*\*:**

1. In a large pot of salted water (1 tsp kosher salt), bring to a boil and cook 16 oz bowtie pasta according to package directions until al dente.
2. Reserve 1 cup of pasta water, drain the pasta, and return it to the pot.

**\*\*Cook the Vegetables\*\*:**

1. Heat 2 tbsp olive oil in a large skillet over medium heat.
2. Add sliced mushrooms, julienned red pepper, asparagus, and zucchini. Cook for 5-6 minutes until tender.
3. Add halved cherry tomatoes and cook for an additional 3 minutes until soft.
4. Add minced garlic and cook for 1 minute until fragrant. Season with 2 tsp kosher salt and 1 tsp black pepper.

**\*\*Prepare the Sauce\*\*:**

1. Add 6 oz cream cheese to the skillet and stir until it breaks apart.
2. Pour in the reserved pasta water and stir until the mixture becomes creamy.
3. Stir in 0.5 cup grated Parmesan cheese until combined.
4. Add the cooked bowtie pasta to the skillet and toss until everything is well-mixed and saucy.

**\*\*Assemble the Dish\*\*:**

1. Portion the pasta into serving containers.
2. Garnish with fresh basil leaves and sprinkle with 2 oz shredded Parmesan cheese.

**\*\*Package and Label\*\*:**

- Serve each portion with a slice of garlic bread.
- Package and label accordingly.

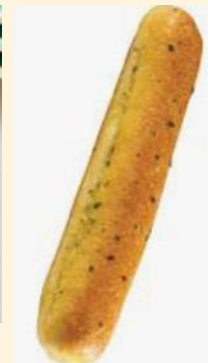
**4 total servings across 4 packages (570 grams per package)**

## Meal

BC#012352091063

**\*\*Ingredients\*\*:**

- 16 oz Boneless, Skinless Chicken Breast, cubed
- 0.5 tsp Kosher Salt
- 0.5 tsp Black Pepper, ground
- 6 x 1/4 tsp Italian Seasoning
- 3 grams Smoked Paprika
- 1 oz All-Purpose Flour
- 0.5 oz Salted Butter
- 2 tbsp Olive Oil (for cooking)
- 3 tbsp Shallots, chopped
- 4 cloves Garlic, minced
- 1/4 tsp Crushed Red Pepper Flakes
- 0.25 cup Sun-Dried Tomatoes (packed in oil, drained)
- 3 oz Tomato Paste
- 2 cups Chicken Stock
- 20 oz Fresh Cheese Tortellini (refrigerated)
- 1 cup Heavy Cream
- 3 cups Fresh Spinach
- 0.5 cup Parmesan Cheese, grated
- 10 Fresh Basil Leaves
- 4 oz Parmesan Cheese, shredded
- 20 oz Roasted Squash Medley
- 4 Garlic Breadsticks (7")



**\*\*Prepare the Chicken\*\*:**

1. Cube the chicken into small chunks and place in a medium bowl.
2. Season with 0.5 tsp kosher salt, 0.5 tsp ground black pepper, 6 x 1/4 tsp Italian seasoning, and 3 grams smoked paprika. Toss to coat.
3. Add 1 oz flour and gently toss to lightly coat the chicken.

**\*\*Cook the Chicken\*\*:**

1. Heat a large skillet over medium heat. Add 0.5 oz butter and 1 tbsp olive oil.
2. When the oil is hot, add the seasoned chicken in an even layer.
3. Cook the chicken, tossing two or three times, until browned and cooked through (approx. 5-6 minutes). Remove from the skillet and set aside.

**\*\*Build the Sauce\*\*:**

1. In the same skillet, add the remaining 1 tbsp olive oil.
2. Add 4 minced garlic cloves, 3 tbsp chopped shallots, and 0.25 cup sun-dried tomatoes. Sauté for 3 minutes, stirring often until softened.
3. Add 0.25 tsp crushed red pepper flakes and another pinch of salt and pepper.
4. Stir in 3 oz tomato paste and 2 cups chicken stock. Scrape up the browned bits on the bottom of the skillet.

**\*\*Cook the Tortellini\*\*:**

1. Add 20 oz fresh cheese tortellini to the sauce.
2. Bring to a simmer and reduce heat to maintain a low simmer.
3. Cover and let cook for 3-4 minutes until tortellini is tender, stirring halfway through to ensure even cooking.

**\*\*Finish the Dish\*\*:**

1. Remove the lid and stir in the cooked chicken, 3 cups fresh spinach, 1 cup heavy cream, and 0.5 cup grated Parmesan cheese.
2. Stir until everything is well combined.
3. Serve hot and garnish with fresh basil leaves and additional 4 oz shredded Parmesan cheese.

**\*\*Prepare the Roasted Squash Medley\*\*:**

**\*\*Vegetable Prep\*\*:**

1. Wash and cut squash in half lengthwise, then slice into half-moons.
2. Wash, de-seed, and julienne bell peppers.
3. Peel and julienne a red onion.
4. Mince garlic cloves.

**\*\*Cooking\*\*:**

1. Heat oil in a large sauté pan over medium-high heat.
2. Add minced garlic, julienned bell pepper, and red onion. Sauté until onions are translucent, but not browned.
3. Add the sliced squash and sauté until crisp-tender (approximately 5-7 minutes).
4. Season with Italian seasoning, salt, and pepper to taste.

**\*\*Portion\*\*:**

- Serve 5 oz of roasted squash medley per portion.

**\*\*Prepare the Garlic Breadsticks\*\*:**

1. Follow package instructions to bake the garlic breadsticks.
2. Serve alongside the tortellini dish.

**\*\*Packaging and Serving\*\*:**

- Portion the tortellini into containers.
- Add 5 oz of roasted squash medley and one garlic breadstick per serving.
- Package and label accordingly.

**4 total servings across 4 packages (755 grams per package)**

## and Carrot Ragu

BC#012352091292

### Ingredients:

- 3 lb beef short ribs (lean only, choice, raw)
- 2.5 tsp kosher salt
- 2 tsp ground black pepper
- 2 tbsp canola oil
- 1.5 cups chopped carrots
- 1 cup chopped onions
- 2/3 cup chopped celery
- 2 tbsp olive oil
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- 4 fl oz white wine
- 28 oz canned crushed tomatoes
- 1 cup chicken stock (home-prepared)
- 2.5 oz fresh thyme
- 2 tsp ground cinnamon
- 1/2 tsp granulated sugar
- 1 tsp crumbled bay leaf
- 16.5 oz pappardelle egg pasta
- 2 tbsp salted butter
- 1 cup grated parmesan cheese
- 4 cups sautéed spinach with garlic (8 x 1/2 cup servings)

### Directions:

- Preheat Oven
  - Heat oven to 300°F.
- Prepare Short Ribs
  - Pat short ribs dry and season generously with 2 tsp kosher salt and 2 tsp black pepper.
  - Heat 2 tbsp canola oil in a Dutch oven over medium-high heat until nearly smoking.
  - Brown the ribs on all sides (10-12 minutes).
  - Transfer ribs to a plate and discard the drippings.
- Cook Vegetables
  - Add 1.5 cups chopped carrots, 1 cup chopped onions, 2/3 cup chopped celery, 2 tbsp olive oil, and a pinch of salt to the Dutch oven.
  - Reduce heat to medium-low and cook, stirring occasionally, until vegetables are softened (5-8 minutes).
  - Add 4 minced garlic cloves, cook and stir for 1 minute.
  - Stir in 2 tbsp tomato paste, and cook for 1 minute.
- Deglaze & Add Liquid
  - Pour in 4 fl oz white wine, increase heat to medium-high, and deglaze the pan.
  - Reduce the wine slightly (2-3 minutes).
  - Add 28 oz crushed tomatoes, 1 cup chicken stock, thyme bundle, 2 tsp ground cinnamon, 1/2 tsp sugar, and 1 tsp crumbled bay leaf.
  - Bring the mixture to a boil.
- Braise Short Ribs
  - Return the short ribs to the pot and bring to a simmer.
  - Cover the Dutch oven and transfer to the oven.
  - Bake for 3 hours, turning ribs once or twice, until meat is tender and falling off the bones.
- Shred Meat & Chill Sauce
  - Transfer short ribs to a plate and let them cool for 30 minutes.
  - Discard bones, shred the meat, and return it to the sauce.
  - Cool the sauce completely, cover, and refrigerate overnight.
- Skim Fat & Reheat Sauce
  - Skim fat from the surface of the cold sauce and discard.
  - Heat half of the sauce in a medium saucepan over medium heat.
  - Season with additional salt, if needed. (Store remaining sauce in the refrigerator for up to 3 days or freeze for up to 3 months.)
- Cook Pasta
  - Cook 16.5 oz pappardelle pasta according to package instructions.
  - Drain, reserving 1/2 cup of pasta water.
  - Return pasta to the pot, add warmed sauce and 2 tbsp butter, and toss until butter is melted.
  - Stir in reserved pasta water to moisten the sauce as needed.
  - Top each serving with 1 cup grated parmesan cheese.

### Spinach Preparation:

- Wash, dry, and remove stems from spinach.
- Mince garlic.
- In a large sauté pan over medium-high heat, add oil and garlic until fragrant.
- Add spinach and season with salt and pepper.
- Sauté until wilted, about 1 minute.
- Serve 1 cup per serving.



**4 total servings across 4 packages (1100 grams per package)**

# Creamy Mushroom

## Lasagna

BC#012352091278

- 12 dry lasagna noodles (10")
- 3.5 tsp kosher salt
- 16 tbsp salted butter
- 32 oz crimini (or brown/Italian) mushrooms
- 1.5 tsp ground black pepper
- 6 tbsp chopped shallots
- 8 garlic cloves, minced
- 6 tsp fresh thyme
- ½ cup all-purpose flour
- 5 cups whole milk (3.25% milkfat)
- 6 tsp Dijon mustard (Grey Poupon)
- 2 tsp lemon zest
- 1 extra-large egg
- 3.5 cups grated Parmesan cheese
- 2.5 cups whole-milk ricotta cheese
- 2 cups shredded mozzarella cheese (whole milk)
- 6 garlic breadsticks (7")



### Preparation Instructions:

#### Step 1: Prepare the Lasagna Noodles

- Preheat oven to 375°F and position a rack in the middle.
- Boil 1 lb. of lasagna noodles in salted water until they're about 3 minutes shy of al dente, approximately 5 minutes.
- Drain and rinse under cold water, then set aside.

#### Step 2: Cook the Mushrooms

- Melt 6 tablespoons of butter in a large Dutch oven or heavy pot over medium-high heat.
- Add 2 lbs. of thinly sliced mushrooms, 1 tsp. kosher salt, and ½ tsp. pepper.
- Cook for 15-20 minutes, stirring often, until the mushrooms release their moisture, shrink, and brown.
- Transfer the mushrooms to a bowl and reserve the pot.

#### Step 3: Make the Sauce

- In the same pot, melt the remaining 10 tablespoons of butter over medium heat.
- Add 3 finely chopped shallots, 8 minced garlic cloves, and 2 tablespoons of thyme.
- Cook, stirring often, until softened and fragrant (7-10 minutes).
- Stir in ½ cup of flour, 2½ tsp. kosher salt, and 1 tsp. pepper. Cook for 1-2 minutes.
- Gradually whisk in 5 cups of whole milk and bring to a simmer, whisking constantly until thickened (1-2 minutes).
- Stir in 2 tablespoons of Dijon mustard and 2 teaspoons of lemon zest. Adjust seasoning if needed.

#### Step 4: Prepare Cheese Mixture and Assemble

- In a medium bowl, combine 1 egg, 3 cups of finely grated Parmesan, and 2 cups of ricotta. Season with salt and pepper.
- Spread ¾ cup of the sauce on the bottom of a 13x9" baking dish.
- Layer noodles (about 3½), trimming them as needed to fit.
- Spread a heaping ⅓ cup of the cheese mixture over the noodles, followed by ⅓ cup of mushrooms and ⅓ cup of sauce. Repeat the layering process.
- For the final layer, spread a thin ½ cup of sauce over the top and sprinkle with 8 oz. of grated mozzarella (about 1½ cups).

#### Step 5: Bake the Lasagna

- Bake for 40-50 minutes until the edges are golden brown and bubbling.
- For additional browning, broil the lasagna for 1-3 minutes, watching closely to avoid burning.
- Let the lasagna sit for 15 minutes
- Cut into 6 portions, Package and Label

**6 total servings across 6 packages (785 grams per package)**

# Side Honey Roasted Sweet Potatoes

## Ingredients:

- 6 teaspoons packed brown sugar
- $\frac{1}{4}$  teaspoon ground black pepper
- 16 sweet potatoes (5" long, raw and unprepared)
- 3 tablespoons fresh rosemary, minced
- 3 tablespoons olive oil
- 6 tablespoons honey
- $\frac{1}{2}$  cup (8 fl oz) tap water
- 2 teaspoons kosher salt



## Preparation Instructions:

### 1. Prep Ingredients:

1. Wash and cut sweet potatoes into  $\frac{1}{2}$ "- $\frac{3}{4}$ " chunks.
2. Wash rosemary, remove leaves from stems, and mince leaves.

### 2. Preheat Oven:

1. Set the oven to 375°F.
2. Lightly coat a baking sheet with cooking spray.

### 3. Make the Sauce:

1. In a saucepan, combine  $\frac{1}{2}$  cup water, 6 teaspoons brown sugar, 6 tablespoons honey, and 3 tablespoons olive oil. Whisk until smooth.
2. Heat over medium heat, stirring occasionally, until the mixture is reduced by half.

### 4. Roast Sweet Potatoes:

1. Spread sweet potatoes evenly on the baking sheet.
2. Sprinkle with 2 teaspoons kosher salt and  $\frac{1}{4}$  teaspoon black pepper.
3. Roast until almost tender, about 30 minutes, turning occasionally with a metal spatula.
4. (Can be prepared up to 2 hours ahead. Let stand uncovered at room temperature.)

### 5. Add Glaze:

1. Drizzle the prepared glaze over the sweet potatoes and toss to coat.
2. Roast until the sweet potatoes are tender and the syrup has reduced to a glaze that coats the potatoes, about 20 minutes.

### 6. Final Touches:

1. Remove from oven.
2. Season with additional black pepper and the minced rosemary.

**Servings: 10 total servings (240 grams per serving)**



# Side Grilled Veggies

BC# 012352089862

## Ingredients:

- 10 oz Sweet Red Bell Peppers, sliced
- 15 oz Yellow Bell Peppers, sliced
- 10 oz Sweet Onions, sliced
- 5 oz Red Onions, sliced
- 20 oz Carrots, julienned
- 15 oz Broccoli, cut into small florets
- 20 oz White Mushrooms, sliced
- 10 oz Cauliflower, cut into small florets
- 6 tablespoons Olive Oil
- 0.5 tablespoon Ground Black Pepper
- 1 Tablespoon Kosher Salt
- 1 Tablespoon Chili Powder
- 2 teaspoons Ground Cumin
- 0.5 teaspoon Red or Cayenne Pepper
- 2 teaspoons Garlic, minced



## Instructions:

### 1. Preheat the Grill:

1. Preheat your grill to medium-high heat.

### 2. Prepare Vegetables:

1. In a large mixing bowl, combine all the sliced and julienned vegetables.

### 3. Make Spice Mix:

1. In a small bowl, mix the black pepper, kosher salt, chili powder, ground cumin, red or cayenne pepper, and minced garlic.

### 4. Coat Vegetables:

1. Drizzle the olive oil over the vegetables and toss them to ensure they are evenly coated.

### 5. Season:

1. Sprinkle the spice mix over the vegetables and toss again to evenly distribute the spices.

### 6. Grill:

1. Place the seasoned vegetables on the preheated grill. Grill for about 8-10 minutes, turning occasionally, until they are tender and have a nice char.

### 7. Serve:

1. Once grilled to perfection, transfer the veggies to the meal tray hot.

**12.5/8oz Portions**