



November 2024

November- Sandwich Month

CK Curried Chickpea Salad Sandwich – 012352092077

CK Traditional Muffuletta Sandwich – 012352092060

CK Char Siu Chicken Sandwich – 012352092053

CK BEST Club Sandwich – 012352092046

CK Italian Beef Sandwich - 012352092039

November- Diabetes Awareness Month

CK Almond Crusted Chicken - 012352092084

Diabetic Friendly Meal

BC#012352092084

Ingredients:

- 3 tablespoons Olive Oil
- 2 cups Water
- 1 tablespoon Water
- 1 cup Pearled Barley, raw
- 4 oz Whole Wheat Panko Bread Crumbs
- 1 teaspoon Grated Orange Zest
- 0.5 teaspoon Garlic Powder
- 1 large Egg White
- 1 lb Skinless, Boneless Chicken Breast
- 0.5 teaspoon Kosher Salt
- 1 cup Cherry Tomatoes
- 1 tablespoon White Wine Vinegar
- 1 cup Fresh Parsley, chopped
- 4 oz Dry Roasted Almonds, unsalted
- 25 oz Broccoli, raw



Preparation Instructions:

- 1.Preheat oven to 450°F. Coat a wire rack with cooking spray and place on a foil-lined baking sheet.
- 2.Bring 2 cups of water and barley to a boil in a small saucepan. Reduce heat, cover, and simmer until tender, 10 to 12 minutes. Set aside.
- 3.Meanwhile, pulse $\frac{3}{4}$ cup toasted almonds, breadcrumbs, orange zest, and garlic powder in a food processor until the almonds are coarsely chopped. Transfer to a shallow dish.
- 4.Whisk egg white and 1 tablespoon water in another shallow dish.
- 5.Place chicken between 2 pieces of plastic wrap and pound with the smooth side of a meat mallet or heavy saucepan to an even $\frac{1}{2}$ -inch thickness. Sprinkle the chicken with $\frac{1}{4}$ teaspoon salt, coat with the egg mixture, and dredge in the almond mixture, patting to adhere. Place on the prepared rack and coat both sides of the chicken with cooking spray.
- 6.Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165°F, about 15 minutes.
- 7.Heat oil in a large skillet over medium heat. Add tomatoes and vinegar. Cook until the tomatoes start to collapse, about 1 minute. Remove from heat.
- 8.Drain the barley, if necessary, and stir into the tomatoes along with the remaining $\frac{1}{4}$ cup toasted chopped almonds, $\frac{1}{4}$ teaspoon salt, and parsley.
- 9.Serve the chicken with the barley mixture and steamed broccoli florets (5 oz per serving).

4 total servings across 4 packages (590 grams per package)

CK Curried Chickpea Salad Sandwich

Ingredients:

BC#012352092077

- 15 oz Chickpeas (garbanzo beans), canned, drained
- 4 tablespoons Vegan Mayonnaise
- 1 oz Red Onion
- 2 tablespoons Fresh Parsley
- 1 tablespoon Celery, raw
- 1 tablespoon Sweet Pickle Relish
- 1 tablespoon Curry Powder
- 1.5 tablespoons Golden Seedless Raisins (packed)
- 1.5 tablespoons Seedless Raisins (not packed)
- 0.25 teaspoon Lime Juice, raw
- 0.5 teaspoon Grey Poupon Dijon Mustard
- 0.5 teaspoon Kosher Salt
- 0.5 teaspoon Ground Black Pepper
- 8 slices Hearty Grain Bread
- 2 leaves Green Leaf Lettuce
- 8 thin slices Ripe Red Tomatoes



Preparation Instructions:

1. Add all ingredients into a bowl and, using a potato masher, fork, or pastry cutter, blend until just combined. Avoid making it too mushy, but ensure the chickpeas are broken down and the ingredients are well incorporated.
2. You can also use a food processor for about 5 pulses.
3. Scrape everything together and adjust seasonings to taste.
4. Place the bread and add the lettuce and a portion of the salad. Then add Tomatoes, add the top bread, and cut at an angle.
5. Package and label

4 total servings across 4 packages (270 grams per package)

Sandwich

BC#012352092060

Ingredients:

- 18 oz Italian Bread
- 8 oz Dry or Hard Salami (pork)
- 4 oz Mortadella (beef, pork)
- 2 oz Whole Milk Mozzarella Cheese
- 2 oz Provolone Cheese
- 8 oz Black Forest Ham
- 8 oz Olive Muffuletta Mix
- 2 tablespoons Extra Virgin Olive Oil

**Preparation Instructions:**

1. Slice the round bread in half horizontally and place it open on a flat surface.
2. Brush both inner sides of the bread with olive oil from the Olive Salad or extra virgin olive oil, applying more on the bottom half.
3. Begin layering the ham, salami, and mortadella on the bottom half of the bread. Then, top with the mozzarella and provolone cheeses.
4. Spread the olive salad from the center outward, leaving about a ½-inch gap around the edge.
5. Place the top half of the bread over the olive mixture and press down to allow the bread to absorb the olive salad juices.
6. Using a bread knife, slice the round sandwich into 4 wedges.

Optional: Place the whole sandwich (before slicing) on a large baking sheet, and warm it in a 350°F preheated oven for about 5 minutes.

Package and label for service

4 total servings across 4 packages (360 grams per package)

Chicken Sandwich

BC#012352092053

Ingredients:

For the Char Siu Chicken:

- 0.25 cup Hoisin Sauce
- 0.25 cup Low-Sodium Soy Sauce (Shoyu)
- 2 cloves Garlic, raw
- 1.5 oz Rice Wine Vinegar (Seasoned)
- 2 tablespoons Honey
- 0.17 tablespoon Chinese Five-Spice Powder
- 0.25 teaspoon Kosher Salt
- 0.5 teaspoon Crushed Red Pepper Flakes
- 32 oz Chicken Thighs (meat only, raw)
- 2 tablespoons Canola Oil

For the Vietnamese Pickles:

- 11. 8 oz Carrots, raw (sliced into matchsticks 3" x ¼")
- 8 oz Daikon Radish, raw (sliced into matchsticks 3" x ¼")
- 1 teaspoon Kosher Salt
- 0.5 cup Granulated Sugar
- 2 teaspoons Granulated Sugar
- 1 cup Water
- 1 cup Distilled Vinegar

For Assembly:

- 18. 4 Hoagie Rolls (5"-6", sliced)
- 0.25 cup Fresh Cilantro Leaves
- 1 Red Chili Pepper, raw (sliced)
- 0.25 cup Mayonnaise
- 0.25 teaspoon Kosher Salt



Preparation Instructions:

Char Siu Chicken:

1. In a medium bowl, whisk together hoisin sauce, soy sauce, garlic, rice vinegar, honey, five-spice powder, salt, and red pepper flakes. Remove ¼ cup of the marinade; cover and refrigerate until ready to use.
2. Add chicken to the remaining marinade and toss to coat. Cover and let sit for at least 30 minutes at room temperature or up to 24 hours in the refrigerator.
3. Prepare a grill for medium-high heat and preheat for 5 minutes. Lightly brush the grates with canola oil.
4. Remove chicken from the marinade and grill, turning once and brushing with the reserved ¼ cup marinade, until cooked through. Use an instant-read thermometer to check for an internal temperature of 165°F (8 to 10 minutes). If desired, continue grilling until the temperature reaches 175°-180°F for more rendered fat.
5. **Make-Ahead Tip:** The grilled chicken can be prepared up to 3 days ahead. Store in an airtight container and refrigerate.

Vietnamese Pickles:

1. Place the carrot and radish matchsticks in a fine-mesh strainer. Sprinkle with 1 teaspoon salt and 2 teaspoons granulated sugar. Gently massage the salt and sugar into the vegetables until softened (about 3 minutes). Transfer to a medium heatproof bowl.
2. In a small pot, heat water, vinegar, and the remaining ½ cup granulated sugar over medium-high heat. Stir until the sugar dissolves and the mixture begins to steam (about 1-2 minutes). Pour the hot pickling liquid over the vegetables and stir to coat. Cover and let sit for at least 1 hour.
3. **Make-Ahead Tip:** The pickles can be prepared up to 2 weeks ahead. Store fully submerged in brine in an airtight container and refrigerate.

Assembly:

1. Spread 1 tablespoon of mayonnaise on the bottom half of each hoagie roll and season with a pinch of salt.
2. Place a piece of warm char siu chicken on each roll, followed by a handful of Vietnamese pickles, cilantro, and sliced chili.
3. Close with the top bun, package and label.

4 total servings across 4 packages (625 grams per package)

Club Sandwich

BC#012352092046

Ingredients:

4 oz Turkey Breast Meat, thinly sliced
6 slices Maple Bourbon Candied Bacon
4 oz Black Forest Ham, thinly sliced
2 slices Cheddar Cheese (1 oz each)
4 leaves Butterhead Lettuce (Boston or Bibb)
8 slices Thin-Sliced Red Tomatoes
6 tablespoons Mayonnaise
2 cloves Roasted Garlic (Divina)
0.25 teaspoon Ground Black Pepper
6 slices Thick-Sliced Sourdough Bread



Preparation Instructions:

1. Prepare the Ingredients:

- Thinly slice the turkey breast and ham.
- Cook the maple bourbon candied bacon until crispy.
- Thinly slice the cheddar cheese.
- Wash, core, and thinly slice the tomatoes.
- Wash and dry the butterhead lettuce leaves.

2. Prepare the Mayo Spread:

- In a small bowl, mash the roasted garlic cloves.
- Fold the mashed garlic into the mayonnaise along with the black pepper. Set aside.

3. Toast the Bread:

- Toast the slices of sourdough bread until golden. Each sandwich will require 3 slices of bread.

4. Assemble the Sandwiches:

- Spread 1 tablespoon of the prepared garlic mayo on each slice of toasted bread.
- On one slice, layer a slice of cheddar cheese, turkey breast, and bacon slices.
- On another slice, layer a slice of cheddar cheese and ham, then place this slice on top of the first one.
- Top the stack with butterhead lettuce leaves and tomato slices.
- Place the final slice of bread on top to complete the sandwich.

5. Slice and Serve:

- Insert 4 picks into the sandwich to hold it together, and then cut it into quarters.
- Place the sandwich quarters into a serving container and serve immediately.

2 total servings across 2 packages (528 grams per package)

Ingredients:

0.75 cup Extra Virgin Olive Oil
3 lb Beef Chuck Arm Pot Roast (separable lean only, trimmed to 1/8" fat)
5 teaspoons Kosher Salt
2.5 teaspoons Ground Black Pepper
1 large Onion, raw
3 cloves Garlic, raw
1 tablespoon Worcestershire Sauce
2 teaspoons Dried Basil
1 teaspoon Dried Oregano
1 teaspoon Dried Thyme
0.5 teaspoon Garlic Powder
0.5 teaspoon Onion Powder
0.25 teaspoon Crushed Red Pepper Flakes
5 cups Beef Stock (home-prepared)
8 oz Green Bell Pepper
4 French Rolls (7" each)
2 cups Hot Chicago-Style Giardiniera

BC#012352092039**Preparation Instructions:****1. Prepare the Vegetables:**

- Peel and slice the onion.
- Slice the garlic cloves.
- Wash the green bell pepper, remove seeds and ribs, and slice.
- Chop the giardiniera into small pieces.

2. Brown the Beef:

- Preheat the oven to 325°F.
- In a large Dutch oven or heatproof pot, heat 3 tablespoons of olive oil over high heat until shimmering and slightly smoking.
- Season the beef all over with 4 teaspoons of salt and 2 teaspoons of black pepper.
- Sear the beef, cooking for about 5 minutes per side, until browned. Transfer to a plate.

3. Cook the Aromatics:

- Reduce the heat to medium.
- Add the sliced onions and garlic to the pot and season with ½ teaspoon salt.
- Cook, stirring frequently, until the onions start to soften (about 5 minutes).
- Stir in the Worcestershire sauce, basil, oregano, thyme, garlic powder, onion powder, and crushed red pepper flakes. Cook until the liquid evaporates (about 1 minute).

4. Deglaze and Braise the Beef:

- Deglaze the pot with ½ cup beef stock, scraping up any bits from the bottom.
- Return the beef and any accumulated juices to the pot. Add the remaining 4 cups of beef stock so the meat is partially covered.
- Bring to a boil, then reduce the heat to a simmer. Cover and bake for 2 hours, flipping the roast after 1 hour.
- Uncover the pot, flip the roast again, and continue baking for 30 more minutes. Flip once more and bake until the meat is super-tender and easily shreds (about 30 minutes more).

5. Shred the Beef:

- Transfer the roast to a large bowl and let cool slightly.
- Using your fingers or 2 forks, shred the beef into small pieces.
- Return the shredded beef to the pot along with the cooking liquid (au jus) and toss to coat.

6. Roast the Peppers:

- Increase oven temperature to 375°F.
- Toss the sliced bell pepper in 1 tablespoon olive oil on a parchment-lined baking sheet. Season with ½ teaspoon salt and ½ teaspoon black pepper.
- Roast the peppers until slightly charred and tender (about 20 minutes).

7. Prepare the Giardiniera:

- In a small bowl, combine the chopped giardiniera with the remaining ½ cup olive oil. Stir until well combined.

8. Assemble the Sandwiches:

- Fill each French roll with shredded beef.
- Top with roasted bell peppers and giardiniera.
- Package and Label

4 total servings across 4 packages (985 grams per package)