



March 2025

MENU ITEM	BARCODE
INTERNATIONAL WOMANS DAY	
MAR25 CK Ropa Vieja Meal	012352093531
MAR25 CK Apple Butterscotch Pudding	012352093548
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PI DAY	
MAR25 CK Chicken Tamale Pie	012352093630
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MAR25 CK Shoefly Pie	012352093708

CANTEEN  KITCHENS



International Woman's Day

Ingredient List:

BC#012352093593

- 0.25 cup Ghee, Organic, Clarified Butter
- 1 teaspoon, whole Spices, cumin seed
- 5 oz Red Onion
- 1 tablespoon Paste - Ginger Garlic
- 0.5 cup Tomato products, canned, puree, with salt added
- 1 tablespoon Fenugreek Leaves Dried
- 2 teaspoons Coriander Powder
- 1 teaspoon Spice - Garam Masala
- 1 teaspoon Spices, turmeric, ground (turmeric)
- 0.5 teaspoon Kashmiri Red Chilli Powder
- 2 hot chili peppers, green, raw
- 1 large whole (3" dia) Tomato, red, ripe, raw
- 1 tsp Kosher Salt
- 2 lb Cauliflower, raw
- 1 lb Potatoes, raw, skin
- 0.25 cup Ginger root, raw
- 1 cup Coriander (cilantro) leaves, raw
- 4 Naan Bread - Naan Teardrop 8.8oz

**Preparation Instructions:**

1. Peel and chop the red onion.
2. Wash and make a slit in the green chillies.
3. Wash, core, and chop the tomato.
4. Wash and cut cauliflower into large florets.
5. Wash, peel, and cube the potatoes.
6. Peel and julienne the fresh ginger.
7. Wash, dry, remove leaves, and chop the fresh cilantro.

Cooking Instructions:

1. Heat a large pan on medium-high heat and add the ghee. Once the ghee is melted, add the cumin seeds and sauté until the cumin starts to dance, about 30 to 45 seconds.
2. Add the red onions and sauté until golden, about 3 to 4 minutes.
3. Stir in the ginger-garlic paste and sauté for about 1 minute.
4. Add the tomato puree, fenugreek leaves, coriander powder, garam masala, turmeric powder, Kashmiri red chili powder, green chillies, chopped tomatoes, and salt. Mix well and cook covered on low heat for 3 to 5 minutes until the mixture forms a paste-like consistency.
5. Add the cauliflower florets and cubed potatoes, then stir to coat. Add 1/2 cup of water and mix again. Cover and cook on low heat until the cauliflower and potatoes are tender, about 15 minutes.
6. Garnish with julienned ginger and chopped cilantro.

Serving Suggestions:

Serve 18 oz of the dish with 1 warm naan bread.

4 Servings, 18 oz each plus the Naan

Ingredient List:**BC#012352093548**

- 1.5 cup Milk, whole, 3.25% milkfat, with added vitamin D
- 720 ml Cream, fluid, heavy whipping
- 1 Vanilla Bean
- 0.75 cup, packed Sugars, brown
- 1 extra large Egg, whole, raw, fresh
- 4 large Egg yolks, raw, fresh
- 12 gram Corn flour, whole-grain, white
- 300 gram Callebaut White Chocolate
- 0.25 teaspoon Rosemary, fresh
- 80 gram Butter, without salt (unsalted)
- 6 large (3-1/4" dia) Apples, raw, with skin
- 80 gram Caster sugar
- 0.33 cup Brandy
- 150 gram Yogurt, Greek, plain, whole milk
- 150 ml Cream, fluid, heavy whipping
- 3/4 tsp Sea Salt Flakes

**Preparation Instructions:**

FOR BEST RESULTS RECOMMEND USING PINK LADY APPLES

FOR BEST RESULTS USE APPLE BRANDY

Halve vanilla bean and scrape out seeds.

Wash and dry the rosemary sprig, then remove leaves and chop.

Wash, peel, core, and cut pink lady apples into 4cm pieces.

Method:

- 1.To make custard, place milk, the larger listed amount of cream, and the vanilla pod and seeds in a saucepan over medium heat and bring to just below the boil. Set aside. In a second saucepan, heat brown sugar, 1/3 cup (80ml) water, and 3/4 tsp salt flakes over high heat and bring to a boil.
- 2.Reduce to a simmer and cook, swirling the pan, until it reaches 121°C on a sugar thermometer (about 6 minutes). Carefully add the hot cream mixture, stirring until dissolved.
- 3.Whisk yolks, whole egg, and cornflour in a heatproof bowl until smooth. Gradually add the hot cream mixture in a steady stream, whisking constantly, until well combined. Return the cream mixture to the saucepan over low heat and cook, stirring with a wooden spoon, for 2-3 minutes, or until the custard coats the back of the spoon. Strain through a fine sieve into a bowl and discard the vanilla pod. Cover the surface directly with plastic wrap and set aside until needed.
- 4.Preheat oven to 180°C. Grease a baking tray and line with baking paper.
- 5.To make the rosemary crumble, place chocolate on the prepared tray and bake, stirring halfway, for 10 minutes or until light golden. Sprinkle with rosemary and stand for 5 minutes to cool. Crumble the chocolate mixture into small pieces and set aside.
- 6.To cook the apple, heat butter in a large frypan over medium-high heat. Add the apple and cook, stirring occasionally, for 5 minutes or until starting to caramelize. Add caster sugar and cook, stirring, for 2 minutes or until the sugar is dissolved. Add Calvados (brandy) and cook, stirring, for 2 minutes or until reduced slightly. Set aside to cool.
- 7.For the yogurt cream, in a stand mixer fitted with the whisk attachment, whisk the smaller listed amount of cream to soft peaks. Fold through yogurt and chill until needed.
- 8.Divide custard and apple among bowls. Top with a spoonful of yogurt cream and scatter with rosemary crumble to serve.

8 Servings, 13.76 oz each

Braised Pork Ribs with Rigatoni

BC#012352093579

Ingredient List:

- 4 lb Pork - Spare Ribs St. Louis Style
- 1 tsp Kosher Salt
- 1 teaspoon, ground Spices, pepper, black
- 1 tablespoon Olive Oil, extra virgin
- 2 large Onions, raw
- 8 cloves Garlic, raw
- 2/4 cup Del Sol Sliced Cherry Peppers
- 56 oz San Marzano Tomatoes, canned
- 4 gram Spices, bay leaf
- 1 cup Thyme, fresh
- 2.5 cup Water, tap, municipal
- 1 lb Barilla Rigatoni Pasta
- 0.25 cup, chopped Parsley, fresh
- 5 oz Defina Grana Padano

Preparation Instructions:

- Peel and slice onions.
- Seed and crush canned tomatoes.
- Wash, dry, remove leaves and chop fresh parsley.
- Wash thyme sprigs (6).

Method:

- 1.Cut the rack of spare ribs between the bones into single ribs (or ask your butcher to do this for you). Season the rib pieces with salt and pepper. Heat the olive oil in a large, heavy braising pan over medium heat. Add as many of the ribs as will fit without touching. Cook, turning occasionally, until browned on all sides, about 10 minutes. Remove the ribs and drain on a baking sheet lined with paper towels. Repeat with the remaining ribs. Adjust the temperature throughout the browning, so the fat in the pan is sizzling, but the pieces of pork that stick to the pan don't burn.
- 2.Pour off all but about 4 tablespoons of fat from the casserole. Add the onions, garlic, and cherry peppers. Cook, stirring, until the onions are wilted and caramelized, about 4 minutes. Stir in the tomatoes, 2 bay leaves, and 6 sprigs of thyme. Bring to a boil, scraping the pan to loosen the brown bits stuck to the bottom. Tuck the spare ribs into the tomato sauce, season lightly with salt and pepper, and bring to a boil. Adjust the heat to simmering and cook, turning the spare ribs in the sauce occasionally, until the ribs are fork-tender, about 2 hours. Ladle some of the hot water into the casserole from time to time as necessary to keep the ribs covered with liquid.
- 3.To serve: When the ribs are almost tender, heat 6 quarts of salted water to a boil in an 8-quart pot. Stir the rigatoni into the boiling water. Return to a boil, stirring frequently. Cook the pasta, semi-covered, stirring occasionally, until done, about 10 minutes.
- 4.Drain the pasta, return it to the pot, and spoon in enough of the spare rib sauce to generously coat the pasta. Toss in the parsley and bring the sauce and pasta to a boil, tossing to coat the pasta with sauce. Check the seasoning, adding salt and pepper if necessary. Remove the pot from the heat and stir in 2/3 cup grated cheese. Transfer the pasta to a warm platter or individual plates and top with the spare ribs. Spoon a little of the remaining sauce over the pasta and serve immediately, passing additional sauce and, if you like, grated cheese separately.



6 Servings, 17.8 oz Each

Chocolate Chip Ricotta Cookies

BC#012352093586

Ingredient List:

- 1 stick Butter, without salt (unsalted)
- 1 cup Sugars, granulated
- 2 extra large Eggs, whole, raw, fresh
- 8 oz Cheese, ricotta, whole milk
- 1 teaspoon Vanilla extract
- 2.5 cups Wheat flour, white, all-purpose, enriched, bleached
- 2 teaspoons Leavening agents, baking powder, double-acting, straight phosphate
- 1 tsp Kosher Salt
- 8 oz Ghirardelli Milk Chocolate Chips
- 0.5 cup Sugars, powdered

**Preparation Instructions:**

- Bring butter to room temperature.
- Recipe works best using high-quality mini chocolate chips and fresh ricotta cheese.

Method:

- 1.Preheat the oven to 350°F. Line two baking sheets with parchment paper.
- 2.Cream the butter and granulated sugar in a large bowl with a handheld mixer on high speed until light and fluffy, about 2 minutes. Reduce the speed to medium and add the eggs. Beat until smooth. Add the ricotta and vanilla, and beat to combine.
- 3.Sift the flour and baking powder directly into the bowl, then add a pinch of salt. Mix on low speed until just combined. Stir in the chocolate chips by hand.
- 4.Drop the cookie dough in heaping tablespoons onto the prepared baking sheets, leaving about 2 inches between cookies, arranging in three rows of five.
- 5.Bake, rotating the trays from top to bottom halfway through, until the cookies are puffed and golden at the edges, about 16 to 18 minutes. Remove from the oven and transfer to a wire rack to cool.
- 6.Dust the cookies with confectioners' sugar before serving, if desired.

Serving Suggestion:

Serve 2 cookies per serving.

12 Servings, two cookies per package

Fried Chicken Thighs with Swiss Chard Gratin

BC#012352093616

Ingredient List:

- 8 Bone-In Chicken Thighs, raw
- 2 teaspoons Lemon zest
- 2 tablespoons Lemon juice, raw
- 2 tablespoons Oil, grapeseed
- 3 cloves Garlic, raw
- 1 tsp Kosher Salt
- 1 teaspoon ground Black Pepper
- 0.25 cup Honey
- 1 red Hot Chili Pepper, raw
- 0.5 tablespoon Lemon juice, raw
- 1 tablespoon Butter, unsalted
- 3 tablespoons Fresh Thyme
- 4 x 6oz CK Side - Swiss Chard Gratin



Preparation Instructions:

- For best results, use a jarred Calabrian chili in oil (drained and chopped).

Method:

1. Cook the Chicken: Preheat the oven to 420°F. In a bowl, toss together the chicken thighs, lemon zest, lemon juice, grapeseed oil, garlic, and thyme. Season with salt and pepper. Massage the chicken with your hands for a couple of minutes. Set aside for 15 minutes at room temperature. Arrange the thighs on a sheet pan, leaving ample space in between them. Transfer to the hot oven and bake for 30 to 35 minutes until the meat is cooked through, the chicken fat has rendered, and the skin is crisp. Let the chicken rest for 10 minutes.

2. Make the Glaze: In a small saucepan over medium heat, bring the honey to a simmer and allow it to bubble for 2 minutes. Remove from the heat and stir in the chopped chili, lemon juice, and butter. Season with salt.

3. Glaze the Chicken: After the chicken has rested, brush the thighs thoroughly with the glaze using a pastry brush.

Serve the glazed chicken thighs alongside the Swiss chard gratin.

4 Servings, 394 Grams Each Total

Swiss Chard Gratin

Sub Recipe

Ingredients:

- 1 oz Salted Butter (softened)
- 2 tablespoons Dry Bread Crumbs (plain, grated)
- 0.25 cup Dry Bread Crumbs (plain, grated)
- 1 lb Swiss Chard (fresh, raw)
- 1 cup Extra Virgin Olive Oil
- 3 oz Shallots (finely chopped)
- 2 cloves Garlic (finely chopped)
- 0.5 tsp Kosher Salt
- 0.25 teaspoon Ground Black Pepper
- 1 oz Salted Butter (for sauce)
- 2 tablespoons White All-Purpose Flour
- 1.5 cups Whole Milk (3.25% milkfat)
- 1/4 tsp Morton Iodized Salt
- 2 grams Bay Leaf
- 0.06 teaspoon Ground Nutmeg
- 1 oz Fresh Oregano (chopped)
- 2 teaspoons Fresh Thyme (chopped)
- 1 cup Gruyere Cheese (shredded)

**Preparation Instructions:****1. Prepare the Gratin Dish:**

1. Preheat the oven to 400°F.
2. Coat the interior of a 1 1/2-quart gratin or baking dish with the softened butter. Sprinkle in the 2 tablespoons of bread crumbs, tilting the dish around until the crumbs cover the buttered surface.

2. Prepare the Chard:

1. Slice the chard stems and leaves into 1 1/2-inch pieces. Wash thoroughly in cold water, drain, but don't dry.
2. Heat the olive oil in a 6-quart Dutch oven or soup pot over medium heat. Add the chopped shallots and garlic and cook, stirring constantly, for about 1 minute, until softened but not browned.
3. Add the chard to the pot, sprinkle with salt, and cover tightly to steam until the chard wilts to half its original volume, about 2-3 minutes.
4. Uncover the pot and cook for an additional 5 minutes, turning the chard occasionally with tongs until all the water evaporates. Season with black pepper and set aside.

3. Make the Sauce:

1. In a small saucepan, melt 1 oz of butter over medium heat. Whisk in the flour and cook for 1 minute until the mixture bubbles and turns a lighter color.
2. Gradually pour in the cold milk, whisking vigorously. Add the 1/4 tsp of salt and the bay leaf. Heat, whisking constantly, until the mixture comes to a boil and thickens, about 5 minutes.
3. Reduce the heat to low and simmer for 2 minutes. Stir in the nutmeg, oregano, thyme, and 1/2 cup of the grated Gruyere cheese. Remove from heat and discard the bay leaf.

4. Assemble the Gratin:

1. Mix the cooked chard with the sauce. Spoon the mixture into the prepared gratin dish.
2. Sprinkle the remaining 1/4 cup of bread crumbs and 1/2 cup of Gruyere cheese over the top.

5. Bake:

1. Place the gratin in the oven and bake for 35 minutes, or until golden and bubbly.

6 Servings, 170 Grams Each

Ingredient List:

BC#012352093562

- 1.5 cups Wheat flour, white, all-purpose, enriched, bleached
- 2 teaspoons Leavening agents, baking powder, double-acting, straight phosphate
- 0.5 teaspoon Kosher Salt
- 8 oz Greek yogurt, plain, whole milk
- 1.33 cups Granulated sugar
- 3 extra large Eggs, whole, raw
- 2 teaspoons Lemon zest
- 0.5 teaspoon Vanilla extract
- 0.5 cup Canola oil
- 0.33 cup Lemon juice, raw
- 1 cup Powdered sugar
- 2 tablespoons Lemon juice, raw (for glaze)

**Preparation Instructions:**

- 1.Preheat the oven to 350°F. Grease an 8 1/2 by 4 1/4 by 2 1/2-inch loaf pan and line the bottom with parchment paper. Grease and flour the pan.
 - 2.Sift together the flour, baking powder, and salt into a bowl. In a separate bowl, whisk together the yogurt, 1 cup of sugar, eggs, lemon zest, and vanilla extract. Gradually whisk the dry ingredients into the wet ingredients.
 - 3.Slowly fold in the canola oil using a rubber spatula, ensuring it's fully incorporated into the batter.
 - 4.Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester inserted into the center of the loaf comes out clean.
 - 5.While the cake is baking, cook 1/3 cup lemon juice and the remaining 1/3 cup sugar in a small pan over medium heat until the sugar dissolves and the mixture becomes clear. Set aside.
 - 6.Once the cake is done, allow it to cool in the pan for 10 minutes. Then, carefully transfer it to a baking rack over a sheet pan. While still warm, pour the lemon-sugar mixture over the cake and let it soak in. Allow the cake to cool completely.
 - 7.For the glaze, combine the powdered sugar and 2 tablespoons of lemon juice and pour it over the cooled cake.
- Enjoy your moist lemon cake with a tangy glaze!

8 Servings, 140 Grams Each

Ingredient List:

BC#012352093555

- 5.5 lb Chicken, roasting, meat and skin, raw
- 1 teaspoon Kosher Salt
- 1 teaspoon ground Black Pepper
- 2 cups Fresh Thyme
- 1 Lemon, raw, with peel
- 8 cloves Garlic, raw
- 1 oz Salted Butter
- 1 large Onion, raw
- 4 large Carrots, raw (7-1/4" to 8-1/2" long)
- 1 bulb Fennel, raw
- 2 tablespoons Olive Oil, extra virgin
- 8 oz Rosemary Roasted Potatoes (hot hold)
- 8 oz Caramelized Butternut Squash (hot hold)

**Preparation Instructions:**

- 1.Prepare the Rosemary Roasted Potatoes and Caramelized Butternut Squash according to their sub-recipes and hold warm.
- 2.Wash and gather 20+ sprigs of fresh thyme. Cut the lemon in half and remove seeds. Slice the garlic head crosswise. Melt the butter. Peel and thickly slice the onion. Cut the carrots into 2-inch chunks. Wash the fennel bulb, remove the tops, and cut it into wedges.
- 3.Preheat the oven to 425°F.
- 4.Remove the giblets from the chicken, rinse it inside and out, and pat it dry. Remove any excess fat and leftover pin feathers. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the thyme sprigs, both halves of lemon, and the garlic cloves.
- 5.Brush the outside of the chicken with melted butter and sprinkle with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
- 6.Place the onions, carrots, and fennel in a roasting pan. Toss the vegetables with salt, pepper, 20 sprigs of thyme, and olive oil. Spread them around the bottom of the pan and place the chicken on top.
- 7.Roast the chicken for 1.5 hours, or until the juices run clear when cutting between the leg and thigh. Remove the chicken and vegetables from the pan and transfer to a platter. Cover with aluminum foil and let rest for 20 minutes.
- 8.Slice the chicken and serve it with the roasted vegetables.

Serving Suggestions:

Serve approximately 5 oz of chicken with 2.5 oz of roasted veggies, 8 oz of roasted potatoes, and 5 oz of caramelized butternut squash.

8 Servings across 8 containers, 605 Grams Each Total

Ingredients:

Sub Recipe

1.5 lb Raw Potatoes (skin on, a mix of Yukon Gold and Red Bliss recommended)

2 tablespoons Extra Virgin Olive Oil

0.75 tsp Kosher Salt

0.5 teaspoon Ground Black Pepper

3 cloves Garlic (minced)

2 tablespoons Fresh Rosemary (chopped)



Preparation Instructions:

Preheat the oven to 400°F (200°C).

Mince the garlic cloves.

Wash, dry, and remove the leaves from the rosemary sprigs.

Chop the rosemary finely.

Cut the potatoes in half or quarters, depending on their size, and place them in a large mixing bowl. Add the olive oil, kosher salt, black pepper, minced garlic, and chopped rosemary to the bowl.

Toss everything together until the potatoes are well coated.

Spread the seasoned potatoes in a single layer on a baking sheet. Roast in the preheated oven for at least 1 hour, or until the potatoes are golden brown and crispy. Flip the potatoes twice with a spatula during cooking to ensure even browning.

Once roasted, remove the potatoes from the oven. Taste and adjust seasoning with more salt or pepper if desired. Serve hot and enjoy your perfectly roasted rosemary potatoes!

3 Servings, 255 Grams Each

Caramelized Butternut Squash

Sub Recipe

Ingredients:

- 4.5 lb Raw Butternut Squash (peeled and cubed)
- 3 oz Salted Butter (melted)
- 0.25 cup Packed Brown Sugar
- 1.5 tsp Kosher Salt
- 0.5 teaspoon Ground Black Pepper



Preparation Instructions:

Preheat the oven to 400°F (200°C).

Cut off and discard both ends of each butternut squash. Peel the squash, then slice it in half lengthwise and remove the seeds.

Cut the squash into 1 1/4 to 1 1/2-inch cubes.

Place the squash cubes on a baking sheet. Drizzle with melted butter, then sprinkle with brown sugar, kosher salt, and ground black pepper. Toss everything together using clean hands, ensuring the squash is evenly coated.

Spread the squash into a single layer on the baking sheet. Roast in the preheated oven for 45 to 55 minutes, or until the squash is tender and the glaze starts to caramelize. Flip the squash a few times during cooking with a spatula to ensure even browning.

11 Servings, 170 Grams Each

Ingredient List:

BC#012352093609

- 3 cups Whole Milk (3.25% milkfat, with added vitamin D)
- 16 oz Raw Pumpkin
- 0.5 teaspoon Cardamom Powder
- 3 grams Saffron
- 1 Cinnamon Stick
- 1 Star Anise
- 3 oz Dry Roasted Almonds (without salt added)
- 0.5 cup Dried Cranberries (sweetened)
- 0.5 cup Dry Roasted Pistachio Nuts (with salt added)
- 1 tablespoon Brown Sugar (packed)
- 0.5 cup Canned Sweetened Condensed Milk
- 0.5 teaspoon Rose Water
- 2 edible flowers (~6 florets/flowers)

**Preparation Instructions:**

1. Peel, de-seed, and finely grate the fresh pumpkin.
2. Sliver the almonds and chop the pistachios.

Directions:

1. In a large, heavy-bottomed saucepan, add the milk, grated pumpkin, cardamom powder, saffron, cinnamon stick, and star anise. Cook over low heat, stirring occasionally, until the raw smell of the pumpkin disappears (about 25 minutes).
2. Set aside 1 teaspoon each of almonds, cranberries, and pistachios for garnish. Add the remaining almonds, cranberries, and pistachios to the pumpkin mixture. Cook for an additional 10 to 15 minutes, or until the mixture begins to thicken.
3. Add the brown sugar and mix well to combine. Remove from heat and stir in the condensed milk and rose water.
4. Transfer the pumpkin kheer into 4 serving vessels (lidded parfait cups). Refrigerate for at least 2 hours until chilled.
5. Serve the pumpkin kheer garnished with the reserved almonds, cranberries, pistachios, and edible flowers.

4 Servings, 340 Grams each

Ingredient List:**BC#012352093531**

- 28 oz grams Beef Flank Steak (separable lean only, trimmed to 0" fat, choice, raw)
- 2 grams Bay Leaf
- 0.5 large Onion (raw)
- 3 cloves Garlic (raw)
- 0.25 cup Olive Oil (salad or cooking)
- 1 large Onion (raw)
- 2 Jalapeno Peppers (raw)
- 3 cloves Garlic (raw)
- 1.5 teaspoons Ground Cumin
- 1 teaspoon Dried Oregano (leaves)
- 4 grams Bay Leaf
- 3 large Ripe Tomatoes (raw, ~3" dia)
- 60 grams Canned Tomato Paste (with salt added)
- 0.33 cup White Table Wine
- 2 Limes (raw)
- 2 teaspoons Kosher Salt
- 1 teaspoon Ground Black Pepper
- 4 x 8 oz servings Congri (Rice and Beans)

Preparation Instructions:

1. Peel and thinly slice the onion.
2. Wash, remove seeds, and slice the jalapeno peppers.
3. Crush the garlic cloves.

Method:

1. Cut the flank steak into 3 pieces and season with kosher salt and black pepper. Let it sit at room temperature for 15 minutes. Place the beef in a large saucepan with a lid along with the bay leaf, onion, and bruised garlic cloves. Cover the beef with a few centimeters of water, bring to a boil over high heat, then reduce the heat to low and simmer, covered, for 2 hours, or until the meat can be easily pulled apart. Remove the beef from the cooking liquid, reserving the stock, and use tongs to finely shred the beef. Set aside.
2. For the sofrito, heat the olive oil in a large frypan over medium heat. Add the sliced onion, jalapenos, and garlic with a pinch of salt. Cook, stirring every couple of minutes, for 10 minutes, or until the vegetables are softened. Add the cumin, oregano, and bay leaves, stirring to combine.
3. Cut the tomatoes in half and coarsely grate them. Add the tomato pulp (discard the skins) to the capsicum mixture along with the tomato paste. Stir to combine and cook for a further 5-7 minutes, until the mixture thickens and becomes concentrated. Add the white wine and simmer for 2 minutes before adding the shredded beef and 200ml of the reserved beef cooking liquid. Simmer for another 15 minutes, or until the mixture thickens slightly.
4. Stir in the juice of 1 lime and check for seasoning. Adjust with salt and black pepper. Serve with steamed white rice and extra lime wedges on the side.

**4 Servings, 675 Grams Each Total**

Congri Rice and Beans

Sub Recipe

Ingredients:

- 7 oz Raw Black Turtle Beans (dried)
- 1 Jalapeno Pepper
- 2 tablespoons Extra Virgin Olive Oil
- 2.65 oz Thick-Sliced Hickory Smoked Bacon
- 1 Medium Onion (about 2 1/2" diameter)
- 4 cloves Garlic
- 1 teaspoon Ground Cumin
- 1 teaspoon Dried Oregano
- 2 Bay Leaves
- 8.8 oz Raw Long-Grain White Rice (enriched)
- 1 teaspoon Kosher Salt



Preparation Instructions:

- 1. Soak the Beans:** Place the dried black beans in a large bowl, cover with cold water, and soak for 6 hours or overnight in the fridge.
- 2. Cook the Beans:** Drain the beans and place them in a medium saucepan. Add enough water to cover the beans by about 3 cm. Add a quarter of the jalapeno pepper, bring to a boil over high heat, then reduce the heat to low and simmer for 1 to 1.5 hours, topping up with water to keep the beans submerged. Once the beans are soft, add a pinch of salt.
- 3. Cool the Beans:** When the beans are fully cooked, turn off the heat and let them cool in their cooking liquid. You can prepare the beans ahead of time and store them in the fridge.
- 4. Prepare the Congri:** Measure out 250g of the cooked beans, reserving any excess for future use. Add 350ml of the cooking liquid (avoid the thick, starchy liquid at the bottom) and enough water to reach 350ml if needed.
- 5. Make the Sofrito:** Heat olive oil and finely chopped bacon in a large, heavy-based skillet over medium-high heat. Add the chopped remaining jalapeno pepper and cook for 5-7 minutes until softened. Stir in cumin, oregano, and bay leaves, cooking for an additional 2 minutes.
- 6. Cook the Rice:** Rinse the rice under cold water until the water runs clear. Add the rinsed rice to the sofrito and toss to combine. Add the reserved beans and the 350ml of bean cooking liquid. Stir everything together, bring to a boil, and then reduce the heat to low. Cover and cook for exactly 17 minutes.
- 7. Finish Cooking:** After 17 minutes, turn off the heat and let the rice steam with the lid on for 5 minutes before uncovering and fluffing with a fork.

4 Servings, 220 Grams Each

BC#012352093623

Ingredient List:

- 3 large Peaches (raw, ~2-3/4" dia)
- 1.5 cups Extra Virgin Olive Oil
- 1 cup Granulated Sugar
- 2 tablespoons Granulated Sugar
- 0.5 teaspoon Kosher Salt
- 3 large Whole Eggs (raw, extra large)
- 2 cups All-Purpose Wheat Flour (enriched, bleached)
- 0.5 teaspoon Double-Acting Baking Powder (straight phosphate)
- 0.5 teaspoon Baking Soda
- 0.75 cup Powdered Sugar

**Preparation Instructions:**

1.Ensure the peaches are ripe, then wash and thinly slice them.

Directions:

- 1.Preheat the oven to 350°F. Line a 9-by-13-inch baking pan with parchment paper and coat with vegetable oil spray.
- 2.In a bowl, toss the sliced peaches with 1/4 cup of the olive oil, 1/4 cup plus 2 tablespoons of the granulated sugar, and the salt. Let the mixture stand until juicy, about 15 minutes.
- 3.In another bowl, whisk the eggs with the remaining 3/4 cup of sugar and 1 1/4 cups of olive oil.
- 4.In a separate bowl, whisk together the flour, baking powder, and baking soda. Gradually whisk the dry ingredients into the egg mixture.
- 5.Fold in the peaches along with their juices. Scrape the batter into the prepared baking pan and bake for 35 minutes, or until golden. A toothpick inserted into the center should come out clean.
- 6.Allow the dessert to cool completely, then dust with powdered sugar.
- 7.Cut into 8 slices and serve 1 slice per serving.

8 Servings, 1 slice per container, 170 Grams Each

CANTEEN  KITCHENS



PI
Day

Ingredient List:

- 1 Pie Crust (10")
- 1.5 cups Apple Fruit Butter
- 3 large Whole Eggs (raw, extra large)
- 0.25 cup Brown Sugar (unpacked)
- 1 tablespoon All-Purpose Wheat Flour (enriched, bleached)
- 1 teaspoon Vanilla Extract
- 14 oz Sweetened Condensed Milk (canned)
- 1 cup Heavy Whipping Cream (fluid, yields 2 cups whipped)
- 2 tablespoons Powdered Sugar
- 1 teaspoon Ground Cinnamon
- 1 teaspoon Vanilla Extract (for whipped cream)

BC#012352093678**Preparation Instructions:****Pie Dough:**

- 1.Once chilled, remove the pie dough from the fridge and let it sit for about 15 minutes to take the chill off. This makes rolling easier and prevents cracking.
- 2.Lightly flour your rolling pin and work surface. Roll out the dough, giving it a quarter turn every few rolls to ensure it's even and round.
- 3.Roll until the dough is about 1/8" thick and at least 2 inches wider than your pie dish. Keep flouring the surface and rolling pin as needed to prevent sticking.
- 4.Carefully transfer the dough into the pie dish. Press it into place on the bottom and sides. Trim the edges with kitchen shears to be 1" wider than the dish.
- 5.Fold the sides underneath to meet the edge, then crimp.
- 6.To par-bake the crust, freeze it for 15 minutes. Dock the dough with a fork all over. Line with parchment paper and fill with pie weights or dried beans/rice.
- 7.Bake in a preheated 375°F/190°C oven for 15 minutes. Then, remove the weights and parchment and bake for another 5 minutes. Let the crust cool on a wire rack while preparing the filling.

Apple Butter Filling:

- 1.Reduce the oven temperature to 325°F/163°C and set a rack in the middle of the oven.
- 2.In a large bowl, whisk together the apple butter, eggs, brown sugar, flour, and 1 teaspoon of vanilla extract.
- 3.Add the sweetened condensed milk, scraping out all the excess from the can. Whisk until the mixture forms a smooth batter.
- 4.Pour the batter into the par-baked pie crust. Bake for 30 minutes in the center of the oven.
- 5.Carefully transfer the pie to the lower third of the oven and continue baking for another 10-15 minutes, until the center is set and slightly jiggly (but not sloshy).
- 6.Remove from the oven and cool completely on a wire rack (about 3 hours). For faster cooling, you can refrigerate the pie.

Cinnamon Whipped Cream:

- 1.Add the heavy cream, powdered sugar, cinnamon, and 1 teaspoon vanilla extract to the bowl of a stand mixer fitted with the whisk attachment (or use a handheld mixer).
- 2.Whip on high speed for 1-2 minutes until soft-stiff peaks form.
- 3.Spread the whipped cream over the cooled pie. Add a few dollops of extra apple butter and swirl it in.

Serving:

- 1.Slice the pie into 8 slices, cleaning the knife after each cut for clean slices.
- 2.Serve 1 slice per portion. Enjoy!

8 Servings

Ingredient List:

- 1.25 cups All-Purpose Wheat Flour (enriched, bleached)
- 4 oz Salted Butter
- 0.33 cup Cultured Sour Cream
- 1 tablespoon Olive Oil (salad or cooking)
- 2 lb Beef Chuck, Clod Roast (trimmed to 1/4" fat, raw)
- 8 oz Baby Portabella Mushrooms (raw)
- 4 large Carrots (7-1/4" to 8-1/2" long, raw)
- 1 large Onion (raw)
- 2 tablespoons All-Purpose Wheat Flour (enriched, bleached)
- 2 tablespoons Tomato Paste (canned, with salt added)
- 2 tablespoons Fresh Thyme (leaves)
- 3 cloves Garlic (raw)
- 1.5 teaspoons Kosher Salt
- 1 teaspoon Ground Black Pepper
- 2 cups Homemade Beef Stock (soup, stock)
- 11 oz Regular Beer (such as Guinness)
- 1 tablespoon Packed Brown Sugar
- 1 large Extra-Large Whole Egg (raw)
- 2 tablespoons Water (tap, municipal)

BC#012352093654**Preparation Instructions:****For Best Results:**

- Ensure that the butter is very cold when making the crust. Dice the butter and place it back in the refrigerator until it is chilled.
- Use a dark stout beer like Guinness for the best flavor.
- Opt for baby portabella mushrooms for a richer taste.

Preparation Steps:**Make the Pie Crust:**

1. In a large bowl, combine the flour and diced butter. Toss the butter in the flour to coat.
2. Work the butter into the flour with a pastry blender or your fingers, squeezing the butter chunks flat and rubbing them into the flour. Some larger pieces (about the size of marbles) can remain. Continue blending until the dough appears shaggy.
3. Make a well in the center of the mixture and add the sour cream. Use a spatula to mix the sour cream into the flour mixture.
4. Using your hands, knead the dough a few times to blend the sour cream into the flour, forming a large ball of dough.
5. Transfer the dough to a work surface and shape it into a rough disk. Wrap the dough tightly in plastic wrap. Using a rolling pin, roll the dough until it stretches to the edges of the plastic wrap. Refrigerate for at least 2 hours, preferably overnight.

Braise the Beef:

1. Preheat the oven to 350°F and place an oven rack in the middle part of the oven.
2. Heat olive oil in a Dutch oven over medium-high heat. Brown the beef in batches, ensuring all sides are seared. Once browned, remove the beef and set aside.
3. Lower the heat to medium, add the mushrooms, and cook for about 8 minutes, until softened and their liquid has evaporated.
4. Add the carrots and onions and cook for another 8 minutes, until they begin to soften.
5. Stir in the flour, tomato paste, thyme, garlic, salt, and pepper. Cook for about 30 seconds, until the tomato paste darkens to a rusty color.
6. Deglaze the pot with beef stock, stout beer, and brown sugar, scraping up any browned bits from the pot.
7. Add the browned beef back into the pot, nestling it into the liquid. Bring the mixture to a boil, cover with a tight-fitting lid, and transfer to the oven. Braise for 1 ½ to 2 hours, or until the meat is tender and the sauce has thickened.
8. Once the meat is tender, taste and adjust seasoning as needed. If the sauce is too salty due to liquid reduction, add water to balance the flavor.
9. Remove the beef from the pot and transfer the braised beef mixture to a shallow container. Allow it to cool at room temperature for about 1 hour, then refrigerate for at least 2 hours or overnight.

Assemble and Bake:

1. Preheat the oven to 400°F and place an oven rack in the lowest part of the oven.
2. Place four oven-safe pans on a sheet pan. Roll out the chilled pastry dough and cut circles to fit the tops of the pans.
3. Divide the chilled beef filling among the pans, then place the pastry circles on top.
4. Brush the tops of the pies with an egg wash (whisk together the egg and water). Cut a small slit in each crust to allow steam to vent during baking.
5. Bake the pies on the lowest rack for 40 to 55 minutes, or until the crust is golden brown.
6. Transfer the pies to a wire rack and let cool for 5-10 minutes before serving.

Serving:

- Serve the beef pot pie warm, allowing the filling to set slightly for the best texture. Enjoy!

4 Servings, 565 Grams Each

Ingredient List:

- 18 oz Shredded Chicken
- 1.5 cups PACE Thick & Chunky Salsa
- 15 oz Black Beans (canned, low sodium)
- 1.5 cups Homemade Chicken Stock
- 1 tablespoon Chili Powder
- 2.5 oz Green Onions (tops and greens)
- 0.75 cup Whole-Grain Yellow Cornmeal
- 1 cup Shredded Cheddar Cheese
- 1 tablespoon Unsalted Butter
- 1 teaspoon Kosher Salt
- 1 teaspoon Ground Black Pepper
- 12 oz Cultured Sour Cream

BC#012352093630

**Preparation Instructions:****1. Prepare the Ingredients:**

1. Shred the chicken into bite-sized pieces.
2. Drain and rinse the black beans.
3. Wash and thinly slice the green onions, using both the white and green parts.
4. Place sour cream into a portion cup with a lid for easy serving.

2. Cook the Chicken Filling:

1. Preheat the oven to 400°F.
2. In a 10-inch cast-iron skillet, combine the shredded chicken, salsa, black beans, ½ cup of chicken stock, and chili powder.
3. Heat over medium heat, stirring occasionally, until the mixture comes to a simmer.
4. Stir in the sliced green onions and remove from the heat.

3. Prepare the Cornmeal Mixture:

1. In a medium pan, combine the cornmeal with the remaining 1 cup chicken stock and 1 cup water.
2. Bring to a simmer over medium heat, stirring constantly, until the mixture thickens (about 5 to 7 minutes).
3. Remove from heat and stir in the shredded cheddar cheese and unsalted butter.
4. Season the mixture with ¼ teaspoon salt and ¼ teaspoon ground black pepper.

4. Assemble the Dish:

1. Spread the cornmeal mixture evenly over the chicken and bean filling in the cast-iron skillet.

5. Bake and Serve:

1. Place the skillet in the preheated oven and bake for about 30 minutes, until the mixture is cooked through.
2. Remove from the oven and let stand for 15 minutes before serving.
3. Serve the dish with a 2 oz souffle cup of sour cream for added creaminess.

6 Servings, 340 Grams Each

Ingredients:

BC#012352093685

- 1 Chocolate Cookie-Type Pie Crust (ready-made)
- 1.5 cups Heavy Whipping Cream (yields 2 cups whipped)
- 5.5 oz Marshmallow Cream
- 1 cup Smooth Peanut Butter (with salt)
- 1.5 oz Smooth Peanut Butter (with salt)
- 0.75 cup Powdered Sugar
- 1 teaspoon Vanilla Extract
- 0.25 teaspoon Kosher Salt
- 0.75 bar Callebaut Milk Chocolate
- 8 oz Cream Cheese

**Preparation Instructions:****1. Prepare the Garnishes:**

1. Ensure the Callebaut milk chocolate bar is very cold. Shave the bar to create chocolate shavings for garnish.
2. Melt the smaller portion of peanut butter (1.5 oz) to drizzle over the pie before serving.

2. Whip the Cream:

1. In a large bowl, use a hand mixer (or a stand mixer) to beat the heavy cream until soft peaks form.
2. Transfer half of the whipped cream into a separate bowl and set it aside.

3. Marshmallow Whipped Cream:

1. To the remaining whipped cream, add the marshmallow cream and continue to beat until stiff peaks form.

4. Cream Cheese Filling:

1. In a separate bowl, beat the cream cheese, 1 cup of peanut butter, powdered sugar, vanilla extract, and kosher salt until smooth and creamy.
2. Gently fold in the plain whipped cream (the half you set aside) until combined.

5. Assemble the Pie:

1. Pour the peanut butter-cream cheese mixture into the chocolate cookie crust.
2. Top with the marshmallow whipped cream.

6. Chill:

1. Refrigerate the pie until well chilled, at least 4 hours.

7. Serve:

1. Before serving, drizzle the pie with the melted peanut butter and top with chocolate shavings for a decorative and delicious touch.

8 Servings, 170 Grams each

Ingredients:**BC#012352093647**

- 2 tablespoons Olive Oil (salad or cooking)
- 1 cup Chopped Onions (raw)
- 1 lb Ground Beef (90% lean meat / 10% fat, raw)
- 2 teaspoons Dried Parsley
- 1 teaspoon Dried Rosemary
- 1 teaspoon Dried Thyme (leaves)
- 0.5 teaspoon Kosher Salt (for meat)
- 0.5 teaspoon Ground Black Pepper (for meat)
- 0.5 oz Worcestershire Sauce
- 2 cloves Garlic (raw, minced)
- 2 tablespoons All-Purpose Flour (white, enriched, bleached)
- 2 tablespoons Tomato Paste (canned, with salt added)
- 1 cup Beef Stock (home-prepared)
- 1 cup Frozen Peas and Carrots (unprepared)
- 0.5 cup Frozen Sweet Corn (kernels cut off cob, unprepared)
- 2 lb Potatoes (raw, skin on)
- 4 oz Salted Butter
- 0.33 cup Half and Half Cream (fluid)
- 0.5 teaspoon Garlic Powder
- 0.5 teaspoon Kosher Salt (for potatoes)
- 0.25 teaspoon Ground Black Pepper (for potatoes)
- 0.25 cup Grated Parmesan Cheese

**Preparation Instructions:****1. Prepare the Meat Filling:**

1. Peel and chop the onion. Mince the garlic.
2. Heat the olive oil in a large skillet over medium-high heat for 2 minutes.
3. Add the chopped onion to the skillet and cook for 5 minutes, stirring occasionally.
4. Add the ground beef to the skillet, breaking it apart with a wooden spoon. Stir in the parsley, rosemary, thyme, 1/2 teaspoon of kosher salt, and 1/2 teaspoon of black pepper. Cook for 6-8 minutes until the meat is browned, stirring occasionally.
5. Stir in the Worcestershire sauce and minced garlic. Cook for 1 minute.
6. Add the flour and tomato paste, stirring until well incorporated and there are no clumps of tomato paste.
7. Pour in the beef stock, and add the frozen peas, carrots, and corn. Bring the mixture to a boil, then reduce to a simmer. Simmer for 5 minutes, stirring occasionally. Set aside the meat mixture.

2. Prepare the Potato Topping:

1. Wash, peel, and cut the potatoes into about 1-inch cubes.
2. Place the potatoes in a large pot and cover with water. Bring to a boil, then reduce to a simmer. Cook the potatoes until they are fork-tender, about 10-15 minutes.
3. Drain the potatoes in a colander, then return them to the hot pot. Let them rest for 1 minute to allow any remaining liquid to evaporate.
4. Add the butter, half & half, garlic powder, 1/2 teaspoon of kosher salt, and 1/4 teaspoon of black pepper to the potatoes. Mash and stir until everything is combined.
5. Stir in the grated Parmesan cheese until well mixed.

3. Assemble the Casserole:

1. Preheat the oven to 400°F (200°C).
2. Pour the meat mixture into a 9x9-inch or 7x11-inch baking dish, spreading it into an even layer.
3. Spoon the mashed potatoes on top of the meat mixture. Carefully spread the potatoes into an even layer.
4. If the baking dish appears too full, place it on a rimmed baking sheet to catch any potential overflow.
5. Bake uncovered for 25-30 minutes, until the top is slightly golden and bubbly.
6. Let the casserole cool for 15 minutes before serving.

6 Servings, 12 oz Each

BC#012352093692

Ingredients:

- 24 Chocolate Oreo Original Cookies
- 2 oz Salted Butter
- 12 Chocolate Oreo Original Cookies
- 3 Chocolate Oreo Original Cookies
- 2 cups Heavy Whipping Cream (fluid)
- 2 teaspoons Vanilla Extract
- 2 teaspoons Granulated Sugar
- 8 Chocolate Oreo Original Cookies

**Preparation Instructions:****1. Make the Crust:**

1. Add 24 Oreos (filling and all) to a food processor or blender. Pulse until the cookies are finely ground into crumbs.
2. Transfer the Oreo crumbs to a medium mixing bowl and stir in the melted salted butter. Mix until well combined.
3. Press the Oreo mixture into a 9-inch pie dish, evenly distributing it along the bottom and up the sides. You can use the bottom of a drinking glass or measuring cup to help pack the crumbs tightly.
4. Place the crust in the refrigerator to chill while preparing the filling.

2. Make the Filling:

1. In a large mixing bowl, whip the heavy cream with vanilla extract and granulated sugar until stiff peaks form. Divide the whipped cream mixture into two equal parts.
2. Add 12 Oreos (filling and all) to the food processor or blender and pulse into fine crumbs.
3. Gently fold the Oreo crumbs into one half of the whipped cream mixture.
4. Spoon the Oreo-filled whipped cream into the chilled Oreo crust and smooth the top with a spatula.
5. Top the Oreo filling with the remaining whipped cream and spread evenly over the pie.

3. Garnish and Serve:

1. Take the remaining 3 Oreos and pulse into crumbs. Sprinkle the Oreo crumbs over the top of the pie for added texture.
2. Cut the pie into 8 slices, placing 1 whole Oreo cookie into each slice for garnish.

8 Servings, 130 Gram Slices

BC#012352093661

Ingredients:

- 4 x 7" Self-Rising Pizza Dough Crusts
- 16 oz Pizza Sauce (canned, ready-to-serve)
- 1.5 cups Shredded Whole Milk Mozzarella Cheese
- 4 oz Pepperoni (pork, beef)
- 2 oz Shredded Parmesan Cheese
- 1 tablespoon Olive Oil (salad or cooking)
- 1 teaspoon Italian Seasoning
- 1 tablespoon Grated Parmesan Cheese

**Preparation Instructions:****1. Prepare the Oil Mixture:**

1. Whisk together the olive oil, Italian seasoning, and grated Parmesan in a small bowl. Set aside.

2. Prepare the Dough:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. Remove the pizza dough from the freezer and allow it to thaw completely.
3. Once thawed, place the dough on a lightly floured surface and stretch it slightly to form a circle.

3. Assemble the Hand Pies:

1. Spoon 2 oz of pizza sauce onto the center of each dough circle and spread it out evenly.
2. Place 1.5 oz of shredded mozzarella cheese and 1 oz of pepperoni in the center of the dough.
3. Sprinkle a generous amount of shredded Parmesan cheese over the toppings.
4. Carefully fold one side of the dough over the filling and press the edges together to seal.
5. Use a fork to press gently along the edges to further seal the hand pie.

4. Bake the Hand Pies:

1. Brush the tops of the hand pies with the prepared oil mixture, and make a small slit on top of each pie to allow steam to escape.
2. Place the hand pies on the prepared baking sheet and bake for approximately 20 minutes or until the dough is golden brown.

5. Serve:

1. Serve 1 hand pie per portion, with a 2 oz cup of pizza sauce for dipping.

4 Servings, 400 Grams Each

BC#012352093708

Ingredients:

- 1 x 10" Pie Crust (prepared or store-bought)
- 1.5 cups White All-Purpose Flour
- 1.5 cups Brown Sugar (packed)
- 1 teaspoon Ground Cinnamon
- 0.5 teaspoon Ground Nutmeg
- 0.25 teaspoon Kosher Salt
- 0.25 cup Salted Butter (very cold)
- 0.75 cup Molasses
- 0.75 cup Water
- 0.5 teaspoon Baking Soda



Preparation Instructions:

1. Prepare the Pie Crust:

1. Preheat the oven to 450°F. Prepare the pie crust from scratch or use a store-bought 10-inch pie crust.

2. Make the Crumb Topping:

1. Ensure the butter is very cold. In a bowl, combine the flour, brown sugar, cinnamon, nutmeg, and a pinch of salt. Mix well.
2. Use a fork or pastry cutter to work in the cold butter until you achieve a pebbly, crumbly consistency. Set aside.

3. Make the Filling:

1. In a separate mixing bowl, combine the molasses, water, and baking soda. Stir until fully incorporated.
2. Pour the molasses mixture into the prepared pie crust.

4. Assemble and Bake:

1. Evenly sprinkle the crumb topping over the molasses filling.
2. Bake in the preheated oven for 15 minutes, then reduce the temperature to 350°F and continue baking for another 20 minutes. The pie is done when it is set and firm.

5. Serve:

1. Allow the pie to cool slightly before slicing into 8 portions. Serve 1 slice per portion.

8 Servings, 8 Slices