



February 2025

MENU ITEM	BARCODE
BLACK HISTORY MONTH	
FEB25 CK Bobo de Camarao	012352093319
FEB25 CK Brown Stew Pineapple Chicken over Rice	012352093326
FEB25 CK Coffee & Bourbon Braised Short Rib Dinner	012352093357
FEB25 CK Smothered Okra and Tomatoes	012352093333
FEB25 CK Fig Cake with Tamarind Glaze	012352093364
FEB25 CK Brown Butter Brule Bean Pie	012352093371
Valentines Day	
FEB25 CK Marry Me Chicken Dinner	012352093456
FEB25 CK Surf and Turf	012352093463
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National Muffin Day	
FEB25 CK Muffin Tin Turkey Meatloaf with Garlic Mashed	012352093425
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FEB25 CK Pecan Pie Muffins	012352093395
FEB25 CK Brown Butter Bran Muffins	012352093388

CANTEEN  KITCHENS



Black History Month

Ingredients

- 1 large onion, diced
- 2 tsp palm oil
- 4 garlic cloves, minced
- 1.3 lbs yucca root, peeled and shredded
- 2 lbs raw shrimp, peeled and deveined
- 3 large tomatoes, chopped
- 1/4 cup red bell pepper, chopped
- 1.4 oz green bell pepper, diced
- 1.4 oz yellow bell pepper, diced
- 2 serrano peppers, minced
- 1 tbsp fresh ginger, minced
- 2 cups canned coconut milk
- 1 lime, juiced
- 1/4 cup green onion tops, chopped
- 1/4 cup fresh cilantro, chopped
- 1 tsp kosher salt
- 1 tsp ground black pepper
- 1 cup white rice, cooked See Sub Recipe

BC#012352093319



Instructions

Peel and dice the onion. Mince the garlic and ginger. Peel and shred the yucca root. Peel and devein the shrimp. Chop the tomatoes, bell peppers, and serrano peppers. Slice the green onion tops and chop the cilantro.

In a large pot, heat the palm oil over medium heat. Add the diced onion and sauté until soft, about 3-4 minutes. Add the minced garlic and sauté for another minute, until fragrant. Add the chopped bell peppers and cook for 3-4 minutes until softened. Stir in the tomatoes and cook for 3-5 minutes until they begin to break down. Add the shredded yucca to the pot. Season with salt and black pepper. Stir to combine. Pour in the coconut milk and 2 cups of water. Stir well. Cover and simmer on low heat for about 25 minutes, stirring occasionally. (Add more water if the mixture becomes too thick.)

About halfway through the cooking time, add the chopped green onions and minced serrano peppers. Once the yucca is mostly tender, add the lime juice and stir. Add the shrimp to the pot and cook for 10-15 minutes, until shrimp turn pink and are cooked through (avoid overcooking).

Spoon the stew over a serving of cooked white rice and garnish with fresh cilantro.

6 Servings, 675 Grams Each

White Rice

Sub Recipe

Ingredients

- 2 x 1/4 cups Jasmine Rice (dry)
- 4 tsp Chicken Base (Low Sodium, No MSG, GF)
- 4 cups Water (tap, municipal)
- 1 tsp Kosher Salt
- 1 oz Butter (salted)



Preparation Instructions

1. Rinse the Rice: Place the jasmine rice in a fine mesh strainer and rinse under cold water until the water runs clear. This helps remove excess starch and ensures the rice cooks up fluffy.

2. Prepare the Broth: In a medium-sized saucepan, add the 4 cups of water and 4 tsp of chicken base. Stir until the chicken base is dissolved completely. Bring to a boil over medium-high heat.

3. Cook the Rice: Once the broth is boiling, stir in the rinsed jasmine rice and 1 tsp of kosher salt. Reduce the heat to low, cover the saucepan with a tight-fitting lid, and simmer for 15-18 minutes. Avoid lifting the lid while the rice is cooking to keep the steam in.

4. Rest the Rice: After 15-18 minutes, remove the saucepan from the heat and let it sit, covered, for 5 minutes. This allows the rice to finish cooking and absorb any remaining liquid.

5. Fluff and Add Butter: After the rice has rested, use a fork to fluff the rice. Stir in 1 oz of salted butter, allowing it to melt and coat the rice for added richness and flavor.

6. Serve: Serve the jasmine rice as a side dish to your favorite main course. Enjoy the aromatic and flavorful rice!

6 Servings, 8 oz Each

Chicken Over Rice

Ingredients

40 oz chicken thighs, boneless and skinless, raw **BC#012352093326**

2 tbsp lemon juice

1 medium onion, sliced

1 medium red bell pepper, sliced

1 cup carrots, sliced or julienned

1 medium tomato, diced

1 cup fresh pineapple, chunks

3 tsp kosher salt

0.13 oz smoked paprika

2 tsp garlic powder

2 tbsp onion powder

1 tsp ground allspice

1/2 tsp ground black pepper

1 tbsp brown sugar, unpacked

2 tsp Kitchen Bouquet seasoning sauce

1 tbsp soy sauce (tamari)

2 tbsp olive oil

1.5 tbsp fresh ginger, minced

4 garlic cloves, minced

2 cups water

1/4 cup ketchup

1 oz Scotch bonnet pepper, whole

2 tsp fresh thyme

2 bay leaves

1 oz dry-roasted salted peanuts, finely ground

1.5 oz green onion tops, chopped (for garnish)

3 oz fresh pineapple slices (for garnish)

3 oz dry-roasted salted peanuts, roughly chopped (for garnish)

6 cups cooked jasmine rice (8 oz portions) See Sub Recipe

Instructions

Peel and mince the fresh ginger and garlic. Warm the water. Finely grind 1 oz of dry-roasted peanuts. Roughly chop the remaining 3 oz of peanuts for garnish. Slice the green onion tops and set aside for garnish. Slice 3 oz of pineapple and grill for a few minutes until marked (for garnish). Peel and slice the onion, then wash, de-seed, and slice the red bell pepper. Peel, slice, and wash the carrots. Wash, core, and dice the tomato. Peel, core, and cut the larger amount of pineapple into chunks.

In a large bowl, clean the chicken by rubbing it with lemon juice. Add the sliced onion, red pepper, and carrots to the bowl. In a separate bowl, combine the salt, smoked paprika, garlic powder, onion powder, ground allspice, brown sugar, Kitchen Bouquet, soy sauce, and mix to make a marinade. Add the marinade to the chicken and vegetables, stirring vigorously to coat evenly. (Optional: Marinate for up to 1 hour or proceed immediately.)

Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Once hot, add the chicken and brown it for approximately 3 minutes on each side, until a deep golden brown color is achieved. Remove the chicken from the skillet and set aside on a plate.

Reduce the heat to medium, then add the minced ginger and garlic. Cook for 2-3 minutes, until fragrant. Add the onion, red pepper, and carrots, and cook for another 3 minutes, until the vegetables start to soften. Return the browned chicken to the pan.

Add the 2 cups of hot water and ketchup to the skillet, stirring to combine. Bring the mixture to a low boil. Poke holes in the Scotch bonnet pepper with a fork, then add it to the pot along with the fresh thyme and bay leaves. Reduce the heat to a simmer and cover the pot. Let it cook for 40 minutes.

After 40 minutes, remove the lid and increase the heat to medium-high to bring the stew to a boil. Once boiling, whisk in the finely ground peanuts and simmer until the broth thickens to your desired consistency. Remove from heat.

Serve the stew in bowls (14 oz per serving) over 8 oz of cooked jasmine rice. Garnish with chopped green onions, grilled pineapple slices, and/or roasted peanuts.



6 Servings, 620 Grams Each

White Rice

Sub Recipe

Ingredients

- 2 x 1/4 cups Jasmine Rice (dry)
- 4 tsp Chicken Base (Low Sodium, No MSG, GF)
- 4 cups Water (tap, municipal)
- 1 tsp Kosher Salt
- 1 oz Butter (salted)



Preparation Instructions

1. Rinse the Rice: Place the jasmine rice in a fine mesh strainer and rinse under cold water until the water runs clear. This helps remove excess starch and ensures the rice cooks up fluffy.

2. Prepare the Broth: In a medium-sized saucepan, add the 4 cups of water and 4 tsp of chicken base. Stir until the chicken base is dissolved completely. Bring to a boil over medium-high heat.

3. Cook the Rice: Once the broth is boiling, stir in the rinsed jasmine rice and 1 tsp of kosher salt. Reduce the heat to low, cover the saucepan with a tight-fitting lid, and simmer for 15-18 minutes. Avoid lifting the lid while the rice is cooking to keep the steam in.

4. Rest the Rice: After 15-18 minutes, remove the saucepan from the heat and let it sit, covered, for 5 minutes. This allows the rice to finish cooking and absorb any remaining liquid.

5. Fluff and Add Butter: After the rice has rested, use a fork to fluff the rice. Stir in 1 oz of salted butter, allowing it to melt and coat the rice for added richness and flavor.

6. Serve: Serve the jasmine rice as a side dish to your favorite main course. Enjoy the aromatic and flavorful rice!

6 Servings, 8 oz Each

Short Rib Dinner

BC#012352093357

Ingredients**For the Short Ribs:**

- 48 oz Bone-In Beef Short Ribs
- 6 tsp Kosher Salt (divided)
- 6 tsp Ground Black Pepper (divided)
- 2 tbsp Olive Oil
- 2 large Onions, coarsely chopped
- 2 large Carrots, peeled and coarsely chopped
- 4 large Celery Stalks, coarsely chopped
- 10 Garlic Cloves, coarsely chopped
- 0.25 cup All-Purpose Flour
- 10 oz Bourbon Whiskey
- 1.5 oz Worcestershire Sauce
- 2 tbsp Red Wine Vinegar
- 4 Bay Leaves
- 0.33 cup Dark Brown Sugar, packed
- 3 tbsp Instant Espresso Powder
- 6 cups Water

For the Grits:

- 4 x 8 oz Soul Street Grits
- Water (for cooking grits)
- 6 tsp Kosher Salt
- 1 cup Cheddar Cheese, shredded
- 0.5 cup Parmesan Cheese, grated
- 4 tbsp Butter, unsalted
- Ground Black Pepper, to taste

For the Collard Greens:

- 4 oz Cooked Collard Greens
- 2 tbsp Olive Oil
- 1 large Onion, chopped
- 10 Garlic Cloves, minced
- 0.5 tsp Red Pepper Flakes (optional)
- 4 cups Vegetable or Chicken Broth
- 2 tbsp Vinegar (for finishing)
- Smoked Salt and Ground Black Pepper, to taste

Preparation Instructions**Prepare the Short Ribs:**

- 1.Preheat the oven to 300°F and place a rack in the middle. Pat the short ribs dry, then season with 1 tbsp kosher salt and 2 tsp black pepper. Heat olive oil in a large Dutch oven over medium-high heat. Brown the ribs on all sides, about 3 minutes per side. Transfer the ribs to a plate and set aside. Discard excess fat, leaving 2 tbsp in the pot.
- 2.Add chopped onions, carrots, celery, and garlic to the pot. Stir frequently and cook for 10–14 minutes until softened and starting to brown. Sprinkle ¼ cup flour over the vegetables and stir to coat. Gradually pour in bourbon, Worcestershire sauce, red wine vinegar, and 6 cups water, stirring constantly. Add bay leaves, dark brown sugar, espresso powder, 2 tsp kosher salt, and 1 tsp black pepper. Bring to a boil.
- 3.Once boiling, nestle the ribs into the sauce so they are mostly submerged. Cover the pot with a lid and transfer to the oven. Braise for 3 hours. After 3 hours, uncover the pot and roast for an additional 25-35 minutes, allowing the sauce to thicken and the tops of the ribs to brown.
- 4.Using a slotted spoon, remove the short ribs from the pot. Strain the braising liquid through a fine mesh sieve into a bowl, discarding the solids. Skim off any fat from the surface and taste the sauce. Add more salt if needed.
- 5.Serve the short ribs over prepared grits and spoon the braising sauce over the top. Garnish with freshly ground pepper.

Prepare the Grits:

- 1.Bring water and 6 tsp kosher salt to a boil in a saucepan. Whisk in the Soul Street grits, reduce the heat to medium-low, and cook for 5-6 minutes until thickened.
- 2.Remove from heat and stir in the shredded cheddar cheese, Parmesan cheese, and butter until smooth. Season with black pepper to taste. Serve 8 oz of grits per portion.

Prepare the Collard Greens:

- 1.Fill your kitchen sink with cool water and add vinegar and salt to create a soaking bath. Remove the tough stems from the collard greens by folding each leaf in half lengthwise and pulling it away from the stem. Discard the stems or use them for other cooking. Soak the greens in the water bath, scrubbing them to remove dirt. Repeat until the water is clear. Tear the greens into bite-sized pieces.
- 2.Heat olive oil in a large pot. Add chopped onions and cook until softened, about 5 minutes. Add minced garlic and red pepper flakes (if using), and cook until fragrant. Pour in the broth and bring to a boil.
- 3.Add the prepared collard greens to the pot and reduce the heat to a simmer. Cover and cook for about 1 hour, stirring occasionally, until the greens are tender.
- 4.Stir in the vinegar, smoked salt, and black pepper to taste. Serve 4 oz per portion.



4 Servings, 950 Grams Each With 8oz Grits and 4 oz Greens

Sub Recipe



Ingredients

- 1 cup Quaker Hominy Grits (white, regular, dry)
- 1 quart Water (tap, municipal)
- 0.5 oz Vegetable Base (no MSG)
- 1 tsp Chicken Base (low sodium, no MSG, GF)
- 4 oz Unsalted Butter

Preparation Instructions

1. Prepare the Grits:

In a medium saucepan, bring 1 quart of water to a boil over high heat.

2. Add the Grits:

Once the water is boiling, slowly stir in the 1/4 cup of Quaker Hominy Grits to prevent clumping. Reduce heat to low and simmer.

3. Add the Bases:

Stir in the 0.5 oz vegetable base and 1 tsp low-sodium chicken base. Stir well until the bases are fully dissolved and incorporated into the liquid.

4. Simmer the Grits:

Continue to cook the grits on low heat, stirring occasionally, for about 20-25 minutes, or until the grits are soft and the consistency is creamy.

5. Finish with Butter:

Once the grits are cooked, stir in the 4 oz of unsalted butter until melted and fully incorporated. Taste and adjust seasoning if necessary.

3 Servings, 8 oz Each

Ingredients

3.25 pint Cherry Tomatoes, red, ripe, raw
 1 medium Onion, peeled and chopped
 7 oz Green Bell Pepper, washed, de-seeded, and chopped
 2 stalk Celery, large, washed and chopped
 8 clove Garlic, minced
 3 gram Bay Leaf
 3 tsp Fresh Thyme
 0.25 oz Fresh Oregano
 3 cup Olive Oil, salad or cooking
 2 tbsp Canned Tomato Paste
 1 tsp Worcestershire Sauce
 1 oz Kitchen Basics Vegetable Stock
 0.13 oz Cajun Blackening Seasoning
 1.5 tsp Kosher Salt
 6 oz Smoked, cooked Beef Sausage
 4 tbsp Canola Oil
 0.5 30 g Maltodextrin
 1 extra large Egg, raw
 1 cup Club Soda, carbonated
 5 oz White All-Purpose Flour
 0.13 oz Cajun Blackening Seasoning
 1 tsp Kosher Salt
 1 lb Okra, raw
 0.25 cup Distilled Vinegar
 1 tbsp Shortening Fryer ZTF
 3 8 oz Jasmine Rice
 4 gram Microgreens (for garnish)

**Preparation Instructions****Prep the Ingredients:**

- Peel and chop the onion.
- Wash, de-seed, and chop the bell pepper.
- Wash, remove ends, and chop the celery.
- Mince the garlic.

Instructions**Step 1: Confit Tomatoes**

Preheat the oven to 275°F.

In a deep casserole dish, combine the cherry tomatoes, chopped onion, bell pepper, celery, minced garlic, bay leaves, fresh thyme, fresh oregano, and olive oil. Cover with foil and bake for 2 hours. After 2 hours, use a slotted spoon to remove the vegetables and herbs from the oil. Set aside 12 tomatoes.

In a blender, combine the remaining vegetables, herbs, tomato paste, Worcestershire sauce, vegetable stock, and salt. Blitz on high for 30 seconds. Slowly drizzle in ½ cup of cooled oil and continue blending until smooth. Taste and adjust seasoning as needed.

Step 2: Smoked Sausage Dust

While the tomatoes are cooking, add the smoked sausage and canola oil to a large skillet. Cook over medium heat for 10 minutes, until the sausage is brown and crispy. Allow the oil to cool for 10 minutes, then measure out 2 tablespoons of the sausage oil.

In a food processor, combine the oil and maltodextrin. Pulse 7–10 times until well combined. Sift the mixture through a mesh strainer over the finished dish.

Step 3: Tempura Okra

In a large bowl, combine the egg and club soda. Stir in the flour, Cajun seasoning, and salt, leaving small lumps in the batter.

In a medium bowl, toss the okra in vinegar.

In a large skillet, heat the shortening and canola oil over medium-high heat until it reaches 350°F. Dip 4 large pieces of okra in the batter, allowing excess batter to drip off, and fry for 1.5 minutes on each side until golden brown. Remove from the skillet and drain on paper towels.

Step 4: Assemble the Dish

Using a 4-inch biscuit cutter, mold ½ cup of jasmine rice into a small cake. Place 3 confit tomatoes on top of the rice cake. Add 1 fried okra on top, then dust with smoked sausage dust.

Pour ¼ cup of tomato sauce around the rice cake and garnish with microgreens.

Before You Begin:

Here's a strategy to stay efficient in the kitchen:

- 1.The confit process is done in two parts—confit tomatoes and tomato sauce. Get the tomatoes into the oven first.
- 2.Prepare all other ingredients while the tomatoes cook. After 2 hours, come back to finish the remaining steps.
- 3.Re-read the recipe and prepare for an elegant and flavorful dish!

Recipe Tips and Substitutions:

- If you don't have a food processor, you can whisk the smoked sausage oil and maltodextrin in a medium bowl until thoroughly combined.
- Feel free to swap the vegetable stock for beef or chicken stock for a richer flavor.
- To serve family-style, plate ¼ cup of rice, 4 oz of tomato sauce, 2 tablespoons of fried smoked sausage, and as much okra as you like. Don't forget the smoked sausage dust!
- Garnish with microgreens or fresh chives right before serving for a stunning presentation. Any brightly colored microgreens will work perfectly!

4 Servings, 680 Grams Each

White Rice

Sub Recipe

Ingredients

- 2 x 1/4 cups Jasmine Rice (dry)
- 4 tsp Chicken Base (Low Sodium, No MSG, GF)
- 4 cups Water (tap, municipal)
- 1 tsp Kosher Salt
- 1 oz Butter (salted)



Preparation Instructions

1. Rinse the Rice: Place the jasmine rice in a fine mesh strainer and rinse under cold water until the water runs clear. This helps remove excess starch and ensures the rice cooks up fluffy.

2. Prepare the Broth: In a medium-sized saucepan, add the 4 cups of water and 4 tsp of chicken base. Stir until the chicken base is dissolved completely. Bring to a boil over medium-high heat.

3. Cook the Rice: Once the broth is boiling, stir in the rinsed jasmine rice and 1 tsp of kosher salt. Reduce the heat to low, cover the saucepan with a tight-fitting lid, and simmer for 15-18 minutes. Avoid lifting the lid while the rice is cooking to keep the steam in.

4. Rest the Rice: After 15-18 minutes, remove the saucepan from the heat and let it sit, covered, for 5 minutes. This allows the rice to finish cooking and absorb any remaining liquid.

5. Fluff and Add Butter: After the rice has rested, use a fork to fluff the rice. Stir in 1 oz of salted butter, allowing it to melt and coat the rice for added richness and flavor.

6. Serve: Serve the jasmine rice as a side dish to your favorite main course. Enjoy the aromatic and flavorful rice!

6 Servings, 8 oz Each

Ingredients

1.5 cup White All-Purpose Flour
0.5 tsp Double-Acting Baking Powder
0.25 tbsp Baking Soda
0.5 tsp Kosher Salt
0.5 tsp Ground Cinnamon
0.25 tsp Ground Ginger
0.25 tsp Ground Cloves
6 tbsp Salted Butter
0.75 cup Packed Brown Sugar
3 tsp Grated Orange Zest
2 extra large Whole Eggs, raw
1 tsp Nielsen-Massey Pure Vanilla Bean Paste
0.5 cup Cultured Sour Cream
0.5 cup Dried Figs, uncooked
1 cup Powdered Sugar
3 tbsp Whole Milk
0.25 tsp Tamarind Paste

BC#012352093364



Preparation Instructions

1.Preheat Oven:

Place a rack in the center of the oven. Preheat the oven to 325°F (163°C) 20 minutes before baking the cake. Spray a 9-inch cast-iron skillet with baking spray and set aside.

2.Prepare Figs:

Using a serrated knife, thinly slice the figs and set them aside in a bowl.

3.Mix Dry Ingredients:

In a large bowl, combine the flour, baking powder, baking soda, salt, cinnamon, ginger, and cloves. Set aside.

4.Beat Wet Ingredients:

In a stand mixer fitted with the paddle attachment, beat the softened butter, brown sugar, and orange zest on medium speed for 2 minutes until smooth. Add the eggs and vanilla bean paste. Beat on medium for another minute, stopping once to scrape down the sides of the bowl.

5.Combine Wet and Dry Ingredients:

Alternately add the dry ingredients and sour cream into the mixing bowl, beginning and ending with the dry ingredients. Mix until just combined.

6.Assemble the Cake:

Spoon the batter into the prepared cast-iron skillet and smooth the top with a spatula. Arrange the sliced figs in concentric circles on top, gently pressing them down into the batter.

7.Bake:

Bake the cake for 30–35 minutes or until a toothpick inserted into the center comes out clean. If the edges start to brown too quickly, cover the cake loosely with aluminum foil for the last 10 minutes of baking.

8.Cool the Cake:

Let the cake cool in the skillet for 10 minutes before slicing and serving.

9.Prepare the Glaze:

While the cake is cooling, whisk together the powdered sugar, milk, and tamarind paste in a bowl. Drizzle the glaze over the cooled cake just before serving.

8 Servings, 112 Grams Each

Ingredients

31 oz Navy Beans, canned
1 stick Salted Butter
24 oz Canned Evaporated Milk, with added vitamin A
4 extra large Whole Eggs, raw
1 tsp Ground Nutmeg
0.5 tsp Ground Cloves
3 tsp Ground Cinnamon
1 tsp Kosher Salt
3 tbsp White All-Purpose Flour
2 cups Granulated Sugar
6 tsp Vanilla Extract
3 standard Pie Crusts, frozen, ready-to-bake, baked
2 cups Heavy Whipping Cream
6 tbsp Honey

BC#012352093371



Preparation Instructions

1. Prepare Honeyed Whipped Cream:

In a large bowl, whisk together the heavy whipping cream and honey. Using a hand mixer, whip the cream until firm peaks form. Place the whipped cream in the refrigerator until ready to use.

2. Prepare the Beans:

Rinse the navy beans and cover them with water in a large pot. Let them cook for 2 hours until tender. Once cooked, drain the beans and set aside.

3. Brown the Butter:

In a small saucepan, melt the butter over medium heat. Cook until the butter turns golden brown and gives off a nutty aroma. Let it cool completely.

4. Make the Pie Filling:

Once the beans are drained, place them in a blender along with the evaporated milk, eggs, nutmeg, cloves, cinnamon, kosher salt, and white flour. Blend until smooth. Add the sugar and vanilla extract, and blend again until well combined.

5. Assemble the Pie:

Divide the pie filling evenly between the three prepared pie crusts. Pour the blended mixture into each pie crust.

6. Bake the Pie:

Bake the pies at 350°F (175°C) for 50 minutes or until the filling is set and slightly golden on top.

7. Broil the Pies:

Remove the pies from the oven. Sprinkle 2 tablespoons of sugar on top of each pie. Place the pies under the broiler in 1-minute increments until the sugar is bubbly and caramelized.

8. Cool the Pies:

Allow the pies to cool completely at room temperature.

9. Serve:

Cut each pie into 6 slices. Top each slice with a 2 oz dollop of the honeyed whipped cream.

18 Servings, 3 Pies 6 slices or 175 Grams Eac

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Valentines Day

Ingredients

32 oz Skinless, Boneless Chicken Breasts, raw
4 cloves Garlic, raw
2 tsp Kosher Salt
0.5 cup White All-Purpose Flour
2 tsp Ground Black Pepper
6 tbsp Salted Butter
2 tbsp Olive Oil
0.5 cup Chopped Onion
1/4 tsp Crushed Red Pepper Flakes
2 tbsp Canned Tomato Paste, with salt added
4 oz White Sauvignon Blanc Wine
2 cups Homemade Chicken Stock
4 oz Sun-Dried Tomatoes, in oil
0.5 tsp Italian Seasoning
1 cup Heavy Whipping Cream
6 oz Shredded Parmesan Cheese
1 cup Fresh Parsley, chopped
4 x 6 oz Servings of Garlic Mashed Potatoes
4 x 5 oz Servings of Roasted Broccoli

BC#012352093456



Preparation Instructions

1. Prepare Garlic Mashed Potatoes and Roasted Broccoli

Cook the garlic mashed potatoes and roasted broccoli according to their respective recipes. Set aside and keep warm.

2. Prep the Chicken:

Slice each chicken breast horizontally from the thickest end, creating 8 cutlets. Season both sides of each chicken cutlet with salt and pepper to taste.

3. Dredge the Chicken:

Spread the flour in a shallow dish. One at a time, dredge each chicken cutlet in the flour, shaking off any excess. Set the flour-coated chicken cutlets aside on a plate.

4. Cook the Chicken:

Heat a large skillet over medium-high heat. Add 2 tablespoons of butter and 1 tablespoon of olive oil. Once the butter melts and the foam subsides, add 4 of the chicken cutlets to the pan. Cook for 4-5 minutes per side until golden brown. Remove the cooked cutlets and transfer them to a clean plate. Repeat the process with the remaining chicken cutlets, adding the remaining butter and oil to the pan. Do not wipe out the pan between batches unless the flour starts to burn. Once all chicken cutlets are cooked, reduce the heat to medium-low.

5. Make the Sauce:

In the same skillet, melt the remaining 2 tablespoons of butter. Add the chopped onion and cook for 2 minutes until translucent. Add the minced garlic, crushed red pepper flakes, and tomato paste to the pan. Stir and cook for about 1 minute until the garlic is fragrant and the tomato paste darkens in color. Pour in the wine and deglaze the pan, scraping up any browned bits from the bottom. Let the wine reduce by half, about 2 minutes.

6. Finish the Sauce:

Add the chicken stock, sun-dried tomatoes, and Italian seasoning to the pan. Bring the sauce to a simmer. Once simmering, add the chicken cutlets back into the pan along with any accumulated juices. Cook for 5 minutes, allowing the sauce to thicken slightly. Stir in the heavy cream and Parmesan cheese, and simmer for another 5 minutes until the chicken is tender and the flavors have melded together.

7. Serve:

Place each chicken cutlet (about 8 oz per serving) on a plate and spoon the sauce over the top. Garnish with chopped parsley and extra Parmesan cheese. Serve with garlic mashed potatoes and roasted broccoli on the side.

4 Servings, 625 Grams Each

Buttery Whipped Potatoes

Sub Recipe

Ingredients:

- 1 cup Whole Milk (3.25% milk fat)
- 2 cups Salted Butter
- 1 Tbsp Kosher Salt
- 1 tsp Ground Black Pepper
- 1 Qt Heavy Whipping Cream
- 14 lbs Potatoes, boiled and cooked without skin



Instructions:

1. Boil and Mash Potatoes:

1. Start by boiling the potatoes until they are tender. Once cooked, drain the water and mash the potatoes until smooth.

2. Prepare the Dairy Mixture:

1. In a saucepan, combine the whole milk, salted butter, kosher salt, and ground black pepper. Heat the mixture over low heat, stirring continuously, until the butter is melted and the ingredients are well combined.

3. Whip the Heavy Cream:

1. In a separate bowl, whip the heavy whipping cream until it forms stiff peaks. This can be done with a hand mixer or a stand mixer.

4. Incorporate Dairy Mixture:

1. Gradually pour the warm dairy mixture into the mashed potatoes, stirring continuously to ensure even distribution.

5. Fold in Whipped Cream:

1. Gently fold in the whipped heavy cream into the potato mixture. This step adds a light and airy texture to the mashed potatoes.

6. Adjust Seasoning:

1. Taste the mashed potatoes and adjust the seasoning if needed. Add more salt or pepper according to your preference.

7. Serve Warm:

1. Portion the buttery whipped potatoes to a serving dish and serve them warm.

40/6.5oz Portions

Roasted Broccoli Sub Recipe

Ingredients:

- 6.25 lbs Broccoli, cut into florets
- 2 tablespoons Garlic, minced
- 6 tablespoons Olive Oil
- 2 teaspoons Kosher Salt
- 1 tablespoon Ground Black Pepper
- 1 teaspoon Crushed Red Pepper Flakes (adjust to taste)

Instructions:

1. Preheat the Oven:

1. Preheat your oven to 425°F (220°C).

2. Prepare Broccoli:

1. Cut the broccoli into bite-sized florets.

3. Toss with Garlic and Oil:

1. In a large mixing bowl, toss the broccoli florets with minced garlic and olive oil until evenly coated.

4. Season:

1. Sprinkle kosher salt, ground black pepper, and crushed red pepper flakes over the broccoli. Toss again to ensure even seasoning.

5. Spread on Baking Sheet:

1. Spread the seasoned broccoli in a single layer on a baking sheet. Make sure not to overcrowd the pan to allow for even roasting.

6. Roast in the Oven:

1. Roast the broccoli in the preheated oven for about 20-25 minutes or until the edges are crispy and golden brown. Toss halfway through the cooking time for even roasting.

7. Serve:

1. Once roasted to perfection, transfer 5oz portions to serving tray hot



20/5oz Portions

Ingredients

For the Turf (Steak)

- 4 x 6 oz Ribeye Cap Steaks, boneless, trimmed to 0" fat
- 2 tsp Kosher Salt

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- 1 tsp Black Pepper, ground
- 1 tbsp Olive Oil
- 2 tbsp Butter, salted
- 2 tsp Fresh Thyme
- 2 cloves Garlic, crushed

For the Surf (Shrimp)

- 1 lb Raw Shrimp, mixed species, peeled
- 1 tbsp Olive Oil
- 1 tsp Paprika
- 1 tsp Kosher Salt
- 2 tbsp Butter, unsalted
- 4 cloves Garlic, minced
- 1 tsp Fresh Thyme
- 1 tsp Lemon Zest
- 1/4 tsp Black Pepper, ground
- 1/2 cup White Wine (table, dry)
- 1 cup Heavy Whipping Cream
- 1/2 cup Grated Parmesan Cheese
- 4 tbsp Fresh Lemon Juice
- 3 tbsp Fresh Parsley, chopped

For the Sides

- 4 x 6.5 oz Buttery Whipped Potatoes
- 20 oz Roasted Brussels Sprouts with Balsamic and Honey (pre-made)

Preparation Instructions

For the Turf (Steak)

1. Preheat the oven to 400°F (200°C). About 30 minutes before cooking, remove the ribeye steaks from the fridge to bring them to room temperature. Pat the steaks dry with paper towels and season generously with 2 tsp of kosher salt and 1 tsp of black pepper on all sides.
2. Heat a large cast-iron skillet over high heat. Add 1 tbsp olive oil and heat until it shimmers. Place the steaks in the hot pan and sear each side for about 2 minutes, until a dark crust forms.
3. Top each steak with 1 piece of butter, 1 sprig of thyme, and 1 crushed garlic clove. Transfer the skillet to the preheated oven and cook for 4-10 minutes, depending on your preferred doneness (about 5-6 minutes for medium-rare).
4. Remove the steaks from the oven and place them on a warm plate. Tent with aluminum foil and let rest for 5-7 minutes before serving.

For the Surf (Shrimp)

1. In a medium bowl, toss the raw shrimp with 1 tbsp olive oil, 1 tsp paprika, and 1 tsp kosher salt until evenly coated.
2. In a large skillet, heat the remaining 1 tbsp of olive oil over medium heat. Add the shrimp in a single layer and cook for 2-3 minutes on each side, until pink and curled. Remove the shrimp from the skillet and set aside.
3. In the same skillet, melt 2 tbsp unsalted butter over medium heat. Add the minced garlic, fresh thyme, lemon zest, and black pepper. Cook for about 1 minute, until fragrant.
4. Pour in 1/2 cup white wine and allow it to simmer for 2 minutes to reduce. Reduce the heat to medium-low and add 1 cup heavy whipping cream. Stir occasionally and simmer for 4-6 minutes until the cream thickens slightly, leaving a trail when a spatula is dragged through it.
5. Stir in the grated parmesan cheese and allow it to melt into the sauce. Add 4 tbsp fresh lemon juice and return the shrimp to the skillet. Stir in the remaining 2 tbsp butter and cook for another 1-2 minutes, just until the shrimp are heated through.
6. Sprinkle the creamy shrimp with freshly chopped parsley and adjust seasoning with additional salt or lemon juice as needed.

For the Sides

1. Prepare 4 x 6.5 oz servings of buttery whipped potatoes as per package instructions (typically heating and fluffing them with butter and seasoning).
2. Heat 20 oz of pre-made roasted Brussels sprouts with balsamic and honey in the oven at 375°F for 10-12 minutes or until heated through.

To Serve:

Place the rested ribeye steaks on a plate and spoon the creamy shrimp mixture over the top. Serve with 6.5 oz of buttery whipped potatoes and 5 oz of roasted Brussels sprouts on the side. Enjoy!



Buttery Whipped Potatoes

Sub Recipe

Ingredients:

- 1 cup Whole Milk (3.25% milk fat)
- 2 cups Salted Butter
- 1 Tbsp Kosher Salt
- 1 tsp Ground Black Pepper
- 1 Qt Heavy Whipping Cream
- 14 lbs Potatoes, boiled and cooked without skin



Instructions:

1. Boil and Mash Potatoes:

1. Start by boiling the potatoes until they are tender. Once cooked, drain the water and mash the potatoes until smooth.

2. Prepare the Dairy Mixture:

1. In a saucepan, combine the whole milk, salted butter, kosher salt, and ground black pepper. Heat the mixture over low heat, stirring continuously, until the butter is melted and the ingredients are well combined.

3. Whip the Heavy Cream:

1. In a separate bowl, whip the heavy whipping cream until it forms stiff peaks. This can be done with a hand mixer or a stand mixer.

4. Incorporate Dairy Mixture:

1. Gradually pour the warm dairy mixture into the mashed potatoes, stirring continuously to ensure even distribution.

5. Fold in Whipped Cream:

1. Gently fold in the whipped heavy cream into the potato mixture. This step adds a light and airy texture to the mashed potatoes.

6. Adjust Seasoning:

1. Taste the mashed potatoes and adjust the seasoning if needed. Add more salt or pepper according to your preference.

7. Serve Warm:

1. Portion the buttery whipped potatoes to a serving dish and serve them warm.

40/6.5oz Portions

Roasted Brussel Sprouts with Balsamic & Honey - Side

BC#012352091209

Ingredients:

- **24 oz** raw Brussels sprouts
- **3 tbsp** olive oil (salad or cooking)
- **0.75 tsp** kosher salt
- **0.5 tsp** black pepper (ground)
- **1 tbsp** balsamic vinegar
- **0.33 tbsp** honey



Preparation Instructions:

Prep:

- Wash the fresh Brussels sprouts, remove the stems and any ragged outer leaves, and cut them in half.

Step 1: Preheat and Prepare

- Preheat the oven to **425°F** (220°C) and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.

Step 2: Toss and Roast

- Directly on the prepared baking sheet, toss the Brussels sprouts with **2 tablespoons** of olive oil, kosher salt, and black pepper. Roast, stirring once halfway through, until they are tender and golden brown, about **20 minutes**.

Step 3: Drizzle and Serve

- After roasting, drizzle the remaining **1 tablespoon** of olive oil, balsamic vinegar, and honey over the Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning if necessary, then serve.

4 total servings across 4 packages (185 grams per package)

Ingredients

24 oz Chicken Breast, skinless, boneless, raw
1.25 tsp Kosher Salt (for chicken)
3 tsp Fresh Sage, whole leaves
6 slices Prosciutto di Parma - Boar's Head
1 tbsp Olive Oil (for cooking)
0.67 cup Chicken Stock, home-prepared
0.25 cup White Wine, Pinot Gris (Grigio)
3 tbsp Lemon Juice, raw
1 tsp Cornstarch
2 tbsp Unsalted Butter (for sauce)
2 cloves Garlic, raw
0.5 tsp Ground Black Pepper (for chicken and sauce)
4 tbsp Fresh Parsley, chopped (for garnish)
1 Lemon, raw (cut into wedges)
24 oz Egg Noodles, cooked
3 cups Carrots, raw, sliced or in strips
2 oz Salted Butter (for carrots)
1 tbsp Honey
1 tsp Kosher Salt (for carrots)
0.5 tsp Ground Black Pepper (for carrots)
1 clove Garlic, minced (for carrots)

BC#012352093470



Preparation Instructions

For the Roasted Carrots:

1. Wash, peel, and slice the carrots. Place them in a pot of water and bring to a boil. Cook for about 10 minutes, or until tender. Drain well.
2. In a large bowl, toss the cooked carrots with 2 oz of salted butter, 1 tablespoon of honey, minced garlic, 1 tsp kosher salt, and 0.5 tsp ground black pepper. Mix well.
3. Transfer the carrot mixture to a baking dish sprayed with non-stick cooking spray. Place the dish in a preheated 400°F oven and roast for about 45 minutes, or until the carrots are tender and lightly caramelized. Serve 4 oz per portion.

For the Chicken:

4. Rinse and trim any excess fat from the chicken breasts. Pat them dry with paper towels.
5. Wash, dry, and remove the leaves from 18 fresh sage leaves.
6. Slice each prosciutto slice in half lengthwise, creating 12 strips.
7. Wash, dry, and chop the parsley. Wash and wedge the lemon.

Cooking the Chicken:

8. Season both sides of each chicken breast with 1 tsp kosher salt and 0.5 tsp ground black pepper. Top each chicken breast with 3 sage leaves. Wrap 2 strips of prosciutto around each cutlet, securing the sage leaves inside.
9. Heat 1 tbsp of olive oil in a large skillet over medium heat. Add 3 wrapped chicken cutlets to the skillet and cook for 2 to 3 minutes per side, or until the chicken is cooked through and the prosciutto is crispy. Transfer the cooked chicken to a platter and cover with foil to keep warm.
10. Repeat the process with the remaining chicken breasts. Once all the chicken is cooked, remove the skillet from the heat.

For the Sauce:

11. In a small bowl, whisk together the chicken stock, white wine, lemon juice, and cornstarch until smooth.
12. In the same skillet, melt 2 tbsp of unsalted butter over medium heat. Add the garlic and cook for about 30 seconds, scraping any browned bits from the bottom of the skillet.
13. Stir in the broth mixture and the remaining 0.25 tsp kosher salt and 0.5 tsp ground black pepper. Bring the mixture to a boil, cooking for 2 minutes, or until the sauce has slightly thickened. Stir constantly to prevent lumps.

To Serve:

14. Spoon the sauce over each prosciutto-wrapped chicken cutlet. Garnish with freshly chopped parsley and lemon wedges.
15. Serve each portion with 6 oz of cooked egg noodles and 4 oz of roasted carrots.

4 Servings, 575 Grams Each

Buttery Whipped Potatoes

Sub Recipe

Ingredients:

- 1 cup Whole Milk (3.25% milk fat)
- 2 cups Salted Butter
- 1 Tbsp Kosher Salt
- 1 tsp Ground Black Pepper
- 1 Qt Heavy Whipping Cream
- 14 lbs Potatoes, boiled and cooked without skin



Instructions:

1. Boil and Mash Potatoes:

1. Start by boiling the potatoes until they are tender. Once cooked, drain the water and mash the potatoes until smooth.

2. Prepare the Dairy Mixture:

1. In a saucepan, combine the whole milk, salted butter, kosher salt, and ground black pepper. Heat the mixture over low heat, stirring continuously, until the butter is melted and the ingredients are well combined.

3. Whip the Heavy Cream:

1. In a separate bowl, whip the heavy whipping cream until it forms stiff peaks. This can be done with a hand mixer or a stand mixer.

4. Incorporate Dairy Mixture:

1. Gradually pour the warm dairy mixture into the mashed potatoes, stirring continuously to ensure even distribution.

5. Fold in Whipped Cream:

1. Gently fold in the whipped heavy cream into the potato mixture. This step adds a light and airy texture to the mashed potatoes.

6. Adjust Seasoning:

1. Taste the mashed potatoes and adjust the seasoning if needed. Add more salt or pepper according to your preference.

7. Serve Warm:

1. Portion the buttery whipped potatoes to a serving dish and serve them warm.

40/6.5oz Portions

Vodka Cream Pasta

BC#012352093487

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Salted Butter
- 2 cloves Garlic, raw, minced
- 3 tbsp Shallots, raw, chopped
- 1 cup Vodka (80 proof)
- 1 cup Chicken Stock, home-prepared
- 32 oz Crushed Tomatoes, canned
- 1 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 16 oz Penne Rigate (8 oz dry)
- 0.5 cup Heavy Whipping Cream
- 1 cup Fresh Basil, chopped
- 3 oz Shredded Parmesan Cheese
- 1 French Baguette (The Bread Guy), for serving



Preparation Instructions

1. Prep the Ingredients:

1. Mince the garlic.
2. Wash, dry, remove leaves, and roughly chop the basil.

2. Cook the Sauce:

1. Heat a large skillet over moderate heat. Add the olive oil, salted butter, garlic, and shallots. Sauté gently for 3-5 minutes, allowing the shallots to soften and develop their sweetness.
2. Add the vodka to the pan in a steady stream, about 3 turns around the pan. Let the vodka reduce by half, which should take 2-3 minutes.
3. Stir in the chicken stock and crushed tomatoes. Bring the sauce to a bubble, then reduce the heat to simmer. Season with kosher salt and ground black pepper.

3. Cook the Pasta:

1. While the sauce is simmering, cook the penne rigate in salted boiling water according to the package instructions until al dente. Drain the pasta, reserving a bit of the pasta water.

4. Finish the Sauce:

1. Stir the heavy whipping cream into the simmering sauce. Once the sauce returns to a bubble, remove it from the heat.

5. Combine Pasta and Sauce:

1. Add the drained pasta to the skillet with the sauce and toss to coat. Stir in the chopped fresh basil leaves.

6. Serve:

1. Portion the pasta into bowls. Sprinkle with shredded parmesan cheese and serve with warm crusty French baguette (about 3 oz per serving).

4 Servings, 540 Grams Each

Overnight French Toast Casserole with Berries

Ingredients

BC#012352093494

- 1.5 French Baguette (The Bread Guy), day-old, cubed
- 2 cups Whole Milk (3.25% milkfat, with added vitamin D)
- 8 Extra Large Eggs
- 0.75 cup Brown Sugar, packed (divided)
- 0.75 tsp Ground Cinnamon
- 0.25 tsp Kosher Salt
- 0.5 cup Salted Butter (divided)
- 0.5 cup All-Purpose White Wheat Flour
- 0.5 cup Frozen Blackberries, unthawed
- 0.5 cup Frozen Blueberries, unthawed
- 0.5 cup Frozen Strawberries, unthawed
- 16 fl oz Maple Syrup (for serving)



Preparation Instructions

1. Prepare the Bread:

1. Cube the day-old French baguette into about 1-inch cubes.

2. Assemble the French Toast:

1. Butter or grease a 9×13-inch casserole dish.
2. Layer the bread cubes evenly in the pan, creating about two layers.
3. In a medium bowl, beat together the milk, eggs, 3/4 cup brown sugar, cinnamon, and salt until smooth.
4. Pour the egg mixture evenly over the bread cubes, ensuring each piece is well-coated.
5. Cover with aluminum foil and refrigerate for at least 3 hours, or up to overnight, to allow the bread to soak.

3. Prepare the Topping:

1. In a medium bowl, mix together 1/2 cup of butter (softened), 1/2 cup of flour, and 1/2 cup brown sugar using a pastry cutter, two knives, or your hands until crumbly.
2. Cover the mixture and chill it until ready to bake.

4. Bake the Casserole:

1. Preheat the oven to 350°F.
2. Sprinkle the prepared topping over the soaked bread, then evenly distribute the frozen berries (blackberries, blueberries, and strawberries) on top.
3. Bake uncovered for 50-60 minutes, or until the top is lightly browned and the center is cooked through.

5. Serve:

1. Once baked, cut the casserole in half vertically, then cut horizontally into 8 generous-sized pieces.
2. Serve 1/8th of the casserole with a 2 oz side of maple syrup.

8 Servings, 310 Grams Each

Ingredients

- 0.5 cup Unsalted Butter (softened)
- 0.5 cup Granulated Sugar
- 1 Extra Large Egg
- 1.5 tsp Vanilla Extract
- 0.25 tsp Kosher Salt
- 0.5 tsp Baking Powder (double-acting, straight phosphate)
- 2 cups All-Purpose White Wheat Flour
- 2 oz McCormick Red Food Color
- 8 oz Sprinkelina White Sanding Sugar

BC#012352093500



Preparation Instructions

1. Prepare the Dough:

1. In a large bowl or stand mixer, beat together the unsalted butter and granulated sugar until light and fluffy.
2. Mix in the egg and vanilla extract, followed by the salt and baking powder. Scrape the bowl as needed.
3. Gradually add the flour, increasing the speed as needed, until the dough is fully combined and no streaks remain.

2. Color the Dough:

1. Divide the dough in half and transfer one half to a clean bowl.
2. Add a small amount of dark pink gel food color to the remaining dough. Beat until the dough is fully tinted and no streaks remain.

3. Shape the Dough:

1. Pinch off golf ball-sized portions of the dough and roll them into balls.
2. Alternate placing the different colored dough balls on your work surface to create a pattern.
3. Gently knead the dough together until swirls of color are visible, but be careful not to over-mix.
4. Shape the dough into a disc and wrap it in plastic wrap. Chill for 30-60 minutes.

4. Prepare for Baking:

1. Preheat the oven to 350°F.
2. Prepare a baking sheet by lining it with a silicone baking mat or parchment paper.
3. On a lightly floured surface, roll out the dough to about 1/4-inch thick.
4. Use a heart-shaped cookie cutter to cut out 2 oz portions. Space the cookies about 2 inches apart on the prepared baking sheet.

5. Add the Sugar Topping:

1. Generously sprinkle each cookie with about 1/2 oz of white sanding sugar.
2. Freeze the cookies for 15 minutes to help them hold their shape while baking.

6. Bake the Cookies:

1. Bake the cookies in the preheated oven at 350°F for 12 minutes.
2. Let the cookies rest on the baking sheet for 2 minutes before transferring them to a wire rack to cool completely.

7. Package the Cookies:

1. Once cooled, package 2 cookies together per package for sharing or gifting.

7 Servings, 112 Grams Per Package

Mousse Cup

BC#012352093517

Ingredients

- 16 oz Fresh Strawberries (hulled and chopped)
- 1.5 cups Coconut Milk (canned, liquid from grated meat and water)
- 2 tbsp Honey
- 5 tbsp Unsweetened Cocoa Powder
- 5 tbsp Coconut Oil
- 1 tsp Vanilla Extract
- 1.5 cups Coconut Milk (canned, liquid from grated meat and water)
- 1/4 tsp Sea Salt
- 3 Egg Yolks (raw, fresh)
- 4 oz Dark Chocolate (45-59% cacao solids)
- 1 cup Heavy Whipping Cream
- 1 tsp Nielsen-Massey Pure Vanilla Bean Paste
- 1 tbsp Granulated Sugar
- 3 oz Dipping Chocolate (6 wafers)
- 4 Large Fresh Strawberries (refrigerated for dipping)

Preparation Instructions

1. Prepare the Strawberries:

1. Wash, hull, and chop 16 oz of fresh strawberries. Set aside.
2. Wash and dry 4 large strawberries. Refrigerate them for later use.

2. Make the Strawberry Mousse:

1. In a blender, combine the chopped strawberries, 1.5 cups coconut milk, and 2 tbsp honey. Process until smooth.
2. Divide the strawberry mousse evenly between 4 serving dishes. Refrigerate until ready to assemble.

3. Make the Chocolate Mousse:

1. Heat 1.5 cups coconut milk in a small saucepan over medium heat. Once it begins to simmer, remove from heat.
2. Stir in the cocoa powder, coconut oil, vanilla extract, and sea salt until smooth.
3. Transfer the mixture to a blender.
4. With the blender running, slowly pour in the egg yolks. Blend for about 1 minute until smooth.
5. Pour the chocolate mousse mixture into ramekins or other serving dishes and chill in the refrigerator for at least 1 hour.

4. Prepare the Whipped Cream:

1. In a large bowl, combine heavy whipping cream, vanilla bean paste, and granulated sugar.
2. Whip using a mixer until stiff peaks form. Refrigerate until assembly.

5. Prepare the Chocolate-Dipped Strawberries:

1. Melt the dipping chocolate in a microwave-safe bowl, heating in 20-second intervals and stirring in between.
2. Dip the refrigerated strawberries into the melted chocolate and place them on a parchment-lined tray. Let cool and harden.

6. Assemble the Parfaits:

1. After the chocolate mousse has chilled for at least 1 hour, spoon the mousse on top of the strawberry mousse in each serving dish.
2. Chill the parfaits for another 30 minutes.

7. Finish and Serve:

1. Just before serving, top each parfait with a generous dollop of vanilla whipped cream and a chocolate-dipped strawberry.



4 Servings, 450 Grams Each

Ingredients

For the Cupcakes

4 tbsp Unsalted Butter
3/4 cup Granulated Sugar
1 Extra Large Egg
2.5 tbsp Unsweetened Cocoa Powder
1 oz Red Food Color (McCormick)
4 oz Buttermilk (fluid, whole)
1 cup All-Purpose Flour (enriched, bleached)
2 tbsp All-Purpose Flour (enriched, bleached)
1/2 tsp Kosher Salt
1/2 tsp Baking Soda
1.5 tsp Distilled Vinegar

For the Frosting

2 cups Powdered Sugar
8 oz Cream Cheese (softened)
1/2 cup Unsalted Butter (softened)
1 tsp Vanilla Extract
1/4 tsp Kosher Salt

For the Topping

3 oz Sprinkles (festive)

Preparation Instructions

1. Prepare the Cupcakes:

Preheat the oven to 350°F. Line a jumbo muffin or cupcake pan with paper liners.

In a stand mixer, cream together the 4 tbsp unsalted butter and 3/4 cup granulated sugar on medium-high speed until light and fluffy, about 3 minutes.

Turn the mixer speed to high and add the egg. Scrape down the bowl and beat until well incorporated.

In a small bowl, mix together the cocoa powder, vanilla extract, and red food coloring to form a thick paste. Add this paste to the batter and mix on medium speed until fully combined. Stop the mixer and scrape the bowl as needed to ensure even coloring.

Reduce the mixer speed to low. Gradually add half of the buttermilk, followed by half of the flour. Mix until combined. Scrape the bowl and repeat with the remaining buttermilk and flour. Beat on high speed until smooth. With the mixer on low, add the salt, baking soda, and vinegar. Turn the speed to high and beat for an additional 2 minutes until fully combined and smooth.

Divide the batter evenly among the cupcake liners, filling each about 2/3 full. Bake for 20 minutes or until a toothpick inserted into the center of a cupcake comes out clean.

Allow the cupcakes to cool for 10 minutes in the pan. Then, transfer them to a cooling rack to cool completely before frosting.

2. Make the Frosting:

In a large bowl, beat the 1/2 cup unsalted butter, 2 cups powdered sugar, 1 tsp vanilla extract, and 1/4 tsp kosher salt on low speed until smooth.

Gradually increase the speed to medium-low and add the softened cream cheese, one piece at a time. Continue to mix until smooth, then beat for an additional 2 minutes.

Transfer the frosting to a large piping bag fitted with a star tip.

3. Assemble the Cupcakes:

Once the cupcakes have completely cooled, pipe a large swirl of cream cheese frosting onto each cupcake. Sprinkle with festive sprinkles for an extra touch of fun and color.

4. Package and Serve:

Package the cupcakes individually or in sets, and label as desired.

BC#012352093524



8 Servings, 140 Grams Each

CANTEEN  KITCHENS



National Muffin Day

Ingredients

For the Meatloaf

32 oz Ground Turkey (93% lean, 7% fat) **BC#012352093425**

- 1 tsp Fresh Thyme (chopped)
- 1 tbsp Tomato Paste (with salt added)
- 1 tsp Worcestershire Sauce
- 1/4 cup Ketchup
- 1 medium Onion (2-1/2" dia, peeled and finely diced)
- 1 tbsp Brown Sugar (unpacked)
- 1/2 cup Dry, Grated, Seasoned Bread Crumbs
- 1 clove Garlic (minced)
- 1 cup Fresh Parsley (chopped, divided)
- 1 tsp Kosher Salt
- 1 tsp Black Pepper (ground)
- 2 Extra Large Eggs (whisked)

For the Cheddar Garlic Mashed Potatoes

20 oz Secret Chef Cheddar Garlic Mashed Potatoes

Preparation Instructions

1. Prepare the Cheddar Garlic Mashed Potatoes:

Follow the package instructions for preparing the cheesy garlic mashed potatoes. Keep them warm for assembly.

2. Prepare the Meatloaf:

Preheat the oven to 350°F and spray a jumbo muffin tin with cooking spray.

In a large mixing bowl, combine the ground turkey, bread crumbs, whisked eggs, diced onion, and minced garlic.

Add the Worcestershire sauce, fresh thyme, chopped parsley (reserve some for garnish), and tomato paste. Season with salt and pepper, then mix until all ingredients are well combined.

3. Form the Meatloaf:

Divide the turkey mixture evenly between the 8 muffin cups in the prepared muffin tin, pressing gently to pack the mixture.

4. Prepare the Glaze:

In a small bowl, whisk together the ketchup and brown sugar until smooth. Brush half of the ketchup mixture over the top of the meatloaves.

5. Bake the Meatloaf:

Bake the meatloaves in the preheated oven for 35 minutes or until they reach an internal temperature of 165°F and are fully cooked through.

6. Finish the Meatloaf:

Remove the meatloaf from the oven and brush the remaining ketchup mixture over the top.

7. Assemble the Dish:

Place the warm cheesy garlic mashed potatoes into a piping bag fitted with a large star tip. Pipe about 2 oz of mashed potatoes onto the top of each meatloaf.

Garnish with the remaining chopped parsley for a fresh, colorful touch.



8 Servings 215 Grams Each

Ingredients

1 oz PAM Cooking Spray (original) **BC#012352093418**
2 x 7" Self-Rising Pizza Crusts
1.33 cups Whole Milk Mozzarella Cheese (shredded)
4 oz Pizza Sauce (canned, ready-to-serve)
2 oz Pepperoni (pork, beef, sliced)
2 oz Spicy Italian Sausage (crumbled, for pizza topping)
2 oz Onion (peeled and diced)
2 oz Green Bell Pepper (washed, de-seeded, and diced)
2 oz White Mushrooms (washed, dried, and diced)
1.5 tbsp Salted Butter
0.5 oz Italian Basil Pesto
2 oz Shredded Parmesan Cheese
0.33 cup Grated Parmesan Cheese
0.25 cup Fresh Basil (chopped, for garnish)



Preparation Instructions

1. Preheat the Oven:

Preheat the oven to 425°F. Lightly grease a jumbo muffin tin with PAM cooking spray.

2. Prepare the Pizza Dough:

Divide each of the two pizza dough crusts in half. Flatten each half into a rough disc using your fingers. Gently press each disc into the bottom of one of the muffin cups, ensuring it fits snugly. Repeat this for all muffin cups. Cover the tin with plastic wrap and place in a warm spot to allow the dough to rise for about 1 hour, or until doubled in size.

3. Prepare the Vegetables:

Peel and dice the onion.

Wash, de-seed, and dice the green bell pepper.

Wash, dry, and dice the mushrooms.

In a sauté pan over medium heat, add the butter and basil pesto. Once the butter is melted, add the diced onions, bell pepper, and mushrooms. Sauté until the vegetables are tender-crisp, about 5 minutes.

4. Assemble the Pizzas:

Once the dough has risen, press it down gently in the middle and push it up along the sides of the muffin cups to form a crust.

Place about 1/3 cup shredded mozzarella cheese and 0.5 oz of shredded Parmesan cheese into each cup. Then, add approximately 1 ounce of pizza sauce on top of the cheese.

5. Add the Toppings:

Top each mini pizza with a combination of pepperoni, crumbled spicy Italian sausage, and the sautéed vegetables. Sprinkle the grated Parmesan evenly over the top of each pizza.

6. Bake:

Place the muffin tin in the preheated oven (placing it directly on a pizza stone, if available). Bake for 10 to 15 minutes, or until the pizzas are browned and puffed up. The pizzas may rise past the muffin cups or bubble over slightly, but don't worry; they will deflate once removed from the oven.

7. Serve:

Carefully remove the mini pizzas from the muffin tin. Garnish with fresh chopped basil, if desired.

4 Servings, 250 Grams Each

Ingredients

BC#012352093340

- 1 oz PAM Cooking Spray (original)
- 4 x Thick-Sliced Hickory Smoked Bacon
- 1 x Small Onion (peeled and diced)
- 1 cup Red Bell Pepper (washed, de-seeded, and chopped)
- 2 cups Fresh Spinach (chopped)
- 8 x Extra-Large Whole Eggs
- 6 tbsp Whole Milk (with added vitamin D)
- 0.25 tsp Paprika
- 0.5 tsp Ground Black Pepper
- 1 tsp Kosher Salt
- 0.5 tsp Garlic Powder
- 1.25 cups Whole Milk Mozzarella Cheese (shredded)



Preparation Instructions

1.Preheat the Oven:

Preheat your oven to 350°F. Grease a 12-cup muffin tin with PAM cooking spray.

2.Cook the Bacon:

In a large nonstick skillet over medium heat, cook the bacon until crispy, about 6 to 8 minutes. Once cooked, transfer to a paper towel-lined plate to drain, then crumble into small pieces.

3.Cook the Vegetables:

Add the diced onion and chopped bell pepper to the same skillet and cook until soft, about 5 minutes. Add the chopped spinach and cook until wilted, about 2 minutes more.

4.Prepare the Egg Mixture:

In a small bowl, whisk together the eggs, milk, paprika, garlic powder, salt, and black pepper. Once combined, fold in the cooked vegetable mixture, crumbled bacon, and shredded mozzarella cheese.

5.Fill the Muffin Tin:

Pour the egg mixture evenly into the prepared muffin tin cups.

6.Bake:

Place the muffin tin in the oven and bake for 30 to 35 minutes, or until the egg muffins are golden and cooked through.

7.Serve:

Remove the egg muffins from the oven and allow them to cool slightly. Serve 2 muffins for a quick and delicious breakfast on the go!

6 Servings, 178 Grams Each/ 2 Egg Muffins

Ingredients

BC#012352093449

36 oz French or Vienna Bread (including sourdough), cubed
6 x Extra-Large Whole Eggs
2.5 cups Whole Milk (with added vitamin D)
0.5 cup Granulated Sugar
3 tsp Vanilla Extract
1 tsp Ground Cinnamon
0.25 cup Salted Butter
0.25 cup Packed Brown Sugar
0.25 cup All-Purpose Wheat Flour (enriched, bleached)
0.06 tsp Ground Cinnamon
0.25 tsp Kosher Salt
12 oz Whipped Butter (with salt)
16 fl oz Maple Syrup



Preparation Instructions

1. Prepare the Egg Mixture:

In a medium bowl, whisk together the milk, eggs, granulated sugar, vanilla extract, and cinnamon until smooth and fully combined.

2. Prepare the Muffin Tin:

Grease a jumbo muffin tin. Add approximately 2 cups of bread cubes to each muffin cup.

3. Soak the Bread:

Carefully pour the egg and milk mixture evenly over the bread cubes in each muffin cup. You may need to gently press down on the bread after pouring to help it absorb the liquid. Pour slowly to avoid spilling, or you can combine the bread cubes and egg mixture in a large bowl first and then divide it among the muffin cups.

4. Refrigerate:

Cover the muffin tin with plastic wrap and refrigerate for 2 hours or up to overnight to allow the bread to soak.

5. Make the Cinnamon Streusel:

In a small bowl, combine the butter, brown sugar, all-purpose flour, cinnamon, and kosher salt. Use your hands to mix the ingredients until you have a crumbly streusel topping.

6. Preheat and Bake:

When ready to bake, preheat the oven to 350°F. Remove the muffin tin from the refrigerator, and sprinkle the streusel mixture evenly over the top of each muffin.

7. Bake:

Bake the muffins for 25 to 30 minutes or until the tops are golden brown and the muffins are set.

8. Serve:

Let the muffins cool for 5 minutes. Remove from the pan and serve with individual portions of whipped butter and maple syrup on the side.

8 Servings, 380 Grams Each

Ingredients

BC#012352093432

16 x 3.17 oz Buttermilk Biscuit Dough (pre-made)

1 cup Salted Butter, melted

4 tsp Ground Cinnamon

1 cup Granulated Sugar

Preparation Instructions

1.Preheat Oven:

Preheat the oven to 350°F. Brush a 12-hole jumbo muffin tin with melted butter to grease using 8 slots

2.Prepare Cinnamon Sugar:

In a small bowl, mix together the granulated sugar and ground cinnamon.

3.Prepare Biscuit Dough:

On a clean work surface, cut each biscuit into 4 equal-sized pieces. Roll each piece of dough into a thin circle. Brush one circle of dough with melted butter and sprinkle generously with the cinnamon sugar mixture. Top with another piece of dough, and repeat the process, stacking about 8 pieces of dough.

4.Place Dough into Muffin Tin:

Stand the stacked dough pieces vertically in one of the prepared muffin tin cups. Repeat with the remaining biscuit dough and cinnamon sugar mixture for the remaining muffin cups.

5.Top with Cinnamon Sugar:

Sprinkle the remaining cinnamon sugar mixture evenly over the top of each muffin.

6.Bake:

Bake for 18 to 20 minutes or until the muffins are golden brown and puffed up.

7.Serve:

Serve warm or at room temperature. These cinnamon biscuit muffins are perfect for breakfast or a sweet treat.



8 Servings, 225 Grams Each/ 1 Muffin

Ingredients

For the Crumb Topping:

BC#012352093401

0.5 cup All-purpose Flour (smaller amount)

0.25 cup Granulated Sugar

0.25 cup Brown Sugar, packed

1 tsp Pumpkin Pie Spice

0.25 tsp Kosher Salt

4 tbsp Salted Butter, melted (smaller amount)

For the Muffins:

1.5 cups All-purpose Flour (larger amount)

0.75 cup Granulated Sugar

1 tsp Baking Powder

0.5 tsp Baking Soda

0.5 tsp Kosher Salt

1 tsp Ground Cinnamon

2 tsp Pumpkin Pie Spice

8 oz Canned Pumpkin Pie Mix

2 Extra-large Eggs

6 tbsp Salted Butter, melted (larger amount)

0.25 cup Sour Cream

3 tsp Vanilla Extract

Preparation Instructions

1. Preheat Oven:

Preheat the oven to 350°F. Line a muffin tin with paper liners.

2. Make the Crumb Topping:

In a medium bowl, combine the smaller amount of flour, granulated sugar, brown sugar, pumpkin pie spice, and salt. Stir in the smaller amount of melted butter until the mixture forms crumbs. Set aside.

3. Prepare the Muffin Batter:

In a large bowl, whisk together the larger amount of flour, granulated sugar, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice. Add the canned pumpkin pie mix, eggs, melted butter, sour cream, and vanilla extract. Mix until just combined.

4. Fill the Muffin Tin:

Divide the muffin batter evenly between the muffin liners. Sprinkle the crumb topping generously over the batter in each muffin cup.

5. Bake:

Bake for about 25 minutes, or until the muffins are golden brown and a toothpick inserted into the center comes out clean.

6. Cool and Serve:

Let the muffins cool in the pan for a few minutes, then transfer them to a wire rack to cool completely. Serve and enjoy!



7 Servings, 142 Grams Each/1 Muffin

Ingredients

For the Muffins:

- 2 cups All-purpose Flour
- 1 cup Brown Sugar, packed
- 1.5 tsp Baking Powder
- 0.5 tsp Kosher Salt
- 1 pint Whole Milk (3.25% milkfat)
- 4 tbsp Salted Butter, melted (for the batter)
- 2 Extra-large Eggs
- 2 tsp Vanilla Extract
- 1 cup Chopped Pecans, toasted

For the Streusel Topping:

- 0.5 cup All-purpose Flour
- 0.75 cup Brown Sugar, packed
- 4 tbsp Salted Butter, melted (for the topping)
- 1/2 cup Chopped Pecans (for topping)

Preparation Instructions

1. Toast the Pecans:

Toast 1 cup of chopped pecans in a dry skillet over medium heat for about 5-7 minutes, until fragrant. Set aside to cool.

2. Preheat Oven and Prepare Muffin Tin:

Preheat the oven to 350°F. Line a large muffin tin with paper liners.

3. Make the Muffin Batter:

In a medium bowl, whisk together the flour, 1 cup brown sugar, baking powder, and salt. In a large bowl, combine the milk, melted butter, eggs, and vanilla extract. Add the dry ingredients to the wet ingredients and stir until just combined. Gently fold in the toasted pecans.

5. Fill Muffin Liners:

Fill each muffin liner about $\frac{3}{4}$ full with batter.

6. Make the Streusel Topping:

In a medium bowl, mix together the flour, $\frac{3}{4}$ cup brown sugar, and melted butter. The mixture should form a crumbly texture. Sprinkle this topping generously over the muffin batter in each muffin liner. Top each muffin with a few pecan pieces for extra crunch.

7. Bake the Muffins:

Bake for about 23 minutes, or until the muffins are golden brown and a toothpick inserted in the center comes out clean.

8. Cool and Serve:

Allow the muffins to cool for a few minutes in the tin before transferring them to a wire rack to cool completely. Serve warm or at room temperature.

BC#012352093395



8 Servings, 142 Grams Each/1 Muffin

Ingredients

BC#012352093388

- 0.5 stick (1/4 cup) Salted Butter
- 2 cups Wheat Bran
- 2 tbsp Whole Flaxseeds
- 0.5 cup Tap Water
- 12 oz Greek Yogurt, plain, whole milk
- 0.25 cup Honey
- 0.5 cup Brown Sugar, packed
- 2 Extra-large Eggs
- 1 tsp Fresh Ginger Root, grated
- 160 grams Whole Wheat Flour
- 80 grams Almond Flour (Bob's Red Mill)
- 0.5 tsp Pumpkin Pie Spice
- 0.75 tsp Baking Soda
- 1 tsp Baking Powder
- 0.5 tsp Kosher Salt
- 1.5 oz Turbinado Sugar (for topping)



Preparation Instructions

1. Brown the Butter and Toast the Bran: In a medium saucepan over medium-low heat, melt the butter and allow it to brown slightly (about 5-7 minutes). Add the wheat bran and flaxseeds, stirring constantly for about 1 minute to toast. Carefully pour in ½ cup of boiling water and remove from heat. Stir well, then let the mixture sit for 10 minutes to soften and cool.

2. Mix the Wet Ingredients: In a large bowl, whisk together the Greek yogurt, honey, brown sugar, eggs, and grated ginger (if using) until smooth and well combined. Stir in the cooled bran mixture.

3. Add the Dry Ingredients: Sift in the whole wheat flour, almond flour, pumpkin pie spice, baking soda, baking powder, and salt. Gently fold everything together until just combined. Be careful not to overmix.

4. Prepare the Muffin Tin: Preheat the oven to 375°F and line a muffin tin with paper liners. Divide the batter evenly between the muffin cups, filling each about ⅓ full. Sprinkle the tops of the muffins generously with turbinado sugar for a crunchy, sweet finish.

5. Bake the Muffins: Bake in the preheated oven for 24 to 27 minutes, or until the edges are golden and a toothpick inserted in the center comes out clean.

6. Cool and Serve: Allow the muffins to cool in the tin for 5 minutes before transferring them to a wire rack to cool completely. Serve warm or at room temperature.

8 Servings 142 Grams Each/1 Muffin