

Perfect Turkey Chef Tips

- Brining retains and adds moisture.
- Always cook turkey to an internal temperature of 165°F.
- Salt and season the bird then let it rest at room temperature for an hour before cooking to retain moisture.
- Fresh is better than frozen for a juicy bird.
- Rub flavored butter under the skin before roasting.
- Start cooking breast side down. White meat has less myoglobin. (This is found in dark meat to create moisture.)
- Roast on a bed of vegetables.
- Cook covered. Remove cover for last 30-40 minutes and raise oven temperature for crispy skin.
- Allow to rest once removed from oven so juices re-distribute before carving for a juicier bird.
- Cook 15-20 minutes per lb. when roasting. (Oven Temp 350°F)
- Cook 3-4 minutes per lb. when deep frying. (Oil temp 350°F)
- Do not stuff raw turkey. It can cause cross contamination and does not allow heat circulation.
- Smoke Turkey at 235°F. Cook 30 minutes per lb.



Perfect Pork Loin Chef Tips

- After seasoning the roast and letting it rest for an hour, brown or sear the surface before cooking in the oven to help retain juices.
- Cook 25 minutes per lb. in 325°F oven to internal temperature of 145°F.
- For a juicier loin, salt and season loin and allow to sit at room temperature for an hour before cooking.
- Remove from oven when internal temperature hits 140-142°F. Roast will continue to cook for 10-15 minutes to raise internal temperature. This is referred to as carryover cooking.
- Allowing the roast to rest for 15-20 minutes after cooking and before carving allows juices to re-distribute and creates a juicier pork loin.
- Cook on a bed of vegetables covered for a juicier pork loin by creating steam.
- Smoke pork loin at 220°F. Cook for 30 minutes per lb.



Perfect Turkey Breast Chef Tips

- Always cook breast to 165°F internal temperature.
- Let breast rest at room temperature for 30 minutes before cooking.
- Roast on a bed of vegetables.
- Cook covered. Remove cover for last 30-40 minutes and raise oven temperature for crispy skin.
- Allow to rest once removed from oven so juices re-distribute before carving for a juicier bird.
- Smoke at 240°F for 30 minutes per lb.
- Fry at 325°F for 7 minutes per lb.



Perfect Lamb Rack Chef Tips

- Oven at 375°F cook 25 minutes for medium rare, 30 minutes for medium, 35-40 minutes for medium well.
- Salt and season crown and allow to sit for an hour at room temperature before cooking for a juicier roast.
- Cook roast covered on a bed of vegetables to create steam and moisture while cooking.
- Sear or brown roast before cooking for flavor and texture.
- Allow to rest for 20-25 minutes before carving to allow juices to redistribute.
- Remove from oven 4-5°F short of desired internal temperature due to carryover cooking which will occur out of the oven for 15-20 minutes.
- Smoke at 225°F for 1-2 hours.



Perfect Prime Rib Chef Tips

- Salt and season the outside of the roast and allow to sit for an hour at room temperature before cooking. This creates a juicier roast.
- Cook 16-18 minutes per lb. in oven set to 350°F for a rare to medium rare roast.
- Cook 35-40 minutes per lb. in a smoker at 225°F for a rare to medium rare roast.
- Sear or brown the surface of the roast before moving to oven to cook.
- Cook on a bed of vegetables covered for a juicier roast.
- Remove from oven 4-5°F short of desired internal temperature. Roast will carryover cook for 15-20 minutes.
- Allow to rest for 20-25 minutes before carving after removal from oven to allow juices to re-distribute.



The Rub Chef Tips

- Apply rub by massaging it into the protein.
- At a minimum, allow to set at room temperature for one hour before cooking after applying rub.
- For more flavor, apply rub and wrap in plastic wrap then refrigerate overnight before cooking.



Degrees of Doneness Guide

LAMB

- Rare 135°F (57.2°C)
- Medium-rare 140°F - 150°F (60°C to 65.5°C)
- Medium 160°F (71.1°C)
- Well done 165°F (73.9°C) and above

STEAK/BEEF

- Rare 120°F - 125°F (48.9°C to 51.6°C)
- Medium-rare 130°F - 135°F (54.4°C to 57.2°C)
- Medium 140°F - 145°F (60°C to 62.8°C)
- Medium-well 150°F - 155°F (65.5°C to 68.3°C)
- Well done 160°F (71.1°C) and above

TURKEY

- 165°F - 175°F (73.9°C to 80°C)

PORK

- Leftovers 165°F (73.9°C)
- Casseroles 165°F (73.9°C)



French Onion Soup

Servings: 12

INGREDIENTS

3 qts	water
½ cup	beef base
3 cups	yellow onions, diced
3 cups	red onions, diced
2 tbsp	garlic, chopped
3 tbsp	extra virgin olive oil
1 tsp	ground black pepper
1 tsp	kosher salt
¼ cup	thyme, chopped leaves only
1 cup	white wine
12	garlic toast
6 cups	provolone blend, shredded



DIRECTIONS

1. Add olive oil to 2-gallon stock pot over medium heat.
 2. Add red onions, yellow onions, salt, and pepper. Cook for 6-7 minutes to caramelize the onion.
 3. Pour in white wine and simmer for 3-5 minutes to reduce by 1/3.
 4. Now add water and whisk in beef base. Simmer for 30-40 minutes.
 5. Stir in thyme and simmer for 5-6 minutes then serve.
 6. Serve in bowls topped with garlic toast and melt provolone cheese on top.
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Artichoke Stuffed Oyster

Servings: 10-12

INGREDIENTS

4 dozen	oyster, half shell, thawed	¼ cup	white wine
1 ½ cup	marinated artichoke quarters, chopped	½ cup	grated Parmesan cheese
¼ cup	red onion, diced	½ tsp	ground black pepper
¼ cup	Italian seasoned breadcrumbs	¼ tsp	sea salt
1 tbsp	olive oil		
1 tbsp	garlic, chopped		
½ tbsp	Italian seasoning		
¼ cup	green onion, chopped		

DIRECTIONS

1. In a sauté pan over medium high heat add olive oil, garlic, red onion, artichoke, green onion, salt, and pepper. Cook or 3-4 minutes.
2. Now pour in white wine and add Italian seasoning to pan. Reduce heat to simmer and cook for 2-3 minutes. Just long enough to burn the alcohol taste from the wine.
3. Remove from heat and slowly add ¼ cup of the Parmesan cheese and breadcrumbs to thicken to desired level.
4. Pre-heat oven to 375°F. Place some dry beans on the bottom of an oven proof dish. This will stop the stuffed oysters on a shell from sliding around.
5. Spoon a portion of the artichoke stuffing on each oyster followed by a sprinkle of the remaining Parmesan cheese.
6. Bake for 10-15 minutes remove from oven and enjoy. Plate on a bed of rock salt on a platter.

Note: They will last seven days under refrigeration.

INGREDIENTS

2 lbs.	white shrimp, peeled, deveined, tail on
1-gal	water
2 cups	Cajun seasoning
4 cups	ice cubes
2 cups	mayonnaise
2 tbsp	horseradish
2 tbsp	Creole mustard
1 cup	green onion, finely chopped
2 tbsp	parsley, minced

DIRECTIONS

1. Bring water to a boil and add Cajun seasoning then reduce to a simmer.
2. Add shrimp and cook for 2-3 minutes until shrimp turn pink and curl.
3. Add ice to pot and allow shrimp to cool then remove from pot after 5-6 minutes.
4. In a bowl whisk mayo, mustard, parsley, green onion, and horseradish.
5. Serve shrimp on a platter with sauce on the side.

Note: Remoulade will last seven days under refrigeration.

INGREDIENTS

4 cups	cherry tomatoes, cut in half
2 lbs	ciliegine mozzarella
1 tsp	kosher salt
1 tsp	ground black pepper
½ cup	unfiltered extra virgin olive oil
½ cup	balsamic glaze
½ cup	basil, hand torn



DIRECTIONS

1. In a bowl toss tomatoes, mozzarella, salt, pepper, and olive oil.
 2. Place on a chilled platter then drizzle with balsamic glaze and sprinkle with basil.
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Hunters Sauce

Yields 1 quart

INGREDIENTS

3 quarts	water
2 ½ tbsp	beef base
½ cup	extra virgin olive oil
½ cup	all-purpose flour
2 tbsp	extra virgin olive oil
2 ½ cups	sliced mushrooms
1 tbsp	garlic, chopped
2 cups	diced tomatoes
1 tbsp	basil, chopped
1 tbsp	parsley, chopped
2 cups	red wine
½ tsp	ground black pepper



DIRECTIONS

1. In a sauté pan add ½ cup oil and ½ cup flour over medium heat. Whisk constantly to make a light brown roux then reserve.
2. Now in a 1-gallon stock pot add 2 tbsp olive oil, mushrooms, garlic, salt, pepper, and tomatoes. Cook for 5-6 minutes over medium heat.
3. Pour in red wine and increase heat to medium high then reduce wine by half.
4. Pour in water and whisk in beef base. Simmer for 20-30 minutes.
5. Bring liquid to a slow boil and whisk roux in small amounts at a time until desired thickness. When sauce coats back of a spoon.
6. Stir in parsley and basil then serve. Note: Sauce will last seven days in refrigeration.

Horseradish Cream

Yields 1 quart

INGREDIENTS

1-quart	heavy cream
1 tbsp	olive oil extra virgin
2 tbsp	garlic, chopped
2 cups	grated Parmesan cheese
1 cup	white wine
2 tbsp	thyme, chopped
2 tbsp	chicken base
1 tsp	ground black pepper



DIRECTIONS

1. Add oil in saucepan with garlic over medium heat. Cook 1-2 minutes.
2. Now add wine and allow to reduce by half.
3. Pour in heavy cream and whisk in chicken base. Simmer for 7-8 minutes.
4. Whisk in thyme and Parmesan cheese then serve.

Note: Sauce will last seven days in refrigeration.

Mint and Strawberry Compote

Yields 1 quart

INGREDIENTS

2 pints	strawberries, stem removed and chopped
½ cup	yellow onion, diced
2 tbsp	extra virgin olive oil
1 cup	orange juice
¼ cup	mint, chopped
½ cup	red wine
½ cup	orange juice
1 tbsp	garlic, chopped
3 tbsp	sugar
½ tsp	kosher salt
½ tsp	ground black pepper

DIRECTIONS

1. Add olive oil in saucepan over medium high heat.
2. Now add onion, garlic, strawberries, salt, and pepper. Cook for 5-6 minutes.
3. Pour in wine and reduce by half then add orange juice and sugar.
4. Simmer for 6-7 minutes and stir in mint then serve.

Note: Sauce will last seven days in refrigeration.

Spicy Maple Glaze

Yields 1 quart

INGREDIENTS

2 cups	fajita pepper and onion blend
2 tbsp	extra virgin olive oil
1 cup	syrup
¼ cup	honey
2 cups	orange juice
2 tbsp	garlic, chopped
1 cup	green onion, chopped
1 tbsp	red chili flakes
½ tsp	kosher salt

DIRECTIONS

1. Add oil in saucepan over medium high heat. Add fajita blend and garlic. Cook for 3-4 minutes.
2. Sprinkle in chili flakes and salt
3. Pour in orange juice then reduce by half.
4. Pour in honey and syrup then simmer for 8-10 minutes then serve.

Note: Sauce will last seven days in refrigeration.

Merlot Cranberry Glaze

Yields 1 quart

INGREDIENTS

1 cup	Merlot wine
2 lbs	thawed cranberries
2 cups	orange juice
2 tbsp	sugar
½ tsp	ground black pepper
1 tsp	garlic, chopped
2 tbsp	parsley, minced

DIRECTIONS

1. Add all ingredients in a saucepan over medium heat.
2. Simmer until cranberries burst open. They will naturally thicken the sauce.
3. Remove from heat and serve

Note: Sauce will last seven days in refrigeration.

Roasted Brussels Sprouts w/ Balsamic Glaze

Servings: 10-12

INGREDIENTS

3 lbs	Brussels sprout halves
2 gallons	water
4 cups	ice cubes
3 tbsp	unfiltered olive oil
½ tsp	kosher salt
½ tsp	ground black pepper
¼ cup	balsamic glaze
½ cup	ground Parmesan cheese



DIRECTIONS

1. Pour one gallon of water and ice in a bowl on counter.
 2. Bring the other gallon of water to a boil and cook sprouts for 30 seconds.
 3. Remove from water and drop into ice water to stop cooking process.
 4. Heat oven to 400°F.
 5. Toss Brussels sprouts with salt, pepper, and olive oil.
 6. Roast in oven until browned about 15-20 minutes.
 7. Drizzle with more olive oil followed by balsamic glaze.
 8. Sprinkle with Parmesan cheese then serve.
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Yukon Gold Garlic Mashed Potatoes

Servings: 10-12

INGREDIENTS

5 lbs.	Yukon gold potatoes peeled and large diced.
1 ½	gallons water
2 cups	heavy cream
¼ lb.	unsalted butter
2 tsp	kosher salt
2 tsp	ground black pepper



DIRECTIONS

1. Bring water to a boil with the potatoes in the water. Cook until tender. When a knife can easily slide in and out of potato they are ready.
2. Strain potatoes and place in a bowl to mash.
3. Add in heavy cream, butter, salt, and pepper.
4. Mash until creamy then serve.

Note: You can use a food mill or food processor to puree or mash potatoes.

Shrimp and Cornbread Dressing

Servings: 10-12

INGREDIENTS

- 1 packet cornbread mix
- 2 lbs. white shrimp, 40/50, peeled and deveined
- 1 cup Cajun seasoning mix
- 1-gallon water

DIRECTIONS

1. Prepare cornbread mix according to instructions and reserve.
 2. Bring water with Cajun seasoning to a boil.
 3. Add shrimp to pot and cook for 2-3 minutes until shrimp curl and turn pink.
 4. Remove shrimp from water and fold into pre-made cornbread mix. Then serve.
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Sweet Potato and Cheese Au Gratin

Yield : 1 half hotel pan

INGREDIENTS

1-quart	heavy cream
10	sweet potatoes, peeled and sliced thin
2 lbs.	provolone blend cheese, shredded
1 tbsp	kosher salt
1 tbsp	ground black pepper



DIRECTIONS

1. Heat oven to 375°F.
 2. Start with layer of potatoes, season with some of the salt and pepper. Pour some heavy cream over the top followed by sprinkling cheese. Repeat this process until ingredients are gone.
 3. Cover pan and place in oven to cook for 1 – 1 ½ hours. When you can slide a knife easily into potatoes they are ready to serve.
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Pesto Roasted Cauliflower

Yield : 1 half hotel pan

INGREDIENTS

2 lbs.	cauliflower florets
2 gallons	water
4 cups	ice cubes
½ cup	pesto sauce



DIRECTIONS

1. Bring one gallon of water to a boil.
 2. Place other gallon of water and ice in a bowl.
 3. Add florets and cook for 30-45 seconds.
 4. Remove cauliflower from boiling water and drop in ice water to cool down and stop cooking process.
 5. Now heat oven to 400°F.
 6. Toss cauliflower with pesto sauce place in oven proof pan and cook for 6-7 minutes then serve.
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