

Beef Brisket, Barbecued, Sliced

<u>Dry Rub</u>	
<u>Ingredients</u>	<u>Percent by weight</u>
Salt	29.51
Sugar granulated	23.61
Brown sugar, lightly packed	17.71
Chili powder	5.90
Paprika	5.90
Celery salt	4.43
Ground oregano	3.54
Ground white pepper	2.95
Garlic powder	2.21
Ground black pepper	1.48
Cumin	1.48
Dry mustard	0.79
Cayenne pepper	<u>0.49</u>
	100.00

PREPARATION PROCEDURE

Trim beef brisket of fat and rub dry rub mixture into the meat surface (Dry Rub shall be at least 8 grams per pound of raw brisket). Wrap the brisket in plastic wrap or suitable material and hold at 40°F (4°C) overnight.

Cook briskets in a regular oven set at 235°F (113°C), baste after 3 hours with barbecue sauce. Cook another two hours until internal temperature is 175-180°F (79-82°C) baste with barbecue sauce and let sit in the oven for one more hour.

The brisket shall be sliced on a meat slicer set at 1/8 inch (3.0 mm). Serve 2.8 to 3.5 oz (80-100 g) of sliced brisket with add one ounce (30 g) of hickory smoke flavored barbecue sauce.

Grilled Chicken

Ingredient	%	grams	pounds
Chicken breasts, fresh, U.S. Grade A, thin sliced, boneless & skinless, 4 ounces each	77.75	2118	4.67
Extra virgin olive oil	7.97	217	0.48
Red wine vinegar, 5% acidity	7.94	216	0.48
Garlic, refrigerated, chopped, in water	3.17	86	0.19
Onion powder	0.50	14	0.03
All-purpose Spike seasoning, salt-free, Modern Products	2.57	70	0.14
Thyme, ground	0.10	3	0.01
TOTAL	100.00	2724	6

PREPARATION PROCEDURE

Combine olive oil, red wine vinegar, garlic, onion powder, Spike seasoning and thyme in a bowl and mix well. Poke each chicken breast with a fork several times. (Note: This will allow for the marinade to absorb into the chicken.) Lay chicken breasts in a large pan without overlapping (more than one container may be required). Pour marinade over the chicken breasts, cover and hold in the refrigerator for at least 8 hours.

Remove chicken breasts from refrigerator. Preheat grill to 375° F. Place chicken breasts on the grill so that they are not touching. Grill for approximately 4 minutes and turn over. Grill for an additional 4 minutes on the other side. Continue grilling until the internal temperature of the chicken breasts reaches 170° F while turning over as needed. Serve.

Baked Beans

Ingredient	%	grams	pounds
Navy beans, canned, organic, no salt added, Eden Foods (see NOTE)	60.0	1090	2.40
Yellow onions, frozen, ¼” diced	10.0	182	0.40
Tomato ketchup, Heinz	15.0	272	0.60
Light brown sugar, pure cane	5.0	91	0.20
Maple syrup, 100% pure, U.S. Grade A	5.0	91	0.20
Barbecue sauce, Thick ‘n Spicy Honey, Kraft	3.0	54	0.12
Yellow mustard, classic, French’s	1.0	18	0.04
Garlic, refrigerated, chopped in water	0.5	9	0.02
Worcestershire sauce, Lea and Perrins	0.5	9	0.02
TOTAL	100.0	1816	4.00

NOTE: Percentage of beans is based on drained beans.

PREPARATION PROCEDURE

Drain the liquid from the navy beans. Set drained beans aside. Combine the onions, ketchup, brown sugar, maple syrup, barbecue sauce, mustard, garlic and Worcestershire sauce; mix well. Combine the sauce mixture and navy beans in a large mixing bowl. Mix well to evenly distribute ingredients. Transfer beans to a baking dish. Bake at 350° F for approximately 45 minutes or until heated to 170°F. Serve.

Southwestern Corn

Ingredient	%	grams	pounds
Yellow corn, frozen, whole kernel (puree)	32.10	583	1.27
Yellow corn, frozen, whole kernel	30.84	560	1.23
Water	23.40	425	0.94
Roasted red bell peppers, frozen, ¼” diced, Chef Sensation, Jon Lin Foods	4.40	80	0.18
Yellow onions, fresh, ¼” diced	4.21	77	0.17
Half and half, fresh, Grade A, minimum 10.5% milkfat	2.15	39	0.09
Jalapeno peppers, fresh, ¼” diced	1.00	18	0.04
Unsalted butter, fresh, Grade AA, sweet cream	0.50	9	0.02
Roasted Garlic Base (#13-404), Eatem Foods Company	0.30	5.6	0.01
Roasted Onion Base (#14-425), Eatem Foods Company	0.30	5.6	0.01
Salt, pure, sodium chloride, noniodized	0.25	4.6	0.01
Cumin, ground	0.25	4.6	0.01
Cilantro, fresh, fine cut	0.20	3.7	0.01
Black pepper, Chef’s grind	0.05	0.9	0.01
TOTAL	100.00	1816	4.00

PREPARATION PROCEDURE

One day in advance of processing, thaw corn in the refrigerator. Combine the corn reserved for the puree, half and half, butter, roasted garlic base, roasted onion base, cumin, salt, black pepper and water. Mix well. Puree the corn-spice mixture in a food processor until a fine puree is achieved. Add the corn puree mixture to a large cooking pot. Stirring continuously, heat mixture over medium heat to 170°F. Add the corn, onions, roasted red bell peppers, cilantro, and jalapeno peppers to the mixture. Mix well, until all ingredients are thoroughly combined. Continue heating until mixture returns to 170°F. Serve.