

January 2011 Cooking Instruction Sheet

Orange Sauced Tilapia

Defrost 24 hours. Remove fish from packaging and dredge each piece into breadcrumb mixture in large plate. Heat 2 TBS olive oil and 1 TBS butter in non-stick skillet over medium heat. Place orange sauce into small saucepan and heat on medium for a steady simmer. Place fish into pan and cook about 4 minutes on each side until fish flakes and is golden on both sides. Remove from skillet and place onto serving platter. Pour heated sauce over fish and serve.

Autumn Seasoned Pork Steaks

Defrost 24 hours. Pour pork mixture into crock-pot or stock-pot. Cook in crock-pot on low 6 to 8 hours or in stock-pot on low heat, simmering covered about 1 ½ hours. For stuffing, Place into covered casserole sprayed with cooking spray. Cook in 375F oven for 25 minutes.

Dijon-Herb Crispy Chicken Bake

Defrost 24 hours. Pre-heat oven to 350F. Empty bread crumb mixture onto large plate. Remove chicken pieces from marinade and coat with bread crumb mixture. Place onto baking pan sprayed with cooking spray. Bake 35 minutes or until done.

Sloppy Joes!

Defrost 24 hours. Pour sloppy joe mixture into stock-pot. Bring to steady simmer over low heat. Simmer about 30 minutes, stirring occasionally.

Cherry-Chipotle Glazed Chicken

Defrost 24 hours. Pre-heat BBQ or broiler to medium-high heat. Remove chicken from cherry marinade. Reserve cherry marinade—place into small saucepan and cook over low heat. Place chicken onto BBQ grill or onto foil lined broiler pan. Cook 7 - 9 minutes each side or until cooked through. Drizzle cherry sauce over cooked chicken and serve.

Ricotta Stuffed Shells

Defrost 24 hours. Pre-heat oven to 350F. Place baking pan onto baking sheet. Remove plastic lid and cover with foil. Place baking sheet on center oven rack. Bake 15 minutes. Remove lid. Return to oven and bake 15 minutes more. Remove from oven and let stand 5 minutes before serving.

Greek Seasoned & Yogurt Marinated Chicken Kabobs

Defrost 24 hours. Thread chicken onto skewers. If using wood skewers, soak 20 minutes in water before using. BBQ or Broil, cooking about 5 minutes per side or until done.

Grilled Fajitas

Defrost 24 hours. Heat large non-stick skillet over medium high heat. Add 2TBS olive oil. Add the seasoned beef mixture to skillet. Cook, stirring often, cooking until a little bit crispy-brown on edges. Remove from skillet and transfer to plate. Return skillet to heat. Add 2 TBS olive oil to skillet. Add vegetable mixture. Cook vegetables to desired doneness. Add beef

Thai-Curried Chicken, Shrimp or Tofu

Defrost 24 hours. Heat large skillet over medium high heat. Add 3 TBS oil to pot. Add onions and cook until edges are slightly brown. Add seasoning mixture and cook 2-3 minutes, stirring often. Turn heat to low. Add coconut milk and stir until well combined. Add chicken, shrimp or tofu. Bring just to a boil, remove from heat and cover. Let stand 5 minutes, check for doneness and serve.

Nonnie's Classic Beef Meatloaf

Defrost 24 hours. Pre-heat oven to 350F. Remove lid. Place pan onto baking sheet. Bake in oven for 25 minutes. Remove from oven and spread tomato mixture over meatloaf. Return to oven and cook 15 minutes more.

Sicilian Chicken Parmesan

Defrost 24 hours. Pre-heat oven to 375F. Dredge chicken pieces into breadcrumb mixture. Place into baking dish sprayed with cooking spray. Bake in oven 20 minutes. Remove from oven and pour marinara sauce across each piece of chicken. Top chicken with mozzarella cheese. Return to oven and cook 15 minutes more. Serve with parmesan cheese.

Pork Loin Roast

Defrost 24 hours. Pre-heat oven to 400F. Place 3 TBS olive oil into bottom of roasting pan. Add shallots and rosemary. Place pork loin onto shallots and rosemary in roasting pan. Roast in oven 40 to 50 minutes or until internal temperature reaches 145F for medium or 160 for well done. Remove from oven and let rest 10 minutes. Slice and serve.

Slow-Cooked BBQ Flank Steak

Defrost 24 hours. Place flank steak into crock-pot. Cook on low 6-8 hours. OR Place flank steak into Dutch oven. Bake in oven 1 ½ hours. Shred and serve.

Vegetable Blends, Broccoli, Carrots or Cauliflower

Steam or Microwave to desired doneness. You can also par-cook in microwave and then sauté on stove-top with 1 TBS olive oil. Season with salt and pepper or any other seasoning you like!

Peas / Carrots / Green Beans

Microwave or boil to desired doneness

Mashed Potatoes

Place Pearls in metal or glass bowl. Bring 2 cups water just to a boil. Remove from heat, let water stand for 2 min. Pour water into potato pearls while stirring. Stir 30 seconds. Let stand 5 minutes; stir just before serving.

Cornbread

Pre-heat oven to 375F. Combine ¾ cup water with mix. Mix thoroughly for about 1-2 min. Scrape batter into a small well greased pan or fill muffin tins ½ full. Bake for 25-30 min.

Couscous

Bring 1 Cup water to boil. Add 1 Tbs of butter or olive oil. Add Couscous stir until water is absorbed. Cover and set aside for one min. Sun dried tomato, or other flavor may be added, if desired.

Infused Rice / Rice Pilaf

Place rice in a medium saucepan. Add 1 ½ cups of water and 1 TBS butter or olive oil. Bring to a boil; cover and simmer on *low* for 15 min or until all the water is absorbed. Remove lid and fluff the rice before serving.

White Jasmine Rice

Place rice in a medium saucepan. Add 2 cups of water and 1/8th tsp. salt. Stirring often, bring to a boil, then cover and simmer on *low* for 15-20 minutes or until all the water is absorbed. Remove lid and fluff the rice before serving.

Pasta Cooking Instructions

Bring 4 quarts of water to a boil. Add the pasta. Cook stirring often, approximately 8-11 minutes- until tender OR until the pasta is slightly firm to the bite. Drain and set aside—keep warm until ready to serve.

Polenta

Bring 3 cups of water to a boil; whisk in the polenta. Reduce heat to low; cook 15 min., stirring often, add more water as needed to prevent sticking. For additional flavor, add chicken stock, or grated parmesan cheese, herbs (basil, oregano, parsley), or sun dried tomatoes.

THESE COOKING INSTRUCTIONS CAN ALSO BE FOUND ON THE FRONT PAGE OF OUR WEBSITE

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