



October 2009

Cooking Instructions

Notes

Asian Infused Tri-Tip Kabobs

Defrost 24 hours in refrigerator. Soak wood skewers 20 minutes in cold water. Heat BBQ to medium-high. Thread tri-tip onto skewers. Cook 9-12 minutes, turning to cook on all sides.

Asparagus and Chicken Divan

Defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan on baking sheet. Place into oven and bake 35-40 minutes and until hot in center and bubbly around edges.

Baby Back Ribs in Marinara

Defrost 24 hours in refrigerator. Pre-heat broiler to high. Place ribs on baking sheet and place under broiler. Broil 6-8 minutes on each side just until golden. Remove from broiler and place into crock-pot or covered Dutch oven. Pour marinara over ribs. Cook on low 6-7 hours or on low 3-4 hours (in oven at 300F for 3 hours in covered Dutch oven).

Crispy Coconut Prawns

Defrost 24 hours in refrigerator. Pre-heat oven to 375F. Dip prawns in coconut milk then into cornstarch, then into coconut milk and then into coconut mixture. Place onto baking pan on middle oven rack and 8-10 minutes or until golden and crispy.

Bourbon Glazed Pork Steaks

Defrost 24 hours in refrigerator. Pre-heat BBQ to medium-high heat. Place pork chops onto grill. Cook 3-4 minutes per side. OR broil under medium high-high heat 5-7 minutes per side.

Burgundy French Stew

Defrost 24 hours in refrigerator. Place stew into crock-pot. Add 1 cup of water and stir well. Cook on low 6-7 hours or on high 3-4 hours.

Honey-Peanut Crusted Chicken

Defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan on baking sheet and remove lid. Place into oven and bake 35-40 minutes.

Lemon-Thyme Chicken

Defrost 24 hours in refrigerator. Pre-heat oven to 400F. Place chickens into roasting pan—leaving at least 2 inches of space around each chicken. Be sure to empty any herbs, lemons, shallots into pan. Place pan into oven and cook 15 minutes. Reduce temp to 375F and cook 45 minutes more or until juices run clear.

Red and Green Sauce Enchiladas

Defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan on baking sheet. Place into oven and bake 35-40 minutes and until hot in center and bubbly around edges.

Butter Kissed Sweet Potatoes

Defrost 24 hours in refrigerator. Pre-heat oven to 375F. Place baking pan into oven and cook 20-30 minutes or until potatoes are fork-tender an golden brown.

Pacific Cookie Company Cookies

Pre-heat oven to 310F. Place frozen cookie dough drops onto non-stick baking sheet, 2 inches apart. Place baking sheet into oven and bake 11-13 minutes.

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