

French Fries – Batonnnet Cut

1 potato per person in your unit

Chefs Knife, peeler, and cutting board

Paper towels – 4 (2 for draining your fries and 2 for drying your uncooked fries)

Instructions:

1. Plug in fryer and find tongs in unit.
2. Wash and peel your potato – do not put the peelings down the garbage disposal – use grocery bag and place in garbage cans.
3. Cut potato into Batonnnet cut for French fries and dry on paper towel.
4. Using tongs, place fries into the hot oil and cook until golden.
5. Remove using the tongs and place on draining paper towel. Salt and eat.

Fry Sauce

¼ c. Catsup

¼ c. Mayonnaise

½ t. Dill Pickle Juice

½ t. Onion Salt

Stir together until well mixed. Serve.

GARDEN VEGETABLE STIR FRY

SAUCE:

1 cup chicken broth
2 Tbsp. cornstarch
6 Tbsp. soy sauce
Minced garlic

Mix above ingredients well.

6 cups vegetables cut on bias
1 lb. raw meat cut against the grain
2 Tbsp. oil

Cook meat in oil, add vegetables and cook until tender. Add sauce to the vegetables and stir until thickened. Serve over rice.

RICE

3/4 tsp. salt
1 tsp. butter or margarine
2 cups water
1 cup rice

Bring water, salt and butter to a boil. Add rice slowly, stirring constantly. Cover tightly. Reduce heat to low and cook for 20 minutes.

If time is a factor use Minute Rice and follow directions on the package.

Confetti Rice – Brunoise Cut

2 T. Butter, melted

1 clove garlic, minced

2 T. onion, finely diced

2 T. carrot, finely diced

2 T. green pepper, finely diced

2 T. red pepper, finely diced

¼ t. salt

¼ t. black pepper

½ c. Basmati rice

½ c. Brown rice

2 c. water

In a medium saucepan, bring 2 cups of water to a boil. Add in rice, stir and reduce heat to low. Cook until rice is tender.

In a sauté pan, melt butter. Add garlic to butter and sauté for 30 seconds. Add the vegetables and sweat them until all are tender. Add salt and black pepper. Add the 2 cups of cooked rice and lightly stir to mix in all the vegetables. Hold for warm service.