

Sheet1

ID,N	QUANT	UNIT	CI_NAME,C,50
1	3.00	lb	Chicken, cut in 8 pieces
1	4.00	Tbsp	Olive oil
1	4.00	ea	Garlic, clove
1	1.00	ea	Onion, red, small, sliced vertically
1	1.00	ea	Tomato, medium, ripe, peeled, seeded, chopped
1	1.00	tsp	Chile, hot, minced or 1/2 tsp dried, powdered
1	0.50	cup	Wine, white, dry
1	2.00	ea	Peppers, bell, red, charred, skinned, in strips
1	2.00	ea	Peppers, bell, yellow, charred, peeled, strips
1	3.00	Tbsp	Herbs, fresh, as available (sage, tarragon, thyme)
2	1.00	lb	Mushrooms, sliced
2	2.00	Tbsp	Onion, chopped
2	6.00	Tbsp	Butter
2	0.00	=	Salt
2	0.00	=	Pepper, black, freshly ground
2	0.75	cup	Cream, heavy
2	4.00	oz	Brie cheese, room temperature, diced
2	1.00	lb	Fettuccine, al dente, drained
3	0.00		--STOCK--
3	4.00	qts	Seafood stock*
3	0.00		--VEGETABLES--
3	0.50	cup	Oil
3	6.00	cup	Okra, sliced
3	3.50	lb	Tomatoes, canned
3	2.00	cup	Onion, chopped
3	1.00	cup	Celery, chopped, with leaves
3	1.00	cup	Peppers, bell, chopped
3	2.00	Tbsp	Garlic, chopped
3	2.00	Tbsp	Vinegar
3	0.00		--SEASONINGS--
3	1.00	Tbsp	Salt
3	1.00	tsp	Cayenne Pepper
3	1.00	tsp	Pepper, white
3	1.00	tsp	Pepper, black
3	5.00	ea	Bay leaf, Turkish
3	2.00	tsp	Thyme, leaves, dried
3	2.00	tsp	Basil, dried
3	2.00	tsp	Oregano, dried, leaves
3	0.00		--ROUX, ETC.--
3	3.00	cup	Roux, dark, (from 1 1/2 c. oil; 1 1/2 c. flour)
3	1.00	lb	Crab, claw meat
3	3.00	lb	Shrimp, small to medium, peeled
3	1.00	doz	Oysters
3	1.00	cup	Onions, green, chopped
3	0.00	=	File` powder
4	2.00	lb	Potatoes, red
4	1.00	Tbsp	Mustard, Dijon
4	2.00	cup	Onion, red, chopped

Sheet1

4 1.00 tsp garlic, chopped
4 0.50 cup Parsley, chopped
4 2.00 tsp Dill, dried
4 0.25 tsp Celery, seed
4 0.25 tsp Thyme, dried
4 0.50 tsp Salt
4 1.00 tsp Pepper, black, freshly ground
4 0.75 cup Mayonnaise
5 1.00 Tbsp Oil
5 0.25 cup Onion, minced
5 1.00 Tbsp Garlic, chopped
5 3.00 ea Chiles, serranos, minced
5 28.00 oz Tomatoes, canned
5 2.00 ea Bay leaf, dried
5 0.13 tsp Thyme
5 0.50 tsp Chile, ground, red, New Mexican 6-4
5 1.00 Tbsp Vinegar
5 1.00 tsp Pepper, black, freshly ground
6 2.50 lbs Green tomatoes, sliced vertically 1/4 inch thick
6 3.00 ea Garlic, clove, sliced
6 0.75 cup Flour
6 0.00 = Salt
6 0.00 = Pepper
6 4.00 Tbsp Olive oil
7 6.00 ea Chicken, breast, halves, boned, skinned, pounded
7 0.75 cup Flour
7 2.00 Tbsp Olive oil
7 2.00 Tbsp Butter
7 2.00 Tbsp Garlic, sliced
7 0.75 cup Marsala, dry
7 0.00 = Salt
7 0.00 = Pepper, black, freshly ground
7 2.00 Tbsp Butter
8 1.00 ea Eggplant, medium, pared, cubed
8 1.00 cup Onion, chopped
8 0.50 cup Cracker crumbs
8 1.00 Tbsp Sugar, granulated
8 1.00 Tbsp Butter, melted
8 2.00 ea Eggs, beaten
8 0.33 cup Milk
8 0.00 = Salt
8 0.00 = Pepper, black
8 2.00 ea Bacon, slices
9 1.00 Tbsp Chile, ground, New Mexico 6-4
9 2.00 tsp Paprika, Hungarian
9 1.00 tsp Cumin, powder
9 1.00 tsp Coriander, ground
9 1.00 tsp Salt
9 1.00 tsp Onion powder

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9	1.00 tsp	Garlic powder
9	0.50 tsp	Mustard, dry, coleman's
9	0.50 tsp	Pepper, black, freshly ground
9	0.50 tsp	Thyme, leaves, dried
9	0.50 tsp	Curry powder
9	0.50 tsp	Allspice, ground
10	1.50 cup	Vanilla wafer crumbs
10	0.25 cup	Sugar
10	6.00 Tbsp	Butter, melted
10	0.00	
10	16.00 oz	Cream Cheese, softened
10	1.00 cup	Sugar
10	3.00 X	Eggs
10	0.50 cup	Bananas, mashed
10	1.00 X	Banana, sliced
11	1.00 lb	Potatoes, red, skin on, cut in 3/4" dice
11	0.33 cup	Water
11	0.25 cup	Olive Oil (more or less to taste)
11	0.00 X	Salt, Kosher, Add to taste
11	0.00 X	Pepper, Black, Fresh Ground, To taste
11	0.50 cup	Shredded Parmesan or Romano Cheese or 1/4 cup both
11	1.50 tsp	Dried Rosemary
12	6.00 X	Celery Stalks, cut longways and chopped on angle
12	2.00	Onions, Medium peeled & chopped
12	2.00 Tbsp	Butter
12	1.00 qt	Chicken Stock, (Berta's)
12	0.00	Black pepper, Ground, add to taste
12	0.50 tsp	Thyme, leaves, not ground (use to taste)
12	1.50 lb	Potatoes, diced, skin left on
12	9.00 Tbsp	Butter
12	0.50 cup	Flour
12	1.00 qt	Half & Half
12	1.00 qt	Whole clams, course chopped
12	2.00	Cams, canned, Gortons, 6 1/2 oz cans
12	0.25 cup	Sherry
12	0.25 cup	Parsley, Chopped for garnish
13	0.13 cup	Bread Crumbs, Italian
13	0.25 cup	Romano Cheese, shredded
13	0.13 cup	Parmesan Cheese, ground
13	1.50 Tbsp	Lemon-Pepper Spice (NO SALT ADDED TYPE!)
13	3.00 x	Chicken Breasts, Pounded thin
13	1.00 X	Eggs
13	1.00 Tbsp	Half & Half
13	1.00 Tbsp	Water
13	1.00 Tbsp	Butter
13	1.00 tsp	Peanut Oil
14	1.00 X	Pineapple Juice, 6 ounce can
14	2.00 Tbsp	Dark Brown Sugar
14	3.00 X	Garlic cloves, run through garlic press

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14	0.25 tsp	Ginger, Ground
14	0.50 tsp	Garlic Powder
14	0.50 tsp	Onion Powder
14	1.00 Tbsp	Peanut Oil
14	0.25 tsp	White Pepper, ground
14	0.13 tsp	Cayenne Pepper (or less, to taste)
14	3.00 tsp	Soy Sauce
15	2.00 X	Approx 5 - 6 oz Tuna steaks 1 - 1-1/4" Thick
15	2.00 Tbsp	Butter
15	1.00 Tbsp	Olive oil
15	0.25 X	Lemon, juice from
15	10.00 X	Green Peppercorns
15	2.00 X	Shallots, Minced
15	0.13 tsp	Black pepper, fresh, finely ground
15	0.13 tsp	Salt, Kosher
16	1.25 lb	Chicken or Turkey, Ground
16	2.00 tsp	Tomato Paste
16	0.50 tsp	Tarragon, Dried
16	4.00 X	Tomato Slices
16	3.00 X	English Muffins, split & toasted
16	1.00	Recipe Tarragon Mustard Sauce
16	1.50 Tbsp	Butter or margarine
16	1.50 Tbsp	Dijon Mustard
16	1.00 Tbsp	Vinegar, Tarragon
16	0.25 cup	Sour Cream, Light
16	0.25 tsp	Tarragon, Dried
16	0.00 X	Salt, Kosher, add to taste
16	0.00 X	Black Pepper, Ground, add to taste
16	0.00 X	Pepper, Red, Ground, Add to taste
17	0.50 cup	Peanut Oil
17	0.33 cup	Soy Sauce
17	0.00	Juice From 1 Large Lemon
17	0.50 cup	Orange Juice
17	3.00 Tbsp	Worcestershire Sauce
17	0.50 cup	Dry Shery
17	3.00	Garlic Cloves, Crushed
17	0.75 cup	Parsley, Chopped (Fresh)
17	1.00 Tbsp	Dry Mustard (Colemans)
17	2.00 Tbsp	Lemon Pepper
17	1.50 lb	Pork Terderloin
18	24.00 X	Chicken Wings, tips removed (and saved for stock!)
18	2.50 cup	Peanut Oil
18	0.00	
18	0.50 cup	Chili Sauce, Commercial (Heinz)
18	2.00 Tbsp	Lemon Juice
18	2.00 Tbsp	Vinegar
18	1.00 Tbsp	Prepared Yellow Mustard
18	1.00 Tbsp	Worchestershire Sauce (Lea & Perrins)
18	0.25 cup	Onion, finely chopped

Sheet1

18	0.50 cup	Green Bell Pepper, finely chopped
18	0.50 tsp	Salt
18	0.50 tsp	Black Pepper, ground
18	0.25 tsp	Cayenne Pepper
19	1.00 Tbsp	Mustard, powdered
19	1.00 Tbsp	Sugar
19	2.00 tsp	Salt
19	5.00 Tbsp	Vegetable oil
19	4.00 cup	Onion sliced
19	1.00 lb	Mushrooms, sliced
19	2.00 lb	Beef, filet mignon
19	1.00 tsp	Pepper, black
19	1.00 pt	Sour cream
20	1.00 ea	Chicken fryer
20	0.25 cup	Margarine
20	5.00 cup	Rice Crispies Cereal