

## Shaq's Famous Scrambled Eggs w/ Cream Cheese

### 8" Fry Pan

5/1/2020

500

<b>Yield: 2 Servings</b>		<b>Portion: 2 eggs</b>
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<b><u>Ingredients</u></b> Large Eggs Cream Cheese Salt, Kosher Black Pepper, ground	4 each 2 oz. To taste To taste	<ul style="list-style-type: none"><li>• Crack the eggs into a large bowl and beat with a whisk.</li><li>• Cut cream cheese into small cubes.</li><li>• Add the chunks of cream cheese to the beaten eggs.</li><li>• Season the mixture with salt and pepper.</li></ul>
Butter	1 Tbsp.	<ul style="list-style-type: none"><li>• In the 8" non-stick pan, melt the butter over medium to low heat.</li><li>• When the butter is melted, add the egg mixture to the pan.</li><li>• Once the egg has been slightly cooked on the bottom of the pan, start to move the mixture in a figure 8 pattern until all of the eggs are cooked and the cheese has melted into the eggs.</li><li>• Serve immediately.</li></ul>



## Green Chile-Cheese Grits

### 2 Quart Sauce Pot

5/1/2020

502

<b>Yield:</b> 6 cups		<b>Portion:</b> 1 cup
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<b><u>Ingredients</u></b> Water Milk, whole Butter Salt, kosher Black Pepper, ground	1 cup 2 cups 3 Tbsp. 1 tsp. ½ tsp.	<ul style="list-style-type: none"><li>• Bring all of the ingredients to a boil.</li></ul>
Grits	¾ cup	<ul style="list-style-type: none"><li>• Slowly whisk in the grits.</li><li>• Continue to cook over low heat for 20 minutes or until the grits are cooked through and absorbed all of the liquid.</li></ul>
Green Chilies Pepper Jack Cheese Cheddar Cheese	2 oz 2 oz 1 oz	<ul style="list-style-type: none"><li>• Take the pot off of the heat and stir in the cheese and chilies.</li></ul>



## Steamed Salmon

### 4.5 Quart Casserole w/ Steamer Basket

5/1/2020

503

<b>Yield:</b> 4 each		<b>Portion:</b> 1 each
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<b><u>Ingredients</u></b> Yellow Onion, sliced thin Garlic, sliced thin Italian Parsley, rough chopped Dill, rough chopped Olive Oil Salt, kosher Black Pepper, fresh ground Lemons, sliced	¼ cup 2 cloves ¼ cup ¼ cup ¼ cup 1 tsp. ½ tsp. 2 each	<ul style="list-style-type: none"> <li>Mix all ingredients well in a bowl.</li> </ul>
Salmon, filet, 6 oz.	4 each	<ul style="list-style-type: none"> <li>Add the salmon to the bowl and toss well.</li> <li>Place the salmon in the steamer basket. Take not to put some of the lemons directly on the basket so the fish will be flavored by them and wont stick.</li> <li>Top the fish with the remaining ingredients that were in the bowl.</li> </ul>
Water	2 cups	<ul style="list-style-type: none"> <li>Add 2 cups of water to the pot and turn on to medium hot. When the water has come to a boil, add the basket to the pot and cover.</li> <li>Steam fish for 8-10 minutes.</li> </ul>



## Garlic Butter Shrimp

10" Fry Pan

5/1/2020

504

Yield: 4		Portion: 1	
Ingredients	Quantity	Method	
<b>Ingredients</b> Olive Oil Shrimp, 16-20, peeled and deveined Salt, kosher Black Pepper, fresh ground	1 Tbsp. 16 each To taste To taste	<ul style="list-style-type: none"><li>• Heat your pan over high heat. Add the oil, shrimp and season with salt and pepper.</li><li>• Brown each side of the shrimp over high heat for 1-2 minutes per side.</li></ul>	
Garlic, sliced thin White Wine Butter Italian Parsley, rough chopped Lemons, sliced Crushed Red Pepper Flakes	3 cloves ¼ cup 4 Tbsp. 2 Tbsp. 1 each ½ tsp.	<ul style="list-style-type: none"><li>• Add the garlic to the pan and continue to cook for 30 seconds or until the garlic turns white and is cooked.</li><li>• Add the wine to the pan, followed by the remaining ingredients.</li><li>• Continue to cook and stir another minute or until the butter has melted into the sauce and slightly thickened.</li><li>• Server with the Chile Cheese Grits!</li></ul>	



## Chicken Parmesan

**10" Fry Pan**

5/1/2020

501

<b>Yield: 2 Servings</b>		<b>Portion: 1 Breast</b>
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<b><u>Ingredients</u></b>		
Chicken Breast, boneless, skinless	2 each	<ul style="list-style-type: none"> <li>• Pound out the chicken breast until it is an even 1/4 – 1/2" in thickness.</li> </ul>
Flour Salt, kosher Black Pepper, ground	1/2 cup 1 tsp 1/2 tsp.	<ul style="list-style-type: none"> <li>• Mix the flour with the salt and pepper and place in a shallow dish.</li> </ul>
Eggs, large	1 each	<ul style="list-style-type: none"> <li>• Lightly beat and put in a shallow dish.</li> </ul>
Breadcrumbs Parmesan Cheese	1/2 cup 1/4 cup	<ul style="list-style-type: none"> <li>• Mix the breadcrumbs with the parmesan cheese and place in a shallow dish.</li> <li>• Take each chicken breast and first dredge in the flour mixture, then the egg mixture and finally in the breadcrumb mixture.</li> </ul>
Olive Oil Tomato Sauce Mozzarella Cheese	1/4 cup 4 oz. 4 oz.	<ul style="list-style-type: none"> <li>• Heat the pan to medium high heat.</li> <li>• Add the oil to the pan.</li> <li>• Place the chicken in the pan.</li> <li>• Cook for 3-4 minutes per side until the crust is golden brown and the chicken is cooked through.</li> <li>• Top with the sauce and the cheese.</li> <li>• Top with the lid and melt the cheese.</li> </ul>

