

Shaq's Famous Scrambled Eggs w/ Cream Cheese

8" Fry Pan

5/1/2020

500

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



Green Chile-Cheese Grits

2 Quart Sauce Pot

5/1/2020

502

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



Steamed Salmon

4.5 Quart Casserole w/ Steamer Basket

5/1/2020

503

Yield: 4 each		Portion: 1 each
<i>Ingredients</i>	<i>Quantity</i>	<i>Method</i>
<u>Ingredients</u> 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"> Mix all ingredients well in a bowl.
Salmon, filet, 6 oz.	4 each	<ul style="list-style-type: none"> Add the salmon to the bowl and toss well. 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. Top the fish with the remaining ingredients that were in the bowl.
Water	2 cups	<ul style="list-style-type: none"> 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. Steam fish for 8-10 minutes.



Garlic Butter Shrimp

10" Fry Pan

5/1/2020

504

Yield: 4		Portion: 1	
Ingredients	Quantity	Method	
Ingredients 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">• Heat your pan over high heat. Add the oil, shrimp and season with salt and pepper.• Brown each side of the shrimp over high heat for 1-2 minutes per side.	
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">• Add the garlic to the pan and continue to cook for 30 seconds or until the garlic turns white and is cooked.• Add the wine to the pan, followed by the remaining ingredients.• Continue to cook and stir another minute or until the butter has melted into the sauce and slightly thickened.• Server with the Chile Cheese Grits!	



Chicken Parmesan

10" Fry Pan

5/1/2020

501

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

