



The Pampered Chef® Freezer Meals Workshop

Back to School Menu Overview

Recipe	Protein	Recommended Cooking Vessel	Cooking Method	Serving Suggestion	Pampered Chef® Pantry Items	Retail (Spring/Summer 2016)
Tater-Topped Beef Shepherd's Pie	90% Ground Beef or 93% Lean Ground Turkey	Rockcrok® Everyday Pan, Medium Rectangular Baker or Square Baker	Oven	Sliced tomatoes and cucumbers	#9578 Bell Pepper Herb Rub #9492 Garlic & Herb Rub #9680 Tex-Mex Rub #9668 Smoky Applewood Rub #9806 Sun-Dried Tomato Herb Oil	\$ 6.75 \$ 6.75 \$ 6.75 \$ 6.75 \$ 9.00
Tex-Mex Meat Loaves	90% Ground Beef or 93% Lean Ground Turkey	Medium Sheet Pan	Oven	Mixed green salad	Dipping Seasoning #9714 Southwestern Seasoning Mix	<u>\$ 8.75</u> \$44.75 (+ tax/shipping)
BBQ Pork Sandwiches	Pork Tenderloin	Deep Covered Baker	Oven or Microwave	Prepared coleslaw		
Creamy Turkey Tetrazzini	Chopped Cooked Turkey or Chicken	Stovetop: Rockcrok® Dutch Oven or 12-in./30-cm Skillet; Microwave: Rockcrok® Dutch Oven or Deep Covered Baker	Stovetop or Microwave	Steamed broccoli		
Chicken Chilaquiles	Chicken Breasts or Chicken Tenders	Rockcrok® Dutch Oven or 12-in./30-cm Skillet	Stovetop	Fresh fruit		
Easy Whole Grain Chicken Tenders	Chicken Tenders	Large Bar Pan or Cookie Sheet	Oven	Carrot and celery sticks		
Broccoli Cheddar Soup	Vegetarian	Rockcrok® Dutch Oven or 4-qt./3.8 L Casserole	Stovetop	Biscuits		

IMPORTANT: To help ensure food safety, guests should not handle raw meat at the workshop. They are asked to bring their meat/poultry to the workshop already placed in freezer bags. If the meat or poultry needs to be trimmed or cut before bagging, that is noted on the grocery list.

In addition, for the Tex-Mex Meat Loaves, plastic gloves should be worn when forming the patties. You can find them in most grocery stores.

Subject Line: Freezer Meal Workshop – Important Info!

Dear _____,

Thanks so much for hosting a Freezer Meal Workshop on _____ at _____. It'll feel great to have your freezer stocked with delicious meals! Here's what we'll be making:

Tater-Topped Beef Shepherd's Pie
Tex-Mex Meat Loaves
BBQ Port Sandwiches
Creamy Turkey Tetrazzini
Chicken Chilaquilles
Easy Whole Grain Chicken Tenders
Broccoli Cheddar Soup

- Each meal serves 6-8, and the average cost is only about \$2.50 per serving. If you have a smaller family, you can divide the meals and freeze them in two portions.
- You'll need to order and pay for your Pampered Chef® Pantry items by _____. All of the Pantry items will be shipped to _____. **You can use your Host free and discounted products to help pay for your Pantry pre-order – let's talk!**
- While you'll use most of the Pantry products for your freezer meals, you will have some extra. I'll give you a tip sheet with more than a dozen ideas for using your Pantry products!

#9578 Bell Pepper Herb Rub
#9492 Garlic & Herb Rub
#9680 Tex-Mex Rub
#9668 Smoky Applewood Rub
#9806 Sun-Dried Tomato Herb Oil Dipping Seasoning
#9714 Southwestern Seasoning Mix
(\$44.75 + \$_____ tax + \$ S/H. **Total is \$_____**)

- You'll also need the items on the **enclosed grocery shopping list**. It's everything you need for the workshop, conveniently organized by category, so you can be in and out of the store in less than 30 minutes! (Please prep the meat/poultry as noted on the grocery list – this follows food safety best practices and will save you time at the workshop!)
- **IMPORTANT!** If the workshop isn't at your home, you'll need to bring a cooler or cooler bag with ice packs (or ice) to safely transport your perishables.
- Also, there is one grocery item that we need to have for the attendees since just a small amount is needed for each person. Do you have this item on hand?
 - Brown Sugar: 3 tbsp (45 mL) per person

I'm so excited to have the opportunity to help you and your friends get a delicious dinner on the table in minutes rather than hours!

See you soon,

Subject Line: Freezer Meal Workshop - Important Info!

Dear _____,

I'm so glad you can join us for _____'s Freezer Meal Workshop on _____ at _____.
It'll feel great to have your freezer stocked with delicious meals! Here's what we'll be making:

Tater-Topped Beef Shepherd's Pie
Tex-Mex Meat Loaves
BBQ Pork Sandwiches
Creamy Turkey Tetrazzini
Chicken Chilaquiles
Easy Whole Grain Chicken Tenders
Broccoli Cheddar Soup

- Each meal serves 6-8, and the average cost is only about \$2.50 per serving. If you have a smaller family, you can divide the meals and freeze them in two portions.
- You'll need to order and pay for your Pampered Chef® Pantry items by _____. They'll be waiting for you at the workshop! While you'll use most of the Pantry products for your freezer meals, you will have some extra. I'll give you a tip sheet with more than a dozen ideas for using your Pantry products!

#9578 Bell Pepper Herb Rub
#9492 Garlic & Herb Rub
#9680 Tex-Mex Rub
#9668 Smoky Applewood Rub
#9806 Sun-Dried Tomato Herb Oil Dipping Seasoning
#9714 Southwestern Seasoning Mix
(\$44.75 + \$_____ tax + \$ S/H **Total is \$_____**)

- You'll also need to bring the items on the **attached grocery shopping list**. It's everything you need for the workshop, conveniently organized by category, so you can be in and out of the store in under 30 minutes! (Please prep the meat/poultry as noted on the grocery list – this follows food safety best practices and will save you time at the workshop!)
- **IMPORTANT!** Bring a cooler or cooler bag with ice packs (or ice) to safely transport your perishables to and from the workshop.

I'm so excited to have the opportunity to help you get delicious dinners on the table in minutes rather than hours!

See you soon,

The Pampered Chef® Freezer Meal Workshop

Grocery Store Shopping List

(Back to School)

BRING THESE GROCERIES & ITEMS TO THE WORKSHOP!

- **IMPORTANT!** Bring all perishables in a cooler with ice packs.
- **IMPORTANT!** Before the workshop, prep your meat / poultry as noted below, and then transfer it to the freezer bag. Label each bag using a permanent marker. Doing this helps ensure food safety, since we won't be handling raw meat at the workshop.
- **TIP:** To avoid freezer burn, use a good quality freezer bag!

Miscellaneous:

- 17 large-size FREEZER bags (6 of them will be used to bring meat/poultry to workshop)
- 9 medium-size FREEZER bags
- 7 resealable sandwich-size bags

Meat/Poultry:

- 3 lbs/1.4 kg 90% lean ground beef or 93% lean ground turkey
 - Transfer 1½ lbs/700g to gallon freezer bag. Label **Tater-Topped Beef Shepherd's Pie**.
 - Transfer 1½ lbs/700g to gallon freezer bag. Label **Tex-Mex Meat Loaves**.
- 1 pork tenderloin (about 1½ lbs/700 g), trimmed of excess fat and silver skin, sliced lengthwise into quarters
 - Transfer to large freezer bag. Label **BBQ Pork Sandwiches**.
- 2¼ cups/550 mL chopped cooked turkey or chicken (about 12 oz/350 g)
 - Transfer to large freezer bag. Label **Creamy Turkey Tetrazzini**.
- 1½ lbs/ 700 g chicken breasts or tenders, cut into 1-in/2.5-cm. pieces
 - Transfer to large freezer bag. Label **Chicken Chilaquiles**.
- 1½ lbs/700 g chicken tenders
 - Transfer to large freezer bag. Label **Easy Whole Grain Chicken Tenders**.

Frozen:

- 4 cups/ 1 L frozen potato nuggets (about 14 oz 397 g) from a 32-oz/907 g bag
- 2 cups/500 mL frozen peas and carrots from a 10-oz/300 g bag
- 1 cup/250 mL frozen peas from a 10-oz/300 g bag
- 1 bag (16 oz/450 g) frozen chopped broccoli

Dairy:

- 12-oz/350 g (block) sharp cheddar cheese
- 2 eggs
- 6 oz/175 g Colby & Monterey Jack cheese blend from an 8-oz/250 g block

Dry Goods:

- 9½ cups/2.1 L authentic restaurant-style tortilla chips, from a 12-oz/350 g bag
- 1 bag (7 oz/200 g) whole grain chips (about 8 cups/2 L)
- 1¾ cups /425 mL ketchup
- 1 can (14.5 oz/) petite diced tomatoes, undrained (1 3/4 cup/425 mL)
- 1 jar (4.5 oz) sliced mushrooms 1 cup/250 mL
- ½ cup/75 mL tomato paste from a 6-oz can/156 mL
- 4 tbsp (60 mL) canola oil
- 5 tbsp (75 mL) balsamic vinegar

Produce:

- 3 small onions (peel before workshop)
- 1 medium onion (peel before workshop)
- 2 garlic cloves
- 2 stalks celery (from 1 head)
- 2 medium carrots
- 1 small green bell pepper
- 1 cup fresh cilantro leaves

Your Pre-ordered Pampered Chef® Pantry Items:

- #9578 Bell Pepper Herb Rub
- #9492 Garlic & Herb Rub
- #9680 Tex-Mex Rub
- #9668 Smoky Applewood Rub
- #9806 Sun-Dried Tomato Herb Oil Dipping Seasoning
- #9714 Southwestern Seasoning Mix

Additional groceries for at-home “Cooking Day” of each freezer meal (Do **NOT** bring to the workshop!)

Tater-Topped Beef Shepherd’s Pie

No additional ingredients necessary

- Serving suggestion:** Sliced tomatoes and cucumbers

Tex-Mex Meat Loaves

No additional ingredients necessary

- Serving suggestion:** Mixed green salad

BBQ Pork Sandwiches

- 6 whole wheat hamburger buns

- Serving suggestion:** Prepared coleslaw

Creamy Turkey Tetrazzini

- 12 oz/350 g uncooked spaghetti
- 1 can (14.5 oz/284 mL) reduced-sodium chicken broth
- 1 jar (15-16 oz) Alfredo sauce (about 2 cups/ 500 mL)
- Optional toppings: Grated Parmesan cheese, chopped fresh parsley
- Serving suggestion:** Steamed broccoli

Chicken Chilaquiles

- 1 can (14.5 oz/284 mL) reduced-sodium chicken broth
- 1 can (7 oz) salsa verde (1 cp/250 mL)
- Optional toppings: Sour cream, salsa (any variety)
- Serving suggestion:** Fresh fruit

Easy Whole Grain Chicken Tenders

- 1 tbsp/15 mL Canola Oil
- Optional topping: Ranch salad dressing
- Serving suggestion:** Carrot and celery sticks

Broccoli Cheddar Soup

- 2 cups/ 500 mL milk
- 1 can (14.75 oz/398 mL) creamed corn
- 1¾ cups/425 mL reduced-sodium vegetable broth
- 2 tbsp/30 mL flour
- Serving suggestion:** Biscuits

Tater-Topped Beef Shepherd's Pie (6 servings)

1. Wedge 1 onion with **Veggie Wedger**. Chop with **Food Chopper** or **Manual Food Processor**.
2. Combine ground beef with chopped onion and 2 garlic cloves pressed with **Garlic Press**. (Ask your Consultant which vessel to use.)

For stovetop, cook over medium-high heat 8-10 minutes until beef is no longer pink, breaking into crumbles with **Mix 'N Chop**. Drain and then cool slightly.

For microwave, cover and cook on HIGH 6-8 minutes or until beef is no longer pink, breaking into crumbles with **Mix 'N Chop**. Drain and then cool slightly.

3. **Large bag**-Add items below to bag.
 - Cooked, cooled ground beef mixture
 - 2 cups/500 mL frozen peas and carrots
 - 1 can petite diced tomatoes, undrained about (1 3/4 cups/425 mL)
 - 1/3 cup/75 mL tomato paste
 - 2 tbsp/30 mL **Smoky Applewood Rub**
 - 1 tbsp/15 mL **Bell Pepper Herb Rub**
 - 2 tbsp/30 mL Balsamic VinegarKnead contents to mix, squeeze out as much air as possible; seal.
4. Place 4 cups/1 L potato nuggets in **quart bag**. Squeeze out as much air as possible; seal.
5. **DOUBLE-BAG**: Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Tater-Topped Beef Shepherd's Pie

Groceries:

- 1½ lbs/ 700 mL 90% lean ground beef or 93% lean ground turkey (in labeled gallon-size freezer bag)
- 2 additional large-size freezer bags and 1 medium -size bag
- 1 medium onion, peeled
- 2 garlic cloves
- 2 cups/500 mL frozen peas and carrots from a 10-, 12- or 16-oz bag
- 1 can (14.5 oz) petite diced tomatoes, undrained
- 1/3 cup/75 mL tomato paste from a 6-oz can
- 4 cups/1 L frozen potato nuggets (about 14 oz) from a 32-oz bag

Pantry:

- 2 tbsp/30 mL **Smoky Applewood Rub**
- 1 tbsp/15 mL **Bell Pepper Herb Rub**
- 2 tbsp/ 30 mL Balsamic Vinegar

Tools for easy recipe prep!

- Cutting Board / Flexible Cutting Mat
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Garlic Press
- Mix 'N Chop
- Measure-All® Cup or Measuring Cup Set
- Measuring Spoon Set or Adjustable Measuring Spoons
- Mini Mix 'N Scrapper®

Tex-Mex Meat Loaves (6 servings)

- Combine items below for Tex-Mex sauce in **1-** or **2-cup Prep Bowl**.
 - ¾ cup/ 175 mL ketchup
 - 1 tbsp/15 mL **Tex-Mex Rub**Place ½ cup (75 mL) sauce in a **medium bag**. Press out air; seal.
- Place whole tortilla chips into another **medium bag**. Press out air; seal. Using hands or flat side of **Meat Tenderizer**, finely crush chips.
- Open large bag that contains ground meat.** Prepare and add items below to bag.
 - Cut tops off bell pepper; remove seeds and veins with **Scoop Loop™**. Wedge pepper with **Veggie Wedger**.
 - Wedge 1 onion with Veggie Wedger.
 - Chop bell pepper and onion with **Food Chopper** or **Manual Food Processor**.
 - Grate cheese with **Microplane® Adjustable Coarse Grater**
 - Remaining Tex-Mex sauce
 - Crushed tortilla chips
 - 1 egg
 - 1 tbsp/15 mL Tex-Mex RubKnead contents to mix thoroughly.
- With gloved hands*, use a **Measure-All® Cup** or **Large Scoop** (4 scoops per loaf), to measure 1½ cups/375 mL ground beef mixture, **pressing lightly** with **Small Mix 'N Scraper®** while filling. Press each loaf (3 loaves total) out into a **medium bag**. Press out air, keeping beef mixture in loaf shape; seal.
- DOUBLE-BAG:** Place all 4 bags into a large size freezer bag. Insert pre-bagged instruction label. Seal and freeze.

*Note: Gloves will be provided at workshop.

Tex-Mex Meat Loaves

Groceries:

- 1½ lbs/700 g 90% lean ground beef or 93% lean ground turkey (in labeled large-size freezer bag)
- 1 additional large-size freezer bag and 5 medium-size freezer bags
- ¾ cup/175 mL ketchup
- 1½ cups/375 mL authentic restaurant-style whole tortilla chips
- 1 small green bell pepper
- 1 small onion, peeled
- 4-oz/125 g block sharp cheddar cheese
- 1 egg

Pantry:

- 2 tbsp/30 mL **Tex-Mex Rub**

Other:

- Plastic Gloves (provided at workshop)

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- 1- or 2-cup/200 - 500 mL Prep Bowl
- Measuring Spoon Set or Adjustable Measuring Spoons
- Measure-All® Cup, Measuring Cup Set or Large Scoop
- Meat Tenderizer
- Scoop Loop™
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Microplane® Adjustable Coarse Grater
- Small Mix 'N Scraper®

BBQ Pork Sandwiches (6 servings)

1. Combine items below for barbecue sauce in **2-cup Prep Bowl**.

- 1 cup/250 mL ketchup
- 3 tbsp/45 mL **Smoky Applewood Rub**
- 3 tbsp/45 mL Balsamic Vinegar
- 3 tbsp/45 mL brown sugar*

Place $\frac{3}{4}$ cup/175 mL sauce in a **medium bag**. Press out air; seal.

2. **Open large bag that contains pork tenderloin.** Prepare and add items below to bag.

- Wedge onion with **Veggie Wedger**
- Remaining barbecue sauce

Knead contents to coat pork and onions.

3. **DOUBLE-BAG:** Place both bags into a large-size freezer bag. Insert pre-bagged instruction label. Seal and freeze.

*Brown sugar provided at workshop.

BBQ Pork Sandwiches

Groceries:

- 1 pork tenderloin (about 1½ lbs/700 g), trimmed of excess fat and silver skin, sliced lengthwise into quarters (in a labeled large-size freezer bag)
- 1 additional large-size freezer bag and 1 medium-size freezer bag
- 1 cup/250 mL ketchup
- 1 small onion, peeled

Pantry:

- 3 tbsp/45 mL **Smoky Applewood Rub**
- 3 tbsp/45 mL Balsamic Vinegar

Other:

- 3 tbsp/45 mL brown sugar (provided at workshop)

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- 2-cup/500 mL Prep Bowl
- Measure-All® Cup or Measuring Cup Set
- Measuring Spoon Set or Adjustable Measuring Spoons
- Veggie Wedger

Creamy Turkey Tetrazzini (6-8 servings)

1. **Open large bag containing chopped cooked turkey.** Prepare and add items below to bag.
 - Wedge 1 onion with **Veggie Wedger**.
 - Chop onion with **Food Chopper** or **Manual Food Processor**.
 - 1 jar sliced mushrooms, drained and rinsed (try using the Easy Read Measuring Colander)
 - 1 cup/250 mL frozen peas
 - 2 tbsp/30 mL **Sun-Dried Tomato Herb Oil Dipping Seasoning**
 - 1 tbsp/15 mL **Garlic & Herb Rub**
 - 1 tbsp/15 mL Canola OilKnead contents to coat turkey; squeeze out as much air as possible; seal.
2. **DOUBLE-BAG:** Place bag into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Creamy Turkey Tetrazzini

Groceries:

- 2¼ cups/550 mL chopped cooked turkey or chicken (about 12 oz/350 g) (in a labeled large-size freezer bag)
- 1 additional large-size freezer bag
- 1 small onion, peeled
- 1 jar (4.5 oz) sliced mushrooms, drained and rinsed
- 1 cup/250 mL frozen peas from a 10oz/300 g bag

Pantry:

- 2 tbsp/30 mL **Sun-Dried Tomato Herb Oil Dipping Seasoning**
- 1 tbsp/15 mL **Garlic & Herb Rub**
- 1 tbsp/15 mL Canola Oil

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- Veggie Wedger
- Food Chopper or Manual Food Processor
- Easy Read Measuring Colander
- Measure-All® Cup or Measuring Cup Set
- Measuring Spoon Set or Adjustable Measuring Spoons

Chicken Chilaquiles (6 servings)

1. **Large Bag**-Prepare and add item below to bag.
 - 8 cups/2 L tortilla chips. Squeeze out as much air as possible; seal. Using hands, coarsely crush chips. Squeeze out as much air as possible; seal.
2. **Medium bag** – Prepare and add item below to bag.
 - 6 oz/175 g Colby or Monterey Jack cheese, grated with **Microplane® Adjustable Coarse Grater**. Squeeze out as much air as possible; seal.
3. **Open large bag containing chicken**; prepare and add items below to bag.
 - 1 cup/250 mL cilantro leaves, chopped with **Manual Food Processor, Food Chopper** or snipped with **Professional Shears**
 - 2 tbsp/30 mL **Southwestern Seasoning Mix**
 - 1 tbsp/15 mL Canola Oil

Knead to coat chicken evenly; squeeze out as much air as possible; seal.
4. **DOUBLE-BAG**: Place all 3 bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Chicken Chilaquiles

Groceries:

- 1½ lbs/700 g chicken breasts or tenders, cut into 1-in. pieces (in labeled large-size freezer bag)
- 2 additional large-size freezer bags and 1 medium-size bag
- 8 cups/2 L authentic restaurant-style whole tortilla chips, (about 8 oz/250 g) from a 12- or 16-oz/350 - 450 g bag
- 6 oz/175 g Colby & Monterey Jack cheese blend from an 8-oz/250 g block
- 1 cup fresh cilantro leaves

Pantry:

- 2 tbsp/30 mL **Southwestern Seasoning Mix**
- 1 tbsp/ 15 mL Canola Oil

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- Microplane® Adjustable Coarse Grater
- Manual Food Processor, Food Chopper or Professional Shears
- Measuring Spoon Set or Adjustable Measuring Spoons
- Measure-All® Cup or Measuring Cup Set

Easy Whole Grain Chicken Tenders (6-8 servings)

1. **Large Bag**-Prepare and add item below to bag.
 - 1 bag whole grain chips. Squeeze out as much air as possible; seal. Using hands or flat side of **Meat Tenderizer**, finely crush chips.
2. **Open large bag containing chicken.** Add items below.
 - 1 egg
 - 1 tbsp/ 15 mL **Bell Pepper Herb Rub**
 - 1 tbsp/ 15 mL **Garlic & Herb Rub**
 - 1 tbsp/15 mL Canola Oil
 - 1 tbsp/ 15 mL waterKnead to coat chicken evenly.
3. Add crushed chips to **large bag**; mix gently to coat tenders evenly, making sure tenders are not sticking together. Press out as much air as possible; seal.
4. **DOUBLE-BAG:** Place bag into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze, making sure to freeze bag flat.

Easy Whole Grain Chicken Tenders

Groceries:

- 1½ lbs/700 g chicken tenders (in labeled large-size freezer bag)
- 2 additional large-size freezer bags
- 1 bag (7 oz/200 g) whole grain chips (about 8 cups/ 2L)
- 1 egg

Pantry:

- 1 tbsp/15 mL **Bell Pepper Herb Rub**
- 1 tbsp/15 mL **Garlic & Herb Rub**
- 1 tbsp/15 mL **Canola Oil**

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- Meat Tenderizer
- Measuring Spoon Set or Adjustable Measuring Spoons

Broccoli Cheddar Soup (6-8 servings)

1. **Large bag**-Prepare and add items below to bag.

- Peel 2 carrots; chop with **Food Chopper**.
- Chop 2 celery stalks with Food Chopper.
- 1 bag frozen chopped broccoli
- 1 tbsp/15mL Bell Pepper Herb Rub
- 1 tbsp/ 15 mL Smoky Applewood Rub
- 2 tbsp/30 mL Canola Oil

Knead contents to mix thoroughly. Squeeze out as much air as possible; seal.

2. **Medium bag**-Prepare and add item below to bag.

- 8 oz/250 g sharp cheddar cheese, grated with **Microplane® Adjustable Coarse Grater**.

Squeeze out as much air as possible; seal.

3. **DOUBLE-BAG**: Place both bags into another large freezer bag. Insert pre-bagged instruction label. Seal and freeze.

Broccoli Cheddar Soup

Groceries:

- 2 large-size freezer bags and 1 medium-size bag
- 2 medium carrots
- 2 stalks celery (from 1 head)
- 1 bag (16 oz/450 g) frozen chopped broccoli
- 8 oz/ 250 g (block) sharp cheddar cheese

Pantry:

- 1 tbsp/15 mL **Bell Pepper Herb Rub**
- 1 tbsp/15 mL **Smoky Applewood Rub**
- 2 tbsp/30 mL Canola Oil

Tools for easy recipe prep!

- Cutting Board/Flexible Cutting Mat
- Vegetable Peeler
- Food Chopper
- Microplane® Adjustable Coarse Grater
- Measuring Spoon Set or Adjustable Measuring Spoons

The Pampered Chef® Freezer Meal Workshop
COOKING DAY INSTRUCTIONS
(Back to School)

Print, cut and provide to guests.

They'll place the instructions in sandwich-size bags and add them to their large-size freezer bags prior to freezing the meals.

TATER-TOPPED BEEF SHEPHERD'S PIE (6 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 35 minutes

COOKING DAY: No additional ingredients necessary

1. Preheat oven to 425°F/220°C.
2. Add thawed beef mixture to **Rockcrok® (2.5-qt./2.35L) Everyday Pan, Medium Rectangular Baker or Square Baker**.
3. Top with thawed potato nuggets. Bake, uncovered, 30-35 minutes or until mixture is hot and potatoes are browned.

SERVING SUGGESTION: Serve with sliced tomatoes and cucumbers.

TEX-MEX MEAT LOAVES (6 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 55 minutes

COOKING DAY: No additional ingredients necessary

1. Preheat oven to 375°F/190°C.
2. Place thawed meat loaves on **Medium Sheet Pan**. Reform into 3 even loaves.
3. Bake 40 -45 minutes or until interior of loaves is 145°F/63°C.
4. Top with thawed sauce from medium bag. Bake, uncovered, an additional 5-10 minutes or until interior of loaves reaches 160°F/71°C.

SERVING SUGGESTION: Serve with a mixed green salad.

BBQ PORK SANDWICHES (6 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: Oven: About 30 minutes; Microwave: About 15 minutes

COOKING DAY: 6 whole wheat hamburger buns

1. For oven, preheat oven to 425°F/220°C. Place thawed pork into **Deep Covered Baker**. Bake, covered, 20-25 minutes or until interior of pork is 145-160°F/63-71°C for medium rare-medium doneness.
2. For microwave, place thawed pork into **Deep Covered Baker**. Microwave, covered, on HIGH 8-10 minutes or until interior of pork is 145-160°F/63-71°C for medium rare-medium doneness.
3. Using **Chef's Tongs**, remove pork and onions from baker; discard juices. Return pork and onions to baker. Using **Salad Chopper**, chop pork and onion into small pieces. Add sauce from quart bag; toss to coat with **Small Mix 'N Scraper®**. Cover and let stand 2-3 minutes or until warmed through. Serve on whole wheat hamburger buns.

SERVING SUGGESTION: Serve with prepared coleslaw.

CREAMY TURKEY TETRAZZINI (6-8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: Stovetop and Microwave: About 20 minutes

COOKING DAY: 12 oz/350 g uncooked spaghetti, 1 can (14.5 oz/284 mL) reduced-sodium chicken broth, ½ cup/125 mL water, 1 jar (15-16 oz) Alfredo sauce (about 2 cups/500 mL)
Optional toppings: Grated Parmesan cheese, chopped fresh parsley

1. For stovetop, break pasta in half. Combine pasta, broth and water in **Rockcrok® (4-qt./3.8L) Dutch Oven or (12-in./30-cm) Skillet**; cook, covered, over high heat until broth comes to a boil. Reduce heat, cook, covered, 7-8 minutes or until liquid is almost evaporated. Add thawed turkey mixture and Alfredo sauce; mix well with **Small Mix 'N Scraper®**. Cook, uncovered, 5-7 minutes or until heated through, stirring occasionally.
2. For microwave, break pasta in half. Combine pasta, broth and water in **Rockcrok® (4-qt./3.8L) Dutch Oven or Deep Covered Baker**. Microwave, covered, on HIGH 10-13 minutes or until most of the liquid is evaporated. Add thawed turkey mixture and Alfredo sauce; mix well with **Small Mix 'N Scraper®**. Microwave, covered, on HIGH 6-8 minutes or until heated through, stirring halfway through cooking.
3. Top with grated Parmesan cheese and parsley.

SERVING SUGGESTION: Serve with steamed broccoli.

CHICKEN CHILAQUILLES (6 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 20 minutes

COOKING DAY: 1 can (14.5 oz/285 mL) reduced-sodium chicken broth, 1 can (7 oz) salsa verde(1 cup/250 mL) Optional toppings: Sour cream, salsa (any variety)

1. Add contents of thawed chicken bag into **Rockcrok® (4-qt./3.8 L) Dutch Oven** or **(12-in.-30mL) Skillet**. Cook, uncovered, over medium-high heat 10-12 minutes or until chicken starts to brown.
2. Add broth and salsa. Bring to a boil, stirring occasionally. Fold in chips. Cook 1-2 minutes or until chips begin to soften. Remove from heat; top with cheese. Cover; let stand 2-3 minutes or until cheese is melted. Top with sour cream and salsa.

SERVING SUGGESTION: Serve with fresh fruit.

BROCCOLI CHEDDAR SOUP (6-8 servings)

DATE FROZEN:

TO THAW: Transfer bag to refrigerator 1-2 days before cooking.

COOK TIME: About 20 minutes

COOKING DAY: 2 cups/500 mL milk, 1 can (14.75 oz/398 mL) creamed corn, 1¼ cups/425 mL reduced-sodium vegetable broth, 2 tbsp/30 mL flour

1. Add contents of thawed vegetable bag to **Rockcrok® (4-qt./3.8L) Dutch Oven** or **(4 qt./3.8L) Casserole**. Cook, uncovered, 5-6 minutes over medium-high heat, or until vegetables are crisp-tender, stirring occasionally.
2. Add milk and creamed corn. Cook, uncovered, 8-10 minutes or until heated through. Stir broth and flour together. Add to vegetable mixture. Bring to a boil, uncovered, stirring occasionally; boil 1-2 minutes or until thickened.
3. Add thawed cheese; stir until melted.

SERVING SUGGESTION: Serve with biscuits.

EASY WHOLE GRAIN CHICKEN TENDERS (6-8 servings)

DATE FROZEN:

TO THAW: DO NOT THAW.

COOK TIME: About 35 minutes

COOKING DAY: 1 tbsp/15 mL Canola Oil, divided

Optional topping: Ranch salad dressing

1. Lightly brush **Large Bar Pan** or **Cookie Sheet** with ½ tbsp/7 mL Canola Oil using **Chef's Silicone Basting Brush**. Place frozen tenders on prepared pan; let stand while oven preheats to 400°F/200°C. Separate tenders and space evenly on pan.
2. Lightly brush tenders with remaining oil. Bake 30-35 minutes or until tenders are lightly brown and internal temperature reaches 165°F/74°C.
3. Serve with ranch dressing.

SERVING SUGGESTION: Serve with carrot and celery sticks.

Freezer Meal Workshop BACK TO SCHOOL WISH LIST MENU 7



Name: _____

Address: _____

Phone #: _____

Email: _____

Check out some of the amazing tools that will help prepare and cook your freezer meals!

Item #	Product	Page #	Price	Item #	Product	Page #	Price
1321	Deep Covered Baker	32	\$101.00	1129	Microplane® Adjustable Coarse Grater	45	\$48.50
1445	Large Bar Pan	34	\$49.00	2576	Garlic Press	22	\$27.50
3141	Rockcrok® Casserole	31	\$125.00	2797	Stainless Mesh Colanders	16	\$47.00
3139	Rockcrok® Everyday Pan	31	\$141.00	2759	Smooth-Edge Can Opener	49	\$30.00
3140	Rockcrok® Dutch Oven	31	\$167.00	2495	Can Strainer	49	\$ 8.50
2865	Executive 12" (30-cm) Skillet	37	\$197.50	1659	Small Mix 'N Scraper®	54	\$19.00
2583	Mix 'N Chop	46	\$15.25	1656	Mini Mix 'N Scraper®	54	\$13.25
2955	Chef's Tongs – 12" (30-cm)	47	\$26.25	2257	Measuring Cup Set	55	\$21.50
2705	Meat Tenderizer	22	\$38.00	2308	Measuring Spoon Set	55	\$11.50
2593	Manual Food Processor	16	\$64.25	2324	Easy Read Measuring Colander	55	\$13.50
1013	Flexible Cutting Mats	44	\$23.25	1825	1-cup/250-mL Prep Bowls (set of six)	18	\$27.50
2585	Food Chopper	25	\$43.25	1742	2-cup (500-mL) Prep Bowls (Set of two)	18	\$20.00
1071	Vegetable Peeler	45	\$14.50	1755	Chef's Silicone Basting Brush	53	\$13.75
2417	Veggie Wedger	18	\$23.25	1721	Medium Sheet Pan	53	\$18.50
1142	Scoop Loop™	18	\$ 7.50	1790	Stainless Steel Scoop – Large	53	\$24.25
2582	Salad Chopper	47	\$35.00				

* * * * *

How much time do you think this workshop saved you in future meal prep?

- 1-3 hours 4-6 hours 6+ hours

How much does your family spend eating out each month?

Family size _____ Approximate amount \$ _____

Are you interested in attending another Freezer Meal Workshop?

- Yes Maybe No

Would you like to host a Freezer Meal Workshop with your friends?

- Yes Maybe No

Would you like to get FREE products by getting family & friends together for a fun Cooking Show?

- Yes Maybe No

Would you like information on being a Pampered Chef® Consultant?

- Yes Maybe No

Freezer Meal Workshop Back to School Menu Planner

Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>Tater-Topped Beef Shepherd's Pie (6 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 35 minutes</p>	<p>Sliced tomatoes and cucumbers</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients: No additional ingredients necessary.</p> <ol style="list-style-type: none"> Preheat oven to 425°F/220°C Add thawed beef mixture to Rockcrok® (2.5-qt./2.35 L) Everyday Pan, Medium Rectangular Baker or Square Baker. Top with thawed potato nuggets. Bake, uncovered, 30-35 minutes or until mixture is hot and potatoes are browned. <p>U.S. Nutrients per serving: Calories 390, Total Fat 19 g, Saturated Fat 6 g, Cholesterol 75 mg, Sodium 1010 mg, Carbohydrate 32 g, Fiber 4 g, Protein 27 g</p>			
Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>Tex-Mex Meat Loaves (6 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 40-45 minutes</p>	<p>Mixed green salad</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients: No additional ingredients necessary.</p> <ol style="list-style-type: none"> Preheat oven to 375°F/190°C. Place thawed meat loaves on Medium Sheet Pan. Reform into 3 even loaves. Bake 40 -45 minutes or until interior of loaves is 145°F/63°C Top with thawed sauce from medium bag. Bake, uncovered, an additional 5-10 minutes or until interior of loaves reaches 160°F/71°C. <p>U.S. Nutrients per serving: Calories 430, Total Fat 24 g, Saturated Fat 11 g, Cholesterol 135 mg, Sodium 940 mg, Carbohydrate 19 g, Fiber 1 g, Protein 31 g</p>			
Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>BBQ Pork Sandwiches (6 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: Oven: About 30 minutes Microwave: About 15 minutes</p>	<p>Prepared coleslaw</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients: 6 whole wheat hamburger buns</p> <ol style="list-style-type: none"> <u>For oven</u>, preheat oven to 425°F/220°C. Place thawed pork into Deep Covered Baker. Bake, covered, 20-25 minutes or until interior of pork is 145-160°F/63-71°C for medium rare-medium doneness. <u>For microwave</u>, place thawed pork into Deep Covered Baker. Microwave, covered, on HIGH 8-10 minutes or until interior of pork is 145-160°F/63-71°C for medium rare-medium doneness. Using Chef's Tongs, remove pork and onions from baker; discard juices. Return pork and onions to baker. Using Salad Chopper, chop pork and onion into small pieces. Add sauce from medium bag; toss to coat with Small Mix 'N Scraper®. Cover and let stand 2-3 minutes or until warmed through. Serve on whole wheat hamburger buns. <p>U.S. Nutrients per serving: Calories 320, Total Fat 4.5 g, Saturated Fat 1 g, Cholesterol 75 mg, Sodium 1150 mg, Carbohydrate 50 g, Fiber 4 g, Protein 28 g</p>			

Freezer Meal Workshop Back to School Menu Planner

Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>Creamy Turkey Tetrazzini (6-8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: Stovetop and Microwave: About 20 minutes.</p>	<p>Steamed broccoli</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients 12 oz/350 g uncooked spaghetti 1 can (14.5 oz) reduced-sodium chicken broth ½ cup/125 mL water 1 jar (15-16 oz) Alfredo sauce (about 2 cups/500 mL) Optional toppings: Grated Parmesan cheese, chopped fresh parsley</p> <ol style="list-style-type: none"> 1. <u>For stovetop</u>, break pasta in half. Combine pasta, broth and water in Rockcrok® (4-qt./3.8L) Dutch Oven or (12-in./30-cm) Skillet; cook, covered, over high heat until broth comes to a boil. Reduce heat, cook, covered, 7-8 minutes or until liquid is almost evaporated. Add thawed turkey mixture and Alfredo sauce; mix well with Small Mix 'N Scraper®. Cook, uncovered, 5-7 minutes or until heated through, stirring occasionally. 2. <u>For microwave</u>, break pasta in half. Combine pasta, broth and water in Rockcrok® (4-qt./3.8L) Dutch Oven or Deep Covered Baker. Microwave, covered, on HIGH 10-13 minutes or until most of the liquid is evaporated. Add thawed turkey mixture and Alfredo sauce; mix well with Small Mix 'N Scraper®. Microwave, covered, on HIGH 6-8 minutes or until heated through, stirring halfway through cooking. 3. Top with grated Parmesan cheese and parsley. <p>U.S. Nutrients per serving: Calories 460, Total Fat 14 g, Saturated Fat 3.5 g, Cholesterol 70 mg, Sodium 850 mg, Carbohydrate 53 g, Fiber 4 g, Protein 28 g</p>			
Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>Chicken Chilaquiles (6 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 20 minutes</p>	<p>Fresh fruit</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients 1 can (14.5 oz/284mL) reduced-sodium chicken broth 1 can (7 oz) salsa verde (1 cup/250mL) Optional toppings: Sour cream, salsa (any variety)</p> <ol style="list-style-type: none"> 1. Add contents of thawed chicken bag into Rockcrok® (4-qt./3.8 L) Dutch Oven or (12-in./30-cm) Skillet. Cook, uncovered, over medium-high heat 10 to 12 minutes or until chicken starts to brown. 2. Add broth and salsa. Bring to a boil, stirring occasionally. Fold in chips. Cook 1-2 minutes or until chips begin to soften. Remove from heat; top with cheese. Cover; let stand 2-3 minutes or until cheese is melted. Top with sour cream and salsa. <p>U.S. Nutrients per serving: Calories 460, Total Fat 23 g, Saturated Fat 8 g, Cholesterol 95 mg, Sodium 650 mg, Carbohydrate 28 g, Fiber 2 g, Protein 33 g</p>			

Freezer Meal Workshop Back to School Menu Planner

Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>Easy Whole Grain Chicken Tenders (6-8 servings) To Thaw: DO NOT THAW. Cook Time: About 35 minutes</p>	<p>Carrot and celery sticks</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients 1 tbsp/15 mL Canola Oil, divided Optional topping: Ranch salad dressing</p> <ol style="list-style-type: none"> 1. Lightly brush Large Bar Pan or Cookie Sheet with ½ tbsp/7 mL Canola Oil using Chef’s Silicone Basting Brush. Place frozen tenders on prepared pan; let stand while oven preheats to 400°F/200°C. Separate tenders and space evenly on pan. 2. Lightly brush tenders with remaining oil. Bake 30-35 minutes or until tenders are lightly brown and internal temperature reaches 165°F/74°C. 3. Serve with ranch dressing. <p>U.S. Nutrients per serving: Calories 320, Total Fat 13 g, Saturated Fat 1.5 g, Cholesterol 100 mg, Sodium 370 mg, Carbohydrate 22 g, Fiber 3 g, Protein 29 g</p>			
Cooking Day Directions	Serving Suggestions	Date Frozen	Use by Date
<p>Broccoli Cheddar Soup (6-8 servings) To Thaw: Transfer bag to refrigerator 1-2 days before cooking. Cook Time: About 20 minutes</p>	<p>Biscuits</p>	<p>___ / ___ / ___</p>	<p>___ / ___ / ___</p>
<p>Additional Ingredients 2 cups/500 mL milk 1 can (14.75 oz/398 mL) creamed corn 1¾ cups/425 mL reduced-sodium vegetable broth 2 tbsp/30 mL flour</p> <ol style="list-style-type: none"> 1. Add contents of thawed vegetable bag to Rockcrok® (4-qt./3.8 L) Dutch Oven or (4 qt./3.8L) Casserole. Cook, uncovered, 5-6 minutes over medium-high heat, or until vegetables are crisp-tender, stirring occasionally. 2. Add milk and creamed corn. Cook, uncovered, 8-10 minutes or until heated through. Stir broth and flour together. Add to vegetable mixture. Bring to a boil, uncovered, stirring occasionally; boil 1-2 minutes or until thickened. 3. Add thawed cheese; stir until melted. <p>U.S. Nutrients per serving: Calories 350, Total Fat 20 g, Saturated Fat 10 g, Cholesterol 45 mg, Sodium 790, Carbohydrate 28 g, Fiber 4 g, Protein 14 g</p>			

4 SIMPLE STEPS TO FOOD SAFETY



Clean

Wash hands and surfaces often.

- Wash hands for at least 20 seconds with soap and warm water.
- Wash surfaces and utensils after each use.
- Wash fruits and veggies – but not meat, poultry or eggs!



Separate

Don't cross-contaminate.

- Use separate cutting boards and plates for produce and for meat, poultry, seafood and eggs.
- Keep meat, poultry, seafood and eggs separate from all other foods at the grocery and in the frig.



Cook

Cook to the right temperature.

- Use a food thermometer to check that food has been cooked or heated to safe minimum cooking temperatures.
- Keep food hot after cooking – at 140° F/60°C or above.
- Microwave food thoroughly – to 165° F/74°C or higher.



Chill

Refrigerate promptly.

- Refrigerate perishable foods within 2 hours.
- Never thaw or marinate foods on the counter.
- Know when to throw food out – when in doubt, throw it out.

Source: FoodSafety.gov. For more details, helpful charts and clever videos, visit www.foodsafety.gov

The “BIG CHILL” & The “BIG THAW”

What Can You Freeze?

- The Pampered Chef® FREEZER MEAL recipes were developed to maintain their quality during freezing. Ingredients that do not freeze well, as well as large amounts of water or broth, are added at the time of cooking for more efficient freezing and higher quality finished meals.
- Some foods simply don't freeze well, like mayonnaise, cream sauces and lettuce.

Keep it Safe

- Freezing at 0°F/-17°C or lower will keep food safe, and also retain vitamin content, color, flavor and texture.
- Don't store FREEZER MEALS in the freezer door. Temperature fluctuation from opening the freezer leads to freezer burn and a reduced shelf life.
- Stored properly, your meals should maintain optimal quality for up to 3 months.

Freezer Meal Workshop Back to School Menu Planner

Freshness & Quality

- Use fresh, high quality ingredients when preparing your FREEZER MEALS to ensure the best flavor when thawed and cooked.
- Use meat that has not been previously frozen. Re-freezing meat compromises both texture and flavor.

Packaging

- Freeze your FREEZER MEALS in food storage bags designed for the freezer. Freezer bags are made of thicker plastic that helps to prevent freezer burn. Freezer burn does not make food unsafe, but causes dry spots. To prevent freezer burn, press out as much air as possible from the bags. Then, press the mixture into a thin layer, filling the bag almost to the top before sealing and freezing. This makes thawing quick and efficient.
- Always DOUBLE BAG your freezer meals. This provides extra protection from freezer burn and avoids messy leaks that might occur during thawing.
- A bag that is 2-inches/5-cm thick should freeze in about 2 hours. Place your bags in a single layer on various shelves to freeze thoroughly. Stack bags only after they're frozen.

Safe Thawing

- Plan ahead! Your FREEZER MEALS will take 1-2 days to completely thaw depending on the density of the food.
- The safest way is to thaw food is in the refrigerator where it will remain at a safe, constant temperature-- 40°F/4°C or below. Never thaw food on the counter at room temperature, as the food will thaw unevenly and the outer layer could be in the "Danger Zone," between 40°F/4°C and 140°F/60°C
- If your FREEZER MEAL has more than one component (for example, grated cheese, vegetables or topping), you may separate them for quicker thawing, keeping the meat in the double bag to avoid any possible leaking.
- Once your freezer meal is thawed, plan on cooking it within 1-2 days. For optimal results, do not re-freeze your FREEZER MEAL after thawing.

Beyond the Freezer Meal: Tips for Using Your Pantry Products

RUBS & SEASONING MIXES

Chicken Your Way! (Also works for burgers, steak and chops!)

Heat Grill Pan and Grill Press over medium heat, about 5 minutes. Brush chicken with oil and sprinkle with any **Rub**. Grill about 5 minutes per side or until internal temperature reaches 165°F/74°C.

Classic Party Dip

Combine 1 cup/250 mL mayo and 1 cup/250 mL sour cream (regular or reduced-fat) and 2-3 tbsp Rub or Seasoning Mix. Chill until ready to use.

Freezer Meal Workshop Back to School Menu Planner (Spring/Summer 2015)

3-Minute Dip

Combine 1 pkg (8 oz/250 g) cream cheese, 1 cup/250 mL grated mozzarella cheese, 2 tbsp/30 mL milk and **1-2 tbsp/15-30 mL Rub** in **Garlic & Brie Baker**. Microwave, covered, on HIGH 2-3 minutes, stirring halfway through cooking. Serve with fresh veggies or chips.

Easy Cheese Spread

Combine 1 pkg (8 oz) cream cheese and **1 tbsp/15 mL Rub** or **Seasoning Mix** and mix well. Use with bagels, crackers or veggies.

Herb Butter

Combine 1 stick (4 oz/125 mL) softened butter and 1 **tbsp/15 mL Rub** or **Seasoning Mix** and mix well. Use to make “garlic” bread or use with cooked vegetables, pasta, beef, chicken or seafood.

Herb Mayo

Combine ½ cup/125 mL mayo with 1 **tbsp/15 mL Rub** or **Seasoning Mix**. Use as a sandwich spread or in tuna, chicken and egg salad.

Oven-Roasted Potatoes or Vegetables

Toss potatoes (cubed) or vegetables with oil and sprinkle with a **Rub** or **Seasoning Mix**. Bake at 400°F/200°C about 30 minutes or until tender.

Popcorn Seasoning

Sprinkle hot popcorn with your favorite **Rub** or **Seasoning Mix**.

Seasoned Rice

Add 2-3 **tsp/15-30mL** of **Rub** or **Seasoning Mix** to the water when preparing rice.

SAVORY SAUCES**Warm Baked Brie**

Place a 4-in/10-cm. round (8 oz/250 g) Brie with rind in **Garlic & Brie Baker**. Bake at 400°F/200°C for 8-10 minutes or until Brie begins to soften. Remove from oven and pour about ½ **cup/125 mL Spicy Pineapple Rum Sauce** or **Raspberry Habanero Sauce** over warm Brie. Serve with crackers, toasted baguette slices or apple wedges.

Classic Cream Cheese Appetizer Spread Pour about ½ **cup/125mL Spicy Pineapple Rum Sauce** or **Raspberry Habanero Sauce** over a block of cream cheese. Serve with crackers, pita chips or pretzels.

Finishing Sauce

Brush **Spicy Pineapple Rum Sauce**, **Raspberry Habanero Sauce** or **Teriyaki Sauce with Honey** over meats or vegetables during roasting or grilling.