

Pickling & Preservation:

Pickled Vegetables

Ingredients	Per Serving	Batch of 12	Directions:
Carrots, Fresh, Julienne Sliced	1 1/4 oz	14 1/2 oz	<p>STEP 1 In a non-reactive pan, bring salt, sugar, vinegar, and spices to a boil. Remove from heat, allow to cool and chill.</p> <p>STEP 2 Place onions, chilies, carrots and cucumbers in a tight fitting, non-reactive container. Pour the chilled vinegar brine into the container and add water to completely submerge the vegetables. Cover, chill and allow to pickle at least 2 hours prior to service. Portion size: 1/4 cup vegetables only, no liquid. Hold cold for cold service.</p> <hr/> <p>Notes:</p> <hr/>
Cucumbers, Peeled, Julienne-Slice	1 1/4 oz	14 1/2 oz	
Red Onions, Fresh, Julienne Sliced	1 1/4 oz	14 1/2 oz	
Whole Bay Leaf	2/3 each	7 1/4 each	
Mustard Seed	<1/8 tsp	1 1/4 tsp	
Kosher Salt	1/2 tsp	2 1/2 tbsp	
Granulated Sugar	1 tsp	3 1/2 tbsp	
Cider Vinegar	2/3 cup	1 3/4 quarts	
Cold Water	1/3 cup	1 1/4 quarts	
Jalapeno Peppers, Fresh, Sliced	1/4 oz	2 1/2 oz	
Fennel Seed	1/4 tsp	2 1/2 tsp	

Stealth Health Recipe:

Butternut Squash, Red Quinoa, Kale & Super Seed Salad with Vegan Ranch Dressing

Salad Ingredients	Per Serving	Batch of 12	Directions:
Butternut Squash, Medium Dice	2 oz	24 oz	STEP 1 Toss squash with olive oil, thyme, salt and pepper. Roast @ 400 F, 20-25 minutes, until tender. Cool.
Red Quinoa, Cooked, Cooled	1 oz	12 oz	
Baby Kale (or Lacinato Kale, Chiffonade)	1/2 oz	6 oz	STEP 2 Combine all ingredients. Toss with dressing Vegan Ranch Dressing and season with salt and black pepper.
Green Apple, Small Dice	1 oz	12 oz	
Red Onions, Fresh, Minced	1/4 oz	3 oz	Notes:
Pumpkin Seed, Toasted	1 tsp	4 tbsp	
Flax Seed	1/4 tsp	3 tsp	
Hemp Seed	1/4 tsp	3 tsp	
Herbs, Chopped (Thyme)	To Taste	To Taste	
Olive Oil	1/4 tsp	3 tsp	
Salt & Black Pepper	Black Pepper to Taste	Black Pepper to Taste	

Stealth Health Recipe:

Butternut Squash, Red Quinoa, Kale & Super Seed Salad with Vegan Ranch Dressing

Vegan Ranch Dressing	Per Serving	Batch of 12	Directions:
Olive Canola Oil Blend			STEP 1
Silken Tofu			Drain tofu completely.
White Wine Vinegar			Blend all ingredients, except herbs, until smooth in blender / Vita Prep.
Lemon Juice	1/4 tsp		Mix in herbs. Season with black pepper.
Dijon Mustard	1/4 tsp		
Nutritional Yeast	1/4 tsp		Notes:
Onion Powder	To Taste	To Taste	
Garlic Powder	To Taste	To Taste	
Nutritional Yeast	1/4 tsp		
Herbs, Chopped (Parsley, Chive)	1 tsp	3 tbsp	
Salt, Black Pepper	Black Pepper to Taste	Black Pepper to Taste	

Classic Recipe:

Classic Wet Cured Bacon

Ingredients	Per Serving	Directions:
Pork Belly, lbs	10 lbs	STEP 1 Make the Brine by heating water to a low boil add every thing except for the Pork and Apple Cider and Ice. Stir to dissolve Sugar and Salt Add Apple Cider Use the Ice to chill Brine to 40 degrees Fahrenheit (proper cooling Less than 70 degrees within 2 hours and then cooling to below 41 degrees within 4 hours) STEP 2 Add chilled pork belly below 41 degrees Fahrenheit and rotate each day for 5 days in the walk-in. STEP 3 Remove and Soak in cold water for 5 min. Replace water and rinse for 5 more minutes. Air dry for 20 on a roasting rack uncovered in fridge Hot smoke @ 300 degrees Fahrenheit for 30 minutes until internal temperature reaches 170 degrees Fahrenheit. STEP 4 Remove and cool down separated until below 40 degrees Fahrenheit by properly cooling down to 70 degrees within 2 hours and then cooling to below 41 degrees within 4 hours. STEP 5 Slice to desired thickness when fully chilled to 40 degrees and roast in 350 degrees Fahrenheit oven until done achieving an internal temperature of at least 165 degrees Fahrenheit and serve.
Kosher Salt	16 oz	
Brown Sugar	16 oz	
Curing Salt	1 oz	
Water	1 Gal	
Apple Cider	1 Gal	
Black Pepper Coarse Grind	1 oz	
Molasses or Maple Syrup	16 oz	
Bay Leaf	4 Leaf	
Ice	1 gal	

Notes: