

EARLS RECIPES

Simple instructions to prepare your meals.



HUNAN KUNG PAO WITH CHICKEN

KIT CONTENTS:

- Thai chilis
- Chicken
- Vegetables Part A (red pepper, onion, carrot and celery)
- Vegetables Part B (bok choy)
- Noodles Sauce (hunan sauce and thickened veg. stock)

PREPARATION:

- 1) Heat wok or frying pan on high heat. Add veg oil and blister the desired number of thai chilis (you want them 40% black)
- 2) Add in the chicken, spread out on the pan and add Vegetables Part A right on top of the chicken. Once chicken is 75% done, add the bok choy (Part B) and wilt for about 45 seconds.
- 3) Add sauce (both sauces) and bring to a simmer. Once simmering add the noodles and cook until noodles are hot throughout and chicken has reached 165°F internal temperature.
- 4) The key to getting great flavour is a ripping hot pan so we cook them 1 at a time in a pan. If you are going to do a big batch we recommend cooking the chicken, veg and 1/3 sauce in one large pan, and the noodles and the remaining 2/3 sauce in another pan. You could also cook vegetables and noodles together and grill chicken breast or steak to add after.

AHI TUNA POKE BOWL

PREPARATION:

- 1) Heat rice until 165°F, mix in green onions, crispy onions, and soy ginger vinaigrette. Individual plating will work best for this. Dollop on togarashi mayo, mango, avocado slices, radish, and cucumber.
 - 2) Mix ahi tuna with poke dressing and add to plates.
 - 3) Garnish entire dish with crushed macadamia nuts, and tempura crunch.
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TERIYAKI CHICKEN RICE BOWL

KIT CONTENTS:

- Marinated Chicken Breast
- Rice
- Vegetables Part C (red onion, mushrooms, green onion)
- Vegetables Part D (ginger, garlic, bok choy, snap peas)
- Sauce, cashews
- Sesame seeds, pickled red onions, green onion, radish

PREPARATION:

- 1) Chicken can be BBQ'd or baked in the oven until 165°F internal temperature is reached. The marinade has a high sugar content so not too high of heat or it will burn. Slice or dice if you choose and serve on top of stir fry.
 - 2) Heat wok or frying pan on high heat.
 - 3) Add in Part C vegetables and cook until caramelized.
 - 4) Add in Part D vegetables and cook until aromatics have released and bok choy is just wilted.
 - 5) Add 1 cup water, sauce, cashews and bring to a simmer.
 - 6) Simultaneously while cooking the wok/pan stage, heat the rice with ½ cup of water so it doesn't dry out.
 - 7) Pour stir fry over top of heated rice and garnish with sesame seeds, pickled red onions, green onion, and radish.
 - 8) Key on getting great flavour is a ripping hot pan so we typically cook them 1 at a time in a pan. If you are going to do a big batch consider multiple pans.
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CHICKEN TACOS

PREPARATION:

- 1) Wrap the tortillas in 2 stacks with aluminum foil and place in the oven until hot, about 15 mins.
 - 2) Heat the chicken, in a pot or a dish in the oven until 165°F internal temperature.
 - 3) Slice the avocado, lay out the remainder of ingredients on a table, and build your tacos!
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BURGER

BBQ INSTRUCTIONS

- 1) If Burger Patties are frozen, allow to completely thaw before cooking.
- 2) Remove Burgers from packaging and place onto a clean tray. Season with salt and black pepper on both sides.
- 3) Set grill to 425°F and grill the Burgers on both sides until the internal temperature reaches 160°F, flipping halfway.
- 4) Remove and enjoy with your favourite condiments!

STOVETOP/OVEN INSTRUCTIONS

- 1) If Burger Patties are frozen, allow to completely thaw before cooking.
 - 2) Remove Burgers from packaging and place onto a clean tray. Season with salt and black pepper on both sides.
 - 3) Preheat your oven to 375°F.
 - 4) Place a cast iron skillet or a large oven safe frying pan over medium to medium-high heat for 1 minute until the pan is hot. Ensure your fan is on to reduce any smoke.
 - 5) Once the frying pan is hot enough, gently add the Burger Patties and allow to cook, untouched, for 2 - 3 minutes until the meat begins to caramelize. No need to add any oil to the frying pan as there will be enough fat inside the patties to keep from sticking.
 - 6) Once the bottom of the Burgers are caramelized, gently flip.
 - 7) Cook the other side for another 1-2 minutes until nicely caramelized.
 - 8) Carefully transfer the frying pan to your preheated oven and leave for 2 - 3 more minutes. The internal temperature of the fully cooked Burgers should reach 160°F on a cooking thermometer.
 - 9) Remove and enjoy with your favorite condiments!
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STEAK

PREPARATION:

- 1) Remove steaks from packaging and blot dry with a paper towel.
 - 2) Season with salt & pepper.
 - 3) Grill to your desired doneness.
TEMPERATURE GUIDELINES: MEDIUM RARE: 145°F / MEDIUM: 160°F / WELL DONE: 170°F.
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SALMON

PREPARATION:

- 1) Season the salmon with salt & pepper and BBQ or bake until desired doneness. If you have a thermometer, the internal temperature of the Salmon should reach 155°F before removing from the BBQ or oven. Allow to rest for 1 minute. The final rested internal temperature needs to be at or above 165°F. Top with feta caper aioli.
 - 2) Meanwhile, heat the rice until piping hot (165°F). Mix in green onions and crispy onions.
 - 3) Heat asparagus in a pan with butter and a small amount of water until bright green. Season with salt & pepper.
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PASTA WITH ALFREDO SAUCE

PREPARATION:

- 1) Season and BBQ or bake the chicken breasts until 165°F internal temperature is reached.
 - 2) Boil water in a pot large enough to fit the noodles.
 - 3) Heat Alfredo sauce & confit garlic butter in a pot large enough to add the heated noodles and toss to coat in.
 - 4) Add the noodles and boil for 5 seconds until piping hot. Drain the noodles and add to heated Alfredo sauce and toss or stir until sauce is just sticking to the noodles. Plate the noodles and sauce and garnish with parsley & parmesan cheese.
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CAJUN CHICKEN CHEDDAR SANDWICH

PREPARATION:

- 1) Dredge the chicken in cajun spice until evenly coated. BBQ or bake until 165°F is reached. Drizzle or brush on the melted garlic butter (keep in fridge until ready to melt)
 - 2) Toast buns and add desired condiments, lettuce and tomato.
 - 3) Place cheese on the bun, then top with cooked chicken so it can melt from the residual heat.
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QUINOA AVOCADO POWER BOWL

PREPARATION:

- 1) Heat butternut squash and beets in the oven or fry pan until golden brown and caramelized.
 - 2) Toss together mixed greens, romaine lettuce and quinoa and dress with vinaigrette to taste.
 - 3) Top with:
 - Green Goddess dressing (dolloped in and around)
 - Toasted pumpkin seeds
 - Tempura crunch
 - Crispy chickpeas
 - Avocado (sliced)
 - 4) Finish with:
 - Heated butternut squash and beets
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SANTA FE SALAD

PREPARATION:

- 1) Toss together mixed greens, romaine lettuce, corn, black beans, dates, and feta cheese
- 2) Dress to taste with Peanut Lime Dressing.
- 3) Top with tortillas chips, avocado + lime wedges

CAESAR SALAD

Toss romaine lettuce with Caesar dressing and croutons.
Plate and garnish with parmesan cheese.

GREENS SALAD

Toss mixed greens and romaine lettuce together with the vinaigrette.
Plate and garnish with cucumber, tomatoes, pumpkin seeds, and feta.

COLESLAW

Toss cabbage, chives, and coleslaw dressing together.

CHICKEN WINGS

BBQ or bake chicken wings until skin is crispy and 165°F internal temperature is reached.
Place cooked wings into a bowl and toss with hot sauce and some salt.

CAJUN CHICKEN

Dredge the chicken in Cajun Spice until evenly coated. BBQ or bake until 165°F is reached.
Drizzle or brush on the melted garlic butter (keep in fridge until ready to melt).

RIBS

Ribs are fully cooked - just coat with BBQ Sauce and heat up in the oven or BBQ.
Brush with more BBQ sauce after heating.

SPINACH & CHEESE DIP

If using bread - Cut the ciabatta bread into triangles, toss in oil, and bake until golden.
If using tortilla chips - Serve chips as is. Heat the dip, and garnish with feta and chives.

MASHED POTATOES

Heat in oven or microwave until 165°F. Garnish with chives.

POTATO SALAD

Crisp potatoes in the oven. Add the corn and bacon at the last minute to warm up.
Toss with potato salad dressing and chives

CLAM CHOWDER

Heat chowder in a pot until minimum 165°F. Dice tomatoes and add.
Serve garnished with chopped parsley.

RAVIOLI WITH LOBSTER + PRAWNS

Reheat the ravioli in boiling water for 90 seconds. Cook the prawns in oil in the appropriate amount of pots or pans to accommodate the pasta. Add the lobster cream and reduce by about 1/3rd. Add the heated pasta and gently toss to coat. Plate and garnish with parmesan and parsley.

CHORIZO HASH

PREPARATION:

- 1) Mix the potatoes with oil, salt, and pepper and brown them in an oven until golden and crispy.

Hollandaise sauce

- 2) Heat up the butter (Part A) in a pot or microwave until hot to the touch. Place egg yolks (Part B), hollandaise reduction, lemon juice, dijon mustard (Part C) and half of the cayenne into a bowl. Place a folded towel under the bowl to help keep the bowl steady. Using an immersion blender or whisk, slowly stream the melted butter into the center of the yolk mixture while constantly whisking. This will take about 1 minute. Transfer to a small cup, cover with plastic wrap, and place in a warm area while you move on to the next step.
- 3) Heat chorizo mix in a pan and place over crispy potatoes. Follow with your poached eggs and hollandaise sauce. Garnish with chives and cayenne pepper.

AVOCADO BENEDICT

PREPARATION:

- 1) Mix the potatoes with oil, salt, and pepper and brown them in an oven until golden and crispy.

Hollandaise sauce

- 2) Heat up the butter (Part A) in a pot or microwave until hot to the touch. Place egg yolks (Part B), hollandaise reduction, lemon juice, dijon mustard (Part C) and half of the cayenne into a bowl. Place a folded towel under the bowl to help keep the bowl steady. Using an immersion blender or whisk, slowly stream the melted butter into the center of the yolk mixture while constantly whisking. This will take about 1 minute. Transfer to a small cup, cover with plastic wrap, and place in a warm area while you move on to the next step.
 - 3) Mash the avocado with salt and lime juice, and spread it on your toast. Follow with the poached eggs, halved grape tomatoes, and radish slices. Ladle hollandaise sauce over your eggs, and garnish with chives and cayenne pepper.
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HAM BENEDICT

PREPARATION:

- 1) Mix the potatoes with oil, salt, and pepper and brown them in an oven until golden and crispy.

Hollandaise sauce

- 2) Heat up the butter (Part A) in a pot or microwave until hot to the touch. Place egg yolks (Part B), hollandaise reduction, lemon juice, dijon mustard (Part C) and half of the cayenne into a bowl. Place a folded towel under the bowl to help keep the bowl steady. Using an immersion blender or whisk, slowly stream the melted butter into the center of the yolk mixture while constantly whisking. This will take about 1 minute. Transfer to a small cup, cover with plastic wrap, and place in a warm area while you move on to the next step.
- 3) Place slightly heated ham on toast, followed by your poached eggs. Ladle hollandaise sauce over the eggs, and garnish with chives and cayenne pepper.