

BEEF AND GORGONZOLA ROULADE

I Take 1 new re-closable bag and place it aside for later use.

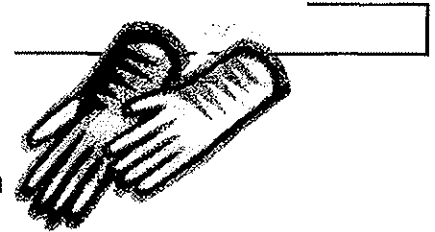
J Take 1 flank steak.

Take flank steak out of its re-closable bag and place it on the sheet pan.

Q Discard "used" flank steak bag.

i L

With gloved hands, spread over flank steak:



HJ1 blue scoop Gorgonzola cheese.] 1 green scoop
Parmesan cheese.] 1 green scoop diced green
onions. J1 red scoop diced roasted red **402** peppers. H1

Wear Gloves!

Using tongs and 2 cup measure - 2 cups fresh baby spinach, the

flank steak in jelly roll fashion - following the grain, "ie

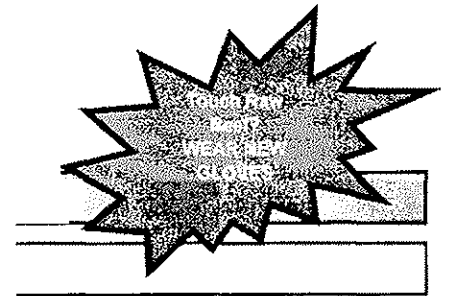
Roll together with string - we will be glad to assist you.

1 **Rub the outside of the steak with:**

[Using mini-measuring cup - 2 tbl Worcestershire
 P sauce. 11 tablespoon Blackening Seasoning, lace

Seal flank steak into the new re-closable bag. bag

tightly.



Take bag to label station and attach the cooking instructions label to outside of bag.

GREEK MEATLOAF

Spray a casserole pan with vegetable oil.

In a mixing bowl add:

Wear Slaves!

The contents of 1 bag ground beef (in refrigerator below). 1P eggs.

1 1/2 blue scoop breadcrumbs. 1 1/2 blue scoop diced onions.

3 green scoops diced tomatoes. 1/2-cup Using tongs and 2 cup measure - 2 cups fresh spinach.

1 1/2 blue scoop crumbled feta cheese.

1 green scoop fresh, chopped mint. 1

green scoop fresh, chopped oregano. 1

green scoop fresh, chopped parsley, 1

green scoop sour cream.

1/2 tablespoon fresh, chopped garlic.

1/2 teaspoons salt.

1/2 teaspoons black pepper.

With gloved hands:

Mix well and form into a loaf, j Place meatloaf into

casserole pan. | Top with 3 red scoops tomato

ketchup/lemon juice mix. | Spread ketchup/lemon juice mix over top of meatloaf with small spatula.

JTake completed dish to label station & seal tightly with lid.

Attach cooking instruction label to lid.]Wrap sealed pan tightly in plastic wrap.



BEEF BURGUNDY

{Take 2 re-closable bags from top of make table, set 1 aside.
JQpen the other bag and fold the edges of the bag over the
crock.

Into re-closable bag add:

green scoops/ladles beef broth. 14 green
scoops/ladles burgundy wine.

blue scoop diced onions, ^fefe

green scoops/ladles tomato strips.

blue scoops fresh, sliced mushrooms. 12 teaspoons fresh

rosemary. [HI 2 teaspoons fresh, chopped garlic.] 1

teaspoon salt.] 1 teaspoon black pepper, bag tightly.

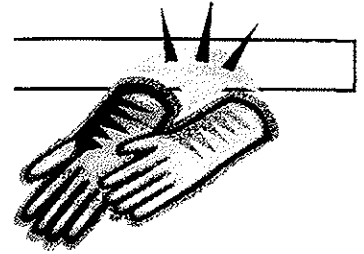
1 bag of beef tips and 1 bag of egg noodles from
refrigerator below.

] Place the beef tips bag and the burgundy sauce bag into
other re-ciosame Dag.

Seal Take both bags to label station.

Take ; Attach the cooking instruction label to the
outside of bag. Don't forget the bag of egg
noodles when you leave!

ifeoz.



Wear Slaves!



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