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Artisan Fresh Charcuteries

COOKBOOK

FRESH SAUSAGES

MARINADES

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REMINDERS

TECHNICAL INFORMATION

- Fresh sausages should be made of 70% lean meat and 30% fat (ideal proportions).
- The percentage of fat can vary from 25% to 30%. With less than 15% of fat, the sausage will be too hard, too high in protein and not juicy enough. If the percentage of fat is higher than 30%, too much fat will be lost during cooking and it will result in a lower-quality product. For less than 15% of fat, an appropriate binder must be used.
- Jowl is a quality of meat that is not easy to use in fresh sausages because it may contain harmful bacteria or abscess (it is better to use jowl with cooked products, such as cretons).
- It is possible to add poultry skin to fresh sausages, as long as it does not exceed 8% of the poultry present in the sausage.
- To ensure a good color, be careful when using beef, as it has a different pH value and it darkens faster than pork. Pure pork sausage (sow pork) will have a much more stable color.
- Usually, a fresh sausage will keep its color for 3 days. Sodium erythorbate can help PRESERVE this color for an additional one or two days. The quantity to be used is of 350 to 500 ppm (about 35-50 g / 100 kg of product or 0.5 g / kg).
- Under regulations, sodium erythorbate and ascorbic acid are the only food additives permitted to preserve the color of fresh sausages. However, we must declare this on the label with the indication "preserved sausages". Example: Basil & Tomato Preserved Sausage
- The only government regulation for fresh sausages sold as fresh meat products is that the meat protein value must be of at least 7.5% and the total protein value must be of at least 9%.
- It is always possible to replace a certain amount of water with another liquid, such as tomato juice. However, it is important to take the acidity of the liquid into account as it can cause a breaking in the binding of the sausage during cooking (acidity of the liquid \Rightarrow coagulation of meat proteins \Rightarrow breaking of the binding).

FRESH SAUSAGE MAKING

- Weigh the meat, the ice water and the seasoned binder, if applicable.
- Grind the meat at the desired grinder plate.
- Mix the meat and the water until complete absorption.
- Add the seasoned binder of your choice and mix until you obtain a sticky mixture of an even consistency.
- Although optional, we recommend that you run the mixture through the grinder again to obtain a sausage meat free of crunchiness.
- Compact the mixture in the stuffer to avoid the formation of air pockets.
- Stuff the desired casings.

FRESH SAUSAGE COOKING

- Oven:
 - Put the sausages in a large pot and cover with water. Poach until boiling. Finish cooking in the oven (for about 10 minutes).
- BBQ:
 - Put the sausages in a large pot and cover with water. Poach until fully cooked. Finish on the BBQ (cut in half or not).
- Pan:
 - Over medium heat, melt a little butter with oil. Sear all sides of the sausage and continue until fully cooked. Cooking can be finished in the oven (for about 5 minutes) for a better look.

WHAT IS GLUTEN?

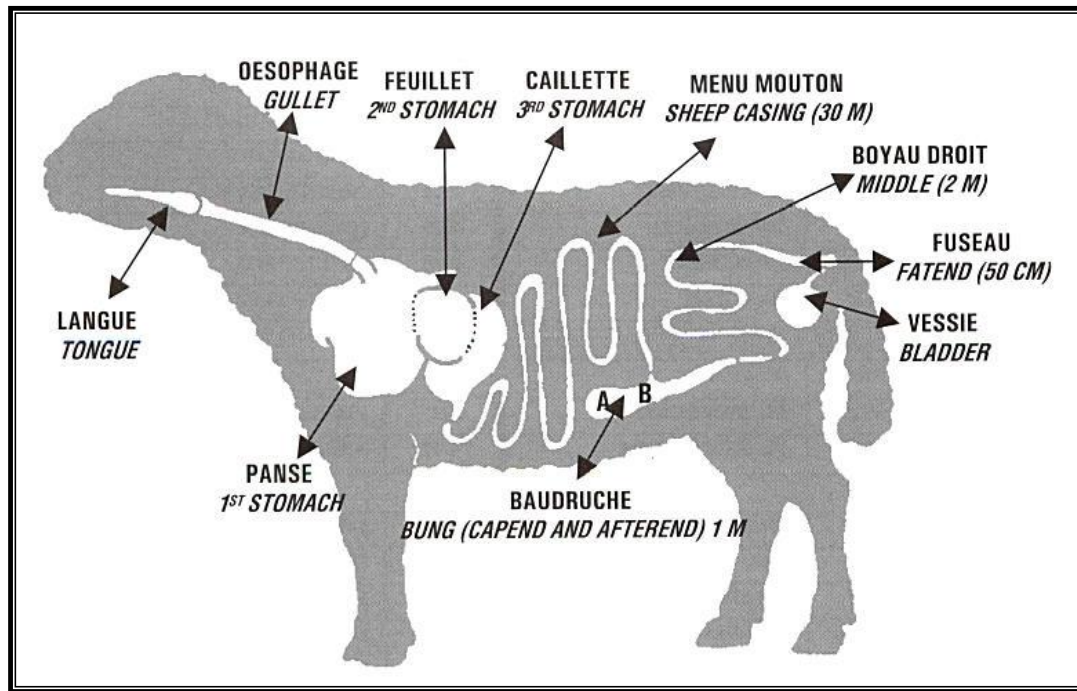
Glutens are a group of proteins found in cereals, mostly in wheat. Wheat is very similar to other cereals, such as rye, barley, and oat. Therefore, these grains also contain gluten.

Glutens are the proteins that give wheat dough its strong structure. Gluten proteins also make the network during bread making. This structure, formed during the rising of bread, is very important. Without gluten, there would be no structure and the bread would not rise.

For most people, glutens are normal proteins and are easily digested in the stomach. However, a small portion of the population is unable to properly digest gluten. Gluten intolerant people are usually diagnosed with celiac disease.

Gluten is a mix of different proteins. When people suffering from celiac disease eat foods containing gluten, their immune system reacts by damaging their small intestine.

LAMB CASINGS



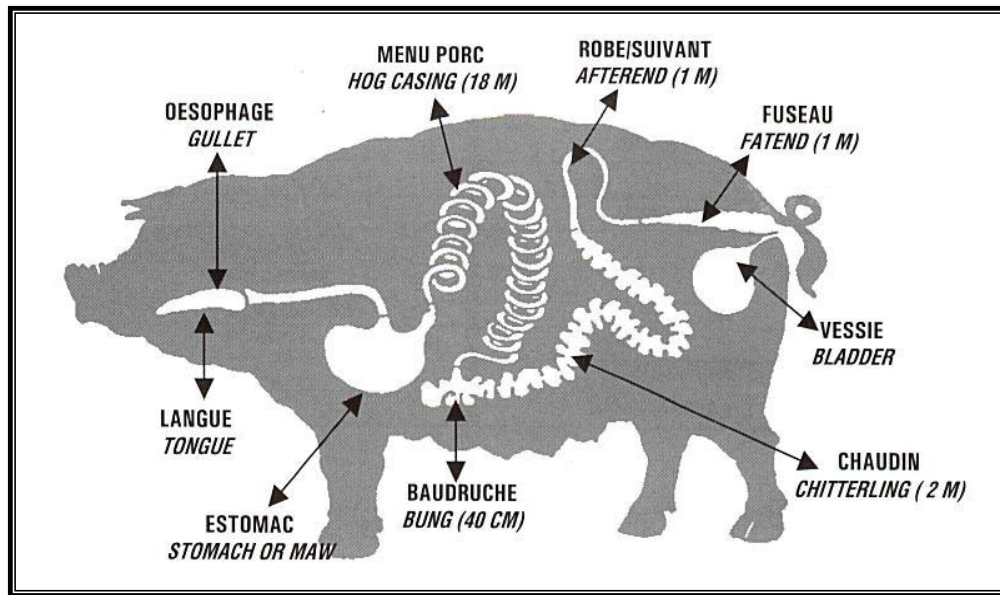
Lamb casings

20-22 mm	47-52 lbs	21-23 kg
22-24 mm	55-60 lbs	25-27 kg
24-26 mm	60-64 lbs	27-29 kg

For 100 yards of casings

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HOG CASINGS

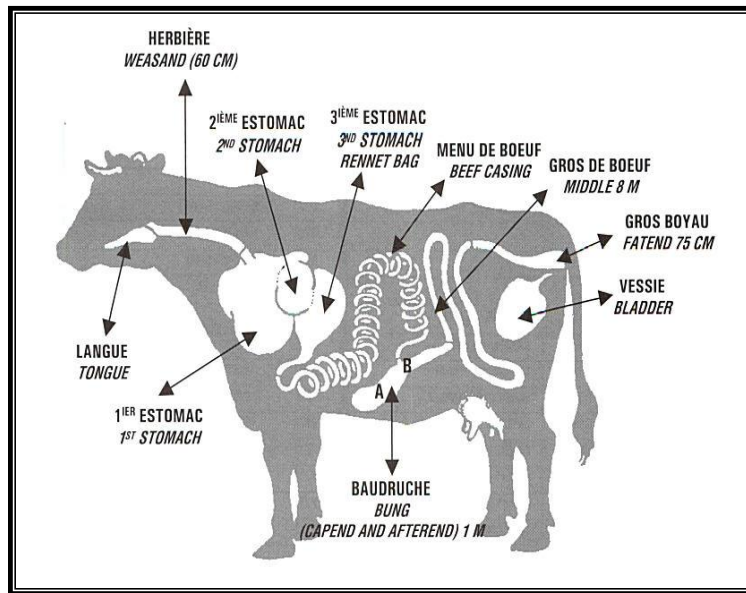


Hog casings

29-32 mm	90-100 lbs	40-45 kg
32-35 mm	105-115 lbs	47-52 kg
35-38 mm	115-125 lbs	52-56 kg
38-42 mm	125-135 lbs	56-61 kg

For 100 yards of casings

BEEF CASINGS



Beef middles

2-2¼	55-65 lbs	25-29 kg
2½ - more	90-100 lbs	40-45 kg

For 57 feet of casings

Beef casings

32-35	55-65 lbs	25-29 kg
35-38	65-70 lbs	29-31 kg
40-43	75-85 lbs	34-38 kg
43-46	85-95 lbs	38-43 kg

For 100 yards of casings

Beef hung cap

5½-6	5-7 lbs	2-3 kg
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COLLAGEN CASINGS

	23D01	23D06	30D03	30D07
Sticks per pack	78	36	50	21
Length when extended (feet)	80	40	52.5	30
Length when shirred (inches)	10.00	5.50	10.00	5.50
Surface width (mm)	31.7	31.7	43.5	43.5
Pack per box	6	12	6	12
Capacity per stick (lbs)	19.0	9.4	21.0	12.0
Capacity per stick (kg)	8.6	4.2	9.5	5.4
Capacity per box (lbs)	1482	338	1050	252
Capacity per box (kg)	673	153	477	114

The benefits of collagen:

- Ready-to-use sticks of casing shirred to the desired length. Allows you to save time and money.
- No need to wash the casings before using them.
- Casings free of holes, knots and tangles allow easy and uninterrupted stuffing.
- Quality and diameter constant from one box to another that make for perfect and similar sausages.
- Moisture-resistant hygienic packaging for longer shelf-life.
- No refrigeration needed.
- Easy to use, increases cost-effectiveness.

FRESH SAUSAGES

RECIPES FOR FRESH SAUSAGES

Apple (6K212)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	3.73	164 g
Seasoned binder 6K212	1.86	123 g
Apple sauce	1.86	82 g
TOTAL	31.07	Before dividing, mix the binder thoroughly.
<i>A portion of the water can be replaced with apple juice to highlight the apple flavor in the sausage.</i>		

B.B.Q. (9K058)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Seasoned binder 9K058	2.05	90 g
TOTAL	29.27	Before dividing, mix the binder thoroughly.

B.B.Q. New formula (2A3G005)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.34	191 g
Seasoned binder 2A3G005	1.90	84 g
TOTAL	28.92	Before dividing, mix the binder thoroughly.

Beef & pork (7D248 or 7D249)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	221 g
Seasoned binder 7D248 <u>or</u> 5M222 <u>or</u> 6J206	2.00	88 g
TOTAL	29.67	Before dividing, mix the binder thoroughly.

Beef (6J210)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.67	Add
Ice/Cold water	4.00	176 g
Seasoned binder 6J210	1.80	79 g
TOTAL	28.47	Before dividing, mix the binder thoroughly.

Beer (7D246)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	2.52	111 g
Cold beer	2.27	100 g
Seasoned binder 7D246	2.31	102 g
TOTAL	29.78	Before dividing, mix the binder thoroughly.

Black pepper (6K215)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Seasoned binder 6K215	2.26	100 g
TOTAL	29.48	Before dividing, mix the binder thoroughly.

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Bloody Ceasar

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Clamato		220 g
Tabasco		0.5 g
Worcestershire sauce		1 g
Celery powder		1 g
Seasoned binder 9C032 (SF Tomato & Basil)		102 g
TOTAL		Before dividing, mix the binder thoroughly.

Blueberry

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Blueberry jam		200 g
Whole blueberries		100 g to 200 g
Ice water		200 g
Seasoned binder Apple 6K212		124 g
TOTAL		Before dividing, mix the binder thoroughly.

Bratwurst (7C122)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice/Cold water	3.50	154 g
Seasoned binder 7C122	1.45	64 g
TOTAL	27.63	Before dividing, mix the binder thoroughly.

Breakfast (100), gluten free (2A7E054)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	20.00	Add
Ice water (optional)	1.00	50 g
Seasoning 2A7E054	0.38	19 g
TOTAL	21.38	Before dividing, mix the binder thoroughly.

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Breakfast (140), gluten free (2A7E017)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.70	Add
Ice water (optional)	1.13	50 g
Seasoning 2A2E017	0.73	32 g
TOTAL	24.56	Before dividing, mix the binder thoroughly.

Breakfast, gluten free and reduced salt (SGSD0004)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water (optional)	1.00	200 g
Seasoning SGSD0004	0.17	34 g
TOTAL	6.17	Before dividing, mix the binder thoroughly.

Broccoli (or cauliflower) (2A0B030)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Broccoli and/or cauliflower	2.25	99 g
Ice water	4.83	213 g
Seasoned binder 2A0B030	2.42	107 g
TOTAL	32.18	Before dividing, mix the binder thoroughly.

Brûle gueule

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Seas. Brûle gueule (2A3B016)		20 g
Ice water		220 g
Seasoned binder 9C031 (SF Spicy Buffalo)		98 g
TOTAL		Before dividing, mix the binder thoroughly.

Bruschetta

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Bruschetta (Fontaine santé)		110 g
Ice water		110 g
Seasoned binder 9C032 (SF Tomato & Basil)		102 g
TOTAL		Before dividing, mix the binder thoroughly.

Cajun (7D248 + 6K211)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Binder 140 7D248	2.00	88 g
Cajun seasoning 6K211	0.12	5 g
TOTAL	29.79	Before dividing, mix the binder thoroughly.

Caprisiosa (2A1D041)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Green olive	1.50	66 g
Caper	0.60	26 g
Ice water	5.00	220 g
Seasoned binder 2A1D041	2.24	99 g
TOTAL	32.02	Before dividing, mix the binder thoroughly.

Camp fire (2A5D041)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 2A5D041	3.17	140 g
TOTAL	30.85	Before dividing, mix the binder thoroughly.

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Cheese & bacon (7D250)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Cheese (cheddar)	2.52	111 g
Bacon	2.52	111 g
Seasoned binder 7D250	2.71	119 g
TOTAL	34.97	Before dividing, mix the binder thoroughly.

Cheese jalapeño (2A7C045)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 2A7C045	2.08	92 g
TOTAL	29.76	Before dividing, mix the binder thoroughly.

Chicken (6D240)

	Complete recipe (kg)	Recipe for 1 kg of meat
Meat (chicken or turkey)	22.68	Add
Pork fat	2.27	
Ice water	4.54	182 g
Seasoned binder 6D240	1.80	72 g
TOTAL	31.29	Before dividing, mix the binder thoroughly.

Chorizo (5K326)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Seasoning 5K326		40 g
TOTAL		Before dividing, mix the binder thoroughly.

Citrus Coriander gluten free and reduced salt (SGSD0005)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water	1.00	200 g
Seasoned binder SGSD0005	0.19	47 g
TOTAL	6.19	Before dividing, mix the binder thoroughly.

Cranberry (2A1I040)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Cranberry juice	1.89	83 g
Ice water	3.05	134 g
Seasoned binder 2A1I040	2.38	105 g
TOTAL	30.00	Before dividing, mix the binder thoroughly.

Croque-Monsieur (7D250)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Ice water		200 g
Gruyère cheese		111 g
Diced cooked ham		111 g
Seasoned binder 7D250 (SF Cheese & Bacon)		119 g
TOTAL		Before dividing, mix the binder thoroughly.

Curry (7D206)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.30	190 g
Seasoned binder 7D206	2.15	95 g
TOTAL	29.13	Before dividing, mix the binder thoroughly.

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Dijon mustard (9I042)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	3.30	146 g
Dijon mustard	0.18	8 g
Seasoned binder 9I042	1.67	74 g
TOTAL	27.83	Before dividing, mix the binder thoroughly.

Fine herbs (6E222 or F.H. & garlic 6J214)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Seasoned binder 6E222 or 6J214	2.23	98 g
TOTAL	29.45	Before dividing, mix the binder thoroughly.

Fine herbs, gluten free (2A8B027)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.79	Add
Ice water (optional)	1.14	50 g
Seasoning 2A8B027	0.64	28 g
TOTAL	24.71	Before dividing, mix the binder thoroughly.

Fine herbs, gluten free and reduced salt (SGSD0007)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water (optional)	1.00	200 g
Seasoning SGSD0007	0.21	42 g
TOTAL	6.21	Before dividing, mix the binder thoroughly.

Fine herbs, no MSG (2A1G001)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.79	Add
Ice water	4.46	196 g
Seasoned binder 2A1G001	2.23	98 g
TOTAL	29.48	Before dividing, mix the binder thoroughly.

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Fish (7D248 et 6C261)

	Complete recipe (kg)	Recipe for 1 kg of meat
Fish meat	8.00	Add
Seafood	2.00	
Seasoned binder 7D248	0.41	41 g
Superior pâté binder 6C261	0.20	20 g
Ground thyme	0.005	0.5 g
TOTAL	10.615	Before dividing, mix the binder thoroughly.

Four flavours (7D241)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	3.45	152 g
Seasoned binder 7D241	1.73	76 g
TOTAL	27.86	Before dividing, mix the binder thoroughly.

Fruit salad

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Drained fruit salad		82 g
Ground cinnamon		1 g
Ice water		164 g
Seasoned binder 6K212 (SF Apple)		123 g
TOTAL		Before dividing, mix the binder thoroughly.

Game meat (6J209)

	Complete recipe (kg)	Recipe for 1 kg of meat
Game meat	20.00	Add
Pork fat	2.68	
Ice water	5.00	220 g
Seasoned binder 6J209	2.40	106 g
TOTAL	30.08	Before dividing, mix the binder thoroughly.

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Game meat, gluten free (2A8D015)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	20.00	Add
Pork fat	2.68	
Ice water (optional)	1.14	50 g
Seasoning 2A8D015	1.05	40 g
TOTAL	24.87	Before dividing, mix the binder thoroughly.

Garlic Polish sausage (7D251)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 7D251	2.41	106 g
TOTAL	30.09	Before dividing, mix the binder thoroughly.

Garlic Provençal (2A1C041)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 2A1C041	2.33	103 g
TOTAL	30.01	Before dividing, mix the binder thoroughly.

German (7D239)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 7D239	1.72	76 g
TOTAL	29.40	Before dividing, mix the binder thoroughly.

Greek

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Onion, thinly sliced		10 g
Shredded oregano		1 g
Ice water		200 g
Seasoned binder Fines herbs & Garlic 6J214		98 g
TOTAL		Before dividing, mix the binder thoroughly.

Green onion (6F220)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.41	194 g
Seasoned binder 6F220	2.24	99 g
TOTAL	29.34	Before dividing, mix the binder thoroughly.

Honey (2A0B012)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water (optional)	2.30	101 g
Honey	1.97	87 g
Seasoned binder 2A0B012	2.33	103 g
TOTAL	29.28	Before dividing, mix the binder thoroughly.

Honey and garlic (6E235)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water (optional)	5.00	220 g
Seasoned binder 6E235	2.74	121 g
TOTAL	30.42	Before dividing, mix the binder thoroughly.

Honey and mustard (2A2D012)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 2A0D024	3.27	149 g
TOTAL	30.95	Before dividing, mix the binder thoroughly.

Indian (2A4G037)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.35	192 g
Seasoned binder 2A4G037	2.40	106 g
TOTAL	30.08	Before dividing, mix the binder thoroughly.

Italian, gluten free (2A0A006 or 7D230 or 7D229)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	1.24	55 g
Wine (optional)		
Seasoning 2A0A006 <i>or</i> 7D230 <i>or</i> 7D229	0.57	25 g
TOTAL	24.49	Before dividing, mix the binder thoroughly.

Italian, gluten free and reduced salt (SGSD0003)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water	1.00	200 g
Seasoning SGSD0003	0.195	39 g
TOTAL	6.195	Before dividing, mix the binder thoroughly.

Jalapeño (hot peppers)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Paprika extra-red		10 g
Hot peppers or jalapeños		9 g or more
3/8 red bell pepper		25 g
Ice water		200 g
Garden seasoned binder 6E232		100 g
TOTAL		Before dividing, mix the binder thoroughly.

Leek (2A0B014)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Leek	0.45	20 g
Ice water	4.83	213 g
Seasoned binder 2A0B014	2.29	101 g
TOTAL	30.24	Before dividing, mix the binder thoroughly.

Maple (2A0D025)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Seasoned binder 2A0D025	2.50	110 g
TOTAL	29.72	Before dividing, mix the binder thoroughly.

Maple, pepper and chipotle (2B3L013)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water	1.00	200 g
Seasoned binder 2B3L013	0.53	106 g
TOTAL	6.53	Before dividing, mix the binder thoroughly.

Maraîchère, gluten free (2A8D015)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	16.90	Add
Cooled blanched vegetables	4.24	251 g
Seasoned binder 6J211	1.54	91 g
TOTAL	22.68	Before dividing, mix the binder thoroughly.

Mexican (2A0B022)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Seasoned binder 2A0B022	2.27	100 g
TOTAL	29.49	Before dividing, mix the binder thoroughly.

Mexican, gluten free (2A7E056)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	20.00	Add
Ice water (optional)	1.00	50 g
Seasoning 2A7E056	0.83	42 g
TOTAL	21.83	Before dividing, mix the binder thoroughly.

Mexican, gluten free (SGSD0006)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water (optional)	1.00	200 g
Seasoning SGSD0006	0.17	34 g
TOTAL	6.17	Before dividing, mix the binder thoroughly.

Mushroom

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Mushrooms in small pieces		100 g
Flakes of parsley		5 g
Mushroom flavour 2A2I016		25 g
Ice water		200 g
Seasoned binder Toulouse 8F045		100 g
TOTAL		Before dividing, mix the binder thoroughly.

Mustard & tarragon (2A0D026)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 2A0D026	2.60	115 g
TOTAL	30.28	Before dividing, mix the binder thoroughly.

Merguez, gluten free (5K325 or 5C104)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	10.00	Add
Ice water (optional)	0.30 to 0.50	30 to 50 g
Merguez seasoning 5K325 or 5C104	0.50	50 g
Salt	0.10	10 g
Olive oil (optional)	0.10	10 g
TOTAL	10.65	Before dividing, mix the binder thoroughly.

Merguez (traditional), gluten free (5K325 or 5C104)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	10.00	Add
Ice water (optional)	0.30 to 0.50	30 to 50 g
Merguez seasoning Merguez 5K325 or 5C104	0.50	50 g
Salt	0.10	10 g
Tunisian spice blend	0.03 to 0.05	3 to 5 g
Olive oil (optional)	0.10	10 g
TOTAL	11.03	Before dividing, mix the binder thoroughly.

Onion and mustard, gluten free

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	1.13	50 g
Onion and mustard seasoning 2A8C038	1.13	50 g
Ground pork seasoning 6M209	0.34	15 g
TOTAL	25.28	Before dividing, mix the binder thoroughly.

Orange & pepper

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Whole orange with crushed peel		110 g
Ground ginger		4 g
Ice water		110 g
Seasoned binder 6K215 (SF Black pepper)		102 g
TOTAL		Before dividing, mix the binder thoroughly.

Ostrich (8H021)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 8H021	2.67	118 g
TOTAL	30.35	Before dividing, mix the binder thoroughly.

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Pizza

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Ice water		44 g
Pizza sauce		185 g
Shredded oregano		1 g
Garlic powder		1 g
Mushrooms		50 g
Mozzarella cheese		50 g
Seasoned binder 9C032 (SF Tomato & Basil)		102 g
TOTAL		Before dividing, mix the binder thoroughly.

Pork (6L224)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.10	181 g
Seasoned binder 6L224	1.94	86 g
TOTAL	28.72	Before dividing, mix the binder thoroughly.

Pork & veal (7D226)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 7D226	2.53	112 g
TOTAL	30.21	Before dividing, mix the binder thoroughly.

Portuguese (2B4A056)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water	1.00	200 g
Seasoned binder 2B4A056	0.38	76 g
TOTAL	6.38	Before dividing, mix the binder thoroughly.

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Québécois (8H005)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	200 g
Seasoned binder 8H005	2.19	98 g
TOTAL	29.87	Before dividing, mix the binder thoroughly.

Red beet

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Canned beets		100 g
Beet juice		150 g
Ice water		100 g
Seasoned binder Toulouse 8F045		104 g
TOTAL		Before dividing, mix the binder thoroughly.

Smoked (6D265)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 6D265	2.113	93 g
TOTAL	29.79	Before dividing, mix the binder thoroughly.

Smoked meat (6G202)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 6G202	1.42	63 g
TOTAL	29.10	Before dividing, mix the binder thoroughly.

Spicy Buffalo (9C031)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 9C031	2.22	98 g
TOTAL	29.90	Before dividing, mix the binder thoroughly.

Spicy, gluten free

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water (optional)	1.13	50 g
Brûle gueule seasoning 2A3B016	0.45	20 g
Ground pork seasoning 6M209	0.45	20 g
TOTAL	24.71	Before dividing, mix the binder thoroughly.

Spinach (9I041)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 9I041	2.56	113 g
TOTAL	30.24	Before dividing, mix the binder thoroughly.

Spinach & Feta (9I041)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Ice water		220 g
Feta cheese		80 g
Seasoned binder 9I041 (SF Spinach)		113 g
TOTAL		Before dividing, mix the binder thoroughly.

Steak spices (6D258)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 6D258	1.43	63 g
TOTAL	29.11	Before dividing, mix the binder thoroughly.

Strong garlic (6J208)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Seasoned binder 6J208	2.00	88 g
TOTAL	29.22	Before dividing, mix the binder thoroughly.

Sweet & Sour (2A0D024)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoning 2A0D024	2.65	117 g
TOTAL	30.33	Before dividing, mix the binder thoroughly.

Thai (2A0D028)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 2A0D028	2.60	115 g
TOTAL	30.28	Before dividing, mix the binder thoroughly.

Tomato & basil (9C032)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 9C032	2.32	102 g
TOTAL	30.00	Before dividing, mix the binder thoroughly.
<i>A portion of the water can be replaced with tomato juice or canned tomatoes. Pork trimmings can be replaced with veal trimmings.</i>		

Tomato & basil, gluten free and reduced salt (SGSD0002)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	5.00	Add
Ice water	1.00	200 g
Seasoned binder SGSD0002	0.30	60 g
TOTAL	6.30	Before dividing, mix the binder thoroughly.
<i>A portion of the water can be replaced with tomato juice or canned tomatoes. Pork trimmings can be replaced with veal trimmings.</i>		

Tomato and pesto, gluten free

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water (optional)	1.13	50 g
Tomato and basil seasoning 2A6D032	0.68	30 g
Pesto seasoning 2A6D038	0.68	30 g
TOTAL	25.17	Before dividing, mix the binder thoroughly.

Toulouse (8F045)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Wine (optional)		
Seasoned binder 8F045	2.36	104 g
TOTAL	30.04	Before dividing, mix the binder thoroughly.

Toulouse, gluten free (6D243)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	1.24	55 g
Seasoning 6D243	0.62	27 g
TOTAL	30.04	Before dividing, mix the binder thoroughly.

Tzatziki (6F220)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat		Add
Ice water		70 g
Tzatziki sauce		150 g
Seasoned binder 6F220 (SF Green onion)		113 g
TOTAL		Before dividing, mix the binder thoroughly.

Veal (7D226)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	5.00	220 g
Seasoned binder 7D226	2.53	112 g
TOTAL	30.21	Before dividing, mix the binder thoroughly.

Vegetables (6E232)

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean meat	22.68	Add
Ice water	4.54	200 g
Your choice of vegetables	1.00	44 g
Seasoned binder 6E232	2.25	99 g
TOTAL	30.47	Before dividing, mix the binder thoroughly.

Vegetarian (6E232 + 6C261)

	Complete recipe (kg)	Recipe for 1 kg of meat
Tofu		Add
Vegetable oil		160 g
Water		270 g
Vegetable		300 g
Superior pâté binder 6C261		100 g
Garden seasoned binder 6E232		155 g
TOTAL		Before dividing, mix the binder thoroughly.
Variation: In a food processor, mix the water and the superior pâté binder and pour the oil in a stream. Add the tofu dices, the vegetables, and the garden binder until the desired texture is obtained. You can add paprika and/or replace 1/3 of the water with tomato juice to give color and flavor (and to reduce the taste of the tofu).		

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SUMMER TOURNEDOS

Chicken tournedos

	Complete recipe (kg)	Recipe for 1 kg of meat
Ground chicken		Add
Fine herbs spice blend seasoning (6K216)		10 g
TOTAL		Before dividing, mix the binder thoroughly.
Variation: Mix evenly until a sticky texture is obtained. Divide the meat into patties. Coat the patties with fines herbs bread crump (7D237). Wrap bacon around the patties.		

Pork tournedos

	Complete recipe (kg)	Recipe for 1 kg of meat
70% lean ground pork		Add
Ground pork seasoning 6M209		10 g
TOTAL		Before dividing, mix the binder thoroughly.
Variation: Mix evenly until a sticky texture is obtained. Divide the meat into patties. Coat the patties with Capriciosa bread crump (2A4C073). Wrap bacon around the patties.		

MARINADES

MASSAGING MARINADE

- B.B.Q. (1W9L103)
- Chinese (6E237)
- Dill & lemon (9D014)
- Fines herbs (2A0A051)
- Fish and seafood (5D101)
- Italian (8F046)
- Pepper (8J012)
- Souvlaki (2A0A052)
- Teriyaki (2A0B031)

"MARINÉ PLUS" SAUCE

Arrabiata (2A0D031)	Minh Tao (2A2C029)
BBQ (8L080)	Mustard (2A5D033)
Cajun (2A3A020)	Dijon mustard (2A5D032)
Green onion (2A5D038)	Ginger & orange (2A5E003)
Maple (2A5D035)	Lemon & pepper (2A3A019)
Lemon & fine herbs (8H041)	Beef (2A0D034)
Greek (2A0D030)	Shish Taouk (2A4B010)
Hawaiian (2A5D036)	Sicilian (2A0D032)
Indian (2A3A016)	Souvlaki (1W9L106)
Italian (2A0B032)	Teriyaki (1W9L083)
Spicy Italian (2A5D039)	Texan (2A3A018)
Mint (2A5D040)	Tomato & basil (2A3A017)
Mexican (6H210)	Red wine (2A5D034)
Honey & garlic (2A0D033)	

MARINADE WITHOUT TUMBLING

- Fine herbs (2A0A050)
- Honey & garlic (8I004)
- Spicy chicken wings

RIB MARINADE SAUCE

- BBQ (6J207)
- Honey & garlic BBQ (2A2B006)

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ADD YOUR TOUCH TO THE MARINADES

The guidelines indicated on our marinade bottles are only suggestions. You can create your own marinades by adding your touch to our marinades.

For example, using the fine herbs marinade, you can replace one cup of water with one cup of oil and add 2 tablespoons of:

- Balsamic vinegar (to marinate beef)
- Apple cider vinegar (to marinate pork)
- Lemon juice (to marinate chicken)

RECIPES

Tampiquena minced beef

Ingredients (6-8 people)

	Complete recipe (g)	
Tender beef in strips (0.5 to 1 inch in width and 2 inches in length)	800 g	
Tampiquena seasoning MP-005	60 g	
Cold water	50 g	
Canola oil	40 g	
Canned tomatoes, whole or diced, with juice	200 g	
TOTAL	1150	
Process: <ol style="list-style-type: none"> 1. Put the seasoning, the water, the oil and the tomatoes in a mixer or in a food processor. Mix until a smooth purée is obtained. Transfer into another container. 2. Add the beef strips. Let marinate for at least one hour or 24 hours max. 3. Drain the meat. 4. Heat oil over high heat. Stir-fry the meat in the oil until tender. 5. Serve hot. 		
<i>*You can grill or cook the beef strips on a tray or you can also thread the beef strips on skewers.</i> <i>* Serve with tortillas, taco shells, Mexican rice or beans.</i>		

Shish Taouk chicken (2A4B010)

	Complete recipe	
Chicken	5.00 kg	
Shish Taouk Mariné Plus Sauce 2A4B010	0.23 kg	
Plain yogurt	500 ml	
Cold water	2 cups	
White vinegar	$\frac{3}{4}$ cup	
TOTAL	29.10	



Making the world a tastier place

Technical Support

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