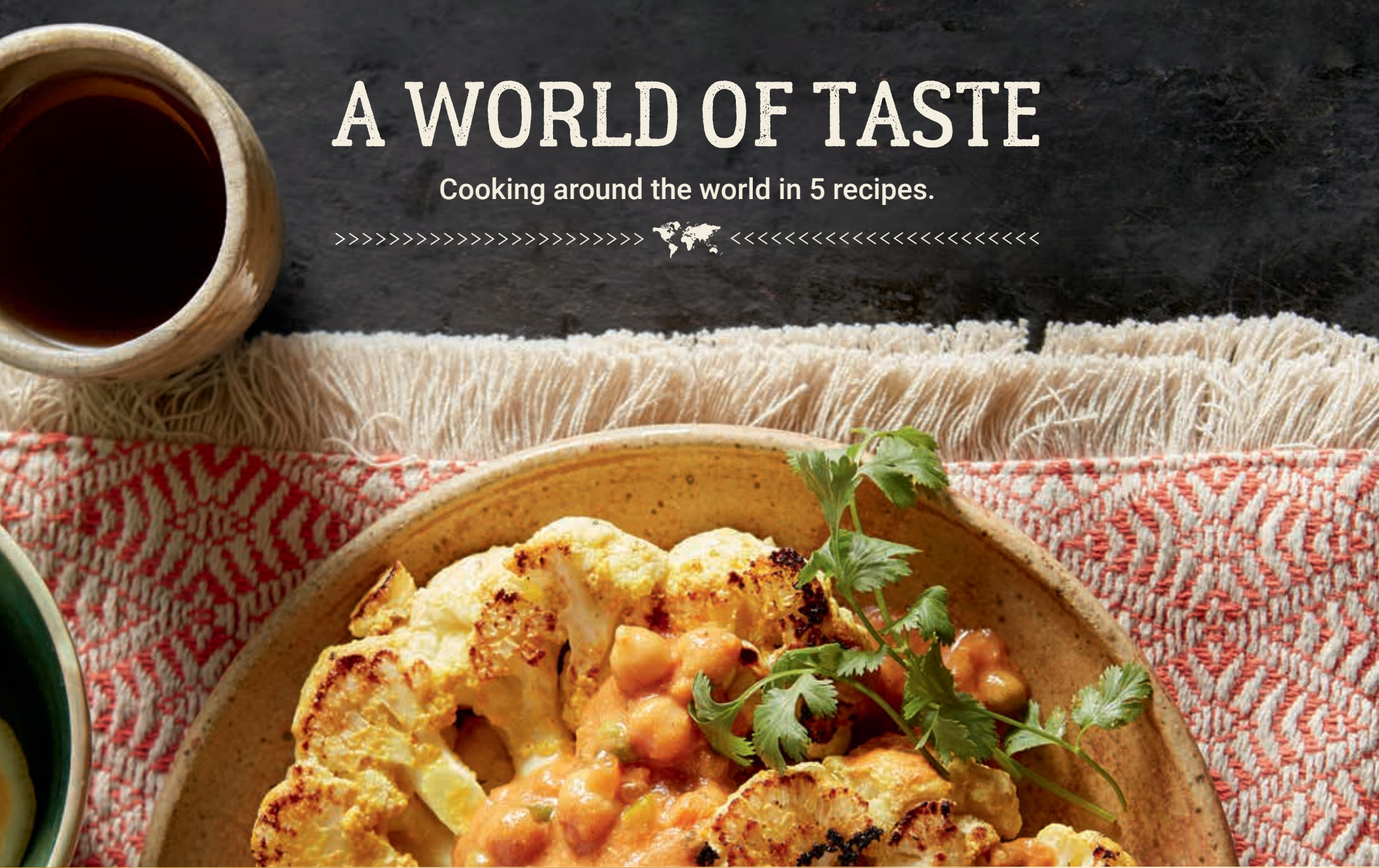


A WORLD OF TASTE

Cooking around the world in 5 recipes.





Looking for meals that will inject vibrancy and bring your residents together?

Our chefs have curated an incredible range of recipes from Greece's azure coasts to the foothills of the Himalayas. These deceptively easy showstoppers are destined to make sure your residents get a truly global experience.

Dive into each region's culinary delicacies, popular ingredients, and food culture. These five representative recipes bring to life the vibrancy of global cuisine and fuse the myriad influences from around the world with some of the best-selling Pillsbury™ and Yoplait® products. With detailed step-by-step instructions and stunning images of the completed dishes, you're sure to delight your residents with a host of worldly tastes.



"We've created a recipe book featuring world flavors for your residents to enjoy."

-Chef Theodore Osorio



GRILLED CAULIFLOWER TIKKA MASALA

FEATURING YOPLAIT® YOGURT

This vegetarian Indian classic is full of flavor and surprisingly hearty. Watch it win over vegetarians and meat-lovers alike.

10 servings

(1 serving = 2 cauliflower steaks w/ 7 oz sauce)



Ingredients

MARINADE

Yoplait® Greek Nonfat Plain Yogurt (38414)	2 lb	4 cups
Lemon juice	3 oz	6 Tbsp
Garlic paste	2 oz	¼ cup
Ginger paste	2 oz	¼ cup
Cayenne pepper		3 Tbsp
Black pepper		1½ tsp
Salt		1½ tsp
Cumin, ground		2 tsp
Turmeric, ground		2 tsp
Cauliflower steaks, 1-inch thick,	6 lb	
5.25 oz each	9 oz	20 each

SAUCE

Olive oil	1 oz	2 Tbsp
Carrots, peeled, chopped	5.5 oz	1½ cups
Onion, finely chopped	5 oz	1¼ cups
Green peppers, chopped	5 oz	1 cup
Garlic, chopped		1½ Tbsp
Garam masala		1½ tsp
Ginger paste		1 tsp
Paprika		1 tsp
Salt		1 tsp
Cumin, ground		½ tsp
Turmeric		½ tsp
Cinnamon, ground		¼ tsp
Crushed tomatoes, canned	15 oz	1¾ cups
Tomato sauce	15 oz	1¾ cups
Coconut cream, canned	15 oz	1¾ cups
Chickpeas, canned, drained and rinsed	15 oz	1½ cups
Frozen peas	5 oz	1 cup
Yoplait® Greek Nonfat Plain Yogurt (38414)	5 oz	¾ cup
Fresh cilantro, chopped		1 cup



GRILLED CAULIFLOWER TIKKA MASALA (cont.)

Instructions

MARINADE

- > Add yogurt, lemon juice, garlic, ginger, cayenne and black pepper, salt, cumin and turmeric to a large mixing bowl; mix until combined.
- > Cover cauliflower steaks in marinade and place on sheet pans; cover and refrigerate 4+ hours or overnight.

SAUCE

- > Heat olive oil in a large saucepan over medium heat; add carrots, onions, green peppers, garlic, garam masala, ginger, paprika, salt, cumin, turmeric and cinnamon.
- > Cook approx. 5-6 minutes; add crushed tomatoes, tomato sauce and coconut cream.
- > Simmer approx. 15-20 minutes or until veggies are tender.
- > Add chickpeas, frozen peas, yogurt and cilantro; stir and cook 5 additional minutes until heated through.

FINISHING

- > Grill cauliflower steaks 1-2 minutes per side on stove-top to achieve a nice char and finish in oven as directed below.



BAKE:
Convection Oven*
Standard Oven



TEMP
350°F
400°F



TIME
25-30 min.
32-37 min.

*Rotate pans baked in convection oven one-half turn (180°) after 16 minutes.

SERVICE

- > Add 3.5 oz sauce in center of plate and 2 cauliflower steak pieces on top.
- > Top with another 3.5 oz sauce and serve immediately.



BAO-STEAMED BUN

FEATURING PILLSBURY™ SOUTHERN STYLE
FROZEN DOUGH BISCUIT

Chinese Bao (filled buns) start with frozen biscuits, flattened and wrapped around prepared BBQ pork filling, then steamed. Don't forget the dipping sauce!

16 servings



Ingredients

BUN DOUGH

Pillsbury™ Southern Style Frozen Dough Biscuit (06252), thawed	2.2 oz	16 each
Gold Medal™ All-Purpose Flour (12610)	4.5 oz	1 cup

FILLING

BBQ Pork	1 lb 2 oz
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EASY DIPPING SAUCE

Toasted sesame oil	2 oz	¼ cup
Soy sauce	4 oz	½ cup
Rice wine vinegar	6 oz	¾ cup
Chinese garlic chili sauce	2 oz	¼ cup
Water, cool approx. 72°F	4 oz	½ cup
Green onions, fresh, minced	2 oz	¼ cup



BAO-STEAMED BUN (cont.)

Instructions

ASSEMBLY

- > Thaw biscuit dough pucks under refrigeration overnight or for 30 minutes covered at room temperature.
- > Flatten thawed biscuit dough evenly into a 3-inch circle on a board lightly dusted with flour.
- > Scoop a #40 scoop of filling onto the center of each dough piece.
- > Crimp edges together to form a ball around the filling.

FINISHING

- > Place filled bao, smooth side up (on parchment paper or a flattened muffin pan liner) in a steamer basket.
- > Steam for 18-20 minutes (or bao can be cover and refrigerated for up to 24 hours).
- > Whisk together dipping sauce ingredients and serve warm.

TIPS

- > Customize by using your favorite Asian flavored fillings or garnishes like sesame seeds and crushed pepper flakes.



ALFREDO PRIMAVERA SAUCE

FEATURING YOPLAIT® YOGURT

A veggie-packed pasta sauce that gets its creamy-smoothness from low-fat yogurt.

44 servings

(1 serving = 4 oz portion)



Ingredients

Olive oil	3 oz	6 Tbsp
Yellow onion, chopped	1 lb	3 cups
Mushrooms, fresh, sliced	1 lb 8 oz	9 cups
Red bell peppers, fresh, julienne	1 lb 13 oz	8 cups
Yoplait® Lowfat Vanilla Bulk (439000)	6 lb	12 cups
Oregano leaves, dried		1 Tbsp
Kosher salt	1 oz	2 Tbsp
Black pepper		1 Tbsp
Garlic powder		1 Tbsp
Parmesan cheese, shredded, firmly packed	7 oz	1½ cups

Instructions

- > Heat oil in large skillet over medium-high heat; cook onions about 2 minutes or until soft, but not brown.
- > Add mushrooms and bell peppers; heat about 2 minutes or until mushrooms are soft and peppers are still slightly crisp.
- > Add yogurt, seasonings and Parmesan cheese; heat over low heat, stirring constantly, until cheese is melted and sauce is smooth. **DO NOT BOIL**, or sauce will curdle.
- > Remove from heat and serve 4 oz per portion.



GRILLED CHICKEN GYRO

FEATURING PILLSBURY™ SOUTHERN STYLE
EASY SPLIT™ FROZEN DOUGH

A delicious wrapped sandwich from Greece filled with fresh herbs, soft cheese, and grilled chicken. It's sure to satisfy everyone.

12 servings



Ingredients

BISCUIT PITAS

Pillsbury™ Southern Style Easy Split
Frozen Dough (06249), thawed 2 lb 6 oz 12 each

GREEK SALAD

Cucumber, diced small	4 oz	¾ cup
Tomatoes, diced small	5.5 oz	¾ cup
Red onion, diced small	2.5 oz	½ cup
Feta cheese, crumbled	1 oz	2 Tbsp
Parsley, fresh, chopped		1 Tbsp
Olive oil		1½ tsp
Salt		1 tsp
Black pepper, ground		¼ tsp

ASSEMBLY

Grilled chicken, sliced, held warm	2 lb 4 oz	
Tzatziki sauce, prepared	12 oz	1½ cups



GRILLED CHICKEN GYRO (cont.)

Instructions

BISCUIT PITAS

- > Thaw biscuit pucks covered, either 1 hour at room temperature or refrigerated overnight.
- > Dust work surface and rolling pin lightly with flour; roll out biscuits to 6-inch disks.
- > Place disks onto lightly greased griddle preheated to 375°F.
- > Cook 3-6 minutes per side until cooked through and golden brown; hold warm.

GREEK SALAD

- > Add cucumber, tomatoes, red onion, feta, parsley, olive oil, salt and pepper in a large bowl.
- > Stir until completely combined; refrigerate until needed.

ASSEMBLY

- > Place warmed pita on parchment or foil liner; add approx. 3 Tbsp Greek Salad down center.
- > Top with 3 oz sliced chicken and 1 oz (2 Tbsp) Tzatziki sauce; roll together and serve immediately.

TIP

- > Pitas can be made in advance and warmed until pliable if desired.



CINNAMON ROLL ALFAJORES

FEATURING PILLSBURY SUPREME™ PLACE & BAKE™
MINI FROZEN CINNAMON ROLL DOUGH

Hailing from Argentina, these petite and delicate morsels pair well with strong coffee, cutting the rich flavor with sweet dulce de leche.

12 servings



Ingredients

Pillsbury™ Supreme™ Place & Bake Mini Frozen Cinnamon Roll Dough (11144)	2 lb 9 oz	36 each
Dulce de Leche, can	13 oz	1½ cups
Powdered sugar		2¼ tsp

Instructions

CINNAMON ROLLS

- > Thaw cinnamon rolls, covered, 10 minutes at room temperature until partially thawed.
- > Place cinnamon rolls (standing upright) onto cutting board; cut in half making 2 slices.
- > Separate slices and place on parchment-lined sheet pan; bake until golden brown and allow to cool.



BAKE:
Convection Oven*
Standard Oven



TEMP
300°F
350°F



TIME
8-12 min.
10-14 min.

*Rotate pans baked in a convection over one-half turn (180°) after 4 minutes of baking.

ASSEMBLY

- > Pipe or spread .33 oz of dulce de leche onto 1 roll slice; top with a second piece and dust with powdered sugar.



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