



Chicken Soup Base Paste #02891 (No MSG)

MAJOR PRODUCTS

02893 BEEF BASE PASTE NO MSG 6/1 lb
02891 CHICKEN BASE PASTE NO MSG 6/1 lb
02892 VEGETABLE BASE PASTE 6/1 lb

ROSEHILL PRODUCTS

02666 BEEF SOUP BASE 1/20 kg
02866 CHICKEN SOUP BASE (Bulk) 1/20 kg



"This soup is bursting with summer flavours, with fresh zucchini and a hint of dill your guests will love it! Serve with a slice of crusty bread."

Courgette Soup

INGREDIENTS

50 g butter - salt free (44115)
350 g zucchini - coarsely grated (87085)
12 spring onions - finely chopped (87040)
200 g potatoes - peeled & coarsely grated (87113)
800 ml boiling water
25 g Rose Hill Chicken Base (02866)
250 ml white wine
¼ tsp ground nutmeg (13887)
¼ tsp dill weed (13946)
50 g shredded parmesan cheese (20702)
freshly ground black pepper to taste (13877)
breadcrumbs (09040)

DIRECTIONS

1. Melt butter in a pan, reduce heat and cook onions, zucchini and potatoes until onions are soft and translucent, but not brown.
2. Add wine.
3. Pour water over chicken base and stir well.
4. Add to pan.
5. Stir in nutmeg and dill.
6. Cover with a lid and simmer for 30 minutes.
7. Stir in parmesan cheese and simmer for another 2 minutes until the cheese melts.
8. Season with pepper. Serves 6

Sweet Corn & Chicken Soup

INGREDIENTS

1L boiling water
25 g chicken base paste no MSG (02891)
200 g onions - finely diced
25 g butter - salt free (44115)
200 g sweet corn - tinned (00594)
50 g chicken breast- cooked and diced (31624)
150 ml cream (44161)
65 g butter (44110)
30 g cornstarch (09103)
1 tbsp parsley - freshly chopped (87120)
1 bay leaf (13875)
nutmeg a pinch (13887)
freshly ground black pepper to taste (13877)



DIRECTIONS

1. Melt butter in pan and cook onions over low heat until soft, but not brown.
2. Pour water over chicken base and mix well.
3. Add stock to pan.
4. Add sweet corn, bay leaf and chicken and bring to a boil. Simmer for 5 minutes.
5. Whisk in butter and cornstarch. Season with pepper.
6. Add nutmeg and simmer for another 5 minutes.
7. Stir in cream and parsley. Serves 6.



Pork Fillet with Whole Grain Mustard Sauce

INGREDIENTS

45 ml canola oil plus - No Trans Fat (13752)
30 g butter (44110)
325 g onions - thinly sliced (87035)
675 g pork tenderloin (66562)
60 ml white wine
200 ml boiling water
15 g Rose Hill Chicken Base (02866)
80 g whole grain mustard
10 g cornstarch (09103)
100 ml cream (44166)
3 tbsp coriander - freshly chopped
salt to taste (13790)
freshly ground black pepper to taste (13877)

DIRECTIONS

1. Place oil and butter in a pan, and cook over low heat.
2. Add onions and cook until soft and translucent, but not brown.
3. Trim any membrane from the pork and cut the meat across the grain into 2.5cm thick medallions. Season with salt and pepper.
4. Using a slotted spoon, remove the onions from the pan and set aside.
5. Increase the heat to medium-high and quickly brown the pork on both sides. Remove and set aside.
6. Add the wine to the pan.
7. Pour water over chicken base and mix well.
8. Add stock and mustard to pan and stir well.
9. Return meat and onions to pan. Cover, reduce heat and simmer for about 20 minutes until pork is cooked.
10. Using a slotted spoon, remove the meat and onions and keep warm.
11. Stir the cornstarch into the fresh cream and whisk the mixture into the cooking liquid in the pan. Simmer until sauce thickens.
12. Stir in coriander and pour sauce over pork.



Chicken Paprika

INGREDIENTS

6 chicken breasts - boneless (59779)
flour as required (09125)
100 g butter - salt free (44115)
275 g onions - chopped (87035)
35 g paprika (14020)
150 g diced tomatoes in juice - tinned (00695)
35 g tomato puree (00730)
450 ml boiling water
20 g chicken base paste No MSG (02891)
2 bay leaves (13875)
225 g celery - sliced (87016)
125 g green peppers - sliced (87022)
10 g garlic chopped (05225)
225 ml cream (44166)
4 ml lemon juice (10262)
freshly ground black pepper to taste (13877)

DIRECTIONS

1. Cover chicken with flour.
2. Melt 50 g of butter in a pan and fry chicken until golden. Set aside.
3. Melt remaining butter in a saucepan, add onions and fry gently until soft and golden.
4. Sprinkle on the paprika and stir in.
5. Add the tomatoes, tomato puree, garlic puree and cook for about 5 minutes, stirring well.
6. Season with freshly ground black pepper.
7. Pour water over chicken base and mix well.
8. Add stock, bay leaves, celery and green peppers to pan and bring to a boil.
9. Return chicken to pan and cover with the lid. Simmer for about 20 minutes.
10. Remove the bay leaves and the chicken. Pour the sauce into a food processor and blend until smooth. Return chicken and sauce to the pan and heat through.
11. Stir in cream, lemon juice, and serve. Serves 6.

