



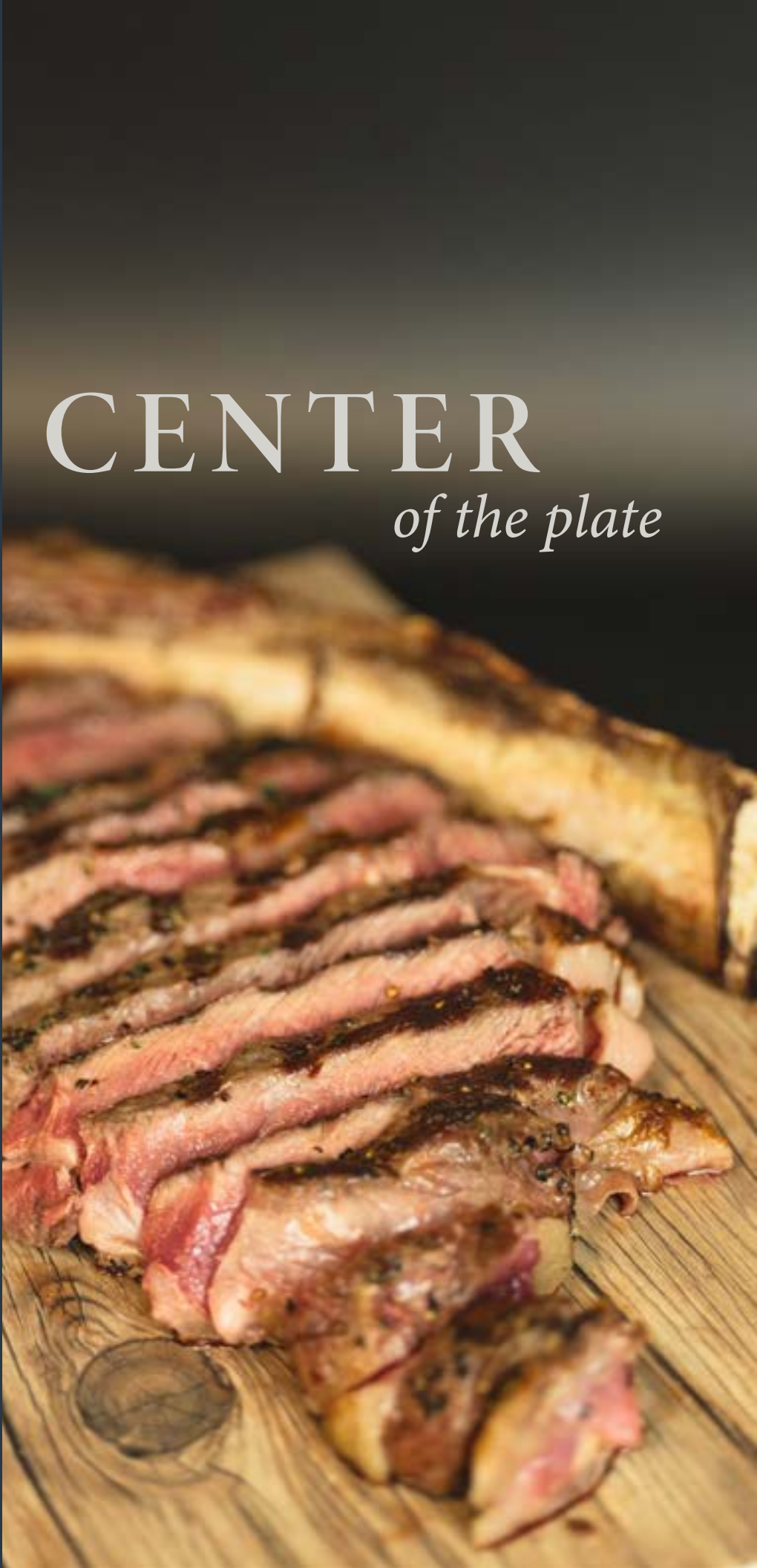
# CENTER

*of the plate*

## INSIDE THIS ISSUE

Ways to prepare

**MjKellner**  
Exceeding All Your Food Service Needs





# INTRODUCTION

This issue of Full Course is dedicated to Center of the Plate ideas. With this being the perfect season to showcase elevated entrees, we will show you ideal proteins to use, how to present them, ways to garnish, and the perfect sides. During the holidays, you can celebrate with a great steak, tasty turkey, classic chicken, seafood, and we will explore more unique proteins such as duck, lamb, and veal. It's essential to remember that customers judge a dish with their eyes first. So, we will also showcase beautiful plate presentations for inspiration.

When it comes to a Center-of-the-Plate dish, you have many options. It can be a sandwich, pasta dish, or casserole. You can pair up or create combos for something special by adding a seafood item to steak or chicken. This issue will help you make the perfect showstopping holiday menu that your customers will love!



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## EMPLOYEE SPOTLIGHT

### *Marty Vespa*

When Marty was asked to provide information about himself for an employee spotlight his reaction was “I don’t like the attention-not comfortable talking about myself like that.”

Thankfully, Denise (his wife) and Vinny (his son) enjoy talking about him. So this is coming from us.

#### **How long have you been with M.J Kellner?**

He is coming up on eighteen years.

#### **Tell us about your family!**

Marty and Denise were married June 9th 1990. They have five children together. Abby (32), Matt (31), Dominic (29), Vinny (25), and Francie (22). And to add three wonderful grandchildren- Lottie (3), Louie (1 ½ ), and Frannie (1 month old). Two of Marty’s sons followed his footsteps as a “green bean” salesman at M. J Kellner. Matt worked their for about two years, and Vinny is currently working there now.

#### **First job? How long have you been in the industry?**

After graduating from Saint Louis university, Marty worked in Saint Louis selling securities with his brother Tom. A year or so later, he moved back home and began working at Bunn Capital (where his dad Vince had worked many years). Marty worked for Bunn for twenty years, until they sold out. Marty began working for M.J Kellner in 2006. He has been here working ever since then.

#### **What is your favorite part of your position?**

Marty loves M.J Kellner which is so evident by the customer base he has built, his relationships with his customers, and the lifelong friendships he has fostered while working at M.J Kellner. As his wife for thirty-three years, I have witnessed his incredible loyalty and dedication to his company and his customers. I always knew how great he was every day. But it was not until I began working at SHG cafeteria that I got to experience it first hand, as Marty as our salesman.

#### **What happens in your day to stamp it a good day?**

Speaking on Marty’s behalf this is very hard to answer. But on the outside looking in from watching him- his routine, execution, persistence, and the computer in his head as Vinny calls it. It blows us away by Marty’s unfailing service and hard work for a company. A company that he knows is the best, and selling products that he knows are the best. For Marty it is not just about selling, it is about the partnership with his customers. Their problems, are his problems, and seeing them happy, makes him happy.

To sum it up, Marty is the most wonderful husband, the greatest Dad and Grandpa, and a terrific salesman. He is simply the best.

#### **What is your favorite steak?-**

Marty’s favorite steak would have to be pasta with red sauce LOL.

# CLIENT TESTIMONIALS

## LOUKINENS’ ON 4TH

“Our restaurant has been open for six years and I am thankful to have a partnership with another local company in M. J. Kellner. Over the last few years Marty Vespa has become a vital part of our success. I appreciate that Marty cares about us and our success. He has gone above and beyond in working with me on availability and development. Marty has always been there when we needed something in a pinch or when something pops up. When choosing to partner with a company the sales representative (Marty) is just as important as the product you’re buying. And M. J. Kellner has both. The M. J. Kellner company from ownership down demonstrates daily true customer service, always helpful, friendly, and professional.”

- Chef Keith Loukinen



## MALDANER’S

“M. J. Kellner is an exceptional and reliable local distribution company that consistently goes above and beyond to provide outstanding service. Our representative Marty Vespa has a particular extensive knowledge and expertise of the industry and has become a trusted partner to our company. He is friendly, helpful and always ready to assist with any inquires or questions, making the ordering process seamless and enjoyable. Kellner’s commitment to excellence is evident in their prompt and efficient delivery of products, ensuring that we always receive our product in a timely manner. Marty Vespa’s dedication (through M. J. Kellner) to customer satisfaction is unparallel as he always strives to meet and exceed expectations. Overall M. J. Kellner and Marty Vespa consistently delivers exceptional service, making them a valuable asset to any local business.”

- Chef Michael Higgins





## PORK FILET

*Bacon Wrapped*



This bacon-wrapped pork chop is a product of Behrmann meats and is a timeless main course. You can take it up a notch by pairing it with apples to create a more complex flavor. The sweetness of the apples perfectly complements the smoky taste of the bacon. You can also add an apple cider glaze to give it a sweet and savory flavor, making it a perfect dish for any occasion.

MJK #64648



Behrmann Meat & Processing is a family-owned business founded by Dennis Behrmann and his father-in-law, Vincent Tonnies, in 1968. They specialize in custom pork, beef, and vegetable processing and process over 250 locally-raised hogs and approximately 25 beef per week. Their products include Cured Bacon, Bone-In and Bone-Out Cured Hams, “Squeel’n Fresh” Pork Sausage, Bratwurst, and beef cuts, which are available for wholesale and retail purchases. In terms of wholesale, they have six delivery trucks that make deliveries to various stores and restaurants within a 175-200-mile radius.



## PORK CHOP

*with brown sugar*



Brown sugar pork chops are a classic dish perfect for holiday dining. The rich flavor of brown sugar and its subtle sweetness make the pork chops even more delicious. For a well-balanced meal, it's best to pair the pork chops with a hearty potato medley and some vibrant long green beans. This combination of flavors and textures is sure to satisfy your taste buds.

To complement the brown sugar's sweetness, you can pair this dish with sweet potato mash. Alternatively, you can try roasted Brussels sprouts with a balsamic glaze for a richer, tangy side dish.

Henry A. Kern established Kern Meat Company in South St. Louis. After 64 years, the company moved its processing operations, warehouse, and offices to a new 22,000-square-foot building in Bridgeton, Missouri, in September 2020. The company aims to reduce its carbon footprint and achieve sustainability goals by using solar power to generate 90% of the building's energy. The new facility features several water/energy-saving technologies. For more information about Kern, see pages 18-19.







# Smithfield

## HAM

### *Applewood Smoked*

No holiday meal can be considered complete without a timeless addition of ham. Add a ham and cheese appetizer to your menu, or try a classic casserole. Alternatively, you can elevate your protein by serving a whipped sweet potato mash with apples to complement the applewood. This versatile protein can be used in various ways, making it an excellent addition to your holiday menu. By including ham in your holiday feast, you're serving a delicious dish and a staple many people look forward to.

Smithfield has been focusing on creating the best hams since 1936. They hand-select, trim, and smoke their hams to perfection. Their slow-smoking process, which uses real hickory chips and pure honey flavor, creates an unforgettable dining experience with every bite.

MJK #64648



## *Ways to cook with pork*

### **SAUTEED**

This method involves cooking in a single skillet and is great for quick and easy meals.

### **GRILLED**

Grilling gives pork a delicious flavor and usually has easy prep.

### **SLOW COOKED**

Slow cooking is ideal for tenderizing larger cuts like shoulder.

### **BRAISED**

If you have a tougher cut of pork, braising can make it tender and delicious.

### **BAKED**

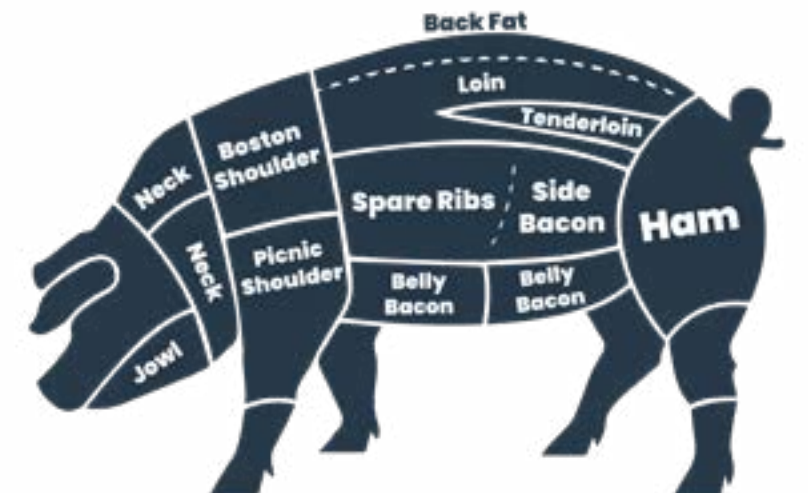
Baking uses dry heat and lower temperatures to tenderize larger cuts of pork.

### **ROASTED**

Roasting with high heat is a quicker cooking method that can still give you delicious results.

### **FRYING**

This method is best for cuts of pork with lower fat content and higher protein levels.





# CHICKEN BREAST

*Butterfly Cut*



### *What is a butterfly cut?*

This chicken cut means the chicken's backbone was cut and pressed flat so it cooks in one layer. Or to cut the chicken breast in half horizontally, but not slicing all the way through.

### *Why use a butterfly cut?*

The even thickness of the chicken leads to more even cooking all around. This cut also allows for a shorter cooking time and makes cutting the chicken into slices easier.

MJK #60818



# CHICKEN WINGS

*Frenched*

### *What is a frenched chicken wing?*

A wing with the meat pushed to the large end, the remaining skin and cartilage cut or pulled off the knuckle. The small bone against the leg was removed and trimmed away any remaining tendons.

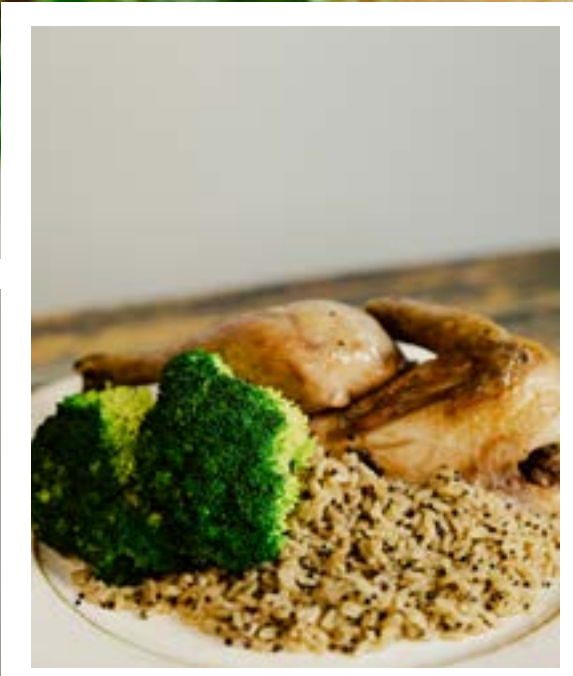
Joyce's Frenched Chicken Wings are easy to handle and create minimal mess, which make them the perfect finger food. Plus, they're shipped frozen and come from small family farms in the U.S. Best of all, they're all-natural with nothing added, no antibiotics, hormones, steroids, or growth stimulants.

Here's a suggestion on how to present the wings fun and engagingly: create a party platter by serving the wings alongside a variety of sauces and vegetables, making it the perfect appetizer board. The exposed bone of the wing also makes it less messy to eat while still being enjoyable. This display is sure to be a crowd-pleaser.



MJK #K62197





## CHICKEN

### *Poulet Rouge*

Joyce Farms is the only North American producer of the Heritage Poulet Rouge® Chicken, which top chefs highly regard for its exceptional taste. The Poulet Rouge Fermier® brand chicken, also known as Poulet Rouge® chicken, is a “Cou Nu,” or naked neck chicken. Ron Joyce selected this bird from the prestigious French Label Rouge Program during his visit to

France in 2003 to study the country’s elite poultry industry and find the best-tasting chicken in the world. He named this new bird “Poulet Rouge Fermier,” which is unique to America as the country’s first and only authentic genetic line from the Label Rouge Program, grown according to some of the same standards used in the program.

The versatility of chicken presentation is one of its many great attributes. Whether you present the bird whole, broken down in half, or even quartered, each option offers unique benefits that can be tailored to suit your dish perfectly. This allows you to experiment and find the best presentation method that will elevate your chicken dish to the next level.

MJK #60818

## Ways to cook with chicken

### GRILLING

Place chicken on oiled grill for 6-8 mins each side until internal temp is 165°F.

### SLOW COOKING

Season chicken and cook in crockpot for 4-8 hours until the internal temperature reaches 165°F.

### PAN FRYING

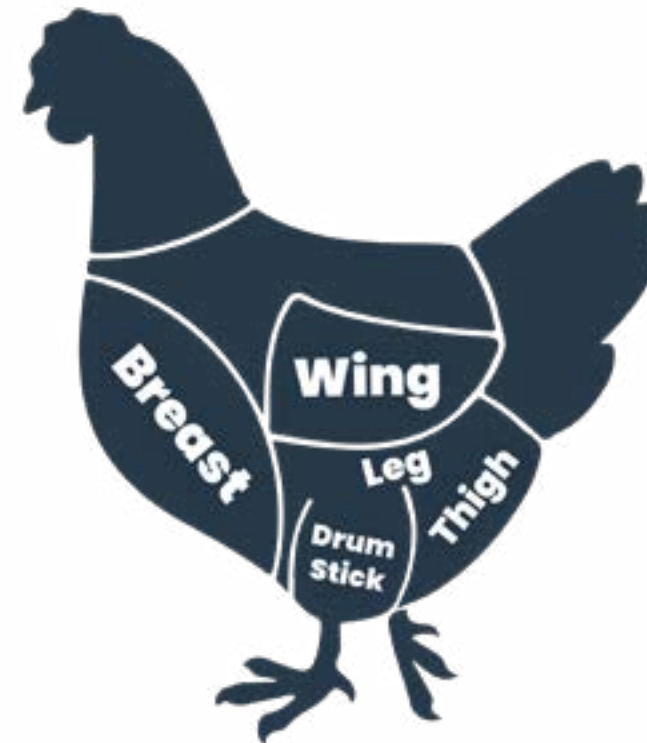
Fry chicken in olive oil until golden brown, then let it rest for 5 minutes.

### FRIED

Dip chicken in buttermilk, coat with flour and seasonings, and fry for 7-8 mins.

### OVEN BAKED

Place chicken on baking sheet with olive oil. Cooking time and temp vary.





## TURKEY

### Breast Petite

Michigan, Turkey, has a simple mission: to provide nutritious and good-tasting, quality turkey products by growing, processing, and delivering a consistent, reliable, value-added commodity source for industrial food service and retail customers.



To prepare, first remove it from the packaging and dry it using a paper towel. Next, place the product in a basket with the skin side facing upwards and submerge it in oil for 10-15 minutes. Once done, ensure it has reached an internal temperature of 165°F. While the product is drying, you may roll it in seasoning or dry rub. Let it cool for safe handling and serve warm.

MJK #63130



#### Serving Suggestions:

- Carve and Serve hot as the main entree
- Carve or slice and serve on sandwiches or salads
- Serve whole pieces
- Turkey pot pie
- Turkey & noodles
- Shred turkey and make turkey salad sandwiches

## TURKEY HEN

### Self Basting

If you're looking for an easy and efficient way to cook a delicious turkey, consider a self-basting option. These turkeys are designed to retain moisture and flavor throughout the cooking process, saving time and ensuring consistency. You can enjoy a stress-free and flavorful centerpiece for your holiday feast by selecting a self-basting turkey. To prepare and cook this product, thaw and bake until the internal temperature reaches 165°F.

MJK #63455





# TURKEY BREAST

*Golden Brown*



There are more ways to use turkey than just the regular Thanksgiving dishes. Here are two options that add an interesting twist to the holiday menu: turkey roll-ups, which are turkey slices wrapped around stuffing with gravy on top, or a turkey, cranberry, and brie panini. Both of these would make perfect lunch options.

MJK #60818



## *Ways to cook with turkey*

### **SLOW COOKER**

This method is ideal for small groups. Place a small turkey in the slow cooker for 8 hours to make it tender.

### **CONVECTION OVEN**

A convection oven evenly disperses heat from the bottom to cook the turkey. Season your turkey with your favorite herbs and spices.

### **OVEN**

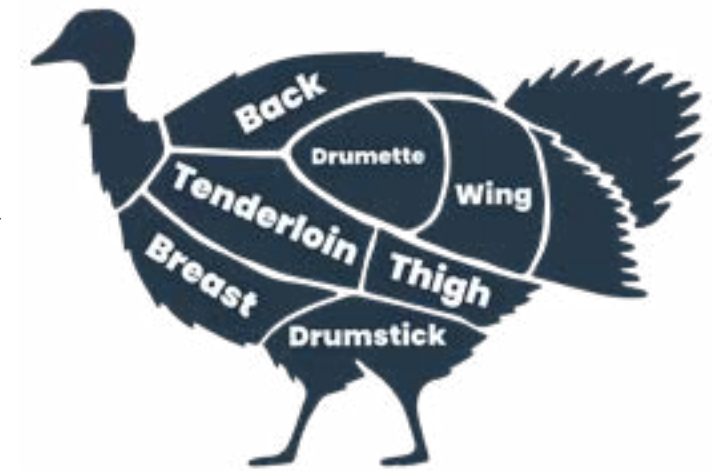
To cook a perfect Thanksgiving turkey, ensure it's fully thawed, season it, and place it in a roasting pan. Roast at 325°F for 15 minutes per pound, until the internal temperature reaches 165°F. Use a meat thermometer to check the temperature.

### **DEEP FRY**

Deep frying a turkey breast is a tasty way to get crispy results. Season the turkey, fill a deep skillet with oil, and fry at 350°F. Cook 4-5 minutes per pound and check the temperature with a meat thermometer. Aim for 165-170°F.

### **SMOKER**

Smoking a turkey is a slow process that requires planning and attention. However, it results in a tender and evenly cooked bird.







*Kern*  
**Meat Co**  
 est. 1948



Founded by H. A. Kern in 1948, Kern Meat Company, Inc., is a third-generation family-owned and operated company. H.A. Kern's eldest daughter, Bettina Markwardt, and her husband, Dennis Markwardt, are the primary owners of Kern Meat Company. Matt Sherman, the Markwardts' son-in-law, is the general manager and is primarily responsible for the operation and management of the company.

After operating in the same building for sixty-four years, Kern Meat Company relocated the company's processing operations, warehouse, and offices to a renovated 22,000 square-foot facility at 140 Boulder Industrial Drive, Bridgeton, Missouri in September 2020. The new state-of-the-art plant is located about 25 miles from its existing plant in the City of Saint Louis.

The construction of the new state-of-the-art facility provided Kern Meat Company with a blank slate to make significant investments in new food and safety technologies to reduce food-borne pathogens, increase shelf life, produce

wholesome meat products, and create a safe and healthy work environment. "For the last twenty years, we were operating at 150 percent of processing floor and storage capacity," General Manager Matt Sherman stated. He added, "Our new processing room is one of the largest in the St. Louis region, and it has provided us with the necessary space to increase our processing resilience for regional partners such as M.J. Kellner."

Kern Meat Company also made significant investments on the four production lines in the processing room, which are aided by new equipment to improve efficiency throughout. For example, at Kern Meat Company's old plant in South St. Louis, they were only able to make 3000 pounds of corned beef a day. Today, with the addition of new injectors and packaging equipment, Kern Meat Company can process, package, and palletize 3,200 pounds of corned beef an hour.

In keeping with Kern Meat Company's sustainability goals and carbon reduction plan, ninety percent of the state-of-the-art facility is powered by 320 solar panels. The solar array produces nearly 125 Megawatts of electricity per year, which is enough to power over 60,000 homes per day! The building also boasts several energy and water saving features.

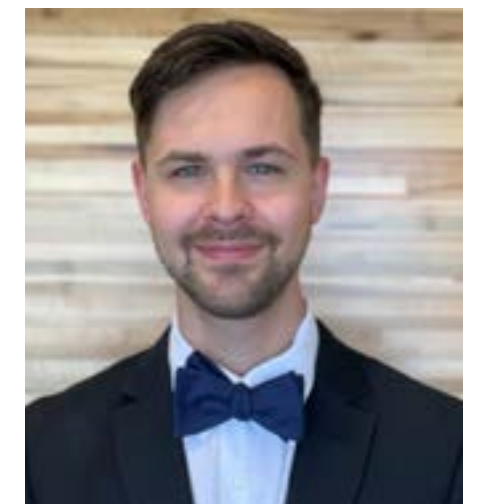
Kern Meat Company is proud to supply M.J. Kellner with custom-cut steaks and chops and value-added meat products. Reflecting on Kern Meat Company's fifteen-year partnership with M.J. Kellner, Matt Sherman stated, "M.J. Kellner is one of our strongest Midwest regional partners, and a significant part of our partnership's success relates to our shared business philosophy, strategic relationships with the same packer partners, and a mutual understanding of what it takes to succeed in the food service industry."



**Matthew Bessler**  
*Director of Sales*



**Matthew Sherman, Ph.D.**  
*General Manager*



**Shayne McCrady**  
*Customer Service Representative*



## STEAK FILET

*Angus Beef*



One of the timeless classic dishes is Steak Filet, a rich and tender dish perfect for an upscale holiday meal. To make this dish even more interesting, you can present it with scalloped potatoes, pea pods, pomegranate seeds, lemon, and polenta. You can incorporate a delectable herb butter sauce or crust for a luxurious touch. Also try and experiment with different cooking methods, like sous-vide or reverse searing, as each technique can bring out a unique flavor profile and texture in each filet.

MJK #64138



## BEEF SHORT RIBS

*Bone-in*

Bone-in short ribs are a delicious and versatile option that can be taken to the next level with a slow-braising method. This technique adds depth to the dish and makes the meat more tender. To enhance the flavor further, you can also add a glaze. Consider serving the short ribs with creamy mac & cheese for a heartier meal. Pair them with roasted root vegetables or braised greens for a more balanced option. Overall, bone-in short ribs offer a standout dining experience that is sure to impress.

MJK #K64428







## TOMAHAWK

*Bone-in*

The tomahawk steak is named after the sizable bone from the beef's rib section. The bone resembles a tomahawk handle or hatchet. To enhance its appearance, butchers use a technique called "frenching" to prepare this cut of meat. This method removes fat and meat neatly from the bone, resulting in an appealing presentation.

The rich marbling and flavor of a Tomahawk Steak call for a bold and complimentary side. Try the herb-infused velvety mashed potatoes for a classic and comforting accompaniment, or opt for a heartier and more robust option with fingerling potatoes and long green beans.

MJK #k69753

## Ways to cook with beef

### PAN FRY

This is a great way to cook thin and tender cuts of beef. Heat oil in a skillet, season your steak and fry it. Ground beef can also be cooked in a skillet and used in many dishes.

### SKILLET-TO-OVEN

Best for cooking thicker cuts of beef. Heat oil in a pan, season your steak and cook it on both sides to get a good sear. Then, transfer the pan to the oven so the steak cooks evenly inside and out.

### BRAISE

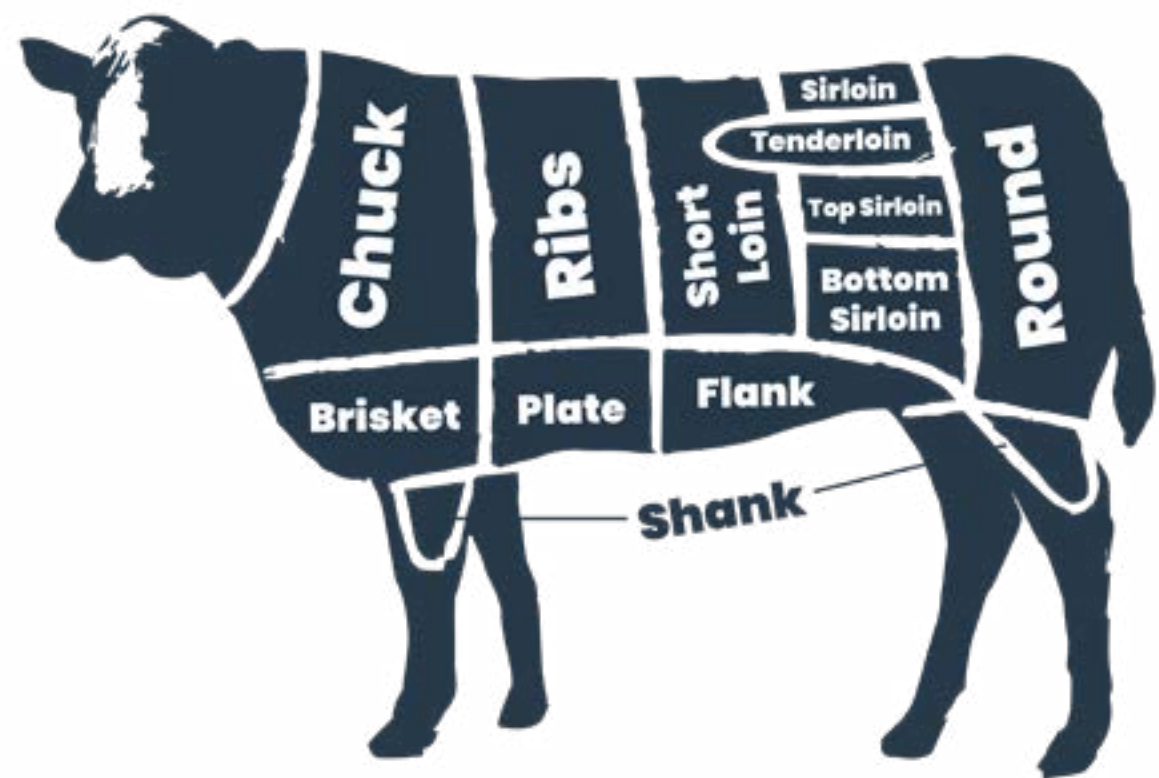
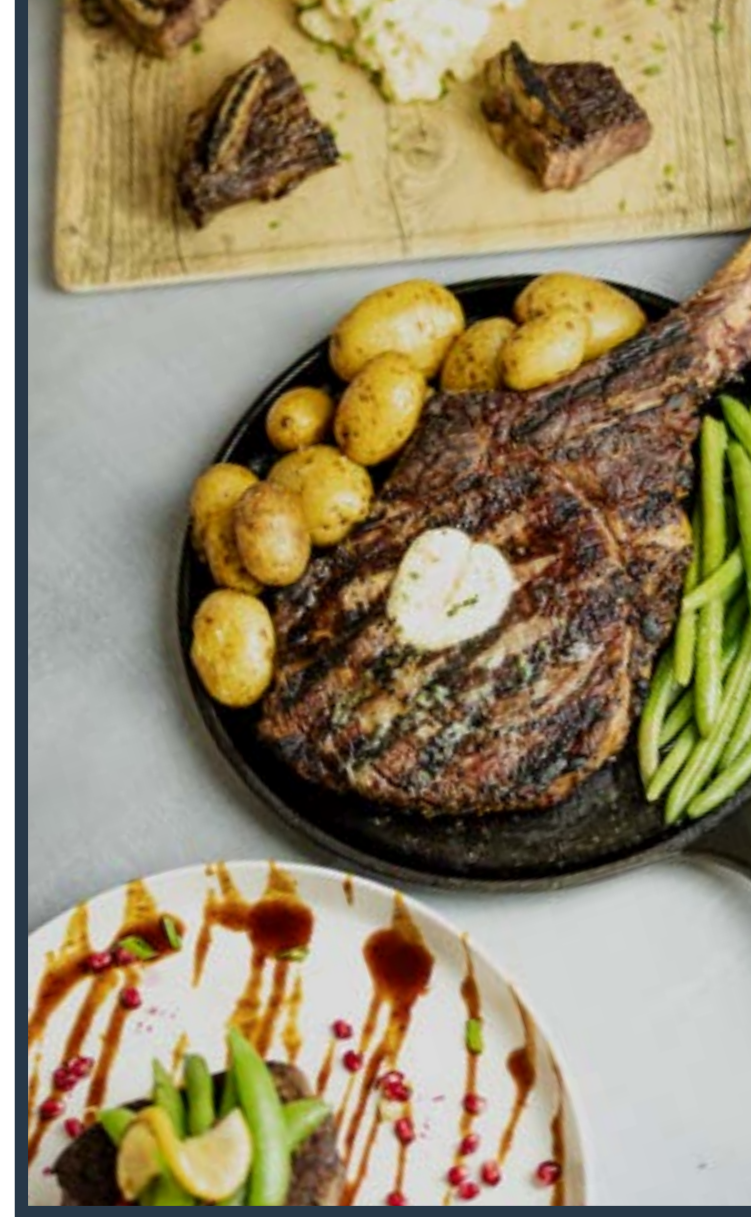
This method is great for tougher cuts of meat, like shoulder, round, and chuck roast. The process is easy, and the result is delicious.

### BROIL

If it's cold outside and you don't feel like grilling, broiling can be a great option. It makes the steak tender without drying it out.

### GRILL

This is a fantastic way to cook beef, especially during the summer when you're having family gatherings. You can throw steaks, hotdogs, or burgers on the grill (gas or charcoal) and enjoy a delicious, quick meal with a wonderful smoky flavor.







## SHRIMP

*Shell On*

Shrimp is an incredibly versatile protein, and we have showcased its versatility by preparing it in three different ways. First, we have grilled shrimp skewers and served them with roasted onions, tomatoes, and peppers. Then, shrimp and grits with sweet chili sauce garnished with green onions. Lastly, we sautéed shrimp with peppers and served it in a pineapple bowl.

MJK #62404



## CRAB LEGS

*Canadian Snow*



Canadian snow crab legs are an excellent source of protein that can impress your customers.

Their versatility allows for a wide range of elegant presentations, ranging from a classic crab leg boil to more innovative dishes like crab-stuffed ravioli. You can take the dining experience to the next level by adding herb-infused oils or truffle-infused butter. These additions will ensure a memorable and sophisticated dining experience that will amaze your customers.

MJK #69216

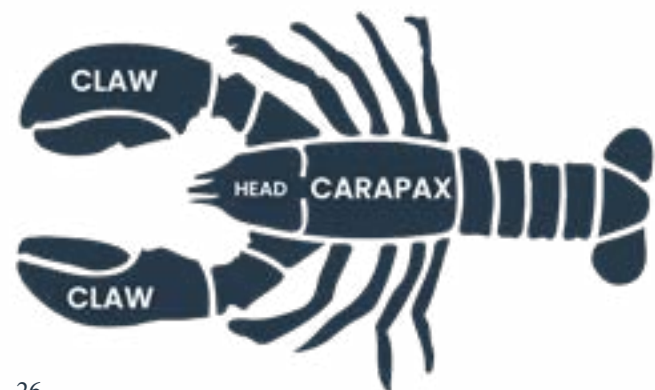






Lobster tails are a great choice for a stunning holiday dish, thanks to their rich buttery taste. You can bake the lobster tail perfectly or use it to create a festive lobster risotto. Add seasonal ingredients such as chestnuts to enhance the holiday experience and give the dish depth and warmth. The Lobster Tail will surely be a hit and leave a lasting impression on your guests.

MJK #62242



## LOBSTER TAIL



### DIFFERENT TYPES OF CRAB

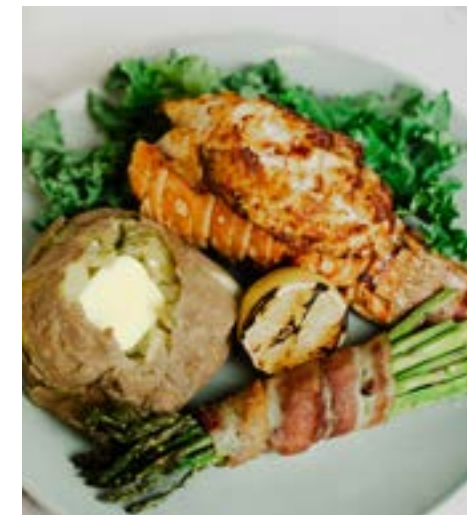
**DUNGENESS CRAB** is succulent, sweet, tender, and flaky. It is usually harvested from late fall to late spring along the West Coast, from Alaska to California.

**KING CRAB** is large, meaty, rich, and sweet. It is available year-round but harvested mostly in the winter.

**SNOW CRAB** also known as rock or spider crab, is smaller than king crab but still juicy and tasty. It is harvested in the spring and fall from Alaska to Maine.

**BLUE CRAB** is small and savory, with a delicate and buttery flavor. It is mostly harvested from the Chesapeake Bay and the Gulf of Mexico from spring to fall.

**STONE CRAB** is unique since only its claws are eaten. They are large, meaty and mostly harvested from October to May from Florida.



### DIFFERENT TYPES OF LOBSTER

**AUSTRALIAN LOBSTERS** are warm-water lobsters that have spiny shells and no claws. They are best grilled or boiled and served with butter or garlic sauce.

**CANADIAN LOBSTERS** on the other hand, are cold-water lobsters with hard shells and large claws. They are best steamed or boiled and served with lemon or mayonnaise.

**MAINE LOBSTERS** are similar to Canadian lobsters but smaller and sweeter. They are best boiled or baked and served with butter or corn.

**CALIFORNIA LOBSTERS** are warm-water lobsters with spiny shells and no claws. They are best boiled or fried and served with salsa or lime juice.

### DIFFERENT TYPES OF SHRIMP

**BROWN SHRIMP** has a mild flavor and firm texture and is widely recognized.

**WHITE SHRIMP** with its sweet taste and tender texture, white shrimp is a popular choice worldwide.

**PINK SHRIMP** is the most sought-after species globally, known for its delicate flavor and firm texture.

**ROCK SHRIMP** has a lobster-like flavor and texture and is often used in salads and pasta dishes.

**TIGER SHRIMP** widely used in Asian cuisine, has a mild flavor and a striped appearance.

**ROYAL RED SHRIMP** has a deep red color and a rich, buttery flavor, often served with garlic and lemon.





## VEAL CHOPS

Veal chops offer a delicate flavor and tender texture, making them a great choice for a holiday-inspired menu. You can serve this dish in a simple and classic way, such as grilling it with lemon and brussels sprouts. Alternatively, you could feature this protein with an herb crust and red wine reduction to enhance the dining experience of your customers. Veal flavor also pairs perfectly with seasonal sides, such as root vegetables. This makes it the ideal protein to diversify your menu while providing customers with a sophisticated and classic option.

MJK #K64788



## DUCK

Roasting a duck is a great way to discover intense flavors you won't get from chicken. Some people are hesitant to cook this protein because ducks are known to have a thick layer of fat, which can be unappealing. However, this fat will baste the meat and give it a delicious flavor. You can also use the remaining fat to cook side dishes such as roasted vegetables after skimming it off.

MJK #67235





# LAMB

## *Frenched*

You can't go wrong with lamb paired with pears if you're a fan of hearty, flavorful meals. This classic dish is usually prepared by baking the lamb and pears together in a stew. However, we've taken things up a notch by adding a twist to this timeless recipe. Instead of baking the lamb and pears together, we've soaked the pears in red wine. We've also added a sweet potato mash to complement the flavors of the lamb, pears and a generous sprinkling of goat cheese to add a creamy, tangy touch to the dish. This meal is a feast for the senses, with a perfect balance of textures, flavors, and aromas.

MJK #67958



## **DON'T BE AFRAID OF UNIQUE!**

Game animals typically consume healthier trees, shrubs, and grasses, appealing to those considering healthier diets. Compared to beef and pork, game meat is lean and low in fat. Indulging in game meats can introduce new and unique flavors to those who have grown tired of cooking the same meals. The taste of game meat is unlike anything found in local grocery stores.







- When it comes to sides, there are many benefits.
- They can round out the nutrition of a meal. Secondly, sides can help balance and complement the flavors of the main dish.
  - Balance or compliment the textures of the main dish
  - Make the dish just the right color.

Produce is an excellent choice to pair up with a starch side, which can be anything from potatoes to pasta, rice to hearty grains. Starches work well when stacking the plate and can be used as a vessel to hold the entrée. They can be rich in flavor and can complement the entrée, and can be steamed, baked, fried, or boiled to suit your taste.



Adding fresh produce to a meal enhances its flavor and appearance and provides essential vitamins and minerals. You can elevate your dish presentation by grilling, frying, or sautéing your sides in various ways. Additionally, different cuts of produce can complement multiple dishes. Consider pairing your entrée with a chunk cut, sliced, julienned, shredded, or wedged produce for a perfect match.







On this page, you will find ideas for surf and turf combinations. Surf and turf typically refer to the classic pairing of seafood and red meat. The earliest known citation dating back to Los Angeles in 1961. Since then, it has been regarded as a symbol of class and sophistication.

These days, while the classics remain timeless, there is an opportunity to introduce unique and exciting pairings to the dinner table.

Some examples of classic dishes that can be served with a twist are:

- Bacon-wrapped filet with pan-seared scallops
- Garlic-crust ribeye with salmon cakes
- Tri-tip with chimichurri and pan-seared salmon with apple salad
- NY Strip with seared scallops and lemon cream sauce
- Ribeye with broiled lobster tail.

Some unique versions are:

- Chicken and Shrimp
- Duck with orange sauce and tempura shrimp



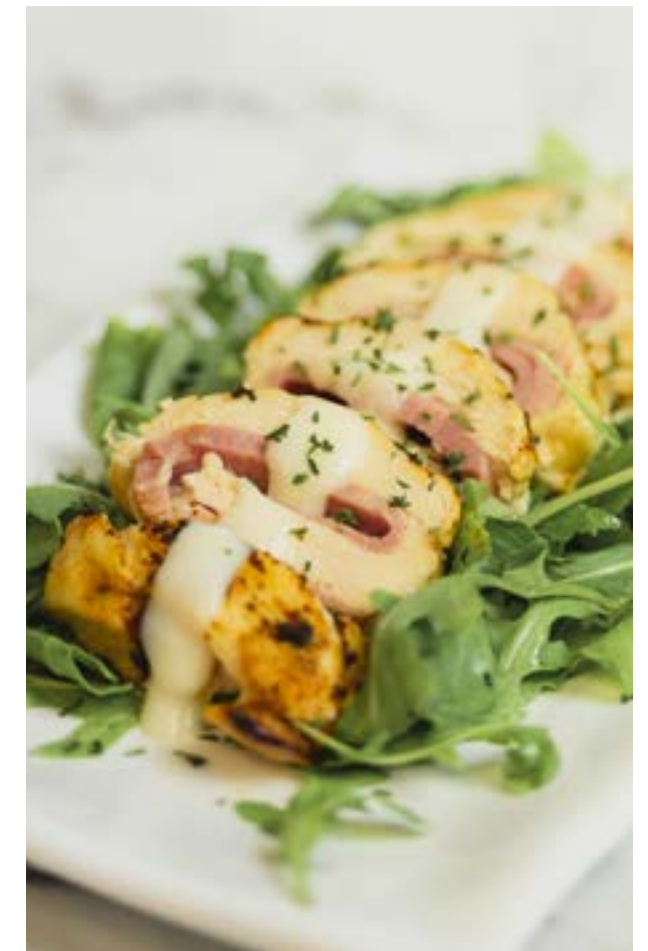
## 1. Cordon Bleu

Ingredients:

- 4 Chicken breast boneless skinless
- 4 tsp onion powder
- 2 cups bread crumbs
- 3/4 cup shredded parmesan
- Salt/pepper to taste
- 4 tbsp butter melted
- 3 tbsp canola oil
- 8 slices thinly slice ham
- 8 slices Swiss cheese

Instructions:

- Mix bread crumbs, parmesan, and onion powder. Set aside
- Place individual chicken breast in between 2 pieces of film or wax paper. Pound out to a 1/4 thickness.
- Season each chicken piece with salt and pepper.
- Take a chicken piece, layer it with 2 thin slices of ham and 2 slices of Swiss cheese. Roll chicken up, making sure you tuck sides in as much as possible (this keeps the cheese from melting out. You can secure it with a toothpick or place it seam down in your baking dish. Brush the chicken rolled up with melted butter/oil.
- Take chicken rolled up and roll in bread crumbs to get a light coating. Sprinkle with dry herbs (basil/parsley). Place rolled up chicken in refrigerator for at least an hour. This will help hold the bread crumbs on. When ready to bake place on baking pan lined with parchment paper. Bake in a preheated oven of 375 for 20 minutes. Do not overcook the chicken. This recipe works well in the toaster oven also



## 2. Turkey Stack

This is a recipe that you can create yourself!

Ingredients:

- Leftover stuffing
- Leftover cranberry sauce
- Leftover whipped sweet potatoes
- Leftover turkey

Instructions:

- Place about a 1/2 cup stuffing in a waffle maker. Cook until toasty brown color.
- Layer stuffing waffle, turkey, whipped sweet potatoes, cranberry sauce or relish, top with another stuffing waffle.
- Serve with some leftover gravy!

With this idea – make your own recipe! Other items you can use include ham, chicken, mashed potatoes, mushrooms and onions, coleslaw! Make it, save the leftovers, make a stack!







*Cheers*  
TO THE  
*New Year*

AS THE YEAR COMES TO AN END, WE EXPRESS OUR HEARTFELT GRATITUDE FOR MAKING IT EXCEPTIONAL. WE LOOK FORWARD TO THE COMING NEW YEAR AND ALL THE YEARS AHEAD!

**MJ Kellner**  
Exceeding All Your Food Service Needs