



KNORR® PROFESSIONAL INTENSE FLAVORS RECIPE GUIDE



———— 10 on-trend recipes developed by the Unilever Food Solutions chef team ————
ENHANCE YOUR DISHES WITH BOLD DIMENSIONS OF FLAVOR



TABLE OF CONTENTS



Miso Umami 3-4



Citrus Fresh 5-6



Deep Smoke 7-8



Roast Umami 9-10



Wild Mushroom Earth 11-12



Charred Chili Heat 13-14



UMAMI MISO FRIED CAULIFLOWER & BRUSSELS SPROUTS

Yield: 10 Servings

This trendy side dish of cauliflower and Brussels sprouts is so simple to make, yet bursting with complex flavor.

AMT

3
1 lb
As needed
20
0.50 cup

To taste
As needed

INGREDIENT

Cauliflower heads, cut into florets
Brussels sprouts, cleaned and halved
Oil for frying
Thai bird chiles, dried, whole
Knorr® Professional Intense Flavors Miso Umami
Salt and pepper
Black sesame seeds

PREPARATION

- Fry the cauliflower florets, then fry the Brussels sprouts. Fry separately, as the Brussels sprouts will cook faster. Drain.
- Toss the vegetables together in a bowl with the dried chiles and add Knorr® Professional Intense Flavors Miso Umami. Season with salt and pepper.
- Serve in a bowl and sprinkle with black sesame seeds.

NOTE: Alternatively, the vegetables can be oven roasted instead of fried.



MISO CHICKEN & PICKLED PINEAPPLE BANH MI

Yield: 10 Servings

This Vietnamese street food has a sweet twist with pickled pineapple slaw and a deep umami flavor from the Knorr® Professional Intense Flavors Miso Umami used to marinate the chicken.

AMT

CHICKEN

- 2.50 lbs Chicken, thighs, boneless, skinless, diced
- 2 Tbsp Ginger root, freshly grated
- 5 each Fresh garlic clove, grated
- 3 Tbsp Lemongrass, minced

0.50 cup

INGREDIENT

Knorr® Professional Intense Flavors Miso Umami

- 6 Tbsp Tamari, gluten-free soy sauce
- 1/4 cup Brown sugar, packed

SLAW

- 1 each Pineapple, small, peeled and thinly sliced
- 1/2 each Red onion, thinly sliced
- 3 cups Rice wine vinegar, seasoned
- 2 each Jalapeños, thinly sliced
- 0.25 cup Sugar, granulated white
- To taste Salt and Pepper

FINISH

- 3 each English Cucumber, sliced thin
- 3 each Carrots, julienned
- 0.50 bunch Cilantro leaves (picked)
- 2 cups Hellmann's® Real Mayonnaise

0.25 cup

Knorr® Professional Intense Flavors Miso Umami

- 1 cup Cornstarch
- As needed Vegetable oil
- 10 each Baguettes, halved and toasted

PREPARATION

MARINATE THE CHICKEN

- Marinate chicken in ginger, garlic, lemongrass, Knorr® Professional Intense Flavors Miso Umami, tamari and brown sugar for at least 1 hour and up to 3 hours.

PREPARE THE SLAW

- Place the pineapple, red onion, vinegar, jalapeño, sugar, salt and pepper in a large bowl and toss to combine. Set aside to pickle for 30 minutes.

FINISH THE DISH

- Combine cucumber, carrots and cilantro. Set aside.
- Combine mayonnaise and Knorr® Professional Intense Flavors Miso Umami. Set aside.
- Toss chicken in cornstarch and deep fry at 375°F until golden brown and crispy. Drain.
- Spread 2 Tbsp of Umami mayo on the top and bottom of each baguette. Divide the chicken between the bottom halves. Top with some of the pickled pineapple mixture, then garnish with the cucumber mixture. Add the top half of the baguette, cut the sandwich in half and serve



CITRUS COCONUT MUSHROOM CEVICHE TOSTADA

Yield: 10 Servings



Authentic Peruvian flavors and textures come alive in this dish of roasted wild mushrooms tossed in a sauce of bright citrus and creamy coconut milk. Topped on a crispy tostada with avocado mousse.

AMT	INGREDIENT
MUSHROOMS	
2 lbs	Wild mushrooms, fresh
0.25 cup	Extra Virgin Olive Oil
1 tsp	Kosher salt
0.50 tsp	Black pepper, freshly ground
CEVICHE	
0.25 cup	Red onion, small dice
0.50 cup	Roma tomato, small dice
2 Tbsp	Cilantro, chiffonade
2 Tbsp	Aji amarillo puree
0.75 cup	Coconut milk
6 Tbsp	Knorr® Professional Intense Flavors Citrus Fresh
AVOCADO MOUSSE	
2 each	Avocados, Haas
2 Tbsp	Water
2 Tbsp	Extra Virgin Olive Oil
0.25 cup	Knorr® Professional Intense Flavors Citrus Fresh
1 tsp	Kosher salt
2 Tbsp	Cilantro, fresh, cleaned
0.50 tsp	Cayenne pepper
FINISH	
20 each	Tostadas
0.25 cup	Cilantro, chiffonade

- PREPARATION**
- ROAST THE MUSHROOMS**
- Clean and chop the mushrooms
 - Place mushrooms in a bowl and toss with the olive oil, salt and pepper.
 - Lay the mushrooms in a single layer on a sheet pan and roast in a 400°F oven for 10-12 minutes or until golden brown. Set aside.
- PREPARE THE CEVICHE**
- Combine all ingredients in a large bowl and fold in the roasted mushrooms.
 - Refrigerate until needed.
- PREPARE THE AVOCADO MOUSSE**
- Combine all ingredients in a blender and puree for at least 1 minute.
 - Refrigerate until needed.
- FINISH THE DISH**
- Spread avocado mousse on each tostada. Top with a portion of mushroom ceviche. Garnish with cilantro.
 - Serve 2 tostadas per portion.

BLACK SEA BASS WITH CHARRED FENNEL, RED LENTILS & CITRUS OCEAN BROTH

Yield: 10 Servings



Crispy skinned black sea bass is served with tender, grilled fennel and flavorful red lentils. The briny, citrusy broth ties everything together in this bright dish.

AMT	INGREDIENT
FENNEL	
2 each	Fennel bulb
As needed	Olive oil
To taste	Salt and Pepper
LENTILS	
2 cups	Red lentils
2 cups, prepared	Knorr® Liquid Concentrated Base Vegetable
6 each	Thyme sprigs, fresh
2 tsp	Cumin seeds, toasted, prepared
CLAMS	
0.25 cup	Olive oil
6 each	Shallots, minced
2 each	Fresh garlic clove, grated
2 cups	White wine, dry
4 dozen	Littleneck clams (scrubbed and cleaned)
CITRUS OCEAN BROTH	
1 cup	Basil leaves, packed
1 cup	Spinach leaves, packed
6 Tbsp	Knorr® Professional Intense Flavors Citrus Fresh
FINISH	
As needed	Canola oil,
To taste	Salt and Pepper
10 each	Black Sea Bass filets
As needed	Butter

PREPARATION

PREPARE THE FENNEL

- Pick the fennel fronds and reserve. Cut fennel into thin wedges and drizzle olive oil, salt and pepper, place on grill over med-low heat. Spin and flip fennel continuously for 3-4 min. Set aside.

PREPARE THE LENTILS

- Place a sauce pot on stove with cumin and thyme. Bring the prepared Knorr® Vegetable Liquid Concentrated Base with cumin and thyme to a boil and add in red lentils. Simmer for 10 min, turn off and cover. Let steam.

PREPARE THE CLAMS

- Heat olive oil in large pot and sweat shallots. Stir until shallots are soft, then add grated garlic, stir in, and deglaze with white wine.
- Add clams, lower heat and cover, steam clams open. Once they are open shut off heat. Take clams out, separate clams from shells and reserve liquid.

PREPARE THE CITRUS OCEAN BROTH

- Blanch the basil, spinach and reserved fennel fronds in boiling water. Leave for 15 seconds and shock in ice water. Once cold, squeeze out water and place in blender with clam juice and puree together with Knorr® Professional Intense Flavors Citrus Fresh.

Sauce should be smooth and bright green.

FINISH THE DISH

- Score the skin of the sea bass filets. Season with salt and pepper.
- Heat canola oil in a sauté pan. Cook the sea bass, skin side down, for 4 min on med-high heat. Add butter and baste the fish. Flip fish and turn heat off.
- Place red lentils on the side of the plate and top with sea bass. Add a few pieces of the charred fennel along with 4-5 clams, and spoon sauce on the plate.



SHRIMP AND SMOKED POBLANO AND WHITE CHEDDAR GRITS

Yield: 10 Servings

The Southern classic comfort dish is brought to another level by adding fire roasted poblano peppers and Knorr® Professional Intense Flavors Deep Smoke.

AMT	INGREDIENT	PREPARATION
GRITS		
4 each	Poblano peppers	<ul style="list-style-type: none"> • Fire roast the poblanos over an open flame. Allow to cool, then peel, remove seeds and dice. • Add milk to a large pot. Add the grits, stir frequently until the grits are cooked. Season with salt and pepper. Add butter, diced poblanos and Knorr® Professional Intense Flavors Deep Smoke. Stir in cheddar and cover to allow the cheese to melt.
2 qts	Whole milk	
3 cups	Quick grits	
To taste	Salt and Pepper	
0.50 lb	Butter, unsalted	
0.33 cup	Knorr® Professional Intense Flavors Deep Smoke	
4 cups	Cheddar cheese, white, shredded	PREPARE THE SHRIMP
SHRIMP		
2.50 lbs	16-20 Shrimp, peeled and deveined	<ul style="list-style-type: none"> • Pat the shrimp dry and season with Old Bay seasoning. • Sauté in a hot skillet with olive oil until cooked through. Add lemon juice, garlic and butter, cook for 1 minute more.
As needed	Old Bay seasoning	
As needed	Olive oil	
2 Tbsp	Lemon juice	
1 clove	Garlic, minced	
4 Tbsp	Butter, cubed	FINISH THE DISH
		<ul style="list-style-type: none"> • Serve the grits in a bowl. Top each portion with 4 oz shrimp and garnish with a pat of butter. Sprinkle with additional Old Bay seasoning.



SMOKY BABA GANOUSH

Yield: 10 Servings

The traditional Middle Eastern eggplant dip gets a layer of smokiness from Knorr® Professional Intense Flavors Deep Smoke and is finished with bright and tangy sumac. Served with pita for a shareable appetizer.

AMT	INGREDIENT
BABA GANOUSH	
5 each	Large eggplants, cut in half, scored
As needed	Olive oil
As needed	Salt
4 each	Cloves of garlic, peeled and made into a paste
0.50 cup	Tahini
0.25 cup	Greek yogurt, plain
2 each	Lemon, juice only
0.25 cup	Knorr® Professional Intense Flavors Deep Smoke
FINISH	
20 each	Pita bread, plain
	Baba Ganoush, prepared
As needed	Olive oil
As needed	Sumac
	Parsley, chopped for garnish

- PREPARATION**
- PREPARE THE BABA GANOUSH**
- Drizzle olive oil over eggplant and season with salt. Roast for 25 - 30 min at 425°F until the eggplant is soft and golden brown.
 - Remove eggplant pulp from skin and chop finely or pulse in the bowl of a food processor. Transfer eggplant to a mixing bowl, and fold in the garlic, tahini, yogurt, lemon juice and Knorr® Professional Intense Flavors Deep Smoke.
- FINISH THE DISH**
- Cut the pita into triangles and toast lightly.
 - Spoon the prepared Baba Ganoush into a bowl and top with olive oil, sumac, and chopped parsley. Serve with toasted pita triangles.



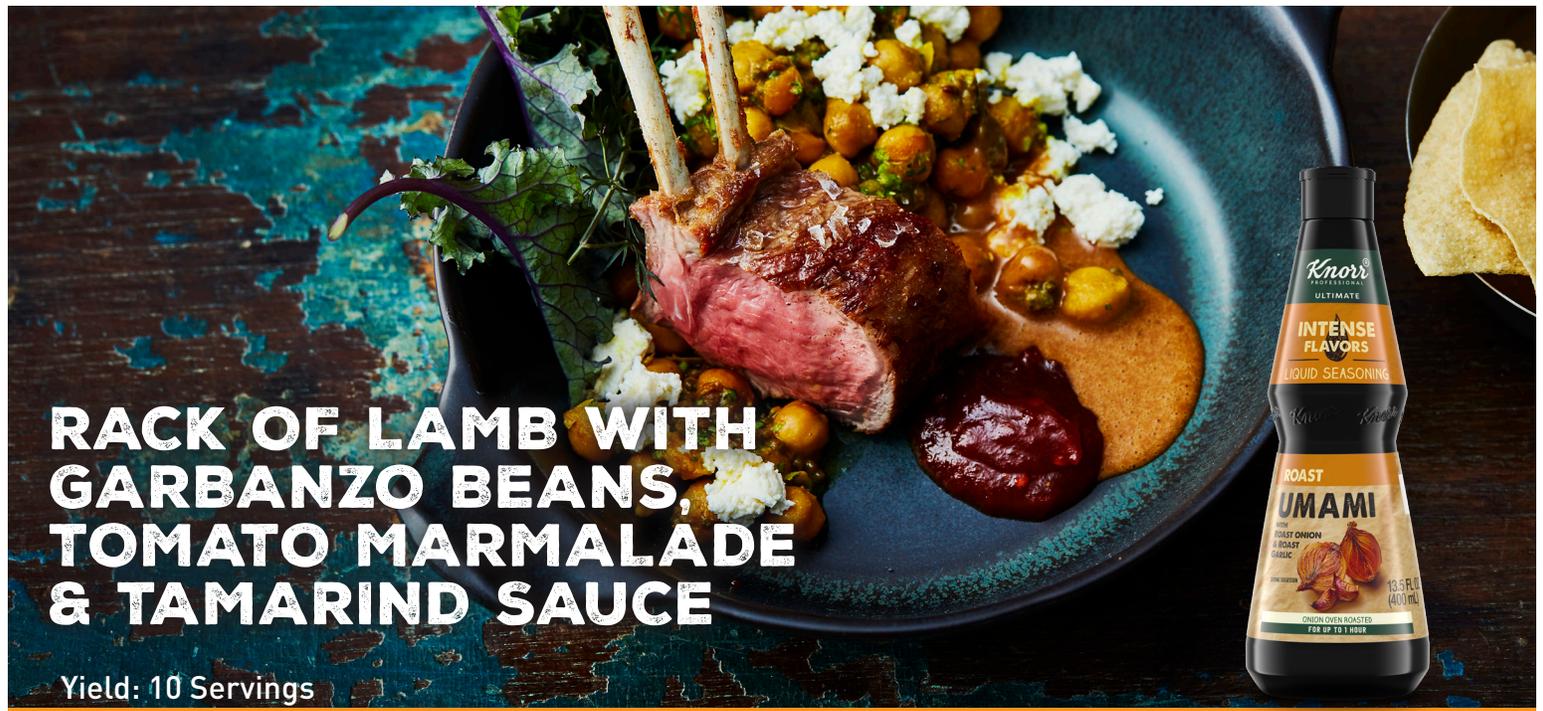
ROASTED SQUASH & BLACK RICE SALAD WITH UMAMI VINAIGRETTE

Yield: 10 Servings

Sweet and savory roasted butternut squash is mixed with black rice, applewood smoked bacon, enoki mushrooms and dandelion greens before being tossed in a simple yet flavorful umami vinaigrette.

AMT	INGREDIENT
SALAD	
6 Tbsp	Canola oil
0.50 cup	Onion, diced
To taste	Salt and Pepper
2 cups	Black rice
1 qt, prepared	Knorr® Liquid Concentrated Base Vegetable
2 Tbsp	Knorr® Professional Intense Flavors Roast Umami
2 Tbsp	Butter
2 each	Butternut squash, peeled and sliced
8 oz	Applewood smoked bacon, sliced into lardons
2 cups	Enoki Mushrooms, trimmed
UMAMI VINAIGRETTE	
0.50 cup	Canola oil
3 Tbsp	Vinegar, champagne
3 Tbsp	Knorr® Professional Intense Flavors Roast Umami
1 Tbsp	Dijon mustard
To taste	Salt and Pepper
FINISH	
1 bunch	Dandelion greens, trimmed, thinly sliced
As needed	Fleur de sel

- PREPARATION**
- PREPARE THE SALAD**
- Heat oil in a medium sauce pot over medium heat. Add diced onion with a pinch of salt and pepper, and cook until translucent.
 - Stir in rice, add prepared Knorr® Liquid Concentrated Vegetable Base and Knorr® Professional Intense Flavors Roast Umami. When rice is cooked, drain and spread on baking sheet to remove moisture and cool.
 - In a large sauté pan, melt butter and add Knorr® Professional Intense Flavors Roast Umami. Pour mixture over sliced squash and toss to coat evenly. Season with salt and pepper. Roast squash on a lined baking sheet for 10-15 minutes at 400°F, or until tender.
 - Pan fry lardons until crispy. Drain, and reserve, fat. Reserve lardons and fat.
 - In the same pan, sear the enoki mushrooms. Set aside.
- PREPARE THE UMAMI VINAIGRETTE**
- Whisk vinaigrette by combining oil, bacon fat, champagne vinegar, Knorr® Professional Intense Flavors Roast Umami, Dijon, grainy mustard, and season with salt and pepper.
- FINISH THE DISH**
- Combine all ingredients and gently toss with enough Umami Vinaigrette to coat. Sprinkle with fleur de sel.



RACK OF LAMB WITH GARBANZO BEANS, TOMATO MARMALADE & TAMARIND SAUCE

Yield: 10 Servings

Pan seared rack of lamb over fragrant spiced garbanzo beans, sweet tomato marmalade with mint and cilantro, and a flavorful tamarind sauce, finished with crumbled feta cheese.

AMT	INGREDIENT
SPICED GARBANZO BEANS	
As needed	Olive oil
1 Tbsp	Mustard seeds
1 tsp	Cardamom seeds
1 tsp	Caraway seeds
1.50 tsp	Fennel seeds
3 Tbsp	Shallots, brunoise
2 tsp	Turmeric, ground
2 cups	Water
3 Tbsp	Knorr® Professional Intense Flavors Roast Umami
30 oz	Garbanzo beans, canned, rinsed & drained
TOMATO MARMALADE	
1 cup	Sugar
4 cups	Tomatoes, Roma, peeled, chopped
0.25 cup	Mint, fresh, chopped
0.25 cup	Coriander, with stem, finely chopped
TAMARIND SAUCE	
0.25 cup	Vegetable oil
2 each	Dried chile, halved
0.25 cup	Tomato puree
1 cup	Water
1 Tbsp	Tamarind paste
2 cups, prepared	Knorr® Liquid Concentrated Base Chicken
1 tsp	Turmeric, ground
0.25 cup	Sugar
2 Tbsp	Crème fraiche
To taste	Salt and Pepper
LAMB RACKS	
5 each	Lamb rack, cleaned, frenched, portioned
3 Tbsp	Knorr® Professional Intense Flavors Roast Umami
To taste	Salt and Pepper
As needed	Olive oil
1.25 cup	Feta cheese crumbles

PREPARATION

PREPARE THE SPICED GARBANZO BEANS

- In a deep pot, add oil and the spice seeds. Bring up the heat. When the mustard seed start to crackle, add the shallots. Sauté until fragrant and translucent.
- Add turmeric powder, stir well; then add water and Knorr® Professional Intense Flavors Roast Umami.
- Add garbanzo beans and cook until soft. Set aside.

PREPARE THE TOMATO MARMALADE

- Add sugar to a pan, bring to heat. When sugar caramelizes, add the chopped tomatoes and herbs, continue to cook down to a marmalade consistency. Cool.

PREPARE TAMARIND SAUCE

- Heat oil in a pan, add the dried chiles; bring to heat. Add tomato puree, water and other ingredients (except crème fraiche). Simmer for 15 minutes, finish with crème fraiche. Remove and discard the chiles. Season to taste.

PREPARE THE LAMB RACKS

- Rub the lamb racks with Knorr® Professional Intense Flavors Roast Umami and season with salt and pepper. Sear in a hot pan with oil, then transfer to the oven until desired doneness. Rest before slicing.

FINISH THE DISH

- Place a portion of the garbanzo beans on a plate along with a spoonful of the Tamarind Sauce. Place the lamb rack on top. Finish with a dollop of Tomato Marmalade, then sprinkle with feta cheese.



TURKEY BURGER SLIDERS WITH GOUDA & SAUTÉED ONIONS

Yield: 10 Servings

Juicy turkey burger sliders have a deep, meaty flavor from the Knorr® Professional Intense Flavors Wild Mushroom Earth, and are topped with sweet sautéed onions.

AMT	INGREDIENT
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TURKEY SLIDERS

3 lbs	Ground turkey
0.75 cup	Knorr® Professional Intense Flavors Wild Mushroom Earth

0.50 cup	Parsley, minced
1 tsp	Cumin, ground
1 tsp	Smoked paprika
3 cloves	Garlic, minced
2 each	Egg yolk
To taste	Salt and Pepper
24 slices	Cheese, gouda

SAUTÉED ONIONS

0.25 cup	Olive oil
4 each	Spanish onions, thinly sliced

SLIDERS

24 each	Mini burger buns
2 cups	Hellmann's® Mayonnaise
2 cups	Baby arugula

PREPARATION

PREPARE THE TURKEY SLIDERS

- Combine the ground turkey, Knorr® Professional Intense Flavors Wild Mushroom Earth, parsley, cumin, paprika, garlic and egg yolks in a large bowl. Sprinkle with salt and pepper and mix. Divide the turkey mixture into 24 equal portions and, using your hands, shape into 24 small burgers about 3 ½ inches wide.
- Griddle or grill the burgers until cooked through, about 3 minutes per side. Melt Gouda on each patty.

PREPARE THE SAUTÉED ONIONS

- Heat olive oil in a sauté pan. Cook the onions until soft and beginning to brown, about 15 minutes. Reserve.

BUILD THE SLIDERS

- To build the burgers, spread Hellmann's® Mayonnaise on the top and bottom of each bun. Add a burger patty and top with onions and baby arugula. Serve 3 sliders per portion.



BARLEY MUSHROOM RISOTTO WITH POACHED EGG, TOASTED WALNUTS & POMEGRANATE SEEDS

Yield: 10 Servings

Creamy, savory wild mushroom risotto is topped with a poached egg, toasted walnuts and pomegranate seeds for a burst of exciting flavors and textures.

AMT	INGREDIENT	PREPARATION
RISOTTO		
2 qts, prepared	Knorr® Liquid Concentrated Base Vegetable	PREPARE THE RISOTTO <ul style="list-style-type: none"> • Bring Knorr® Liquid Vegetable Base and 4 Tbsp Knorr® Professional Intense Flavors Wild Mushroom Earth to a simmer in a sauce pot. • In a large skillet, melt 4 Tbsp butter over medium heat. Add half of the minced leeks, and cook until translucent (about 3 minutes). Add in thyme, bay leaves and half of the minced garlic. Cook until garlic is softened. • Add in the barley and stir to combine, toasting the barley for about 1 minute. Deglaze the skillet with the white wine and slowly start adding the warm vegetable stock 1 cup at a time, continuously stirring. Continue to add in stock in increments until none remains and the barley is tender and creamy. • Meanwhile in another skillet, heat olive oil over medium-high heat. Add in the sliced mushrooms and remaining leeks. Cook until mushrooms soften and begin to caramelize. Then add remaining garlic and cook until mushrooms and garlic are tender. Add the mushroom mixture to the barley. Stir in remaining 2 Tbsp of butter, lemon zest, parmesan cheese and mascarpone. Season with remaining 2 Tbsp of Knorr® Professional Intense Flavors Wild Mushroom, and season with salt and pepper.
6 Tbsp	Knorr® Professional Intense Flavors Wild Mushroom Earth	
6 Tbsp	Butter	
2 each	Leeks, cleaned and minced	
4 sprigs	Thyme, fresh, picked and minced	
2 each	Bay leaves	
4 cloves	Garlic, minced	
2 cups	Pearl barley	
1 cup	White wine	
2 lbs	Mixed mushrooms, sliced	
2 Tbsp	Olive oil	
2 each	Lemon, zest of	
1 cup	Parmesan Cheese	
0.50 cup	Mascarpone Cheese	
To taste	Salt and Pepper	
FINISH		
1 cup	Walnuts, toasted, chopped	
1 cup	Pomegranate seeds	
1 cup	Parmesan cheese, fresh shaved	
0.25 cup	Chives, minced	
10 each	Eggs, poached	
FINISH THE DISH		
<ul style="list-style-type: none"> • Serve each portion of risotto in a bowl with toasted chopped walnuts, pomegranate seeds, additional shaved parmesan, minced chives, and a seasoned poached egg. 		



BUTTERMILK CHILI CHICKEN TENDERS

Yield: 10 Servings

Double dipped chicken tenderloins are marinated in buttermilk and Knorr® Professional Intense Flavors Charred Chili Heat for a spicy variation of classic fried chicken tenders, served with Ranch Dressing for dipping.

AMT	INGREDIENT	PREPARATION
CHICKEN		
3 lbs	Chicken tenderloins	MARINATE THE CHICKEN
24 oz	Buttermilk	
½ cup	Knorr® Professional Intense Flavors Charred Chili Heat	<ul style="list-style-type: none"> • Combine the buttermilk and Knorr® Professional Intense Flavors Charred Chili Heat. • Submerge the chicken tenderloins in the buttermilk mixture and marinate, refrigerated for 1-3 hours.
8 cups	All purpose flour	BREAD AND FRY THE CHICKEN
¼ cup	Freshly cracked black pepper	
As needed	Oil, for deep frying	<ul style="list-style-type: none"> • Combine the flour and black pepper. Remove the chicken from the marinade, coat in the flour mixture, then re-dip the chicken back into the buttermilk, and again in the flour mixture. • Deep fry at 350F until golden brown and the chicken is cooked through.
20 oz	Hellmann's Ranch Dressing	
½ cup	Scallions, thinly sliced	
		FINISH THE DISH
		<ul style="list-style-type: none"> • Serve 5 chicken tenders. Garnish with scallions and serve.



CHARRED CHILI HONEY GLAZED SHRIMP

Yield: 10 Servings



Tender shrimp are sautéed in a sweet and spicy glaze with flavor that packs a punch. Serve as an appetizer or over rice as an entrée.

AMT

SHRIMP

2.5 lbs

½ cup

6 Tbsp

2 Tbsp

¼ cup

¼ cup

1 Tbsp

6 each

1.5 Tbsp

2 each

As needed

INGREDIENT

Shrimp, 16/20, P&D

Honey

Knorr® Professional Intense Flavors Charred Chili Heat

Low sodium Tamari

Lime juice

Hellmann's Mayonnaise

Sesame oil

Garlic cloves, minced

Ginger, grated

Limes, cut in wedges

Cilantro, chopped

PREPARATION

PREPARE THE GLAZE

- Whisk together honey, Knorr® Professional Intense Flavors, Tamari, lime juice, mayonnaise, sesame oil, garlic and ginger.
- Pour enough glaze over the shrimp to coat. Marinate for at least 15 minutes and up to 30 minutes.

PREPARE THE SHRIMP

- In a sauté pan or cast iron skillet, cook the shrimp until slightly opaque. Add the remainder of the glaze and cook until thickened with a glossy consistency.
- Garnish with lime wedges and chopped cilantro.



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