

Baby Back Ribs



Yield: 8 Half-Rack Servings

RTV Setpoints: 190°F Vapor/220°F Air - 3.5 Hours

CHV Setpoints: 190°F Vapor/240°F Air - 4 Hours

Holding: 135°F Vapor/145°F Air - Up to 12 Hours

Ingredients

Dry Rub

- 3/4 Cup Smoked Paprika
- 1/3 Cup Granulated Sugar
- 3 Tbs. Kosher Salt
- 2 Tbs. Ground Cumin
- 1 Tbs. Dried Thyme
- 1/2 Tbs. Cayenne Powder
- 1/3 Cup Light Brown Sugar
- 1/4 Cup Granulated Garlic
- 2 Tbs. Mustard Powder
- 2 Tbs. Dried Oregano
- 1 Tbs. Onion Powder

The Process

1. Prepare the dry rub seasoning by combining all ingredients well. Generously rub the four racks of ribs with the dry rub seasoning on both sides.
2. Place ribs on a parchment-lined sheet tray bone side down. Place pans of ribs into oven and cook for 3.5 - 4 hours.
3. Remove from oven and prepare to serve or transfer into a holding cabinet.

Chef's Notes: - Dry rub ribs are ready to serve as-is, or feel free to brush them with your favorite BBQ sauce and grill for 2-3 minutes for that nice, charred finish.

Baked Mac-N-Cheese



Yield: 8-10 Servings

CVap® Oven Setpoints: 200°F Vapor/325°F Air

Holding: 150°F Vapor/160°F Air - Up to 4 Hours

Ingredients

- 1 lb Elbow Pasta
- 1/2 cup Unsalted Butter
- 1/2 cup All-Purpose Flour
- 1-1/2 cups Whole Milk
- 1/2 tsp. Black Pepper
- 4 cups Shredded Medium Cheddar Cheese divided (*measured after shredding*)
- 2 cups Shredded Gruyere Cheese divided (*measured after shredding*)
- 2-1/2 cups Half-and-Half
- 1/2 Tbsp. Salt
- 1/4 tsp. Paprika

The Process

1. Preheat oven and grease a 3 qt baking dish (9"x13"). Set it aside.
2. Bring a large pot of salted water to a boil. When boiling, add dried pasta and cook 1 minute less than the package directs for al dente. Drain and drizzle with olive oil to keep it from sticking.
3. While the water is coming up to a boil, shred the cheeses and toss them together to mix, then divide them into three piles: approximately 3 cups for the sauce, 1-1/2 cups for the inner layer, and 1-1/2 cups for the topping.
4. Melt butter in a large saucepan over medium heat. Sprinkle in flour and whisk to combine. The mixture will look like very wet sand. Cook for approximately 1 minute, whisking often. Slowly pour in about 2 cups of the half-and-half while constantly whisking until smooth. Slowly pour in the remaining half-and-half and the whole milk while whisking constantly until combined and smooth.

5. Continue to heat over medium heat, whisking very often, until thickened to a very thick consistency. It should almost be the consistency of a semi-thinned condensed soup.
6. Remove from the heat and stir in spices and 1-1/2 cups of the cheese, stirring to melt and combine. Stir in another 1-1/2 cups of cheese until completely melted and smooth.
7. Combine drained pasta with cheese sauce in a large mixing bowl, stirring thoroughly. Pour half of the pasta mixture into the prepared baking dish. Top with 1-1/2 cups of shredded cheese, then top that with the remaining pasta mixture.
8. Sprinkle the top with the last 1-1/2 cups of cheese and bake for 25 minutes, until cheesy is bubbly and lightly golden brown.

Chef's Notes: Using Gruyere cheese in this recipe brings even more gooey goodness and increases the wow factor of flavor with its salty and umami notes.

Southern Style Collard Greens



Yield: 8-10 Servings

CVap® Oven Setpoints: 200°F Vapor/350°F Air

Holding: 150°F Vapor/160°F Air - Up to 4 Hours

Ingredients

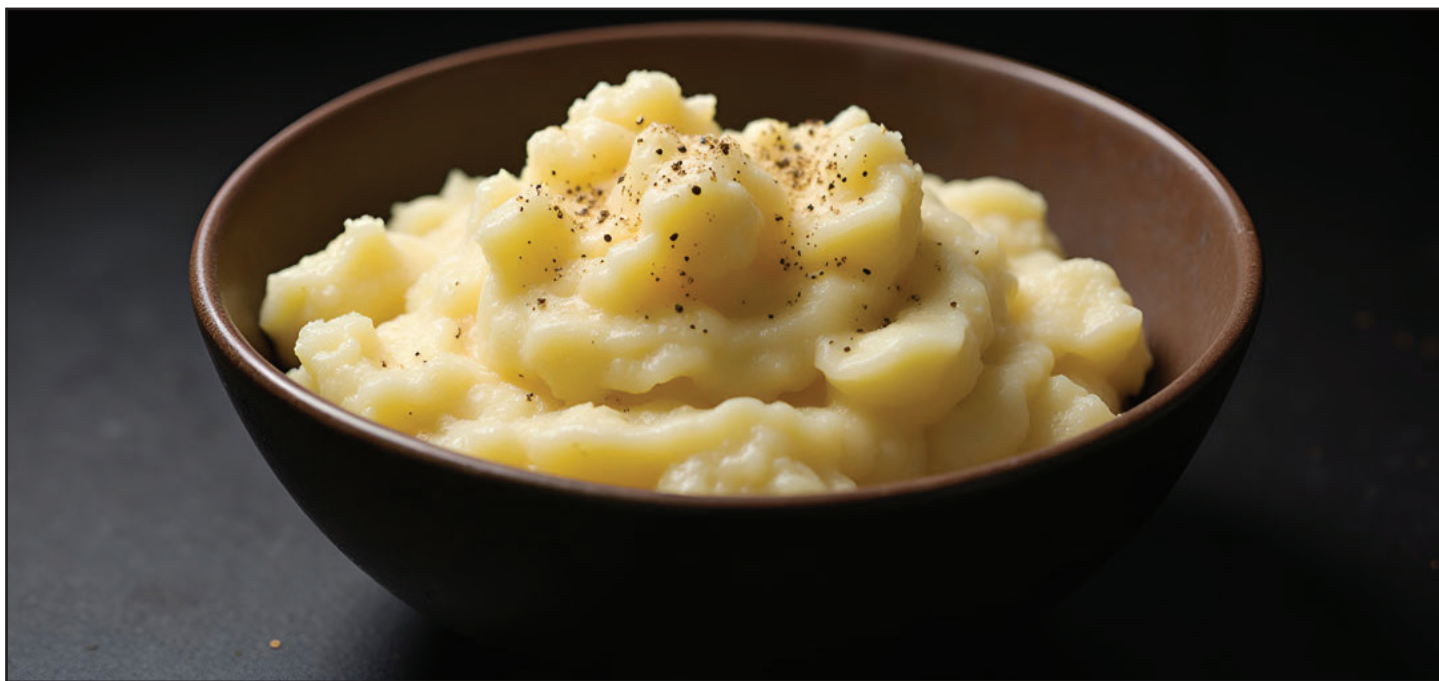
- 3 Pounds Fresh Collard Greens
(leaves removed from stems and washed)
- 1 Cup Onion (chopped)
- 1/4 tsp Salt
- 1-1/4 lbs Smoked Ham Hocks
- 5 Cups Water
- 1 Qt Chicken Stock
- 3 Cloves Garlic (minced)
- 1/4 tsp Ground Black Pepper
- 1/4 Cup Apple Cider Vinegar

The Process

1. In a 4-inch-deep hotel pan, combine the water, stock, onion, garlic, salt, pepper, ham hocks, and vinegar. Place in RTV to cook for 45 minutes.
2. Remove pan from oven and add collard greens. Put pan back into the oven and cook for one hour or until greens are tender.

Chef's Notes: Growing up in Tennessee, collard greens were a staple of any BBQ meal. The tender greens, vinegary bite, and smokey flavor pairs well with the richness of cheesy mac-n-cheese and finger-lickin' good ribs.

White Cheddar Mashed Potatoes



Yield: 8-10 Servings

CVap® Holding Setpoints: 135°F Vapor/145°F Air - Up to 4 hours

Ingredients

- 2 lbs. Russet Potatoes
(*peeled and cubed into 2-inch pieces*)
- 4 Tbs Butter (*cubed*)
- 1-1/2 cups White Cheddar Cheese
- 3 Whole Garlic Cloves (*peeled*)
- Salt and Pepper, to taste
- 1/2 cup Sour Cream
- 1/2 to 1 cup Half-and-Half or Milk
(*room temperature*)

The Process

1. **Boil:** Place the peeled potatoes in a large pot. Add cold water to rise about 2 inches above the potatoes. Add a Tbs of salt along with the peeled garlic cloves. Turn the heat on to the highest setting and allow the potatoes to boil. Then, turn it down so it simmers but doesn't boil over. Cook the potatoes for 15-20 minutes or until a fork pierces through them very easily.
2. **Mash or Rice:** Drain the potatoes and garlic cloves, but don't rinse them. Using a ricer, rice the potatoes/garlic cloves into the pot. If you don't have a ricer, add them to the same pot and use a masher to mash the potatoes. Add the cubed butter and stir to combine. Let the butter melt into the potatoes. Then add sour cream and cheddar cheese and combine using a rubber spatula.
3. **Mashed Potatoes:** Add 1/3 cup of half-and-half and stir to combine. Continue adding a few Tbs of half-and-half until the potatoes reach your desired consistency. If the cheese isn't melting into the potatoes at any point, you can kick the stove onto the lowest heat setting. This will help heat the pan just enough so everything combines. Taste and adjust with salt and pepper as desired.

Chef's Notes: A mild, tangy white cheddar raises the bar for mashed potatoes that will leave you wanting more.

Honey Roasted Carrots



Yield: 8 Servings

CVap® Oven Setpoints: 200°F Vapor/350°F Air

Ingredients

- 3 lbs Carrots (*peeled and sliced on a bias to 1-1/2" long pieces (slice thicker portions into halves)*)
- 3 Tbs Honey
- 2 tsp Chopped Fresh Thyme Leaves
- 3 Tbs Olive Oil
- Salt and Pepper to taste
- 2-1/2 Tbs Chopped Parsley

The Process

1. Preheat oven to 200°F Vapor/350°F Air.
2. Place carrots in a mound on a parchment lined sheet tray. Drizzle with olive oil and season with salt and pepper and toss to evenly coat. Spread into an even layer.
3. Roast in preheated oven for 30 minutes then remove from oven.
4. Drizzle carrots with honey mixture and toss well to evenly coat.
5. Return to oven and roast until tender, about 10 to 20 minutes longer.
6. Remove from oven, toss again and sprinkle with fresh parsley and thyme.

Chef's Notes: Crispy, crunchy, sweet, and savory, these roasted carrots are a real treat.

Asian Pork Belly



Yield: 6 Servings

CVap® Oven Setpoints: 180°F Vapor/350°F Air

Holding Setpoints: 130°F Vapor/180°F Air - Up to 2 Hours

Ingredients

- 1/3 cup Hoisin Sauce
- 2 Tbs Rice Vinegar
- 2 Tbs Brown Sugar
- 3/4 tsp Red Food Coloring
(optional for that beautiful red color)
- 1/3 cup Soy Sauce
- 2 Tbs Honey
- 1 Tbs Garlic (*minced*)
- 1/2 tsp Chinese Five-Spice Powder
- 2 lbs. Pork Belly (*cut into 2" cubes*)

The Process

1. Combine hoisin sauce, soy sauce, wine, honey, sugar, garlic, coloring, and spice powder in a shallow bowl. Whisk well to combine. Pour half of the sauce into a container and reserve for later. Add the pork into the bowl with the remaining sauce. Rotate to cover completely and marinate in the refrigerator for 1-3 hours, or cover and refrigerate overnight for best results.
2. After marinating, preheat the oven to 180°F Vapor/350°F Air. Drain the pork and discard the marinade. Line a baking pan with baking parchment paper or aluminum foil. Place the pork on the pan and cook for 30 minutes on one side, basting two or three times with the reserved marinade. Rotate with tongs and baste again with the marinade twice while cooking.
3. Remove from oven and allow to cool.

Chef's Notes: The sweet and sticky marinade on the pork belly is best if basted on often throughout the cooking process. The stickier, the better!

Crispy Kimchi Fried Rice



Yield: 8 Servings

CVap® Oven Settings: 180°F Vapor/300°F Air

Holding Settings: 130°F Vapor/180°F Air - Up to 2 Hours

Ingredients

- 1-1/2 Tbs Canola, Peanut Oil, or Vegetable Oil
- 3 Garlic Cloves (*minced*)
- 1 cup Kimchi (*roughly chopped*)
- 2 Carrots (*shredded*)
- 1 tsp Sesame Oil
- 1 cup Diced Yellow Onions (*about 1/2 large onion*)
- 1 Tbs Minced Ginger
- 4-1/2 cups Day-Old Jasmine Rice
- 2 Tbs Soy Sauce
- 2 Scallions (*sliced*) (*separate the dark green parts from the light green and white parts*)

The Process

1. In a large sauté pan, heat 1-1/2 tsp of oil over medium-high to high heat.
2. Add the onions and cook until they start to turn translucent, about 2 to 3 minutes. Add the garlic and ginger and cook for 30 seconds to 1 minute, until they begin to become fragrant.
3. Add the chopped kimchi and stir until heated through, about a minute. Add the rice, carrots, and the light green and white parts of the scallions to the pan. Stir to combine everything.
4. Add the soy sauce and sesame oil and stir until the rice is well coated with all the sauces. Taste the rice. If it needs more salt, drizzle in a bit more soy sauce.
5. Add the dark green parts of the scallion and stir everything again.
6. Spread fried rice evenly on a parchment-lined sheet tray. Cook in the oven for 10-15 minutes, or until slightly crispy around the edges.

Chef's Notes: Think fried rice, but better! The fermented, spiciness of adding kimchi is just what your taste buds have been missing.

Eggplant Parmesan



Yield: 8 Servings

Open Fry: 350°F

CVap® Holding: 130°F Vapor/160°F Air - Up to 2 Hours

Ingredients

- 3 Medium Eggplants
- 1 cup All-Purpose Flour
- 1/4 tsp Black Pepper
- 2 cups Panko Breadcrumbs
- 2 cups Marinara
- 1/2 cup Freshly-Grated Parmesan Cheese (*divided*)
- 1 tsp Salt for Eggplant Preparation
- 1 tsp Salt
- 2 Large Eggs
- 1 tsp Garlic Powder
- 8 oz. Fresh Mozzarella (*sliced*)

The Process

1. Slice eggplant into 1/4-inch rounds. Lay out in a single layer on a paper towel-lined sheet tray and sprinkle with 1 teaspoon salt. Let sit for 1 hour to release moisture and draw out any bitterness.
2. Set up three shallow dishes for dredging. In the first dish, stir together 1 cup of all-purpose flour, 1 tsp of salt, and 1/4 tsp of black pepper. In the second dish, whisk 2 large eggs until frothy. In the third dish, stir together 1 cup panko breadcrumbs and one teaspoon garlic powder.
3. Working one at a time, dredge each eggplant slice in the flour mixture, dip it in the egg mixture, and coat it in the breadcrumb mixture. Place the coated slices onto the prepared quarter rack for frying.
4. Once the rack is fully loaded, drop it into the fryer and cook for 6 minutes or until golden brown. Remove from the fryer and align slices onto a sheet tray with a cooling rack underneath. Place in a holding cabinet for service.

Plating

Arrange two slices of fried eggplant on a plate or half-size sheet tray and top with 1 ounce of marinara, sliced mozzarella, and a tablespoon of Parmesan cheese. Bake in the oven for 5-8 minutes to melt the cheese.

Chef's Notes: - Eggplant tends to be a forgotten vegetable; that is, until you bread it and deep fry it! Smother it with homemade pasta sauce and cheese, and it goes from bland and boring to crunchy and delicious!