



# recipes

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## Marinated Steaks 1" and thicker

Place your steaks in a pan or zip lock bag and generously cover with Jeff's B-4 Sauce, turning to coat all sides. Let the steaks marinate for a couple of hours in the refrigerator. Place the steaks on the grill, basting with sauce each time you turn the steaks for a tantalizing taste. Cook to desired doneness and serve your steaks and take your bow!

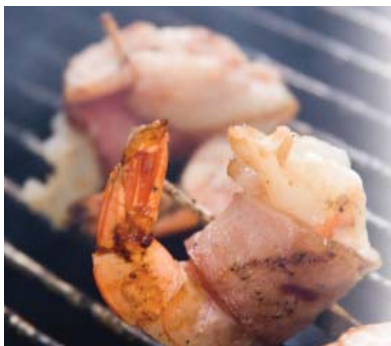


## Pork Chops and Thinner Steaks

Marinating may make the flavor too strong in the thinner cuts of meat, instead, place your meat on the grill and lightly baste the top of your pork chops or thinner steaks with Jeff's B-4 Sauce. Enjoy, you will be amazed.

## Chicken Fajitas on the Stove

Slice four boneless chicken breasts into ½ inch strips (for easier slicing, partially freeze the chicken). Place them in a non-stick pan on medium heat and splash on the Jeff's B-4 Sauce. For a spicier flavor use more, for a milder taste, simply splash on enough to coat the slices. Stir the chicken, being sure the meat is well coated. As the chicken cooks it will get very juicy, keep cooking on medium heat until all the juice cooks away and pieces are all coated. Serve with cooked peppers and onions, guacamole, sour cream, pico de guillo, and cheddar cheese. . . Enjoy!



## Shrimp wrapped with Bacon

Oh my, this is a treat! I like the larger shrimp because they are easier to wrap. (It is up to you on the size and how much you would like to spend). Lay out your cleaned, de veined shrimp, a pound of bacon (I like the thin sliced bacon) and toothpicks. With a little practice, you can wrap them using just one tooth pick. Wrapping the shrimp takes some time, so you might want to start with a smaller group or a lot of time. Once wrapped, soak them with B-4 Sauce and place on the grill. Turn them often so the bacon does not burn and baste the top with B-4 Sauce. When the bacon is done, the shrimp is done. You are going to love these for sure!



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## Pork Loin

A Pork Loin is good just about any way you grill it—as long as you include our B-4 Sauce. Marinate your loin for a couple of hours, or if your loin is pre-seasoned, baste it as it grills with the B-4 Sauce. Rolling on a rotisserie or turning by hand—frequent basting—slow cooking—Ohhh, so good!!



## Grilled Salmon or Tuna

Either of these fish love the grill. To enhance your steaks, melt about a fourth of a cup of butter and add three tablespoons of Jeff's B-4 Sauce to the melted butter. Adjust it with a little more sauce or a little less, depending on your taste. Place the fish on the grill and baste the top, turn over and baste again. Remember, fish will cook quickly so watch it closely. Serve B-4 sauce with your fish, it is a great partner!

## Fantastic Burgers

Place your hamburger patties on the grill, fresh or frozen. Baste the top with Jeff's B-4 Sauce, turn them over and baste the top side. Do this each time you turn your patties until they are done. Serve with your favorite bun and all the trimmings. They are the tastiest burgers you ever served!



## Salad Dressing

Yes, Jeff's B-4 Sauce makes a great salad dressing. Use it like you would any other dressing, just be sure to shake it well before pouring so you get all those amazing flavors! Shake, Pour, Enjoy! Keep it close, you might want to add just a little more.

## Veggies on the Grill

Gather all of the veggies that you like, place them on the skewer as you would meats and veggies. Personally, I like cherry tomatoes, mushrooms, small onions, zucchini slices and pieces of bell pepper. Pick your own favorites. Place the skewer on the grill and baste it generously with Jeff's B-4 Sauce. Watch them carefully and when you turn them, baste them again. Cook until they are done to your liking. Enjoy an amazing flavor!





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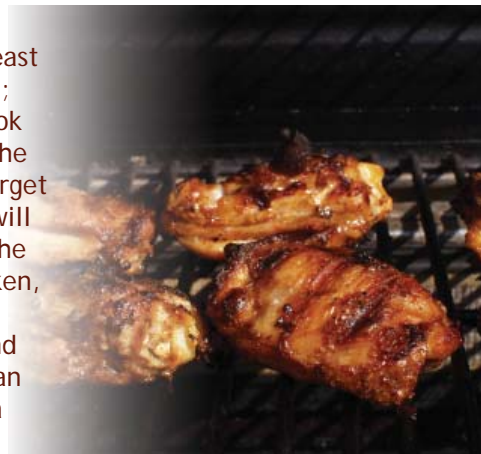
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## Grilled Chicken Breast

I have found that it is hard to make a mistake with the chicken breast on the grill. I usually use the "even cook" skinless, boneless breast; however any will work fine. I found that chicken cooked when I cook steaks makes a nice option for my guests. I put the chicken on at the same time I put the steaks on (they are usually frozen because I forget to thaw them). As they start to thaw, watch them closely as they will tend to stick. I don't recommend marinating chicken, sometimes the B-4 Sauce can be too strong for chicken. Baste the top of the chicken, when you turn it over, baste the top. Cook the chicken just so it is done, be careful not to cremate it. It will be juicy on the inside and delicious all the way through. This tasty chicken can be served as an individual serving, cut into strips for fajitas or cut into pieces for a divine salad. Any way you eat it, it is GOOD!



## Beef Tenderloin

WOW! Are you in for a treat! This is a very special cut of beef so please treat it with care. I suggest cutting your tenderloin into two pieces, so the larger end portion can be cooked separate from the smaller end. Marinate the meat at least three hours and overnight is even better. Put it in a deep pan with plenty of B-4 Sauce so the entire piece gets marinated or put it in a zip lock bag and turn the bag often. I prefer to cook my tenderloin on a hot fire and keep a close watch on it so the outside doesn't char. Slow cooking works very well also, the choice is yours. Just watch this delicious piece of meat so it is done exactly as you like it. Once you slice the tenderloin, sprinkle a little B-4 Sauce on top of each slice right before serving. Watch with delight as your family and friends wrap their mouth around this amazing bite!

## Phily Z's Carne Guisada Burritos

Prep time: 40 Minutes

Ingredients: 1oz Circle V Spice	1 cup Water
2 tsp of Cumin	1 package Tortillas
5 tbls of Flour	2 lbs Stew Meat
½ cup Water	B-4 Sauce

Take Stew Meat and brown for 15 minutes in a pan, drain and add B-4 Sauce (to taste) brown another 5 minutes. In a measuring cup add Flour, Circle V, 1 cup water, and Cumin. Whisk about 3 minutes. Add ½ cup water to Meat. After you whisk spices and add to mixture to meat, cover and simmer for another 5 minutes to let gravy thicken. Makes about 8 burritos. Could also add Pinto Beans, Cheese and Sour Cream.

