



Quality you can taste

Massel's Top 10 Holiday Recipes

MAIN COURSE

MASSEL SLOW COOKER TURKEY BREAST

This delicious and easy turkey breast is sure to be the star of your holiday meal. It is easy to make - even a novice can do it. Serve this with Massel's turkey style gravy for a gluten-free, low calorie feast that's all fabulous taste and no guilt!

✓ Gluten-free ✓ Dairy-free

Serves 4-6



INGREDIENTS

- 1 6-7lb bone in turkey breast, skin removed
- 2 tablespoons orange juice
- $\frac{1}{2}$ a pack of chicken style Massel Concentrated Liquid Stock or 2 Massel Ultracubes or 2 teaspoons of Massel All Purpose Bouillon & Seasoning granules
- Salt and pepper, to taste

METHOD

1. Mix orange juice and Massel bouillon in a small bowl.
2. Rub all over turkey breast.
3. Place turkey in slow cooker. Pour any left-over orange juice mixture in as well.
4. Set on low for 4-5 hours.

TIP: You can switch out the orange juice for lemon juice or olive oil if you prefer.



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MAIN COURSE

MASSEL TURKEY STYLE GRAVY

Massel Turkey Style Supergravy is stuffed with delicious ingredients like cranberry, sage, thyme and rosemary. It's also a great seasoning, adding flavor to vegetables and roasts. Massel gravy mix is gluten-free, vegan, cholesterol-free, is made with GMO free ingredients, and has no added MSG.

✓ Gluten-free ✓ Dairy-free

Serves 4-6



INGREDIENTS

- 1½ tablespoons of MasseL Turkey Style Supergravy
- 2 tablespoons cold water
- 1 cup of boiling water
- The juices from your roast (optional)

METHOD

1. Stir 1½ tablespoons of gravy mix into 2 tablespoons of cold water and mix to a smooth paste.
2. Add approximately 1 cup of boiling water.
3. Stir well to make smooth thick gravy with no lumps.
4. Meat eaters can also add the juices from the roast, but this gravy is just as flavorful without.



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MAIN COURSE

MASSEL CREAMY TARRAGON GRAVY

Fancy jazzing your gravy up a bit? Try this tasty tarragon infused gluten-free gravy.

✓ Gluten-free ✓ Dairy-free

Serves 4-6



INGREDIENTS

- 3 tablespoons MasseL Concentrated Liquid Stock or 1 MasseL Ultracube or 1 teaspoon All Purpose Bouillon & Seasoning granules, chicken style
- ½ cup boiling water
- ½ cup milk/unsweetened soy milk
- 1 ½ tablespoons MasseL Turkey Style Supergravy
- Fresh tarragon to taste or 1 teaspoon dried tarragon

METHOD

1. Dissolve MasseL bouillon in water, add milk and stir.
2. In a saucepan, add the gravy mix and a little of the bouillon mixture. Whisk together to form a loose paste, then whisk in the rest of the bouillon mixture.
3. Add tarragon and lemon juice.
4. Bring to a boil, whisking frequently. The gravy should coat the back of the spoon. Pull from heat.
5. Taste and add pepper to your liking.



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SIDE DISHES

MASSEL CREAMY CHEESY POTATOES

✓ Gluten-free ✓ Dairy-free

Serves 2-4



INGREDIENTS

- Grated potatoes to serve the number of people you are feeding. We generally allow to ½ pound of raw potatoes per person.
- **Enough creamy cheese sauce (recipe below) to coat the potatoes.**

METHOD

1. Grate potato and place in a bowl.
2. Coat the potatoes with creamy cheese sauce until you get the desired creaminess.
3. Pour the sauced potatoes into a greased baking dish.
4. Bake for 35-45 minutes at 350F/180C until golden brown on top.

TIP: See recipe below for the fabulous Massel Creamy Cheese sauce.



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SIDE DISHES

MASSEL CREAMY CHEESE SAUCE (FOR CREAMY CHEESY POTATOES)

Making cheesy potatoes is a delicious way to use this sauce, but it's also good on pasta, vegetables or meatloaf. In fact it's good on almost anything! This gluten-free cheese sauce stores well in the fridge.

Makes 2½ cups



INGREDIENTS

- 2 tablespoons butter or vegan butter
- 2 tablespoons rice flour
- 1 cup water
- 1 cup milk or soy milk
- ½ a pack of MasseL Concentrated Liquid Stock or 2 MasseL Ultracubes or 2 teaspoons of MasseL All Purpose Bouillon & Seasoning granules (vegetable or chicken style)
- 4 oz. shredded cheese or a vegan cheese
- 1 teaspoon grated nutmeg
- Salt & pepper to taste

METHOD

1. Mix water, milk, and MasseL bouillon together. If using bouillon cubes or granules, heat gently stirring, until warm and bouillon cubes are dissolved. Set aside.
2. In a saucepan, melt butter over medium heat until it bubbles, whisk flour into butter and stir while cooking. You will start to smell a smell like popcorn.
3. Add milk mixture to the saucepan and whisk as it thickens slowly. Add nutmeg. As it thickens add cheese.
4. When cheese is melted take the sauce off the heat, taste and adjust seasoning.
5. Mix with pasta, vegetables, or however you would like to use it.



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SIDE DISHES

MASSEL SAUSAGE & APPLE STUFFING

This rustic stuffing combines sausage and apple to make a comforting side that pairs perfectly with your Thanksgiving turkey. This makes a lot, but leftovers are a must for the ultimate turkey sandwich!

✓ Gluten-free

Serves 4-6



INGREDIENTS

- 4 tablespoons extra virgin olive oil
- salt and pepper
- 1 pound fennel or sage sausage (no casing)
- 1 yellow onion, diced
- 1 cup celery, diced
- 1 cup mushrooms, whichever variety you like, sliced
- 1 apple, diced
- 5 cups cubed dry gluten-free bread
- ¼ cup parsley, chopped
- 2 ½ cups MasseL chicken style stock made with 4 tablespoons Concentrated Liquid Stock, 1 ½ Ultracubes or 1 ½ teaspoons All Purpose Bouillon & Seasoning granules
- ½ cup melted butter

METHOD

1. Add the oil to a large skillet over medium heat, crumble sausage into the pan and cook until the fat begins to render and sausage begins to crisp. Add salt and pepper.
2. Add onion, celery, mushrooms and apple.
3. Cook, stirring occasionally, until sausage is cooked through.
4. Add the cubed bread, parsley, stock and butter. Stir until combined.
5. Spoon mixture into a 9 x 13 baking dish and cover with foil.
6. Place in a 350F/180C preheat oven for 30 minutes. Uncover and let the top get crispy.

TIP: For a vegan/vegetarian version double the mushrooms, omit the sausage and substitute vegan butter for regular butter.

For more great gluten-free recipes using MasseL Bouillon and Seasoning visit [Massel.com/recipes](https://www.massel.com/recipes)



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SIDE DISHES

RAPINI

Rapini is a slightly bitter broccoli green that has found its perfect match with lemon and garlic. It is traditionally coupled with sausage in the Italian culture because they complement each other so well. This is good served hot, room temperature or chilled. A great and unique side dish for entertaining!

✓ Gluten-free ✓ Vegan ✓ Vegetarian

Serves 2-4



INGREDIENTS

- 4 cloves garlic, minced
- 2 tablespoons extra-virgin olive oil
- 2 bunches rapini, about 2 pounds, bottom 3 or 4 inches of stems trimmed away
- 1 cup water (for broth)
- 1 tablespoon of MasseL Concentrated Liquid Stock or ½ MasseL Ultracube or 1 teaspoon of MasseL All Purpose Bouillon & Seasoning granules (vegetable or chicken style)
- Juice of 1 lemon

METHOD

1. Heat garlic in oil in a large skillet over medium heat until garlic sizzles.
2. Add the rapini, as much as you can fit in the pan at a time.
3. Turn and coat with oil as you wilt the greens.
4. **Make up a cup of both by adding your MasseL bouillon to 1 cup of water.**
5. Add broth to the skillet. Bring to a boil.
6. Cover and reduce heat to low. Simmer 10 to 12 minutes to soften the bitterness of the greens.
7. Squeeze lemon all over the rapini and serve.



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SIDE DISHES

MASSEL BAKED TOMATOES

Another vegetarian classic made extra delicious with the savory depth of flavor added by MasseL Better Bouillon seasoning granules. A great side dish for entertaining and dinner parties.

✓ Gluten-free ✓ Vegan **Serves 2**



INGREDIENTS

- 1 teaspoon of vegetable MasseL All Purpose Bouillon & Seasoning granules or 1 tablespoon of MasseL Concentrated Liquid Stock or ½ MasseL Ultracube
- 1 tbsp parsley, chopped
- 1 clove garlic
- 4 tbsp gluten-free breadcrumbs
- 6 tbsp water
- 1 tsp sugar
- 2 large roma (egg) tomatoes

METHOD

1. Preheat oven to 360F.
2. Slice your tomatoes in half. Holding the halved tomato, squeeze out the seeds. Place the tomato, cut side down on inclined cutting board to drain as much juice as possible.
3. Combine breadcrumbs, half the bouillon, parsley and garlic.
4. Place the tomatoes, cut side up in a non-stick oven proof container. Sprinkle the inside of each tomato with a tiny dash of sugar.
5. **Make up your bouillon, by dissolving the other half of your bouillon in 6 tablespoons of water.**
6. Fill each tomato with the breadcrumb mix. Pour 1 tablespoon of the bouillon gently onto each filled tomato. Then pour remaining bouillon into the bottom of the container.
7. Bake for 30 mins until the liquid has evaporated and the topping appears golden.



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APPETIZERS

MASSEL SWISS & ZUCCHINI STUFFED MUSHROOMS

These tasty little gluten-free morsels can be assembled in less than 10 minutes and baked in half an hour. Massel's beef style bouillon adds a great depth of flavor that complements the mushrooms. Each bite is creamy and earthy. You might enjoy a squeeze of lemon on the top when serving.

✓ Gluten-free ✓ Vegetarian **Serves 2 or makes 6 appetizers**



INGREDIENTS

- 6 baby portabella mushrooms or 2 large ones
- 1 cup grated zucchini
- ½ cup grated Swiss cheese or a vegan cheese that melts well
- ½ cup gluten-free bread crumbs
- ¼ cup grated purple onion
- 3 cloves of garlic, finely chopped
- **3 tablespoons of Massel Concentrated Liquid Stock or 1 Massel Ultracube or 1 teaspoon of Massel All Purpose Bouillon & Seasoning granules**
- 1 teaspoon thyme
- 1 teaspoon salt
- ½ teaspoon pepper

METHOD

1. Rub mushrooms clean and take out center stems.
2. In a bowl, add the rest of the ingredients and toss together.
3. Mound the filling into each mushroom and pack down a bit.
4. Place on a foil lined baking sheet and bake at 375F/190C for about 30 minutes.
5. You are looking for the mushroom to feel cooked and the top to be browned.
6. Serve immediately.

TIP: To make your own gluten-free bread crumbs toast your favorite gluten-free bread and pulse into crumbs in your food processor.

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APPETIZERS

CURRIED CAULIFLOWER FRITTERS

The perfect appetizer to serve for entertaining during the holidays. Try cauliflower as suggested here, or use sliced zucchini, carrots, broccoli, onion or red bell pepper. Even hard core carnivores devour these!

✓ Gluten-free ✓ Dairy-free ✓ Halal ✓ Vegan ✓ Kosher

Serves 4-6



INGREDIENTS

- 1 small head cauliflower, trimmed and cored
- ½ cup gluten-free flour or AP flour
- ½ cup chickpea flour
- ½ tsp salt
- 1 tsp baking powder
- ½ tsp ground cumin
- ½ tsp ground coriander
- 1 cup MasseL chicken-style broth, made with 1 tbs of MasseL Concentrated Liquid Stock or ½ MasseL Ultracube or 1 tsp of MasseL All Purpose Bouillon & Seasoning granules (chicken style)
- Canola or vegetable oil, for frying
- Serving sauces. We suggest chutney, sweet chili sauce or sriracha mayonnaise.

METHOD

1. Preheat the oven to 275F/135C. Cut cauliflower and/or other vegetables into bite size pieces.
2. In a large bowl, combine the flours, salt, baking powder, cumin, coriander, and enough MasseL broth to make the batter smooth. Mix well.
3. Heat about 1 inch of the oil in a large, deep skillet over medium-high heat. It's hot enough when a small piece of bread dropped in the oil turns golden brown in about 1 minute.
4. Place the cauliflower and other vegetables in the batter to coat. Let any excess drip off, then place them in the hot oil. Do not crowd. Cook until golden brown on both sides, turning once, about 3 minutes per side.
5. Place on a baking sheet layered with paper towel to drain. Sprinkle with salt, if you desire. Keep warm in the preheated oven.
6. Serve hot with sauces to dip.



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SOUPS

MASSEL SIMPLE PUMPKIN SOUP

Soup recipes don't come simpler than this. For a quick, healthy dinner whip up a pot of this delicious gluten-free pumpkin soup. Perfect to snuggle up with on a cold day!

✓ Gluten-free ✓ Vegan **Serves 2**



INGREDIENTS

- 2 teaspoon parsley, chopped
- ½ cup low fat evaporated milk or low fat soy milk
- 3 cups bouillon made with ½ a pack of Massel Concentrated Liquid Stock or 2 Massel Ultracubes or 2 teaspoons of Massel All Purpose Bouillon & Seasoning granules (chicken or Vegetable style)
- 1 x 2lb pumpkin

METHOD

1. Peel pumpkin and cut into pieces.
2. Stir your **Massel bouillon** into the water to make 3 cups of stock
3. Place in soup pot and add stock. Bring to boil and simmer for 10 minutes or until flesh is soft.
4. Puree. Add evaporated light milk or low fat soy milk.
5. Decorate with a tablespoon of cream, evaporated light milk or low fat soy milk, chopped parsley and freshly ground black pepper.

TIP: To make peeling easier you can place pumpkin pieces in microwave cut side up, for approximately 4 minutes. Let it cool then peel or scoop out the pumpkin flesh.



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SOUPS

MASSEL VEGETABLE PHO BROTH

This is the perfect broth to add leftover turkey to. It has comfort food satisfaction without having comfort food high calories. Add all your favorite ingredients and make it your own.



✓ Gluten-free ✓ Dairy-free ✓ Vegan ✓ Vegetarian **Serves 2-4** ✓

INGREDIENTS

INGREDIENTS

- 4 cups bouillon made with ½ a pack of MasseL Concentrated Liquid Stock or 2 MasseL Ultracubes or 2 teaspoons of MasseL All Purpose Bouillon & Seasoning granules (chicken or vegetable style)
- 2 cloves garlic, finely chopped
- 1 square inch of fresh ginger, sliced
- 1 lemon, sliced
- 2 carrots, sliced
- 2 cups kale, chopped
- 1 package tofu, cubed
- Optional: Throw in any of these at the last minute to make your pho to your liking: cilantro, sliced green onions, soy sauce, sesame oil, hot pepper sauce, cooked rice noodles or rice

METHOD

1. Add all the ingredients to your soup pot: stock, garlic, ginger, lemon, carrots, kale, and tofu.
2. Simmer until all the ingredients are soft. This takes about 10 minutes.
3. Put cooked noodles or rice in a soup bowl and then ladle the steamy soup over them.
4. Add the optional ingredients to your taste.

TIP: Have the optional ingredients out so each member of your family can make their soup to their taste.

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31 Days of Soup This January

We're going to bring you a delicious, steamy soup or stew recipe every day of January. From thick and creamy bisques to hearty stews and traditional broth-based soups, preparing soups that are healthy and delicious just got easier thanks to MasseL. We'll feature 31 varieties of gluten-free soups created with MasseL's all natural Concentrated Liquid Stock.

Start off 2015 with MasseL's Lucky Lentil Soup for New Year's Day. A complete line up for MasseL's 31 Days of Soup will be available online soon. **Visit: <http://massel.com/kind/soups/>**

Many cultures believe that the lentil represents good luck with its coin-like shape, and yet others say the fact that it plumps up when cooked symbolizes growing wealth. We wish you and yours good fortune and health throughout the New Year.

LUCKY LENTIL SOUP

This lentil soup recipe is made almost like a stew. Use it as a side dish with grilled fish or chicken. Sometimes all you crave is a hearty stew on a cold winter night. The earthy lentils with a touch of rich pancetta will always hit the mark. If it is soup you crave, just add more MasseL broth to make it the consistency that you desire.

✓ Gluten-free ✓ Dairy-free

Serves 4-6



INGREDIENTS

- 2 tablespoon olive oil
- 1/2 lb. pancetta, cubed
- 1 large onion, diced
- 2 celery stalks, diced
- 1 carrot, diced
- A few sprigs of fresh rosemary
- 1 cup canned diced tomatoes
- 1 1/2 cup spinach or baby kale leaves
- 2 cups lentils, rinsed
- **4 cups MasseL chicken-style broth**
- Salt and pepper, to taste, optional
- Olive oil and parmesan cheese, to garnish

METHOD

1. In a soup pot, brown pancetta in olive oil over a medium heat.
2. Add onion, celery, stir and cook until softened.
3. Add rosemary, tomatoes, spinach, lentil, **broth**. Stir and simmer for about 45 minutes.
4. Stir occasionally and check moisture level. Add more broth if you want it soupier.
5. When lentils are tender, you are ready to eat.
6. Salt and pepper to taste.
7. Serve with a drizzle of olive oil and/or freshly grated parmesan cheese.