



Crispy Inspirations Recipe Book

BandD Foods



B and D Foods

B and D Foods history began in 1972 as a supplier for a local chain restaurant. Our single product at that time was a marinated and battered seasoned beef strip, known as Fingersteaks, which we still make today. We now make a variety of items using chicken, beef, and pork. Our specialty is tempura battered product, but we also make a thinly coated velvetized product. The products used in this book are our most popular and well-loved items. These items are so popular that we have run out of capacity at our current manufacturing facility and will be opening our second facility in Americus, GA, later this year!



What can B and D Foods make for you?

- Tempura Chicken, Beef and Pork
- Chicken, Beef and Pork Fritters
- Velvetized Chicken, Beef and Pork
- We can customize all of the above to include the following:
 - Clean Label (Natural)
 - Gluten Free
 - Antibiotic Free Chicken
 - Child Nutrition

Research and Development Capabilities

B and D Foods has a fully staffed R&D Department ready to help with whatever your project needs are! We take pride in our ability to create products that our customers love. Additional capabilities of the R&D Team

- Product Presentations
- Documentation
- Sensory Testing
- Samples
- Prototypes
- Custom Development



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Apple Quinoa Salad with Velvetized Chicken

SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Take your salad to the next level with this invigorating Apple Quinoa Salad with Velvetized Chicken. This refreshing twist on the average salad is not only easy to make but full of flavor. Spice it up with a seasoned dressing and get ready to impress even the biggest salad critic.

FLAVOR

WHOLESOME

FAMILY-FRIENDLY

Ingredients:

- 1 lb B and D Foods Velvetized Chicken Breast
- 1 Lemon, juiced
- Salt
- Pepper
- 4 tsp Olive Oil
- 4 cups cooked Quinoa
- 4 large Apples, cored and chopped
- 4 tbsp Fresh Basil, chopped
- 1 cup Pecan Halves, chopped

Directions:

1. In a bowl, whisk together olive oil, lemon juice, salt and pepper.
2. Add quinoa, apples, basil, and pecans to the mixture and toss to coat.
3. Divide quinoa salad mixture into four bowls or plates.
4. Preheat oven to 400° F.
5. Place contents of bag of chicken onto a baking sheet or oven safe pan.
6. Separate pieces for more even heating.
7. Bake on center oven rack for 10-12 minutes, or until heated through.
8. Top quinoa salad with chicken and serve.



Apricot Mustard Pork Bites

SERVES: 4

PREP TIME: 5 MIN

COOK TIME: 15 MIN

Sweet and savory is a great way to describe this delicious Apricot Mustard Pork Bites dish. Comforting and rich, this recipe is perfect for a quick family dinner sure to be a hit.

SAVORY

DIPPING SAUCE

Ingredients:

- 2 lbs B and D Foods Tempura Pork Bites
- 1 cup Apricot Preserves
- 3 tbsp Spicy Brown Mustard
- 1 tbsp Soy Sauce
- 1 tbsp Apple Cider Vinegar
- ½ tsp Ginger Root, grated & fresh

Directions:

1. Combine apricot preserves, mustard, soy sauce, vinegar and ginger root in a medium saucepan. Mix well.
2. Heat on Medium for 1-2 minutes, or until warm, stirring constantly.
3. Remove from heat and set aside.
4. Preheat oven to 400°F.
5. Place contents of the bag of pork onto a baking sheet or oven safe pan.
6. Separate pieces for more even heating.
7. Bake on center oven rack for 10-12 minutes, or until heated through.
8. Place sauce in dipping bowl and serve as a dipping sauce with pork.





Country Fried Chicken Benedict

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 20 MIN

Start your morning off right with this classy and decadent Country Fried Chicken Benedict dish. This pleasant looking (and tasting) recipe is rich, buttery, and best of all - filling!

BREAKFAST

BRUNCH

FLAVOR

Ingredients:

- 12 pieces B and D Foods Tempura Chicken Breast or Thigh
- 4 Eggs
- 2 tbsp White or Rice Vinegar
- 2 English Muffins
- Butter, for spread
- 2 tbsp Chopped Parsley, garnish

Hollandaise Sauce

- ½ cup Unsalted Butter
- 3 Egg Yolks
- 1 tbsp Lemon Juice
- ½ tsp Salt
- Dash of Hot Sauce

Directions:

1. Preheat oven to 400°F.
2. Place contents of bag of chicken onto a baking sheet or oven safe pan.
3. Separate pieces for more even heating.
4. Bake on center oven rack for 10-12 minutes, or until heated through. Remove from oven and set aside.
5. Fill a large saucepan two-thirds full of water and bring to a boil. Add vinegar to boiling water and bring to a boil again, then lower heat to a simmer.
6. Melt 10 tbsp of butter in microwave and set aside.
7. In a blender, add 3 yolks, lemon juice and 1/2 tsp salt and blend on medium to medium-high for 20-30 seconds, until eggs lighten in color.
8. With blender on lowest setting, slowly pour in melted butter while continuing to blend. Transfer mixture to a container and set in a warm but not hot place.
9. Crack an egg into a small bowl and slip it into the simmering water from step 5 above. Once it begins to solidify, slip in another egg, repeating until you have all 4 cooking. Turn off heat, cover pan and let sit for three minutes.
10. Toast English muffins.
11. To build, butter one half of an English muffin. Top with 3 pieces of chicken. Place a poached egg on top of the chicken, and pour Hollandaise sauce over. Repeat for each muffin half.
12. Garnish with parsley and serve.



Crispy Buffalo Chicken Mac & Cheese

SERVES: 4

PREP TIME: 5 MIN

COOK TIME: 15 MIN

Treat your taste buds to this creamy Buffalo Chicken Mac and Cheese dish. Paired with delicious cheesy pasta, the flavors in this dish are nicely balanced and most satisfying.

ENTRÉE

SAVORY

Ingredients:

- ½ lb. B and D Chicken Breast, diced
- 2 cups Cooked Mini Shell Pasta
- 3 tbsp Butter
- 3 tbsp Flour
- 2 cups Whole Milk
- Kosher Salt, to taste
- 1 cup Shredded Cheddar Cheese
- 1 cup Shredded Smoked Gouda Cheese.
- 3-4 tbsp Franks Buffalo Sauce
- Sliced Green Onions, for garnish

Directions:

1. Preheat oven to 400 °F.
2. Place contents of bag of chicken onto a baking sheet or oven safe pan.
3. Separate pieces for more even heating.
4. Bake on center oven rack for 10-12 minutes, or until heated through. Set aside.
5. In a small saucepan, over medium heat, melt your butter and add the flour. Whisk together. Let cook for 2-3 minutes.
6. Whisk in milk, whisking until smooth. It will start to thicken.
7. Add cheddar and smoked gouda cheeses and continue to whisk.
8. Season with salt and pepper to taste.
9. Add cooked mini pasta shells and gently mix.
10. Pour into a serving bowl and top with chicken, buffalo sauce and green onion.

Crispy Velvetized Chicken Nachos

SERVES: 6

PREP TIME: 10 MIN

COOK TIME: 12 MIN

Loaded Crispy Chicken Nachos are a great way to get a party started! Top them with your favorite guacamole or salsa for an even tastier gameday kickoff.

APPETIZER

EASY

Ingredients:

- 1 lb B and D Foods Velvetized Chicken
- 1 lb Corn Tortilla Chips
- 2 Tomatoes, diced
- Green Onions, diced
- 3 Serrano Peppers, sliced
- 1 can Black Olives, sliced
- 2 jars Tostitos Queso Blanco
- 1 jar Mexican Crema
- ½ cup Sharp Cheddar Cheese

Directions:

1. Preheat oven to 400°F.
2. Place contents of the bag of chicken onto a baking sheet or oven safe pan.
3. Separate pieces for more even heating.
4. Bake on center oven rack for 10-12 minutes, or until heated through.
5. Layer Tortilla Chips and Chicken on a large tray. Add beans, olives, tomatoes and other toppings as desired. Repeat layering.
6. Top with shredded cheese and Queso Blanco. Enjoy!





Greek Chicken Wrap

SERVES: 3

PREP TIME: 15 MIN

COOK TIME: 12 MIN

*Reboot your day with these yummy and mellow Greek Chicken Wraps!
Enjoy with your favorite sandwich dipping sauce for an even tastier meal.*

REFRESHING

EASY

Ingredients:

- 6 oz. B and D Foods Tempura Chicken Breast or Thigh
- 3 Flour Tortillas or Wraps
- 1 Tomato, diced
- 1 English Cucumber, peeled, de-seeded and diced
- 12 Black Olives, sliced
- 1 Red Bell Pepper, sliced, de-seeded and diced
- ½ Small Red Onion, diced
- 1 Rib Celery, Diced
- 1 can Artichoke Hearts, drained and diced
- 4 tbsp Italian Dressing
- Salt and Pepper, to taste
- 2 cups Romaine Lettuce, shredded

Directions:

1. Mix all ingredients except lettuce and chicken in a large bowl.
2. Cover and chill for at least one hour before serving.
3. Preheat oven to 400° F.
4. Place contents of bag of chicken onto a baking sheet or oven safe pan.
5. Separate pieces for more even heating.
6. Bake on center oven rack for 10-12 minutes, or until heated through.
7. Wrap chilled ingredients, romaine lettuce and diced chicken in a flour tortilla or wrap. Repeat until ingredients are used up.

Honey Sriracha Chicken

SERVES: 4

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Spice up your taste buds with this delicious Honey Sriracha Chicken recipe. Developed with spicy food lovers in mind, this dish is the perfect level of sweet and fiery mixed together.

SAVORY

APPETIZING

Ingredients:

- 1 lb B and D Foods Tempura Chicken Breast
- 1 cup Water
- 3 tbsp Sriracha Sauce
- 5 tbsp Soy Sauce
- 1 tbsp Minced Garlic
- ¼ cup Sugar
- 2 tbsp Honey
- 2 tbsp Cornstarch
- 2 tbsp Cold Water
- Green Onion, garnish
- Sesame Seeds, garnish

Directions:

1. Combine 1 cup of water, sriracha, soy sauce, garlic, sugar and honey in a medium saucepan over medium heat. Bring to boil.
2. In a separate dish, whisk together 2 tbsp cornstarch and 2 tbsp cold water until dissolved.
3. Add mixture from step 2 to saucepan and stir until thick, then reduce to low heat. Set sauce aside.
5. Preheat oven to 400°F.
6. Place contents of the bag of chicken onto a baking sheet or oven safe pan.
7. Separate pieces for more even heating.
8. Bake on center oven rack for 10-12 minutes, or until heated through.
9. Place chicken in large bowl, add the sauce and stir to coat. Serve over warm rice.





Idaho Finger Steaks with Country Gravy

SERVES: 5

PREP TIME: 5 MIN

COOK TIME: 16 MIN

A staple here at B and D Foods, our signature Finger Steaks paired with a creamy, rich gravy is a must have! Our signature seasoned battered steak strips are a non-stop burst of flavor in your mouth.

APPETIZER

DIPPING SAUCE

Ingredients:

- 1 lb B and D Foods Fingersteaks
- 3 tbsp Butter
- 3 tbsp Flour
- 2 cups Whole Milk
- Kosher Salt, to taste
- ½ tsp Black Pepper

Directions:

1. Preheat oven to 400°F.
 2. Place contents of bag of beef onto a baking sheet or oven safe pan.
 3. Separate pieces for more even heating.
 4. Bake on center oven rack for 12-14 minutes, or until heated through. Set aside.
 5. In a small saucepan, over medium-heat, melt your butter and add the flour and whisk together. Let cook for 2-3 minutes.
 6. Whisk in milk, whisking until smooth. It will start to thicken.
 7. Season with salt and pepper to taste.
 8. Pour into a serving bowl. Gravy will thicken as it cools. Serve as dipping sauce with Fingersteaks.
- *To reheat sauce, heat over medium-low heat. Add milk as needed if gravy is too thick when reheating.



Huckleberry Honey Ginger Chicken

SERVES: 6

PREP TIME: 5 MIN

COOK TIME: 15 MIN

This amazing Huckleberry Honey Ginger Chicken dish is full of sweet and pleasantly tart fun. Dedicated to B and D Foods' home state of Idaho, this dish is packed full of huckleberry flavor.

ENTRÉE

SWEET

BOLD

Ingredients:

- 1 lb B and D Foods Tempura Chicken Breast
- 1 cup Huckleberry Preserves
- 3 tbsp Honey
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Ginger Root, grated fresh

Directions:

1. Combine huckleberry preserves, honey, soy sauce, vinegar and ginger root in a medium saucepan. Mix well.
2. Heat on medium for 1-2 minutes, constantly stirring, until warm.
3. Set sauce aside.
4. Preheat oven to 400°F.
5. Place contents of bag of chicken onto a baking sheet or oven safe pan.
6. Separate pieces for more even heating.
7. Bake on center oven rack for 10-12 minutes, or until heated through.
8. Serve chicken with sauce as a dipping sauce or drizzle the sauce on top of Tempura Chicken.

Lemon Ginger Chicken

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 20 MIN

Lemon Ginger Chicken has so many delightful flavors that it will become a staple in your dinner routine.

Aroma so inviting, you'll want to dive right into this citrusy dish.

SAVORY

FAMILY-FRIENDLY

Ingredients:

- 1 lb B and D Foods Tempura Chicken Breast
- ½ cup Lemon Juice, freshly squeezed
- 4 tbsp Honey
- 2 tbsp Soy Sauce
- 2 tbsp Ginger, freshly grated
- 1 tbsp Canola Oil
- 1 Medium Yellow Onion, diced
- 2 cups Button Mushrooms, sliced
- 2 ½ cups Chopped Cooked Broccoli
- 1 can (8 oz) Sliced Water Chestnuts, drained
- 2 tbsp Cornstarch
- Green Onion, garnish

Directions:

1. In a bowl, whisk cornstarch into 1 cup water.
2. Add lemon juice, honey, soy sauce, and ginger, and whisk to combine. Set sauce aside.
3. Heat 1 tbsp canola oil in a wok or heavy skillet over medium-high heat.
4. Add the onion and stir and sauté for 1 minute.
5. Add mushrooms, broccoli, chicken and water chestnuts.
6. Stir the cornstarch mixture to pan to recombine.
7. Increase the heat to high and cook until sauce thickens and serve immediately.





Maple Bourbon Chicken and Waffles

SERVES: 6

PREP TIME: 5 MIN

COOK TIME: 15 MIN

Our mouthwatering Maple Bourbon Chicken and Waffles is the perfect breakfast or brunch item that will satisfy your taste buds. Serve with your favorite mimosa or virgin sangria and get ready to wow your friends and family.

BREAKFAST

BRUNCH

SWEET

Ingredients:

- 6 Frozen Waffles
- 1 lb B and D Foods Tempura Chicken Breast
- 1 cup Maple Syrup
- ¼ cup Bourbon
- 4 tbsp (½ stick) Salted Butter
- ¼ tsp Cayenne Pepper
- ¼ cup Chopped Pecans

Directions:

1. Pour maple syrup and bourbon into a small pot and bring to a boil.
2. Lower heat and simmer for 3-4 minutes.
3. Turn off heat and whisk in butter, 1 tbsp at a time.
4. Mix in cayenne pepper. Set sauce aside.
5. Preheat oven to 400° F.
6. Place contents of bag of chicken onto a baking sheet or oven safe pan.
7. Separate pieces for more even heating.
8. Bake on center oven rack for 10-12 minutes, or until heated through.
9. Heat Waffles according to package instructions.
10. Place chicken on top of waffles and top with sauce.
11. Add chopped pecans and serve.

Mushroom Beef and Asparagus Stir Fry

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 10 MIN

This flavor-packed Mushroom Beef and Asparagus Stir Fry is sure to put a smile on your face. Using our tender seasoned beef strips, this recipe is a must-try!

SAVORY

FAMILY-FRIENDLY

Ingredients:

- ½ lb B and D Foods Velvetized Beef
- 1 tbsp Soy Sauce
- 1 tbsp Water
- 1 tsp Minced Fresh Ginger
- 1 tsp Mirin
- 2 large Garlic Cloves, minced
- 1 tbsp Soy Sauce
- 1 tsp Cornstarch
- 1 tbsp Vegetable Oil
- ½ lb Fresh Asparagus, trimmed and cut into 1 ½ inch pieces
- 6 to 8 button Mushrooms, sliced
- ¼ tsp Sesame Oil
- ¼ tsp White Pepper Powder

Directions:

1. In a bowl, stir soy sauce, water, ginger, mirin, and garlic. Set aside.
2. Place wok on stove over high heat. Add 1 tbsp vegetable oil and heat until it starts to simmer.
3. Add beef to wok and cook for 4-5 minutes.
3. Add asparagus and mushrooms and stir-fry for 1-2 minutes or until the spears have turned dark green.
4. Add sauce mixture from step 1 and stir fry for 1-2 minutes or until sauce has penetrated all the ingredients.
5. Add sesame oil and pepper, and stir for 30 seconds. Serve and enjoy!





Nashville Hot Chicken Sliders

SERVES: 12

PREP TIME: 10 MIN

COOK TIME: 15 MIN

*These Nashville Hot Chicken sliders are comin' in hot!
These sliders are a perfect treat for game night, barbecues or for any occasion that
requires flavor and spice.*

SNACK

SPICY

FLAVOR

Ingredients:

- 1 lb B and D Foods Tempura Chicken Breast or Thigh
- 12 Brioche Dinner Rolls
- 12 Sweet Bread and Butter Pickles
- 12 Skewers

Hot Chicken Sauce

- ½ cup Unsalted Butter
- 1 tbsp Ground Cayenne Pepper
- 1 tsp Brown Sugar
- 1 tsp Garlic Powder
- ½ tsp Paprika
- 1 tsp Kosher Salt

Directions:

1. Preheat oven to 400°F.
2. Place contents of bag of chicken onto a baking sheet or oven safe pan.
3. Separate pieces for more even heating.
4. Bake on center oven rack for 10-12 minutes, or until heated through.
5. Continue making the hot sauce while the chicken cooks.

Sauce:

6. In a small saucepan, melt butter.
7. Add the cayenne pepper, sugar, garlic powder, paprika and salt to melted butter.
8. Warm and stir the mixture until sugar and salt are dissolved, and set aside.
9. When chicken is done cooking, toss the chicken and sauce in a large mixing bowl.
10. Add 1-2 pieces of chicken to each bottom of the buns.
11. Cover with top buns, add a bread and butter pickle and poke skewer through center.



Strawberry Thyme Chicken Salad

SERVES: 4

PREP TIME: 15 MIN

COOK TIME: 12 MIN

Keep your meal light and refreshing with our Strawberry Thyme Chicken Salad. Including a quick and easy dressing, the burst of flavors in this salad will have you wanting more.

SALAD

FRESH

BALANCE

Ingredients:

- ½ lb B and D Foods Velvetized Chicken
- 2 tbsp Extra Virgin Olive Oil
- 2 tbsp White Balsamic Vinegar
- 1 tbsp Honey
- 1 tsp Chopped Fresh Thyme
- ¾ tsp Black Pepper, freshly ground
- ¼ tsp Salt
- 2 cups Halved Strawberries, divided
- ¼ cup Red Onion, thinly sliced
- 3 tbsp Glazed Pecans
- 2 oz Feta Cheese, crumbled
- 4 cups Fresh Baby Spinach

Directions:

1. Combine olive oil, balsamic vinegar, honey, thyme, pepper, and salt. Stir and whisk.
2. Add 1 cup strawberries and toss to coat. Let stand at room temperature for 10 minutes. Set aside.
3. Preheat oven to 400°F.
4. Place contents of bag of chicken onto a baking sheet or oven safe pan.
5. Separate pieces for more even heating.
6. Bake on center oven rack for 10-12 minutes, or until heated through.
7. In a large bowl, combine spinach, strawberry-balsamic mix, fresh strawberries, feta cheese, onions and glazed pecans. Toss until well mixed.
8. Top salad with chicken and enjoy!

Spicy Mango Lime Chicken Kabobs

SERVES: 4

PREP TIME: 20 MIN

COOK TIME: 15 MIN

Take your next backyard cookout to the next heat-level with these flavor packed Spicy Mango Lime Chicken Kabobs. Like spicy and sweet? Get both with this lip-smacking recipe.

APPETIZER

SPICY

EASY

Ingredients:

- 1 lb B and D Foods Tempura Chicken Breast, thawed
- 1 Red Bell Pepper, cut into 1" squares
- 1 lb Pineapple, cut into 1" pieces
- 2 small Zucchini, large cubes
- 2 cups Frozen Diced Mango
- 1 Onion, cut into 1" pieces
- 1 tbsp Cilantro, minced
- 1 Lime, juice and zest
- 1 Habanero Pepper, diced
- 1-2 Garlic Cloves, minced
- Salt and Pepper, to taste

Directions:

1. Add mango, lime juice, zest, habanero and garlic to a blender.
2. Puree until smooth, then season with salt and pepper to taste. Set sauce aside.
3. Preheat oven to 425° F.
4. Thread chicken, pineapple, and vegetables onto the skewers.
5. Cook at 425° for 10-12 minutes or until chicken is golden brown.
6. Top with Mango Habanero Sauce.
7. Garnish with cilantro and enjoy.





Tempura Chicken Pad Thai

SERVES: 6

PREP TIME: 15 MIN

COOK TIME: 20 MIN

An Asian style dish, Tempura Chicken Pad Thai is sure to delight those seeking a variety of flavors including salty, sweet and nutty.

SAVORY

ENTRÉE

Ingredients:

- 1 lb. B and D Foods Tempura Chicken Breast
- ½ cup Chili Sauce
- 4 tbsp Water
- 3 tsp Ginger, peeled and grated
- 2 tsp Crushed Red Pepper
- 2 pkgs Pad Thai Noodles
- 3 tbsp Vegetable Oil, divided
- 6 Garlic Cloves
- 4 cups Fresh Bean Sprouts
- 1 ½ cups Green Onions, diagonally cut
- 1 cup Minced Fresh Cilantro
- 2/3 cup Coarsely Chopped Dry Roasted Peanuts
- 12 Lime Wedges
- 1 Carrot, cut into thin strips

Directions:

1. Preheat oven to 400°F.
2. Place contents of bag of chicken onto a baking sheet or oven safe pan.
3. Separate pieces for more even heating.
4. Bake on center oven rack for 10-12 minutes, or until heated through. Remove from oven and set aside.
5. Combine chili sauce, brown sugar, water, ginger and red pepper in a bowl and mix.
6. Heat 2 tsp of vegetable oil in a pan over medium-high heat. Add garlic and sauté for 10 seconds.
7. Stir in chili sauce mixture from step 1 and noodles. Cook for 2 minutes.
8. Stir in chicken, bean sprouts, onions and ½ cup cilantro, carrots and cook 3 minutes or until thoroughly heated.
9. Garnish with chopped peanuts and cilantro.



Tempura Chicken Quesadilla

SERVES: 3

PREP TIME: 10 MIN

COOK TIME: 5 MIN

Quesadillas are a prime choice for a lunch bite on-the-go, or a quick evening appetizer. With endless stuffing options, and delicious dipping selections, our Tempura Chicken Quesadillas will satisfy your tasty cravings.

APPETIZER

COMFORT

Ingredients:

- B&D Foods Sliced Tempura Chicken Breast
- 2 Large Flour Tortillas
- 2 tbsp Butter
- 2 cups Shredded Monterey Jack
- 2 cups Shredded Sharp Cheddar
- ½ cup Diced Tomatoes
- ¼ cup Sliced Green Onions
- ½ Avocado, diced

Directions:

1. Heat 2 tbsp of butter on medium heat on a large non-stick skillet.
2. Place one large tortilla on skillet.
3. Cover tortilla with shredded cheese and heat until slightly melted.
4. Add Tempura Chicken, tomatoes, onions, avocado to tortilla.
5. Add additional cheese and cover with another tortilla.
6. Flip when cheese is melted and heat for an additional 2-3 minutes.
7. Cut quesadilla into wedges.
8. Serve with a side of guacamole, sour cream, pico de gallo or your favorite dipping sauce.



We hope you enjoyed

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