

Create with confidence.



Crisco Professional[®] Sauté and Grill

Crisco Professional® General Use Recipes



Sauté and Grill

- *Perfect for pan frying, sautéing, grilling and broiling*
- *Rich, unsalted buttery flavor*
- *Unsalted formula adapts to recipe's flavor profile*
- *Won't scorch, burn or separate in high temperatures*
- *No melting, clarifying or refrigeration needed*



The following recipes can be prepared using Crisco Professional Saute and Grill.

Roux – Pale and Brown – General Use Recipes

A mixture of equal amounts of Crisco Professional® Sauté and Grill and flour, which are cooked together at the very start of a recipe before any liquid is added. It is used as a basis for thickening sauces.

Ingredients:

1lb Flour, all purpose

16 oz Crisco Professional Sauté and Grill for unsalted roux

Method:

- 1. Place small, wide, shallow sauce pan or rondeau over medium heat and add oil.*
- 2. Add the flour, stir constantly and cook over low heat for approximately 8 minutes for a pale roux and until it is brown and has a strong nutty aroma for a brown roux.*
- 3. Once the roux is pale ivory/light beige or brown in color depending on desired roux type, remove it from heat, cool, transfer to an air tight storage container, label, date and refrigerate until needed.*



Yogurt Cake - Sauté and Grill

Ingredients:

- 1 ½ cups Flour
- 2 t Baking Powder
- ¼ t Salt
- 1 cup Plain Yogurt
- 1 cup Sugar
- 3 ea Large Eggs
- 1 t Lemon Zest
- ¼ t Vanilla Extract
- ½ cup Crisco Professional® Sauté and Grill Oil

Method:

1. Position rack in center of oven and preheat oven to 350°F. Generously butter 8 1/2 x 4 1/2 x 2 1/2 inch metal loaf pan. Sift flour, baking powder, and salt into medium bowl. Combine yogurt, sugar, eggs, lemon peel, and vanilla in large bowl; whisk until well blended. Gradually whisk in dry ingredients. Using rubber spatula, fold in Crisco Professional® Sauté and Grill oil. Transfer batter to prepared pan. Place pan on baking sheet.
2. Place cake on baking sheet in oven and bake until cake begins to pull away from sides of pan and tester inserted into center comes out clean, about 50 minutes. Cool cake in pan on rack 5 minutes. Cut around pan sides to loosen cake. Turn cake out onto rack. Turn cake upright on rack and cool completely. Can be made 1 day ahead. Wrap and store at room temperature.



Blueberry Fluted Cake - Sauté and Grill

Ingredients:

- 2 ¼ cups Flour
- 1 cup Sugar
- 1 t Baking Soda
- ¼ t Salt
- 2 ea Eggs
- 1 cup Buttermilk
- ¾ cup Crisco Professional® Sauté and Grill Oil
- 2 T Frozen Lemonade Concentrate
- 2 cups Blueberries
- ½ cup Butter
- 1 cup Brown Sugar
- ⅔ cups Flour
- ¾ cup Oatmeal

Method:

1. Preheat oven to 350°F.
2. In large bowl, combine 2 1/4 cups flour, sugar, baking powder, baking soda, and salt and mix well.
3. Add eggs, buttermilk, Crisco Professional® Sauté and Grill oil, and lemonade concentrate and beat well.
4. Fold in blueberries.
5. In medium bowl, combine butter, brown sugar, 2/3 cup flour, and oatmeal and mix until crumbly.
6. Spray a 12 cup fluted pan with non-stick baking spray.
7. Pour half of batter into pan and sprinkle with half of streusel mixture. Repeat layers, ending with streusel mixture.
8. Bake at 350°F for 45 to 50 minutes, or until toothpick into center comes out clean, cake is brown, and pulls away from edges of pan.
9. Let cool in pan for 10 minutes, then invert onto serving plate.
10. Serve warm, dusted with powdered sugar.



Friendship Bread - Sauté and Grill

Ingredients:

- 2 ½ cups Milk
- 3 cups Sugar
- 4 cups Flour
- 1 cup Crisco Professional® Sauté and Grill Oil
- ½ cup Milk
- 3 ea Eggs
- 1 t Vanilla
- 2 t Cinnamon
- 1 6 oz Box Instant Vanilla Pudding Mix
- ½ cup Chopped Toasted Walnuts
- ¼ cup Dried Currants

Method:

1. *Day One: For those making the starter from scratch: combine 1 cup milk, 1 cup sugar, and 1 cup flour in a large resealable bag and mush to mix ingredients. For those receiving the fermented batter in a gallon resealable bag: Do nothing. Leave it to sit on the counter.*
2. *On days 2-4: Squeeze the bag several times during the day. (If air builds up in the bag, open the resealable slightly and remove the air.)*
3. *On day 5: Add 1 cup milk, 1 cup sugar, and 1 cup self-rising flour to the bag. Squeeze the bag several times during the day.*
4. *On days 6-8: Squeeze the bag several times during the day. (Remove air.)*
5. *On day 9: Add 1 cup milk, 1 cup sugar, and 1 cup self-rising flour into the bag. Close resealable. Squeeze the bag several times during the day.*

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Friendship Bread (cont'd) - Sauté and Grill

Method: *continued from front*

6. Day 10: Pour 1/2 cup "starter" in 4 separate gallon resealable bags. These starters replace the milk, flour, and sugar used to start the very first batch from scratch. Give the four bags to friends along with the steps on how to finish making their own starters and bread, or freeze the starters for future use if desired, just be sure that once you take a starter out of the freezer, you let it sit out one day before starting your steps.
7. In a large glass bowl add 2 cups self-rising flour, 1 cup of sugar, 3 eggs, 1 cup Crisco Professional® Sauté and Grill oil, 2 tsp cinnamon, 1/2 cup milk, 1 tsp vanilla, 1 large box (or 2 small boxes) of instant vanilla pudding, 1/2 cup of either currants, nuts, chocolate chips or fruit (optional) or 1/4 cup of any two of these ingredients; mix well.
8. Spray well 2 large loaf pans with no stick cooking spray.
9. In a small bowl or cup, mix 1 tsp cinnamon and 2 tbsp sugar. Sprinkle about 1/2 to 2/3 in loaf pans, reserving about 1/3 to 1/2 of the mix.
10. Pour batter into pans.

11. Sprinkle remaining cinnamon and sugar mix across the tops of the batter. (You may choose to sprinkle the remaining mix after baking the bread.)
12. Bake at 325° F for 1 hour.

IMPORTANT NOTES:

1. You may also make small loaves. If you do, bake at the same temperature, but for 25 to 30 minutes.
2. Do not use metal spoon or metal bowl for mixing.
3. Do not refrigerate at any time during the process. Keep on the counter.
4. If air builds up in the zip lock; open the zipper slightly and squeeze the air out, being careful not to let any of the batter out. Quickly reseal.
5. It is normal for the batter to thicken and bubble during the time it sits on the counter. This is called the fermentation process.



Apple Blossom Cake - Sauté and Grill

Ingredients:

- 1 ½ cups *Crisco Professional® Sauté and Grill Oil*
- 2 ea *Eggs*
- 2 cups *Sugar*
- 1 t *Vanilla Extract*
- 1 t *Cinnamon*
- ½ t *Clove*
- ½ t *Nutmeg*
- ½ t *Salt*
- 1 ½ t *Baking Soda*
- 3 cups *Flour*
- 1 ½ cup *Golden Raisins*
- 3 cups *Fresh Apples, small diced*
- 1 cup *Toasted Chopped Walnuts*

Method:

1. *Beat together Crisco Professional® Sauté and Grill oil, eggs, and sugar thoroughly. Add vanilla.*
2. *Sift dry ingredients together three times. Add to Crisco Professional® Sauté and Grill oil and sugar mixture.*
3. *Add apples, raisins, and nuts.*
4. *Bake in greased and floured tube pan for 1-1/2 hours or until cake tests done at 325° F.*



Lemon Pound Cake - Sauté and Grill

Ingredients:

2 cups Butter, softened

½ cup Crisco Professional® Sauté and Grill Oil

3 cups Sugar

5 ea Eggs

Zest and Juice of 1 Lemon

3 ½ cups Flour

½ t Baking Powder

¼ t Salt

1 cup Milk

2 t Vanilla Extract

1 t Lemon Extract

Method:

1. Cream butter. Add Crisco Professional® Sauté and Grill oil and sugar. Cream again. Add eggs, one at a time, beating well after adding each. Mix in lemon zest and lemon juice.
2. Sift together flour, baking powder, and salt.
3. Add flour mixture and milk alternately to butter and egg mixture, beginning and ending with dry ingredients.
4. Add extracts to batter.
5. Bake in a greased and floured tube pan at 300° F for 1-1/2 hours, or until a wooden skewer inserted in center of cake comes out clean. Cool completely on rack before removing cake from pan.



Butter Mints - Sauté and Grill

Ingredients:

½ cup Butter

½ cup Crisco Professional® Sauté and Grill Oil

½ cup Water

2 lbs + 2 cups Powdered Sugar

3 drops Food Coloring of your choice

3 drops Oil Based Flavor Extract of your choice

Method:

- 1. Mix all the ingredients together and mold into any shape you wish.*



Cowboy Coffee Cake - Sauté and Grill

Ingredients:

- 2-7 ½ oz Cans of Refrigerated Biscuit Dough*
- ⅓ cup Crisco Professional® Sauté and Grill Oil*
- ⅓ cup Brown Sugar*
- ⅓ cup Chopped Toasted Walnuts*
- 1 t Cinnamon*
- 1 t Ground Coriander*

Method:

- 1. Overlap biscuits in a 8 or 9 in cake pan, in a spiral fashion.*
- 2. Combine Crisco Professional® Sauté and Grill oil, sugar, nuts and spices.*
- 3. Spread over biscuits.*
- 4. Bake at 350° F for 30 minutes.*



Sherry Cake - Sauté and Grill

Ingredients:

Cake:

- 1-18 ¼ oz Package Yellow Cake Mix
- 1-3 ½ oz Box Instant Vanilla Pudding
- 4 ea Eggs
- ½ cup Crisco Professional® Sauté and Grill Oil
- 1 cup Sherry
- 1 T Butter Flavored Extract
- 2 t Nutmeg

Sugar Mixture:

- 2 t Cinnamon
- ¼ cup Sugar

Glaze:

- 1 ¼ cup Confectioner's Sugar
- 2 T Milk
- ½ t Vanilla Extract
- ½ t Butter Flavored Extract

Method:

1. Grease and flour 10 inch bundt pan.
2. In large mixing bowl, combine cake mix, pudding mix, eggs, Crisco Professional® Sauté and Grill oil, sherry, the 1 tablespoon butter flavored extract and the nutmeg.
3. Blend at low speed till combined.
4. Beat at medium speed for 2 minutes.
5. Pour 1/3 cup batter into bundt pan.
6. Combine the sugar and cinnamon.
7. Sprinkle half of the sugar and cinnamon mixture over batter in pan.
8. Add another 1/3 of the cake batter in pan.
9. Sprinkle with remaining sugar and cinnamon mixture.
10. Top with remaining batter.
11. Bake at 350° F for 45 to 50 minutes.
12. Let cake cool in pan for about 15 minutes before placing on cake plate.
13. For glaze, mix together the confectioner's sugar, the vanilla, milk and butter flavored extract until smooth.
14. Spoon over warm cake.



Apple Butter Bread - Sauté and Grill

Ingredients:

2 cups Flour

1 cup Brown Sugar

1½ t Baking Powder

½ t Salt

1½ cups Apple Butter

½ cup Apple Juice

¼ cup Crisco Professional® Sauté and Grill Oil

1 ea Egg, beaten

1 cup Raisins

½ cup Chopped Toasted Walnuts

Method:

1. Combine flour, brown sugar, baking powder, baking soda and salt in a large mixing bowl.
2. In small bowl mix ¾ cup apple butter, apple juice, Crisco Professional® Sauté and Grill oil and egg together. Fold in the raisins and chopped nuts. Add the apple butter mixture to the dry ingredients and blend together. Pour half the mixture in a loaf pan that has been sprayed with cooking spray. Gently spread the reserved ¾ cup apple butter over the batter. Pour the rest of the batter over the apple butter mixture and spread evenly over the top to cover. Bake at 350° F for 55 to 65 minutes or until done.
3. To bake "my mistake loaf," just put all the apple butter in the wet ingredients and blend into the dry ingredients. Cut up dried pineapple pieces and add with the nuts instead of the raisins. Pour the whole batter into the loaf pan and bake as above.
4. This makes a heavy moist bread that is delicious.
5. Any kind of nuts can be used and any kind of dried fruit that you prefer.
6. Top with Apple Butter (recipe on back of card).



Apple Butter Recipe - Sauté and Grill

This recipe is a great complement to Apple Butter Bread

Ingredients:

5 ½ lbs Jonagold Apples, peeled, cored and finely diced

4 cups Sugar

3 t Cinnamon

¼ t Cloves

¼ T Salt

Method:

1. Place apples in a large bowl.
2. Combine sugar, cinnamon, cloves and salt.
3. Pour over apples and mix well.
4. Place in slow cooker, cover and cook on high for 1 hour.
5. Decrease heat to low, cover and cook on low for 9 to 11 hours or until thickened and dark brown.
6. Stir occasionally.
7. Uncover and cook on low for 1 hour longer.
8. If desired, whisk until smooth.
9. Spoon into freezer containers, leaving 1/2 inch headspace.
10. Cover and freeze.



Zucchini Brownies - Sauté and Grill

Ingredients:

¼ cup Crisco Professional® Sauté and Grill Oil

¾ cup Sugar

1 t Vanilla Extract

1 cup Flour

¼ cup Unsweetened Cocoa Powder

¾ t Baking Powder

½ t Salt

1 cup Shredded Zucchini

¼ cup Chopped and Toasted Walnuts

Frosting:

3 T Unsweetened Cocoa Powder

½ cup Margarine

1 cup Confectioner's Sugar

½ cup Milk

¼ t Vanilla Extract

Method:

1. Preheat oven to 350° F. Grease and flour 8 inch square baking pan.
2. In large mixing bowl, mix together the Crisco Professional® Sauté and Grill oil, sugar and 1 teaspoon vanilla until well blended.
3. Combine the flour, ¼ cup cocoa, baking soda and salt; stir into the sugar mixture.
4. Fold in the zucchini and walnuts. Spread evenly into prepared pan.
5. Bake for 18 to 20 minutes until brownies slightly spring back.
6. To make the frosting, melt the margarine and cocoa powder together, set aside to cool.
7. In a medium bowl blend the confectioner's sugar, milk and vanilla.
8. Stir into the cocoa mix. Spread over brownies once cooled.



Recipe Notes

