

May 2020 • VOL. I

# In the kitchen

Staying connected with Tri-Star Catering



## This Issue's Must-reads:

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These unprecedented times have left us with more questions than answers. To stay connected, we've started this newsletter offering an inside look at some of our favorite recipes, a bit more history on our company and staff, and other neat at-home tips and suggestions.

We're here for you and look forward to serving you again soon!

**The Tri-Star Catering Team**

# Featured Recipe

## Rob's Down and Dirty Easy Jalapeno Bean and Bacon Enchiladas



Preheat oven to 350 degrees

Warm beans on stovetop or in microwave - they do not have to be molten, just a creamy texture

When the beans have loosened up, stir in almost all the bacon (leave a bit of the bacon for garnish on top of the enchiladas)

Before you start rolling your enchiladas, cover the bottom of your pan with a thin coating of sauce. This will keep your enchiladas from sticking to the pan.

Wrap the tortillas in plastic wrap and microwave for 45 seconds. This will make them pliable.

On a dinner plate pour a little bit of your sauce till you have a bout a 2" circle - dip a tortilla in the sauce on the plate to get some sauce on both sides of the tortilla.

While still on the plate, put a big dollop of the bean mixture in the middle of the sauced tortilla; next add a little bit of the onion - it will add a little crunch and freshness (if you don't like raw onion, just omit this step).

Add a generous sprinkling of the cheese.

Now, roll your filled tortilla and place it seam side down in your pan - repeat the process until your pan has a row of enchiladas. DO NOT overcrowd the enchiladas. If you only can get a row of six, you can tuck the last two on the side of the row, one on each side of the row. Pour remaining sauce over the enchiladas evenly and top with remaining shredded cheese. Add the remaining bacon and a light sprinkling of the chopped onion if you want

Bake uncovered for 20-30 minutes, or until cheese is melted and sauce is bubbly. I always start checking the oven at the 20-minute mark. Let sit 5 minutes before serving. Garnish as desired with sour cream, guacamole, sliced green onions or cilantro, whatever you like.

The great thing about enchiladas is that they are easy to make and only limited by your imagination. Any kind of filling will work ground beef taco filling, chicken, grilled veggies or seafood. There is a great selection of red, green and mole sauces available. Some of my favorites are Frontera, Hatch and La Tortilla Factory

No intimidation. Enjoy!  
Rob

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## INGREDIENTS

SERVES 4

**1-16OZ CAN LA  
PREFERIDA REFRIED  
BEANS WITH  
JALAPEÑOS**

**1 - 8 OZ POUCH  
SHREDDED MEXICAN  
STYLE FOUR CHEESE  
BLEND**

**2 - 8OZ POUCHES  
FRONTERA RED CHILI  
ENCHILADA SAUCES-**

**CRISPY, THINLY-  
CHOPPED BACON**

**HALF OF SMALL A  
WHITE ONION FINELY  
CHOPPED (OPTIONAL)**

**CORN OR FLOUR  
TORTILLAS (USE YOUR  
PREFERENCE)**

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## EQUIPMENT

9X9 baking pan\*

*\*I use a 12X9- 1.5-liter Corningware  
baking dish I have had for over 30 years.*



# Employee Profile

**Chef John Skaggs**

- **Kendall College Culinary graduate**
- **Trained in continental french technique**
- **Globally influenced**

Since my first job as a busboy at age 16, I have spent my entire life in the hospitality industry in one fashion or another. Prep cook, waiter, bartender, manager, you name it, I have done it. From casual to fine dining, hotel banquets to catering, I have experienced a broad spectrum across the culinary landscape. This diverse history has served me well since taking over the helm as Executive Chef way back in 2000.

Catering is a constantly evolving and always challenging industry. It is what drives me and the rest of the Tri-Star team to bring you an exceptional experience. My mantra to my staff, "Make it nice" is heard daily, with you in mind.

When not in the Tri-Star kitchen, I enjoy biking or hiking with my wife, Liz. Traveling as much as possible. And of course, gathering and cooking for friends. What's on the menu at home now? A lot of comfort foods and meals I can share with my condo neighbors: soups, lasagnas, ragus, roasts, tagines, all manner of roasted and grilled veggies. All slow foods, simple, real and satisfying, keeping me busy doing what I know best.

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*"Make it nice"*





*You've seen it online, here's how to  
regrow your green onions!*

# UPCYCLING:

## Don't toss your scallion ends!

Step 1: Using a diagonal (or bias) cut, cut the scallion where the light green stem starts hitting the dark green leaves.

Step 2: Place the bulb in a glass of regular, cold tap water with just a little bit of the green showing.

Step 3: Place on a sunny windowsill. (Onions love sun.) Change the water every 4 days or so. Cloudy, slimy water can stunt growth.

Step 4: After about a week, when the dark green leaves are about the length of your palm, it's ready to harvest.

Step 5: Once you see about 2 – 3 inches of green growth, you can transplant your scallion into well-draining soil, marbles, or river rock. Enjoy!



# WE'VE GOT YOU COVERED

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## RETURNING TO WORK?

### FOLLOWING CDC GUIDELINES ALL MASKS:

- fit snugly against the side of the face
- are made securely with latex free elastic
- contain multiple layers of fabric with optional anti-microbial backing
- can be laundered with normal detergent-- line dry only

Available in a variety of colors, custom branding available.

Start at \$12/ea, minimum 25ct.  
branded minimum 54ct.

email [info@tristar catering.com](mailto:info@tristar catering.com) to inquire!



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questions, comments or suggestions!

Thanks for being a part of our  
community!

