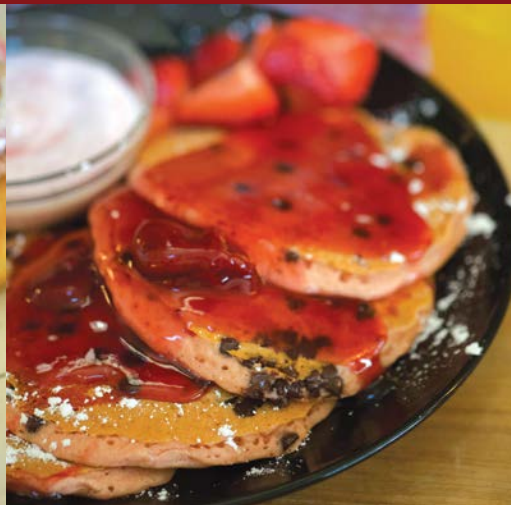




# Savor our many flavors.

RECIPES FROM CARBON'S® KITCHEN | VOLUME II

Carbon's **GOLDEN**  
**MALTED** SINCE 1937  
AMERICA'S WAFFLE





*Here  
comes  
the fun.*

Carbon's® Golden Malted® has been associated with great tasting waffles for a long time. As well it should. We've been providing the ingredients for Golden Malted® waffles to restaurants, hotels, theme parks and colleges and universities around the world for over 75 years. But if you think we're just about waffles and breakfast, think again. We now have fruit toppings and syrup and we've even added sweet potato pancake mix. So you can serve waffles and pancakes for just about any meal on any occasion.

That's why we prepared this exciting new recipe booklet. It contains a full course of wonderful new recipes created by Carbon's® Golden Malted®. They're easy to prepare and perfectly suited to be served as daily specials, regular menu offerings or for your individual pleasure. Most of all, they're fun. Fun to make. Fun to eat. And fun to watch families enjoy!



# Our new products!

## FRUIT TOPPINGS

- 3 great flavors
- Loaded with real fruit
- Kosher
- Shelf stable, store at room temperature
- Top your waffles and pancake



## SWEET POTATO PANCAKE & WAFFLE FLOUR

- Heart healthy mix
- High in vitamin B-6
- Solid source of vitamin C, potassium and magnesium
- Makes great waffles and pancakes

## PANCAKE & WAFFLE SYRUP

- Real maple flavor
- Great tasting





# Pot Roast

WITH  
GOLDEN MALTED®  
SWEET POTATO PANCAKES

## INGREDIENTS

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10 Golden Malted® Sweet Potato Pancakes

### *Pot Roast*

1 lb. baby carrots

2 lb. quartered red skin potatoes

1 lb. beef shoulder or boneless chuck

1 large yellow onion

3 celery stalks

1 bay leaf

2 Tbsp. salt and pepper (to taste)

1 cup water

½ cup red wine

## PREPARATION

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**Pot Roast** Take beef and cut into fist-size pieces. Sear in pan until all sides are brown. Add remaining ingredients and cook on lowest stovetop setting for approximately 2-2 ½ hours. Let rest.

Remove pot roast, potatoes and carrots from cooking liquid and set aside. Reserve juice. Slice or cut into chunks 4 to 6 oz. of cooked beef and hold beef, potatoes, and carrots at 165°.

Arrange pancakes, pot roast, carrots and potatoes on a dinner plate. Drizzle some of the cooking liquid over pot roast and serve.

## INGREDIENTS

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4 Golden Malted® Sweet Potato Waffles

### *Ice Cream*

2 cups of half and half cream

1 cup of heavy (35%) cream

1 cup of sugar

1 vanilla bean, hulled, split and scraped

## PREPARATION

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**Ice Cream** In a large saucepan, combine all ingredients and place over medium heat. Stirring occasionally, bring the mixture to 170° (measure temperature with a candy thermometer). Remove from heat and allow to cool slightly. Pour mixture into lidded container and refrigerate overnight to mellow flavors and texture.

Freeze mixture in ice cream freezer according to unit's instructions. (Make sure the container of your ice cream maker has been in the freezer for at least two days to ensure it is completely frozen). The mixture will not freeze hard in the machine. Once the volume has increased by  $\frac{1}{2}$  to  $\frac{3}{4}$ , and reached a soft serve consistency, spoon the mixture back into a lidded container and harden in the freezer at least 1 hour before serving.

Place waffle on plate with a scoop of the vanilla bean ice cream. Drizzle a little fresh honey for an extra dimension.



*Vanilla Bean*  
*Ice Cream*  
WITH  
GOLDEN MALTED®  
SWEET POTATO WAFFLE



# *Apple & Sausage* *Pancake*

WITH  
GOLDEN MALTED®  
APPLE TOPPING

## INGREDIENTS

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### *Honey Butter*

2 oz. softened butter

2 oz. confectioners sugar

2 oz. honey

½ tsp. ground cinnamon

### *Pancakes*

Robby's Pancake Mix®

4 oz. precooked sausage crumbles

4 oz. Golden Malted® Apple Topping

## PREPARATION

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***Honey Butter*** In a medium bowl, combine butter, confectioners sugar, honey and cinnamon. Beat until light and fluffy. Set aside.

***Pancake*** Prepare pancake mix using the 1 cup recipe (makes 3-4 pancakes). Fold sausage crumbles and 2 oz. of apple topping into pancake batter.

Prepare pancakes on a 325° preheated skillet. Once cooked, place pancakes on a plate and scoop the honey butter on top. Spoon the remaining 2 oz. of apple topping over the pancakes. Optional: sprinkle cinnamon sugar over top.



## INGREDIENTS

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- 4 Golden Malted® Waffles
- 3 lb. pork loin sliced or  
1-inch bone-in pork chop
- ¼ cup Dijon mustard
- 2 Tbsp. red wine vinegar
- 2 Tbsp. salt and pepper
- 1 Tbsp. fresh chopped rosemary
- 2 cups balsamic vinegar

## PREPARATION

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**Pork Loin** Combine all ingredients except waffles and balsamic vinegar and marinate for 6 hours or overnight.

**Balsamic Glaze** Bring balsamic vinegar to a boil. Reduce boil to simmer. Reduce liquid half way. It should be a syrupy consistency when cooled. Set aside.

Grill marinated pork to desired temperature and let rest for 2-3 minutes.

Arrange a few waffle quarters around a dinner plate. Place the grilled pork on the plate and drizzle the waffles and pork with the balsamic glaze.



# Pork Loin

GOLDEN MALTED® WAFFLES



## INGREDIENTS

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4 Golden Malted® Waffles

½ mango

1 whole pineapple

4 large strawberries

2 Tbsp. honey

1 tsp. lime juice

4 Tbsp. coconut

## PREPARATION

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Peel and dice all fruit and combine with juice and honey. Reserve.

Preheat oven to 350°. Spread shredded coconut on small sheet pan and bake until golden brown. Remove from oven and let stand.

Place waffle on plate and spread the fruit on waffle. Sprinkle toasted coconut on top of waffle and serve.

**GOLDEN MALTED®**

*Tropical  
Waffle*



## INGREDIENTS

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1 cup Robby's Pancake Mix®

2 oz. Golden Malted® Strawberry Topping\*

Any flavor yogurt (replaces half the water  
used in Robby's pancakes)

2 oz. semi-sweet chocolate chips

## PREPARATION

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**Pancake** Prepare pancake mix using yogurt in place of half the water required per recipe. Fold in chocolate chips.

Plate the pancakes and top with strawberry topping. Serve.

*\*Golden Malted® Blueberry Topping may be substituted.*



*Chocolate Chip  
& Yogurt Pancakes*

WITH GOLDEN MALTED®  
STRAWBERRY TOPPING



# Pork Carnitas

GOLDEN MALTED®  
MINI WAFFLES

## INGREDIENTS

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2 prepared Golden Malted® Belgian Waffles  
or 8 prepared Mini Waffles

1 2-lb. pork shoulder

1 large yellow onion

3 garlic cloves

1 cup water

1 cup lard or shortening

1 tsp. cumin

1 Tbsp. salt

1 tsp. white pepper

## PREPARATION

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**Carnitas** Cut meat into fist-size pieces. Sear meat on all sides on a preheated 400° griddle. Let rest. Saute onion, garlic and spice until slightly brown in large stockpot. Add seared meat, 1 cup of water and 1 cup of shortening or lard. Cover and cook on low heat for 3 hours. Cool slightly and shred.

Pile shredded pork high on each mini or Belgian waffle quarter. Top with your favorite tangy barbecue sauce, and raw or grilled vegetables.

*Variations: Mini waffles also can be used with your favorite pub burger, chicken, or any savory food to create a delicious sandwich.*

## INGREDIENTS

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- 2 prepared Golden Malted® Belgian Waffles  
or 8 prepared Mini Waffles
- 4 (6-ounce) skinless, boneless  
chicken breast halves\*
- ¼ tsp. kosher salt, divided
- ¼ tsp. freshly ground black pepper
- 2 tsp. fresh lemon juice
- 3 Tbsp. mayonnaise
- 1 ripe peeled avocado, coarsely mashed  
(optional)
- 4 pieces green leaf lettuce
- 2 plum tomatoes, each cut into 6 slices
- 4 slices sharp cheddar cheese
- 4 slices center-cut bacon, cooked and drained

## PREPARATION

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Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken evenly with ½ tsp. salt and pepper. Add chicken to pan and sauté 6 minutes on each side or until done. Remove from pan and let stand 5 minutes. Slice.

Combine remaining ¼ teaspoon salt, juice, mayonnaise and avocado in a small bowl. Stir until well blended. Spread approximately 3 Tbsp. avocado mixture over each mini or Belgian waffle quarter. Top each waffle with 1 lettuce leaf, 1 chicken breast half, 3 tomato slices, 1 cheese slice and 1 bacon slice.

*\*May be done with any protein, grilled or fried.*



# Chicken Club Sliders

**WITH GOLDEN MALTED®  
MINI WAFFLE BUNS**





#### INGREDIENTS

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1 cup Golden Malted® Waffle batter

1 oz. crushed pretzel

⅓ banana, sliced

¼ cup caramel sauce

#### PREPARATION

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Fold crushed pretzel into waffle batter. Pour batter into Belgian waffle maker and cook per instructions (390° for 3 minutes). Once cooked, plate the waffle and top with caramel sauce, crushed pretzels and sliced bananas.

*Banana  
& Pretzel*  
GOLDEN MALTED® WAFFLE

## INGREDIENTS

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3 cups Add Water Robby's® Dry Pancake Mix

3 cups Add Water Robby's® Pancake Batter

2 lb. shredded extra-sharp cheddar cheese

1 lb. sage-flavored pork sausage at room temperature

1 lb. hot pork sausage

64 skewers

2 cups syrup, divided into ramekins

## PREPARATION

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Preheat oven to 300°. Grease a baking sheet.

Combine cheddar cheese, sage-flavored pork sausage and hot pork sausage together in a bowl and mix. Roll mixture into golf ball-sized portions. Dip meatballs in pancake batter then coat with dry pancake mix. Arrange on prepared baking sheet. They can also be fried for crispiness.

Bake in preheated oven until meatballs are no longer pink in the middle and browned on the outside, 25 to 30 minutes. Add skewers to the sausage meatballs to create your lollipops.

Arrange on a plate and serve with ramekin of syrup.



# Sausage Lollipop

WITH ROBBY'S  
PANCAKE MIX®



# Grilled Skirt Steak Fajita

GOLDEN MALTED® WAFFLE

## INGREDIENTS

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2 prepared Golden Malted® Waffles, thin

### *Steak*

⅓ cup soy sauce

⅛ cup lime juice or juice from 2 limes

⅛ cup canola oil

⅓ cup packed brown sugar

½ tsp. ground cumin seed

¼ tsp. freshly ground black pepper

¼ Tbsp. chili powder

1 medium clove garlic, finely minced (about 1 Tbsp.)

½ lb. trimmed skirt steak

½ large red bell pepper, stemmed, seeded and cut into ½-inch-wide strips

1 oz. green onions, cut into ¼-inch slices

¼ yellow onion, sliced

### *Spanish Rice*

1 Tbsp. vegetable oil

½ cup uncooked white rice

½ onion, chopped

¼ green bell pepper, chopped

1 cup water

½ can (10 ounces) diced tomatoes

1 tsp. chili powder, or to taste

½ tsp. salt



## PREPARATION

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**Steak Marinade** Combine soy sauce, lime juice, canola oil, brown sugar, cumin, black pepper, chili powder and garlic in a medium bowl and whisk to combine. Transfer ¼ cup of marinade to a large bowl and set aside. Place steaks in a gallon-size zipper-lock bag and add remaining marinade. Seal bag, squeezing out as much air as possible. Massage bag until meat is fully coated in marinade. Lay flat in the refrigerator, turning every couple of hours for 3 to 10 hours. While steak marinates, toss peppers and onions in bowl with reserved ¼ cup marinade. Refrigerate until ready to use.

**Spanish Rice** Heat oil in a deep skillet over medium heat. Sauté rice, onion and bell pepper until rice is browned and onions are tender.

Stir in water and tomatoes. Season with chili powder and salt. Cover and simmer for 30 minutes, or until rice is cooked and liquid is absorbed. Set aside.

**Cooking the Steak** Pre-heat a cast iron skillet until piping hot. Add steak and cook for 1 minute. Add pepper and onion and mix and turn the steak, cooking all ingredients for 2 extra minutes. Pull the steak and set aside to rest. Stir vegetables occasionally until vegetables are soft and begin to char in spots – about 5 minutes. When vegetables are cooked, transfer steaks to a cutting board and pour any accumulated juices from the plate into the skillet with the vegetables. Toss to coat.

Transfer vegetables to warm serving platter. Thinly slice meat against the grain and transfer to platter with vegetables. Place waffle on a plate. Spread the rice over one side of the waffle. Top with steak and vegetables. Garnish with green onions and serve immediately. Add guacamole, pico de gallo, sour cream and other condiments as desired.

*And the  
fun doesn't  
end here ...*

If you have a waffle or pancake recipe that uses Carbon's® Golden Malted® products in a fun, new way, please share it with us at [7i gtrca YfGYfj JVV@goldenmalted.com](mailto:7i gtrca YfGYfj JVV@goldenmalted.com). Who knows, your creation might even be selected for our next recipe collection.



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