



CORDONTEC®

LE CORDON BLEU DE PARIS®  
PRESENTS RECIPES BY CHEF JEFF SANDERS  
JULY 29, 2021



### Korean BBQ Ribs with Kimchi Coleslaw

Baby Back Ribs	2 ea
Korean BBQ Rub (Spiceology)	½ cup
Chicken Stock	¼ cup
Srircha BBQ Sauce	¼ cup
Kimchi	¼ cup
Shredded Green Cabbage	5 oz
Shredded Carrots	3 oz
Green onion	.5 oz
Creamy Coleslaw Dressing	3 tbsp
Salt and Pepper	To taste

1. Rub the ribs generously with the Korean bbq rub.
2. Preheat Oven to 275 degrees
3. Place ribs on a rimmed baking sheet and put chicken stock in the bottom of the pan.
4. Wrap the sheet tightly with aluminum foil.
5. Place ribs in the oven for 3-4 hours until tender
6. Drain kimchi and julienne.
7. Slice green onions on a bias cut.
8. Combine cabbage, carrots, kimchi and green onion in a mixing bowl and add your dressing
9. Mix thoroughly and season with salt and pepper
10. When the ribs are ready, remove them from the oven. Preheat your grill on high. Place ribs on grill.
11. Brush on bbq sauce while ribs are on the grill.
12. Cut slab in half, plate and enjoy!





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### Jamaican Jerk Chicken Thighs

Chicken Thighs	3 pounds
Jerk Marinade Mild (Walkerwood)	¼ cup
Red Kidney Beans	½ cups
Long grain Rice	1 cup
Chicken Stock	½ cup
Coconut Milk	1 can
Salt	To taste
Pepper	To taste
Pineapple	1 cup
Red onion	½ each
Cilantro	2 tbsp
Jalapeno	½ each
Lime	2 tsp

1. Marinade chicken thighs overnight and keep covered in the refrigerator.
2. Drain red beans
3. Place beans, rice, Chicken stock and coconut milk in a pot. Simmer on low heat for roughly 25-30 min.
4. Season with salt and pepper
5. While the rice is cooking, place chicken thighs on the grill. Cook for 5-6 min on each side (depending on thickness of the thighs, remember chicken needs to be cooked to 165 degrees)
6. Small dice pineapple, red onion and jalapeno. Finely chop cilantro and place all ingredients in a mixing bowl.
7. Season with salt, pepper and lime .
8. Bring all ingredients together on the plate and configure to your liking!

