



ADVANCED CULINARY SKILLS TRAINING COURSE RECIPES

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Seafood

OYSTERS ROCKERFELLER

Yield: 6 to 12 EA.

Ingredients:

1/3	CUP	UNSALTED BUTTER
1	EA.	SHALLOTS, FINE BRUNOISE
1	EA.	GARLIC, CLOVES MINCED
2	CUPS	FRESH SPINACH, CHOPPED
2	tbsp	VERMOUTH
1/4	CUP	PARMENSAN, GRATED
2	slices	BACON, COOKED AND BRUNIOSE
1/2	CUP.	PANKO, BREADCRUMBS
6	EA.	OYSTERS
1/2	EA	LEMON WEDGES (2)
2	tsp.	LEMON, ZEST AND JUICE

Procedure:

1. Preheat oven to 400°F.
2. Render bacon in pan till crispy and fully cooked.
3. Add shallots and garlic sauté till tender. Add butter if needed.
4. Add the chopped spinach and Vermouth to the pan and cook until the spinach is wilted, stir in parmesan cheese.
5. Melt the remaining butter and mix it with the panko. Panko should be moist but not mushy
6. Place oysters in their half shells. Top the oysters evenly with the spinach mixture, then sprinkle the panko mixture on top.
7. Bake for 8 - 10 minutes or until breadcrumbs are golden brown.
8. Add lemon juice or serve with lemon wedge (optional).

Stocks

CHICKEN STOCK

Yield: 1 Gallon

Ingredients:

8	LBS.	CHICKEN BONES
3	GAL.	WATER
4	OZ	CELERY, MEDIUM DICE
4	OZ	CARROT, MEDIUM DICE
8	OZ	ONION, MEDIUM DICE

Standard Sachet d'Epices:

3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Procedure:

1. Place bones and water in 3 Gallon stock pot, and cover water.
2. Bring to a boil and reduce to a simmer; depouillage for 3 hours.
3. Place sachet and mirepoix in the pot, and reduce to 1 Gallon, Strain, and place in quart containers to cool.

BROWN VEAL STOCK

Yield: 1 Gallon

Ingredients:

8	LBS.	VEAL BONES, ROASTED
3	Gallons	WATER, COLD
4	OZ	CELERY, LARGE DICE
4	OZ	CARROTS, LARGE DICE
8	OZ	ONIONS, LARGE DICE
1	T.	TOMATO PASTE
1	Cup	RED WINE (optional)
AS NEEDED		VEGETABLE OIL

Standard Sachet d'Epices:

3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Procedure:

1. Rub bones with oil just to coat.
2. Roast bones at 400°F until golden brown (Maillard reaction has been reached).
3. Place bones in stock pot, and fill with ice; top off with cold water.
4. Bring to a boil and reduce to a simmer; Simmer for 8 hours and depouillage.
5. Sauté mirepoix until golden brown and add tomato paste and brown; Deglaze with red wine and reduce. Add to stock along with a Sachet d' Epices.
6. Reduce to 1 Gallon; strain the stock and place in quart containers to cool.

Salads



Roasted Beet & Goat Cheese Napoleon

ROASTED BEET & GOAT CHEESE NAPOLEON

RED & GOLDEN BEETS:

Yield: Makes 2 Salads

Ingredients:

Beets:

2	EA.	RED BEETS, MEDIUM TO LARGE
1	EA.	GOLDEN BEETS, MEDIUM TO LARGE
1	Tbsp.	KOSHER SALT
1	OZ.	CANOLA or VEGETABLE OIL

Procedure:

1. Clean beets.
2. Oil and season beets.
3. Wrap in foil like package.
4. Bake until tender; 45 to 60 minutes.
5. Shock in ice bath until cool.
6. Cut beets into 3" x 1/4" rounds.

ROASTED BEET & GOAT CHEESE NAPOLEON

PECANS:

Yield: Makes 2 Salads

Ingredients:

Pecans:

1/2	Cup	PECANS, WHOLE
1	Cup	GRANULATED SUGAR
1 ½	Cups	WATER
2	Cups	VEGETABLE OIL
1	Tbsp.	ROSEMARY, CHOPPED
1	Tbsp.	KOSHER SALT

Procedure:

1. In a saucepan, simmer pecans in water and sugar and reduce until syrup.
2. Remove from syrup and fry at 350°F degrees.
3. Season with salt and rosemary.
4. Reserve for service.

ROASTED BEET & GOAT CHEESE NAPOLEON

DRESSING:

Yield: Makes 2 Salads

Ingredients:

Dressing:

1	Tbsp.	HONEY, CLOVER
1	Tbsp.	SHALLOTS, MINCED
1	Tbsp.	GARLIC, MINCED
1	Tbsp.	WHITE BALSAMIC VINEGAR
2	OZ.	CANOLA or VEGETABLE OIL
1	Tbsp.	WHOLE GRAIN MUSTARD
1	Tbsp.	PARSLEY, ITALIAN (FLAT LEAF), MINCED
1	Tbsp.	TYME, FRESH, MINCED
1	Tbsp.	TARRAGON, FRESH, MINCED
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. In a mixing bowl, combine honey, mustard, garlic, and shallots.
2. Slowly whisk in oil to emulsify.
3. Add remaining ingredients and season to taste.

ROASTED BEET & GOAT CHEESE NAPOLEON

ASSEMBLY:

Yield: 2 Salads

Ingredients:

To Finish:

8	OZ.	CREAMY GOAT CHEESE, CUT
1	EA.	ORANGE SUPREMES (SEGMENTS)
2	OZ.	MACHE GREENS
1/2	Cup	PECANS, CANDIED
2	OZ.	DRESSING
		BEETS
2	EA.	GOLDEN YELLOW POPCORN SHOOTS

Procedure:

1. Stack beets into 3" x 1/4" rounds.
2. Stack goat cheese and beets.
3. Slice stack into four quarters.
4. To plate, turn slices around to form a cube. Place cube on center of plate.
5. Toss Mache with vinaigrette, place handful on top of cube.
6. Garnish with orange supreme, pecans, and drizzle vinaigrette.

Basic Mayonnaise

Yield: 1 Cup

Ingredients:

1 ea egg or egg yolk
7-8 oz salad oil neutral in flavor and color extra
1-2 tbsp vinegar
Pinch of salt

Procedure:

1. Whisk egg and vinegar.
2. Slowly drizzle oil in slowly while whisking.
3. Finish with Salt.

Basic Ranch

Yield: 1 cup

Ingredients:

1/2	Cup	Mayonnaise
1/4	Cup	Sour Cream, or Greek yogurt
2	tsp	Chives
1/2	tsp	Dill
1/2	tsp	Parsley
1/2	tsp	Garlic Powder
1/2	tsp	Onion Powder
1/4	tsp	Salt
1/8	tsp	pepper
3/4	Cup	Buttermilk, or regular whole milk

Procedure:

1. In a medium sized bowl whisk together the mayonnaise, sour cream, and all of the seasonings.
2. Whisk in the buttermilk or milk until smooth.
3. Serve this dressing immediately, or for best flavor chill for 2 hours before serving.

Citrus Vinaigrette

Yield: 2 servings

Ingredients:

¼	cup	Neutral oil
2	tbsp	orange juice
2	tbsp	lemon juice
2	tbsp	apple cider vinegar
2	tbsp	honey
1	tsp	salt
¼	tsp	ground black pepper

Procedure:

1. Combine the orange juice, lemon juice, vinegar, honey in a bowl
2. Slowly drizzle oil in slowly while whisking.
3. Season TT

Sauces

SAUCE VELOUTÉ

Yield: 1/2 Quart

Ingredients:

Mirepoix:

4	OZ.	ONION, SMALL DICE
2	OZ.	CELERY, SMALL DICE
2	OZ.	CARROT, SMALL DICE
1	OZ.	UNSALTED BUTTER

Standard Sachet d'Epices:

3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Remaining Ingredients:

3	FL. OZ.	CLARIFIED BUTTER
3	OZ.	FLOUR, AP
1	QT.	WHITE STOCK
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Sweat mirepoix in butter until onions are translucent in a saucepan.
2. Add butter and flour to the mirepoix. Cook to make a blonde roux.
3. Whisk in stock slowly.
4. Bring sauce to a boil. Lower heat, add sachet, and simmer the sauce until reduced by half stirring occasionally to prevent scorching.
5. Depouillage through the process periodically.
6. Strain.
7. Season to taste.

HOLLANDAISE SAUCE

Yield: 1 Pint

Ingredients:

1/3	tsp.	BLACK PEPPERCORNS, CRACKED
3	Tbsp.	WHITE WINE VINEGAR
2	FL. OZ.	WATER
1/4	EA.	SHALLOT, MINCED
4	EA.	EGG YOLKS
1 ½	tsp.	LEMON JUICE
12	FL. OZ.	CLARIFIED BUTTER (ROOM TEMPERATURE)
1	PINCH	CAYENNE PEPPER, GROUND
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Combine shallots, peppercorns and vinegar in a small pan and reduce over medium heat until nearly dry (au sec).
2. Add the water to the reduction and strain it into a stainless-steel bowl.
3. Whisk the egg yolks together with the reduction and place them over simmering water.
4. Cook, whisking constantly, until the eggs are thickened and form *ribbons* when they fall from the whisk.
5. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added, and the sauce is thickened.
6. Taste the sauce and add the lemon juice, salt, white pepper, and cayenne pepper if desired.
7. The sauce is ready to serve now. It may be held up to 2 hours.

SAUCE ESPAGNOLE (BROWN)

Yield: 1/2 Quart

Ingredients:

Mirepoix:

4	OZ.	ONION, SMALL DICE
2	OZ.	CELERY, SMALL DICE
2	OZ.	CARROT, SMALL DICE
1	OZ.	UNSALTED BUTTER

Standard Sachet d'Epices:

3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Remaining Ingredients:

3.5	OZ.	UNSALTED BUTTER
3.5	OZ.	FLOUR, AP
1	QT.	BROWN STOCK
1	OZ.	TOMATO PASTE

Procedure:

1. Sauté mirepoix in butter until well browned.
2. Then add tomato paste and pincage.
3. Add remaining butter and flour and cook until brown.
4. Add stock slowly.
5. Bring sauce to a boil. Lower heat, add sachet, and simmer the sauce until reduced by half stirring occasionally to prevent scorching.
6. Strain.
7. Season to taste.

TOMATO SAUCE

Yield: 1 Quart

Ingredients:

2	OZ.	CANOLA or VEGETABLE OIL
4	OZ.	ONION, SMALL DICE
2	OZ.	CELERY, SMALL DICE
2	OZ.	CARROTS, SMALL DICE
2	Tbsp.	GARLIC, MINCED
5	LBS.	TOMATO CONCASSÉ, FRESH
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND
	TT.	GRANULATED SUGAR

Standard Sachet d'Epices:

3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Procedure:

1. Sauté onions, celery, and carrots until golden brown.
2. Turn down the heat to low add garlic and cook for 20 seconds.
3. Place tomatoes and sachet in sauce and simmer for 45 minutes.
4. Remove sachet and blend with immersion blender or Vitamix.
5. Season to taste.

SAUCE BÉCHAMEL

Yield: 1 Pint

Ingredients:

4	Cups	WHOLE MILK
1/2	EA	ONION PIQUE(* SEE NOTE ON ONION PIQUE BELOW)
1	EA	CLOVE
1	EA	BAY LEAF
2	FL. OZ.	CLARIFIED BUTTER
2	OZ.	FLOUR, AP
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Add milk and onion pique to a heavy-bottomed stainless-steel saucepan. **Do not scald milk.**
2. In a separate pan, heat butter and flour together to make a white roux. Allow the roux to cool slightly.
3. Remove onion piquet from the hot milk. Add white roux to the milk and whisk.
4. Simmer the sauce for at least 30 minutes, stirring occasionally to prevent scorching.
5. Strain sauce through a chinois.
6. Season to taste.

* Note: An onion pique (oignon piqué in French) is a traditional French culinary technique where a chef attaches one or more bay leaves to an onion by pushing whole cloves through the leaves into the onion (like thumb tacks).

Sauce Derivatives

GLACE de VIANDE

Yield: 1 Quart

Ingredients:

1/2	QT.	SAUCE ESPAGNOLE
1/2	QT.	STOCK, BROWN
2	Tbsp.	UNSALTED BUTTER, COLD

Procedure:

1. Combine the Espagnole and the Brown Stock.
2. Reduce by half. (Depouillage throughout the process).
3. When the sauce has reduced to nappe consistency add butter and strain.

MALTAISE SAUCE

Yield: 1/2 Pint

Ingredients:

8	OZ.	HOLLANDAISE SAUCE
1/2	OZ.	BLOOD ORANGE, FRESHLY SQUEEZED

Procedure:

1. Add blood orange to the Hollandaise to taste & keeping Nappe consistency.

SAUCE MORNAY

Yield: 1 Quart

Ingredients:

1	QT	BECHIMEL SAUCE
1	PT	WHOLE MILK
3	OZ.	GRUYERE CHEESE
3	OZ.	PARMESAN CHEESE

Procedure:

1. Sculled milk.
2. Melt cheese into milk until smooth.
3. Heat Béchamel sauce to a simmer.
4. Pour milk and cheese mixture into Béchamel until consistency is reached.
5. Adjust seasoning as needed.

SAUCE SUPREME

Yield: 1 Quart

Ingredients:

1	CUP	HEAVY CREAM
1	QT	CHICKEN VELOUTE
1	T	BUTTER
	TT	KOSHER SALT
	TT	WHITE PEPPER

Procedure:

1. Warm heavy cream in a heavy bottom pan
2. Add hot cream to Veloute sauce reduce to nape
3. Adjust seasoning and mount with butter.

WHITE WINE SAUCE

Beurre Blanc:

Yield: 1 quart

Ingredients:

8	OZ.	DRY WHITE WINE
4	OZ.	WHITE WINE VINEGAR
1	LB.	UNSALTED BUTTER, COLD and CUBED (1/2" Pieces)
6 to 8	FL. OZ.	HEAVY CREAM (<i>Optional</i>)
1	Tbsp.	SHALLOTS, MINCED
As needed		LEMON JUICE, FRESHLY SQUEEZED
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND
	TT.	BLACK PEPPERCORNS, CRACKED

Procedure:

1. Combine wine, vinegar, shallots, and peppercorns, its flavor, in a sauce pan.
2. Reduce over *brisk heat* to a syrupy consistency (30 to 40 minutes).
3. Reduce the heat to low. Take the cubes of butter out of the fridge and start rapidly whisking them in, one or two at a time, to the reduction. As the butter melts and incorporates, add more, and keep whisking. Continue until you only have 2 to 3 cubes remaining. This process should take about 25 to 30 minutes. Gradually incorporate the butter with a whisk or keep the pan in constant motion. The action is similar to that used in finishing a sauce with butter (*monter au beurre*).
4. Remove from heat while whisking in the last few cubes and whisk for a moment or two more. The finished sauce should be thick and smooth.
5. If the sauce looks oily, rather than creamy or if it appears to be separating, it has gotten too hot. Immediately remove the pan from the heat and set it on a cool surface. Continue to incorporate the butter a little bit at a time, whisking until the mixture regains the proper consistency. Then continue to incorporate the remainder of the butter over low heat.
6. If the butter takes an exceedingly long time to become incorporated into the sauce, increase the heat under the pan very slightly.
7. Strain and season TT.

RED WINE REDUCTION

Yield: 1 Quart

Ingredients:

2	Quarts	BURGUNDY, COOKING WINE
2.5	EA.	CARROTS, MEDIUM DICE
1/2	Bunch	CELERY, MEDIUM DICE
2.5	EA.	SHALLOTS, WHOLE
2.5	EA.	ROMA TOMATOES, CONCASSÉ
4	EA.	GARLIC CLOVES, MINCED
1	EA.	BAY LEAF, FRESH
1/2	Bunch	THYME, FRESH
1/2	Bunch	OREGANO, FRESH
1/2	Bunch	ROSEMARY, FRESH
1/2	Bunch	PARSLEY, ITALIAN (FLAT LEAF), FRESH
10	EA.	PEPPERCORNS, CRACKED
10	EA.	CORIANDER, CRACKED

Procedure:

1. Place all ingredients in a pot and reduce by 25 percent.
2. Strain and serve warm.

RED WINE DEMI SAUCE

Yield: 2 Quarts

Ingredients:

1	Quart	RED WINE REDUCTION (Previous Recipe)
2	Quarts	DEMI-GLACE
1	Quart	BROWN STOCK

Procedure:

1. Place all ingredients into pot and reduce until 2 quarts.

Soups

BEEF CONSOMMÉ

Yield: 1 Quart

Ingredients:

1	OZ.	CELERY, SMALL DICE
1	OZ.	CARROTS, SMALL DICE
1	OZ.	TOMATO, SEEDED & DICED
1	EA.	EGG WHITES
6	OZ.	GROUND BEEF
1	Quart	VEAL STOCK
	TT.	KOSHER SALT
1/4	EA.	ONION BRULEE (BURNT, or BLACKENED ON ONE SIDE)

Standard Sachet d'Epices:

3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Procedure:

1. Combined the mirepoix, ground beef, egg whites, salt, tomatoes, and the sachet ingredients. Allow to macerate for 1 to 2 hours if time permits.
2. Add to stock in a stockpot sized to accommodate all ingredients. Stir to combine thoroughly.
3. Bring the mixture to 145°F, stirring frequently until the raft begins to form, 8 to 10 minutes. Give the raft enough time to set, then create a small 1 to 2 inch “*breather*” hole in the side of the raft. Simmer with bubbles breaking the surface at approximately 190°F, until the flavor and clarity is achieved.
4. Line a chinois with cheese cloth or a coffee filter and decant off the consommé, and adjust the seasoning as needed.
5. To finish the soup for service, return to simmer. Degrease the hot consommé by skimming or blotting with paper towels, or you can use a frozen ladle.

PUREE OF LENTIL SOUP

Yield: 1 Quart

Ingredients:

1 ½	OZ.	BACON, MEDIUM DICE
2	OZ.	ONIONS, MEDIUM DICE
1	OZ.	CARROTS, MEDIUM DICE
1	OZ.	CELERY, MEDIUM DICE
8	OZ.	BROWN LENTILS
1	Quart	CHICKEN STOCK
1	EA.	GARLIC CLOVE, MINCED
1	Tbsp.	OLIVE OIL
1/2	tsp.	CAYENNE PEPPER, GROUND
1	Tbsp.	SHERRY VINEGAR
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND
		CRÉME FRAICHE (Optional)
		CROUTONS (Optional)

Procedure:

1. Render bacon in medium pot over low heat. Remove bacon from pan and place on paper towel. Reserve bacon for garnish.
2. Add olive oil to pot with bacon fat along with onions, celery, carrots, and garlic. Cook until tender and slightly browned.
3. Add lentils and allow them to become lightly toasted. Add stock; bring to a simmer and simmer for 30 to 45 minutes until lentils are soft. Skim off any dark froth that may rise to the surface.
4. There are two methods that are appropriate for finishing the soup:
 - a. You can opt to put all contents in a Vitamix and blend the soup in the same manner as a cream soup. This method is more refined and elegant.
 - b. You can opt to take 1/2 of the contents and pulse them in a food processor. Once this has been done the contents can then be added back to the original pot. This makes for a more rustic and traditional soup.
5. Add vinegar, cayenne pepper, salt, and pepper to taste.
6. Garnish with bacon or the optional garnishes which are crème fraiche and croutons.

CREAM OF CARROT SOUP

Yield: 1 Quart

Ingredients:

10	OZ.	CARROTS, SMALL DICE
2	OZ.	ONIONS, SMALL DICE
1	OZ.	CELERY, SMALL DICE
1	OZ.	PARSNIPS, SMALL DICE
3/4	OZ.	UNSALTED WHOLE BUTTER
10	FL. OZ.	HEAVY CREAM
8	FL. OZ.	CHICKEN STOCK
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. Sweat the carrots, white mirepoix in butter until slightly tender. About 10 to 12 minutes.
2. Add hot cream and stock.
3. Simmer for approximately 15 to 20 minutes or until vegetables are tender.
4. Blend soup in vita mix until smooth.
5. Strain soup into a clean pot and hold warm for service.
6. Season to taste.

CREAM OF BROCCOLI SOUP

Yield: 1 Quart

Ingredients:

10	OZ.	BROCCOLI, SMALL to MEDIUM DICE
2	OZ.	ONIONS, SMALL DICE
1	OZ.	CELERY, SMALL DICE
1	OZ.	PARSNIPS, SMALL DICE
3/4	OZ.	WHOLE BUTTER
10	FL. OZ.	HEAVY CREAM
8	FL. OZ.	CHICKEN STOCK
1	OZ.	BUTTER CLARIFIED
1	OZ	FLOUR
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. Sweat the broccoli, white mirepoix in $\frac{3}{4}$ ounce butter until slightly tender. About 10 to 12 minutes.
2. In as separate pot combine 1 ounce flour and 1 once clarified butter and make a white roux.
3. Add warm cream and stock; Add vegetables.
4. Simmer for approximately 15 to 20 minutes or until vegetables are tender.
5. Season to taste.

TOMATO SOUP

Yield: 2 Quarts

Ingredients:

1	oz	Bacon, small dice (optional)
1 ½	oz	Butter
1	lb	Tomatoes (deseeded), small dice
1	oz	Celery, small dice
1	oz	Onions, small dice
1	ea	Garlic cloves, minced
1	qt	Chicken or Vegetable stock
4	oz	Carrots
2	sprigs	Thyme
2	ea	Parsley stems
1	ea	Bay leaves
1	tsp	Orange zest
8	oz	Heavy cream, hot (as needed)
Salt	TT	
Ground white pepper	TT	

Garnish:

4	oz	Croutons (white, Rye, Pumpernickel)
2	oz	Bacon (optional)
Chives (optional)		as needed

Procedure:

1. Render the bacon and/or add some butter to heat. Add the aromatics celery, onions, carrot and garlic and sweat until vegetables are tender finish with tomatoes, about 8 to 10 minutes.
2. Add the stock and simmer for 30-40 minutes. Soup will reduce a little.
3. Strain this soup base well and reserve liquid. Add base to vitamix and add liquid as needed. The base may be finished now or it can rapidly cooled and stored for later service.
4. Return the soup base to a simmer. Add the cream as necessary for correct flavor and adjust the seasoning with salt and pepper. Garnish individual portions with croutons.

Variation: Tomato Soup with Rice:

Add ½ lb. of cooked long-grain white rice to the tomato soup immediately prior to serving, or garnish individual portions of soup with 3 Tbsp. of cooked rice each.

*Omit bacon and chicken stock if going for a vegetarian option

Dinner for Two



Pan-Roasted Beef Tenderloin Medallions with Braised Mustard Greens, Glazed Carrots, with Green Peppercorn Sauce or Veal Jus

Dinner for Two:

Pan-Roasted Beef Tenderloin:

Yield: 4 Servings

Ingredients:

Fabricated.	BEEF TENDERLOIN, Cut into MEDALLIONS (AFTER Cooked)
As needed.	CANOLA or VEGETABLE OIL
2 Tbsp.	UNSALTED COLD BUTTER, SLICED
1 EA.	SHALLOT, 1/4 with SKIN LEFT ON
4 EA.	GARLIC CLOVE, WHOLE with SKIN LEFT ON
4 EA.	THYME, FRESH, SPRIGS
TT.	KOSHER SALT
TT.	BLACK PEPPER, CRACKED

Procedure:

1. Heat pan.
2. Heat canola oil in pan.
3. Hard sear the entire piece of tenderloin.
4. Add garlic, shallots, thyme, and cold butter. Baste tenderloin until butter begins to brown.
5. Place beef in oven on ½ sheet pan with wire rack. Cover with aromatics.
6. Place beef in 375°F oven until beef reaches 130°F. Remove from oven and rest.
7. Allow tenderloin 10 minutes of resting time.
8. Slice beef ¼ inch thick, 2 per plate.

Dinner for Two:

Braised Greens:

Yield: 4 Servings

Ingredients:

6	OZ.	GREENS, PICKED and CLEANED
3	EA.	BACON, APPLE SMOKED, CUBED
1	Pinch	RED PEPPER FLAKES
1	Pinch	GRANULATED SUGAR
2	EA.	SHALLOTS, MINCED
1	EA.	GARLIC CLOVES, MINCED
1	Tbsp.	WHITE or APPLE CIDER VINEGAR
As Needed		CHICKEN STOCK

Procedure:

1. Render the bacon in a sauté pan.
2. Pull bacon and reserve for step 10.
3. Add the shallots, cook until brown.
4. Add the garlic (Ensure sure it does not brown).
5. Incorporate the greens.
6. Add chicken stock.
7. Finish with seasonings.
8. Finish with vinegar.
9. Drain.
10. Fold Bacon with braised greens.

Dinner for Two:

Glazed Carrots:

Yield: 4 Servings

Ingredients:

2	EA.	CARROTS, (TOURNÉE CUT)
14	EA.	CARROTS, (OBLIQUE CUT)
3	OZ.	GRANULATED SUGAR
8	OZ.	ORANGE JUICE
1	OZ.	UNSLATED BUTTER
1	OZ.	CHIVES, THINLY SLICED ON A BIAS
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Add Tourné cut carrots to boiling salted water. Cook for 4 minutes add oblique carrots and cook until fork tender. Shock all carrots in ice water.
2. In a separate sauté pan combine sugar and orange juice. Simmer on medium heat and reduce to glaze. Add carrots and toss.
3. Add butter and chives.
4. Reserve for service.

Dinner for Two:

Potato Pont Neuf:

Yield: 4 Servings

Ingredients:

250	GR.	POTATOES, RUSSETT, BAKED (after ricing)
40	GR.	CLARIFIED BUTTER
50	GR.	CORN STARCH
1	EA.	EGGS, WHOLE
1	EA.	EGG YOLKS
40	GR.	HEAVY CREAM
2	EA.	EGG WHITES
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND
	TT.	NUTMEG, GROUND

Procedure:

1. Simmer Potatoes starting with COLD water until tender; Rice the Potatoes.
2. Add heavy cream and butter.
3. Add salt, pepper, and nutmeg to taste.
4. Add cornstarch into the potatoes.
5. Add 1 whole egg and 1 egg yolk.
6. Whisk up the egg whites to medium peaks fold into potato mixture.
7. Butter a cake pan and bake at 225°F for approximately 20 minutes.
8. Cool then cut into 3/4" x 3/4" x 3" rectangle.
9. DEEP fry at 350°F until golden brown.
10. Season with salt and pepper to taste.

Dinner for Two:

Tomato Jam:

Ingredients:

2	EA.	ROMA TOMATOES, CONCASSÉ
1	EA.	SHALLOT (Small)
		OLIVE OIL TO SAUTE
1	OZ.	RED WINE VINEGAR
1.5	OZ.	RED WINE
2.5	OZ.	GRANULATED SUGAR
1	Pinch	PARSLEY, ITALIAN (FLAT LEAF), CHOPPED

Procedure:

1. Concassé tomatoes.
2. Lightly caramelize shallots in olive oil until translucent.
3. Add red wine and red wine vinegar to deglaze. Add sugar and reduce to syrup.
4. Add tomatoes bring back up to a simmer.
5. Cook over low heat to a light simmer. Cook until mixture represents jam.
6. Allow to cool.
7. Fold in parsley.

Dinner for Two:

Green Peppercorn Sauce:

Yields: 4 Servings

Ingredients:

2 Tbsp.	Clarified Butter
1 Tbsp.	Shallots, Bruniose
2 Tbsp.	Green Peppercorns
1 Tbsp.	Whole Butter
1 Oz	Brandy
2 Tsp	All-Purpose Flour
1 Cup	Beef Stock
½ Cup	Heavy Cream

Procedure:

1. Heat beef skillet and deglaze with brandy. Flambe
2. Heat clarified butter to the same pan and then add the shallots to cook, stirring occasionally, until the shallots have softened.
3. Add the flour and cook, brown roux. Add the beef stock. Reduce then strain
4. Add the cream and reduce the heat to medium-low then add green peppercorns.
5. Simmer until the sauce has thickened. Monter au beurre

Dinner for Two:

Veal Jus:

Yield: 4 Servings

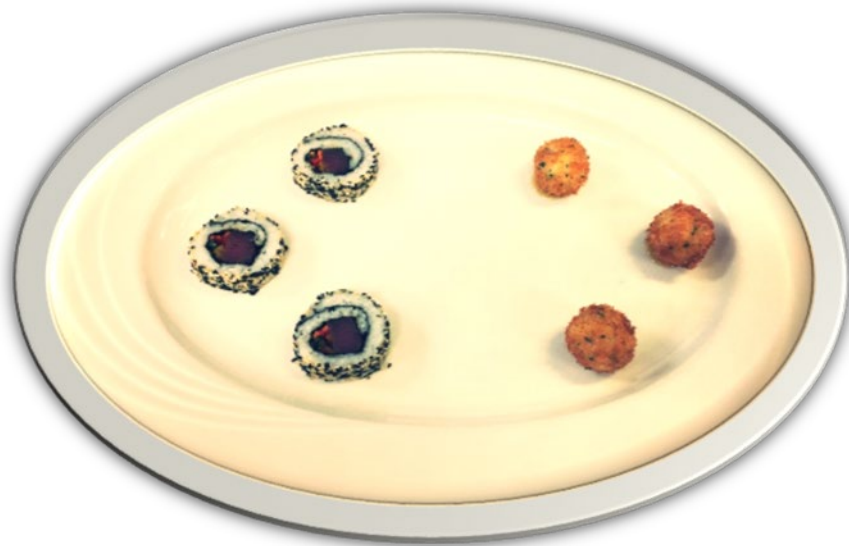
Ingredients:

1	Pint	VEAL STOCK
1	EA	SHALLOT, MINCED
1	Tbsp.	UNSALTED BUTTER
2	OZ.	BRANDY
1	OZ.	UNSALTED BUTTER, COLD and SLICED

Procedure:

1. Deglaze fond with Brandy.
2. Add shallots caramelize then add stock.
3. Reduce till nappe, mount with butter and strain.

HOR d 'OEUVRES



Blackened Shrimp & Grits

Blackened Shrimp

Yields:

Ingredients

2 Tbsp Blackened Seasoning

10 ea Shrimp P&D

1 tbsp Olive oil

1 tbsp Fresh lime juice

Lime zest

Procedure:

1. Combine all herb, spices and lime juice in bowl.
2. Mix in with shrimp, let marinade for minimum of 30 minutes.
3. Heat olive oil in medium-high heat, arrange shrimp single level and cook 1-2 minutes, flip and repeat. Cook until no longer translucent.
4. Pull, slice shrimp length wise and reserve for service.

Blackened Shrimp & Grits

Cheesy Grits

Yields:

Ingredients

1/2	cups	chicken stock
1/2	tsp	salt
2	tbsp	cup grits
1	cup	shredded cheddar cheese
1	tbsp	shredded parmesan cheese
1	tbsp	Brunoises roasted Jalapeno
1	tsp	butter

Ground black pepper to taste

Procedure:

1. Bring chicken stock and salt to boil in a saucepan. Whisk in grits, reduce to medium-low heat. Cook until thickened, 5 to 6 minutes. Remove from heat.
2. Stir in cheddar, parmesan and butter until combined and cheese melts, add Jalapenos and season with pepper.
3. Reserve For Service

Blackened Shrimp & Grits

Onion Bacon Jam

Yields:

Ingredients:

4	oz	Bacon medium dice
½	cup	Yellow onion small dice
¼	cup	Shallots brunoise
½	tsp	Garlic minced
3	tbsp	Light brown sugar
2	tbsp	Maple syrup
1	tsp	Apple cider vinegar
1	Pinch	Chili powder
1	tbsp	Fresh lime juice

Instruction:

1. Cook bacon over medium heat until crispy, pull and reserve bacon and bacon fat.
2. Using same pan place 1 Tbsp bacon fat in along with onions and shallots. Reduce heat to medium low. Cook until onions and shallots are caramelized, 15-20 minutes, stirring often.
3. Mix in garlic, brown sugar, pancake syrup, apple cider vinegar, chili powder and bacon
4. Simmer 7-10 minutes, or until mixture has thickened. Add lime juice as needed .
5. Reserve for service

Blackened Shrimp & Grits

Pickled Red Onion

Ingredients:

1	TBSP	whole black peppercorn
2	cloves	garlic whole
2	TBSP	red onion- Fine Brunoise
1	Cup	Red Wine Vinegar
1	Cup	Water

Procedure:

1. Place Black peppercorns, Garlic Cloves, Red Wine Vinegar and water in sauce pot.
2. Bring Red wine vinegar mixture to a boil.
3. Pour over onion mixture with strainer to catch garlic and peppercorn and let steep.
4. Reserve for service

BRAISED CHICKEN- CHICKEN CRISP

Ingredients:

2	ea	chicken thighs (skinless)
3	tbsp	clarified butter
2	tsp	kosher salt
½	tsp	black pepper
1	tsp	cumin
½	tsp	smoked paprika
½	tsp	paprika
¼	tsp	dried oregano
¼	tsp	garlic powder
¼	tsp	onion powder
¼	red	onion small dice
1	garlic	clove minced
1	cup	chicken stock
3	ea	tomatoes medium dice
1/2	ea	jalapeno small diced

Procedure:

1. Add 1 Tbsp clarified butter to pot, add red onions and Jalapenos and sauté. Once onions are caramelized add garlic and cook for 30 seconds.
2. Add tomatoes and chicken stock, bring to boil then Reduce heat.
3. Combine all dry ingredients, coat both sides of chicken
4. In a sauté pan heat 2 Tbsp clarified butter and Sear chicken on both sides, add to pot with sauce and braise till fork tender.
5. Remove and reserve for service.

Lime Crema- Braised Chicken Crisp

Ingredients:

½ cup Mayonnaise

½ tbsp lime juice

½ tsp cumin

¼ tsp kosher salt

Procedure:

1. Blend all ingredients
2. Reserve for service

Corn Salsa- Braised Chicken Crisp

Ingredients:

1	ea	fresh corn on the cobb
1	ea	jalapeno fine brunoise
¼	ea	red onion fine brunoise
2	TBSP	fresh lime juice
¼	tsp	kosher salt
¼	tsp	ancho chili powder
2	tbsp	Mayonnaise
2	tbsp	Crumbled Cotija Cheese
2	tbsp	minced cilantro

Procedure:

1. Roast corn cob over open flame using wire rack, char and turn. Pull and allow to cool
2. Cut corn off cobb, combine and mix with remaining ingredients.
3. Reserve for service.

Crispy Chicken Skin- Braised Chicken

Ingredients:

Chicken Skin from 3 thighs and Legs

½ tsp Kosher salt

Procedure:

1. Place skin side down in cold pan.
2. In a cold pan start on low heat, flip skin to evenly brown and crisp.
3. Remove, pat dry cut into uniform 1.5x1.5-inch pieces, and reserve for service.

Red Snapper Strudel Cups

Yield: 6-8 Servings

Ingredients:

1	Tbsp	Clarified butter
1	Tbsp	Shallot or red onion, minced
1	Tbsp	Leek, minced
1	Tbsp	Whole capers
1	Tbsp	Cheese, shredded (any)
1	tsp	Lemon juice with zest
1	Tbsp	Toasted pine nuts
2	Tbsp	Panko bread crumbs
1	tsp	Parsley, chopped
½	tsp	Thyme, chopped
½	tsp	Tarragon, chopped
4	EA	Fabricated red snapper, large dice
1	Tbsp	Flour
1	EA	Whole Egg
¼	Cup	Clarified butter, melted
1	tsp	Lemon Juice
1EA		Phyllo Sheet
		Dill Sprigs for Garnish

Procedure:

1. Heat 1T of butter in a sauté pan over medium heat. Add the shallots and leeks and sauté until they become translucent.
2. Toast pine nuts in sauté pan until golden brown. This can be achieved by placing them in an oven set at 350F or on the stovetop.
3. Combine pine nuts to shallot and leek mixture as well as capers, lemon juice with zest, panko bread crumbs, cheese, and herbs. Mix well and set aside.
4. Dredge red snapper in flour, then whisked egg, then panko mixture, leave in mixture until ready to use.
5. Combine ¼ cup melted butter with lemon juice.
6. Brush phyllo sheet with butter/lemon juice; fold one side over by a third, brush top with butter/lemon juice; fold the other side over the first fold and brush top with butter/lemon juice.
7. Using a round cutter, cut out four circles of phyllo and place into an ungreased mini muffin pan, forming a cup.
8. Place one tsp of panko filling into each cup, then place one piece of breaded fish on top.
9. Bake at 400 degrees for 15 minutes.
10. Remove from pan while warm, allow to cool slightly, then top with remoulade & dill sprig.

Remoulade Sauce

Yield: *¼ cup*

Ingredients:

1	OZ	Mayonnaise or salad dressing
1	tsp	Chopped Capers
1	tsp	Chopped Chives
1	tsp	Chopped Tarragon
½	tsp	Dijon Mustard
		Tabasco Sauce
		as needed
		Worcestershire Sauce
		as needed
		Lemon Juice,
		as needed
		Salt
		as needed

Procedure:

1. Combine all ingredients and mix well. Adjust seasoning with salt, tabasco, Worcestershire and lemon juice.
2. The sauce is now ready to use. However, it may be refrigerated for later use.

ARTICHOKE CROSTINI

Yield: 12 to 24 Portions

Oil Poached Artichokes:

Ingredients:

2	EA.	LEMONS
1	EA.	ARTICHOKES
1/2	EA.	SPANISH YELLOW ONION, SLICED
6	EA.	GARLIC CLOVES, SMASHED
	TT.	KOSHER SALT
6	EA.	ROSEMARY, FRESH, SPRIGS
4	Cups	OLIVE OIL, EXTRA VIRGIN – (Fill Pot 3/4 full)

Procedure:

1. Add onions, garlic, rosemary & oil to pot, bring to boil then reduce to simmer.
2. Fill large bowl with ice water; cut 1 lemon in half, squeeze the lemon into the water, and add the halves.
3. Remove the outer leaves from the artichokes until you are left with only the light green centers.
4. Cut off and discard the tough stem ends of the artichokes, leaving as much as 1 to 2 inches of the stem attached.
5. Using a vegetable peeler or a small sharp knife, shave the artichoke stems, revealing the light green inner stems.
6. Cut 1/2 inch to 3/4 inch off the tip ends of the artichoke leaves and bits.
7. Place the trimmed artichokes in the lemon water as you finish them.
8. Add the artichokes and season with salt; turn off heat; pour in enough olive oil to cover the artichokes.
9. Squeeze the remaining lemon into the pan with the artichokes and drop the squeezed halves into the olive oil; add rosemary sprigs.
10. Cover with cartouche to keep submerged.
11. Turn on the heat on high and heat until the oil begins to boil just around the edges of the pot.
12. Reduce heat to low and cook until barely tender.
13. Remove the pot from heat, remove cartouche.
14. Drain oil in a bowl to; remove the artichokes from the onions, garlic and lemons and place back in the oil.
15. When cooled place artichokes and oil in an airtight container and refrigerate for up to a week.
16. Bring back to room temperature before using.

ARTICHOKE CROSTINI

Yield: 12 to 24 Portions

Currant and Pine Nut Relish:

Ingredients:

1	Tbsp.	OLIVE OIL, EXTRA VIRGIN (FROM ARTICHOKE COOKING OIL)
1/2	Cup	RED ONION, BRUNOISE or SMALL DICE
1	EA.	ARBOL CHILE, DRIED
1	EA.	FRESH ROSEMARY SPRIG, SMALL
1/4	tsp.	KOSHER SALT
1	EA.	GARLIC GLOVES, GRATED OR MINCED
1/4	Cup	CURRANTS, DRIED
1/4	Cup	BALSAMIC VINEGAR
2	Tbsp.	PINE NUTS, TOASTED

Procedure:

1. Warm the olive oil in a small sauté pan over med high heat, add the onion, Chile, and rosemary, and season with salt.
2. Sweat, stirring often to prevent the onion from browning, until the onion is tender and translucent.
3. Add the garlic and cook for 1 min, stirring constantly to prevent it browning.
4. Meanwhile place currants in a saucepan; add the vinegar, making sure there is enough to cover.
5. Bring the vinegar to a simmer over high heat, reduce the heat, and simmer for about 5 min, until they are soft and plump.
6. Add the currants and some of the vinegar to the sauté pan with the onion just to bind; cook and reduce if needed.
7. Discard the Chile and rosemary and stir in the pine nut just before serving to keep crunchy texture.
8. Transfer the relish to an airtight container and refrigerate for up to one week

ARTICHOKE CROSTINI

Yield: 12 to 24 Portions

Mint Pesto:

Ingredients:

1	Tbsp.	PINE NUTS, TOASTED
1	EA.	GARLIC GLOVES, GRATED OR MINCED
1/4	tsp.	KOSHER SALT
1/4	Cup	OLIVE OIL, EXTRA VIRGIN – (FROM ARTICHOKE COOKING OIL)
1	Oz	PARSLEY, FRESH ITALIAN (FLAT LEAF), WHOLE
1	Oz	MINT LEAVES, PACKED
1/2	Oz	FRESH PARMIGIANO-REGGIANO, SLICED
1/2	tsp.	FRESH LEMON JUICE (SQUEEZED)

Procedures:

1. Combine the pine nuts, garlic, salt, and half of the olive oil in a bowl of a food processor.
2. Add parsley and pulse until finely chopped; **Scrape Down Sides (SDS)**; Add mint, Parmigiano and remaining olive oil and puree to homogenous paste adding more olive oil if needed; Do not over process; it will add too much air.
3. Pour pesto into bowl and turn in lemon juice; taste for seasoning and add more salt or lemon juice if desired.
4. Use the pesto or store in an airtight container and refrigerate for up to two days; any longer and it will lose its pretty green color and vibrant flavor.
5. Bring back to room temperature, stir to recombine the ingredients, and taste again for seasoning before serving.

ARTICHOKE CROSTINI

Yield: 4 Portions

Garlic Crostini:

Ingredients:

- 4 EA. 1/4-inch SLICED BAGUETTE, from BATARD
- 1 Tbsp. OLIVE OIL, EXTRA VIRGIN (FROM ARTICHOKE COOKING OIL)
- 1 EA. GARLIC, FRESH, CLOVE

Procedures:

1. Preheat oven to 350°F.
2. Place bread slices on baking sheet and brush with olive oil; bake until lightly golden brown.
3. Remove from oven and rub the oiled sides with the garlic clove.

ARTICHOKE CROSTINI

Yield: 4 Portions

Assembly:

Ingredients:

4	EA	GARLIC CROSTINI
4	OZ	RICCOTTA CHEESE
	TT.	KOSHER SALT
2	EA.	ARTICHOKES, POACHED
1/4	Cup	CURRANT and PINE NUT RELISH

Procedures:

1. Lay the crostini oiled side up.
2. Place Ricotta, in an even layer atop each crostino, leaving edges visible.
3. Season cheese with salt and spoon 1 tsp. pesto on top.
4. Cut off the long stems from the artichokes leaving 1/2 inch and open the leaves like a flower and set on the cheese.
5. Season the artichoke with salt and spoon on 1 tsp. relish atop the artichoke.
6. Finish with a few drops of great tasting olive oil if desired.

BEEF TENDERLOIN CROSTINI

Yield: 10 Portions

GLAZED Red Onion:

Ingredients:

2	Tbsp.	GRANULATED SUGAR
1	Tbsp.	WATER
1	Tbsp.	RED WINE VINEGAR
1/2	EA.	RED ONION (MEDIUM SIZED), FINELY SLICED
1	TT.	KOSHER SALT
1	TT.	BLACK PEPPER, GROUND

Procedure:

1. Put sugar and water in a small pan and stir to dissolve. Bring to a simmer over medium-low heat and cook to a syrup consistency. Remove from heat and add vinegar and onions.
2. Return to medium heat and stir until onions are soften.
3. Add salt and pepper to taste. Cool to warm. Top each blini.

BEEF TENDERLOIN CROSTINI

Yield: 4 Portions

Garlic Crostini:

Ingredients:

- 4 EA. 1/4-inch SLICED BAGUETTE, from BATARD
- 1 Tbsp. OLIVE OIL, EXTRA VIRGIN (FROM ARTICHOKE COOKING OIL)
- 1 EA. GARLIC, FRESH, CLOVE

Procedures:

4. Preheat oven to 350°F.
5. Place bread slices on baking sheet and brush with olive oil; bake until lightly golden brown.
6. Remove from oven and rub the oiled sides with the garlic clove.

BEEF TENDERLOIN CROSTINI

Yield: 10 Portions

Beef Tenderloin & Cream Cheese Spread:

Ingredients:

4	OZ.	BEEF TENDERLOIN
4	OZ	CREAM CHEESE, SOFTENED
2	tsp.	HORSERADISH, PREPARED
2	tsp.	TARRAGON, FRESH, CHOPPED
1	TT.	KOSHER SALT
1	TT.	BLACK PEPPER, GROUND

Procedure:

1. Season beef and sear to medium rare. Finish in oven at 350°F, until medium rare or 145°F.
2. Mix additional ingredients to make spread for the blini.

SUSHI (Crab Roll)

Yield: 8 Portions

Ingredients:

1	EA.	NORI SEAWEED SHEETS
	As Needed	SUSHI RICE (recipe follows)
10	EA.	CUCUMBER, JULIENNE CUT
10	EA.	RED BELL PEPPER, JULIENNE CUT
10	EA.	CARROTS, JULIENNE CUT
10	EA.	YELLOW BELL PEPPER, JULIENNE CUT
	As Needed	RICE WINE VINEGAR
2	Tbsp.	WHITE SESAME SEEDS, LIGHTLY TOASTED
2	Tbsp.	BLACK SESAME SEEDS
1	EA.	MOCK CRAB LEG CUT IN HALF LONG WAYS (¼ x ¼)

Procedure:

1. Toast white and black sesame seeds in a dry pan over low heat until nutty and golden approximately 3 minutes.
2. Place a bamboo mat on a cutting board and evenly spread 4 OZ. of rice. Lay one sheet of nori on top.
3. Place the crab, cucumber, red bell pepper, yellow bell pepper, and carrots on the rice across the long edge of the nori sheet. Roll up carefully, brush the exposed strip of nori with rice vinegar or water and press to seal.
4. Place the sesame seeds on a flat surface and roll the precut sushi roll over.
5. Cut and roll into 8 equal pieces.

SUSHI (Crab Roll)

Yield: 8 Portions

Marinade:

Ingredients:

1/4	Cup	SOY SAUCE
1/4	Cup	TERYAKI SAUCE
2	Tbsp.	HOISIN SAUCE
2	Tbsp.	BROWN SUGAR
1	Tbsp.	CHILI PASTE
1	tsp.	GINGER, FRESH, CHOPPED

Procedure:

1. Combine all ingredients and place Crab leg in Marinade for 30 minutes.
2. Remove fish and place marinade in saucepan and reduce till nappe. Strain and hold for service.

SUSHI (Crab Roll)

Yield: 8 Portions

Sushi Rice:

Ingredients:

1	Cup	CALROSE RICE
1.5	cups	WATER
1 ½	Tbsp.	RICE WINE VINEGAR
	TT	GRANUALTED SUGAR
	TT	KOSHER SALT

Procedure:

1. Wash the Calrose under cold running water until water is completely clear. Put the rice in a pan with water and bring to a boil.
2. When water is at a boil, turn heat down to a simmer and cover for 10 minutes. After ten minutes turn heat off and let the rice stand for 15 minutes.
3. Do not at any point remove the lid off the pan once it is done boiling.
4. Put the hot rice on a plastic tray and pour the rice wine vinegar evenly over the surface of the rice. Mix the vinegar into the rice with quick cutting strokes using a spatula and with the other hand fan the sushi to cool it down.
5. The sushi rice should look shiny and be at room temperature when you are ready to use it.
6. Season Rice with sugar and salt to taste (TT).

CORDON BLEU CROQUETTE

Yield: 1 Each

Poached Chicken:

Ingredients:

1	EA	CHICKEN THIGH MEAT, BRUNOISE
As Needed		CHICKEN STOCK
	TT	KOSHER SALT

Procedure:

1. Bring water to a simmer. Season with Salt.
2. Lower the chicken into the stock.
3. Poach the chicken until the proper internal temperature is reached.
4. Dice the chicken and place in refrigerator until needed.

CORDON BLEU CROQUETTE

Yield: 1 Ramekin

Honey Mustard Sauce:

Ingredients:

1.5	OZ	HONEY
.75	OZ	DIJON MUSTARD

Procedure:

1. Mix ingredients until combined.
2. Cover and place in refrigerator until needed for service.

CORDON BLEU CROQUETTE

Yield: 10 Each Croquette's

Croquette Preparation:

Ingredients:

1	EA.	WHITE BREAD, SLICES, BRUNIOISE
1	OZ.	HAM SLICES, BRUNIOISE
1	OZ.	POACHED CHICKEN, BRUNIOISE
1	OZ.	GRUYERE CHEESE, SHREDDED
As Needed		SAUCE BÈCHAMEL (see sauces section) AND COLD
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND
As Needed		WHOLE MILK
1/2	Cup	PANKO BREADCRUMBS
3	tsp.	PARSLEY, ITALIAN (FLAT LEAF), MINCED
2	OZ.	FLOUR, AP
2	EA.	EGGS, WHOLE

Procedure:

1. Place bread, ham, chicken, and gruyere in a mixing bowl.
2. Add béchamel to mixing bowl and mix gently with rubber spatula.
3. Season with salt and pepper. Add cold milk if mixture seems too thick.
4. Set up a breading station with pans side by side.
5. Weigh out .4 - .5 oz. of mixture and round each ball by hand. Freeze to set.
6. Roll each ball in bread flour, coat well with egg mixture, then roll and coat well in breadcrumbs.
7. Place on a pan lined with parchment paper, wrap in plastic wrap and place in freezer until ready to fry.
8. Bring croquette to the deep fryer set at 350°F
9. Fry until golden brown.
10. **Serve immediately.**

Yukon Gold Potato Blini:

Yield: 3 Dozen Miniature Blinis

Ingredients:

1	LBS.	YUKON GOLD POTATOES QUARTERED
2	Tbsp.	FLOUR, AP
3	Tbsp.	SOUR CREAM, ROOM TEMP.
2	EA.	EGGS, LARGE
1	EA.	EGG YOLK, LARGE
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Peel and quarter potatoes place in cold water. Cook until completely tender. After draining place potatoes back in hot pot to dry out any moisture.
2. Press potatoes with a ricer.
3. Immediately weigh out 9 OZ. of pureed potatoes and place them in a med metal bowl.
4. Working quickly, whisk the flour into the warm potatoes, then whisk in 2 T. sour cream.
5. Add 1 egg, whisking until the batter is smooth, add the second egg, and then add the yolk.
6. Check for ribbon stage; should hold its shape when it hits the batter.
7. If it is too thick, add more sour cream.
8. Season with salt and white pepper.
9. Heat non-stick pan over med-low heat.
10. Spoon between 1 to 1 1/2 teaspoons of batter in the pan for each blini.
11. Cook until the bottoms are browned.
12. Flip then cook the second side.
13. The blini should be evenly browned with a small ring of white around the edges.
14. Transfer the blini to a small baking sheet and keep warm while you make the remaining blini, wiping the skillet with a paper towel between batches.
15. Serve the blini as soon as possible.

Desserts

FRUIT TART

Yield: 2 Each

Ingredients:

1	EA.	SABLE DOUGH RECIPE (<i>Follows</i>)
1	EA.	PASTRY CREAME RECIPE (<i>Follows</i>)
8	OZ.	STRAWBERRIES (<i>Sliced</i>)
2	OZ.	STRAWBERRY JAM
1	OZ.	APRICOT GLAZE

Procedure:

1. Mold Sable dough into shell and blind bake.
2. Place thin layer of strawberry jam at the bottom of shell.
3. Pipe pastry cream into shell.
4. Place strawberries in shell neatly (*Presentation*).
5. Melt apricot jam with 1 T. water to a glaze consistency in a sauce pot. Brush apricot glaze over top for shine.

FRUIT TART

Pastry Cream:

Ingredients:

1	Quart	WHOLE MILK
4	OZ.	GRANULATED SUGAR
1	EA.	VANILLA BEAN, FRESH, SPLIT and SEEDS SCRAPED

3	OZ.	EGG YOLKS
4	OZ.	EGGS, WHOLE
2.5	OZ.	CORNSTARCH
4	OZ.	GRANULATED SUGAR

2	OZ.	UNSALTED BUTTER
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Procedures:

1. In a heavy saucepan, bring milk, sugar, and vanilla bean to just below boil.
2. Whisk yolks, eggs, cornstarch, and sugar until perfectly smooth.
3. Temper the egg mixture by slowly beating in the hot milk in a thin stream.
4. Return the mixture to heat and bring to a boil, stirring constantly.
5. When the mixture comes to a boil and thickens, remove from heat.
6. Stir in butter, mix with a wooden spoon over an ice bath until completely cooled.
7. Pour into a shallow pan. Cover with plastic film directly on surface to prevent crust from forming. Use or store.

FRUIT TART

Sable Dough:

Yield: 51 OZ.

Ingredients:

24	OZ.	CAKE FLOUR
1	LB.	UNSALTED BUTTER
8	OZ.	GRANULATED SUGAR
2	OZ.	EGGS, WHOLE
1/4	OZ.	VANILLA EXTRACT
1	tsp.	SALT

Procedure:

1. Cream butter and sugar till light and fluffy.
2. Add egg and vanilla and mix well.
3. Stir in flour and mix till blended.
4. Refrigerate 30 minutes.
5. On a lightly floured surface, roll out dough to desired size, approximately 1/8" thick.
6. "Blind bake" 15 minutes, using beans or rice to weigh down the tart crust; Then remove parchment and beans or rice, and continue to brown in oven.
7. Cool before filling.

CRÉME PUFFS

Pate Choux:

Yield: 25 Each

Ingredients:

8	OZ.	WATER
4	OZ.	UNSALTED BUTTER
1/2	OZ.	SALT
6	OZ.	BREAD FLOUR
10	OZ.	EGGS, WHOLE

Procedure:

1. Combine water, butter, and salt in saucepan. Bring to a boil.
2. Add in flour. Mix with wooden spoon and cook on medium heat until dough comes together in a ball when pan is shaken.
3. Put dough in mixer on low speed and cool slightly. Add eggs one at a time. When paddles are lifted, it should form a bird's beak, hold its shape and turndown over itself but not break off.
4. Bake at 400°F until brown, turn down to 350°F to crisp.

TRUFFLES

Ganache:

Yield: 1 Pint

Ingredients:

11	OZ.	HEAVY CREAM
1	LB.	CHOCOLATE, 58%

Procedure:

1. Heat cream until it starts to slightly bubble on sides, **DO NOT OVERHEAT!**
2. Pour over chocolate and let sit for 5 minutes. Mix until smooth.
3. Stir till glossy. Refrigerate for future use.

LEMON CURD

Yield: 1 Pint

Ingredients:

180	GR	UNSALTED BUTTER, CUBED
154	GR.	GRANUALTED SUGAR
154	GR.	LEMON JUICE, FRESHLY SQUEEZED
12	GR	LEMON ZEST, GRATED
154	GR.	EGG YOLKS

Procedure:

1. Combine Half of the Butter (2.65 OZ / 75 GR), and Half of the Sugar (2.72 OZ / 77 GR), and ALL of the lemon juice and zest; then bring to a boil over medium heat, stirring gently to dissolve the sugar.
2. Meanwhile, blend the egg yolks with the Remaining Sugar (2.72 OZ / 77 GR). Temper by gradually adding about one-third of the lemon juice mixture, stirring constantly with a **whisk**. Return the tempered egg mixture to the saucepan. Continue cooking, stirring constantly with the **whisk**, until the mixture comes to a boil.
3. Stir in the remaining butter.
4. Strain the curd into a large shallow container or bowl. Cover with plastic wrap placed directly on the surface of the curd. Cool over an ice water bath.
5. Store the curd, covered, under refrigeration.

VARIATION:

GRAPEFRUIT: Replace the lemon juice with grapefruit juice and the lemon zest with grapefruit zest.

LIME CURD: Replace the lemon juice with lime juice and the lemon zest with lime zest.

ORANGE CURD: Replace the Lemon juice with orange juice and the lemon zest with orange zest, and reduce the sugar by 1 OZ / 27.5 GR.

Crème Anglaise

Yield: 1 Quart

Ingredients:

530	GR.	WHOLE MILK
169	GR.	HEAVY CREAM
2	EA.	VANILLA BEANS, FRESH, SPLIT and SEEDS SCRAPED
154	GR.	GRANUALTED SUGAR
100	GR.	EGG YOLKS

Procedure:

1. Combine the milk, cream, and vanilla pods and seeds in a medium pot.
2. Start to warm the mixture over low heat.
3. Whisk the sugar and egg yolks together in a medium bowl until fully combined.
4. When the milk mixture reaches 95°F or feels just warm to the touch, remove from the heat.
5. Stream 1/3 into the yolks, whisking constantly until blended, to temper.
6. Whisk the tempered yolks into the remaining warm milk. Return the pot to low heat.
7. Whisking constantly cook the ice cream base over low heat until it reaches 185°F or until nappe.
8. Remove from heat. Strain and chill over ice bath.

Three Course

Appetizer

Poached Lobster with Lobster and Pea Ravioli

Entrée

**Chicken Supreme Stuffed with Spinach, Prosciutto
and Boursin Cheese, Garlic Mashed Potatoes,
Matignon Vegetables, Haricot Verts served with Sauce
Supreme**

Plated Dessert

**Vanilla Bean Bavarian with Macerated Fruit and Fruit
Coulis**

Appetizer



PASTA DOUGH RECIPE

Ingredients:

1-1/2	Cups	FLOUR, AP
1	tsp.	KOSHER SALT
4	EA.	EGGS YOLKS
1	EA.	EGG, WHOLE
1	Tbsp.	OLIVE OIL
1	Tbsp.	WHOLE MILK

Procedure:

1. Starting with 1 cup of flour. Make a well on table
2. Mix eggs, milk and salt. Then pour into the middle of the well.
3. Mix dough just until combined. Knead dough till smooth and elastic.
4. Place in refrigerator for 30 minutes.

Lobster and Pea filling RECIPE

Ingredients:

1 EA. PASTA SHEETS

Filling:

6 OZ. CREAM CHEESE

2 OZ. PEAS, ENGLISH

3 OZ. lobster MEAT

1 Tbsp. LEEKS, MINCED, and SAUTÉED

2 OZ PARMESAN CHEESE, SHREDDED

1 Tbsp. UNSALTED BUTTER

1 EA EGG (FOR EGG WASH)

Procedure:

1. Sauté leeks in clarified butter.
2. Mix by hand cream cheese, peas, crab meat, and leeks.
3. Place farse in piping bag do not refrigerate this mix.
4. Pipe farse onto pasta egg wash and shape agnolotti.
5. Place pasta in salted boiling water and cook for 1 to 2 minutes until al denté.

LOBSTER SAUCE

Ingredients:

10	OZ.	UNSALTED BUTTER, CUBED and CHILLED
3	OZ.	WHITE WINE
2	OZ.	HEAVY CREAM
2	Cup	LOBSTER STOCK
1	Tbsp.	LEEKs, BRUNIOISE
2	OZ.	PEAS, ENGLISH
	TT	SALT AND PEPPER
6	EA.	RAV, BLANCHED
1	EA.	LOBSTER, HALF TAIL, CUBED
1	EA.	LOBSTER, CLAW and NUCKLE

Procedure:

1. Sauté leeks in butter.
2. Deglaze with white wine and reduce to au sec.
3. Add lobster stock and heat to 160 degrees.
4. Place lobster in stock, poach till cooked. Rest covered on stove top.
5. Reduce stock to about 1-2 ounce of liquid. Add cream and reduce by half. Remove from heat and add butter a few cubes at a time stirring no stop. Keep adding butter until completely emulsified and nappe.
6. Strain out leeks
7. Baste the sauce over the pasta, peas and lobster. Hold for plating.

PEA PUREE

Ingredients:

1	OZ.	UNSALTED BUTTER, CUBED and CHILLED
1	Tbsp.	MILK
	TT.	SALT AND WHITE PEPPER
6	OZ.	PEA, ENGLISH

Procedure:

1. Place peas in boiling salted water for 2 minutes.
2. Strain peas and place in Ninja; and pulse.
3. milk and salt, and blend till smooth.
4. Strain using sieve.
5. Reserve in bowl on double boiler for service.

GREEN PEA TENDRILS (AKA PEA SHOOTS)

Ingredients:

1	EA.	LEMON, FRESHLY SQUEEZED
1/4	CUP	OIL, CANOLA or VEGETABLE
	TT.	SALT AND PEPPER
6	EA.	PEA SHOOTS

Procedure:

1. Mix lemon juice and oil together.
2. Season to taste.
3. Lightly dress pea tendrils.



Entree

Chicken or Cornish hen Supreme Stuffed with Spinach and Boursin Cheese, Rice Pilaf, Matignon Vegetables, Haricot Verts served with Sauce

Or

Chicken Supreme Stuffed with Spinach and Boursin Cheese, Garlic Mashed Potatoes, Matignon Vegetables, Haricot Verts served with Sauce

Entrée:

CHICKEN OR CORNISH HEN SUPREME STUFFED with
SPINACH AND HERB CREAM CHEESE

Yield: 2 Servings

Ingredients:

2 EA. * FABRICATED AIRLINE CHICKEN BREAST / CORNISH HEN BREAST
TT. KOSHER SALT
TT. BLACK PEPPER, GROUND
AS NEEDED VEGETABLE OIL OR CLARIFIED BUTTER (used to sauté chicken)

Spinach & Cream Cheese Stuffing Ingredients:

2.5 OZ. BOURSIN CHEESE, ROOM TEMPERATURE
1 Tbsp. UNSALTED BUTTER, MELTED
2 OZ. SPINACH, CHOPPED
1 Tbsp. PARSLEY, ITALIAN (FLAT LEAF), MINCED
1 EA. * WHITE BREAD, SLICE, SMALL DICE

Procedure:

1. In a sauté pan, sauté Spinach in butter for 2 to 3 minutes, drain as much liquid as possible.
2. In a bowl, mix Cream Cheese, Spinach, Bread, and Parsley.
3. Pipe Cream Cheese stuffing under the skin of the breast from the bottom side away from the bone (you do not need a tip).
4. Pat dry game hen before seasoning breast (ensure both sides are seasoned) and sear each breast until golden brown. Make sure you begin this process by searing the presentation side (skin-side) down first.
5. Place hen on bed of Matignon and roast at 400°F until chicken reaches an internal temperature of 165°F.
6. Allow for carry over cooking and resting before service.

**** Bleach exposed chicken bone by wrapping a small piece of paper towel, dipped in white wine. Then wrap with aluminum foil.***

**** 1 Ounce of Panko Breadcrumbs may be used as a substitute ingredient for the slice of bread.***

Entrée:
Rice Pilaf:

Yield: 6 Servings

Ingredients:

1	Cup.	LONG GRAIN WHITE RICE
2	Cups.	CHICKEN STOCK
1	OZ.	UNSALTED BUTTER
1	OZ.	YELLOW ONION (Brunoise) CHECK SPELLING
2	EA	THYME SPRIG
1	EA	BAY LEAF
1	EA	GLARIC CLOVE (SMASHED)
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

Procedure

1. Heat butter in heavy saucepan. Add onion and sauté until it begins to soften. Do not brown.
2. Add rice, without washing, stir and evenly brown
3. Add chicken stock and bring rice to boil. Add thyme and bay leaf and garlic adjust Cover tightly.
4. Allow to continue cooking on stovetop or place in 350-degree oven for 15-17 min or until liquid is absorbed and rice is dry and fluffy. T
5. Remove Bay leaf, thyme, and garlic clove. Season to taste and fluff with fork.

****Note- Pilaf can be made in the oven or on the stovetop.***

Entrée:

MATIGNON VEGETABLES:

Yield: 4 Servings

Ingredients:

6	OZ.	ONIONS, SMALL DICE
3	OZ.	CARROTS, SMALL DICE
3	OZ.	CELERY, SMALL DICE
3	EA.	BACON, FROZEN, SMALL DICE
1	Tbsp.	UNSALTED BUTTER, CLARIFIED
2	Tbsp.	CHIVES, FRESH, CHOPPED
2	Tbsp	DRY WHITE WINE (OPTIONAL)
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. In sauté pan render bacon. (Begin in a room temperature sauté pan). Remove bacon and set aside for later use
2. Add butter to bacon grease then vegetables. Continue cooking for 2-3 minutes.
3. Deglaze with wine.
4. Lightly season to taste.
5. Toss with chives and rendered bacon right before plating.

Entrée:

SUPREME SAUCE:

Yield: 8 Servings, 2 fl. oz. each

Ingredients:

1	PINT	VELOUTÉ SAUCE, PREPARED
2	OZ.	HEAVY CREAM or as needed
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Add Velouté in a stainless-steel saucepan and simmer until nappe.
2. Slowly stir in heavy cream until well incorporated.
3. Run sauce through strainer then season to taste.

Entrée:

FINE HERBS SAUCE:

Yield: 4 FL OZ , about 2 fl. oz. each serving

Ingredients:

16	FL OZ	CHICKEN STOCK
2	FL OZ	HEAVY CREAM
1/2	OZ.	CLARIFIED BUTTER
1/4	OZ.	SHALLOTS (MINCED)
3	OZ	DRY WHITE WINE
2-3	OZ	FINE HERB (STEMS) (SAVE LEAF HERBS FOR FINAL STEP)
		1 Stem 1 Stem 1 Stem 3 EA cut 2, 1 whole
		(Parsley, Tarragon, Chervil and Chives)
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND
1	RECIPE	FINE HERBS (LEAFS)02

Procedure:

1. Heat butter and sweat shallots until translucent (no color).
2. Add wine and **Fine Herb Stems** simmer until nearly dry (au sec).
3. Add chicken stock and reduce by 1/2 about 8 FL oz.
4. Add cream and continue to reduce until good flavor and consistency is reached.
5. Strain out stems and shallots. Reduce more if needed.
6. Season with S&P.
7. Finish with Fine Herbs (**You may not need to use all herbs**)

Entrée:

HARICOTS VERTS (THIN FRENCH GREEN BEANS):

Yield: 2 Servings

Ingredients:

8 – 10	EA.	HARICOT VERTS, CLEANED AND TRIMMED
1	Tbsp.	CLARIFIED BUTTER
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND
1	EA	GARLIC MINCED (CLOVE)

Procedure:

1. Trim and clean haricot verts by cutting stem end on a bias (45° angle).
2. Blanch in salted water until al denté. Shock to stop cooking.
3. Heat butter, sauté haricot verts with garlic until hot.
4. Season with salt and pepper.

Dessert



Vanilla Bean Bavarian with Macerated Fruit and Fruit Coulis

PLATED DESSERT

Yield: 4 Servings

Vanilla Bean Bavarian:

Ingredients:

5	OZ.	WHOLE MILK
2	OZ.	GRANULATED SUGAR
1	EA.	VANILLA BEAN, FRESH
2	EA.	EGG YOLKS
4.5	OZ.	HEAVY CREAM
1 ½	EA.	GELATIN SHEETS

Procedure:

1. Bloom Gelatin Sheets in ice water till ready to use.
2. Whip heavy cream until medium stiff peaks. Set aside for step 9.
3. Warm milk, vanilla bean, half the sugar until warm.
4. Wisk egg yolks and other half of sugar until light in color and then temper a small amount of milk.
5. Once you temper your egg yolks pour the remainder of milk into egg yolks and return to double boiler till mixture becomes nape.
6. Reserve 1 Tbsp of anglaise for plating
7. Then add gelatin until it dissolves in remaining hot sauce. Strain
8. Cool over ice bath.
9. Remove from ice bath then fold your whipped cream into you anglaise sauce and pipe into molds.

PLATED DESSERT

Yield: 1 Cup

Macerated Fruit:

Ingredients:

1	Tbsp.	SEASONAL FRUIT, FRESH (<i>Strawberries Preferred 1-2 each</i>)
		BRUNOISE
1	tsp.	GRANULATED SUGAR

Procedure:

1. Wash fruit cut into small pieces.
2. In small bowl mix the 2 ingredients together and set in the fridge until ready to use.
3. Reserve trimmings to use for coulis.
4. Strain residual liquid immediately upon plating.

PLATED DESSERT

Yield: 1/4 Cup

Strawberry Coulis:

Ingredients:

8	OZ.	STRAWBERRIES
1	OZ.	GRANULATED SUGAR
1/2	OZ.	LEMON JUICE, FRESHLY SQUEEZED

Procedure:

1. Combine the strawberries, sugar, and the lemon juice in a saucepan over medium heat (stirring until the sugar has dissolved). Reduce amount to half.
2. Strain the coulis through a fine-mesh sieve. Then save for later use.

PLATED DESSERT

Yield: *Approximately 300 Grams*

Rich Cardamom Yeast Dough:

Ingredients:

7.5	GR.	ACTIVE DRY YEAST
60	GR.	Warm Water (105°F to 110°F)
60	GR.	Warm Whole Milk (105°F to 110°F)
1	EA.	EGGS, BEATEN
50	GR.	UNSALTED BUTTER, MELTED
43	GR.	GRANULATED SUGAR
3.5	GR.	SALT
3	GR.	GROUND CARDAMOM
290	GR.	BREAD FLOUR
As needed		BREAD FLOUR for DUSTING
As needed		GRAPESEED OIL (for FRYING)
125GR/ 3GR		GRANULATED SUGAR MIXTURE and CINNAMON

Procedure:

1. In a bowl, dissolve yeast in water and warm milk. Once dissolved, beat the eggs, and add to the mixture.
2. Add the melted unsalted butter.
3. In another bowl, combine the sugar, salt, ground cardamom and bread flour.
4. Add the dry mixture to the wet and mix until smooth.
5. Dust a clean surface with bread flour, pour the dough out of the bowl on to the floured surface and knead dough until soft, smooth, and elastic, approximately 6 minutes.
6. Cover with plastic wrap and let dough rest for 10 minutes before using.
7. Form small dough balls weighing 1/4 (.25) ounce each and place on a surface lightly dusted with flour and covered with plastic wrap so they dough does not dry out when proofing.
8. Let the dough proof for 7 to 10 min or doubled in size.
9. Once proofed, gently pick the dough balls and deep fat fryer @ 325°F until golden brown.
10. While still warm, toss in cinnamon sugar until fully coated.

PLATED DESSERT

Yield: 216g

Tempered Chocolate:

Ingredients:

150	G.	CHOCOLATE, 58%
30	G	CHOCOLATE, 58%
1	Sheet	ACETATE PAPER
1	EA.	COOKIE CUTTER

Procedure:

1. Melt 150 G. chocolate 115°F. Do not exceed 125°F (check the chocolate being used)
2. Take off double broiler and seed 30 G chocolate bring down to 90°F. Continuously agitating the chocolate. At 90°F degrees remove all seeds. Continue to agitate until down to 82°F.
3. Put back on double boiler reheat to working temperature 88°F.
4. Spread with offset spatula thin layer onto acetate paper and let glaze over then cut with cookie cutter.
5. Once dry put parchment paper over it and place between cutting boards till ready to use.

TABLING METHOD:

1. Melt all Chocolate at once to 115°F (Make sure all chocolate is melted)
2. Pour 2/3rds of the chocolate out onto a marble slab or tabling surface. Use an offset spatula and bench scraper to spread the chocolate out and then immediately push it back together. Repeat the process of spreading it out and pushing it back together until the chocolate has cooled to 82°F. Movement should be continuous so that the chocolate does not set.
- 3.) Once the chocolate on the table has reached 82°F, add it back to your original bowl containing the remaining 1/3 of your chocolate. Stir to combine.
- 4.) Check the temperature of the chocolate in the bowl. If it is still not at working temp (88-89°F) then carefully raise the temperature using a double boiler. **DO NOT EXCEED 90°F or the chocolate will be out of temper and the entire process will need to be repeated.**

Cake Decoration

BASIC 1-2-3-4 VANILLA CAKE

Yield: 1 10" Round, Single-Layer Cake

Ingredients:

1	Cup	UNSALTED BUTTER, SOFTENED
2	Cups	GRANULATED SUGAR
3	Cups	CAKE FLOUR
4	EA.	EGGS, LARGE, WHOLE
1	Tbsp	BAKING POWDER
1	Cup	MILK, WHOLE
2	tsp.	VANILLA EXTRACT

Procedure:

1. Preheat oven to 350°F, and prepare cake pan (see below).
2. Combine the butter and sugar together at medium speed until light and fluffy (approximately 3 to 4 minutes). Add eggs one at a time and beating well to fully incorporate after each egg is added.
3. In a separate bowl, stir the flour and baking powder together. Gradually add the flour mixture to the butter mixture alternately with the milk, beginning and ending with the flour mixture. Beat just until ingredients are combined after each addition. Stir in the vanilla at the end.
4. Pour batter into a pan prepared cake pan, smoothing the top if necessary. Bake for 40 to 45 minutes, until it springs immediately, or inserted toothpick into the center comes out clean. Let cool for 10 to 15 minutes, then remove from pan and cool completely for decorating.

Cake Pan Preparation:

1. Prepare cake pan, by using the cake ring, lined with a damp terry towel, subsequently lined with aluminum foil.
2. Line the bottom of the cake pan with only aluminum foil.
3. Prepare a Parchment Cartouche, and cover cake immediately prior to placing into oven.

**** The cake pan preparation will be demonstrated to the class by Chef Instructor.***

AMERICAN VANILLA LAYER CAKE

Two stage method, approx. 58 ounces

Ingredients:

15oz cake flour, sifted
15oz sugar
1T baking powder
1t salt
8oz butter, very soft and cut into 8-12 pieces
4ea eggs
10oz buttermilk (if no buttermilk regular milk can be used) (buttermilk- 1T acid to 1C milk)
3oz canola oil
1T vanilla ex

1. **Prepare cake pans with parchment but do not spray the sides of the pans. Set oven to 325F.**
2. **Combine dry ingredients in a bowl with a paddle. Add the butter and mix to fine crumbs.**
3. **Whisk together the eggs, buttermilk, oil, and vanilla.**
4. **Add half of the wet ingredients and mix on low until moistened; increase speed to medium and mix until light and fluffy, about 2 minutes.**
5. **Scrape the bowl and paddle, add the remaining liquid ingredients, and mix on medium one minute more.**
6. **Scale 2.10lb into 8-inch pan and the rest into other cake pan or sheet pan**

AMERICAN CHOCOLATE LAYER CAKE

Two stage method, approx 60 ounces

Ingredients:

3oz cocoa powder
10oz boiling water
13oz cake flour, sifted
16oz sugar
1T baking powder
1t salt
8oz butter, very soft and cut into 8-12 pieces
4ea eggs
3oz canola oil
1T vanilla ex

Instructions:

1. Prepare cake pans with parchment but do not spray the sides of the pans. Set oven to 325F.
2. Whisk cocoa powder and boiling water together; set aside.
3. Combine dry ingredients in a bowl with a paddle. Add the butter and mix to fine crumbs.
4. Whisk together the eggs, oil, and vanilla; whisk in the cocoa mixture.
5. Add half of the wet ingredients to the dry ingredients and mix on low until moistened; increase speed to medium and mix until light and fluffy, about 2 minutes.
6. Scrape the bowl and paddle, add the remaining liquid, and mix on medium 1 minute more.
7. Scale into 1 eight-inch pan and 1 six-inch pan. Or 2lb 10 oz in one pan

CHOCOLATE GENOISE

Yield: 1445 Grams

Ingredients:

562	GR.	EGGS, WHOLE
375	GR.	GRANULATED SUGAR
315	GR.	CAKE FLOUR
60	GR.	COCOA POWDER
125	GR.	UNSALTED BUTTER
8	GR.	VANILLA EXTRACT

Procedure:

1. Combine the eggs and sugar in a stainless-steel bowl. Immediately set the bowl over a hot water bath and stir or beat with a whip until the mixture warms to a temperature of about 110°F.
2. With a wire whip beat the eggs until they are light and thick.
3. Add butter and extract.
4. Sift flour and cocoa.
5. Fold in the dry ingredients in 3 or 4 stages being careful not to deflate.
6. Immediately pan and bake the batter.
7. Bake at 360°F for 25 to 30 minutes.

VANILLA AMERICAN BUTTERCREAM

Yield: 3 Pounds in weight; Volume will vary

Ingredients:

1	LB.	UNSALTED BUTTER, SOFTENED
2	LBS.	POWDERED SUGAR
2	tsp.	VANILLA EXTRACT *See Below
2 to 4	Tbsp.	MILK, WHOLE *See Below

Procedure:

1. Using a paddle attachment, mix the butter at medium speed until creamy, scraping down the sides and the paddle as needed.
2. Stop the mixer, and add 1/2 of the sugar, and continue to mix at low speed until the sugar is absorbed. Then continue to mix at medium speed until smooth. Add the remaining sugar and repeat the process, ensuring to start on low speed. Add the vanilla and increase the speed to medium-high and until smooth.
3. Adjust the consistency as desired using the milk or *other liquid. Use immediately or refrigerate in an airtight container for up to 3 days. To use, allow the buttercream to equalize back to room temperature and remix on medium-high until smooth.

****Alternate Flavor Profile:***

1. Utilize other types of extract (i.e., Almond), to achieve a different flavor profile.
2. Use other types of liquid (i.e., Lemon Juice) to achieve a different flavor profile.

ITALIAN BUTTERCREAM

Yield: -----will vary

Italian Buttercream

Ingredients	2#	6#	8#
Sugar	1 lb	3#	4#
Water	4 oz	6oz	8oz
Egg whites	8 oz	24 oz	2#
Butter cubed and soft	2 lbs	6#	8#
vanilla	.40oz	1.2 oz	1.6oz
	3.25#	10.5#	14#

Procedure:

1. Place whites in mixer and whip attachment using the 2# recipe.
2. Place sugar and just enough water to resemble “wet sand”. Stir slightly.
3. On high heat, boil the sugar.
4. Cook the sugar to 234°F. At 234°F, start whipping egg whites on high speed.
5. When sugar reaches 240°F, pour into whites.
6. Continue whipping until stiff peaks occur. Reduce speed to medium and continue whipping until cool.
7. Using paddle attachment. Add soft butter in slow and steady. Add vanilla extract and use immediately.
8. Whip with whip attachment until light and white
9. Reconstitute if needed.

SPHERIFICATION

REVERSE SPHERIFICATION

BATH

5	GR	SODIUM ALGINATE
1000	GR	WATER

SPHERE MIXTURE

6	GR	CALCIUM LACTATE
50	GR	WATER

150	GR	JUICE
-----	----	-------

FOR BATH: PLACE SODIUM ALGINATE IN WATER IN **VITAMIX** AND MIX TILL SMOOTH. POOR IN **1/2 SHALLOW** AND PLACE IN **VACUUME** AND REMOVE AIR. COVER AND REFRIGERATE TILL COLD.

FOR SPHERE MIXTURE: MIX CALCIUM LACTATE AND WATER IN **VITAMIX MIX** UNTIL SMOOTH. ADD JUICE AND MIX UNTIL SMOOTH. POOR IN **1/2 SHALLOW** AND PLACE IN **VACUUME** AND REMOVE AIR. POOR IN A VOLUME MEASURER AND POOR INTO **1/2 INCH SPHERE MOLDS**. PLACE IN FREEZER UNTIL SOLID

ASSEMBLY: POP OUT SPHERES AND PLACE IN THE BATH FOR AT LEAST 10 MINUTES. PLACE IN COLD WATER TO STOP THE COOKING PROCESS. REMOVE AND PLACE ON CLEAN **DRY TOWEL**. USE IMMEDIATELY. TO RESERVE PLACE IN JUICE AND REFRIGERATE.

BERNAISE SPHERES

BERNAISE

2	EA.	EGGS, YOLKS
1	Tbsp.	WATER, WARM
1/2	LB.	BUTTER, MELTED
1	Tbsp.	CALCIUM LACTATE
1/4	tsp.	XANTHAM GUM
1	Tbsp.	TARRAGON VINEGAR, RED
	TT	SALT & PEPPER

ALGINATE BATH

1000	GRAMS	WATER
6	GRAMS	SODIUM ALGINATE

PREPARE BERNAISE MIXTURE: USING EGGS, WATER, BUTTER AND TARRAGON VINEGAR REDUCTION. ADD CALCIUM LACTATE AND XANTHAM GUM USING A **VITAMIX BLEND** TILL SMOOTH. ADD SALT AND PEPPER TO TASTE.

ALGINATE BATH: MIX WATER AND ALGINATE IN VITAMIX AND MIX THEN PLACE IN 1/2 SHALLOW.

ASSEMBLY: FILL A **ROUND TEASPOON** WITH THE LIQUID AND SLOWLY PLACE IN ALGINATE BATH. LET REST IN BATH FOR 10 MINUTES. PASS SPHERES THROUGH A BRADING STATION AND FRY.

SPHERIFICATION

BATH

1	Tbsp.	CALCIUM CHLORIDE
3	Cups	WATER

SPHERE SOLUTION

1	tsp.	SODIUM ALGINATE
1.5	Cup	FLAVORED LIQUID

BATH: MIX CALCIUM CHLORIDE AND WATER TOGETHER IN A **MIXING BOWL** WITH A **WIRE WISK**. SET ASIDE.

SPHERE SOLUTION: MIX SODIUM ALGINATE AND THE FLAVORED LIQUID IN A **VITAMIX** UNTIL SMOOTH. PLACE IN **SMALL BOWL** AND SET IN **VACUUME CHAMBER** AND REMOVE AIR.

ASSEMBLY: PLACE SPHERE SOLUTION IN DROPPER. DROP LIQUID 2 INCHES AWAY FROM BATH. DROP AROUND 30 SPHERES. LET SET FOR 30 SECONDS. CHECK TEXTURE. THEY SHOULD EXPLODE. IF NOT ADJUST THE TIME THE SPHERES ARE LEFT IN THE BATH. REMOVE THE SPHERES BY POORING THE WATER WITH THE SPHERES FROM THE STRAINER INTO ANOTHER BOWL. PLACE SPHERES IN A BOWL OF CLEAN WATER. DRAIN AND RESERVE SPHERES IN A FLAVORED LIQUID.

COLD SPHERIFICATION

(FOR ACIDIC LIQUIDS)

1 tsp. AGAR-AGAR

1 ½ Cup LIQUID

1 Quart OIL, COLD

AGAR MIXTURE: MIX AGAR-AGAR WITH LIQUID AND BRING TO A BOIL. LET SET FOR 10 MINUTES.

ASSEMBLY: DROP APPROX 30 SPHERES IN THE COLD OIL. STRAIN AND RESERVE IN A FLAVORED LIQUID.

SOUS VIDE

DISCLAIMER: ALL SOUS VIDE RECIPE TIMES AND TEMPERATURES MAY VARY DEPENDING ON YOUR SOUS VIDE MACHIN. ADHERE TO PROCEDURES WITH STRICT INTERNAL TEMPERATURES.

TEMPERATURE GUIDELINES AND REGULATIONS SHOULD BE FOLLOWED.

THE FOLLOWING IS A LIST OF TEMPERATURES AND TIMES FOR IMMERSION CIRCULATOR COOKING

APPLES	185°F	25 MINUTES
BANANA PUREE	185°F	10 MINUTES
BANANA SHERBET	185°F	45 MINUTES
MACERATED CHERRIES	149°F	25 MINUTES
CHERRIES (JAM)	194°F	45 MINUTES
PEARS (PUREE)	181.4°F	25 MINUTES
PINEAPPLE	167°F	60 MINUTES
PLUMS (FOR JAM)	167°F	45 TO 60 MINUTES
ARTICHOKE, BARIGOULE	194°F	45 TO 60 MINUTES
ARTICHOKE, PUREE	185°F	1 ¼ HOUR
ASPARAGUS	185°F	30 MINUTES
CARROTS	185°F	35 TO 40 MINUTES
CAULIFLOWER (FOURME)	185°F	15 MINUTES
CIPOLLINI	185°F	1 HOUR
CORN	185°F	30 MINUTES
FENNEL	185°F	40 MINUTES
FENNEL PUREE	185°F	45 TO 60 MINUTES
HEARTS AND HALVES	185°F	45 TO 60 MINUTES
RHUBARB	141.8°F	15 MINUTES
RUTABAGA	185°F	2 HOURS
SALSIFY	185°F	1 HOUR
STRIPPED BASS	143.6°F	11 MINUTES
SWISS CHARD	185°F	1 HOUR
COD	132°F	30 MINUTES
LOBSTER TAILS	139.1°F	15 MINUTES
LOBSTER TAIL (ANOVA)	134°F	1 HOUR
SHRIMP	130°F	30 MINUTES
MACKEREL	141.8°F	12 MINUTES

STURGEON	141.8°F	16 MINUTES
SALMON	115°F	45 MINUTES
SCALLOPS	123.8°F	30 MINUTES
OCTOPUS	170.6°F	5 HOURS
TUNA	139.1°F	13 MINUTES
BEEF SIRLOIN	139.1°F	45 MINUTES
BRISKET	135°F	50 HOURS
RIBS, BEEF, SHORT	131°F	48 HOURS
CHICKEN LEGS	147.2°F	60 MINUTES
CHICKEN BREAST	150°F	1 HOUR
STEAK, RARE	130°F	2 HOURS
RIB, BEEF PRIME	132°F	6 HOURS
RIBS, PORK	165°F	12 HOURS
SHOULDER, PORK	145°F	18 HOURS
SAUSAGE, PORK	160°F	45 MINUTES
TENDERLOIN, PORK	140°F	1 HOUR
DUCK BREAST	140.9°F	25 MINUTES
DUCK LEG	180°F	8 HOURS
EGG (SOFT BOIL)	144.5°F	45 TO 60 MINUTES
LAMB	140.9°F	35 MINUTES
QUAIL	147.2°F	1 HOUR
RABBIT, LOIN	147.2°F	12 MINUTES
SQUAB BREAST	141.3°F	20 MINUTES
FOI GRAS	147.2°F	25 MINUTES
PORK BELLY	180°F	12 HOURS

