



Advanced Culinary
Fort Lee Virginia



ADVANCED CULINARY SKILLS TRAINING COURSE RECIPES

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Cooking with Wine & Spirits



WHITE WINE SAUCE

Beurre Blanc Reduction:

Yield: 1 quart

Ingredients:

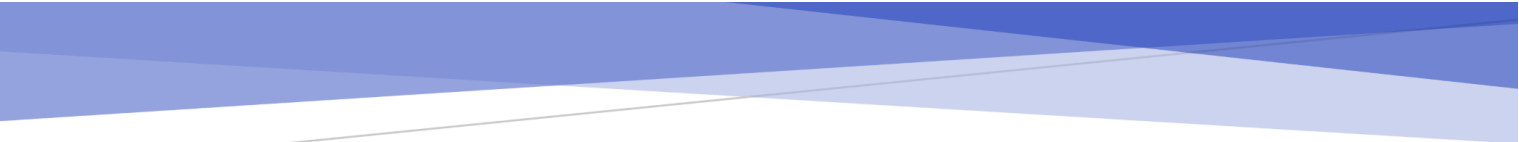
8	OZ.	DRY WHITE WINE
4	OZ.	WHITE WINE VINEGAR
1	LB.	UNSALTED BUTTER, COLD and CUBED (1/2" Pieces)
6 to 8	FL. OZ.	HEAVY CREAM (<i>Optional</i>)
1	T.	SHALLOTS, MINCED
As needed		LEMON JUICE, FRESHLY SQUEEZED
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND
	TT.	BLACK PEPPERCORNS, CRACKED

Procedure:

1. Prepare the initial reduction of wine, vinegar, shallots, and peppercorns, which gives the sauce much of its flavor, in a Medium nonreactive sauce pot. Other aromatics, such as bay leaves, may be added as desired.
2. Combine the reduction ingredients and reduce of *fairly brisk heat* to a syrupy consistency (au sec). (30 to 40 minutes). If preparing the sauce as an integral part of a shallow-poached dish, simply reduce the cuisson (see below).

*Cuisson: Over direct heat to concentrate the flavor and thicken the liquid. A prepared velouté can be added to the reduced cuisson. Other options include reduced cream, vegetable purees, or butter.

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. Make the necessary final adjustments to flavor and texture by checking the seasoning and straining, if desired.
 8. Alternatively, the reduction ingredients can be left in the sauce for texture and garnish. If you did not strain your reduction, you now have the option of straining the sauce. If you choose to strain, work quickly to keep the sauce warm. Serve immediately or keep warm. The flavor of beurre blanc is that of whole butter with piquant accents from the reduction.

Beurre blanc is a simple butter-based emulsified sauce that is great with fish or seafood. When compared to mother sauces such as velouté, which has been around since at least the 1600s, beurre blanc is a relative newcomer (and not a culinary mother sauce). It originated in the 1890s in Nantes, a city in western France close to the Atlantic coast and was originally called beurre Nantes.

According to the legend, a chef named Clémence Lefevre (or in some tellings, her assistant) was making béarnaise sauce but forgot to add the egg yolks. Historical anecdotes aside, sometimes folks confuse these two sauces. Béarnaise uses liquid clarified butter, and it is important to keep it warm. With beurre blanc, on the other hand, you use whole butter, and it's important to keep it as cold as possible.

Beurre blanc tastes velvety and rich thanks to butter, but it's also slightly sweet and tangy as well. It pairs beautifully with fish and seafood. Good wines for the reduction include Chablis, Sauvignon Blanc or Chardonnay, but any drinkable dry white will do.

RED WINE DEMI SAUCE

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, CONCASSE
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

Reduction:

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.

Seafood



OYSTERS CASINO

Yield: 6 to 12 EA.

Ingredients:

2	OZ.	BACON, COOKED, CHOPPED
4	OZ.	UNSALTED BUTTER
2	EA.	GARLIC, CLOVES
2	OZ.	SHALLOTS, FINE BRUNOISE
2	OZ.	RED BELL PEPPER, FINE BRUINOISE
2	OZ.	CELERY, FINE BRUNOISE
1	Tsp.	OREGANO, CHOPPED
1	Tsp.	THYME, CHOPPED
2	Tsp.	LEMON, ZEST AND JUICE
1/4	Tsp.	RED CHILI FLAKES
2	OZ.	PARSLEY, ITALIAN (FLAT LEAF), CHOPPED
1	PINCH	CAYENNE PEPPER
6	EA.	OYSTERS, BLUE POINT

Procedure:

1. Preheat oven to 425°F.
2. In a bowl, mix all ingredients, with exception of the Oysters.
3. Soon ingredients on to the Oyster in the half-shell.
4. Cook for 8 to 12 minutes or until rapid bubbling of butter mixture.

Stocks



WHITE CHICKEN STOCK

Yield: 1 Gallon

Ingredients:

8	LBS.	CHICKEN BONES
3	GAL.	WATER
1	LB.	CELERIAC (The Root of the <i>Apium graveolens</i> plant)
1	LB.	PARSNIPS, LARGE DICE
2	LB.	ONIONS, LARGE 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. Rinse chicken bones under water.
2. Place bones and water in 3 Gallon stock pot, and cover with ice.
3. Bring to a boil and reduce to a simmer; depouillage for 3 hours.
4. Place sachet and mirepoix in the pot, and reduce to 1 Gallon, Strain, and place in quart containers to cool.

BROWN CHICKEN STOCK

Yield: 1 Gallon

Ingredients:

8	LBS.	CHICKEN BONES, ROASTED
3	Gallons	WATER, COLD
1	LB.	CELERY, LARGE DICE
1	LB.	CARROTS, LARGE DICE
2	LBS.	ONIONS, LARGE DICE
2	T.	TOMATO PASTE
1	Cups	RED WINE

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. Roast chicken bones at 375°F until golden brown (Maillard reaction has been reached).
2. Place bones in 4 Gallon stock pot, and fill with ice; top off with cold water.
3. Bring to a boil and reduce to a simmer; Simmer for 3 hours and depouillage.
4. 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.
5. 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	T.	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	Cup	WATER
2	Cups	VEGETABLE OIL
1	T.	ROSEMARY, CHOPPED
1	T.	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	T.	HONEY, CLOVER
1	T.	SHALLOTS, MINCED
1	T.	GARLIC, MINCED
1	T.	WHITE BALSAMIC VINEGAR
2	OZ.	CANOLA or VEGETABLE OIL
1	T.	WHOLE GRAIN MUSTARD SEED
1	T.	PARSLEY, ITALIAN (FLAT LEAF), MINCED
1	T.	TYME, FRESH, MINCED
1	T.	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	Cups	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.

Sauces



SAUCE VELOUTÉ

Yield: 1/2 Quart

Ingredients:

White Mirepoix:

4	OZ.	ONION, SMALL DICE
2	OZ.	CELERIAC, SMALL DICE (The Root of the <i>Apium graveolens</i> plant)
2	OZ.	PARSNIPS, 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. Sauté white 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 for at least 30 minutes, stirring occasionally to prevent scorching.
5. Depouillage through the process periodically.
6. Strain through cheesecloth-lined strainer.
7. Season to taste.

HOLLANDAISE SAUCE

Yield: 1 Pint

Ingredients:

1/3	Tsp.	BLACK PEPPERCORNS, CRACKED
3	T.	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:

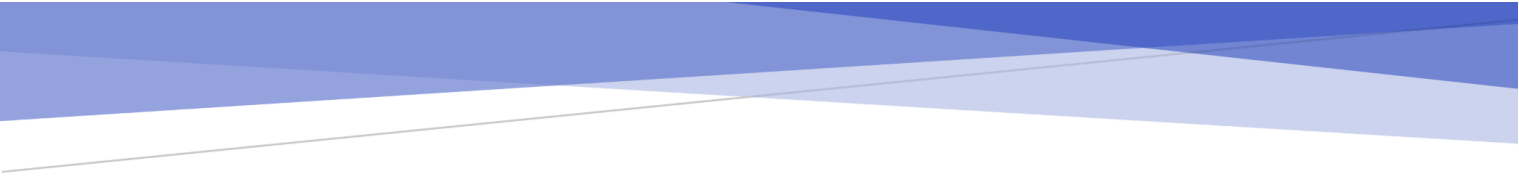
3 or 4	EA.	PARSLEY STEMS
1	EA.	THYME, FRESH, SPRIG (or 1 Tsp. Dried Thyme)
1	EA.	BAY LEAF
1	Tsp.	BLACK PEPPERCORNS, CRACKED
1	EA.	GARLIC CLOVE (optional)

Remaining Ingredients:

3.5	OZ.	UNSALTED BUTTER
3.5	OZ.	FLOUR, AP
1	QT.	BROWN STOCK
2	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. Add sachet and bring to a boil and reduce to a simmer.
6. Simmer for 1 hour, skim fat if necessary.
7. Strain through cheesecloth-lined strainer.
8. Season to taste.



Team Sauces

**Every individual prepares a
Velouté, Hollandaise and
Espagnole.**

- A. Tomato Sauce*
- B. Sauce Béchamel*
- C. Tomato Sauce*
- D. Sauce Béchamel*

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	T.	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:

2	Cups	WHOLE MILK
1	EA.	ONION PIQUE (* SEE NOTE BELOW)
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	T.	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 ROYAL

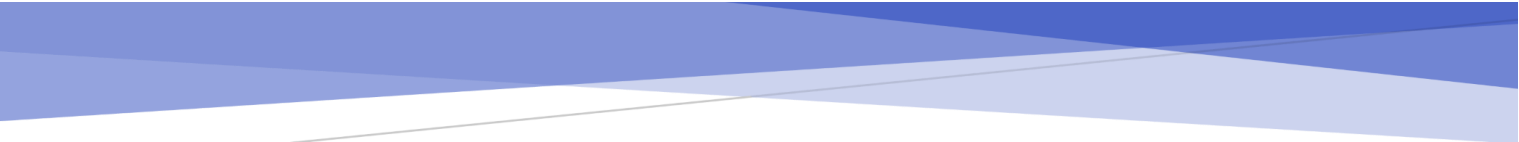
Yield: 1 1/2 Pints

Ingredients:

8	OZ.	HOLLANDAISE SAUCE
8	OZ.	SAUCE VELOUTÉ
8	OZ.	HEAVY CREAM

Procedure:

1. Combine the Hollandaise and Velouté.
2. Whip heavy cream to soft peaks.
3. Fold whip cream into Velouté and hollandaise sauce.



MOUSSELINE SAUCE

Yield: 1 Pint

Ingredients:

8	OZ.	HOLLANDAISE SAUCE
8	OZ.	HEAVY CREAM

Procedure:

1. Whip heavy cream until medium peaks.
2. Fold whipped cream into Hollandaise sauce.

Starches



Lobster, Crab and Pea Agnolotti, with Carrot Spherification

LOBSTER CRAB AND PEA AGNOLOTTI

PASTA DOUGH RECIPE

Ingredients:

2 to 2 ½	Cups	FLOUR, AP
1	Tsp.	KOSHER SALT
8	EA.	EGGS YOLKS
1	EA.	EGG, WHOLE
1	T.	OLIVE OIL
1	T.	WHOLE MILK

Procedure:

1. Combine flour and salt.
2. Make a well on table. Add eggs in the middle.
3. Mix dough just until combined. Knead dough till smooth and elastic.
4. Place in refrigerator for 30 minutes.

LOBSTER, CRAB AND PEA AGNOLOTTI

AGNOLOTTI RECIPE

Ingredients:

1 EA. PASTA SHEETS

Farse:

8 OZ. MARSCAPONE CHEESE

2 OZ. PEAS, ENGLISH

3 OZ. CRAB MEAT

1 Tsp. LEEKS, MINCED, and SAUTÉED

1 Tsp. UNSALTED BUTTER

Procedure:

1. Sauté leeks in butter.
2. Mix mascarpone, peas, crab meat, and leeks.
3. Place farse in refrigerator for 30 minutes.
4. Place farse onto pasta and shape agnolotti.
5. Place pasta in salted boiling water and cook for 1 to 2 minutes until al denté.

LOBSTER, CRAB AND PEA AGNOLOTTI

LOBSTER SAUCE

Ingredients:

8	OZ.	UNSALTED BUTTER, CUBED and CHILLED
3	OZ.	WHITE WINE
1/2	Pint	LOBSTER STOCK
1	T.	LEEKs, BRUNIOISE
1	T.	HEAVY CREAM
2	OZ.	PEAS, ENGLISH
6	EA.	AGNOLOTTI, BLANCHED
1	EA.	LOBSTER, HALF TAIL, CUBED
1	EA.	LOBSTER, CLAW

Procedure:

1. Sauté leeks in butter.
2. Deglaze with white wine and reduce to au sec.
3. Add lobster stock and reduce.
4. Add the rest of the butter and heavy cream, as needed to stabilize, in batches until emulsified.
5. Place cubed lobster in beurre blanc and poach.
6. Baste the sauce over the pasta and lobster.
7. Place peas in sauce and reserve for service.



LOBSTER, CRAB AND PEA AGNOLOTTI

PEA PUREE

Ingredients:

1	OZ.	UNSALTED BUTTER, CUBED and CHILLED
1	T.	HEAVY CREAM
	TT.	KOSHER SALT
4	OZ.	PEA, ENGLISH

Procedure:

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



LOBSTER, CRAB AND PEA AGNOLOTTI

GREEN PEA TENDRILS (AKA PEA SHOOTS)

Ingredients:

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

Procedure:

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

Soups



Cream of Broccoli



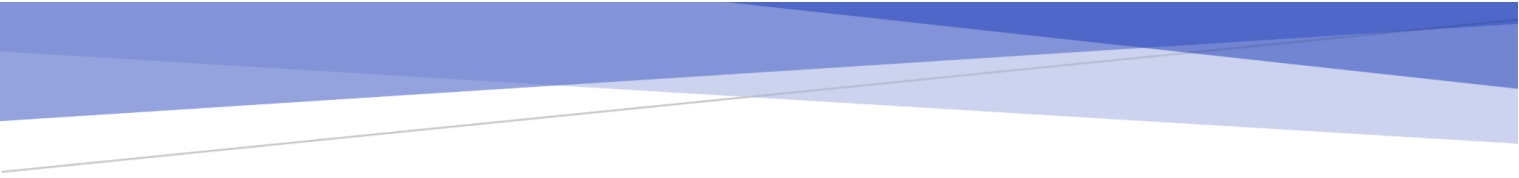
Lentil Puree



Cream of Carrot Soup



Beef Consommé



Team Soups

Every individual prepares a Consommé.

- A. Lentil Puree*
- B. Cream of Carrot*
- C. Cream of Broccoli*
- D. Lentil Puree*

BEEF CONSOMMÉ

Yield: 1 Quart

Ingredients:

2	OZ.	CELERY, SMALL DICE
1	OZ.	CARROTS, SMALL DICE
1	OZ.	TOMATO, SEEDED & DICED
2	EA.	EGG WHITES
12	OZ.	GROUND BEEF
1	Quart	VEAL STOCK
1	OZ.	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. Blend the mirepoix, ground beef, egg whites, salt, tomatoes, and the sachet ingredients. Allow to macerate for 1 to 2 hours if time permits.
2. Heat the stock to 100°F in a stockpot sized to accommodate all ingredients. Add the clarification mixture to the stock. 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 slowly at approximately 180°F, until the flavor and clarity is achieved, 1 to 1½ hours.
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 a boil. Degrease the hot consommé by skimming or blotting with paper towels, or you can use a frozen ladle. (Shown during demonstration).

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 ¼	Quart	CHICKEN STOCK
1	EA.	GARLIC CLOVE, MINCED
1	T.	OLIVE OIL
1/2	Tsp.	CAYENNE PEPPER, GROUND
1	T.	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
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. Sweat the broccoli, white mirepoix in butter until slightly tender. About 10 to 12 minutes.
2. In a separate pot combine flour and butter and make a 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.

Dinner for Two



Chicken Supreme Stuffed with Spinach, Prosciutto and Boursin
Cheese

Garlic Mashed Potatoes

Matignon Vegetables, Haricot Verts served with Sauce Supreme

CHICKEN SUPREME STUFFED with **SPINACH, PROSCIUTTO AND BOURSIN CHEESE**

Yield: 2 Servings

Ingredients:

2	EA.	* FABRICATED AIRLINE CHICKEN BREAST
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Mousseline Ingredients:

2	EA.	PROSCIUTTO, CHOPPED
5.2	OZ.	BOURSIN CHEESE, ROOM TEMPERATURE
1	T.	UNSALTED BUTTER, MELTED
4	T.	SPINACH, CHIFFONADE CUT, SAUTÉED and DRAINED
1	T.	PARSLEY, ITALIAN (FLAT LEAF), MINCED
1	EA.	* WHITE BREAD, SLICE, SMALL DICE

Procedure:

1. In a sauté pan, sauté Spinach in 1 FL. T of butter for 2 to 3 minutes immediately prior to step 2.
2. In a bowl, mix the Prosciutto, Boursin Cheese, Spinach, Bread, and Parsley.
3. Pipe mousseline under the skin of the breast (you do not need a tip).
4. Season each breast with salt and pepper as needed and sear each breast until golden brown. Make sure you begin this process by searing the presentation side (skin-side) down first.
5. Place chicken on bed of Matignon and roast at 400°F until chicken reaches an internal temperature of 160°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.***

CHICKEN SUPREME STUFFED with
SPINACH, PROSCIUTTO AND BOURSIN CHEESE

GARLIC MASHED POTATOES:

Yield: 4 Servings

Ingredients:

3	EA.	POTATOES, RUSSET, MEDIUM DICE
4	EA.	* GARLIC CLOVES, ROASTED
4	OZ.	UNSALTED BUTTER
2.5	OZ.	HEAVY CREAM
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Peel & medium dice potatoes.
2. Simmer in salted water until fork tender.
3. Strain potatoes. Press potatoes and roasted garlic through ricer.
4. Adjust consistency with heavy cream, as needed.
5. Season to taste.

*** Cut the top off a full bulb of garlic, lightly coat with canola or salad oi, and roast at 400°F for 20 minutes or until desired doneness.**

Note: Once you have placed your mashed potatoes in a piping bag, hold in a bain-marie until needed for plating.

CHICKEN SUPREME STUFFED with
SPINACH, PROSCIUTTO AND BOURSIN CHEESE

MATIGNON VEGETABLES:

Yield: 4 Servings

Ingredients:

6	OZ.	ONIONS, SMALL DICE
3	OZ.	CARROTS, SMALL DICE
3	OZ.	CELERY, SMALL DICE
1.5	OZ.	MUSHROOMS, SMALL DICE
3	EA.	BACON, FROZEN, CHOPPED
1	T.	UNSALTED BUTTER, CLARIFIED
2	T.	CHIVES, FRESH, CHOPPED
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. In sauté pan render bacon on low heat. (Begin in a room temperature sauté pan).
2. Hold rendered bacon and add to Matignon just prior to placing in oven with the airline chicken breast atop to braise.
3. Add butter, mirepoix, and mushrooms on low heat until Matignon is lightly golden brown. (Add mushrooms at the last stage of the sauté).
4. Lightly season to taste.
5. Hold for service.

CHICKEN SUPREME STUFFED with
SPINACH, PROSCIUTTO AND BOURSIN CHEESE

SUPREME SAUCE:

Yield: 8 Servings, 2 fl. oz. each

Ingredients:

1	PINT	VELOUTÉ SAUCE, PREPARED
2	OZ.	HEAVY CREAM
	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.

CHICKEN SUPREME STUFFED with
SPINACH, PROSCIUTTO AND BOURSIN CHEESE

HARICOTS VERTS (THIN FRENCH GREEN BEANS):

Yield: 2 Servings

Ingredients:

8 – 10	EA.	HARICOT VERTS, CLEANED AND TRIMMED
1	T.	VEGETABLE OIL
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND

Procedure:

1. Trim and clean haricot verts by cutting one end on a bias (45° angle).
2. Blanch in simmering salted water until al denté. Remove and shock in ice bath.
3. Heat oil and sauté haricot verts until hot. Do not cook to brown the surface.
4. Season with salt and pepper.
5. Select the best 6, and use 3 per plate.

HOR d 'OEUVRES



ARTICHOKE CROSTINI

Yield: 12 to 24 Portions

Braised Artichokes:

Ingredients:

2	EA.	LEMONS
1	EA.	BABY ARTICHOKEs
1	EA.	SPANISH YELLOW ONION, SLICED
6	EA.	GARLIC CLOVES, SLICED
	TT.	KOSHER SALT
6	EA.	ROSEMARY, FRESH, SPRIGS
1/4	Cup	OLIVE OIL, EXTRA VIRGIN – PLUS MORE, AS NEEDED

Procedure:

1. Fill large bowl with ice water; cut 1 lemon in half, squeeze the lemon into the water, and add the halves.
2. Remove the outer leaves from the artichokes until you are left with only the light green centers.
3. Cut off and discard the tough stem ends of the artichokes, leaving as much as 1 to 2 inches of the stem attached.
4. Using a vegetable peeler or a small sharp knife, shave the artichoke stems, revealing the light green inner stems.
5. Cut 1/2 inch to 3/4 inch off the tip ends of the artichoke leaves and bits.
6. Place the trimmed artichokes in the lemon water as you finish them.
7. Pour 1/4 cup of the olive oil in a large sauté pan; add the onion and garlic, season with salt, and cook over high heat for about two minutes, until the onion just begins to soften.
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 unattended for 25 to 35 min or 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	T.	OLIVE OIL, EXTRA VIRGIN
1/2	Cup	RED ONION, MEDIUM 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	CURRENTS, DRIED
1/4	Cup	BALSAMIC VINEGAR
1/4	Cup	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. Sauté, stirring often to prevent the onion from browning, for about 5 minutes, 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

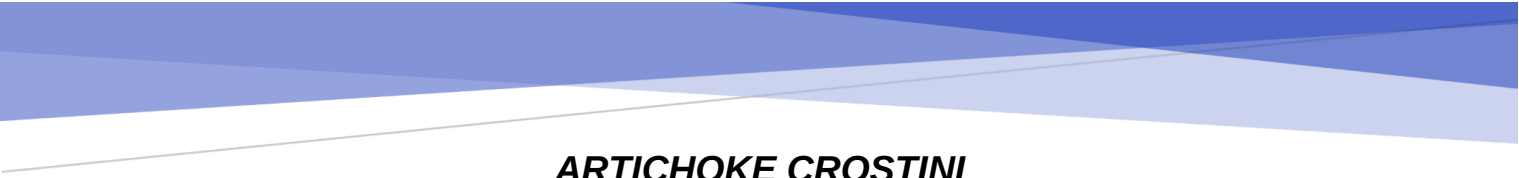
Mint Pesto:

Ingredients:

1	T.	PINE NUTS, TOASTED
1	EA.	GARLIC GLOVES, GRATED OR MINCED
1/4	Tsp.	KOSHER SALT
1/4	Cup	OLIVE OIL, EXTRA VIRGIN – PLUS MORE, AS NEEDED
1/4	Cup	PARSLEY, FRESH ITALIAN (FLAT LEAF), WHOLE
3/4	Cup	MINT LEAVES, PACKED
1	T.	FRESH PARMIGIANO-REGGIANO, GRATED
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 T. OLIVE OIL, EXTRA VIRGIN
- 1 EA. GARLIC, FRESH, CLOVE

Procedures:

1. Preheat oven to 350F°.
2. Place bread slices on baking sheet and brush tops with olive oil; bake for 15 to 20 minutes 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	BURRATA CHEESE SLICED INTO 1/4 INCH DISCS. (or 1 1/2 CUPS FRESH RICOTTA)
	TT.	KOSHER SALT
2	EA.	ARTICHOKES, BRAISED
1/4	Cup	CURRANT and PINE NUT RELISH

Procedures:

1. Lay the crostini oiled side up.
2. Place 1 slice of Burrata Cheese, (or spread 2 T. of Ricotta), in an even layer atop each crostino, leaving edges visible. * If using Ricotta, place in a medium bowl and stir vigorously with a spoon to fluff it up.
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 BLINI

Yield: 10 Portions

Caramelized Red Onion:

Ingredients:

2	T.	GRANULATED SUGAR
1	T.	WATER
1	T.	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 dark caramel. Remove from heat and add vinegar and onions.
2. Return to medium heat and stir until onions are soften, 5 minutes.
3. Add salt and pepper to taste. Cool to warm. Top each blini.

BEEF TENDERLOIN BLINI

Yield: 3 Dozen Miniature Blinis

Yukon Gold Potato Blini:

Ingredients:

1	LBS.	YUKON GOLD POTATOES
2	T.	FLOUR, AP
3	T.	CRÈME FRAICHE, ROOM TEMPERATURE
2	EA.	EGGS, LARGE
1	EA.	EGG YOLK, LARGE
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Cook the potatoes with skin on in cold water until completely tender.
2. Peel the warm potatoes and press through a tamis {– (pronounced "tammy", also known as a drum sieve, or chalni in Indian cooking) is a kitchen utensil, shaped somewhat like a snare drum, that acts as a strainer, grater, or food mill}.
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. crème fraîche.
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 a little more crème fraîche.
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, 1 to 2 minutes.
12. Flip then cook the second side, about 1 minute.
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.

BEEF TENDERLOIN BLINI

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.

Note:

Rare = 120°F to 130°F

Medium Rare = 130°F to 135°F

Medium = 135°F to 140°F

Medium Well = 145°F to 155°F

Well Done = 155°F and Higher

RED SNAPPER STRUDEL

Yield: 6 to 8 Servings

Strudel Production & Assembly:

Ingredients:

1	T.	BUTTER, CLARIFIED
1	EA.	SHALLOTS, FRESH, MINCED
1	EA.	LEEEKS, MINCED
2	T.	CAPERS, WHOLE
1/2	OZ.	LEMON JUICE
2	T.	PINE NUTS, LIGHTLY TOASTED
2	T.	PANKO BREADCRUMBS
1	Tsp.	PARSLEY, ITALIAN (FLAT LEAF), CHOPPED
1	Tsp.	THYME, FRESH, CHOPPED
1	Tsp.	TARRAGON, FRESH, CHOPPED
3	OZ.	FABRICATED RED SNAPPER, LARGE DICE, 3" x 1" x 1/2" WIDE.
2	EA.	EGGS, WHOLE
2	OZ.	BUTTER, CLARIFIED
1/2	EA.	LEMON JUICE, FRESHLY SQUEEZED
3	EA.	PHYLLO SHEETS
3	EA.	DILLS SPRIGS, FOR GARNISH, (AS NEEDED)

Procedure:

1. Heat 1 T 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 350°F or on the stovetop.
3. Combine pine nuts to shallot and leek mixture as well as capers, ½ Oz. lemon juice, panko breadcrumbs and herbs. Mix well and set aside.
4. Whisk egg and combine with Red Snapper. Once fish is evenly coated place pieces in the strudel mixture, to bind all ingredients.
5. The remaining butter and lemon should be combined, and then melted in a saucepot.
6. Brush each sheet of phyllo with lemon butter. Top this with another sheet and repeat the process.
7. Place mixture along the edge of the phyllo sheets and begin rolling until you have reached the opposite side of the phyllo sheet.
8. Brush outside of strudel with lemon butter.
9. Place in refrigerator for at least 15 minutes.
10. Once strudel has become firm, lightly score the top with a serrated knife to divide your servings evenly.
11. Bake at 400°F, until golden brown; (15 to 20 minutes).
12. Slice and serve immediately.

RED SNAPPER STRUDEL

Yield: 1 Cup

Remoulade Sauce:

Ingredients:

5	OZ.	MAYONNAISE
1/2	OZ.	CAPERS, CHOPPED
1	Tsp.	CHIVES, FRESH, CHOPPED
1	Tsp.	TARRAGON, FRESH, CHOPPED
1/2	Tsp.	DIJON MUSTARD
	TT.	TABASCO SAUCE
	TT.	WORCESTERSHIRE SAUCE
	TT.	LEMON JUICE
	TT.	KOSHER SALT

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.

SUSHI (Tuna 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
1	T.	WHITE SESAME SEEDS, LIGHTLY TOASTED
1	T.	BLACK SESAME SEEDS
1	EA.	MARINATED TUNA, * See Below for Fabrication

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 tuna, 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.

****Tuna Fabrication:***

– Slice Tuna into two (2) pieces, 1 /2” Width by 4” in length. Should resemble matchsticks.



SUSHI (Tuna Roll)

Yield: 8 Portions

Marinade:

Ingredients:

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

Procedure:

1. Combine all ingredients and place Tuna in Marinade for 30 minutes.
2. Remove fish and place marinade in saucepan and reduce till nappe.

SUSHI (Tuna Roll)

Yield: 8 Portions

Sushi Rice:

Ingredients:

1	Cup	CALROSE RICE
2	Cups	WATER
1 ½	T.	RICE WINE VINEGAR
1	T.	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 cover and bring to a boil.
2. When water is at a boil, turn heat down to a simmer for 10 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 in a large bowl and pour the rice wine vinegar evenly over the surface of the rice. Mix the wine 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 Pint

Sauce Béchamel:

Ingredients:

2	Cup	WHOLE MILK
1	EA.	ONION PIQUE
2	FL. OZ.	CLARIFIED BUTTER
2	OZ.	FLOUR, AP
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND

Procedure:

1. Add milk and onion piquet 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 scalded 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.



CORDON BLEU CROQUETTE

Yield: 1 Each

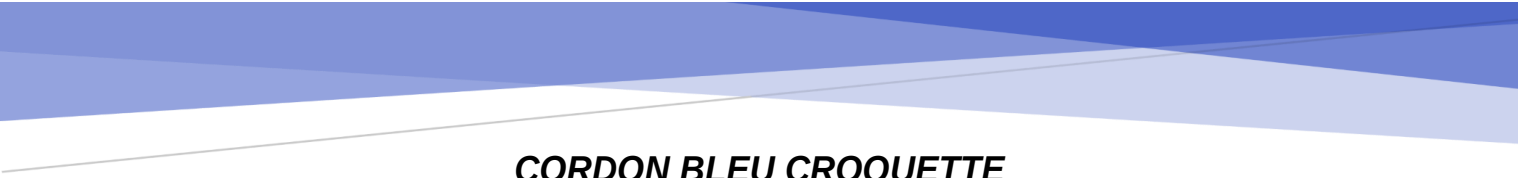
Poached Chicken:

Ingredients:

1	EA	CHICKEN THIGH MEAT, PULLED
As Needed		WATER
	TT	KOSHER SALT

Procedure:

1. Bring water to a temperature between 160°F to 185°F. Season with Salt.
2. Lower the chicken into the stock.
3. Poach the chicken until the proper internal temperature (160°F to 165°F) is reached.
4. Shock the chicken in an ice bath.
5. Shred 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, MEDIUM DICE
1	EA.	HAM SLICES, JULIENNE CUT
1	OZ.	POACHED CHICKEN, PULLED (SHREDDED)
1	OZ.	GRUYERE CHEESE, SHREDDED
As Needed		SAUCE BÈCHAMEL
	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
2	Cup	VEGETABLE FRYING OIL

Procedure:

1. Place bread cubes, ham slices, shredded chicken, and shredded 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 1/2 OZ. of mixture and round each ball by hand.
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. Place vegetable frying oil in small pan and bring to a temperature of 350°F.
9. Fry until golden brown. Finish off in a 350°F oven for 5 minutes.
10. Place on cooling rack so that any excess grease can fall off.

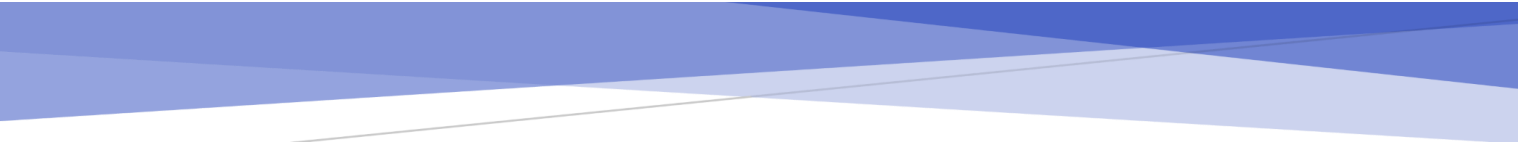
SOUS VIDE



DISCLAIMER: ALL SOUS VIDE RECIPES TIME AND TEMPERATURE VARY ON PROPER ADHERING TO PROCEDURES. STRICT INTERNAL 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

Plated & Team

Desserts



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
1.4	OZ.	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. Warm milk, vanilla bean, half the sugar until warm.
3. Wisk egg yolks and other half of sugar until light in color and then temper a small amount of milk.
4. Once you temper your egg yolks pour the remainder of milk into egg yolks and return to double boiler till mixture becomes nape.
5. Strain mixture and then add gelatin until it dissolves.
6. Cool over ice bath and set to side for use.
7. Whip heavy cream in mixer until medium to stiff peaks but not dry. Then fold your Bavarian mix into your whipped cream and pipe into molds.

PLATED DESSERT

Yield: 1 Cup

Macerated Fruit:

Ingredients:

8	OZ.	SEASONAL FRUIT, FRESH (<i>Strawberries Preferred</i>)
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 (<i>Trimmings from Macerated Fruit</i>)
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.	INSTANT 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)
As needed		CINNAMON and GRANULATED SUGAR MIXTURE for DUSTING

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 fry in grapeseed oil at 325°F until golden brown.
10. While still warm, toss in cinnamon sugar until fully coated.

PLATED DESSERT

CHOCOLATE DISC

Yield: 5 oz.

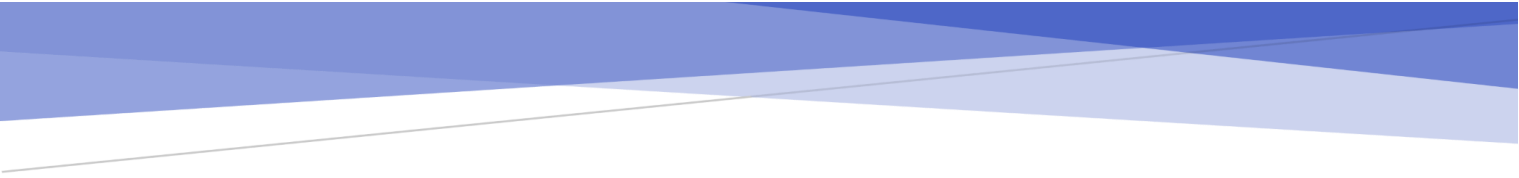
Tempered Chocolate:

Ingredients:

3	OZ.	CHOCOLATE, 58%
2	OZ.	CHOCOLATE, 58%
1	Sheet	ACETATE PAPER
1	EA.	COOKIE CUTTER

Procedure:

1. Melt 3 OZ. chocolate 115°F.
2. Take off double broiler and seed 2 OZ chocolate bring 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.



Team Desserts

***Every individual student is required to
prepare a plated dessert.***

- A. *Crème Puffs, Eclairs, Paris & Truffles*
- B. *Tart Shells, Pastry Cream & Lemon
Curd*
- C. *Crème Puffs, Eclairs, Paris & Truffles*
- D. *Tart Shells, Pastry Cream & Lemon
Curd*

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:

4	EA.	EGGS, WHOLE, LARGE
134	GR.	GRANUALTED SUGAR
80	GR.	LEMON JUICE, FRESHLY SQUEEZED
86	GR.	UNSALTED BUTTER
	TT.	SALT

Procedure:

1. Place all ingredients in pot. Cook until thick, and strain.

VANILLA ICE CREAM / Crème Anglaise

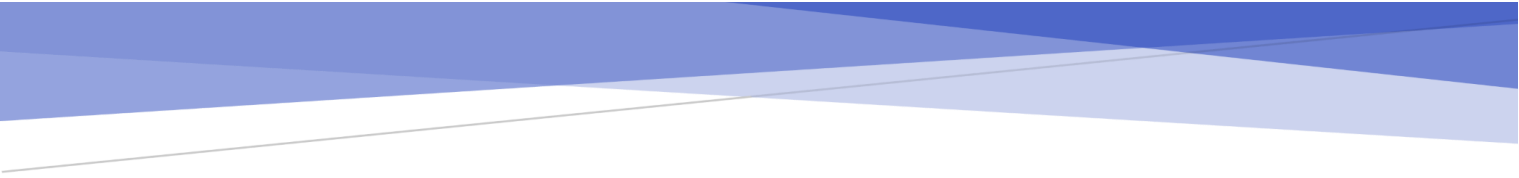
Yield: 1 Quart

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.
9. When the base has cooled, pour it into the ice cream machine and churn according to the manufacturers' instructions.
10. When finished churning, transfer the ice cream to an air-tight container. Allow the ice cream to harden in the freezer for at least 1 hour before serving.



Three Course

Appetizer

Lobster, Crab and Pea Agnolotti, with Carrot Spherification

Entrée

Pan-Roasted Beef Tenderloin Medallions with Braised Mustard Greens, Tri Colored Tourné Cut Glazed Carrots, Hon-shimeji Mushrooms served with Veal Jus

Plated Dessert

Vanilla Bean Bavarian with Macerated Fruit and Fruit Coulis

Appetizer



Lobster, Crab and Pea Agnolotti, with Carrot Spherification

LOBSTER CRAB AND PEA AGNOLOTTI

Pasta Dough:

Ingredients:

2 to 2 ½	CUPS	FLOUR, AP
1	Tsp.	KOSHER SALT
8	EA.	EGG YOLKS
1	EA.	EGGS, WHOLE
1	T.	OLIVE OIL
1	T.	WHOLE MILK

Procedure:

1. Mix flour and salt.
2. Make a well on table. Add eggs in the middle.
3. Mix dough just until combined. Knead dough till smooth and elastic.
4. Place in refrigerator for 30 minutes.

LOBSTER, CRAB AND PEA AGNOLOTTI

Agnolotti:

Ingredients:

1 EA. PASTA SHEETS

Farse:

8 OZ. MARSCAPONE CHEESE

2 OZ. PEAS, ENGLISH

3 OZ. CRAB MEAT

1 Tsp. LEEKS, MINCED, and SAUTÉED

1 Tsp. UNSALTED BUTTER

Procedure:

1. Sauté leeks in butter.
2. Mix mascarpone, peas, crab meat, and leeks.
3. Place farse in refrigerator for 30 minutes.
4. Place farse onto pasta and shape agnolotti.
5. Place pasta in salted boiling water and cook for 1 to 2 minutes until al denté.

LOBSTER, CRAB AND PEA AGNOLOTTI

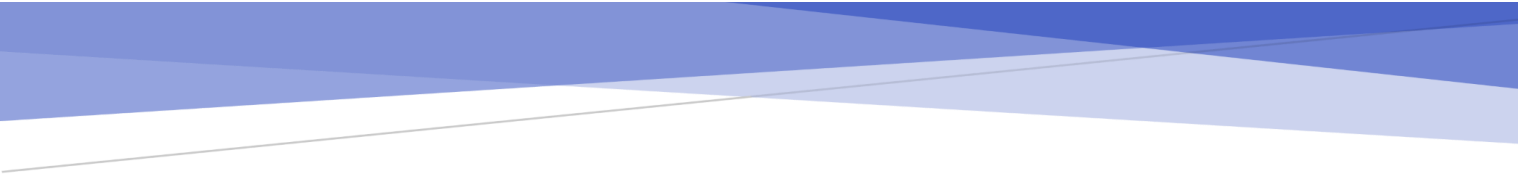
Lobster Sauce:

Ingredients:

8	OZ.	UNSALTED BUTTER, CUBED and CHILLED
3	OZ.	WHITE WINE
1/2	Pint	LOBSTER STOCK
1	T.	LEEEKS, BRUNIOISE
1	T.	HEAVY CREAM
2	OZ.	PEAS, ENGLISH
6	EA.	AGNOLOTTI, BLANCHED
1	EA.	LOBSTER, HALF TAIL, CUBED
1	EA.	LOBSTER, CLAW

Procedure:

1. Sauté leeks in butter.
2. Deglaze with white wine and reduce to au sec.
3. Add lobster stock and reduce.
4. Add the rest of the butter and heavy cream, as needed to stabilize, in batches until emulsified.
5. Place cubed lobster in beurre blanc and poach.
6. Baste the sauce over the pasta and lobster.
7. Place peas in sauce and reserve for service.



LOBSTER, CRAB AND PEA AGNOLOTTI

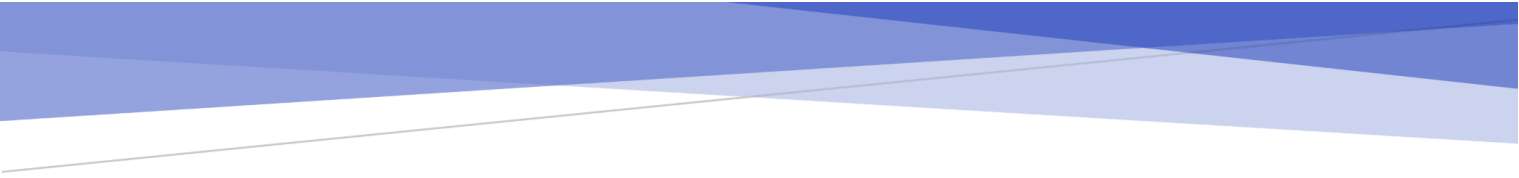
Pea Purée:

Ingredients:

1	OZ.	UNSALTED BUTTER, CUBED and CHILLED
1	T.	HEAVY CREAM
	TT.	KOSHER SALT
4	OZ.	PEA, ENGLISH

Procedure:

1. Place peas in boiling salted water for 2 minutes.
2. Strain peas and place in Ninja; and pulse until smooth purée is created.
3. Add butter, cream and salt, and blend till smooth.
4. Reserve in bowl on double boiler for service.



LOBSTER, CRAB AND PEA AGNOLOTTI

Green Pea Tendrils (AKA Pea Shoots):

Ingredients:

1	EA.	LEMON
1/4	Cup	OIL, VEGETABLE
	TT.	KOSHER SALT
	TT.	BLACK PEPPER, GROUND
6	EA.	PEA SHOOTS

Procedure:

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

Entrée



Pan-Roasted Beef Tenderloin Medallions with Braised Mustard Greens, Tri Colored Tourné Cut Glazed Carrots, Hon-shimeji Mushrooms served with Veal Jus

ENTRÉE

Pan-Roasted Beef Tenderloin:

Yield: 4 Servings

Ingredients:

18	OZ.	BEEF TENDERLOIN, Cut into MEDALLIONS (AFTER Cooked)
2	OZ.	CANOLA or VEGETABLE OIL
2	T.	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 on a half sheet pan lined with a wire rack. Cover with aromatics.
6. Place beef in 325°F oven until beef reaches 135°F.
7. Allow tenderloin 10 minutes of resting time this will bring internal temp to 145°F.
8. Slice beef into 2 OZ. Medallions; 2 per plate.

Note:

Rare = 120°F to 130°F

Medium Rare = 130°F to 135°F

Medium = 135°F to 140°F

Medium Well = 145°F to 155°F

Well Done = 155°F and Higher

ENTRÉE

Braised Mustard Greens:

Yield: 4 Servings

Ingredients:

6	OZ.	MUSTARD 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	T.	WHITE WINE VINEGAR
As Needed		CHICKEN STOCK (Approximately 1/2 Cup needed)

Procedure:

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

ENTRÉE

Glazed Carrots:

Yield: 4 Servings

Ingredients:

2	EA.	ORANGE HEIRLOOM CARROTS, (TOURNÉE CUT)
6	EA.	RED HEIRLOOM CARROTS, (OBLIQUE CUT)
6	EA.	YELLOW HEIRLOOM CARROTS (OBLIQUE CUT)
6	EA.	ORANGE HEIRLOOM CARROTS (OBLIQUE CUT)
12	EA.	HON-SHIMEJI MUSHROOMS, WHOLE, SLIGHTLY TRIMMED
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 (Be cautious, as it is overpowering)

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. (***Separate Red from other colors***).
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.

ENTRÉE

Potato Sticks:

Yield: 4 Servings

Ingredients:

250	GR.	POTATOES, RUSSETT, BAKED (Approximately 3 EA.)
40	GR.	CLARIFIED BUTTER
50	GR.	CORN STARCH
1	EA.	EGGS, WHOLE
1	EA.	EGG YOLKS
40	GR.	HEAVY CREAM
2	EA.	EGG WHITES
5	GR.	EGG WHITE POWDER
	TT.	KOSHER SALT
	TT.	WHITE PEPPER, GROUND (Be cautious, as it is overpowering)
	TT.	NUTMEG, GROUND (Be cautious, as it is overpowering)

Procedure:

1. Rice the Potatoes.
2. Add heavy cream and butter.
3. Add salt, pepper, and nutmeg to taste.
4. Sift the cornstarch into the potatoes.
5. Add 1 whole egg and 1 egg yolk.
6. Sift in Egg White Powder to the 2 Egg Whites. Whisk up the egg whites to soft peaks fold into potato mixture.
7. Butter a cake pan and bake at 225°F for approximately 20 minutes.
8. Cut into 3/4" x 3/4" x 3" rectangle.
9. Cool and DEEP fry at 350°F until golden brown.
10. Season with salt and pepper to taste.

ENTRÉE

Tomato Jam:

Yield: 8 OZ.

Ingredients:

4	EA.	ROMA TOMATOES, CONCASSÉ
1	EA.	SHALLOT (Small)
1	OZ.	OLIVE OIL
1	OZ.	RED WINE VINEGAR
50	GR.	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.
3. Add red wine and red wine vinegar to deglaze.
4. Add tomatoes and cook.
5. Cook over low heat to a light simmer.
6. Add sugar cook until mixture represents jam.
7. Allow to cool.
8. Fold in parsley.

ENTRÉE

Veal Jus:

Yield: 4 Servings

Ingredients:

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

Procedure:

1. Deglaze fond from searing Beef with Brandy.
2. Add stock and shallots.
3. Reduce till nappe, strain, and mount with butter.

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, SPLIT and SEEDS SCRAPED
1.4	OZ.	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. Warm milk, vanilla bean, half the sugar until warm.
3. Wisk egg yolks and other half of sugar until light in color and then temper a small amount of milk.
4. Once you temper your egg yolks pour the remainder of milk into egg yolks and return to double boiler till mixture becomes nappe.
5. Strain mixture and then add gelatin until it dissolves.
6. Cool over ice bath and set to side for use.
7. Whip heavy cream in mixer until medium to stiff peaks but not dry. Then fold your Bavarian mix into your whipped cream and pipe into molds.



PLATED DESSERT

Yield: 1 Cup

Macerated Fruit:

Ingredients:

8	OZ.	SEASONAL FRUIT, FRESH (<i>Strawberries Preferred</i>)
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 (<i>Trimmings from Macerated Fruit</i>)
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.	INSTANT YEAST
60	GR.	Warm Water (105°F to 110°F)
60	GR.	Warm Whole Milk (105°F to 110°F)
1	EA.	EGGS, WHOLE, 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)
As needed		CINNAMON and GRANULATED SUGAR MIXTURE for DUSTING

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 ¼ OZ. or (.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 fry in grapeseed oil at 325°F until golden brown.
10. While still warm, toss in cinnamon sugar until fully coated.



PLATED DESSERT

CHOCOLATE DISC

Yield: 5 oz.

Tempered Chocolate:

Ingredients:

3	OZ.	CHOCOLATE, 58%
2	OZ.	CHOCOLATE, 58%
1	Sheet	ACETATE PAPER
1	EA.	COOKIE CUTTER

Procedure:

1. Melt 3 OZ. chocolate 115°F.
2. Take off double broiler and seed 2 OZ chocolate bring 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.

Cake Decorating



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	T	BAKING POWDER
1	Cup	MILK, WHOLE
2	Tsp.	MILK, WHOLE

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.***

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	T.	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: 850 Grams

Ingredients:

340	GR.	EGG WHITES
680	GR.	GRANULATED SUGAR
1020	GR.	UNSALTED BUTTER
11	GR.	VANILLA EXTRACT

Procedure:

1. Place whites in mixer and whip.
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. Add soft butter in slow and steady. Add vanilla extract and use immediately.
8. 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
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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	T.	WATER, WARM
1/2	LB.	BUTTER, MELTED
1	T.	CALCIUM LACTATE
1/4	Tsp.	XANTHAM GUM
1	T.	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	T	CALCIUM CHLORIDE
3	Cups	WATER

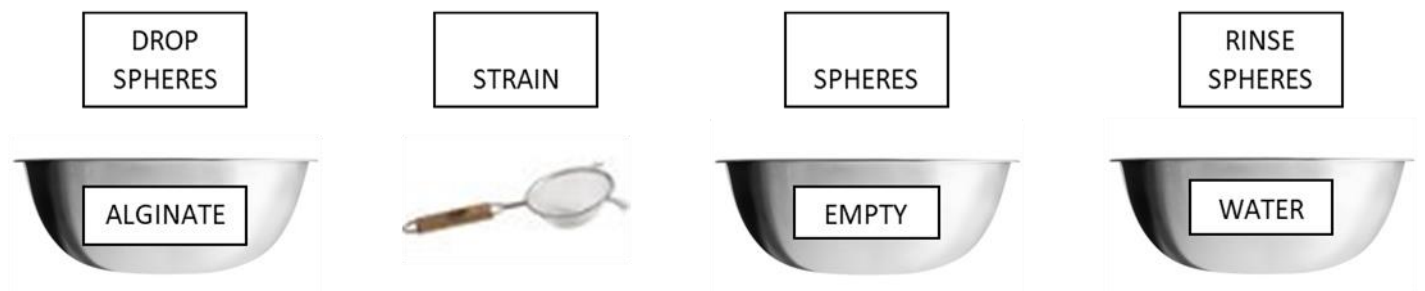
SPHERE SOLUTION

1	Tsp.	SODIUM ALGinate
1	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.