Culinary Management

Recipes – Strand 1

**Taco Salad**

**Yield about 15 – Lion House Cookbook**

2 lbs ground beef

1 cup chopped onions

30 oz refried beans

15 oz tomato sauce

1 package taco seasoning

2 heads lettuce, shredded

24 oz corn chips

1 lb grated cheddar cheese

4 tomatoes, diced

½ red onion, diced

1 can olives, sliced

1 large jar of salsa

1 pint sour cream

Brown beef with onions. Drain off fat if necessary. Add refried beans, tomato sauce, taco seasoning and mix well. Layer all ingredients on a plate in desired order. Service with limeade or lemonade.

**Pommes Parisienne**

**Yield 4 servings Rouxbe Online Cooking School**

4-5 lbs Yukon or Russet Potatoes

4 tbsp clarified butter

Kosher Salt to taste

Ground Pepper to taste

Peel potatoes in place in a large bowl of cold water. Using a Parisienne Scoop, scoop out balls of potatoes trying to keep the potatoes as round as possible. Place the balls in a bowl and keep covered with water. Left over potatoes can be cooked and used in mashed potatoes or other dishes. Put butter in a large sauté pan and heat over medium-high heat. The potatoes need to stay in a single layer in the pan. Drain the potato balls and dry them well with paper towels. Add the potatoes to the hot butter and shake to coat the potatoes with butter. While cooking swirl the potatoes to ensure they cook and color evenly. They should cook about 15 minutes to be tender all the way through. Season with salt and pepper and serve immediately.

**Zucchini Ravioli**

**Serves 8**

4 medium zucchini

2 cups ricotta

¾ cup parmesan cheese

1 large egg

1 clove garlic, minced

1 tsp. dried oregano

Salt and Pepper to taste

1 ½ cup marinara sauce

½ cup shredded mozzarella

Preheat the oven to 350. Spread marinara sauce in the bottom of a glass 9 x 13 pan. Make the noodles by slicing the two sides of each zucchini with a mandoline. Don’t use the very center with all the seeds. For the filling combine the ricotta, ½ cup parmesan, egg, garlic, oregano and salt and pepper. Lay two strips of zucchini noodles so they overlap lengthwise. Lay two more noodles on top perpendicular making a cross. Spoon about 1 tablesppon of filling in the center of the zucchini. Bring the ends of the strips together to fold over the center. Work one side at a time. Place seam side down in a baking dish. Complete all bundles. Top with mozzarella cheese and remaining parmesan. Bake 25-30 minutes.

**Roasted Vegetable Pasta**

**Yield 4 servings Food Network**

¼ Red pepper, julienned

½ Zucchini, diced

½ Summer squash diced

½ onion thinly sliced

1 Carrot, julienned

2 tbsp. olive oil

Salt and Pepper to taste

2 tsp. Italian seasoning

8 oz. penne pasta

½ cup marinara sauce

¼ cup parmesan cheese

3-4 leaves of basil, chiffonade

Toss vegetables with oil, pepper, salt and seasoning. Place on parchment and roast at 450 for about 15 minutes. In the meantime, boil pasta in salted boiling water as directed on package. Drain. Toss pasta with vegetables and marinara sauce. Top with Parmesan cheese, basil and serve.

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Recipes – Strand 2

**Apple Crisp**

**Yield 1 serving**

1 apple

1 graham cracker square

2 tbsp. brown sugar

1 tbsp. rolled oats

1 tbsp. flour

1/8 tsp. cinnamon

1 tbsp. butter

Peel, core and slice apple into paper bowl. Melt the butter in a cereal bowl. (About 10 seconds) Stir into the melted butter the oats, brown sugar, flour and cinnamon. Crush the graham cracker square into the mixture and mix. Pour over the apples. Cover with a paper towel. Microwave 3 minutes.

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Recipes – Strand 3

**Crusty Hot Biscuits**

**Makes 16 biscuits**

2 ¼ cups flour

4 tsp. baking powder

½ tsp. cream of tarter

½ tsp. salt

2 tbsp. sugar

1/3 cup shortening

2/3 cup milk

1 egg

Mix together dry ingredients. Cut shortening into mixture to make coarse crumbs. Add milk and egg. Mix with a fork until dough comes together. Knead on floured board five or six time. Roll or pat to 1/2” thickness; cut with cutter. Place on ungreased baking sheet and bake at 450 for 10-12 minutes. Makes 16 medium biscuits.

**Homemade Butter**

**Makes 1 cup of butter**

3 cups heavy cream

1 tsp. salt

Pour cream in to mixer bowl. Use whisk attachment. Beat cream until it holds soft peaks, about 10-12 minutes. Add sat and increase speed to high and beat until mixture separates into thick pale-yellow butter and thin liquid butter milk, about 5 more minutes. Pour off all liquid. Pat the butter dry with paper towels. Serve immediately or refrigerate.

**Homemade Jam**

**Makes 1 ¾ cups**

1 quart hulled strawberries

½ cup sugar

2 tbsp. lemon juice

In a food processor, process strawberries until coarsely chopped. Transfer to a large sauté pan and stir in the sugar and lemon juice. Cook over medium heat stirring frequently until jam is thickened and bubbles completely cover the surface, 9-10 minutes. Cool and serve.

**Chicken Noodle Soup**

**Serves 8**

1 ½ cups flour

¾ teaspoon salt

1 egg

1/3 cup milk

2 tbsp. oil

½ onion, chopped

1 carrot, sliced

2 cloves garlic, minced

1 celery rib, sliced

1 quart of chicken stock

4 oz. cooked chicken

Stir together flour and sat. Add egg and milk and mix until it forms a dough. Knead on a lightly floured surface until smooth. Roll out desired thickness for noodles. Cut into strips or squares. In a large sauce pan heat the oil and add the onion, carrot, garlic and celery. Cook until translucent about 4-5 minutes. Add the stock, bring to a boil. Add the noodles and boil at least 2 minutes. Add the chicken. Remove from heat and serve.

**Nauvoo Cookies**

**Makes about 50 little cookies**

1/3 cup sugar

1/3 cup molasses

1/4 cup oil

2 tbsp. hot water

½ tsp baking soda

½ tsp cinnamon

2 cups of flour (more if needed)

¼ tsp salt

½ heaping tsp ginger

Preheat oven to 350. Combine molasses, sugar, oil and hot water. Mix in remaining ingredients. Refrigerate until chilled. Roll out and cut with cookie cutter. Place on a greased cookie sheet. Bake for 10 minutes.

**Pennsylvania Dutch Cabbage**

**Makes 6 servings**

8 cups shredded cabbage

4 slices bacon

1 small onion, minced

2 T brown sugar

2 T flour

½ cup water

1/3 cup vinegar

½ t salt

1/8 t pepper

Cook cabbage in boiling salted water until tender 5-7 minutes. Drain. In the meantime cook bacon until crisp. Remove from skillet. Add onion to bacon drippings and cook until soft. Mix in sugar and flour. Add water and vinegar and cook, stirring constantly until thickened. Add salt, pepper, bacon and cabbage. Makes 6 servings.

**German Soft Pretzels**

**Makes 8 small pretzels**

2 tsp yeast 2 tsp sugar

¾ cup warm water 2 cups flour

1 tsp salt

Add yeast and sugar into warm water, stir quickly and wait for 2 minutes. Add salt. Using a dough hook, blend in the flour until smooth. Divide into 8 pieces. Twist and place on a greased cookie sheet or parchment. Bake 12-15 minutes at 425, brush with melted butter.

**Blintzes**

**Makes 8**

1/3 cup water

½ cup milk

1/3 cup sugar

2 eggs

¼ tsp. salt

¾ cup flour

2 tbsp. melted butter

1 tsp. vanilla

4 oz. cream cheese

15 oz. Ricotta

3 tbsp. powdered sugar

1 tsp. lemon juice

1 large egg, beaten

2 tbsp. butter

Preheat oven to 350. In a large bowl, whisk together water, milk, sugar, eggs, salt. Add flour and mix until silky and smooth and add melted butter and vanilla and mix well. Can be done in a blender. Heat a medium-sized sauté pan over medium heat. Grease a pan with a small amount of oil. Ladle about ¼ cup of batter into hot pan, tilting the pan so the bottom is evenly coated. Cook 1-2 minutes on each side.

In a bowl stir cream cheese until smooth. Add Ricotta, powdered sugar, lemon juice and egg and mix well until combined. Put about ¼ cup of filling in the center of each crepe. Fold all four sides in creating a small square or rectangle. Return sauté pan to the heat and add the 2 tbsp butter. Add each blintz to the pan browning 1-2 minutes on each side. Place on a baking sheet lined with parchment and bake 12-13 minutes in the oven. Remove from oven, sprinkle with powdered sugar or serve with fruit.

**Latkes**

**Serves 8-10**

1 small onion, peeled and halved

1 large egg, lightly whisked

1/3 cup oil

4 large Yukon gold potatoes, peeled

Salt and pepper to taste

3 tbsp. butter

Lay out a towel on the counter. Using a grater, grate the onion over the towel. Pick up the towel wrap the onion in the towel and squeeze over the sink to remove the water. Put in a mixing bowl. Do the same thing with the potato, one potato at a time. Add to the mixing bowl with the onion. Add the egg and mix to combine. Add salt and pepper. Heat oil and butter in a large sauté pan. Working in batches, scoop 1/3 of a cup to the potatoes into the hot oil and butter. Flatten slightly with a turner. Cook until golden and crispy about 3-5 minutes on each side. Drain on paper towels. Serve with sour cream and apple sauce.

**Matzoh**

**Makes 4 large sheets**

2 ¼ cups sifted all-purpose flour, plus more for rolling

½ teaspoon kosher salt, plus more for sprinkling

1 tablespoons mild olive oil (or, if you’re not keeping kosher for Passover, you can substitute canola oil)

¼ cup plus 2 tbsp. plus up to 2 tbsp. warm water

Preheat oven to 500. In a large bowl, mix together all the ingredients using the ¼ cup plus 2 tablespoons of water. If dough is dry add a little water a few drops at a time. If you do not need the matzoh to be kosher for Passover, let the dough rest for 10-15 minutes. If it needs to be kosher for Passover proceed immediately so you can finish everything in 18 minutes.

Divide the dough into 4 pieces. Flatten slightly and pass through a pasta maker until you get to the minimum setting or roll with a rolling pin and thinly as possible. Repeat with remaining dough pieces.

Use a fork to prick holes in the surface of the dough. lf salted matzoh are desired, brush or spray the dough surface lightly with water and sprinkle with salt to taste. Carefully place some of the rectangles a baking sheet. They should fit snugly but should not touch. Bake until the surface of the matzoh is golden brown and bubbly, 30 to 90 seconds. Using tongs, carefully flip the matzoh pieces and continue to bake until the other side is golden browned and lightly blistered, 15 to 30 seconds. Keep careful and constant watch to keep the matzoh from burning; the exact baking time will vary from oven to oven and will get longer with subsequent batches. You want to let the matzoh get a few dots of light brown but do not let the matzoh turn completely brown or it will taste burnt. Let it cool before serving.

**Funnel Cakes**

**Yields 10 cakes**

1 1/2 cups flour

1/4 cup granulated sugar

1 1/2 tsp. baking powder

1/2 tsp.  baking soda

1/4 tsp. salt

1/4 cup powdered sugar

2 eggs

1 cup milk

1 tsp. vanilla

Oil for frying

Mix flour, granulated sugar, baking powder, baking soda and salt into large mixing bowl; set aside. Beat eggs, milk and vanilla in bowl with wire whisk until well blended. Add to flour mixture; mix well. HEAT oil to 375°F in large saucepan or deep fryer. Slowly pour 1/4 cup of the batter into hot oil in a free-form lattice pattern. Cook 30 sec. on each side or until golden brown on both sides turn carefully with tongs. Drain funnel cake on paper towels. Repeat with remaining batter, allowing oil to return to 375°F between batches. Sprinkle with powdered sugar.

(Use a plastic squeeze bottle to pour the batter into the hot oil. Cut the tip wide enough to form a steady stream of batter for shaping the funnel cakes)

**Corn Dogs**

**Makes 16**

1 cup yellow cornmeal

1 cup all-purpose flour

1/4 teaspoon salt

1/8 teaspoon black pepper

1/4 cup white sugar

4 teaspoons baking powder

1 egg

1 cup milk

1 quart vegetable oil for frying

2 (16 ounce) packages beef frankfurters

16 wooden skewers

In a medium bowl, combine cornmeal, flour, salt, pepper, sugar and baking powder. Stir in eggs and milk. Preheat oil in a deep saucepan over medium heat. Insert wooden skewers into frankfurters. Roll frankfurters in batter until well coated. Fry 2 or 3 corn dogs at a time until lightly browned, about 3 minutes. Drain on paper towels.

**Mexican Street Corn**

**Makes 16 half ears of corn**

8 ears of corn (break in half)

3 Tbsp oil

¾ cup mayonnaise

4 oz parmesan cheese

Chili powder (about 1 tsp)

Garlic granules

(about 1 tsp)

Limes

Shuck the corn, rub with oil and cook in a grill pan until done 7-8 minutes. Mix mayonnaise, chili powder and garlic granules (to taste, about 1 tsp. each). Spread on corn, roll in cheese. Serve with lime wedge.

**Utah Twister Drink**

**Makes 8 large servings**

Juice of 3 Oranges

Juice of 2 Limes

Juice of 2 Lemons

2 cups Cherry Juice/Cranberry

2 cups water

½ cup sugar

Ice

Fruit to Garnish

**Navajo Tacos**

**Makes 16 small**

3 c flour

4 T sugar

1 t salt

1 T baking powder

1/4 c non fat dry milk

1 ½ c warm water

Oil to cook in

Canned Chili

Lettuce

Tomato

Cheese

Sour Cream

In a bowl combine dry ingredients. Add enough water to make a soft dough. Knead with hands. Pinch off a ball and stretch it round and flat. Fry in hot oil. Drain on paper towels. Top with Chili, Lettuce, Tomato, Cheese and Sour Cream.

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Recipes – Strand 5

**Regular Banana Bread**

**Makes 4 small loaves**

3 Bananas

2 eggs

1 cup sugar

¼ cup + 2 tbsp oil

2 cups flour

½ teaspoon soda

1 teaspoon salt

1 teaspoons baking powder

Preheat oven to 325. Grease and flour loaf pans (1 large or 4 small). Mash bananas, add eggs, sugar and oil. Mix by hand until

well blended. In another bowl mix flour, soda, salt and baking powder. Add this to the banana mixture. Mix until blended. DON’T OVER MIX!!!

Pour in pans, bake 20-30 minutes. (50-60 minutes for a large loaf)

**Regular Cranberry Orange**

**Makes 4 small loaves**

2 cups flour

1 tsp salt

½ tsp baking powder

½ tsp baking soda

1 cup sugar

1 egg, beaten

2 tbsp water

2 tbsp shortening

½ cup orange juice

1 cup fresh cranberries, chopped

Zest of one orange

Preheat oven to 350. Grease and flour loaf pans (1 large or 4 small)

In a bowl mix flour, salt, baking powder, baking soda and sugar together.

Heat the water and shortening in the microwave until the shortening is melted. Combine the egg, water, shortening and orange juice. Add the dry ingredients. Mix only until incorporated. DON’T OVER MIX!!! Stir in cranberries, and orange zest by hand. Pour in pans, bake 20-30 minutes. (Large pan bake 50-60 minutes)

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Recipes – Strand 6

**Grandma J’s Oatmeal Cookie**

**Makes 12-15 cookies**

½ cup shortening

1/3 cup sugar

½ cup brown sugar

1 egg

1 tsp vanilla

1 c + 2 tbsp flour

1/4 tsp salt

½ tsp baking soda

½ tsp baking powder

1 cup oatmeal

½ cup raisins

Cream shortening, sugar and brown sugar. Beat in eggs and vanilla. Add flour, salt, baking powder and baking soda and mix for 30 seconds. Add oatmeal and fully mix all ingredients. Stir in raisins. Using a cookie scoop, place on ungreased cookie sheet. Flatten with a fork. Bake at 350 for 8-10 minutes.

**Pancake Souffle Muffin**

**Makes 8 Muffins**

¾ cup flour

¼ cup + 2 tbsp. cake flour

3/4 tsp. baking soda

3/4 tsp. baking powder

½ tsp. salt

2 eggs, separated

¼ tsp. cream of tarter

2 tbsp. butter melted

2 tbsp. sugar

½ tsp. vanilla

1 cup + 2 tbsp. buttermilk

Preheat oven to 400. Grease 8 muffin cups in a muffin pan. In a bowl mix the flour, cake flour, baking soda, baking powder and salt. Set aside.

Separate the eggs. In the mixer beat the egg whites and cream of tartar with the mixer until firm peaks forms. 2-3 minutes. Scrape out of the bowl into another bowl and set aside. In the mixer bowl put the egg yolks and mix until thick, ribbony and lemon-yellow– about 6 minutes. Add the melted butter, sugar an vanilla. Mix about 30 seconds. Add 1/3 of the dry ingredients and mix on low. Add 1/3 the butter milk and mix. Alternate adding the remaining dry ingredients and buttermilk. With a large spatula, gently fold the whites into the batter, leaving some streaks. Scoop about ½ cup of batter into each muffin cup – fill to the rim. Bake 20-25 minutes, rotate after 10 minutes. Should be brown on top and puffed. Serve with syrup.

**Brownie Torte – Lion House**

**Makes 8-10 servings**

½ cup butter

½ cup light corn syrup

1 cup semisweet chocolate chips

½ cup sugar

3 eggs

1 tsp vanilla

1 cup flour

1 cup chopped nuts

Preheat oven to 375. Grease and flour one 8 inch cake pan. Set aside. In a medium sauce pan, put butter, corn syrup and chocolate chips. Cook on low heat, stirring often until chips are melted. Remove from heat. In a medium mixing bowl, whip sugar, eggs and vanilla together until fluffy. Slowly mix in chocolate mixture. Add flour to sugar mixture and blend well. Add nuts and mix well. Pour into pan. Bake 35 minutes. Makes 8-10 servings

**Cheesy Mozzarella Sticks**

**Makes 8 servings**

3 cups flour

1 cup warm water

3/4 tsp. salt

1 tsp. yeast

2 tbsp. olive oil

5 oz. mozzarella cheese, cut in 4” long batonnet

¼ tsp. salt

¼ tsp. garlic powder

Preheat oven to 425. In mixer, combine flour, water, salt and yeast. Mix on low for about 3 minutes with dough hook. Add half the olive oil to the bowl and continue mixing 3 more minutes. Allow dough to rest for 10 minutes.

Remove dough from bowl and put on lightly floured surface. Knead 5-6 times by hand. Cover with clean, dry towel and allow to sit for 10 more minutes. Divide the dough into 8 equal size pieces. Roll into a 2x5 inch rectangle. Lightly pat the top surface of the dough with water until dough is sticky to the touch. Place 1 piece of cheese on the center of the rectangle and roll the dough around the cheese and pinch the seams to seal.

Place breadstick seam-side down on parchment lined sheet pan. In a small bowl, combine remaining olive oil, Italian seasoning, kosher salt and garlic powder. Brush each breadstick with olive oil mixture. Bake 22-25 minutes or until golden brown. Serve with marinara sauce.

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Recipes – Strand 7

**Pavlova**

**Serves 4**

4 large egg whites

1 cup sugar

2 tsp. vinegar

4 tsp. cornstarch

1/8 tsp. vanilla

Beat eggs whites until very stiff. Continue beating and add sugar. Stir in quickly by hand the vinegar, vanilla and cornstarch. Place parchment on a baking sheet. Mound the meringue into 4 circles on the parchment. Bake at 275, 30-45 minutes or until hard on the outside and very lightly brown. Remove from paper and cool. Serve with unsweetened whipped cream and fresh fruit.

**Poached Pears**

**Serves 2-4**

2 cups water or cranberry juice

2 cups sugar

1 tsp. vanilla

2 pears

Combine water and sugar in a sauce pan. Bring to a boil, stirring until the sugar is dissolved. Add vanilla. Peel pear, cut them in half, remove the cores. Add the pears to the syrup and simmer very slowly until just tender. Let pears cool in the syrup. Refrigerate in the syrup until needed. Can be served with raspberry sauce, chocolate sauce, etc..

**Bubbling Cheese Bread**

**Makes 4 servings**

½ cup Shredded Mozzarella cheese (2 oz)

1/3 cup Mayonnaise

1 16 ounce Loaf French bread, halved lengthwise

1/3 cup Grated Parmesan cheese

One herb/one spice per bread

In a mixing bowl combine mozzarella cheese, mayonnaise and herbs/spices. Stir to mix well. Spread the mixture on the bread. Sprinkle with Parmesan cheese. Bake/broil the bread until lightly browned. Cut into enough pieces for the class to sample.

Spices Herbs

Garlic Basil

Anise Chives

Capers Cilantro

Caraway Dill

Chili Powder Marjoram

Cayenne Oregano

Cumin Parsley

Curry Rosemary

Fennel Sage

Dry Mustard Tarragon

Paprika Thyme

Poppy Seeds

Onion Powder

**Garlic Aioli**

**Makes about 1 cup**

3/4 cup mayonnaise

3 cloves garlic, minced

2 1/2 tablespoons lemon juice

3/4 teaspoon salt

1/2 teaspoon ground black pepper

Mix mayonnaise, garlic, lemon juice, salt, and pepper in a bowl. Cover and refrigerate for at least 30 minutes before serving.

**Oregano - Garlic Chimichurri**

**8 servings**

1 ½ lbs steak

Salt and pepper

1 tablespoon + 2 tbsp olive oil

1 clove garlic

2 cups flat leaf parsley, stemmed

1 ½ tbsp fresh oregano leaves

1 ½ tbsp white wine vinegar

Generously season both sides of the steak with salt and pepper. Heat 1 tablespoon of oil in a large sauté pan over medium high heat. Cook steak 5-8 minutes per side for medium rare. Transfer to a cutting board, cover and let rest for 10 minutes. In a food processor, pulse garlic. Add parsley, oregano, vinegar, 2 tablespoons of oil, 1 tablespoon water, and ¼ teaspoon salt. Pulse until herbs are finely chopped. Add more oil if needed for desired consistency. Slice steak and serve with sauce.

**Fresh Herb Fruit Salad**

**8-12 servings**

6 cups fresh fruit, chopped (I used strawberries, pineapple, and nectarines)

4 large basil leaves, finely chopped

4 large mint leaves, finely chopped

1 tsp lime zest

Juice of 1 lime

1 TBSP honey (you can use maple syrup or agave for a vegan option)

½ tsp. nutmeg

Combine the fruit in a large bowl with chopped basil and mint. Stir to combine. Whisk together the lime zest, lime juice, nutmeg and honey. Pour the dressing over the fruit and stir to combine. For the best flavor chill and let the flavors combine for at least 2 hours before serving.

**Pesto**

**Makes 2 cups**

2 cups fresh basil leaves (no stems)

2 tbsp. pine nuts or walnuts

2 large cloves garlic

½ cup extra-virgin olive oil

½ cup freshly grated parmesan cheese

Combine basil leaves, pine nuts or walnuts and garlic in a food processor and process until very finely minced. With the machine running slowly dribble in the oil and process until the mixture is smooth. Add the cheese and process very briefly, just long enough to combine. Store in the refrigerator.

**Pickled Jalapenos**

**Makes 2 pints**

2/3 cup white wine vinegar

1/2 onion, sliced thinly

1 tablespoon Kosher salt

1 teaspoon black peppercorns

1 teaspoon coriander seeds

5 large jalapenos, cut into 1/8-inch rounds (or cut lengthwise and remove seeds and rib for a milder jalapeno.

Combine the vinegar, 2/3 cup water, onions, salt, peppercorns and coriander in a small pot, bring to a boil, then reduce to a simmer and cook for 5 minutes. Put the jalapenos in a heatproof 1-pint jar and pour the hot pickling mixture over them. Allow them to sit and soak up the flavor for 30 minutes up to overnight-the longer they sit, the more they will soften and absorb flavor. Stored in the refrigerator, they will keep for up to 1 month.

**Tomato Cucumber Salad**

**Makes 10-12 servings**

3 large ripe tomatoes, chopped

2 cucumbers, peeled and chopped

1 small red onion

2 tbsp. olive oil

1 tbsp. Balsamic vinegar

1 tsp. dried oregano

1 tbsp. sugar

½ cup feta cheese

In shallow salad bowl, combine tomatoes, cucumber, and onion. In a small bowl put olive oil, vinegar, oregano and sugar in a bowl and blend. Sprinkle dressing over vegetables and add and salt and pepper to taste. Sprinkle feta cheese over salad.  Salt and pepper to taste.

**Quick Pickled Onions**

**Makes 1 pint**

1 medium red onion

1/2 teaspoon sugar

1/2 teaspoon salt

3/4 cup rice vinegar

1 small clove of garlic, halved

Start 2 or 3 cups of water on to boil in a sauce pan. Cut onion in half through the root end. Peel and thinly slice the onion into approximately 1/4-inch moons. Peel and cut the garlic clove in half. In the container you will be using to store the onions, add the sugar, salt, vinegar, and garlic. Stir to dissolve. Place the onions in the strainer and place the strainer in the sink. Slowly pour the boiling water over the onions and let them drain.  Add the onions to the jar and stir gently to evenly distribute the flavorings. The onions will be ready in about 30 minutes, but are better after a few hours. Store in the refrigerator. They will keep for several weeks, but are best in the first week.

**Quick Tomato Chutney**

**Makes about 1 cup**

3 large tomatoes, peeled, seeds removed

3 tbsp. finely chopped onion

2 tbsp. cider vinegar

1 ½ tbsp. brown sugar

Dash cinnamon

Dash allspice

¼ tsp. ground black pepper

In a small saucepan, combine the tomatoes, onion, vinegar, brown sugar, cinnamon, allspice, and pepper. Place the saucepan over medium-low heat. Cook, uncovered, stirring frequently, until thickened, about 10 to 15 minutes. Transfer to a canning jar or container. Cover and refrigerate for up to two weeks.

Serve the chutney as a topping for meatloaf or burgers, or use it as a condiment to serve along with a family meal.

**Shrub**

1 lb fruit

1 cup water

1 cup sugar

1 cup vinegar

**For a hot process,** make a simple syrup (equal parts sugar and water) in a medium saucepan over low heat, stirring until the sugar is completely dissolved. Add your sliced fruit and bring the syrup-fruit mixture to a low simmer. Let it bubble away until the syrup has become the color of the fruit and the fruit looks tired. Stir in the vinegar and bring the mixture just to a simmer; strain out and discard the fruit and pour the shrub into a jar. Keep it in the fridge.

Idea: strawberries + white sugar + red wine vinegar and a splash of balsamic vinegar

Fill a tall glass with ice, pour in a splash of shrub, and top it off with seltzer water or ginger ale, stirring a bit to incorporate the shrub.

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Recipes – Strand 8

**Tomato BBQ Sauce**

**Yield: 1 pint**

1 tbsp. butter, unsalted

½ cup chopped onions

1 tbsp. minced garlic

2 tbsp. chili powder

1 tbsp. minced jalapeno chilies

½ cup Worcestershire sauce

½ cup maple syrup

½ cup tomato paste

1/4 cup vinegar

1/4 cup brown sugar

1/4 cup apple cider

Stock as needed

Heat butter in sauce pan. Add the onion and garlic. Sauté for 2-3 minutes.

Add the chili powder and jalapenos. Sauté for another 30-45 seconds. Add remaining ingredients. Simmer 20 minutes.

**Eggs Benedictwich – Jeff Mauro**

**Makes 4 sandwiches**

4 slices ham Easy Hollandaise:

2 tablespoons butter 3 egg yolks

4 eggs 1 tablespoon lemon juice

Salt & Pepper 1 teaspoon Dijon mustard

2 cups Spinach 1 ½ sticks butter, melted and

2 tablespoons lemon keep warm

4 English muffins split and toasted

Heat a nonstick skillet over medium heat. Fry the fam in 1 tablespoon of the butter until slightly charred, 2-4 minutes per side. Remove the ham and place on a plate. Wipe the skillet clean and add the remaining tablespoon of butter. Fry the eggs over easy and season with salt and pepper.

In a bowl toss together the spinach, lemon juice and some salt and pepper. Stack the ham on the bottom of an English muffin. Top with some of the spinach and then 1 fried egg. Spoon some of the Easy Hollandaise sauce on top of the egg. Put a top on the muffin and serve.

Hollandaise Instructions: Place the eggs, lemon juice, and Dijon in a blender. Blend until just combined, about 1 minute. While the blender is still running slowly stream in the warm, melted butter through the top hole until thickened. Adjust seasoning with more lemon juice and some salt.

If it breaks, cool if too hot, heat if too cool. Put 1 T warm water in a metal bowl, pour sauce into bowl and whisk as pouring.

**Béchamel Cheese Sauce**

**Yield: about 1 quart**

½ cup butter

½ cup flour

4 cups milk

Salt and pepper to taste

1 tsp dry mustard

2-4 cups shredded cheese

Heat milk (can be heated with ½ onion, bay leaf and 3 cloves) strain to use. Melt butter in a saucepan over medium heat. Stir in flour and dry mustard and cook until smooth 1-2 minutes. Stir in the warm milk. Heat to boiling, stirring constantly. Remove from heat. Stir in cheese, stirring until melted.

**Mushroom Sauce (from Espagnole)**

**Yield: about 3 cups**

1 tbsp butter

1 minced shallot

½ lb sliced mushrooms

2 cups demi-glace

1 tbsp dry sherry

1 tsp lemon juice

Melt the butter in a sauté pan, add the shallot and sauté 2-3 minutes. Add mushrooms and sauté until brown. Add demi-glace and simmer about 10 minutes. Add sherry and lemon juice. Serve immediately. Makes about 4 cups.

**Supreme Sauce (from Veloute)**

**Yield: about 3 cups**

3 tbsp butter

3 tbsp flour

2 cups chicken stock

Salt

White Pepper

½ cup heavy cream

1/4 cup butter

½ tsp lemon juice

Melt the 3 tbsp butter in a sauce pan over medium heat. Stir in the flour and cook, stirring constantly until the mixture is smooth and bubbly. 1-2 minutes. Stir in stock. Heat to boiling stirring constantly. Reduce the heat to low and cook until it has reduced in volume by ¼. Season with salt and pepper. Place cream in a bowl and temper by slowly incorporating about ¼ cup of the veloute into the cream. Slowly stir the cream mixture into the sauce and simmer on low. While stirring constantly, add ¼ cup of butter 1 tbsp at a time. Add lemon juice. Serve immediately.

**Chicken Tortilla Soup**

**Serves 6-8**

Vegetable oil

1 cup frozen corn

1/2 red bell pepper, seeded, diced

1/2 lb chicken breast, diced

1/2 tsp poultry seasoning

1/2 t cumin

Salt and pepper

½ small onion, chopped finely

2 cloves garlic, minced

1 chipolte in adobo, minced

14 oz stewed tomatoes, diced

4 oz tomato sauce

3 cups chicken stock

1 cup shredded cheddar cheese

2 cups tortilla chips, broken up

Sour cream for garnish

Cilantro for garnish

Lime for garnish

Avocado for garnish

Toss red pepper and corn in a little vegetable oil, place on a sheet pan (on parchment) and oven roast 15-20 minutes at 450. Dice chicken, add 2 T of oil to pot and add chicken. Season with poultry seasoning, cumin, salt and pepper. Lightly brown the chicken on each side. Add onions, garlic and chipotle. Cook with chicken 5-7 minutes. Add stewed tomatoes, tomato sauce and stock. Bring soup to a boil, reduce heat to low. Add corn and peppers to soup. Place chips in bottom of bowls, cover with soup, top with cheese, cilantro, lime, sour cream and avocado.

**French Onion Soup**

**Serves 4**

2 onions, sliced thinly

1 clove garlic, minced

3 T olive oil

1 T flour

4 cups beef stock

¼ t dried thyme

Salt and pepper

½ loaf French bread

1 cup Gruyere (or Swiss) Cheese, grated

Heat oil and sauté onions and garlic over medium high heat until tender and golden. Sprinkle with flour, cook a few minutes more, browning the flour well. Put stock in a large sauce pan. Add onions and bring to a boil. Add thyme, reduce heat, cover and simmer 10-20 minutes. Add salt and pepper to taste. Slice French bread. Spoon soup into oven proof bowls, top with bread and cover with cheese. Place on a baking sheet lined with foil. Cook 5 minutes under a broiler.

**Corn Chowder**

**Serves 4**

¼ lb. bacon, cut into small pieces

¼ yellow onion, diced

2 scallions, thinly sliced

1 celery rib, ½” dice

¼ red bell pepper, seeded, 1/2” dice

¼ tsp. dried thyme

2 cups corn kernels

1 cups whole milk

1 cups chicken stock

1 small potato, peeled and grated

Salt and pepper to taste

Cook bacon in heavy pot over medium high heat until brown and crisp. About 5 minutes. Transfer the bacon to a paper towel lined plate. Pour off and discard all but 2 tbsp. of the bacon fat. Add the onion, ½ the scallions, celery, bell pepper and thyme to the bacon fat and cook stirring occasionally until vegetables begin to soften (about 5 minutes). Add the corn and cook about 1 minute more. Add the milk and stock and bring to a boil. Add the potato; lower the heat to medium and cook, covered until the potato is cooked, about 10 minutes. Season with salt and pepper. Garnish with bacon and remaining scallions.

**Broccoli Cheese Soup**

**Serves 5**

2 tbsp. butter  
¼ yellow onion, finely chopped  
1 ½ tbsp. all-purpose flour  
1 cups whole milk  
½ cup half-and-half

Pinch of nutmeg

1 head broccoli, stems removed and discarded, and florets cut into bite-size pieces  
1 cup cheddar cheese, shredded

Salt and pepper  
½ cup vegetable broth

In a large pot, melt butter over medium heat. Add the onions and cook for 3 to 4 minutes, until they begin to soften. Sprinkle the flour over the onions and stir to combine, cooking for about 1 minute. Slowly whisk in the milk and half-and-half. Rinse broccoli and put in a microwave safe bowl. Cover the plastic wrap and microwave on high for 2-3 minutes until tender. Drain as needed. Add the nutmeg, broccoli, a dash of salt, and lots of freshly ground black pepper to the soup base. Using an immersion blender blend up the broccoli a bit, but still leave a good amount of texture. Add the cheese a handful at a time, stirring to melt the cheese after each addition.

Finally, whisk in the vegetable broth, and re-warm over low heat if needed, and serve.

**Gluten-Free Quinoa and Cauliflower Chowder**

**Serves 6-8**

3 tablespoons butter, divided

2 cloves garlic, minced

1 red bell pepper, diced

1 carrot, diced

1 russet potato, skinned & diced

3 cups cauliflower, roughly chopped

2 15-ounce cans vegetable broth

2 cups milk

2 bay leaves

1 teaspoon kosher salt

2 teaspoons dried thyme

2/3 cup quinoa

In large sauce pan, melt 2 tablespoons of butter over medium high heat. Add garlic and cook for 30 seconds or until fragrant. Add red bell pepper and carrots and cook for 10 minutes or until pepper softens.

Add potato, cauliflower, vegetable broth, milk, bay leaf, thyme and kosher salt. Bring to boil, then reduce heat to simmer and cook for about 10-12 minutes or until cauliflower and potato are softened. Turn heat to low. Meanwhile, rinse quinoa in cold water and place in small pan and cover with 2 cups of cold water. Season with pinch of kosher salt and bring to boil. Reduce to simmer and cook until quinoa is softened. Fluff with fork and set aside. Ladle about 3 cups of broth and vegetables, mostly potatoes and cauliflower but leaving some in pot for texture, into high sided container and blend with a blender until smooth. Add back to pan. Remove bay leaf and season with more salt if desired. Add quinoa and remaining tablespoon of butter and cook for another 5 minutes. Quinoa and butter will thicken soup as quinoa absorbs some of liquid. Serve immediately.

**Holiday Fruit Soup**

**Makes 8 servings**

1/2 cup granulated sugar

1 cup water

1 cup peach juice or nectar (like Kern’s brand)

3 1/2 tablespoons minute or quick-cooking tapioca (not large or small pearl)

1 1/2 cups orange juice

2 cans (11 ounces each) mandarin oranges, undrained

1 quart bottled or canned sliced peaches, drained (cut the peaches into smaller chunks, if needed)

2 cups sliced strawberries

1 cup fresh raspberries

1 cup blueberries

In a medium saucepan, combine the sugar, water, peach juice/nectar, and tapioca. Bring the mixture to a boil and cook for 12 minutes, stirring often. Remove from the heat and pour into a bowl or other container. Stir in the orange juice and cover the dish. Refrigerate for at least 4 hours until completely chilled or up to several days.

Stir in the mandarin oranges, sliced peaches, strawberries, raspberries and blueberries. Chill until ready to serve (no longer than an hour or so once the fresh fruit has been added).

Culinary Management

Recipes – Strand 9

**Cuban Toasties Rachel Ray**

**Makes 20 small sandwiches**

1 ½ oz deli ham slices, finely chopped

3 oz Swiss cheese shredded

1/3 cup mayonnaise

½ small onion, finely chopped

1 ½ t chili sauce

1 t mustard

1 baguette, sliced or 5 slices white bread, quartered

2-3 crisp dill pickles, thinly sliced

Preheat the oven to 500. In a small bowl mix ham, cheese, mayonnaise, onion, chili sauce and mustard. Arrange bread on baking sheet. Place 2 pickle slices on each slice of bread. Spread about 1 T of mixture on top. Bake 8-10 minutes.

**Squash, Manchego & Balsamic-Onion Grilled Cheese – Jeff Mauro**

**Makes 4 sandwiches**

8 tbsp butter

½ butternut squash, peeled, seeded and sliced ¼” thick

2 tbsp maple syrup

½ tsp chili powder

as needed kosher salt and fresh pepper

1 sweet onion thinly sliced

¼ cup balsamic vinegar

1 tsp sugar

8 slices country white bread

1/2 lb. Manchego cheese, thinly sliced

1/2 cup sliced almonds, toasted

Preheat the oven to 425. Line a baking sheet with parchment paper. Melt 2 tbsp butter. Toss the squash with the melted butter, maple syrup, chili powder, salt and pepper. Place on the baking sheet and roast about 20 minutes. Set aside to cool. Melt 1 tbsp butter in a skillet, add the onion. Cook, without stirring until deep brown color develops (10-15 minutes). Stir and add vinegar, sugar, salt and pepper. Cook stirring until it thickens and develops an intense sweetness, about 15 more minutes.

Butter 1 slice of bread. On the UNBUTTERED side put cheese, squash, onions, sliced almonds and more cheese. Close with another buttered breads slice, butter side up. Heat a griddle, melt the remaining 2 tbsp butter on the griddle and cook each sandwich until the cheese starts to melt 3-4 minutes per side– LOW AND SLOW!!

**Monte Cristo Sandwich**

**Makes 4 sandwiches**

8 slices Texas toast

8 slices Swiss cheese

4 thick slices ham

4 thick slices turkey

as needed mayonnaise

as needed raspberry jam

4 eggs, beaten

¼ cup milk

as needed oil

Heat a griddle. Lay out bread on cutting board. Put on mayonnaise as desired. Put a slice of cheese on one piece of bread. Top with ham, turkey, second slice of cheese and bread. Mix egg and milk in a shallow dish. Carefully dip the sandwich in the egg mixture. Let the egg mixture soak into the bread. Place on heated griddle and brown on each side. Garnish with raspberry jam.

**Rachel Ray Steak Sandwich**

**Makes 4 servings**

1 sheet puff pastry, defrosted, kept chilled

as needed salt and pepper

1 1/2 to 2 lbs. beef skirt steaks

2 t extra-virgin olive oil, plus some for drizzling

2 cloves garlic chopped

2 sprigs rosemary, finely chopped

1 small bunch thin asparagus

1/2 cup crumbled blue cheese

1 bunch spinach cleaned and roughly chopped

3 t balsamic vinegar eyeball it

Preheat oven 400 degrees F. Preheat a grill pan or outdoor grill on high. With a sharp knife, cut the thawed but chilled puff pastry sheet in to 4 squares and arrange on a cookie sheet and sprinkle with a little salt and pepper. Cook the puff pastry according to package directions, or until golden brown all over. Season the steak with extra-virgin olive oil, garlic, rosemary, salt and pepper. Grill meat 3 to 4 minutes on each side. Remove meat and let it rest 5 minutes. While the steak is cooking, trim the woody ends off a small bunch of asparagus. Drizzle with extra-virgin olive oil and season with salt and pepper. As soon as the steak is off the grill and resting, add the asparagus to the grill.

Grill the spears turning frequently until the asparagus is tender, about 4 to 5 minutes. Remove the asparagus from the grill and cut into large 2-inch pieces. In a bowl, toss together the grilled chopped asparagus, crumbled blue cheese, and chopped spinach. Season the mixture with balsamic vinegar, salt and pepper. Slice the rested steak thinly across the grain. Top each golden brown puff pastry square with some steak slices. Top the steak with the asparagus salad & serve.

**Veggie Pizza**

**Serves 4**

Preheat oven to 500 – move one shelf to the very bottom position in oven

Crust

1 scant tbsp yeast ¼ tsp sugar

¾ cup 110 degree water 1 ½ cup flour, fluff, spoon, level

½ tsp salt

Dissolve yeast and sugar in water. Rest for 6-8 minutes. Put flour and salt in another bowl. After resting, pour yeast mixture over the flour and mix well with a wooden spoon. Put dough on a floured board, knead for 2 minutes. Press and stretch into a circle to fit a greased pizza pan.

Sauce

½ clove garlic, mashed ½ tsp salt

3 oz tomato paste 4 oz tomato sauce

¼ tsp sugar Pinch pepper

¼ tsp oregano 1 ½ tsp olive oil

Combine and put on pizza crust.

Toppings

Tomatoes

Basil

Onions

Mushrooms

Artichoke Hearts

Spinach

Peppers

Feta Cheese

Mozzarella Cheese

Bake at 500 for 8-12 minutes, bottom shelf.

**Baked Crab Rangoon**

**Makes 24**

2 cans (6 oz) crabmeat, drained

8 oz cream cheese softened

1/2 cup green onions sliced

1/2 cup mayonnaise

24 wonton wrappers

Preheat oven to 350. Mix crab, cream cheese, onions and mayonnaise. Spray mini muffin cups with cooking spray and put one wonton wrapper in each cup. Fill evenly with crab mixture. Bake 18-20 minutes.

**Chipotle Chicken Tostadas**

**Makes 24**

3 8” flour tortillas

1 avocado peeled and pitted

¼ cup sour cream

¼ cup tomato, seeded, chopped

1 tbsp lime juice

2 cloves garlic minced

2 tbsp fresh cilantro

¾ cup ketchup

3 tbsp brown sugar

2 tbsp chipotles in adobo, minced

2 tbsp soy sauce

2 tbsp apple cider vinegar

1 tbsp chili powder

2 cups cooked chicken shredded

Preheat oven to 450. Spray both sides of tortillas with cooking spray. Stack and cut into 8 wedged. Push into muffin cups. Bake 6-8 minutes or until golden. Mash avocado, sour cream, tomato, lime juice, garlic and cilantro together. Salt to taste. Simmer ketchup, sugar, chipotles, soy sauce, vinegar, chili powder and chicken in a sauce pan for 8 minutes. Top each tostada with 1 T avocado mixture then 2 T chicken mixture. Garnish with sour cream, cilantro and lime zest.

**Bruschetta**

**Makes 24**

10 Roma tomatoes seeded and diced

3 garlic cloves crushed

¼ cup fresh basil, chopped

4 oz smoked or fresh mozzarella, finely diced

as needed olive oil

as needed balsamic vinegar

1 loaf baguette

to taste salt

Mix tomatoes, garlic, basil and cheese. Lightly toss. Drizzle olive oil and vinegar over mixture until lightly coated. Salt to taste. Slice and toast baguette. Serve bruschetta on baguette slice.

**Cheese Canapés**

**Makes 32 (depends on circle cutter)**

8 slices bread

3 tbsp. butter softened

16 thin slices of salami cut into 12 2” rounds

¼ lb sharp cheddar cheese, thinly sliced and cut into 16 2” rounds

32 julienne strips of red bell pepper 1 ½“long

2 tbsp sweet mustard

16 cocktail onions or green olives

Spread the bread with butter. Cut into 2” circles. Arrange salami and cheese on bread. Arrange bell pepper. Dollop mustard on canapés and press onion/olive into mustard.

**Hot Spinach Dip**

**Serves 8-12**

8 oz cream cheese

1/4 cup mayonnaise

1 cup fresh spinach chopped

2 tbsp. green onion chopped

1 cloves garlic minced

½ cup parmesan cheese, grated

1 cup jack cheese grated

Mix all ingredients. Put in an oven proof dish. Bake 20-30 minutes 350 degrees until warm and bubbly. Serve with tortilla chips, sour cream and salsa.

**Mexican Street Corn Dip**

**Serves 8-10**

16 oz. low fat cream cheese, softened

1/2 cup sour cream

2 cloves garlic minced

2 tbsp. Franks redhot sauce

juice from one lime

2 cups shredded pepper jack cheese divided

3 ½ cups frozen corn,

4 ounces low fat feta cheese

1 jalapeno pepper chopped

2 tablespoons red onion chopped

1/2 cup fresh cilantro chopped

Your favorite chips for dipping

Preheat oven to 350F. In a high powered blender or mixer, combine cream cheese, sour cream, garlic, hot sauce, lime juice, and 1 cup of the shredded cheese. Blend until fully combined. Scoop the cream cheese mixture into a large bowl and add the remaining one cup cheese, the corn, feta, pepper, onion, and cilantro. Stir to combine. Pour mixture into a prepared baking dish. Sprinkle with more cheese if desired. Bake for 15-20 minutes or until cheese is hot and bubbly. Garnish with more cilantro, feta, and hot sauce. Serve with chips and enjoy!

**Fruit Dip**

**Serves 12-16**

16 oz Cream cheese

12 oz Marshmallow cream

2 T Orange juice concentrate

Whip with a mixer until well blended. Serve with fruit.

**Cranberry Salsa**

**Serves 8-12**

12 oz Bag Fresh Cranberries

1 Jalapeno remove seeds and rib

1 Bunch Green Onions

1 Bunch Cilantro

Juice of 2 Limes

½ cup Sugar

½ tsp Salt

Put everything in a food processor and process until finely minced. Serve with tortilla chips or crackers. Can also be used as a condiment.

Culinary Management

Recipes – Strand 10

**Grilled Cheese**

**Serves 4**

8 slices of bread

2 oz cream cheese, softened

1/3 cup mayonnaise

1 1/3 cups cheddar cheese, shredded

1 1/3 cup mozzarella cheese, shredded

1/3 tsp garlic granules

1/3 tsp seasoning salt

¼ cup butter, softened

Mix cream cheese and mayonnaise. Stir in cheeses, garlic and salt. Mix.well. Divide and spread on bread. Top with other slice of bread. Butter the outside on the sandwich. Toast until inside is melted and gooey.

**Breakfast Burrito**

**Serves 4**

2 teaspoons [canola oil](http://www.foodterms.com/encyclopedia/canola-oil/index.html)

½ small red [onion](http://www.foodterms.com/encyclopedia/onion/index.html), diced

½ red bell pepper, diced

1 cup drained, rinsed canned black [beans](http://www.foodterms.com/encyclopedia/beans/index.html)

1/4 teaspoon chili flakes

Salt and freshly ground black pepper

8 [eggs](http://www.foodterms.com/encyclopedia/eggs/index.html)

1/3 cup shredded pepper [Jack cheese](http://www.foodterms.com/encyclopedia/jack-cheese/index.html)

½ teaspoon oil

4 (10-inch) whole-[wheat](http://www.foodterms.com/encyclopedia/wheat/index.html) tortillas

1/4 cup reduced-fat [sour cream](http://www.foodterms.com/encyclopedia/sour-cream/index.html)

1/4 cup salsa

1 large [tomato](http://www.foodterms.com/encyclopedia/tomato/index.html), seeded and diced

Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 5 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.

[Whisk](http://www.foodterms.com/encyclopedia/whisk/index.html) together the eggs then stir in the cheese. Put ½ teaspoon of oil in the skillet, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes. Spread each [tortilla](http://www.foodterms.com/encyclopedia/tortilla/index.html) with 1 tablespoon each sour cream and [salsa](http://www.foodterms.com/encyclopedia/salsa/index.html), then layer with 1/4 of the [black bean](http://www.foodterms.com/encyclopedia/black-bean/index.html) mixture, 1/4 of the scrambled eggs, and some diced tomato. Roll up [burrito](http://www.foodterms.com/encyclopedia/burrito/index.html)-style and serve.

Culinary Management

Recipes – Strand 11

**Drop Cookies: Chocolate Chip Oatmeal Cookies**

**Makes 3-4 dozen cookies**

1 cup all-purpose flour   
1/2 teaspoon baking powder   
1/2 teaspoon baking soda   
1/4 teaspoon salt   
2 cups rolled (old-fashioned) oats   
1/2 cup coarsely chopped pecans   
½ cup unsalted butter, at room temperature   
1/2 cup lightly packed light brown sugar   
1/2 cup granulated sugar   
1 large egg   
1/4 cup maple syrup   
1/2 teaspoon vanilla extract   
3/4 cup semisweet chocolate chips

Preheat to 350 degrees F. In a medium bowl, stir the flour, baking powder, baking soda, salt, oats, and pecans together with a whisk or fork. In a large bowl, beat the butter, brown sugar, and granulated sugar together for 30 seconds until blended. Beat in the egg until smooth and barely fluffy. With mixer running on medium high, drizzle in the maple syrup, and vanilla until incorporated. Turn the mixer down to its lowest setting and gradually add the flour-oatmeal mixture. Blend just to combine, then mix in the chocolate chips. Drop walnut-sized balls of dough onto a nonstick or parchment-lined cookie sheet at 3- inch intervals. With moistened fingers, flatten and round out the cookies a little. Bake for 9 minutes, turning the pan once for even baking. The cookies are done when they are lightly browned on top. Cool on a cooling rack.

**Sheet Cookies: Pecan Bars**

**Makes 36 small cookies**

1 cup butter

1 cup sugar

1 egg, separated

1 tsp vanilla

2 cups flour

1 cup pecans, chopped

Cream butter and sugar. Beat in egg yolk and vanilla. Mix in the flour. Pat into a 9” square pan. Beat the egg white until frothy. Brush onto the doughy. Sprinkle with pecans and press into dough slightly. Bake 16-18 minutes at 350.

**Molded Cookie: Raspberry Lemon Thumbprint Cookies**

**Makes about 4 dozen**

½ cup raspberry jam

2 ¼ cups flour

1 tsp baking powder

¼ tsp salt

1 cup butter, room temperature

2/3 cup sugar

2 large egg yolks

1 tbsp lemon zest

1 tbsp fresh lemon juice

1 tsp vanilla

Preheat oven to 350. Grease 2 baking sheets or use parchment. Combine flour, baking powder and salt. Whisk to blend. In a mixer beat butter and sugar until light and creamy. Beat in the egg yolks, lemon zest, lemon juice and vanilla. Add the flour mixture in 2 additions and beat just until moist clumps form. Pinch off the dough to form 1 inch balls. Place on baking sheets spacing 1 inch apart. Use your floured index finger or ½ teaspoon measuring spoon to create a depression in the center of each ball. Fill with about ½ tsp. of jam. Bake until golden brown, about 20 minutes.

**Sheet Cookies: Savannah Cheesecake Cookies**

**Makes 24**

1 cup flour

¼ cup brown sugar

1 stick butter, melted

2 – 8 oz cream cheese, softened

1 cup sugar

3 eggs

1 tsp vanilla or almond extract

Fresh berries

Preheat oven to 350. Combine flour, brown sugar and butter in a bowl. Press into an ungreased 9 x 13” pan. Bake for 12-15 minutes or until slightly browned.

Beat cream cheese and sugar until smooth. Add eggs and extract, beat well. Pour over crust. Bake 20 minutes. Cool completely. Cut in squares and decorate with berries.

**Bacon, Cheddar, Zucchini Muffins**

**Makes 12**

3 eggs

1 tbsp. sugar

½ cup oil

1 cup shredded zucchini

1 cup cooked, chopped bacon

1 cup grated cheddar cheese

6 tbsp. milk

1 ½ cups flour

½ tsp. baking soda

½ tsp. baking powder

½ tsp. salt

½ tsp. black pepper

Preheat oven to 350. Line a muffin tin with 12 liners. In a mixing bowl add eggs, sugar and oil. Mix well to combine. Press grated zucchini in a towel to remove water. Stir in zucchini, bacon and cheese. Stir in 6 tbsp. of milk. In a separate bowl mix flour, baking soda, baking powder, salt and pepper. Slowly add the dry ingredients to the wet. Stir to combine. Scoop into batter into a muffin tin with liners. Bake 30-35 minutes.

**Glazed Strawberry Muffins**

**Makes 8-10 muffins**

1 ½ cups flour

1 ¼ tsp. baking powder

1/8 tsp. baking soda

½ tsp. salt

¼ tsp. cinnamon

5 tbsp. butter, room temperature

½ cups sugar

1 egg

¼ cup + 2 tbsp. milk

2 tbsp. buttermilk

1 tsp. vanilla

¾ cups strawberries, diced

**Glaze**

½ cup + 2 tbsp. powdered Sugar

1-1 ½ tbsp. milk

1 tbsp. Strawberry Jam

1/8 tsp. vanilla

Preheat oven to 400 degrees. Line muffin tin with paper liners. In a mixing bowl combine, flour, baking powder, baking soda, salt and cinnamon, set aside. Combine the milk, buttermilk, and vanilla together and set aside.

In a large mixing bowl of a stand mixer, cream butter and sugar until

light and fluffy. (about 1 minutes) Beat in egg. Switch to a wooden spoon or rubber scraper and alternate between adding the flour mixture and milk mixture in 3 batches to the creamed butter mixture. Mix after each addition until almost combined. Gently fold in the strawberries. Spoon batter into muffin cups, about 1/3 cup. Bake 17-20 minutes. Immediately remove muffins from the tin onto a cooling rack. Cool for 10-15 minutes before applying glaze. For Glaze: Whisk all ingredients together and then dip muffin tops in. Rotate and twirl the muffin for even coating.

**Puff Pastry Roulade**

**Makes 8-10 servings**

1/4 cup flour

1 10"x10" sheet of puff pastry

6-8 slices of turkey or ham

8 slices of cheese

¼ lb of spinach, sauté or microwave to wilt **or** 4-5 spears of asparagus, blanched

1 egg beaten with 1 T water

Sprinkle a sheet of parchment paper with half of the flour. Place the pastry on it and sprinkle with remaining flour. Roll into a 14"x10" rectangle. Place meat on pastry, top with cheese and spinach or asparagus. Roll and seal with egg wash. Brush the egg wash on the whole roulade and freeze for 15 minutes (if time permits). Bake at 425 degrees for 25 minutes.

**Cream Horns**

**Makes 8**

8 cream horn molds

1 sheet frozen puff pastry

1 egg

1 t water

1/4 cup turbinado (raw) sugar

Preheat oven to 400, line a baking sheet with parchment paper. Prepare the sugar cones by wrapping each in foil, then coat with nonstick spray or just spray horn molds. Cut the puff pastry into strips and form horns by wrapping 3-4 strips of pastry around each mold, overlapping the strips to prevent gaps. Whisk the egg and water together in a small bowl. Please the sugar in a shallow dish. Lightly brush each horn with the egg wash and roll in sugar. Place on baking sheet. Bake for 15- 20 minutes or until golden. Cool on a rack for 2 minutes, then remove the molds. Cool completely before filling. (Filling recipe to follow)

**Filling**

These can be filled with cream, cream and pudding mixed, fruit or other cream fillings. I use 1 small vanilla pudding mixed with 1.5 cups of milk. Let set up. Whip 2 ½ cups heavy cream until stiff. Fold in the pudding. This makes enough for 16 large or 32 small horns.

Culinary Management

Recipes – Strand 12

**North Atlantic: Clam Chowder adapted from Market Street Grill Serves 8**

1 cup potatoes, diced ½ inch  
1 cup celery, diced ½ inch  
1 cup onion, diced ½ inch  
1 cup green pepper, diced ½ inch  
1 cup leeks, diced ½ inch  
¾ cup chopped clams (canned or fresh)  
¾ tablespoon coarse ground black pepper  
1 ½ teaspoons salt  
¾ tablespoon whole thyme

6 bay leaves

1 teaspoon Tabasco  
¾ cup sherry wine   
2 cups water  
¾ cup clam juice (drained from canned clams or purchased separately in can)  
¾ cup butter, melted  
1 cup flour  
1 quart half-and-half

Combine melted butter and flour in oven-proof container and bake at 325 degrees for 30 minutes. In large saucepan, combine remaining ingredients except half-and-half. Simmer until potatoes are thoroughly cooked. Remove bay leaves. Stir butter-flour mixture into chowder and stir until thick. Mixture will be slightly less thick than cookie dough. Remove chowder from heat. Stir in half-and-half until blended. Heat to serving temperature, stirring occasionally.

**Mid-Atlantic: Shrimp & Grits**

**4 meal size servings**

2 cups water

2 cups milk

Salt & Pepper

1 cup stone ground grits

3 tbsp butter

2 cups shredded sharp cheddar cheese

1 lb shrimp, peeled and deveined

6 slices bacon, chopped

4 tsp lemon juice

1 cup thinly sliced scallions

1 large clove garlic, minced

Bring water and milk to a boil. Add salt and pepper. Add grits and cook until water is absorbed, about 20-25 minutes. (Follow directions on the package if using quick grits) Remove from heat and stir in butter and cheese. Rinse shrimp and pat dry. Fry the bacon in a large skillet until browned. Add shrimp to bacon grease and cook until the shrimp turns pink. Add the lemon juice, chopped bacon, scallions and garlic. Sauté for 3 minutes. Spoon grits into a bowl, add shrimp mixture and serve immediately.

**South Atlantic: Hush Puppies**

**Makes: about 10**

2 eggs

1 cup buttermilk

2 tbsp oil or bacon grease

½ tsp salt

2 cups yellow cornmeal

1 cup flour

¼ tsp pepper

1 tsp baking powder

½ tsp baking soda

Oil for frying

Combine eggs, buttermilk and oil in a mixing bowl and whisk until smooth. In another bowl combine salt, cornmeal, flour, pepper, baking powder and baking soda. Stir together with a whisk. Add the egg mixture to the dry and stir just until blended. Heat the oil to medium-high. Drop the batter by spoonfuls and cook turning to brown evenly. Cook about 4 minutes. When cooked they should float to the surface. Drain on paper towels. Serve hot.

**Northwest: Baked Salmon**

**Serves 12**

2-3 lb. salmon fillets

3 tbsp extra virgin olive oil

Coarse kosher salt

Freshly ground black pepper

1/2 cup mayonnaise

1/2 cup sour cream

2 tbsp. Dijon-style mustard

2 tbsp. minced fresh dill weed

2 tsp fresh lemon juice

Salt and ground pepper to taste

Preheat oven to 375 degrees. Line the bottom of a baking sheet with aluminum foil. Wash salmon and pat dry. Rub with olive oil, sprinkle with coarse salt and pepper, and place skin-side down onto pan.

Bake salmon, uncovered, 20 minutes or until a meat thermometer reads 140-145 internal degrees F. Carefully remove salmon, transfer to a serving plate.

In a small bowl mix together mayonnaise, sour cream, mustard, dill weed, lemon juice, salt and pepper. Serve with baked salmon.

**West Coast: Cobb Salad**

**Serves 8-12**

6 hard-cooked eggs, peeled

16 slices bacon, chopped

2 heads romaine lettuce, torn

4 cups diced cooked turkey or chicken

4 avocados, pitted, peeled, diced

4 tomatoes chopped

½ lb crumbled blue cheese

½ cup red wine vinegar

2 tsp Worcestershire sauce

1 tsp Dijon mustard

2 cloves garlic, minced

½ tsp salt

1 tsp ground black pepper

2/3 cup extra virgin olive oil

Dice the eggs. Set aside. Fry bacon until crisp, drain on paper towels.

Arrange torn lettuce on a platter. Arrange the eggs, bacon, turkey or chicken, avocados, tomatoes and all but 2 ounces of cheese in a neat pattern in rows atop the lettuce, covering the lettuce almost completely.

In a bowl whisk together the vinegar, Worcestershire sauce, mustard, garlic, salt and pepper. Using a fork, mash in the remaining 2 oz of cheese, to make a paste. While whisking, slowly drizzle the olive oil to form a thick dressing. Serve with dressing.

**Southwest: Tortillas**

**Makes 8**

3 ½ cups all-purpose flour

1 tsp salt

½ tsp baking powder

½ cup vegetable shortening

1 cup very hot water

Add the flour, salt, and baking powder to a mixing bowl. Stir with a whisk for 30 seconds to combine dry ingredients. Add the shortening, and work into the flour with a fork, or pastry cutter until the crumbs are the size of peas.   
Pour in the hot water and stir with a fork to combine. Pour mixture on a lightly floured surface and knead with your hands for 3-4 minutes to form a smooth dough. Place back in the bowl, cover with a towel and let rest 15 minutes.   
  
Divide the dough into 8 balls, and roll between your palms to make as smooth as possible. With a rolling pin, roll out each ball of dough into a thin circle about 6-7 inches across.   
  
Preheat a dry cast iron, or non-stick pan over medium-high heat. Place the tortilla in the hot pan and cook for one minute, or until small air bubbles appear. Flip over and cook for another minute, and then finish by flipping over one last time for another minute. During the third minute the tortilla will usually puff up, and small browned spots will form on the surface. Remove to a plate to cool. Once finished, the tortillas are ready to eat, or they can be frozen for future use.

**Midwest: Cheesy Zucchini**

**Serves 12**

2 tbsp oil

2 lb zucchini cubed

2 cloves garlic, minced

2 (15 oz) cans corn, drained

2 tsp salt

½ tsp lemon pepper

1 cup shredded cheddar cheese

Heat oil in a large skillet. Sauté zucchini and garlic for 3-4 minutes. Add corn, salt and pepper. Cook and stir for 2-3 minutes or until tender. Sprinkle with cheese and heat until the cheese melts.

**South: Texas Sheet Cake**

**Serves 16-20**

1 cup butter

1 cup water

4 tablespoons cocoa

2 cups flour

2 cups sugar

2 eggs

1 teaspoon vanilla

1 teaspoon baking soda

½ cup milk

Bring the butter, water and cocoa to a boil. Pour over flour and sugar and stir. Stir the baking soda into the milk. Add the eggs, vanilla and milk to the batter and stir well. Pour in a well greased half sheet pan and bake at 350 for 30-40 minutes.

**Texas Sheet Cake Frosting**

Prepare this the last 5-10 minutes of cooking the cake, as you will want to put it on the cake while it is hot.

½ cup butter

3/8 cup milk

1/4 cup cocoa

1 lb. powdered sugar

Heat the butter and milk, pour over the cocoa and powdered sugar. Stir and pour over hot cake.

# **Mexican Rice Pudding ("Arroz Con Leche")**

# **8 servings**

# 7 cups water

# 1 cup long-grain white rice

# 1 (4-inch) cinnamon stick

# 1 (12-ounce) cans evaporated milk

# 1 (14-ounce) cans condensed milk

# 1 cups whole milk

Put the water, rice, and cinnamon stick in a medium-size heavy saucepan set over medium-high heat. Bring to a boil, uncovered, and cook until the rice is tender, about 18 minutes. Strain out the liquid, discard the cinnamon and reserve the rice. Return the rice to the saucepan. Stir in the evaporated milk, condensed milk, and whole milk. Continue cooking over medium-high heat until the mixture comes to a boil. Reduce the heat to low and cook, uncovered, stirring constantly, until the mixture is thick, about 20 minutes. Transfer the pudding to a serving bowl.

**Papusas**

**8 servngs**

4 cups masa harina

2 cups water

2 cups queso fresco, crumbled

Stir the masa harina and water together in a mixing bowl until smooth; knead well. Cover bowl, and let the dough rest 5 to 10 minutes.

Shape the dough into sixteen, 2 inch diameter balls. On a lightly floured surface, roll out each ball into 6 inch diameter round. Sprinkle 1/4 cup queso fresco over each round. Place a second tortilla over the cheese, and pinch the edges together to seal in the cheese. Heat ungreased skillet over medium-high heat. Place one tortilla into the skillet at a time, and cook until cheese melts and tortillas are lightly browned, about 2 minutes on each side.

**Jerk Chicken**

**Serves 8**

6 scallions including green tops, chopped

4 cloves garlic, chopped

2 tablespoon ground allspice

2 tablespoon dried thyme

2 teaspoon cayenne

1 tsp. fresh-ground black pepper

2 ½ teaspoons salt

2 teaspoon grated nutmeg

¼ cup brown sugar

1/2 teaspoon vinegar

1/2 cup cooking oil

8 chicken thighs

In a food processor or blender, puree all the ingredients except the chicken legs. Put the chicken in a large roasting pan and coat with the pureed mixture. Let the chicken marinate for about 30 minutes.

Heat the oven to 450°. Cook the chicken thighs in the upper third of the oven for 15 minutes. Turn the legs over and cook until just done, about 15 minutes longer.

**Cubano Sandwich**

**Serves 4**

1 loaf Cuban bread or French bread – cut in half then slice open like a hot dog bun

4 tablespoons [mayonnaise](http://www.foodterms.com/encyclopedia/mayonnaise/index.html)

4 tsp mustard or to taste

2 [dill](http://www.foodterms.com/encyclopedia/dill/index.html) pickles, very thinly sliced lengthwise

6-8 slices [Swiss cheese](http://www.foodterms.com/encyclopedia/swiss-cheese/index.html)

6-8 slices roast [pork](http://www.foodterms.com/encyclopedia/pork/index.html)

6-8 slices ham

Butter

Slice the bread in half lengthwise, spread the mayo on the bottom bread then place the pickle the [roast](http://www.foodterms.com/encyclopedia/roast/index.html) pork then the ham then the cheese.

Spread a little butter on the hot griddle or fry pan and place the sandwich on the pan. Use a heavy skillet, bacon press, or foil-wrapped brick to flatten the sandwich. (You really want to smash the sandwich, compressing the bread to about 1/3 its original size!)

Grill the sandwiches for two to three minutes then flip them over to toast the other side. Once the cheese is melted and the bread is golden brown on both sides, the sandwiches are done.

Make sure your griddle or fry pan is not TOO HOT! Otherwise, the crust will burn before the cheese melts.

Slice the sandwich in half diagonally and serve.

# **South America Quinoa**

# **Serves 16**

1 cup quinoa

2 cups water

¼ teaspoon salt

¼ tsp. fresh ground black pepper

3 tbsp fresh lemon juice

¼ cup extra virgin olive oil

¼ cup cilantro, chopped

1 teaspoon garlic, minced

¾ cup corn

¼ cup red onions, chopped

2 plum tomatoes, diced

½ cup cucumber, diced

½ avocado, diced

Place Quinoa in a medium-sized pot, add the water, and bring to a boil. Reduce the heat to medium-low and simmer, covered, until the liquid is absorbed, 10 to 12 minutes. Remove from heat and fluff it with a fork. Transfer the Quinoa to a large bowl and cool to room temperature.

Sprinkle quinoa with the salt and pepper and fold in the lemon juice and the oil. Gently fold in the cilantro and garlic. Fold the corn, onion, tomatoes, cucumbers and avocado into the Quinoa. Serve at room temperature.

**Brazilian Lemonade**

**Serves 12**

6 limes

1 ½ cups sugar

½ cup sweetened condensed milk

9 cups water

Ice

Wash limes thoroughly. Cut off the ends and slice into 8 wedges. Place limes in a blender with the sugar, milk, and water. Pulse 5 times in the blender. Strain to remove the rinds. Serve over ice.

# **Brazilian Cheese Bread (Pao de Queijo)**

**Makes 12 servings**

2/3 cup olive oil or butter

1 cup water

2/3 cup milk

2 teaspoons salt

4 cups tapioca flour

1 1/3 cup freshly grated Parmesan cheese

4 beaten eggs

## **Directions**

Preheat oven to 375 degrees F. Pour olive oil, water, milk, and salt into a large saucepan, and place over high heat. When the mixture comes to a boil, remove from heat immediately, and stir in tapioca flour and stir until smooth. Set aside to rest for 10 to 15 minutes. Stir the cheese and egg into the tapioca mixture until well combined, the mixture will be chunky like cottage cheese. Drop rounded, 1/4 cup-sized balls of the mixture onto an ungreased baking sheet. Bake in preheated oven until the tops are lightly browned, 15 to 20 minutes.

# **Tilapia Ceviche**

# **Serves 6-12**

½ pound tilapia fillets, finely diced\* see Cook's Note

½ cup lime juice (about 4 large limes)

¼ cup seeded chopped tomato

¼ cup finely chopped onion

½ cup chopped fresh cilantro leaves

Salt and freshly ground black pepper

½ avocado, halved, pitted, finely diced

Tortilla Chips

Put the tilapia in a medium bowl. Pour the lime juice over the fish and mix gently to combine. Cover with plastic wrap and chill in the refrigerator until the fish is white throughout, about 15 to 20 minutes. Remove from the refrigerator and drain off the lime juice, gently squeezing the fish with your hands. Discard the lime juice. Add the tomato, cucumber, onion, and cilantro. Season with salt and pepper, to taste. Gently fold in avocado. Serve with tortilla chips.

## Notes

The fish is easiest to dice when it is partially frozen; this also makes for a much cleaner presentation. Use a very sharp knife