

Foods 2 – Sauces, Soups, Salads & Casseroles

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Chicken Tortellini Soup

1 cup onion, diced
1 cup celery, diced
½ cup carrots, sliced
1 clove garlic, minced
1 tsp Italian seasoning

1 tbsp olive oil
4 cups chicken broth
1 cup chicken, cooked and chopped
1 ½ cups cheese filled tortellini

Heat olive oil in a medium sauce pan. Sweat onions, celery, carrot, garlic and seasoning in a large pot over medium heat for 10 minutes; lid on. Stir occasionally. Stir in broth; bring to a boil. Add tortellini and chicken, simmer 10 minutes. Season with salt and pepper.

Easy, Cheesy, Broccoli Soup

3 tbsp butter
¾ cup onion, finely chopped
¼ cup + 2 tbsp cup carrot, minced
¼ cup + 2 tbsp celery, minced
1 tbsp + 1 ½ tsp flour

3 cups chicken broth
¾ lb American Cheese, cut in small pieces
4 cups broccoli, chopped and blanched
Salt to taste

Melt butter in a pot; add onion, carrot and celery. Cover and sweat 3 minutes. Stir in flour and cook 1 minute. Slowly add broth, stirring constantly, Increase heat to medium high and bring to a boil. Cook 5 minutes and reduce heat to medium. Add cheese, let stand 1 minute, and then stir. Add blanched broccoli, cook another minute. Season.

Creamy Chicken Noodle

1 tsp stock base
1 ½ cups chicken stock
1 cup chopped carrots
1 cup chopped celery
½ cup chopped onion

1 can cream of chicken soup
¼ cup whole milk
1 cup cooked chicken
5 cups raw noodles (approx. 8 oz)
Salt and pepper to taste

Cook noodles according to directions. Heat base and stock. Add carrots, celery and onions. Simmer until tender. Add soup and milk. Add chicken and noodles. Heat and season. Thin with milk as needed.

Buttermilk Dressing Better Homes and Gardens

1 cup Mayonnaise
1 1/2 cup Buttermilk
2 tbsp. Fresh parsley, chopped or 1 tsp. dried
1/2 tsp. Pepper
1/2 tsp. Onion Powder
1/2 tsp. Dry Mustard
2 clove Garlic, minced

Vinaigrette Dressing

1/2 cup Vinegar (Red or white wine, depending on salad)
3/4 cup Olive oil
1/2 cup Fruit puree or fruit (depends on salad)
as needed Sugar – at least 2 tbsp
2 Garlic cloves, minced
1/2 tsp. Dry mustard
as needed Salt and pepper – at least 1/2 tsp salt

Poppy Seed Dressing Lion House Cookbook

3/4 cup Sugar
1 tbsp. Dry mustard
1/2 tsp. Salt
1/3 cup Apple Cider vinegar
1 cup Oil (try 1/2 oil and 1/2 fruit juice)
1 1/2 tbsp. Poppy seeds

Creamy Tomatillo Dressing

Blend the following together in a blender:
1 packet Hidden Valley Ranch Dressing Mix
1 cup buttermilk
1 cup fresh cilantro leaves
1/2 to 1 small jalapeño – seeds removed
1 cup mayonnaise
1 tsp lime juice
2 tomatillos – remove paper skin
1 garlic clove



Broccoli Salad Serves 8-10

1 Large bunch of broccoli, chop finely
1 cup Grated cheese
1/4 cup Red onion, chopped
1/2 lb. Bacon, cooked and crumbled

1/2 cup Mayonnaise
1/4 cup Sugar
2 tbsp. Red wine vinegar

Mix mayonnaise, sugar and vinegar. Toss together broccoli, cheese, onion and bacon. Pour on dressing, stir and serve.

Lemonade Salad

1 peeled oranges, cut in sections
1 red apples, diced
1/2 cup celery, sliced
Toss all together.

1 (6 oz) can pineapple chunks,
drained
3 oz frozen lemonade concentrate

Oriental Chicken Salad Serves 10-12

2 packages Ramen Noodles, discard
seasoning and break into pieces
1/2 head Cabbage, shredded
1/2 head Purple cabbage, shredded

3 Green Onions, sliced
3 cups Cooked Chicken
1/3 cup Sliced Almonds
2 tbsp Sesame Seeds

Toast almonds and sesame seeds in frying pan, stirring constantly. Toss with all remaining ingredients. Toss with dressing

Oriental Chicken Salad Dressing

1/2 cup Oil
1/2 tsp. Black Pepper
3 tbsp Rice Wine Vinegar

1 tsp salt
2 tbsp sugar
2 tsp Soy Sauce

Spinach Salad

1/2 head Lettuce, torn bite size
1/2 bunch Spinach, torn if needed
1/2 cup Cottage cheese, drained and rinsed in a strainer with water
1/2 cup Swiss cheese, grated
1/4 lb. Bacon, cooked and crumbled
1/2 small Red onion, chopped
1/4 cup Mushrooms, sliced



Dressing

3 tbsp Vinegar
2 tbsp Oil
1/4 cup Sugar
1-2 tsp Balsamic vinegar

1/4 tsp salt
1/2 tsp onion powder
1/4 tsp dry mustard

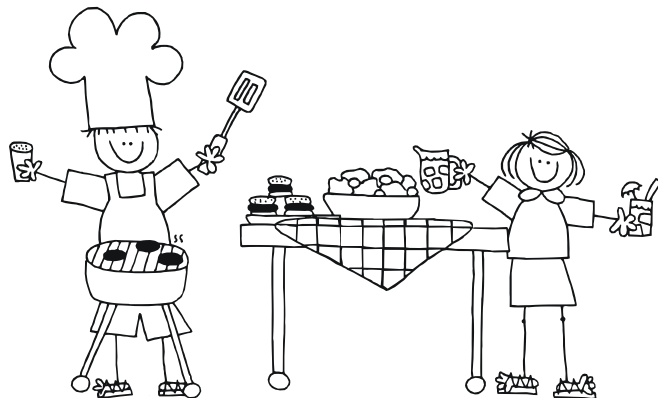
Guess What's Coming to Dinner

Kitchen Number: _____

Name that Food

Protein	
Carbohydrate	
Vegetable	
Binder	
Topping	

Directions for cooking:



Casserole Mystery Bags

Carbo	Binder	Protein	Vegetables	Topping
Instant Rice 1 cup	Cr. Mushroom 1 can	Chicken ½ breast	Broccoli Small bunch	Cheese ¼ lb
Potatoes 4 large	Cr. Chicken 1 can Sour Cream ½ cup Cheese ¼ lb	Ham 1 thick slice	Green Onion 4	Cornflake Crumbs 1/4 cup
Pasta (ziti) ½ lb	Prego 1 ½ cups	Italian Sausage, or Hamburger ½ lb	Mushrooms ½ lb Zucchini	Parmesan Cheese ¼ cup
Flour Tortillas or chips 4	Enchilada Sauce 1 small can	Hamburger ½ lb Black Beans	Corn 1 can	Jack Cheese ¼ lb

ProStart 1 - Chapter 6 Sauces/Soups

Tomato BBQ Sauce Yield: 1 quart

1 tbsp. butter, unsalted	½ cup maple syrup
½ cup chopped onions	½ cup tomato paste
1 tbsp. minced garlic	1/4 cup vinegar
2 tbsp. chili powder	1/4 cup brown sugar
1 tbsp. minced jalapeno chilies	1/4 cup apple cider
½ cup Worcestershire sauce	Stock as needed

Heat butter in sauce pan. Add the onion and garlic. Saute for 2-3 minutes. Add the chili powder and jalapenos. Saute for another 30-45 seconds. Add remaining ingredients. Simmer 20 minutes.

Hollandaise Yield: 20 ounces

1/4 cup vinegar	6 egg yolks
½ tsp. peppercorns, fresh-cracked	1 ½ cups clarified butter, warm
½ cup water	2 tsp. lemon juice

Combine the vinegar and peppercorns, reduce until the liquid has almost cooked away. Cool slightly. Add hot water to reduction and strain (keep water, this is the reduction) Add the reduction to egg yolks. In a stainless steel bowl, whip over simmering water until the yolks ribbon and triple in volume. Gradually add the warm butter, whipping constantly. Add the lemon juice and season with salt and pepper. Strain if necessary. If it breaks, cool if too hot, heat if too cool. Put 1 T water in a metal bowl, pour sauce into bowl and whisk as pouring.

Bechamel Cheese Sauce Yield: about 1 quart

½ cup butter	Salt and pepper to taste
½ cup flour	1 tsp dry mustard
4 cups milk	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)

1 tbsp butter	2 cups demi-glace
1 minced shallot	1 tbsp dry sherry
½ lb sliced mushrooms	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)

3 tbsp butter	White Pepper
3 tbsp flour	½ cup heavy cream
2 cups chicken stock (or fish or veal)	1/4 cup butter
Salt	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
2 cups frozen corn
1 red bell pepper, seeded, diced
1 lb chicken breast, diced
1 tsp poultry seasoning
1 t cumin
Salt and pepper
1 medium onion, chopped finely
3 cloves garlic, minced
1-2 chipotle in adobo, minced

28 oz stewed tomatoes, diced
8 oz tomato sauce
3 cups chicken stock
1 cup shredded cheddar cheese
4 cups tortilla chips, broken up
½ cup sour cream
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 tomatoes, tomato sauce and stock. Bring soup to a boil, reduce heat to low. Add corn and pepper to soup. Place chips in bottom of bowls, cover with soup, top with cheese, cilantro, lime, sour cream and avocado.

French Onion Soup served 4

4 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. Add stock 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, add bread and cover with cheese. Place on a baking sheet lined with foil. Cook 5 minutes under a broiler.

Cream of Vegetable Soup Yield: about 7 cups

3 cups chicken stock	1/4 tsp. salt
2 tbsp. butter	2 cups milk
2 tbsp. flour	

(Cooked vegetables: 6 cups broccoli + thyme, 10 cups mushrooms-raw + thyme, 3 medium potatoes + dill, etc.)

In a blender or food processor combine the vegetable and 2 cups of the stock. Cover and process about 1 minute until smooth. In a medium sauce pan melt margarine. Stir in flour, salt and seasonings. Add milk all at once. Cook and stir until slightly thickened and bubbly. Cook 1 minute more.

Stir in vegetable mixture and remaining stock. Cook and stir until heated through. Season to taste.

Curried Pumpkin Apple Soup Yield: 6 servings

2 T butter	3 cups chicken stock
1 cup chopped onion	1 ½ cup canned pumpkin
1 cup chopped celery	¼ t salt
1 large apple, peeled, cored, chopped	½ cup heavy cream
2 t curry powder	2-3 T maple syrup

Saute the onion, celery and apple in a soup pot with butter. (about 8 minutes) Stir in curry powder and sauté 1 more minute. Stir in 2 cups stock and cook 1 minute more. Pour in blender with pumpkin and puree. Pour back into pot, stir in remaining stock and salt. Simmer and stir for 5 minutes. Finish with heavy cream and maple syrup. Adjust seasoning. Simmer 2 minute

