

# Plant Forward Kitchen Boot Camp

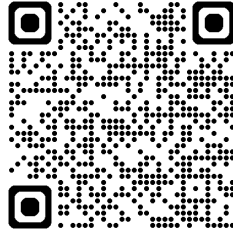
**Welcome!**



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# COURSE INFORMATION

The future of food is green! In this 5-day Boot Camp you will create delicious meals showcasing vegetables, protein-packed legumes, whole grains, and fruits as the center of your plate. Work with chef instructors to learn techniques, ingredients, and recipes focused on a more sustainable and healthier lifestyle.\*

(\*Some animal proteins will be included.)

## LEARNING OBJECTIVES

### *Throughout this course, you will...*

- understand the meaning of plant-forward cooking and how it promotes a healthy, sustainable diet.
- learn how to select and prepare vegetables, beans, legumes, and grains.
- understand how herbs and spices can boost flavor without adding calories, increasing fat, or adding salt.
- identify healthier protein options with a lower environmental footprint.
- practice cooking methods that introduce a minimal addition of fats, oils, dairy, and starch ingredients.
- identify the role an ingredient or technique serves in a recipe to find a suitable plant-based replacement.
- produce a variety of plant forward dishes using standardized recipes.

# **DAY ONE**

## **TEAM PRODUCTION ASSIGNMENTS**

### **TEAM ONE**

Sesame Tempeh Sticks with Apricot Dipping Sauce  
Spicy Chickpea Stew  
Cucumber Salad

### **TEAM TWO**

Thai Chile Stir-Fry with Tofu (Pad Prik King)  
Green Papaya Salad (Som Tam)  
Mango-Ginger Bars

### **TEAM THREE**

Whole Wheat Pasta with Sharp Pesto  
Broccoli Rabe with Roasted Red Peppers and Italian "Sausage" Vinaigrette  
White Bean Dip Crudit 

### **TEAM FOUR**

Grilled Artichokes with Hazelnut Romesco Sauce  
Navel Orange Salad with Dates and Feta  
Green Lentils with Chard and Lemon

# SESAME TEMPEH STICKS WITH APRICOT DIPPING SAUCE

*Yield: 10 portions*

Ingredients	Amounts
Sesame seeds, toasted	1 Tbsp.
Tempeh, cooked	10 oz.
Scallion (Green onion), chopped	½ cup
Oil, sesame	1 Tbsp.
Soy sauce	1 Tbsp.
Cornstarch	½ tsp.
Ginger, fresh, peeled, minced	2 tsp.
Garlic, minced	1 tsp.
Egg, whole	1 ea.
Water	1 Tbsp.
Phyllo dough, sheet	6 ea.
Oil, grapeseed	¼ cup
Sesame seeds, toasted	2 Tbsp.
Salt, kosher	to Taste
Apricot, preserves, no sugar, all fruit	½ cup
Lime, juice	2 Tbsp.
Water	1 Tbsp.
Mustard, Dijon	1 tsp.
Ginger, fresh, peeled, minced	½ tsp.

## Method

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. For the filling, in a blender or food processor, place the sesame seeds, tempeh, scallions, sesame oil, soy sauce, cornstarch, ginger, and garlic. Blend until the mixture forms a coarse paste.
3. For the egg wash, in a small mixing bowl, place the egg and the water. Whisk vigorously until well combined and very smooth. Add more water if needed to thin out the wash.
4. Cover the phyllo dough with plastic wrap and a dampened kitchen towel. Remove only 1 sheet at a time as you work, to prevent the phyllo from drying out.
5. Brush 1 sheet of phyllo dough generously with grapeseed oil. Stack another sheet on top and brush it with oil again. Repeat with 1 more sheet of phyllo.
6. Cut the stack of phyllo in half lengthwise. Arrange one half with a long side nearest to you.

7. With dampened fingers, shape about 3 tablespoons of the filling mixture into a narrow rope along the edge nearest you. Roll up the paste tightly in the phyllo to form a long, thin roll.
8. Repeat with the other half of phyllo stack. Repeat the whole process with the remaining 3 sheets of phyllo dough.
9. Lightly brush the top of the sticks with egg wash. Sprinkle with the sesame seeds and salt.
10. Cut each roll into 5 sticks and place them seam side down, onto the prepared sheet pan. Bake in the preheated oven until the phyllo is golden brown, 12 to 15 minutes. Cool slightly.
11. For the dipping sauce, in a small bowl, combine the apricot, lime juice, water, mustard, and ginger. Mix well.
12. Serve the sticks warm with the dipping sauce.

# SPICY CHICKPEA STEW

*Yield: 8 portions*

Ingredients	Amounts
Chickpeas, dried, soaked overnight	1 lb.
Onion, yellow, diced	2 cups
Oil, olive, extra virgin	¼ cup
Garlic, clove, minced	4 ea.
Harissa	as needed
Cumin, ground	1 ½ Tbsp.
Coriander, ground	1 Tbsp.
Turmeric, ground	2 tsp.
Pepper, black, ground	2 tsp.
Salt, kosher	to taste
Fish, tuna, canned, in water	8 oz.
Capers, drained, chopped	¼ cup
Lemon, quartered	2 ea.
Egg, whole, hard cooked, coarsely chopped	8 ea.
Cumin, ground	2 Tbsp.
Harissa, ground	2 Tbsp.
Scallion (Green onion), bunch, sliced	2 ea.

## Method

1. Drain and rinse the chickpeas. In a pot of unsalted water over low to medium heat, place the chickpeas. Simmer until very tender, 45 to 90 minutes. Reserve in the cooking liquid.
2. In a saucepan or rondeau, sweat the onions in olive oil over moderate heat until very tender, 10 to 15 minutes.
3. Increase the heat to medium. Add the garlic, harissa, cumin, coriander, turmeric, and pepper. Sweat until aromatic, 10 to 20 seconds.
4. Add the cooked chickpeas and enough liquid to just cover them. Bring the mixture to a simmer until the mixture is the consistency of a stew, about 15 minutes. Adjust the seasoning with salt to taste.
5. Add the tuna and capers. Serve with the lemon, egg, cumin, harissa, and scallions in small condiment bowls or in sectioned relish dishes.

# CUCUMBER SALAD

*Yield: 6 portions*

Ingredients	Amounts
Cucumber	1 ¼ lb.
Mint, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Capers, chopped	2 Tbsp.
Lemon, preserved	¼ ea.
Oil, olive, extra virgin	¼ cup
Vinegar, wine, white	2 Tbsp.

## Method

1. Peel the cucumbers, unless you are using the European variety. Cut into fine slices or disks.
2. In a medium bowl, place the cucumber. Season with the mint and salt.
3. Add the capers and preserved lemon.
4. In a small bowl, whisk together the olive oil and vinegar. Add to the salad and toss to combine.

Source: The International Olive Oil Council ©



# THAI CHILE STIR-FRY WITH TOFU (PAD PRIK KING)

*Yield: 8 portions*

Ingredients	Amounts
Tofu, firm	14 oz.
Chile, New Mexico, dried, stemmed, seeded	12 ea.
Water	4 cups
Shallot, coarsely chopped	4 ea.
Garlic, clove, coarsely chopped	12 ea.
Lemongrass, 2-in. piece, outer layers removed, chopped	1 ea.
Ginger, fresh, 1-in. piece, peeled, chopped	1 ea.
Cilantro, stems, fresh, chopped	2 Tbsp.
Lime leaf, makrut, finely chopped (Optional) (Divided)	10 ea.
Salt, kosher	1 tsp.
Peppercorns, black, crushed	1 tsp.
Oil, vegetable	¼ cup
Green beans, trimmed	2 lb.
Fish sauce (Nam pla or Nuoc Nam)	¼ cup
Sugar, granulated	2 Tbsp.
Lime, makrut, zest, finely grated	2 tsp.
Rice, jasmine, brown, cooked	as needed

## Method

1. Lay a clean kitchen towel on a large plate. Place the tofu on top and cover with another towel. Cover with another plate and weigh it down with a heavy object. Let it drain for 30 minutes. Medium dice the tofu.
2. In a small saucepan, place the chiles and water. Bring it to a boil. Remove the pan from the heat, cover, and allow it to soften for 30 minutes. Drain the chiles, reserving the soaking liquid.
3. In a blender, place the chiles, shallots, garlic, lemongrass, ginger, cilantro stems, 8 of the lime leaves, salt, peppercorns, and ½ of the reserved soaking liquid. Blend the mixture, scraping down sides and adding more soaking liquid as needed, until a paste forms. Reserve.

4. Heat the oil in a large skillet over medium-high heat. Add the tofu and cook until browned all over, about 5 minutes.
5. Add the green beans and  $\frac{1}{4}$  cup of the reserved chili paste (adjust to personal taste). Cook, stirring occasionally, until the beans are coated and beginning to soften, about 3 minutes.
6. Add  $\frac{1}{2}$  cup of the reserved soaking liquid. Cook until the beans are cooked through and the liquid is reduced by half, about 5 minutes.
7. Stir in the fish sauce, sugar, remaining 2 lime leaves, and zest. Cook until fragrant, about 1 minute.
8. Serve over the jasmine rice.

**Note:** Extra-firm tofu can be substituted for the firm tofu.

## GREEN PAPAYA SALAD (SOM TAM)

*Yield: 10 portions*

Ingredients	Amounts
Shrimp, dried, small, roughly chopped	2 Tbsp.
Garlic, clove, roughly chopped	8 ea.
Chile, Thai, stems removed, roughly chopped	2 ea.
Tamarind, concentrate	¼ cup
Lime, juice, fresh	¼ cup
Fish sauce	4 Tbsp.
Sugar, palm	3 Tbsp.
Beans, long, cut into 1 ½-in. lengths	2 cups
Papaya, green, julienned	5 cups
Carrot, julienned	1 cup
Tomato, cherry, halved	12 ea.
Peanuts, toasted, roughly chopped	½ cup

### Method

1. In a small bowl, place the dried shrimp. Add enough water to just cover it. Allow it to soak for 15 minutes. Drain and reserve the soaking liquid.
2. Using a mortar and pestle, grind together the rehydrated shrimp, garlic, chiles, dried shrimp, tamarind concentrate, lime juice, fish sauce, and palm sugar. Stir to combine.
3. Add the long beans. Pound them with a wooden spoon to lightly bruise the beans.
4. Add the papaya and carrot. Stir to mix. Pounding with one hand and stirring with the other, bruise the vegetables lightly and mix them with the flavoring and seasonings.
5. Add the tomato. Bruise the pieces lightly and stir to incorporate.
6. Adjust the seasoning with fish sauce, lime juice, or palm sugar to taste.
7. Garnish with the peanuts.

**Note:** French green beans (Haricots verts) can be substituted for the long beans.

# MANGO-GINGER BARS

*Yield: 24 bars*

Ingredients	Amounts
Oats, rolled	4 1/3 cups
Mango, peeled, chopped	6 oz.
Sugar, turbinado	1/4 cup
Flour, spelt	1/2 cup
Ginger, juice	1/2 cup
Oil, sunflower seed	1/2 cup
Maple syrup	1/4 cup
Date, roughly chopped	14 oz.
Orange, zest, finely grated	1/2 tsp.
Ginger, juice	2 1/3 Tbsp.
Orange, juice	2 1/3 Tbsp.
Coconut, milk, unsweetened	1/4 cup
Flax seeds, ground	2 Tbsp.
Water	as needed
Arrowroot	1/2 tsp.
Water	2 Tbsp.
Pecans, toasted, chopped (Optional)	1/2 cup

## Method

1. Preheat oven to 350°F.
2. For the crust, in a large bowl, place the oats, mango, sugar, flour, ginger juice, oil, and maple syrup. Mix to combine. Allow it to sit for 10 minutes.
3. Lightly oil a 9 x 9-in baking pan. Spread the mixture out in the pan and bake until the crust begins to brown, about 30 minutes. Let it cool.
4. For the topping, in a food processor, place the zest, juices, coconut milk, and flax seeds. Pulse until smooth.
5. Transfer the mixture to a 3-quart pot. Bring it to a simmer over medium heat. Cook, stirring frequently, until the mixture begins to bubble around the edges, 5 to 7 minutes. Add a little more water if the mixture is too thick.
6. In a small bowl, whisk together the arrowroot and water to make a slurry. Add it to the topping mixture and cook, stirring until the mixture thickens, for 3 to 4 minutes.
7. Pour the topping evenly over the cooled crust. Allow it to cool thoroughly. Slice it into 24 bars. Served chilled.

**Note:** Macadamia nuts can be substituted for the pecans.

# WHOLE WHEAT PASTA WITH SHARP PESTO

*Yield: 8 portions*

Ingredients	Amounts
Flour, durum	2 cups
Flour, durum, whole wheat	2 cups
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	to taste
Egg, whole	4 ea.
Basil, leaves, fresh, bunch	1 ea.
Walnuts, toasted	1/4 cup
Cheese, Pecorino-Romano, grated	2 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Broth, vegetable	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	as needed
Green beans, halved	1 lb.

## Method

1. For the pasta, in a food processor, place the flours, oil, and salt. Pulse to combine.
2. Add the eggs. Process until the mixture resembles coarse meal. When pressed, the dough should form a cohesive mass. Add water or flour to adjust the consistency, as needed.
3. Transfer the dough to a work surface. Knead until the dough is very firm but still pliable. Wrap in plastic and allow the dough to rest at room temperature for at least 30 minutes.
4. For the pesto, in a food processor, combine the basil, walnuts, cheese, olive oil, broth, and garlic. Pulse into a slightly coarse paste. Adjust consistency as needed with broth. Season with salt to taste. Reserve.
5. Roll the pasta dough into sheets 1/8-inches thick. Cut the sheets into linguine (long thin strips) and reserve, uncovered.
6. Cook the beans in rapidly boiling salted water until fork-tender, 3 to 5 minutes. Remove the beans from the water, and reserve.
7. If necessary, add more salt to the boiling water. Add the pasta and cook until firm to the bite (*al dente*), 1 to 2 minutes. Drain the pasta.
8. In a large bowl, toss the pasta with the pesto and green beans. Serve immediately.

# BROCCOLI RABE WITH ROASTED RED PEPPERS AND ITALIAN "SAUSAGE" VINAIGRETTE

*Yield: 8 portions*

Ingredients	Amounts
Broccoli rabe, bunch, ends trimmed	1 ea.
Lemon, juice, fresh	1 Tbsp.
Sugar, brown	1 Tbsp.
Fennel seeds, crushed	¼ tsp.
Italian seasoning	½ tsp.
Sage, dried, ground	½ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Clove, ground	1 pinch
Chile, cayenne, ground	1 pinch
Oil, olive, pure	2 Tbsp.
Pepper, bell, red, roasted, peeled, stem and seeds removed, diced	1 ea.
Salt, kosher	to taste
Lemon, juice, fresh	to taste

## Method

1. Blanche the broccoli rabe. Chop it into 1-to 2-inch pieces.
2. For the vinaigrette, in a small bowl, place the lemon juice, brown sugar, fennel seeds, Italian seasoning, sage, salt, black pepper, cloves, and cayenne. Mix to combine.
3. Gradually whisk in the olive oil.
4. Heat a sauté pan over medium-high heat. Add the broccoli rabe, red pepper, and vinaigrette. Sauté until the broccoli rabe stems are tender.
5. Adjust the seasoning with pepper and lemon juice to taste.

# WHITE BEAN DIP CRUDITÉ

*Yield: 10 portions*

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Garlic, clove, chopped	3 ea.
Red pepper flakes, crushed	¼ tsp.
Rosemary, fresh, finely chopped	1 tsp.
Beans, cannellini, reduced sodium, 19 oz. can, drained, rinsed	2 ea.
Broth, vegetable	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Lemon, juice, fresh squeezed	2 tsp.
Pepper, bell, red, seeded, sliced	1 ea.
Fennel, bulb, trimmed, sliced, blanched	1 ea.
Cucumber, English, quartered, cut into 2-in. wedges	1 ea.
Carrot, batonnet, blanched	5 ea.
Radish, halved	6 ea.
Oil, olive, pure	as needed

## Method

1. Heat the oil in a small skillet over medium heat. Add the garlic and red pepper flakes. Cook until softened and fragrant, about 1 minute.
2. Transfer to a food processor. Add the rosemary, beans, broth, salt, and pepper. Blend until smooth. Add more broth as needed to facilitate blending.
3. Add the lemon juice. Adjust the seasoning to taste.
4. Serve on a platter with the peppers, fennel, cucumber, carrot, and radish.

# GRILLED ARTICHOKEs WITH HAZELNUT ROMESCO SAUCE

*Yield: 10 portions*

Ingredients	Amounts
Water	2 qt.
Bay leaf, dried	1 ea.
Lemon, halved (Divided)	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Artichoke	10 ea.
Oil, olive, extra virgin	¼ cup
Garlic, clove, sliced	3 ea.
Hazelnut Romesco Sauce	1 ¼ cups
(Recipe follows)	

## Method

1. In a large stockpot over medium-low heat, place the water, bay leaves, ½ a lemon, salt, and pepper. Bring it to a simmer.
2. Slice 1 inch off the top of each artichoke. Trim the stems and peel them to expose the tender flesh. Remove the outer petals to expose the soft, light green petals toward the center (see Chef demo).
3. Add the artichokes to the simmering water. Cover the pot and simmer until tender, about 20 minutes. Remove the artichokes and allow them to cool.
4. Quarter each artichoke and remove the hairy choke from the center. Place the artichoke quarters in a resealable plastic bag. Add the oil, garlic, and the juice of the remaining lemon half. Allow them to marinate in the refrigerator for at least 30 minutes or up to 4 hours.
5. Preheat a gas grill to medium heat.
6. Remove the artichokes from the marinade. Grill, turning often, until golden, about 10 minutes.
7. Serve the artichoke quarters with the Hazelnut Romesco Sauce drizzled over the top.



# HAZELNUT ROMESCO SAUCE

*Yield: 2 cups*

Ingredients	Amounts
Chile, ancho, dried, steamed, seeded, toasted	2 ea.
Pepper, bell, red	2 ea.
Hazelnuts, skin off, chopped	8 oz.
Oil, olive, pure	½ cup
Tomato, paste	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Garlic, minced	1 Tbsp.
Pimentón, smoked	1 ½ tsp.
Chile, cayenne, ground	¼ tsp.
Salt, kosher	½ tsp.

## Method

1. In a small saucepan, place the ancho chiles. Add enough cold water to cover them. Bring it to a boil over high heat. Remove the pan from the heat. Allow the chiles to steep for 20 minutes.
2. Strain the chiles, reserving the soaking liquid.
3. Roast the red bell peppers over an open flame to char the skin. Transfer them to a stainless-steel bowl. Cover them with plastic wrap and allow them to steam for 15 minutes. Allow them to cool enough to handle.
4. Remove the core, seeds, and charred skin from the peppers. (Do not rinse continuously with running water to remove the charred skin as it washes away the flavor.)
5. In a blender, place the roasted bell pepper, hazelnuts, oil, tomato paste, vinegar, garlic, pimentón, cayenne, and salt. Purée to a smooth consistency. Add some of the chile soaking liquid, if necessary, to reach a soft, sauce-like consistency (about the same as mayonnaise).
6. Store the sauce in a covered container and refrigerate. Allow it to rest overnight to develop the best flavor.
7. Adjust the seasoning to taste.

# NAVEL ORANGE SALAD WITH DATES AND FETA

*Yield: 10 portions*

Ingredients	Amounts
Orange, navel	5 ea.
Lettuce, Boston, leaves	1 lb.
Date, Medjool, pitted, julienned	10 ea.
Mint, fresh, chiffonade	¼ cup
Cheese, feta, small diced	5 oz.

## Method

1. Peel the oranges, removing the skin and white pith. Cut the oranges crosswise into ½-inch thick, round slices.
2. Separate and wash the lettuce leaves. Pat them dry with paper towels.
3. Layer the lettuce leaves on a platter or on salad plates.
4. Arrange the orange slices on top of the lettuce.
5. Garnish with the dates, mint, and feta.

**Note:** Cara Cara oranges can be substituted for the navel oranges.

# GREEN LENTILS WITH CHARD AND LEMON

*Yield: 8 portions*

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Garlic, finely chopped	3 Tbsp.
Lentils, green, dried, rinsed	1 lb.
Cilantro, fresh, chopped	1/3 cup
Salt, kosher	to taste
Swiss chard, leaves, stemmed, chiffonade	10 ea.
Oil, olive, extra virgin	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Molasses, pomegranate	1/4 cup

## Method

1. In a medium saucepan, heat the olive oil over low heat. Add the garlic, cover the pan, and sweat until the garlic is soft and fragrant but not browned, 1 to 2 minutes.
2. Increase the heat to medium. Add the lentils and stir to coat them with the olive oil. Toast the lentils briefly.
3. Add the cilantro and enough water to cover the lentils by 2 inches. Season with salt. Bring it to a boil. Lower the heat and simmer until the lentils are tender, 20 to 25 minutes.
4. Remove the pot from the heat. Drain any excess liquid. Reserve and keep warm.
5. In a large sauté pan, heat the olive oil over medium heat. Add the Swiss chard. Cook until the leaves have wilted, about 3 minutes. Reserve.
6. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Adjust the seasoning to taste.
7. Cover and keep warm until ready to serve.

## **DAY TWO**

### **TEAM PRODUCTION ASSIGNMENTS**

#### **TEAM ONE**

Poblano Rellenos  
Creamed Pinto Beans  
Pineapple-Jicama Salsa

#### **TEAM TWO**

Roasted Beet "Tartare" with Maytag Blue Cheese  
Broccoli Rabe with Pomegranate  
Vegetable Pakoras with Mint and Cilantro Chutney  
*Make Blood Orange infused Oil for Day Three*

#### **TEAM THREE**

Spiced Shrimp with Seeds and Grains  
Sautéed Spinach with Apples and Raisins  
Almond-Stuffed Dates with Dessert Couscous  
*Marinate Caraway-Herb Pork Tenderloin for Day Three*

#### **TEAM FOUR**

Stuffed Roma Tomatoes with Minted Barley  
Salade Niçoise  
Olive Oil-Poached Tuna Provençal  
Ratatouille Stew

#### **TAKE HOME RECIPE**

Lemon, Ginger, and Barley Pudding with Raspberry Sauce

# POBLANO RELLENOS

*Yield: 10 portions*

Ingredients	Amounts
Chile, poblano	10 ea.
Tomato, cored, quartered	2 lb.
Garlic, clove	2 ea.
Onion, medium, yellow, quartered	1 ea.
Water	2 cups
Oil, olive, extra virgin	1 ½ tsp.
Cinnamon, stick, 2-in. piece	1 ea.
Epazote, dried	¼ cup
Salt, kosher	1 tsp.
Oil, olive, extra virgin	2 Tbsp.
Onion, small diced	1 cups
Garlic, clove, thinly sliced	2 ea.
Water	4 cups
Beans, black, soaked overnight	1 cups
Chile, chipotle, in adobo sauce, chopped	2 Tbsp.
Tomato, sun-dried, minced	¼ cup
Amaranth, cooked	1 ½ cups
Cumin, ground	1/2 tsp.
Coriander, ground	1/2 tsp.
Cilantro, fresh, chopped	1/4 cup
Epazote, dried	1 ½ tsp.
Salt, kosher	1 tsp.
Yogurt, nonfat, Greek-style	½ cup
Cilantro, leaves, bunch, fresh	1 ea.
Vegetable Escabeche (Recipe follows)	3 ½ cups
Guacamole (Recipe follows)	3 ½ cups

## Method

1. Blister the chiles using a burner or broiler. Let the chiles steam in a bowl with plastic wrap until they are cool enough to handle. Remove the skin, carefully cut a seam in one side of each chile. Remove the seeds, leaving the peppers in one whole piece.

2. For the tomato sauce, heat a large cast-iron skillet over high heat. Place the tomatoes, garlic, and onions into the skillet. Dry roast until their surfaces are deeply browned.
3. Transfer the roasted vegetables to a large saucepan. Add water to cover. Simmer over medium heat until the tomatoes are completely cooked and most of the water has been absorbed, about 15 minutes.
4. Blend the sauce with an immersion blender. Pass it through a fine mesh strainer.
5. In a saucepan, heat the oil over high heat. Add the tomato sauce, cinnamon stick, and epazote. Lower the heat. Simmer until the sauce coats the back of a spoon, about 10 minutes.
6. Remove and discard the cinnamon stick. Season with the salt. Reserve and keep warm.
7. For the poblano filling, in a small sauté pan, heat the oil over medium heat. Add the onions and garlic. Sweat until they are translucent, about 3 minutes.
8. In a medium saucepan over high heat, place the water, beans, onions, and garlic. Bring it to a boil. Lower the heat and simmer until tender, about 70 minutes.
9. During the last 10 minutes of cooking, add the chipotles and tomatoes. Adjust the seasoning to taste. Stir periodically to avoid scorching. The beans should be thick with most of the liquid absorbed.
10. Preheat oven to 350°F.
11. Combine the beans, amaranth, cumin, coriander, cilantro, epazote, and salt. Stuff the prepared poblano chiles with the filling. Top with the tomato sauce.
12. Transfer to a baking sheet. Bake in the preheated oven until heated through and tender, 15 to 20 minutes.
13. Spread a portion of sauce and Vegetable Escabeche on the plate. Top with a reserved chile. Garnish the chile with yogurt and cilantro leaves. Serve with the Guacamole.

**Note:** Fresh epazote can be substituted for the dried. Double the quantity. In Step 5, simmer the tomato and cinnamon for 5 minutes. Then add the fresh epazote.

## VEGETABLE ESCABECHE

*Yield: 3 ½ cups*

Ingredients	Amounts
Squash, yellow, small diced	1 cup
Zucchini, small diced	1 cup
Carrot, blanched, small diced	1 cup
Tomato, plum, small diced	2 cups
Tomatillo, small diced	2 cups
Chile, chipotle, in adobo sauce, canned minced	¼ cup
Cilantro, fresh, chopped	1 cup
Oil, olive, extra virgin	2 Tbsp.
Vinegar, white	2 Tbsp.

### Method

1. Combine all the ingredients. Mix well.
2. Adjust the seasoning to taste.
3. Reserve in the refrigerator, covered, until needed.

# GUACAMOLE

*Yield: 3 ½ cups*

## Ingredients

## Amounts

Avocado, ripe	3 ea.
Onion, red, minced	$\frac{3}{4}$ cup
Tomato, plum, small diced	1 cup
Cilantro, fresh, chopped	$\frac{1}{4}$ cup
Lime, juice	2 Tbsp.
Chile, serrano, seeded, minced	1 Tbsp.
Salt, kosher	1 tsp.

## Method

1. As close to service as possible, split the avocados and discard the pit. Score the flesh with a knife and scoop out the flesh. Transfer to a medium bowl.
2. Add the onion, tomato, cilantro, lime juice, chile, and salt. Mix well.
3. Reserve, covered, in the refrigerator, until needed.



# CREAMED PINTO BEANS

*Yield: 10 portions*

Ingredients	Amounts
Beans, pinto, soaked overnight	10 oz.
Onion, white, minced	2/3 cup
Almond, milk	1/3 cup
Chile, ancho, dried, toasted, seeded, chiffonade	1 ea.
Cumin, ground	1/2 tsp.
Thyme, dried	1/2 tsp.
Oregano, Mexican, dried	1/2 tsp.
Tomato, paste	1 1/2 tsp.
Oil, vegetable	1 tsp.
Garlic, clove, minced	2 ea.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/2 tsp.

## Method

1. In a large stock pot, place the soaked beans and onions. Add enough water to cover the beans by 1 inch. Bring to a simmer over medium heat. Cover the pot and simmer until the beans are tender, about 1 hour.
2. Preheat oven to 350°F.
3. Purée the beans with an immersion blender.
4. Add the almond milk, toasted chiles, cumin, thyme, oregano, and tomato paste. Mix to combine.
5. In a medium pot, heat the oil over medium heat. Add the garlic and cook until fragrant, about 1 minute.
6. Add the beans to the pot, mix to combine, and bring to a simmer over medium heat. Cover the pot and transfer to the preheated oven.
7. Bake the beans in the preheated oven until they are thick and heated through, 45 minutes to 1 hour.

## PINEAPPLE-JICAMA SALSA

*Yield: 3 cups*

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Lime, juiced	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped	¼ cup
Jicama, peeled, fine julienned	2 ea.
Pineapple, peeled, cored, small diced	1 ea.
Onion, red, minced	2 cups
Pepper, bell, red, seeded, small diced	2 ea.
Chile, serrano, seeded, minced	3 ea.
Bread, baguette, sliced ¼ inch thick	1 ea.
Oil, olive, extra virgin	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

### Method

1. In a medium bowl, place the oil, lime juice, salt, pepper, and cilantro. Whisk together to combine.
2. Gently fold in the jicama, pineapple, onion, bell peppers, and chiles.
3. Cover and refrigerate until ready to serve.
4. Preheat oven to 350°F.
5. For the crostini, arrange the baguette slices on two large, rimmed baking sheets. Brush both sides with oil. Season with salt and pepper.
6. Bake in the preheated oven, rotating sheets halfway through, until golden, 15 to 20 minutes.
7. Serve the salsa with the crostini.

## ROASTED BEET “TARTARE” WITH MAYTAG BLUE CHEESE

*Yield: 10 portions*

Ingredients	Amounts
Beet, red, washed, dried	2 lb.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	¼ tsp.
Vinegar, sherry	4 Tbsp.
Oil, olive, extra virgin	4 Tbsp.
Garlic, clove, minced	4 ea.
Capers, minced	2 Tbsp.
Honey	2 tsp.
Pea, shoots	5 cups
Cheese, blue	5 oz.
Shallot, diced	½ cup
Chive, chopped	1/3 cup

### Method

1. Preheat oven to 350°F.
2. For the tartare, rub the beets with the oil. Season with the salt. Place them on a baking sheet. Roast in the preheated oven until fork tender, 45 minutes to 1 hour.
3. Allow the beets to cool. Peel off the outer skin and finely dice. Transfer the beets to a medium bowl.
4. For the dressing, in a small bowl, place the vinegar, oil, garlic, capers, and honey. Whisk together to combine.
5. Pour the dressing over the beets and toss to coat. Adjust the flavor to taste, adding more vinegar or honey to obtain a tart, sweet flavor.
6. Garnish with the pea shoots, blue cheese, shallots, and chives.

## BROCCOLI RABE WITH POMEGRANATE

*Yield: 8 portions*

Ingredients	Amounts
Broccoli rabe	1 lb.
Oil, olive, pure	2 Tbsp.
Garlic, clove, sliced	4 ea.
Water	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pomegranate, peeled, seeds removed and reserved	1 ea.
Molasses, pomegranate	2 Tbsp.

### Method

1. Cut ¼-inch off the bottom of the broccoli rabe stems and lightly peel the stems.
2. Bring a large pot of salted water to a boil. Plunge the broccoli rabe into the boiling salted water and cook until the stems are somewhat tender, about 3 minutes.
3. Plunge the broccoli rabe into an ice bath to stop the cooking process. Drain and reserve.
4. In a medium sauté pan, heat the olive oil over medium heat. Add the garlic and cook until aromatic, about 2 minutes.
5. Add the reserved broccoli rabe and the water. Cook until it has evaporated and the broccoli rabe is lightly browned, about 8 minutes.
6. Season with salt and pepper to taste.
7. Transfer to a serving platter. Sprinkle with the pomegranate seeds and drizzle with the pomegranate molasses.
8. Serve immediately.

# VEGETABLE PAKORAS

*Yield: 16 portions*

Ingredients	Amounts
Seasonal vegetables, peeled, julienned (See Note)	2 cups
Garlic, minced	1 tsp.
Flour, chickpea	7 wt. oz.
Flour, rice (Optional)	3 wt. oz.
Baking powder	1½ tsp.
Garam masala	1½ tsp.
Turmeric, dried, ground	1 tsp.
Salt, kosher	2 tsp.
Water	1 pt.
Flour, chickpea	as needed
Flour, rice (Optional)	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, canola oil	as needed
Mint and Cilantro Chutney (Recipe follows)	1 cup

## Method

1. Mix the julienned vegetables with garlic in a mixing bowl.
2. For the batter, combine the chickpea flour, rice flour (if using), baking powder, garam masala, turmeric, and salt in a mixing bowl. Add the water and mix until smooth.
3. Combine the chickpea flour, rice flour (if using), salt, and pepper. Dredge the vegetables in the flour mixture and shake off any excess.
4. Dip the vegetables in the batter to coat completely. Create a 3-inch, loose patty of vegetables. Coat the patties in the flour mixture again.
5. Deep-fry the pakoras in the oil in a fryer or sautoir at 350°F until golden brown and crispy, 3 to 5 minutes.
6. Drain on a wire rack. Season with salt and pepper. Serve with the Mint and Cilantro Chutney.

**Note:** Vegetables that incorporate well into a pakora include bell peppers, onions, potatoes, squashes, beets, carrots, parsnips, and other roots or tubers. You can also try cauliflower or Romanesco florets, broken into small pieces.

# MINT AND CILANTRO CHUTNEY

*Yield: 1 cup*

Ingredients	Amounts
Cilantro, fresh, chopped	3 cups
Mint, leaves, fresh, chopped	2 cups
Ginger, peeled, chopped	1 Tbsp.
Garlic, chopped	1 Tbsp.
Chile, jalapeño, seeded, chopped	2 Tbsp.
Coconut, desiccated	2 Tbsp.
Lime, juice	½ cup
Water	as needed
Salt, kosher	to taste
Honey	to taste

## Method

1. Place the cilantro, mint, ginger, garlic, jalapeño, coconut, and lime juice in a blender.
2. Add a little water as needed and blend until liquefied.
3. Adjust the seasoning with salt to taste.
4. For the acidity, add 1 to 2 teaspoons of honey, to taste.

## SPICED SHRIMP WITH SEEDS AND GRAINS

*Yield: 8 portions*

Ingredients	Amounts
Buckwheat groats	1 cup
Quinoa	1 cup
Cumin seeds, whole	2 tsp.
Fennel seeds, whole	2 tsp.
Chile, de árbol, stemmed, seeded	4 ea.
Shrimp, 16/20, peeled, deveined tails left on	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Lemon, juice (Divided)	½ cup
Honey	2 Tbsp.
Mandarin, juice	½ cup
Butter, unsalted	1 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Fennel, small heads, finely diced	2 ea.
Lemon, rind, preserved, minced	¼ cup
Sunflower seeds	1 cup
Cilantro, fresh, minced	½ cup
Dill, fresh, minced	½ cup
Parsley, flat-leaf, fresh, minced	½ cup
Mint, fresh, minced	½ cup
Tarragon, fresh, minced	½ cup
Scallion (Green onion), thinly sliced	5 ea.
Orange, mandarin, suprême	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

### Method

1. Preheat oven to 350°F.
2. Place the buckwheat on one baking sheet and the quinoa on another and bake until golden brown and toasted, 5 to 8 minutes.

3. Bring a large saucepan of water to a boil. Add ½ of the toasted buckwheat. Cook until firm to the bite (*al dente*), about 6 minutes. Using a fine sieve, strain the buckwheat. Transfer to a half sheet pan and allow it to cool completely.
4. Bring a large saucepan of water to a boil. Reserving 2 tablespoons of the toasted quinoa, add the quinoa and cook until tender, about 15 minutes. Drain. Transfer to a half sheet pan and allow it to cool completely.
5. In a large skillet over medium heat, toast the cumin, fennel seeds, and chiles until fragrant, 5 to 6 minutes. Cool slightly. Process the mixture in a spice grinder until finely ground.
6. In a large bowl, place the toasted spices and shrimp. Season with salt and pepper. Toss to coat the shrimp with the spices.
7. In a skillet, heat the vegetable oil over medium-high heat. Add the shrimp. Cook, flipping once, until cooked through, 2 to 3 minutes. Transfer the shrimp to a plate.
8. Add 2 tablespoons of the lemon juice, honey, and mandarin juice to the skillet. Cook until it reduces slightly, about 1 minute.
9. Return the shrimp to the skillet. Add the butter. Toss the shrimp in the sauce until the butter melts, about 1 minute. Remove the skillet from the heat and keep warm.
10. In a large bowl, combine the oils, fennel, and preserved lemon. Add the remaining ½ cup of lemon juice, sunflower seeds, cilantro, dill, parsley, mint, tarragon, and scallions. Mix gently until evenly combined.
11. In a large bowl, place the cooked buckwheat, the cooked quinoa, and the mandarin segments. Gently toss to combine. Season with salt and pepper to taste.
12. Divide the salad among 8 large serving bowls. Top with the shrimp and toasted quinoa.



# SAUTÉED SPINACH WITH APPLES AND RAISINS

*Yield: 8 portions*

Ingredients	Amounts
Oil, olive, extra virgin	1/4 cup
Apple, golden delicious, peeled, cored, small diced	4 ea.
Shallot, finely chopped	3 ea.
Raisins	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, stemmed, washed	16 oz.
Pine nuts, toasted	1/3 cup

## Method

1. In a large sauté pan, heat the olive oil over high heat. Add the apples and shallots. Sauté until lightly browned, about 45 seconds.
2. Add the raisins. Season with salt and pepper. Stir to combine.
3. Add the spinach and stir. Sauté until it starts to wilt. Remove the pan from the heat and reserve (the spinach will continue to wilt off the heat).
4. Add the toasted pine nuts.
5. Serve immediately.

# ALMOND-STUFFED DATES WITH DESSERT COUSCOUS

*Yield: 10 portions*

Ingredients	Amounts
Almonds, whole, blanched	1 cups
Butter, unsalted, melted	4 Tbsp.
Almond, meal	1 cups
Sugar, confectioner's	1 Tbsp.
Sugar, granulated	2 Tbsp.
Cinnamon, ground	¼ Tbsp.
Clove, ground	1/8 tsp.
Nutmeg, shaved	as needed
Orange blossom water	1 Tbsp.
Date, Medjool, large, pitted	24 ea.
Couscous, small	2 cups
Milk, whole	2 ½ cups
Cinnamon, ground	to taste
Butter, unsalted	6 Tbsp.
Almonds, roasted	3 Tbsp.
Pistachios, roasted	3 Tbsp.
Pine nuts, roasted	3 Tbsp.

## Method

1. Preheat oven to 375°F.
2. In a medium bowl, place the blanched almonds and melted butter. Toss to combine.
3. Transfer the almonds to a sheet pan. Roast the almonds in the preheated oven until they are golden brown. Allow them to cool.
4. Place the cooled, roasted almonds in a food processor. Pulse until they are coarsely chopped.
5. In a large bowl, place the chopped almonds, almond meal, sugars, cinnamon, clove, nutmeg, and orange blossom water. Mix well. Adjust the sweetness to taste.
6. Form the almond mixture into small balls. Stuff the mixture inside the pitted dates. Reserve. Use any leftover filling as a garnish for the couscous.
7. For the couscous, in a medium pot, place the milk and heat until warm.
8. Add the cinnamon and couscous. Bring it to a boil. Turn off heat and allow the couscous to absorb the liquid.
9. Fold in the butter. Adjust with a little warm milk, if needed, to wet the grain and create a bit of sauce. Fold in the almonds, pistachios, and pine nuts.
10. Garnish with the reserved almond-stuffed dates.

# STUFFED ROMA TOMATOES WITH MINTED BARLEY

*Yield: 8 portions*

Ingredients	Amounts
Barley, pearl	1 cups
Tomato, Roma, minced	$\frac{3}{4}$ cup
Cucumber, minced	$\frac{3}{4}$ cup
Parsley, flat-leaf, fresh, chopped	$\frac{1}{2}$ cup
Mint, fresh, chopped	4 Tbsp.
Scallion (Green onion), white portion only, finely sliced	2 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Lemon, juice	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.
Tomato, Roma	8 ea.

## Method

1. Soak the barley in enough cold water to cover for 30 minutes. Drain well.
2. In a large pot, place the barley and enough water to cover it. Bring to a boil over high heat, reduce the heat, and simmer until tender, about 40 minutes.
3. Strain the barley through a sieve, transfer to a bowl of ice water, and let it cool for 1 minute. Set the sieve over a bowl and drain the barley.
4. For the filling, in a large bowl, place the barley, tomato, cucumber, parsley, mint, and scallions. Stir to combine.
5. Add the oil, lemon juice, salt, and pepper. Stir to combine.
6. Cut the core from each Roma tomato. Split the tomato in half between the stem and flower end, but not lengthwise, to form two halves. Scoop out the seeds of the tomatoes to hollow out the tomato halves. Do not scoop a hole to the bottom, especially on the stem side. (See chef demo.)
7. Stuff each Roma tomato with some of the filling.
8. Serve on a chilled platter or individual chilled salad plates.

**Note:** For hors d'oeuvres, substitute cherry tomatoes for the Roma tomatoes. Prepare the tomatoes by cutting the core from each cherry tomato. Make two cuts into the tomato to open it out like a flower, cutting about  $\frac{3}{4}$  or the way down the tomato from the stem end towards the flower end. Stuff each tomato with the filling.

# SALADE NIÇOISE

*Yield: 6 portions*

Ingredients	Amounts
Potato, fingerling	2 cups
Salt, kosher	as needed
Oil, olive, pure	1 tsp.
Vinegar, wine, white	2 Tbsp.
Oil, olive, extra virgin	½ cup
Shallot, finely chopped	1 ½ tsp.
Mustard, Dijon	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, bibb, head, leaves separated,	1 ea.
Tomato, plum, concassé	1 cup
Pepper, bell, yellow, seeded, thinly sliced into strips	1 ea.
Radish, thinly sliced	3 ea.
Olive Oil-Poached Tuna Provencal (Recipe follows)	½ cup
Egg, whole, hard cooked, quartered	6 ea.
Haricots verts, ends trimmed, blanched	2 cups
Anchovy, fillet	12 ea.
Chive, finely chopped	¼ cup
Olives, niçoise, pitted	36 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. In a medium pot, place the potatoes and enough water to cover the potatoes. Salt the water and bring it to a boil over high heat. Reduce the heat to a simmer and cook until tender, about 8 minutes.
2. Drain the potatoes and cool. When cool enough to handle, peel the potatoes and slice them lengthwise in half (or quarter them, depending on the size).
3. In a large bowl, place the potatoes and olive oil. Toss to combine. Reserve.
4. For the vinaigrette, whisk together the vinegar, olive oil, shallots, and mustard until well combined. Season with salt and pepper to taste.
5. Dress the lettuce leaves very lightly with the vinaigrette. Reserve the remaining vinaigrette. Line in a serving platter with the dressed lettuce leaves.

6. Arrange the tomatoes, bell peppers, radishes, tuna, eggs, haricots verts, potatoes, anchovies, chives, and olives in a row on top of the lettuce.
7. Dress with a drizzle of the reserved vinaigrette. Adjust the seasoning with salt and pepper to taste.

**Note:** Green beans can be substituted for the haricots verts.

## OLIVE OIL-POACHED TUNA PROVENÇAL

*Yield: 6 portions*

Ingredients	Amounts
Oil, olive, pure	1 qt.
Thyme, sprig, fresh	2 ea.
Rosemary, sprig, fresh	2 ea.
Bay leaf, dried	4 ea.
Garlic, head, peeled	1 ea.
Fish, tuna, fillet	1 ½ lb.

### Method

1. In a small saucepan, place the olive oil, thyme, rosemary, bay leaves, and garlic. Toss to combine. Heat to 200°F for 10 minutes.
2. Remove the pan from the heat and let the oil cool completely.
3. Remove and discard the thyme, rosemary, and bay leaves.
4. In a heavy-bottomed pot, just big enough to fit all the pieces, place the tuna. Pour the herb-infused oil over the tuna so that it is completely submerged.
5. Heat the oil to 160°F and hold the temperature between 160°F and 180°F for 5 minutes. The tuna should still be pink inside.
6. Remove the tuna from the oil and drain on a rack.
7. The tuna can be served warm or cold, whole or sliced.

# RATATOUILLE STEW

*Yield: 4 portions*

Ingredients	Amounts
Oil, canola	3 Tbsp.
Onion, red, small, peeled, medium diced	1 ea.
Garlic, clove, peeled, minced	2 ea.
Eggplant, rinsed, medium diced	1 ea.
Zucchini, rinsed, cut into ½-inch slices	1 ea.
Squash, yellow, rinsed	1 ea.
Tomato, rinsed, chopped	1 ea.
Beans, white, drained, rinsed	12 oz.
Oregano, dried, ground	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Grits, corn	½ cup
Cheese, Parmesan, grated	1 tsp.
Water	1 ½ cups

## Method

1. In a large pot, heat the oil over medium heat. Add the onions. Sauté until soft.
2. Add the garlic, eggplant, zucchini, squash, tomato, and beans. Sauté until all the vegetables are soft and the tomatoes have released their juices, about 5 minutes.
3. Add the oregano, salt, pepper, corn grits, cheese, and water. Simmer over low heat, stirring every few minutes, until all the water has evaporated.
4. Serve warm.

# LEMON, GINGER, AND BARLEY PUDDING WITH RASPBERRY SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Barley, cooked	2 cups
Almond-cashew cream, unsweetened	1 cup
Vanilla, extract	1 tsp.
Agave, syrup	¼ cup
Nutmeg, grated	1 pinch
Cinnamon, ground	¼ tsp.
Lemon, zest	1 tsp.
Ginger, fresh, minced	½ tsp.
Raspberries, frozen	¾ cup
Almond, milk, unsweetened	6 Tbsp.
Agave, syrup	1 Tbsp.
Lemon, zest	½ tsp.
Ginger, fresh, 1-in. piece, peeled, sliced	1 ea.

## Method

1. In a heavy saucepan, place the cooked barley, cream, vanilla, agave syrup, nutmeg, cinnamon, lemon zest, and ginger. Mix to combine. Bring to a simmer and cook, stirring frequently, for 8 to 10 minutes.
2. Remove the pan from the heat. Fold in the frozen raspberries. Allow it to cool.
3. For the lemon-ginger cream, combine the almond milk, agave syrup, lemon, and ginger. Simmer for 5 minutes. Allow it to cool. Remove and discard the ginger slices.
4. Using a ½ cup scoop, portion the barley pudding into individual ramekins.
5. Top each portion with 1 tablespoon of lemon-ginger cream.



## **DAY THREE**

### **TEAM PRODUCTION ASSIGNMENTS**

#### **TEAM ONE**

Kale and Chard Salad with Avocado Tahini Dressing  
Galician Octopus Fair-Style  
Edamame with Tarragon Dipping Sauce

#### **TEAM TWO**

Fennel Salad with Blood Orange Vinaigrette  
Salmon and Wild Rice-Stuffed Cabbage Leaves  
Roasted Carrots and Parsnips with Herbs

#### **TEAM THREE**

Caraway-Herb Roasted Pork Tenderloin  
Sautéed Green beans with Pepper Flakes, Rosemary, and Lemon Zest  
Curried Cauliflower "Couscous"

#### **TEAM FOUR**

Mango Salad with Peanut Dressing  
Jerk Chicken Skewers  
Grilled Sweet Potatoes and Pineapple

#### **TAKE HOME RECIPE**

Green Tea-Poached Pears with Pomegranate Glaze and Pistachios

# KALE AND CABBAGE SALAD WITH AVOCADO TAHINI DRESSING

*Yield: 8 portions*

Ingredients	Amounts
Avocado	2 ea.
Tahini	¼ cup
Lemon, juice, fresh	¼ cup
Garlic, clove	2 ea.
Oil, olive, pure	2 Tbsp.
Water	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Kale, thinly sliced	2 cups
Cabbage, green, head, thinly sliced	1 ea.
Carrot, thinly sliced	½ cup
Brussels sprouts, shaved	2 cups
Radish, fine julienned	½ cup
Beans, white, cooked	1 cup
Almonds, sliced, toasted	½ cup
Cilantro, fresh, chopped	1 ½ cups

## Method

1. For the dressing, place the avocados, tahini, lemon juice, garlic, and olive oil in a food processor. Pulse.
2. Add the water, salt, and pepper. Blend until it is creamy. Reserve.
3. In a serving bowl, place the kale, cabbage, carrots, brussels sprouts, radishes, and ½ of the reserved dressing. Mix to combine. Allow it to rest at room temperature for 15 minutes.
4. Add the beans, almonds, cilantro, and enough of the remaining dressing to coat (you may not use it all).
5. Adjust the seasoning with salt, pepper, and lemon juice to taste.

## GALICIAN OCTOPUS FAIR-STYLE

*Yield: 10 portions*

Ingredients	Amounts
Water	4 qt.
Salt, kosher	6 Tbsp.
Bay leaf, dried	6 ea.
Peppercorns, black	3 tsp.
Garlic, clove, crushed	6 ea.
Octopus, cleaned	3 lb.
Vinegar, wine, white	2 cups
Onion, Spanish, julienned	2 ea.
Pepper, bell, red, seeded, cut into 2-in. strips	1 ea.
Garlic, clove, very thinly sliced	6 ea.
Peppercorns, black	1 ½ tsp.
Bay leaf, dried	6 ea.
Oil, olive, extra virgin	2 cups

### Method

1. In a large pot, place the water and salt. Bring it to a boil. Add the bay leaves, peppercorns, and garlic.
2. Dip the octopus into the boiling water 3 times until the tentacles fully curl. Drop the octopus into the aromatic liquid and reduce the heat. Allow the octopus to simmer until tender, about 1 hour.
3. Remove the octopus from the water and cut it into 1-inch pieces.
4. For the marinade, in a saucepan, place the vinegar. Bring it to a boil. Add the onion, bell pepper, garlic, peppercorns, and bay leaves. Simmer for 2 minutes.
5. Add the olive oil. Simmer until the onions are translucent, 5 to 7 minutes. Remove the pan from the heat. Allow it to cool slightly.
6. Add the octopus to the marinade. Allow it to cool. For the best flavor, marinate the octopus overnight.
7. Serve chilled or at room temperature.

# EDAMAME WITH TARRAGON DIPPING SAUCE

*Yield: 8 portions*

Ingredients	Amounts
Water	6 cups
Salt, kosher	½ tsp.
Edamame, in pods	8 cups
Arrowroot	¾ tsp.
Stock, vegetable, low sodium (Divided)	½ cup
Vinegar, wine, white	¼ cup
Mustard, Dijon	½ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Tarragon, fresh, minced	1 tsp.
Shallot, minced	1 tsp.
Garlic, minced	1 tsp.
Oil, olive, pure	¼ cup

## Method

1. Bring the water to a boil. Add the salt. Add the edamame. Boil the beans until they are tender, 4 to 5 minutes. Drain and reserve.
2. For the slurry, in a small bowl, whisk together the arrowroot and 1 tablespoon of the stock to make a paste.
3. For the dipping sauce, in a small saucepan, add the remaining stock. Bring it to a boil. Stir in the slurry and continue stirring until the stock thickens slightly.
4. Remove the pan from the heat. Add the vinegar, mustard, salt, pepper, tarragon, shallot, and garlic.
5. Whisk in the olive oil.
6. Serve the dipping sauce with the reserved edamame.

# FENNEL SALAD WITH BLOOD ORANGE VINAIGRETTE

*Yield: 8 portions*

Ingredients	Amounts
Fennel, bulb, thinly sliced	2 ea.
Onion, red, thinly sliced	1 ea.
Celery, stalk, thinly sliced on bias	6 ea.
Parsley, sprig, finely chopped	12 ea.
Orange, blood, juice	½ cup
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Blood Orange-Infused Olive Oil (Recipe follows)	2 Tbsp.
Spiced Roasted Almonds (Recipe follows)	as needed

## Method

1. In a large bowl, place the fennel, onion, celery, and parsley. Stir to combine.
2. In a small bowl, place the orange juice, mustard, salt, and pepper. Stir to combine.
3. Slowly whisk in the olive oil.
4. Drizzle the dressing over the vegetables. Toss to combine.
5. Garnish with the Spiced Roasted Almonds.

## BLOOD ORANGE-INFUSED OLIVE OIL

*Yield: 1 cup*

Ingredients	Amounts
Oil, olive, extra virgin	1 cup
Orange, blood, zest, juice reserved	2 ea.

### Method

1. In a small pot, warm the olive oil. Do not overheat.
2. Add the blood orange zest.
3. Allow it to cool and steep overnight.
4. Strain the oil through a fine mesh strainer. Discard the zest.

## SPICED ROASTED ALMONDS

*Yield: 2 cups*

Ingredients	Amounts
Almonds, whole	2 cups
Butter, unsalted, melted	1 Tbsp.
Curry, powder	1 ½ tsp.
Garlic, powder	1 ¼ tsp.
Onion, powder	1 ¼ tsp.
Chile, cayenne, ground	to taste
Salt, kosher	to taste

### Method

1. Preheat oven to 350°F.
2. In a medium bowl, place the almonds and melted butter. Toss until evenly coated.
3. In a small bowl, place the curry, garlic, onion powder, cayenne, and salt. Mix well to combine.
4. Add the butter-coated almonds. Toss until evenly coated.
5. Place the almonds in a single layer on a sheet pan. Bake in the preheated oven until golden brown and slightly aromatic, 8 to 10 minutes.
6. Allow to cool completely.
7. The almonds can be stored in an airtight container for up to 10 days.

# SALMON AND WILD RICE-STUFFED CABBAGE LEAVES

*Yield: 8 portions*

Ingredients	Amounts
Rice, wild	1/2 cup
Water, boiling	2 cups
Mushroom, shiitake, dried	1 oz.
Salt, kosher	1/4 tsp.
Barley, pearled	1 cup.
Salmon, fillet	16 oz.
Salt, kosher	1/4 tsp.
Pepper, black, ground	1/4 tsp.
Oil, olive, pure	1 Tbsp.
Mushrooms, shiitake, fresh, sliced	1/2 lb.
Wine, white	1/2 cup
Scallion (Green onion), chopped	1 cup
Tarragon, fresh	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Lemon, zest	1 Tbsp.
Cabbage, napa, leaves, blanched	16 ea.
Broth, chicken, low-sodium	1 cup
Wine, white	1/2 cup

## Method

1. Cook the wild rice until it is just beginning to bloom and is tender, about 40 minutes.
2. In a large bowl, place the boiling water and mushrooms. Allow them to steep for 10 minutes. Strain and reserve the liquid. Chop the mushrooms and reserve.
3. Add enough water to the reserved mushroom liquid to make 2 cups. Add the salt and bring it to a boil. Stir in the barley and reduce the heat to a simmer. Cover and cook until the barley is soft, about 25 minutes.
4. Preheat oven to 350°F.
5. Stir the reserved mushrooms into the barley. Mix the cooked barley with the rice and reserve.
6. Season the salmon fillet with the salt and pepper. Heat the olive oil in a heavy skillet over medium high heat. Sear the salmon fillet until just cooked, about 2 minutes per side.
7. Remove the skin from the salmon if still on and flake the fish into the barley mixture.
8. In the same pan over medium heat, add the fresh mushrooms and cook until browned.



9. Remove the mushrooms. Add the wine and deglaze the pan.
10. Add the skillet liquids and mushrooms to the barley mixture. Add the scallions, tarragon, salt, pepper, and lemon zest.
11. Fill the cabbage leaves with the barley mixture and roll the leaves up tightly. In a baking dish, place the rolls seam side down.
12. In a small pan, bring the chicken broth and wine to a boil. Pour it over the cabbage rolls.
13. Cover the cabbage with foil. Bake in the preheated oven until the cabbage is soft and the broth is steaming, 20 to 25 minutes.

**Note:** Dried porcini mushrooms can be substituted for the shiitake. Savoy cabbage can be substituted for the napa cabbage. Blanch the cabbage leaves just long enough to wilt and soften.

## ROASTED CARROTS AND PARSNIPS WITH HERBS

*Yield: 8 portions*

Ingredients	Amounts
Carrot, peeled, oblique cut	6 ea.
Parsnip, peeled, oblique cut	6 ea.
Oil, olive, pure	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Rosemary, fresh, chopped	2 tsp.
Sage, fresh, chopped	2 tsp.

### Method

1. Preheat oven to 425°F.
2. In a large bowl, place the oil, salt, pepper, rosemary, and sage. Stir well to combine.
3. Add the parsnips and carrots. Toss to coat the vegetables.
4. On a large baking pan, spread the carrots and parsnips in a single layer.
5. Roast the vegetables in the lower third of the preheated oven, stirring occasionally, until tender, 30 to 35 minutes.

# CARAWAY-HERB ROASTED PORK TENDERLOIN

*Yield: 8 portions*

Ingredients	Amounts
Vinegar, balsamic	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Thyme, dried, ground	2 tsp.
Oregano, dried, ground	2 tsp.
Caraway seeds	2 Tbsp.
Shallot, finely minced	6 ea.
Garlic, clove, minced	4 ea.
Salt, sea, coarse	1 tsp.
Pork, tenderloin, 1 lb.	2 ea.

## Method

1. In a medium bowl, combine the vinegar, olive oil, thyme, oregano, caraway seeds, shallots, garlic, and salt.
2. Spread the mixture on the pork tenderloins. Wrap the tenderloins tightly in plastic wrap. Chill in the refrigerator for at least 2 hours and up to overnight.
3. Preheat oven to 350°F.
4. Remove the pork from the plastic wrap. Roast the pork until it registers 145°F on a meat thermometer, about 45 minutes. After 30 minutes raise the oven temperature to 450°F for the remaining cooking time.
5. Remove the pork from oven and allow it to rest for 10 minutes, covered with a foil tent.
6. Slice thinly and serve.

# SAUTÉED GREEN BEANS WITH PEPPER FLAKES, ROSEMARY, AND LEMON ZEST

*Yield: 8 portions*

Ingredients	Amounts
Beans, green	2 lb.
Salt, kosher	as needed
Oil, olive, pure	¼ cup
Garlic, clove, minced	4 ea.
Red pepper flakes	1/3 tsp.
Rosemary, fresh, finely chopped	1 ½ Tbsp.
Lemon, zested	1 ea.
Lemon, juice, fresh	1 tsp.
Butter, unsalted	1 Tbsp.
Salt, kosher	to taste

## Method

1. In a large pot, place the water and salt and bring to a boil. Add the green beans and cook until tender. Shock the beans in an ice water bath, drain, and reserve.
2. In a large sauté pan, heat the olive oil. Add the garlic and cook gently until it begins to color slightly.
3. Add the red pepper flakes, rosemary, and lemon zest. Sauté briefly to mingle the flavors.
4. Add the reserved green beans. Continue to cook until the beans are hot and nicely coated with the seasonings.
5. Add the butter and heat until it melts. Add a squeeze of lemon juice. Season with salt to taste.
6. Serve immediately on a platter.

# CURRIED CAULIFLOWER "COUSCOUS"

*Yield: 8 portions*

Ingredients	Amounts
Cauliflower, head, core removed	1 ea.
Oil, olive, pure	2 Tbsp.
Curry, powder	1 Tbsp.
Cumin, ground	1 tsp.
Parsley, Italian, fresh, chopped	¼ cup
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

## Method

1. Preheat oven to 400°F.
2. Break the cauliflower into small florets, slicing the larger florets in half.
3. In a large bowl, place the cauliflower, olive oil, curry powder, and cumin. Toss to coat evenly.
4. On a greased baking sheet, place the florets in a single layer. Roast in the preheated oven until golden brown, about 30 minutes.
5. Pulse the roasted cauliflower in a food processor until it is fluffy and the size of couscous.
6. Return the cauliflower to the baking sheet. Heat in the preheated oven for 10 minutes.
7. Add the parsley. Season with the salt and pepper.

# MANGO SALAD WITH PEANUT DRESSING

*Yield: 8 portions*

Ingredients	Amounts
Peanut butter, creamy, salted	2/3 cup
Lime, juice, fresh	1/4 cup
Maple syrup	2 Tbsp.
Chili garlic sauce	1 Tbsp.
Soy sauce	1/4 cup
Water	as needed
Peanuts, roasted	1/2 cup
Lettuce, butter, head, torn into bite-sized pieces	2 ea.
Carrot, finely shredded	3 cups
Cabbage, red, shredded	2 1/2 cups
Mango, large, medium diced	2 ea.
Cilantro, fresh, chopped	1 cup

## Method

1. For the dressing, in a small bowl, place the peanut butter, lime juice, maple syrup, chili garlic sauce, and soy sauce. Whisk until smooth, adding water as needed to thin.
2. For the salad, in a large bowl, place the lettuce, carrot, cabbage, mango, and cilantro. Stir to combine.
3. Divide the salad into serving dishes. Top each salad with the peanuts.
4. Serve with the dressing on the side.

# JERK CHICKEN SKEWERS

*Yield: 8 portions*

Ingredients	Amounts
Allspice, ground	1 Tbsp.
Garlic, clove, peeled	5 ea.
Thyme, fresh, minced	1 Tbsp.
Vinegar, malt	½ cup
Scallion (Green onion), chopped	¼ cup
Nutmeg, grated	1 tsp.
Cinnamon, ground	1 tsp.
Clove, ground	½ tsp.
Chile, Scotch bonnet, seeded	1 ea.
Soy sauce, dark	¼ cup
Rum, dark	2 Tbsp.
Chicken, thigh, boneless, skinless	3 lb.
Salt, kosher	as needed
Skewers, bamboo, 8-in.	8 ea.

## Method

1. In a blender, place the allspice, garlic, thyme, vinegar, scallions, nutmeg, cinnamon, clove, chile, soy sauce, and rum. Purée until smooth, adding water as needed to facilitate blending.
2. Season the chicken with salt. Combine with the spice paste. Allow it to marinate for 2 hours. Wipe off any excess marinade.
3. Soak the wooden skewers in water for 30 minutes. Thread the chicken onto the skewers.
4. Grill the chicken over medium-high heat, basting as needed, until well charred and cooked to an internal temperature of 165°F, 3 to 5 minutes.

# GRILLED SWEET POTATOES AND PINEAPPLE

*Yield: 8 portions*

Ingredients	Amounts
Potato, sweet, peeled, sliced lengthwise 1/4-in. thick.	3 lb.
Pineapple, peeled, sliced into rings, cored.	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	1/3 cup

## Method

1. In a large bowl, place the sweet potato and pineapple slices and stir to combine. Season with salt and pepper.
2. Brush the sweet potato and pineapple with olive oil.
3. Grill on both sides over moderate to high heat until cooked through and well caramelized, 1 to 2 minutes per side.



# GREEN TEA-POACHED PEARS WITH POMEGRANATE GLAZE AND PISTACHIOS

*Yield: 10 portions*

Ingredients	Amounts
Water	1 ½ qt.
Tea, green, bag	3 ea.
Brown rice syrup	½ cup
Pear, Bosc, peeled, halved, cored	5 ea.
Lemon, peel, white pith removed	1 oz.
Star anise, whole	1 ea.
Pomegranate, juice, unsweetened	¾ cup
Water	1 cup
Lemon, juice	2 Tbsp.
Maple syrup	½ cup
Arrowroot	1½ Tbsp.
Water	3 Tbsp.
Cheese, ricotta, Italian-style, low-fat	½ cup
Lemon verbena, leaves, fresh, minced	2 Tbsp.
Pistachios, lightly toasted, chopped	¼ cup

## Method

1. To poach the pears, in a large pot, bring the water to boil. Add the tea bags and brown rice syrup and remove from heat. Cover and let steep for 5 minutes. Remove the tea bags.
2. Add the pears, lemon peel, and star anise. Bring to a gentle simmer over medium heat and poach the pears until just tender, 5 to 8 minutes.
3. Place the pears in an ice bath and cool to 41°F. Store the cooled pears in the cooking liquid in the refrigerator for up to 1 week.
4. For the glaze, in a medium pot, place the pomegranate juice, water, lemon juice, and maple syrup. Stir to combine. Cook over medium-high heat until the liquid has reduced by half.
5. Dissolve the arrowroot in the water. Immediately stir the arrowroot slurry into the pot. Return to a simmer and cook for 1 minute. Remove the glaze from the heat and cool to 41°F. Refrigerate until ready to use.
6. In a small bowl, place the ricotta cheese and lemon verbena leaves. Stir to combine.
7. To serve, arrange a pear half on the plate with a dollop of the herbed ricotta. Drizzle with the pomegranate glaze and garnish with pistachios.

# **DAY FOUR**

## **TEAM PRODUCTION ASSIGNMENTS**

### **TEAM ONE**

BBQ Tempeh Kebobs

Stewed Black Beans

Spicy Carrot Salad

### **TEAM TWO**

Spicy Mango and Avocado Rice Bowls

Golden "Mylk"

Red Lentil Fritters with Mango Sweet Chili Sauce

### **TEAM THREE**

Cauliflower Rice Kimchi Bowls

T'ings Chocolates

Green Tea Juice

### **TEAM FOUR**

Barbecued Vegetable Chili

Barbecued Jackfruit Tacos

Corn Tortillas

Raw Tomatillo and Avocado Salsa

## BBQ TEMPEH KEBOBS

*Yield: 10 portions*

Ingredients	Amounts
Tempeh, cooked, large diced	10 oz.
BBQ Sauce (Recipe follows) (Divided)	2 cups
Pepper, bell, red, seeded, cut into 1-in. squares	1 ea.
Mushroom, portobello, cut into 1-in. squares	12 oz.
Onion, pearl, blanched, peeled	5 oz.
Brussels sprouts, blanched, halved	10 oz.
Potato, sweet, large diced, blanched	5 oz.
Skewer, bamboo, soaked for 1 hour	10 ea.

### Method

1. In a medium bowl, place the tempeh and ¼ cup of the barbecue sauce. Stir to combine. Allow the tempeh to marinate for 30 minutes.
2. Preheat grill to high heat.
3. Thread the ingredients onto the bamboo skewers, alternating the ingredients.
4. Spray each kebab lightly with olive oil cooking spray.
5. Grill the kebobs until lightly charred and the vegetables are tender-crisp, 8 to 10 minutes. Brush with additional barbecue sauce as they cook.
6. Brush with sauce before plating.

## BBQ SAUCE

*Yield: 1 cup*

Ingredients	Amounts
Chili, powder	1 Tbsp.
Paprika, hot, Hungarian	1 Tbsp.
Tea, lapsang souchong, leaves	2 tsp.
Oil, grapeseed	6 Tbsp.
Rice syrup, brown	1/3 cup
Ketchup, low-sugar	1/3 cup
Vinegar, cider	1 Tbsp.
Liquid aminos	1 Tbsp.
Mustard, stone-ground	1 Tbsp.
Basil, fresh, finely minced	2 Tbsp.
Thyme, fresh, finely minced	1 Tbsp.
Garlic, minced	2 tsp.
Ginger, fresh, peeled, minced	1 Tbsp.

### Method

1. In a small sauté pan, toast the chili powder and paprika until fragrant, 10 to 15 seconds. Remove the pan from the heat and allow it to cool to room temperature.
2. In a spice grinder, place the toasted chili powder and paprika and tea leaves. Grind the mixture to a fine powder.
3. In a medium saucepot, place the ground spices, oil, syrup, ketchup, vinegar, Worcestershire sauce, mustard, basil, thyme, garlic, ginger. Stir to combine.
4. Bring the sauce to a simmer and cook, stirring occasionally, until a good flavor develops, 10 to 15 minutes.
5. Remove the sauce from the heat, cool, and refrigerate until ready to serve.

# STEWED BLACK BEANS

*Yield: 10 portions*

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Onion, small diced	1 cup
Garlic, clove, minced	2 ea.
Beans, black, soaked overnight	1 lb.
Stock, chicken	3 qt.
Chile, chipotle, in adobo sauce, finely chopped	2 Tbsp.
Oregano, Mexican, dried	1 tsp.
Tomato, sun-dried, small diced	1/3 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.

## Method

1. In a medium saucepot, heat the oil over medium heat. Add the onions and cook until the flavor develops but no color is added, 3 to 4 minutes.
2. Add the garlic and cook for 3 minutes.
3. Add the beans and enough stock to cover the beans by 1 inch. Bring it to a simmer. Add more stock during the cooking so that the beans remain covered with liquid.
4. When the beans are halfway cooked, add the chipotles, oregano, and sun-dried tomatoes.
5. Season with the salt and pepper.

# SPICY CARROT SALAD

*Yield: 10 portions*

Ingredients	Amounts
Carrot, julienned	6 cups
Sugar, granulated	1 Tbsp.
Cumin seeds, toasted	1 tsp.
Lemon, juiced	2 ea.
Oil, olive, extra virgin	1 Tbsp.
Cilantro, fresh, chopped	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. In a large bowl, place the carrots, sugar, cumin seeds, and lemon juice. Stir to combine.
2. Add the olive oil and cilantro. Stir to combine.
3. Season with salt and pepper to taste.
4. Serve immediately or store in the refrigerator for up to 2 days.

# SPICY MANGO AND AVOCADO RICE BOWLS

*Yield: 10 portions*

Ingredients	Amounts
Tofu, firm, medium diced	28 oz.
Oil, olive, pure	1 Tbsp.
Soy sauce	2 Tbsp.
Coconut, milk	2/3 cup
Peanut butter	1/4 cup
Soy sauce	4 tsp.
Lime, juice	4 tsp.
Sriracha sauce	2 tsp.
Rice, black forbidden, cooked	3 cups
Basil, fresh, chopped	2 Tbsp.
Cilantro, fresh, chopped	2 Tbsp.
Mint, fresh, chopped	2 Tbsp.
Mango, cubed	2 ea.
Scallion (Green onion), sliced	2 ea.
Cabbage, red, shredded	2 cups
Radish, thinly sliced	5 ea.
Cucumber, small diced	1 cup
Avocado, pitted and diced	2 ea.

## Method

1. Preheat oven to 400°F.
2. In a bowl, place the tofu, olive oil, and soy sauce. Toss to combine.
3. Arrange the tofu on a parchment-lined baking sheet. Bake in the preheated oven until golden brown around the edges, about 25 minutes.
4. For the coconut peanut sauce, in a bowl, combine the coconut milk, peanut butter, soy sauce, lime juice, and sriracha. Set it aside.
5. In a separate bowl, toss the cooked rice with the basil, cilantro, and mint.
6. To serve, spoon the rice into bowls. Top with the mango, scallion, cabbage, radish, cucumber, avocado, and tofu.
7. Before serving, drizzle with the coconut peanut sauce.

**Note:** Extra firm tofu can be substituted for the firm tofu.

## GOLDEN "MYLK"

*Yield: 8 portions*

Ingredients	Amounts
Almond, milk, unsweetened	8 cups
Cinnamon, stick	3 ea.
Turmeric, ground	4 tsp.
Cardamom, ground	1 tsp.
Pepper, black, ground	½ tsp.
Oil, coconut, melted	2 Tbsp.
Honey (Optional)	2 Tbsp.

### Method

1. In a saucepan, place the almond milk, cinnamon sticks, turmeric, cardamom, pepper, and coconut oil. Stir to combine.
2. Bring to a simmer and cook until the mixture is flavorful, about 10 minutes.
3. Remove the pan from the heat. Remove and discard the cinnamon sticks.
4. Before serving, add the honey (if desired) and stir well to combine.

**Note:** Other types of nut milk, such as cashew milk, can be substituted for the almond milk.



# RED LENTIL FRITTERS WITH MANGO SWEET CHILI SAUCE

## AKARA

*Yield: 30 each*

Ingredients	Amounts
Lentils, red	1 cup
Water, cold	3 cups
Onion, red, medium diced	1/2 ea.
Chile, habanero, seeded, chopped	1 ea.
Pepper, bell, red, small diced	1 ea.
Chive, finely chopped	1/4 cup
Parsley, fresh, finely chopped	1/2 cup
Cilantro, fresh, chopped fine	1/2 cup
Turmeric, ground	1/2 tsp.
Nutritional yeast	2 Tbsp.
Salt, kosher	to taste
Oil, vegetable	as needed
Mango, very ripe, large diced	1 ea.
Thai Sweet Chili Sauce	1 cup

### Method

1. Soak the lentils in the cold water overnight. Drain.
2. In a food processor, place the drained lentils, red onion, and habanero. Blend until smooth. Transfer the lentil mix to a large bowl.
3. Add the red pepper, chive, parsley, cilantro, turmeric, nutritional yeast, and salt. Mix well.
4. Heat the oil in medium sized sautoir to 350°F.
5. Test the seasoning, by placing a small scoop of the lentil mixture in the hot oil. Fry the nugget for 3 minutes, flip, and fry for another 2 minutes. Taste and adjust the seasoning, if needed.
6. Fry the remaining lentil nuggets, making sure not to overcrowd the pan. Drain the fried lentil nuggets on a large sheet tray with a rack.
7. For the mango chili sauce, in a blender, combine the mango and sweet chili sauce. Blend until smooth and combined. Serve alongside the lentil nuggets.

*Source: Africali: Recipes from My Jikoni (A Cookbook) by Kiano Moju*

# CAULIFLOWER RICE KIMCHI BOWLS

*Yield: 8 portions*

Ingredients	Amounts
Seitan (Recipe follows)	1 lb.
Skewer, bamboo, soaked for 1 hour	10 ea.
Oil, olive, pure	as needed
Cauliflower, small, head, riced	1 ea.
Oil, olive, pure	1 Tbsp.
Scallion (Green onion), chopped	½ cup
Garlic, clove, minced	1 ea.
Salt, kosher	¼ tsp.
Coconut Sauce (Recipe follows)	½ cup
Oil, olive, pure	1 Tbsp.
Mushrooms, shiitake, stemmed, sliced	7 oz.
Salt, kosher	¼ tsp.
Vinegar, rice	½ tsp.
Soy sauce, tamari	½ tsp.
Water	1 Tbsp.
Kale, curly, leaf, stemmed, torn	6 ea.
Avocado, diced	1 ea.
Kimchi	½ cup
Lime, sliced	1 ea.

## Method

1. Prepare grill to medium-high heat.
2. Cut the seitan into 1 ½-inch pieces. Place 3 to 4 pieces on each skewer. Brush lightly with oil. Grill the seitan until grill marks appear, 4 to 5 minutes per side.
3. Cut the grilled seitan into strips and reserve.
4. In a large nonstick skillet, heat the olive oil over low heat. Add the cauliflower, scallions, garlic, and salt. Cook, stirring occasionally, until the cauliflower is just beginning to soften, about 3 minutes.
5. Remove the skillet from the heat. Stir in ½ of the coconut sauce. Portion the cauliflower rice into four bowls.
6. Wipe out the skillet and heat the olive oil over medium-high heat. Add the mushrooms and salt and cook, stirring occasionally, until tender and brown around the edges, about 8 minutes.

7. Remove the skillet from the heat. Stir in the rice vinegar and tamari. Add the mushrooms to the cauliflower bowls.
8. Wipe out the skillet. Add the water and kale. Cook over medium heat, covered, until lightly wilted, about 1 minute.
9. Drizzle more of the coconut sauce over each portion of the cauliflower. Add the wilted kale, grilled seitan, avocado, and kimchi.
10. Serve with the remaining coconut sauce and lime slices.

**Note:** Regular soy sauce can be substituted for the tamari.

# SEITAN

*Yield: 1 pound*

Ingredients	Amounts
Vital wheat gluten	$\frac{3}{4}$ cup
Water	$\frac{2}{3}$ cup
Stock, vegetable	4 $\frac{1}{2}$ cups
Soy sauce	$\frac{1}{4}$ cup
Sherry, dry (Optional)	2 Tbsp.

## Method

1. In a food processor or a stand mixer fitted with a dough hook, place the wheat gluten. Add the water and mix until it is absorbed, about 2 minutes. The mixture will be thick but should come together.
2. Continue to mix until it forms a smooth dough, about 1 minute.
3. Transfer the dough to a bowl, cover the dough, and allow it to rest for 20 minutes.
4. Use your hands to pull the dough into 2 pieces. Stretch and pull each piece until it forms a log.
5. In a large saucepan over medium low heat, place the broth, soy sauce, and sherry (if using). Bring it to a simmer.
6. Add the logs and turn down the heat to low. Cover the pot and cook, turning the seitan occasionally, until it can be easily sliced with a knife, 45 to 55 minutes.
7. Allow the seitan to cool in the liquid until it reaches room temperature. Drain for immediate use, or store refrigerated in the cooking liquid for up to 2 days.

**Note:** Cooked seitan may also be frozen in the cooking liquid and stored in the freezer for up to 3 months. Cooking Liquid is reusable for cooking additional seitan or as an addition to or partial replacement for broth in some recipes.

# COCONUT SAUCE

*Yield: ½ cup*

Ingredients	Amounts
Coconut, milk	1/3 cup
Miso, paste, white	2 Tbsp.
Lime, juice, fresh	1 Tbsp.
Ginger, fresh, minced	1 tsp.
Salt, kosher	¼ tsp.

## Method

1. In a small bowl, whisk together the coconut milk, miso paste, lime juice, ginger, and salt.
2. Keep refrigerated until ready for use.

# T'INGS CHOCOLATES

*Yield: 24 pieces*

## Ingredients

## Amounts

Chocolate, dark, tempered	4 oz.
Nuts, chopped	2 Tbsp.
Fruit, dried	2 Tbsp.

## Method

1. To temper the chocolate, weigh or measure the chocolate you will be tempering. Weigh or measure a second amount of chocolate equal to 25% of the original amount. Fully melt the larger amount of chocolate over a hot water bath. Remove the bowl of melted chocolate from the heat. The chocolate should be 120°F for dark chocolate.
2. Add a smaller amount of unmelted chocolate to the melted chocolate. This is called the seed; it will cool the melted chocolate and will cause it to set the way you want. Stir the melted chocolate gently and constantly until the temperature drops to 85°F for dark chocolate, 15 to 20 minutes. Most or all the seeds should have melted by the end of this time.
3. To test the chocolate, make sure the chocolate is below 90°F. Dip a spoon in the chocolate, place the spoon on the work surface, and leave it for 7 to 8 minutes at room temperature. Look closely at the chocolate on the spoon. The chocolate is tempered if the chocolate no longer looks wet, and the surface is uniform and without streaks.
4. If the chocolate has not set or has set with a streaky appearance, the chocolate requires further seeding. Add a few more pieces of chocolate to the bowl and stir for 3 to 4 minutes. Test it again. Remove any unmelted seeds from the melted chocolate.
5. Line a sheet pan with parchment paper. Using a teaspoon or piping bag, drop the tempered chocolate into half dollar-size pieces onto the sheet pan.
6. Place the chopped nuts and dried fruit on the pools of chocolate before they begin to set. Allow the chocolate to fully set before releasing the chocolates from the paper.

**Note:** This recipe can be made with any dried fruit and nuts. For example, a good flavor combination would be candied ginger, pistachio nuts, and dried persimmon or kumquats.

# GREEN TEA JUICE

*Yield: 8 portions*

Ingredients	Amounts
Apple, Granny Smith, halved, cored, chopped	8 ea.
Cucumber, English, finely chopped	1 ea.
Spinach, fresh	3 cups
Tea, green, brewed, room temp	2 ¼ cups
Mint, leaves, fresh (Divided)	½ cup
Honey	¼ cup
Lemon, juice, freshly squeezed	to taste

## Method

1. Place the apples, cucumber, spinach, tea, ¼ cup of the mint leaves, and honey in a blender. Purée until it is very smooth.
2. Strain the juice through a fine-mesh sieve into a medium pitcher.
3. Season to taste with the lemon juice.
4. Garnish with the remaining mint leaves.

# BARBECUED VEGETABLE CHILI

*Yield: 10 portions*

Ingredients	Amounts
Tomato, sun-dried, medium diced	1 cup
Chile, Anaheim, toasted, seeded, medium diced	2 ea.
Tomato purée	2 cups
Stock, vegetable	3 cups
Cilantro, fresh, coarsely chopped	2 oz.
Honey	2 Tbsp.
Vinegar, wine, red	3 Tbsp.
Cumin, ground	1 tsp.
Chili, powder	1 tsp.
Garlic, clove, minced	3 ea.
Oil, grapeseed	2 Tbsp.
Onion, yellow, small diced	3 cups
Beans, black, cooked	1 ¼ cups
Beans, pinto, cooked	1 ¼ cups
Hominy, cooked	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Cilantro, fresh, chiffonade	½ cup

## Method

1. In a large soup pot, combine the sun-dried tomatoes, chiles, tomato purée, stock, cilantro, honey, vinegar, cumin, chili powder, and garlic. Bring it to a simmer over medium heat. Cook until a good flavor develops, about 45 minutes.
2. Let the mixture cool slightly. Purée in a food processor or blender until smooth. Set it aside.
3. In a large soup pot, heat the oil over medium heat. Add the onions and sauté until transparent, 4 to 5 minutes.
4. Add the black beans, pinto beans, and hominy. Stir to combine.
5. Stir in the reserved puréed tomato mixture. Bring the chili to a simmer.
6. Season with the salt and pepper. Garnish with the cilantro. Serve immediately.

**Note:** If using canned beans and hominy, drain and rinse them first. If using dry beans and hominy, reduce each amount to ¾ cup.



# BARBECUED JACKFRUIT TACOS

*Yield: 8 portions*

Ingredients	Amounts
Jackfruit, in water, canned, rinsed, drained	40 oz.
Oil, avocado	¼ cup
Onion, yellow, large, thinly sliced	1 ea.
Garlic, clove, minced	6 ea.
Salt, kosher	1 tsp.
Paprika, smoked, ground	2 Tbsp.
Cumin, ground	2 Tbsp.
Chili, powder	2 Tbsp.
Maple syrup	¼ cup
Chile, chipotle, in adobo sauce	4 ea.
Soy sauce	¼ cup
Water	1 cup
Lime, juice, freshly squeezed	1/3 cup
Tortilla, corn, warmed (Recipe follows)	16 ea.
Cabbage, shredded	as needed
Cilantro, fresh, chopped	as needed
Pumpkin seeds, toasted	as needed

## Method

1. Trim the jackfruit, removing the center core. Chop or pull the remaining pieces into shreds. Set them aside.
2. Heat the oil in a large skillet over medium-high heat. Add the onion and sauté until golden brown, about 7 minutes.
3. Add the garlic and sauté until fragrant, about 20 seconds.
4. Add the jackfruit, salt, paprika, cumin, chili powder, maple syrup, chipotle peppers and their adobo sauce, soy sauce, water, and lime juice. Stir to coat and reduce to a simmer. Cover and cook, stirring occasionally, until the jackfruit has absorbed the sauce, and the sauce has thickened slightly, about 30 minutes.
5. Use the back of the spoon to break the jackfruit up into smaller pieces, if desired.
6. Serve the jackfruit and sauce with corn tortillas, topped with cabbage, cilantro, and pumpkin seeds.

# CORN TORTILLAS

*Yield: 14 portions*

Ingredients	Amounts
Masa harina	1 ½ cups
Salt, kosher	¼ tsp.
Oil, vegetable	2 Tbsp.
Water, hot	1 cup
Flour, corn	as needed

## Method

1. In a medium bowl, combine the masa and salt. Add the oil and stir to combine.
2. Slowly stream in the water while mixing with your hand until the dough comes together into a ball.
3. Transfer to a lightly floured surface and knead the dough until it is smooth and elastic, about 2 minutes.
4. Wrap the dough in plastic and let it rest at room temperature for at least 30 minutes or up to a few hours.
5. Divide the dough into 14 pieces and lightly dust them with flour. Put them between 2 sheets of plastic wrap and press them in a tortilla press.
6. Heat a large cast-iron skillet over medium-high heat. Cook the tortillas a few at a time until brown spots appear on the bottom, about 1 minute. Flip and cook until browned.
7. Wrap the cooked tortillas in a towel to keep them warm.

## RAW TOMATILLO AND AVOCADO SALSA

*Yield: 1 cup*

Ingredients	Amounts
Chile, jalapeño, stems, halved, seeded	2 ea.
Tomatillo, husked, rinsed, quartered	10 ea.
Garlic, clove, peeled	1 ea.
Onion, white, small, peeled	1 ea.
Cilantro, leaves, stems, fresh, chopped	½ cup
Avocado, small, pitted, peeled, large diced	1 ea.
Salt, kosher	to taste

### Method

1. In a blender, place the jalapeños, tomatillos, garlic, and onion. Purée until smooth.
2. Add the cilantro and avocado. Blend briefly until slightly coarse.
3. Season with salt to taste.

# **DAY FIVE**

## **TEAM PRODUCTION ASSIGNMENTS**

### **TEAM ONE**

Grilled Vegetable Jambalaya  
Vegan Cauliflower Mac and Cheese  
Black Bean Brownies

### **TEAM TWO**

Lamb and Lentil Meatballs  
Pomodoro Sauce  
Buckwheat and "Parmesan" Polenta

### **TEAM THREE**

New England Vegetable Chowder  
White Bean Caesar Salad  
Mushroom Beef Burgers  
Baked Sweet Potato Chips

### **TEAM FOUR**

Almond and Flax Seed Crusted Chicken  
Cauliflower and Roasted Garlic Purée  
Cheesy Broccoli Soup

# GRILLED VEGETABLE JAMBALAYA

*Yield: 10 portions*

Ingredients	Amounts
Oil, olive, pure	¼ cup
Onion, yellow, diced	1 lb.
Pepper, bell, green, seeded, diced	2 ea.
Celery, stalk, diced	3 ea.
Garlic, clove, minced	3 ea.
Pepper, black, ground	½ tsp.
Pepper, white, ground	½ tsp.
Chile, cayenne, ground	1 tsp.
Paprika	1 Tbsp.
Tomato, diced	3 lb.
Stock, vegetable	1 ½ qt.
Bay leaf, dried	1 ea.
Salt, kosher	2 tsp.
Oregano, dried, ground	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Basil, fresh, chiffonade	2 Tbsp.
Tabasco sauce	1 Tbsp.
Liquid aminos	1 Tbsp.
Water	1 gal.
Rice, brown, long-grain	1 lb.
Salt, kosher	1 tsp.
Zucchini, cut on bias into 20 ea. ¼-in. slices	10 oz.
Yellow squash, cut on bias into 20 ea. ¼-in. slices	10 oz.
Pepper, bell, red, seeded cut into 20 same-sized pieces	10 oz.
Onion, red, cut into 10 ea. ¼-in. slices	10 oz.
Eggplant, peeled, cut into ¼-in. rounds	20 oz.
Oil, olive, pure	¼ cup
BBQ Spice Rub (Recipe follows)	2 oz.

## Method

1. For the jambalaya base, in a large pot, heat the oil over medium heat. Add the onions, bell pepper, celery and garlic. Stir to coat with the hot oil. Cover with a lid and sweat the vegetables until tender, about 5 minutes.
2. Add the black pepper, white pepper, cayenne, and paprika. Cook until aromatic, about 10 minutes.
3. Add the tomatoes, stock, bay leaf, salt, oregano, thyme, basil, Tabasco, and Worcestershire sauce. Lower the heat to medium-low and bring the mixture to a simmer.
4. In a large pot, add the water and bring it to a boil. Add the brown rice and salt. Stir. Reduce the heat to a simmer, cover, and cook until the rice is firm to the bite (*al dente*), 30 to 35 minutes.
5. Drain the rice in a colander and spread out on a sheet pan to cool.
6. Lightly brush the prepared zucchini, squash, bell pepper, onion, and eggplant with oil. Season them with the spice rub. Grill the vegetables until they are tender.
7. Remove and discard the bay leaf from the jambalaya base. Add the cooked rice to the base. Heat it thoroughly.
8. Portion the jambalaya rice into large bowls. Top with the grilled vegetables.

## BBQ SPICE RUB

*Yield: 2 ounces*

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Chile, cayenne, ground	½ tsp.
Pepper, black, ground	½ tsp.
Pepper, white, ground	¼ tsp.
Paprika, Spanish, smoked	2 Tbsp.
Onion, powder	2 tsp.
Garlic, powder	2 tsp.
Thyme, dried, ground	½ tsp.
Maple sugar	1 Tbsp.

### Method

1. Combine all the ingredients. Mix well.
2. Store in an airtight container.

# VEGAN CAULIFLOWER MAC AND CHEESE

*Yield: 8 cups*

Ingredients	Amounts
Cauliflower, florets	4 cups
Water	2 cups
Carrot, cut into coins	1 cup
Cashews, raw	½ cup
Yeast, nutritional	½ cup
Paprika, smoked	½ tsp.
Salt, kosher	2 tsp.
Chili, powder	½ tsp.
Chile, cayenne, ground	1 tsp.
Mustard, powder	½ tsp.
Pasta, whole grain, package	1 ea.

## Method

1. In a heavy-bottom pot, place the cauliflower, water, carrots, and cashews. Cook over medium-high heat, covered, until the carrots and cauliflower are very soft, 15 to 20 minutes.
2. Pour the mixture into a strainer over a bowl to drain the extra cooking liquid. Reserve the liquid.
3. Cook the pasta in well-salted, boiling water until firm to the bite (*al dente*). Drain and reserve.
4. In a blender, place the cooked cauliflower mixture, ¼ cup of the cooking liquid, nutritional yeast, paprika, salt, chili powder, cayenne, and mustard powder. Pulse until smooth.
5. Add more cooking liquid, if needed, until the desired texture is reached.
6. Scrape out the blender contents into the cooked pasta. Toss to coat.



# BLACK BEAN BROWNIES

*Yield: 12 portions*

Ingredients	Amounts
Flaxseed meal	2 Tbsp.
Water	6 Tbsp.
Beans, black, 15 oz. can, rinsed, drained	1 ea.
Oil, canola	3 Tbsp.
Cocoa powder	$\frac{3}{4}$ cup
Salt, sea	$\frac{1}{4}$ tsp.
Vanilla, extract	1 tsp.
Sugar, granulated	$\frac{1}{2}$ cup
Baking powder	1 $\frac{1}{2}$ tsp.

## Method

1. Preheat oven to 350°F.
2. In a food processor, combine the flaxseed meal and water. Pulse to combine. Let it rest for at least 3 minutes.
3. In a mixer with a paddle attachment, place the flaxseed mixture, black beans, oil, cocoa powder, salt, vanilla, sugar, and baking powder. Mix until the batter is very smooth.
4. Lightly grease a muffin pan. Evenly distribute the batter into the pan and tap against the counter to settle the batter.
5. Bake in the preheated oven until the tops are dry and the edges start to pull away from the sides of the pan, about 25 minutes.
6. Allow the brownies to cool before removing them from the pan.

**Note:** If using dried black beans, soak the beans overnight and cook until well done and soft, but not mushy or completely broken apart.

## LAMB AND LENTIL MEATBALLS

*Yield: 20 portions*

Ingredients	Amounts
Breadcrumbs, whole wheat, dried	½ cup
Nut milk, unsweetened	½ cup
Egg, whole, beaten	2 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Spinach, blanched, squeezed dry	2 lb.
Lamb, shoulder, lean, ground	3 lb.
Lentils, brown, cooked, cooled	2 cups
Almond meal	1 ½ cups
Onion, yellow, minced	½ ea.
Garlic, clove, minced	4 ea.
Orange, zest, finely grated	½ tsp.
Pomodoro Sauce (Recipe follows)	2 qt.

### Method

1. Preheat oven to 400°F.
2. In a large bowl, place the breadcrumbs and nut milk. Combine to allow the breadcrumbs to absorb the milk and become moist.
3. Add the beaten eggs, salt, and pepper. Mix thoroughly to combine.
4. Add the spinach, lamb, cooled lentils, almond meal, onion, garlic, and orange zest. Using your hands, mix the ingredients until fully combined.
5. Portion the mixture into 1-ounce pieces. Roll each piece to form a tightly packed ball. Place them on a rack set over a sheet pan.
6. Bake in the preheated oven until the meatballs reach an internal temperature of 165°F, 12 to 15 minutes.
7. Toss the meatballs in the Pomodoro Sauce and serve.

# POMODORO SAUCE

*Yield: 2 quarts*

Ingredients	Amounts
Oil, olive, extra virgin	1/3 cup
Garlic, head, peeled, crushed	1 ea.
Tomato, plum, Italian, unsalted, canned	4 lbs.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Basil, chiffonade	3 Tbsp.
Parsley, flat-leaf, chiffonade	1 Tbsp.

## Method

1. In a saucepan, heat the olive oil over medium heat. Add the garlic and parsley. Cook until the garlic is golden. Remove the pan from the heat and set it aside.
2. Drain the tomatoes. Pass them through the medium-holed disk of a food mill to remove the seeds and purée.
3. Transfer the tomatoes to the pot with the oil. Season with the salt. Cook over medium heat until slightly thickened, about 15 minutes.
4. Season with the pepper. Add the basil and parsley.

**Note:** The tomatoes can be blended in a blender or food processor instead of a food mill.

## BUCKWHEAT AND “PARMESAN” POLENTA

*Yield: 4 cups*

### Ingredients

### Amounts

Water	4 cups
Salt, kosher	3 Tbsp.
Flour, buckwheat, coarsely ground	2 cups
Vegan Parmesan Cheese	½ cup
(Recipe follows)	

### Method

1. Preheat oven to 325°F.
2. In a large oven-safe pot over medium-high heat, bring the water to a boil. Add the salt. Stream the buckwheat flour into the water, stirring constantly to incorporate and prevent lumps from forming. Lower the heat to establish a simmer.
3. Cover the pot and place it in the preheated oven for about 30 minutes.
4. Stir in the Vegan Parmesan Cheese.
5. Spoon the soft polenta onto warmed plates.

## VEGAN PARMESAN CHEESE

*Yield: 2 cups*

### Ingredients

### Amounts

Cashews, raw	1 ½ cups
Yeast, nutritional	6 Tbsp.
Salt, sea	1 ½ tsp.
Garlic, powder	½ tsp.

### Method

1. In a food processor, combine all the ingredients.
2. Pulse until coarsely ground (it should be the texture of ground Parmesan cheese).
3. Refrigerate in an air-tight container until ready to serve.

# NEW ENGLAND VEGETABLE CHOWDER

*Yield: 10 portions*

Ingredients	Amounts
Stock, vegetable	1 qt.
Seaweed, dried, Kombu	2 oz.
Oil, grapeseed	2 Tbsp.
Mushroom, shiitake, fresh	4 oz.
Onion, yellow, diced	1/2 cup
Garlic, clove, minced	3 ea.
Cornstarch	as needed
Water	as needed
Bay leaf, dried	1 ea.
Thyme, leaves, fresh, chopped	1/2 tsp.
Potato, peeled, diced	12 oz.
Corn, kernels, fresh	2/3 cup
Zucchini, medium diced	1 cup
Almond, milk	2 1/2 cups
Sherry, dry	1/2 cup
Salt, kosher	1/2 tsp.
Pepper, black, ground	1 pinch
Tabasco sauce	1/2 tsp.
Liquid aminos	1/2 tsp.
Parsley, flat-leaf, fresh, chiffonade	1/4 cup

## Method

1. In a small pot, place the vegetable stock. Bring it to a gentle simmer. Add the seaweed and steep until tender and rehydrated. Strain the seaweed from the stock and reserve both.
2. In a 4-quart soup pot over medium heat, place the oil and mushrooms. Cook until the mushrooms are lightly crisped, about 8 minutes.
3. Add the onions and garlic. Cook, stirring occasionally, until the onion is translucent, 5 to 7 minutes.
4. Add the reserved vegetable-seaweed stock. Bring it to a simmer.
5. For the slurry, in a small bowl, whisk together the cornstarch and water until fully combined. It should be the consistency of sour cream.
6. Whisk the slurry into the soup pot and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add more stock to adjust the consistency.
7. Add the bay leaf, thyme, and potatoes. Simmer until nearly tender, about 10 minutes.

8. Add the corn and zucchini and cook for 5 minutes.
9. In a saucepan over low heat, place the chopped seaweed and almond milk. Simmer until hot.
10. When the potatoes are tender, add the seaweed and almond milk. Simmer for 2 minutes.
11. Stir in the sherry. Season with the salt, pepper, Tabasco, liquid amino, and parsley. Serve in warmed bowls.

# WHITE BEAN CAESAR SALAD

*Yield: 12 portions*

Ingredients	Amounts
Bean, white, canned, rinsed, drained	2 cups
Water	½ cup
Anchovy, oil packed	4 Tbsp.
Lemon, juice	8 Tbsp.
Garlic, minced	4 tsp.
Nutritional yeast	4 Tbsp.
Oil, olive, extra virgin	1 cup
Water, cold	½ cup
Pepper, black, ground	1 tsp.
Mustard, Dijon (Optional)	as needed
Baguette, thinly sliced	1 ea.
Oil, garlic	as needed
Romaine, heart, cut crosswise in 1-in. increments	10 ea.

## Method

1. Preheat oven to 350°F.
2. In a blender, place the white beans and water. Purée until smooth.
3. Wipe out the blender container. Purée the anchovies until they are smooth. Add a little water if needed to facilitate blending.
4. For the dressing, in a medium bowl, place the white bean purée, anchovy purée, lemon juice, garlic, nutritional yeast, olive oil, cold water, pepper, and mustard (if desired). Whisk together until well combined.
5. For the croutons, brush the baguette slices with the oil. Bake in the preheated oven until crisp.
6. In a large bowl, pour 2/3 of the dressing down the sides of the bowl. Add the romaine and toss until coated evenly.
7. Garnish with the croutons. Serve on chilled dishes.

**Note:** If using dried beans, soak ½ cup of the beans in cold water overnight. Drain, place in a saucepan, and cover with fresh water. Bring it to a boil, lower the heat, and simmer until tender, about 30 minutes. Store the beans in their cooking liquid. Cool completely. Purée the beans in a food processor or blender.



# MUSHROOM BEEF BURGERS

*Yield: 8 portions*

Ingredients	Amounts
Oil, olive, extra virgin	1/2 cup
Mushrooms, cremini, quartered	2 lb.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Mushroom, powder	1/2 tsp.
Beef, lean, ground	2 lbs.
Onion, yellow, finely minced	1/2 cup
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Liquid amino	1 tsp.
Egg, whole	1 ea.
Bread, bun, slider, toasted	8 ea.
Lettuce, romaine, head	1/2 ea.
Tomato, beefsteak, sliced	2 ea.

## Method

1. Preheat oven to 400°F.
2. In a large bowl, combine the olive oil, mushrooms, salt, and pepper. Toss the mixture to combine.
3. Place the mushrooms in an even layer on two sheet pans. Roast in the preheated oven for 15 minutes, stirring every 5 minutes to ensure even browning. Remove and let them cool.
4. In a food processor, process the mushrooms briefly until chopped fine but with some small pieces remaining.
5. Add the mushroom powder. Stir to incorporate it thoroughly. Set it aside.
6. In a large bowl, combine the reserved roasted mushroom base, ground beef, onion, salt, pepper, liquid amino, and egg.
7. Using your hands, mix well. Form eight 6-ounce patties. Place onto a lightly oiled tray, cover with plastic wrap, and refrigerate for 20 minutes.
8. In an oiled sauté pan over medium heat, cook the patties, turning once, until cooked through.
9. Assemble each burger with a toasted bun, lettuce leaf, and tomato slice.

**Note:** For sliders, substitute 16 slider buns for the 8 hamburger buns.

# BAKED SWEET POTATO CHIPS

*Yield: 8 portions*

## Ingredients

## Amounts

Potato, sweet, sliced thinly on mandolin	8 ea.
Oil, olive, pure	6 Tbsp.
Salt, sea	1/2 tsp.

## Method

1. Preheat oven to 250°F.
2. In a large bowl, combine the sweet potatoes slices, oil, and salt. Toss to combine.
3. Lay the potato slices in a single layer on a baking sheet. Use more than one baking sheet, if needed.
4. Bake the potato slices in the preheated oven until they are crisp and golden brown, about 2 hours, flipping occasionally to ensure an even crisp.
5. Allow the Sweet potato chips to cool before serving.

# ALMOND AND FLAX SEED CRUSTED CHICKEN

*Yield: 10 portions*

Ingredients	Amounts
Onion, yellow	1/4 ea.
Garlic, clove	2 ea.
Oil, olive, pure	1 Tbsp.
Chicken, breast, boneless, skinless	3 lb.
Oil, olive, pure	2 Tbsp.
Almond, butter	3 Tbsp.
Lemon, juice	1 Tbsp.
Buttermilk, fat-free	1/2 cup
Salt, sea	1 tsp.
Chile, cayenne, ground	1 pinch
Paprika, ground	1 pinch
Flaxseeds, golden, coarsely ground	6 Tbsp.
Almonds, toasted, finely ground	1/2 cup
Parsley, flat leaf, fresh, chopped	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Lemon, cut into 10 wedges, seeded	1 ea.

## Method

1. Preheat oven to 350°F.
2. Wrap the onion, garlic, and oil in aluminum foil. Roast in the preheated oven until aromatic and tender, 20 to 25 minutes.
3. Rinse the chicken and pat dry with paper towels. Portion into ten, 5-ounce pieces. Lightly pound the chicken with a mallet to even out the thickness.
4. In a blender, place the roasted onion and garlic, oil, almond butter, lemon juice, buttermilk, salt, cayenne, and paprika. Purée until smooth.
5. Place the purée in a resealable plastic bag and add the chicken breast. Seal the bag and massage it to thoroughly coat the breasts with the purée. Allow the breasts to marinate for 30 minutes.
6. In a shallow pan, place the flaxseeds, almonds, parsley, and thyme. Stir to mix evenly.
7. Dip each marinated chicken breast in the almond-flax seed mixture to coat.
8. Lightly spray a nonstick sheet pan with cooking oil. Place the coated breasts in the pan and lightly spray the coated breasts. Bake in the preheated oven until cooked through, about 15 minutes.
9. Garnish with the lemon wedges. Serve immediately.

# CAULIFLOWER AND ROASTED GARLIC PURÉE

*Yield: 10 portions*

Ingredients	Amounts
Garlic, head	1 ea.
Oil, olive, pure	1 Tbsp.
Oil, olive, pure	2 Tbsp.
Onion, Vidalia, minced	1 cup
Potato, Yukon gold, peeled, quartered	4 oz.
Salt, kosher	½ tsp.
Cauliflower, cored, quartered	2 lb.
Almond, milk	¼ cup
Pepper, black, ground	1 pinch

## Method

1. Preheat oven to 350°F.
2. Wash the garlic head and split it in half across its equator. Place the garlic on a large sheet of aluminum foil and drizzle with the oil. Seal the garlic in the foil.
3. Roast the garlic in the preheated oven until it is very soft and golden brown, 25 to 35 minutes. Be careful not to overbake the garlic or it will become bitter. Squeeze the roasted garlic pulp from the skins. Reserve.
4. In a medium pot, heat the oil over medium heat. Add the onion. Sauté until aromatic and translucent, about 5 minutes.
5. Add the potatoes and salt to the pot and add enough water to just cover the potatoes. Add the cauliflower, cover with a lid, and bring it to a boil. Simmer the vegetables over medium heat until the cauliflower and potatoes are very tender. Drain, reserving all the liquid.
6. Add the peeled, roasted garlic to the cauliflower-potato mixture. Using an immersion blender, purée the mixture until it is a very smooth paste.
7. Add the almond milk to the purée to adjust to a piping consistency. Add the pepper and the reserved cooking liquid, if needed.

# CHEESY BROCCOLI SOUP

*Yield: 8 portions*

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small, diced	2 ea.
Celery, chopped	1 cup
Carrot, chopped	1 cup
Potato, fingerling, chopped	2 ea.
Garlic, clove, minced	4 ea.
Broccoli, stems reserved, florets chopped	5 cups
Broth, vegetable (Divided)	6 cups
Cashews, raw	1 cup
Vinegar, cider	2 tsp.
Lemon juice	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. Heat the oil in a large pot over medium-high heat. Add the onions, celery, and carrots. Sauté until softened, about 8 minutes.
2. Add the potato, garlic, and broccoli stems. Cook, stirring occasionally, until the vegetables are brown around the edges and tender, about 14 minutes.
3. Working in batches, transfer the contents of the pot to a blender. Add 4 cups of the vegetable broth, cashews, and vinegar. Blend until creamy.
4. Add the broccoli florets. Pulse until coarsely chopped.
5. Return the mixture to the pot. Add the remaining vegetable broth. Simmer until the broccoli is soft and the soup is flavorful, about 20 minutes.
6. Add the lemon juice. Season with salt and pepper to taste.

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# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 3/4 pt.)

## METRIC CONVERSION TABLE

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

\*Example: 9°F above boiling equals 5°C above boiling.



## TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

## US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

## VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

## RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

These Materials Were Developed at the Culinary Institute of America.

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