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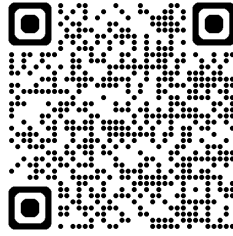
Plant-Forward Kitchen Boot Camp

WELCOME!



CIAFOODIES.COM

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Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



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, as well as the function of animal protein in the plant forward kitchen.
- 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
Green Papaya Salad
Mango-Ginger Bars

TEAM THREE

Whole Wheat Pasta with Sharp Pesto
Broccoli Rabe with Roasted Red Peppers and Italian "Sausage" Vinaigrette
Red Lentil Hummus with Crudité

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 (Divided)	3 Tbsp.
Tempeh, cooked	10 wt. 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
Salt, kosher	to taste
Apricot, preserves, no sugar	½ cup
Lime, juice, fresh	2 Tbsp.
Water	1 Tbsp.
Mustard, Dijon	1 tsp.
Ginger, fresh, peeled, minced	½ tsp.

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden brown and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
2. Preheat oven to 350°F. Line a sheet pan with parchment paper.
3. For the filling, in a blender or food processor, place 1 tablespoon of the reserved sesame seeds, tempeh, scallions, sesame oil, soy sauce, cornstarch, ginger, and garlic. Blend until the mixture forms a coarse paste. Reserve.
4. For the egg wash, in a small mixing bowl, place the egg and the water. Whisk vigorously until well combined and smooth. Add more water if needed. Reserve.
5. Cover the phyllo dough with plastic wrap and a dampened kitchen towel. Remove only 1 sheet at a time as you work to prevent it from drying out.
6. 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.
7. Cut the stack of phyllo in half lengthwise. Arrange one half with a long side nearest to you.

8. With dampened fingers, shape about 3 tablespoons of the filling mixture into a narrow rope along the edge nearest you. Roll up the reserved paste tightly in the phyllo to form a long, thin roll.
9. Repeat with the other half of the phyllo stack. Repeat the whole process with the remaining 3 sheets of phyllo dough.
10. Lightly brush the top of the sticks with egg wash. Sprinkle with the remaining 2 tablespoons of toasted sesame seeds and salt.
11. 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.
12. For the dipping sauce, in a small bowl, combine the apricot, lime juice, water, mustard, and ginger. Mix well.
13. Serve the sticks warm with the dipping sauce.

Note: Toasting nuts enhances flavor, texture, and aroma. The heat activates enzymes that break down natural compounds, resulting in a deeper, more complex flavor profile. Toasting also improves the texture of nuts, making them crunchier and more appealing to the palate.

SPICY CHICKPEA STEW

Yield: 8 portions

Ingredients	Amounts
Chickpeas, dried, soaked overnight	1 lb.
Oil, olive, extra virgin	¼ cup
Onion, yellow, diced	2 cups
Garlic, minced	4 tsp.
Harissa	as needed
Cumin, ground	1 ½ Tbsp.
Coriander, ground	1 Tbsp.
Turmeric, ground	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	2 tsp.
Tuna, canned, in water	8 wt. oz.
Capers, drained, chopped	¼ cup
Lemon, whole, 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. In a pot of unsalted water over medium low heat, place the chickpeas. Simmer until very tender, 45 to 90 minutes. Reserve in the cooking liquid.
2. Heat the olive oil in a large saucepan over medium low heat. Add the onions. Sweat until very tender, 10 to 15 minutes.
3. Increase the heat to medium. Add the garlic, harissa, cumin, coriander, turmeric, salt, and pepper. Sweat until aromatic, 10 to 20 seconds.
4. Add the reserved chickpeas and enough liquid to just cover them. Bring to a simmer. Cook 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. Mix to incorporate.
6. Serve with the lemon, egg, cumin, harissa, and scallions in small condiment bowls.

CUCUMBER SALAD

Yield: 6 portions

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

Method

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

THAI CHILE STIR-FRY WITH TOFU

PAD PRIK KING

Yield: 8 portions

Ingredients	Amounts
Tofu, firm	14 wt. oz.
Chile, New Mexico, dried, stemmed, seeded	12 ea.
Water	4 cups
Shallot, coarsely chopped	4 ea.
Garlic, coarsely chopped	¼ cup
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
Beans, green, trimmed	2 lb.
Fish sauce (<i>Nam pla</i> or <i>Nuoc Nam</i>)	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 or paper towels 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 and reserve.
2. In a small saucepan, place the chiles and water. Bring it to a boil. Remove the pan from the heat, cover, and let it 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. Sauté until browned on all sides, 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
Peanuts, roughly chopped	½ cup
Shrimp, dried, small, roughly chopped	2 Tbsp.
Garlic, roughly chopped	3 Tbsp.
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, julienne	5 cups
Carrot, julienne	1 cup
Tomato, cherry, halved	12 ea.

Method

1. Heat a small, dry skillet over medium-low heat. Place the chopped peanuts in an even layer. Toast, stirring frequently, until golden brown and aromatic, 5 to 10 minutes. Transfer to a small bowl. Cool and reserve.
2. In a small bowl, place the dried shrimp. Add just enough water to cover it. Allow it to soak for 15 minutes. Drain and reserve the soaking liquid.
3. Using a mortar and pestle, grind together the rehydrated shrimp, garlic, chiles, tamarind concentrate, lime juice, fish sauce, and palm sugar. Stir to combine. Transfer to a large bowl.
4. Add the long beans. Pound them with a wooden spoon to lightly bruise.
5. Add the papaya and carrot. Stir to mix. Pounding with one hand and stirring with the other, bruise the vegetables lightly.
6. Add the tomato. Bruise the pieces lightly. Stir to incorporate.
7. Adjust the seasoning with fish sauce, lime juice, or palm sugar to taste.
8. Garnish with the toasted peanuts.

Note: Haricots verts can be substituted for the long beans.

MANGO-GINGER BARS

Yield: 24 bars

Ingredients	Amounts
Pecans, chopped (Optional)	1/2 cup
Oats, rolled	4 1/3 cups
Mango, peeled, chopped	6 wt. 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 wt. oz.
Orange, zest, finely grated	1/2 tsp.
Ginger, juice	2 1/3 Tbsp.
Orange, juice, fresh	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.

Method

1. Preheat oven to 350°F.
2. If adding pecans, heat a medium, dry skillet over medium heat. Add the pecans in a single layer. Toast, stirring often, until golden brown and aromatic, 2 to 3 minutes. Transfer to a small bowl. Cool and reserve.
3. 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.
4. Lightly oil a 9 x 9-inch baking pan. Spread the mixture evenly in the pan. Bake in the preheated oven until the crust begins to brown, about 30 minutes. Cool and reserve.
5. For the topping, in a food processor, place the dates, zest, juices, coconut milk, and flax seeds. Pulse until smooth.
6. Transfer the mixture to a 3-quart pot. Bring 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.
7. In a small bowl, whisk together the arrowroot and water to make a slurry. Stir it into the topping mixture. Cook, stirring constantly, until the mixture thickens, 3 to 4 minutes.
8. Pour the topping evenly over the crust. Cool. Slice into 24 bars. Serve chilled.

WHOLE WHEAT PASTA WITH SHARP PESTO

Yield: 8 portions

Ingredients	Amounts
Walnuts, shelled	1/4 cup
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, sweet, leaves, fresh, bunch	1 ea.
Cheese, Pecorino-Romano, grated	2 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Stock, vegetable	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Beans, green, halved	1 lb.

Method

1. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve.
2. For the pasta, in a food processor, place the flour, oil, and salt. Pulse to combine.
3. Add the eggs. Process until it resembles coarse meal. When pressed, the dough should form a cohesive mass. Adjust the consistency with water or flour, as needed.
4. Transfer the dough to a work surface. Knead until the dough is very firm but still pliable. Wrap in plastic. Rest at room temperature for at least 30 minutes.
5. For the pesto, in a food processor, place the basil, walnuts, cheese, olive oil, stock, and garlic. Pulse into a slightly coarse paste. Adjust the consistency with stock, as needed. Season with salt to taste. Reserve.
6. Roll the reserved dough into 1/8-inch-thick sheets. Cut them into long, thin linguine strips. Reserve uncovered.
7. Bring a medium pot of salted water to a rapid boil. Add the beans. Cook until fork-tender, 3 to 5 minutes. Transfer the beans to a colander, reserving the cooking liquid.
8. Return the bean cooking liquid to a boil. Add the pasta. Cook until tender but still firm to the bite (*al dente*), 1 to 2 minutes. Drain the pasta.
9. In a large bowl, place the pasta, pesto, and green beans. Toss to combine.

BROCCOLI RABE WITH ROASTED RED PEPPERS AND ITALIAN “SAUSAGE” VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Pepper, bell, red	1 ea.
Broccoli rabe, bunch	1 ea.
Fennel seeds	¼ tsp.
Lemon, juice, fresh	1 Tbsp.
Sugar, brown	1 Tbsp.
Italian seasoning	½ tsp.
Sage, dried, ground	½ tsp.
Clove, ground	⅛ tsp.
Chile, cayenne, ground	⅛ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Garlic, minced	2 tsp.
Salt, kosher	to taste
Lemon, juice, fresh	to taste

Method

1. Roast the bell pepper over an open flame until the skin chars on all sides. Transfer to a stainless-steel bowl. Cover the bowl with plastic wrap. Steam for 15 minutes.
2. Transfer the pepper to a cutting board. When cool enough to handle, remove and discard the core, seeds, and charred skin. Medium dice. Reserve.
3. Trim ½-inch from the ends of the broccoli rabe. Bring a large pot of salted water to a boil. Add the rabe. Blanch until tender, 2 to 4 minutes. Transfer to an ice water bath to stop the cooking process. Drain. Cut into 2-inch pieces. Reserve.
4. Place the fennel seeds on a cutting board. Crush with the flat of a Chef's knife.
5. For the vinaigrette, in a small bowl, place the crushed fennel seeds, lemon juice, brown sugar, Italian seasoning, sage, clove, cayenne, salt, and pepper. Mix to combine. Gradually whisk in the olive oil until incorporated. Reserve.
6. Heat the oil in a large sauté pan over medium heat. Add the reserved broccoli, red pepper, and garlic. Sauté until the broccoli rabe stems are tender, about 3 minutes.
7. Add the reserved vinaigrette. Stir to coat the vegetables. Cook until warmed, 1 to 2 minutes. Transfer to a serving bowl.
8. Adjust the seasoning with pepper and lemon juice to taste.

RED LENTIL HUMMUS WITH CRUDITÉ

Yield: 8 portions

Ingredients	Amounts
Lentils, red, dried	2 cups
Tahini	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove	2 ea.
Water	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.
Sumac, ground	as needed
Pepper, bell, red, seeded, sliced	1 ea.
Fennel, bulb, trimmed, sliced	1 ea.
Cucumber, English, quartered, cut into 2-in. wedges	1 ea.
Carrot, bâtonnet	5 ea.
Radish, halved	6 ea.

Method

1. To cook the lentils, bring 6 cups of water to a boil. Add the dry lentils and simmer until tender not mushy, 20 to 25 minutes.
2. For the hummus, in a food processor, add the cooked red lentils, tahini, olive oil, lemon juice, and garlic. Purée until smooth. Thin with water as necessary.
3. Adjust the seasoning with additional lemon juice, garlic, salt, and pepper to taste.
4. Transfer to a serving bowl. Cover and refrigerate until ready to serve.
5. For the vegetables, bring a medium pot of salted water to a boil. Add the sliced fennel. Blanch until slightly softened but not mushy, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain, pat dry, reserve.
6. Bring a large pot of salted water to a boil. Add the carrots. Blanch until slightly softened, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry.
7. Remove the hummus from the fridge and make a dollop on the platter with a spoon. Pour olive oil into the indent and sprinkle sumac on top.
8. Arrange the prepared vegetables on a platter and serve with the red lentil hummus.

Note: For vegetables, the blanching process softens the texture, mellows strong flavors, brightens the color, and stops enzyme activity that can lead to deterioration during storage.

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	1/2 tsp.
Pepper, black, ground	1/2 tsp.
Artichoke	10 ea.
Oil, olive, extra virgin	1/4 cup
Garlic, clove, sliced	3 ea.
Hazelnut Romesco Sauce	1 1/4 cups
(Recipe follows)	

Method

1. In a large stockpot over medium-low heat, place the water, bay leaves, 1/2 a lemon, salt, and pepper. Bring 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 stockpot. Simmer, covered, until tender, about 20 minutes. Transfer to a cutting board and cool.
4. Quarter each artichoke and remove the hairy choke from the center. Transfer the artichoke quarters to a resealable bag. Add the oil, garlic, and the juice of the remaining lemon half. Marinate in the refrigerator for at least 30 minutes or up to 4 hours.
5. Preheat a gas grill to medium heat.
6. Grill the marinated artichokes, turning often, until golden, about 10 minutes.
7. Serve with the Hazelnut Romesco Sauce drizzled over the top.

HAZELNUT ROMESCO SAUCE

Yield: 2 cups

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

Method

1. Heat a small, dry skillet over medium-high heat. Place the ancho chiles. Press them against the surface with a spatula until slightly tender and aromatic, 15 to 30 seconds per side.
2. Transfer the roasted chiles to a small saucepan. Add enough cold water to cover. Bring it to a boil over high heat. Remove the pan from the heat. Let the chiles steep for 20 minutes. Drain, reserving the soaking liquid.
3. Roast the bell pepper over an open flame until the skin chars on all sides. Transfer to a stainless-steel bowl. Cover the bowl with plastic wrap. Steam for 15 minutes. Transfer to a cutting board. When cool enough to handle, remove and discard the core, seeds, and charred skin.
4. In a blender, place the roasted bell pepper, hazelnuts, oil, tomato paste, vinegar, garlic, pimentón, cayenne, and salt. Purée to a smooth consistency, sauce-like consistency. Add some of the chile soaking liquid, if necessary, to facilitate blending.
5. 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, julienne	10 ea.
Mint, leaves, fresh, chiffonade	1/4 cup
Cheese, feta, small diced	5 oz.

Method

1. Peel the oranges, removing the skin and white pith. Cut the oranges crosswise into 1/2-inch thick, round slices.
2. Separate and wash the lettuce leaves. Pat dry with paper towels.
3. Layer the lettuce leaves on a platter.
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, leaves, fresh, chopped	1/3 cup
Salt, kosher	as needed
Oil, olive, extra virgin	2 Tbsp.
Swiss chard, leaves, stemmed, chiffonade	10 ea.
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, 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, stirring 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 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
Vegetable Escabeche
Creamed Pinto Beans

TEAM TWO

Roasted Beet "Tartare" with Maytag Blue Cheese
Sautéed Green beans with Pepper Flakes, Rosemary, and Lemon Zest
Green Tea-Poached Pears with Pomegranate Glaze and Pistachios
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

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
Beans, black, dried	1 cup
Chile, poblano, fresh	10 ea.
Tomato, plum (Roma), 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, yellow, small diced	1 cup
Garlic, clove, thinly sliced	2 ea.
Water	4 cups
Chile, chipotle, in adobo sauce, chopped	2 Tbsp.
Tomato, sun-dried, minced	¼ cup
Amaranth, cooked	1 ½ cups
Cumin, ground	½ tsp.
Coriander, ground	½ tsp.
Cilantro, leaves, fresh, chopped	¼ cup
Epazote, dried	1 ½ tsp.
Salt, kosher	1 tsp.
Yogurt, nonfat, Greek-style	½ cup
Cilantro, bunch, fresh	1 ea.
Guacamole (Recipe follows)	3 ½ cups

Method

1. In a medium bowl, soak the beans overnight in water. Reserve.
2. Roast the poblano chiles over an open flame to char the skin. Transfer to a stainless-steel bowl. Cover the bowl with plastic wrap. Steam for 15 minutes. Transfer to a cutting board. Remove the skin, carefully cut a seam in one side of each chile. Remove and discard the seeds, leaving the peppers in one whole piece.

3. For the sauce, heat a large, dry cast-iron skillet over high heat. Place the tomatoes, garlic, and onions. Dry roast until deeply browned.
4. Transfer the roasted vegetables to a large saucepan. Add enough water to cover. Simmer over medium heat until the tomatoes are completely cooked and most of the water has been absorbed, about 15 minutes.
5. Blend with an immersion blender. Pass it through a fine mesh strainer.
6. Heat the oil in a medium saucepan over high heat. Add the tomato sauce, cinnamon stick, and epazote. Turn down the heat to low. Simmer until the sauce coats the back of a spoon, about 10 minutes. Remove and discard the cinnamon stick. Season with the salt. Reserve and keep warm.
7. For the poblano filling, heat the oil in medium saucepan over medium heat. Add the onions and garlic. Sweat until translucent, about 3 minutes.
8. Add the soaked black beans and the water. Bring it to a boil. Turn down the heat to low. Simmer for 1 hour.
9. Add the chipotle chiles and tomatoes. Simmer, stirring occasionally, until the beans are tender and thick and most of the liquid has been absorbed, about 10 minutes. Adjust the seasoning to taste. Transfer to a large bowl.
10. Preheat oven to 350°F.
11. Add the amaranth, cumin, coriander, cilantro, epazote, and salt. Mix to combine.
12. Stuff the reserved poblano chiles with the filling. Top with the tomato sauce.
13. Transfer to a baking sheet. Bake in the preheated oven until heated through and tender, 15 to 20 minutes.
14. Spread the tomato sauce and Vegetable Escabeche on a serving plate. Top with the baked chiles. Garnish with yogurt and cilantro leaves. Serve with the Guacamole.

Note: Half a cup of fresh epazote can be substituted for the ¼ cup of dried epazote. If using fresh, add the epazote 5 minutes after the tomato and cinnamon stick is added to the sauce.

GUACAMOLE

Yield: 3 ½ cups

Ingredients

Amounts

Avocado, ripe	3 ea.
Onion, red, minced	³ / ₄ cup
Tomato, plum (Roma), small diced	1 cup
Cilantro, leaves, fresh, chopped	¹ / ₄ cup
Lime, juice, fresh	2 Tbsp.
Chile, serrano, seeded, minced	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. 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 remaining ingredients. Mix well.
3. Serve immediately.

Note: Guacamole will discolor, turning an unappetizing brown, when exposed to the air. This is caused by the oxidation of polyphenolic compounds in the avocado, which leads to the formation of brown pigments. To ensure a fresh, vibrant color, prepare guacamole as close to service as possible. Storing it in an air-tight container, adding a layer of oil or lemon juice on top of the guacamole, and pressing plastic wrap directly onto the surface can help delay the oxidation.

VEGETABLE ESCABECHE

Yield: 3 ½ cups

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

Method

1. Bring a large pot of salted water to a boil. Add the whole carrots. Blanch until slightly softened, 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry. Small diced.
2. In a large bowl, place all the remaining ingredients. Mix well to combine.
3. Adjust the seasoning to taste. Reserve in the refrigerator, covered, until needed

CREAMED PINTO BEANS

Yield: 10 portions

Ingredients	Amounts
Beans, pinto, dried	10 wt. oz.
Chile, ancho, dried	1 ea.
Onion, white, minced	$\frac{2}{3}$ cup
Almond, milk	$\frac{1}{3}$ cup
Cumin, ground	$\frac{1}{2}$ tsp.
Thyme, dried	$\frac{1}{2}$ tsp.
Oregano, Mexican, dried	$\frac{1}{2}$ tsp.
Tomato, paste	1 $\frac{1}{2}$ tsp.
Oil, vegetable	1 tsp.
Garlic, minced	2 tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.

Method

1. Soak the pinto beans overnight. Reserve.
2. Heat a small, dry skillet over medium-high heat. Place the ancho chile. Press against the surface with a spatula until slightly tender and aromatic, 15 to 30 seconds per side. Transfer to a cutting board. Remove and discard the seeds. Chiffonade. Reserve.
3. In a large stock pot, place the reserved beans and onions. Add enough water to cover the beans by 1 inch. Bring to a simmer. Simmer, covered, until the beans are tender, about 1 hour.
4. Using an immersion blender, purée the beans.
5. Add the reserved chile, almond milk, cumin, thyme, oregano, and tomato paste. Mix to combine. Reserve.
6. Preheat oven to 350°F.
7. Heat the oil in a medium pot over medium heat. Add the garlic. Cook until fragrant, about 1 minute.
8. Add the reserved bean mixture. Mix to combine. Bring it to a simmer. Cover the pot.
9. Bake in the preheated oven until the beans are thick and heated through, 45 minutes to 1 hour.

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.
Bread, baguette, sliced ¼-inch rounds	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive extra virgin	2 Tbsp.
Vinegar, sherry	4 Tbsp.
Oil, olive, extra virgin	4 Tbsp.
Garlic, minced	4 tsp.
Capers, minced	2 Tbsp.
Honey	2 tsp.
Pea, shoots	5 cups
Cheese, blue, crumbled	5 wt. oz.
Shallot, thinly sliced	½ cup
Chive, fresh, chopped	⅓ 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. When cool enough to handle, peel off the outer skin. Small dice. Transfer to a medium bowl. Reserve.
4. For the crostini, lay slices of bread on a sheet tray lined with parchment. Season with salt, pepper, and olive oil. Bake in the preheated oven for 8-10 minutes, or until golden brown and crisp. Reserve.
5. For the dressing, in a small bowl, place the vinegar, oil, garlic, capers, and honey. Whisk to combine. Adjust the flavor, adding vinegar or honey to taste. The dressing should have a tart, sweet flavor.
6. Pour the dressing over the beets. Toss to coat.
7. Garnish with the pea shoots, blue cheese, shallots, and chives. Serve with crostini.

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

Yield: 8 portions

Ingredients	Amounts
Beans, green, fresh	2 lb.
Oil, olive, pure	¼ cup
Garlic, minced	4 ea.
Red pepper flakes	⅓ tsp.
Rosemary, fresh, finely chopped	1 ½ Tbsp.
Lemon, zest, grated	1 ea.
Lemon, juice, fresh	1 tsp.
Butter, unsalted	1 Tbsp.
Salt, kosher	to taste

Method

1. Bring a large pot of salted water to a boil. Add the green beans. Cook until tender, 5 to 10 minutes. Transfer the beans to an ice water bath to stop the cooking process. Drain. Reserve.
2. In a large sauté pan, heat the olive oil. Add the garlic. Cook gently until it begins to color slightly.
3. Add the red pepper flakes, rosemary, and lemon zest. Sauté briefly.
4. Add the reserved green beans. Continue to cook until the beans are hot and coated with the seasonings.
5. Add the butter, heat until it melts. Add a squeeze of lemon juice. Season with salt to taste.
6. Serve immediately on a platter.

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 wt. oz.
Star anise, whole	1 ea.
Pomegranate, juice, unsweetened	¾ cup
Water	1 cup
Lemon, juice, fresh	2 Tbsp.
Maple, syrup	½ cup
Arrowroot	1 ½ Tbsp.
Water	3 Tbsp.
Pistachios, deshelled	¼ cup
Cheese, ricotta, Italian-style, low-fat	½ cup
Lemon verbena, leaves, fresh, minced	2 Tbsp.

Method

1. In a large pot, bring the water to a boil. Add the tea bags and brown rice syrup. Remove the pan from the heat. Cover and steep for 5 minutes. Discard 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. Heat a small, dry skillet over medium heat. Add the pistachios in a single layer. Toast, stirring often, until light brown and aromatic, 5 to 8 minutes. Chop. Reserve.
7. In a small bowl, place the ricotta cheese and lemon verbena leaves. Stir to combine.
8. To serve, arrange a pear half on the plate with a dollop of the herbed ricotta. Drizzle with the pomegranate glaze and garnish with the toasted pistachios.

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 on	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Lemon, juice, fresh (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, leaves, 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 in an even layer on a baking sheet. Place the quinoa on another sheet. Toast in the preheated oven until golden brown, 5 to 8 minutes.
3. Bring a large saucepan of water to a boil. Add ½ of the toasted buckwheat. Cook until tender but still firm to the bite (*al dente*), about 6 minutes. Using a fine sieve, strain the buckwheat. Transfer to a half sheet pan. Cool completely.

4. Bring a large saucepan of water to a boil. Reserving 2 tablespoons for garnish, add the toasted quinoa. Cook until tender, about 15 minutes. Drain. Transfer to a half sheet pan. Cool completely.
5. In a large, dry skillet over medium heat, place the cumin, fennel seeds, and chiles. Toast until fragrant, 5 to 6 minutes. Cool slightly. Transfer the mixture to a spice grinder. Process 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. Heat the vegetable oil in a large skillet over medium-high heat. Add the shrimp. Cook, turning once, until cooked through, 2 to 3 minutes. Transfer to a plate. Reserve.
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, place the oils, fennel, and preserved lemon. Mix to combine.
11. Add the remaining ½ cup of lemon juice, sunflower seeds, cilantro, dill, parsley, mint, tarragon, and scallions. Mix gently until combined.
12. 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.
13. 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
Pine nuts (<i>Pignoli</i>)	1/3 cup
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 wt. oz.

Method

1. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
2. Heat the oil in a large sauté pan over high heat. Add the apples and shallots. Sauté until lightly browned, about 45 seconds.
3. Add the raisins. Season with salt and pepper. Stir to combine.
4. Add the spinach. Sauté, stirring often, until it starts to wilt. Remove the pan from the heat and reserve. (The spinach will continue to wilt off the heat.)
5. Add the reserved pine nuts.
6. Serve immediately.

ALMOND-STUFFED DATES WITH DESSERT COUSCOUS

Yield: 10 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	3 Tbsp.
Pistachios, deshelled	3 Tbsp.
Almonds, whole, skin off	1 ¼ cup
Butter, unsalted, melted	4 Tbsp.
Almond, meal	1 cups
Sugar, confectioner's	1 Tbsp.
Sugar, granulated	2 Tbsp.
Cinnamon, ground	¼ Tbsp.
Clove, ground	⅛ tsp.
Nutmeg, grated	as needed
Orange blossom water	1 Tbsp.
Date, Medjool, large, pitted	24 ea.
Couscous, small (Moroccan)	2 cups
Milk, whole	2 ½ cups
Cinnamon, ground	to taste
Butter, unsalted	6 Tbsp.

Method

1. Preheat oven to 375°F.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool and reserve.
3. Heat the same small, dry skillet over medium heat. Add the pistachios in a single layer. Toast, stirring often, until light brown and aromatic, 5 to 8 minutes. Transfer to the same small bowl. Cool and reserve.
4. For the almond-stuffed dates, in a medium bowl, place the almonds and melted butter. Toss to combine.
5. Transfer the almonds to a sheet pan. Roast the almonds in the preheated oven until golden brown. Cool. Reserve 3 Tablespoons. Transfer the remainder to a food processor. Pulse until coarsely chopped.
6. 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.
7. Form the almond mixture into small balls. Stuff the mixture inside the pitted dates. Reserve. Use any leftover filling as a garnish.

8. For the couscous, in a medium pot, place the milk. Heat over medium-low heat until warm. Add the cinnamon and couscous. Bring it to a boil. Turn off the 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.
10. Fold in the toasted almonds, pistachios, and pine nuts. Garnish with the reserved almond-stuffed dates.

SALADE NIÇOISE

Yield: 6 portions

Ingredients	Amounts
Potato, fingerling	2 cups
Salt, kosher	as needed
Oil, olive, pure	1 tsp.
Haricots verts, ends trimmed	2 cups
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 (Roma), 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.
Anchovy, fillet	12 ea.
Chive, fresh, 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, salt, and enough cold water to cover. Bring it to a boil. Lower the heat and simmer 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). Transfer to a large bowl.
3. Add the olive oil. Toss to combine. Reserve.
4. Bring a large pot of salted water to a boil. Add the haricots verts. Blanch until slightly softened, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain and pat dry. Reserve.
5. For the vinaigrette, whisk together the vinegar, olive oil, shallots, and mustard until well combined. Season with salt and pepper to taste.

6. Dress the lettuce leaves very lightly with the vinaigrette. Reserve the remaining vinaigrette.
7. Line up the lettuce leaves on a serving platter. Arrange the tomatoes, bell peppers, radishes, tuna, eggs, haricots verts, potatoes, anchovies, chives, and olives in a row on top of the lettuce.
8. 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. Remove the pan from the heat. Cool completely.
2. Remove and discard the thyme, rosemary, and bay leaves.
3. In a heavy-bottomed pot big enough to fit all the pieces, place the tuna. Pour the herb-infused oil over the tuna so that it is completely submerged.
4. 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.
5. Remove the tuna from the oil and drain on a rack.
6. 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, medium diced	1 ea.
Garlic, minced	2 tsp.
Eggplant, rinsed, medium diced	1 ea.
Zucchini, rinsed, cut into ½-inch slices	1 ea.
Squash, yellow, rinsed	1 ea.
Tomato, plum (Roma), chopped	1 ea.
Beans, white, canned, drained, rinsed	12 wt. 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, dried	2 cups
Water	6 cups
Cream, almond-cashew, unsweetened	1 cup
Vanilla, extract	1 tsp.
Agave, syrup	¼ cup
Nutmeg, fresh, grated	⅛ tsp.
Cinnamon, ground	¼ tsp.
Lemon, zest, grated	1 tsp.
Ginger, fresh, minced	½ tsp.
Raspberries, frozen	¾ cup
Almond, milk, unsweetened	6 Tbsp.
Agave, syrup	1 Tbsp.
Lemon, zest, grated	½ tsp.
Ginger, fresh, 1-in. piece, peeled, sliced	1 ea.

Method

1. In a large pot, place the barley and water. Bring it to a boil, then cover and simmer for 25 to 30 minutes until tender.
2. 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. Cook, stirring frequently, for 8 to 10 minutes.
3. Remove the pan from the heat. Fold in the frozen raspberries. Cool and reserve.
4. For the lemon-ginger cream, in a small bowl, place the almond milk, agave syrup, lemon, and ginger. Simmer for 5 minutes. Cool. Remove and discard the ginger.
5. Using a ½-cup scoop, portion the barley pudding into individual ramekins.
6. Top each portion with 1 tablespoon of lemon-ginger cream.

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Walnut Chorizo and Black Bean Pupusa with Mole Verde and Charred Corn

Pineapple Jicama Salsa

Kale and Cabbage Salad with Avocado Tahini Dressing

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

Broccoli Rabe with Pomegranate

Curried Cauliflower "Couscous"

TEAM FOUR

Mango Salad with Peanut Dressing

Jerk Chicken Skewers

Grilled Sweet Potatoes and Pineapple

WALNUT CHORIZO AND BLACK BEAN PUPUSA WITH MOLE VERDE AND CHARRED CORN

Yield: 20 to 25 pupusas

Ingredients	Amounts
Beans, black, canned, rinsed	1 lb.
Mexican Walnut Chorizo (Recipe Follows)	1 lb.
Masa for Pupusas (Recipe follows)	2 lb.
Onion, red, ¼-inch sliced	2 cups
Vinegar, wine, white	½ cup
Sugar, granulated	¼ cup
Salt, kosher	1 tsp.
Oil, vegetable, for frying	1 qt.
Mole Verde (Recipe follows)	1x recipe
Corn, whole ear, dry grilled, shucked	2 ea.
Radish, thinly sliced	1 cup

Method

1. In a large mixing bowl, place the beans and chorizo. Reserve.
2. To make the pupusas, press the masa balls flat in the palm of your hand. Spread a tablespoon of the chorizo and bean mixture down the center of the masa and fold over, pressing the edges of the dough together to seal. Lightly press into a round or oval shape. Repeat with the remaining masa and filling.
3. To make the pickled red onion, in a large bowl or jar combine the onions, vinegar, sugar, and salt. Macerate for 30 minutes. Drain and reserve.
4. Heat the oil in a skillet over medium heat to 350°F. Once the pan is hot, add the pupusas and cook 3 to 5 minutes until golden.
5. Flip the pupusas and, when fully golden brown, remove to a paper-towel-lined tray.
6. Serve the pupusas on top of molethe verde.
7. Garnish with the reserved pickled red onion, charred corn, and radishes.

MEXICAN WALNUT CHORIZO

Yield: 2 pounds

Ingredients	Amounts
Lentils, green, dried, rinsed	1/2 lb.
Water	3 cups
Oil, canola, for frying	1 Tbsp.
Garlic, minced	1 Tbsp.
Walnuts, ground	1 1/2 lb.
Tomato, sundried, minced	1/4 lb.
Chilie, dried, ground	2 Tbsp.
Salt, kosher	1 Tbsp.
Paprika, Spanish	4 1/2 tsp.
Cinnamon, ground	1 tsp.
Oregano, ground	1 tsp.
Thyme, ground	1 tsp.
Cumin, ground	1 tsp.
Pepper, black, ground	1 tsp.
Cloves, ground	1/2 tsp.
Ginger, ground	1/2 tsp.
Nutmeg, fresh, grated	1/2 tsp.
Coriander, ground	1/2 tsp.
Bay leaf, ground	1/2 tsp.
Vinegar, wine, red	2 Tbsp.

Method

1. In a large pot, place the lentils and water. Bring to a boil. Turn the heat down to low, cover the pot with a lid, and let it gently simmer, 15 to 30 minutes. Drain and reserve.
2. Heat the oil in a small pan. Sauté the garlic over low heat until golden, 3 to 5 minutes. Cool.
3. Transfer the garlic to a stand mixer fitted with the paddle attachment.
4. Add all the reserved lentils and all the remaining ingredients except the vinegar. Mix on low speed evenly blended, about 1 minute.
5. With the mixer running, gradually add the red wine vinegar.
6. Using your hands, make a patty with about 2 tablespoons of the mixture.
7. In a small skillet over medium-low heat, sauté until the patty is cooked through and browned, 3 to 5 minutes per side.
8. Taste and adjust seasoning.

MASA FOR PUPUSAS

Yield: 2 pounds

Ingredients

Amounts

Masa harina	4 cups
Garlic, powder	1 tsp.
Water, warm	5 cups
Yogurt, plain	1 cup
Salt, kosher	1 Tbsp.

Method

1. Place the masa, garlic powder and water in a bowl of a stand mixer fitted with a paddle attachment. Stir to combine. Rest to hydrate for 20 minutes.
2. Add the yogurt and salt. Mix on medium speed until a dough forms.
3. The dough is ready to shape into pupusas when it is firm and no longer very sticky. Add more masa or water as necessary to make a pliable dough that does not crack when pressed into a flat disk.
4. Portion into ¼-cup balls.

Note: Plant-based yogurt can be substituted for dairy-based yogurt.

MOLE VERDE

Yield: 2 quarts

Ingredients	Amounts
Pumpkin, seeds (<i>Pepitas</i>)	$\frac{3}{4}$ cup
Sesame seeds	$\frac{1}{4}$ cup
Peanuts	$\frac{1}{4}$ cup
Almonds	$\frac{1}{2}$ cup
Lettuce, romaine, head, chopped	1 ea.
Scallion (Green onion)	1 bu.
Radish, leaves	1 bu.
Parsley, flat-leaf, leaves, fresh	1 bu.
Mint, leaves, fresh	1 bu.
Epazote, leaves, chopped	1 cup
Tomatillo, husked	$\frac{1}{2}$ lb.
Chile, poblano, seeded, coarsely chopped	2 ea.
Chile, jalapeño, seeded, coarsely chopped	2 ea.
Spinach, leaves, chopped	2 cups
Squash, zucchini, chopped	$\frac{1}{4}$ lb.
Celery, rib, trimmed	2 ea.
Onion, white, chopped	1 ea.
Garlic, clove, peeled, smashed	$\frac{1}{4}$ cup
Stock, vegetable	1 $\frac{1}{2}$ qt.
Oil, vegetable, for frying	$\frac{1}{4}$ cup
Pecans, raw	$\frac{1}{4}$ cup
Cumin, seeds	1 tsp.
Cinnamon, Mexican	$\frac{1}{4}$ tsp.
Peppercorns, black, whole	1 tsp.
Vegetable stock	1 $\frac{1}{2}$ cups
Sugar, granulated	1 Tbsp.
Salt, kosher	as needed
Cilantro, fresh, washed	1 bu.
Lime, juice, fresh	as needed

Method

1. In a frying pan, gently fry the pepitas, sesame seeds, peanuts, and almonds separately in the oil. Drain on paper towels. Reserve.
2. For the mole base, in a large food processor, place the lettuce, scallion, radish leaves, parsley, mint, epazote leaves, tomatillo, chiles, spinach, zucchini, celery, onion, garlic and vegetable stock. Blend, until a smooth but still textured puree forms. If necessary, work in batches to ensure all ingredients are blended.
3. Transfer the mole base to a large frying pan. Heat the oil and fry the base sauce, stirring occasionally, for about 25 minutes.
4. Blend all the remaining ingredients and the reserved nut mixture. Add to the sauce and cook for 45 minutes at low heat.
5. Season with salt and sugar to taste.
6. With a couple of ladles of the mole sauce, blend the cilantro until smooth. Add to the mole and just bring to a boil.
7. Add lime juice. Remove from heat.

PINEAPPLE-JICAMA SALSA

Yield: 3 cups

Ingredients	Amounts
Oil, olive, extra virgin	1 Tbsp.
Lime, juice, fresh	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, leaves, fresh, chopped	¼ cup
Jicama, peeled, fine julienne	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. Add the jicama, pineapple, onion, bell peppers, and chiles. Gently fold in to combine to coat the ingredients with the oil mixture.
3. Cover with plastic 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 as needed.
6. Bake in the preheated oven, rotating the sheets halfway through, until golden brown, 15 to 20 minutes.
7. Serve the salsa with the crostini.

KALE AND CABBAGE SALAD WITH AVOCADO TAHINI DRESSING

Yield: 8 portions

Ingredients	Amounts
Almonds, sliced	½ cup
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 julienne	½ cup
Beans, white, cooked	1 cup
Cilantro, leaves, fresh, chopped	1 ½ cups

Method

1. Heat a medium, dry skillet over medium heat. Add the sliced almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 10 to 15 minutes. Transfer to a plate. Cool and reserve.
2. For the dressing, place the avocados, tahini, lemon juice, garlic, and olive oil in a food processor. Pulse until smooth.
3. Add the water, salt, and pepper. Blend until creamy. Reserve.
4. In a large serving bowl, place the kale, cabbage, carrots, brussels sprouts, radishes, and ½ of the reserved dressing. Mix to combine. Rest at room temperature, 15 minutes.
5. Add the reserved toasted almonds, beans, cilantro, and enough of the remaining dressing to coat (you may not use it all).
6. Adjust the seasoning with additional salt, pepper, and lemon juice to taste.

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, flat-leaf, 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. Reserve.
2. For the dressing, in a small bowl, place the blood orange juice, mustard, salt, and pepper. Mix to combine.
3. Slowly whisk in the blood orange-infused 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 over low heat. Do not overheat.
2. Add the blood orange zest. Mix to incorporate.
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, and 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, dry	½ cup
Water, boiling	2 cups
Mushroom, shiitake, dried	1 wt. oz.
Salt, kosher	¼ tsp.
Barley, pearled	1 cup.
Cabbage, napa, leaves	16 ea.
Salmon, fillet	16 wt. oz.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	1 Tbsp.
Mushrooms, shiitake, fresh, sliced	½ lb.
Wine, white, dry	½ cup
Scallion (Green onion), chopped	1 cup
Tarragon, fresh	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Lemon, zest, grated	1 Tbsp.
Broth, chicken, low-sodium	1 cup
Wine, white, dry	½ cup

Method

1. In a small pot, cook the wild rice until it is just begins to bloom and is tender, about 40 minutes.
2. In a large bowl, place the boiling water and mushrooms. 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 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, chopped mushrooms into the barley. Mix the cooked barley with the rice and reserve.
6. Bring a large pot of salted water to a boil. Working in batches to avoid overcrowding the pot, add the napa cabbage leaves. Blanch until slightly softened but still crisp, 1

to 2 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 2 minutes. Drain and pat dry. Reserve.

7. Season the salmon fillet with 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.
8. Remove the skin from the salmon if still on and flake the fish into the barley mixture.
9. In the same pan over medium heat, add the fresh mushrooms. Cook until browned.
10. Remove the mushrooms from the pan and reserve. Add the wine to deglaze the pan.
11. Add the skillet liquids and mushrooms to the barley mixture. Add the scallions, tarragon, salt, pepper, and lemon zest.
12. Fill the reserved cabbage leaves with the barley mixture and roll up tightly. In a baking dish, place the rolls seam side down.
13. In a small pan, bring the chicken broth and wine to a boil. Pour it over the cabbage.
14. 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
Oil, olive, pure	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Rosemary, fresh, chopped	2 tsp.
Sage, leaves, fresh, chopped	2 tsp.
Carrot, peeled, oblique cut	6 ea.
Parsnip, peeled, oblique cut	6 ea.

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. Transfer the vegetables to a large baking pan, spreading them 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, minced	4 tsp.
Salt, sea, coarse	1 tsp.
Pork, tenderloin, 1 lb.	2 ea.

Method

1. In a medium bowl, place the vinegar, olive oil, thyme, oregano, caraway seeds, shallots, garlic, and salt. Mix to combine.
2. Spread the mixture on the pork tenderloins. Wrap them 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 and sit on a rack inside a sheet tray. Roast the pork in the preheated oven for 30 minutes.
5. Increase the oven temperature to 450°F. Roast until the pork registers an internal temperature of 145°F, about 15 more minutes.
6. Transfer the pork to a cutting board and tent loosely with aluminum foil. Rest for 10 minutes.
7. Slice thinly and serve.

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. Add the broccoli rabe. Blanch until the stems are somewhat tender, about 3 minutes. Transfer to an ice bath to stop the cooking process. Drain and reserve.
3. Heat the oil in a medium sauté pan over medium heat. Add the garlic. Cook until aromatic, about 2 minutes.
4. Add the reserved broccoli rabe and the water. Cook until the water evaporates and the broccoli rabe lightly browns, about 8 minutes.
5. Season with salt and pepper to taste.
6. Transfer to a serving platter. Sprinkle with the pomegranate seeds and drizzle with the pomegranate molasses.
7. Serve immediately.

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.
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. Transfer the roasted cauliflower to a food processor. Pulse until it is fluffy and the size of couscous.
6. Return the cauliflower to the baking sheet. Heat in the oven for 10 minutes.
7. Add the parsley. Mix to combine.
8. Season with the salt and pepper.

MANGO SALAD WITH PEANUT DRESSING

Yield: 8 portions

Ingredients	Amounts
Peanuts	½ cup
Peanut butter, creamy, salted	⅔ cup
Lime, juice, fresh	¼ cup
Maple, syrup	2 Tbsp.
Chili garlic sauce	1 Tbsp.
Soy sauce	¼ cup
Water	as needed
Lettuce, butter, head, torn into bite-sized pieces	2 ea.
Carrot, finely shredded	3 cups
Cabbage, red, shredded	2 ½ cups
Mango, large, medium diced	2 ea.
Cilantro, leaves, fresh, chopped	1 cup

Method

1. Heat a small, dry skillet over medium-low heat. Place the peanuts in an even layer. Roast, stirring frequently, until golden brown and aromatic, 15 to 20 minutes. Transfer to a plate. Cool and reserve.
2. 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.
3. For the salad, in a large bowl, place the lettuce, carrot, cabbage, mango, and cilantro. Stir to combine.
4. Divide the salad into serving dishes. Top each salad with the reserved peanuts.
5. 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, fresh, 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. For the spice paste, in a blender, place the allspice, garlic, thyme, vinegar, scallions, nutmeg, cinnamon, clove, chile, soy sauce, and rum. Blend until smooth, adding water as needed.
2. Season the chicken thighs with salt. Transfer to a large mixing bowl.
3. Add the spice paste to the chicken, working it in to coat the chicken evenly. Marinate for 2 hours. Wipe off any excess marinade.
4. Soak the wooden skewers in water for 30 minutes. Thread the chicken onto the skewers.
5. Preheat grill to medium-high heat.
6. Grill the chicken, basting as needed, until it is 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 ¼-in. thick.	3 lb.
Pineapple, cored, peeled, sliced into rings	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	⅓ cup

Method

1. In a large bowl, place the sweet potato and pineapple slices. Stir to combine.
2. Season with salt and pepper.
3. Brush the sweet potato and pineapple with the olive oil.
4. Preheat grill to medium-high heat.
5. Grill the potato and pineapple slices on both sides until cooked through and well caramelized, 1 to 2 minutes per side.

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

BBQ Tempeh Kebobs

Stewed Black Beans

Spiced 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 with Seitan and Coconut Sauce

Vegetable Pakoras

Mint and Cilantro Chutney

TEAM FOUR

Barbecued Jackfruit Tacos

Corn Tortillas

Raw Tomatillo and Avocado Salsa

TAKE HOME RECIPE

Green Tea Juice

BBQ TEMPEH KEBOBS

Yield: 10 portions

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

Method

1. In a large bowl of water, soak the skewers for 1 hour. Reserve.
2. In a medium bowl, place the tempeh and ¼ cup of the barbecue sauce. Stir to coat. Marinate for 30 minutes. Reserve.
3. Bring a medium pot of salted water to a boil. Add the brussels sprouts. Blanch until bright green and slightly softened but still crisp, 3 to 5 minutes. Transfer to an ice water bath. Cool for 3 minutes. Drain and pat dry. Cut in half. Reserve.
4. Following the same procedure, blanch, drain, and pat dry the diced sweet potato and pearl onions. Slip off and discard the skins.
5. Preheat grill to high heat.
6. Thread the reserved tempeh and vegetables onto the bamboo skewers, alternating the ingredients.
7. Spray each kebab lightly with olive oil cooking spray.
8. Grill the kebobs until lightly charred and the vegetables are tender, 8 to 10 minutes. Brush with additional barbecue sauce as they cook.
9. 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, apple 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 over medium-low heat, place the chili powder and paprika. Toast until fragrant, 10 to 15 seconds. Remove the pan from the heat and cool to room temperature.
2. In a spice grinder or food processor, place the toasted chili powder, paprika and tea leaves. Grind the mixture to a fine powder.
3. In a medium saucepot, place the ground spices, grapeseed oil, syrup, ketchup, vinegar, mustard, basil, thyme, garlic, and ginger. Stir well 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, yellow, small diced	1 cup
Garlic, minced	2 tsp.
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. Cook for 3 minutes.
3. Add the beans and enough stock to cover by 1 inch. Bring 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.

SPICED CARROT SALAD

Yield: 10 portions

Ingredients	Amounts
Cumin seeds	1 tsp.
Carrot, julienne	6 cups
Sugar, granulated	1 Tbsp.
Lemon, juice, fresh	¼ cup
Oil, olive, extra virgin	1 Tbsp.
Cilantro, leaves, fresh, chopped	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat a small, dry skillet over medium heat. Add the cumin seeds in an even layer. Toast, stirring often, until lightly browned and aromatic, 1 to 3 minutes. Transfer to a plate. Cool.
2. In a large bowl, place toasted cumin seeds, carrots, sugar, and lemon juice. Stir to combine.
3. Add the olive oil and cilantro. Mix to combine.
4. Season with salt and pepper to taste.
5. 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 wt. oz.
Oil, olive, pure	1 Tbsp.
Soy sauce	2 Tbsp.
Coconut, milk	$\frac{2}{3}$ cup
Peanut butter	$\frac{1}{4}$ cup
Soy sauce	4 tsp.
Lime, juice, fresh	4 tsp.
Sriracha sauce	2 tsp.
Rice, black forbidden, cooked	3 cups
Basil, sweet, fresh, chopped	2 Tbsp.
Cilantro, fresh, chopped	2 Tbsp.
Mint, leaves, 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, 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 in a single layer. 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. Whisk to combine. Reserve.
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, dried	1 cup
Water, cold	3 cups
Onion, red, medium diced	½ ea.
Chile, habanero, seeded, chopped	1 ea.
Pepper, bell, red, small diced	1 ea.
Chive, finely chopped	¼ cup
Parsley, fresh, finely chopped	½ cup
Cilantro, fresh, chopped fine	½ cup
Turmeric, ground	½ 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.
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 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 by Kiano Moju

CAULIFLOWER RICE KIMCHI BOWLS WITH SEITAN AND COCONUT SAUCE

Yield: 8 portions

Ingredients	Amounts
Seitan (Recipe follows)	1 lb.
Skewer, bamboo, soaked for 1 hour	10 ea.
Oil, olive, pure	as needed
Oil, olive, pure	1 Tbsp.
Cauliflower, small, head, riced	1 ea.
Scallion (Green onion), chopped	½ cup
Garlic, minced	1 tsp.
Salt, kosher	¼ tsp.
Coconut Sauce (Recipe follows)	½ cup
Oil, olive, pure	1 Tbsp.
Mushrooms, shiitake, stemmed, sliced	7 wt. 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, peeled, pitted, diced	1 ea.
Kimchi	½ cup
Lime, sliced	1 ea.

Method

1. Preheat 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.
3. Grill the seitan until grill marks appear, 4 to 5 minutes per side. Cut the grilled seitan into strips. 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. 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 reserved seitan, wilted kale, 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 the bowl of a stand mixer fitted with a dough hook, place the wheat gluten. Add the water and mix until 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, and rest, 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	⅓ 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, place the coconut milk, miso paste, lime juice, ginger, and salt. Whisk together to combine.
2. Refrigerate until ready for use.

VEGETABLE PAKORAS

Yield: 16 portions

Ingredients	Amounts
Seasonal vegetables, peeled, julienne	2 cups
Garlic, minced	1 tsp.
Flour, chickpea	7 wt. oz.
Flour, rice (Optional)	3 wt. oz.
Baking powder	1 ½ tsp.
Garam masala	1 ½ 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)	1x recipe

Method

1. Heat a fryer to 350°F.
2. In a large bowl, place the vegetables and garlic. Mix to combine. Reserve.
3. For the batter, in a medium bowl, place the chickpea flour, rice flour (if using), baking powder, garam masala, turmeric, and salt. Mix to combine.
4. Add the water. Mix until smooth.
5. In a shallow bowl, place the chickpea flour, rice flour (if using), salt, and pepper. Mix to combine.
6. Dredge the vegetables in the flour mixture, shaking off any excess.
7. Dip the vegetables in the batter to coat them completely. Create a 3-inch, loose patty of vegetables.
8. Coat the patties in the flour mixture again.
9. Deep-fry the pakoras until golden brown and crispy, 3 to 5 minutes. Drain on a wire rack. Season with salt and pepper.
10. 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, leaves, fresh, chopped	3 cups
Mint, leaves, fresh, chopped	2 cups
Ginger, fresh, peeled, chopped	1 Tbsp.
Garlic, chopped	1 Tbsp.
Chile, jalapeño, seeded, chopped	2 Tbsp.
Coconut, desiccated	2 Tbsp.
Lime, juice, fresh	½ cup
Water	as needed
Salt, kosher	to taste
Honey	to taste

Method

1. In a blender, place the cilantro, mint, ginger, garlic, jalapeño, coconut, and lime juice. Blend until liquefied. Add a little water if needed to facilitate blending.
2. Adjust the seasoning with salt to taste.
3. To balance the acidity, add a little honey, to taste.

BARBECUED JACKFRUIT TACOS

Yield: 8 portions

Ingredients	Amounts
Pumpkin seeds	as needed
Jackfruit, in water, canned, rinsed, drained	40 oz.
Oil, avocado	¼ cup
Onion, yellow, large, thinly sliced	1 ea.
Garlic, minced	2 Tbsp.
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, fresh	⅓ cup
Corn Tortillas (Recipe follows)	16 ea.
Cabbage, shredded	as needed
Cilantro, fresh, chopped	as needed

Method

1. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool.
2. Trim the jackfruit, removing the core. Pull the remaining pieces into shreds. Reserve.
3. Heat the oil in a large skillet over medium-high heat. Add the onion. Sauté until golden brown, about 7 minutes.
4. Add the garlic. Sauté until fragrant, about 20 seconds.
5. Add the reserved jackfruit, salt, paprika, cumin, chili powder, maple syrup, chipotle and adobo sauce, soy sauce, water, and lime juice. Stir to coat the jackfruit 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. 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 toasted 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, place the masa and salt. Add the oil. Stir to combine.
2. Slowly stream in the water while mixing with your hands until the dough comes together into a ball.
3. Transfer the dough to a lightly floured surface and knead until it is smooth and elastic, about 2 minutes.
4. Wrap the dough in plastic. 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.
6. Place one of the dough pieces between 2 sheets of plastic wrap and press in a tortilla press. Continue this process for the remaining dough.
7. 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.
8. 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, 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.

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, fresh	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.

DAY FIVE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Vegetable Jambalaya
Vegan Cauliflower Mac and Cheese
Lentil Avocado Brownies

TEAM TWO

Lamb and Lentil Meatballs
Pomodoro Sauce
"Parmesan" Polenta

TEAM THREE

Barbecued Vegetable Chili
White Bean Caesar Salad
Mushroom Beef Burgers

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, minced	1 Tbsp.
Pepper, black, ground	½ tsp.
Pepper, white, ground	½ tsp.
Chile, cayenne, ground	1 tsp.
Paprika, ground	1 Tbsp.
Tomato, plum (Roma), 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, sweet, 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 wt. oz.
Yellow squash, cut on bias into 20 ea. ¼-in. slices	10 wt. oz.
Pepper, bell, red, seeded cut into 20 same-sized pieces	10 wt. oz.
Onion, red, cut into 10 ea. ¼-in. slices	10 wt. oz.
Eggplant, peeled, cut into ¼-in. rounds	20 wt. oz.
Oil, olive, pure	¼ cup
BBQ Spice Rub (Recipe follows)	2 wt. 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, liquid aminos. Lower the heat to medium-low. Simmer.
4. Bring a large pot of water to a boil. Add the brown rice and salt. Stir. Bring to a simmer. Cover and cook until the rice is firm to the bite (*al dente*), 30 to 35 minutes.
5. Preheat gas grill to medium-high heat.
6. Drain the rice in a colander and spread out on a sheet pan to cool.
7. Lightly brush the prepared zucchini, squash, bell pepper, onion, and eggplant with oil. Season with the BBQ spice rub.
8. Grill the vegetables until they are tender.
9. Remove and discard the bay leaf from the jambalaya base. Add the cooked rice to the base. Heat it thoroughly.
10. 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	1/2 cup
Yeast, nutritional	1/2 cup
Paprika, smoked	1/2 tsp.
Salt, kosher	2 tsp.
Chili, powder	1/2 tsp.
Chile, cayenne, ground	1 tsp.
Mustard, powder	1/2 tsp.
Pasta, whole grain, package	1 ea.

Method

1. In a heavy-bottom pot over medium-high heat, place the cauliflower, water, carrots, and cashews. Cook covered, until the vegetables are very soft, 15 to 20 minutes.
2. Strain the mixture over a bowl. Reserve the cooking liquid and vegetables separately.
3. In a pot of salted, boiling water, place the pasta. Cook, until tender but still firm to the bite (*al dente*), 7 to 12 minutes. Drain and reserve.
4. In a blender, place the reserved cauliflower mixture, 1/4 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.
7. Serve warm.

LENTIL AVOCADO BROWNIES

Yield: 12 portions

Ingredients	Amounts
Lentil, green	1 ½ cups
Water	4 cups
Vanilla, bean, whole	1 ea.
Sugar, brown	½ cup
Applesauce	⅔ cup
Avocado, peeled, pitted	1 ea.
Cocoa powder, unsweetened	1 cup
Baking powder	1 tsp.
Baking soda	½ tsp.
Salt, kosher	1 tsp.
Chocolate, chips, semi-sweet	1 cup
Walnuts, chopped	¾ cup
Peanut butter	¾ cup
Avocado Frosting (Recipe follows)	1x recipe
Sugar, powdered	as needed

Method

1. Preheat oven to 350°F.
2. To make the lentil purée, bring lentils and water to a boil. Cover and simmer for 20 to 25 minutes. Drain, reserving the liquid.
3. Add ¼ cup of the lentil liquid back into the lentils. Purée in a blender or food processor until smooth. Reserve.
4. Split the vanilla bean. Scrape out the seeds with the tip of a knife and discard them. Rub the beans into the sugar using your fingers until dispersed.
5. In a food processor, place the reserved lentil purée vanilla beans, sugar, applesauce, avocado, cocoa powder, baking powder, baking soda, and salt. Process until smooth.
6. Add in the chocolate chips and walnuts. Fold into the batter.
7. Pour the batter into a greased 9 x 11-inch baking pan.
8. Swirl in the peanut butter.
9. Bake in the preheated oven until the top of the brownies begin to crack, 35 to 45 minutes. Remove from the oven and cool.
10. Cut the brownies into 12 squares. Spread with frosting and serve dusted with powdered sugar.

AVOCADO FROSTING

Yield: 3 cups

Ingredients

Amounts

Avocado, peeled, pitted	2 ea.
Lemon, juice, fresh	2 tsp.
Sugar, powdered, sifted	½ lb.
Vanilla, extract	½ tsp.

Method

1. In the bowl of a stand mixer fitted with the paddle attachment, place the avocado and lemon juice. Mix, 2 to 3 minutes.
2. Add the powdered sugar in batches. Mix until smooth.
3. Add the vanilla extract. Mix until smooth.

LAMB AND LENTIL MEATBALLS

Yield: 20 portions

Ingredients	Amounts
Spinach, fresh	2 lb.
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.
Lamb, shoulder, lean, ground	3 lb.
Lentils, brown, cooked, cooled	2 cups
Almond, meal	1 ½ cups
Onion, yellow, minced	½ ea.
Garlic, minced	4 tsp.
Orange, zest, finely grated	½ tsp.
Pomodoro Sauce (Recipe follows)	2 qt.

Method

1. Preheat oven to 400°F.
2. Bring a large pot of salted water to a boil. Add the spinach. Blanch until bright green and tender, 1 to 2 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 2 minutes. Drain in a colander. Press down with a paper towel to push water out from the bottom and absorb water on top. Chop fine and reserve.
3. In a large bowl, place the breadcrumbs and nut milk to rehydrate the breadcrumbs.
4. Add the beaten eggs, salt, and pepper. Mix thoroughly to combine.
5. Add the blanched spinach, lamb, cooled lentils, almond meal, onion, garlic, and orange zest. Using your hands, mix the ingredients until fully combined.
6. 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.
7. Bake in the preheated oven until the meatballs reach an internal temperature of 165°F, 12 to 15 minutes.
8. 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 (Roma), unsalted, canned	4 lbs.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Basil, sweet, leaves, chiffonade	3 Tbsp.
Parsley, flat-leaf, leaves, chiffonade	1 Tbsp.

Method

1. In a saucepan, heat the olive oil over medium heat. Add the garlic and tomatoes. Cook until the garlic is golden, 1 to 3 minutes. Remove the pan from the heat. Reserve.
2. Drain the tomatoes by passing 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.

"PARMESAN" POLENTA

Yield: 4 cups

Ingredients

Amounts

Water	4 cups
Salt, kosher	3 Tbsp.
Cornmeal, 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, bring the water to a boil. Add the salt.
3. Stream the corn meal into the water, stirring constantly to incorporate and prevent lumps from forming. Lower the heat to a simmer.
4. Cover the pot and place it in the preheated oven for about 30 minutes.
5. Stir in the Vegan Parmesan Cheese.
6. 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. Pulse until coarsely ground, it should be the texture of ground Parmesan cheese.
2. Refrigerate in an air-tight container until ready to serve.

BARBECUED VEGETABLE CHILI

Yield: 10 portions

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

Method

1. Heat a small, dry skillet over medium-high heat. Press the Anaheim chiles against the surface with a spatula until slightly tender and aromatic, 15 to 30 seconds per side.
2. Transfer to a small bowl. Cover with plastic wrap. Steam for 15 minutes. Remove and discard the charred skin, seeds, and stem. Medium dice.
3. In a large soup pot, place the diced chiles, sun-dried tomatoes, tomato purée, stock, cilantro, honey, vinegar, cumin, chili powder, and garlic. Simmer over medium heat. Cook, about 45 minutes. Cool slightly.
4. Using an immersion blender, purée until the mixture smooth. Reserve.
5. Heat the oil in a large soup pot over medium heat. Add the onions. Cook until transparent, 4 to 5 minutes.
6. Add the black beans, pinto beans, and hominy. Stir to combine.
7. Add the reserved puréed mixture. Simmer.
8. Season with the salt and pepper. Garnish with the cilantro. Serve immediately.

Note: If using dry beans and hominy, reduce each amount to $\frac{3}{4}$ cup.

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, fresh	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
Lettuce, 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. Transfer to a medium bowl.
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 the medium bowl with the white bean purée, add the anchovy purée, lemon juice, garlic, nutritional yeast, olive oil, cold water, pepper, and mustard (if desired). Whisk together until well combined. Reserve.
5. For the croutons, brush the baguette slices with the oil. Bake in the preheated oven until crisp, 15 to 20 minutes.
6. In a large bowl, pour ⅔ 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	½ cup
Mushrooms, cremini, quartered	2 lb.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Mushroom, powder	½ tsp.
Beef, lean, ground	2 lb.
Onion, yellow, finely minced	½ cup
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Liquid amino	1 tsp.
Egg, whole	1 ea.
Bread, bun, slider	8 ea.
Lettuce, romaine, head	½ ea.
Tomato, beefsteak, sliced	2 ea.

Method

1. Preheat oven to 400°F.
2. For the mushroom base, in a large bowl, place the olive oil, mushrooms, salt, and pepper. Toss to combine.
3. Transfer the mushrooms to a sheet pan in an even layer. Roast in the preheated oven for 15 minutes, stirring every 5 minutes to ensure even browning. Remove and 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.
6. In a large bowl, combine the mushroom base, ground beef, onion, salt, pepper, liquid amino, and egg. Using your hands, mix well.
7. 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.

ALMOND AND FLAX SEED CRUSTED CHICKEN

Yield: 10 portions

Ingredients	Amounts
Onion, yellow	¼ 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, fresh	1 Tbsp.
Buttermilk, fat-free	½ cup
Salt, sea	1 tsp.
Chile, cayenne, ground	⅛ tsp.
Paprika, ground	⅛ tsp.
Almonds, skin off	½ cup
Flaxseeds, golden, coarsely ground	6 Tbsp.
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. Reserve.
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. Reserve.
4. In a blender, place the reserved onion and garlic, oil, almond butter, lemon juice, buttermilk, salt, cayenne, and paprika. Blend 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. Marinate, 30 minutes.
6. Heat a medium, dry skillet over medium-low heat. Add the almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 7 minutes.
7. In a shallow pan, place the toasted almonds, flaxseeds, parsley, and thyme. Mix.
8. Dip each marinated chicken breast in the almond-flax seed mixture to coat.
9. Lightly spray a nonstick sheet pan with cooking oil. Place the chicken on the pan and lightly spray the coated breasts. Bake in the preheated oven until cooked through, about 15 minutes.
10. Garnish with 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 wt. oz.
Salt, kosher	½ tsp.
Cauliflower, cored, quartered	2 lb.
Almond, milk	¼ cup
Pepper, black, ground	⅛ tsp.

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 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.
6. Add the cauliflower, cover with a lid, and bring to a boil. Simmer the vegetables over medium heat until the cauliflower and potatoes are very tender. Drain, reserving all the liquid.
7. Add the peeled, roasted garlic to the cauliflower-potato mixture. Using an immersion blender, purée the mixture until it is a very smooth paste.
8. 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, minced	4 tsp.
Broccoli, stems reserved, florets chopped	5 cups
Broth, vegetable (Divided)	6 cups
Cashews, raw	1 cup
Vinegar, apple cider	2 tsp.
Lemon, juice, fresh	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 vegetables 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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BASIC KNIFE CUTS



Mince

<1/16-in. cube



Brunoise

1/8-in. cube (fine dice)



Chop

1/8-in. to 1/4-in. cube



Small Dice

1/4-in. cube



Medium Dice

1/2-in. cube



Large Dice

3/4-in. cube



Fine Julienne

1/16-in. sq. x 2-in.



Rondelle

Varied diameter/ thickness
Can be round or bias-round cut



Julienne

1/8-in. sq. x 2-in.



Chiffonade

rolled, sliced thin



Batonnet

1/4-in. sq. x 2-in.

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ 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 ¾ 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	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	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./ 1/4 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)

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