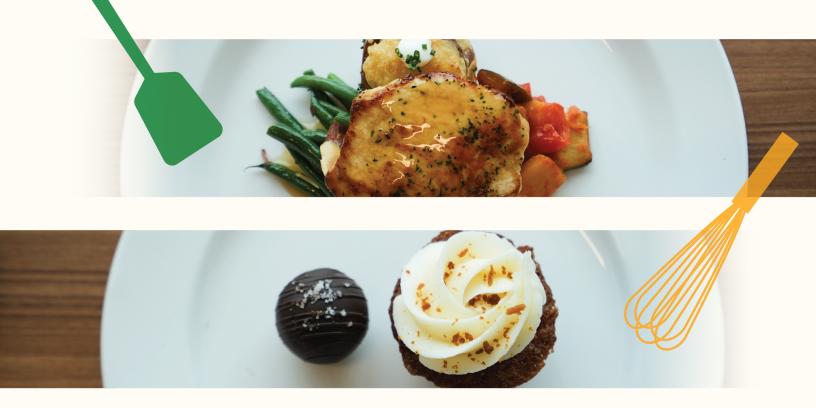
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Cuisine Solutions J.R. Simplot Company



TABLE OF CONTENTS

BREAKFAST

	8
	10
	12
SALADS, & SIDES	
	14
	15
	16
	18
	20
	21
	22
	24
	26
	28
	30
	32
	34
	35
	36
	SALADS, & SIDES

LUNCH & DINNER ENTRÉES

Beef Bourguignon	 									39
Black Pepper Beef Stir-Fry	 									42
Butternut Squash Curry	 									43
Bubbe's Galumpki	 									44
Coq au Vin	 									46
Cochinita Pibil	 									48
Dan Dan Mian	 									49
Eggless Pasta	 									50
Eggplant with Garlic Sauce	 									52
Falafel	 									54
Filipino Pork Adobo	 									56
Lentil Bolognese	 									57
Pork Mooncakes	 									58
Ratatouille	 									60
Salt and Pepper Squid	 									62
Singapore Mei Fun	 									64
Vegetable Biryani	 									66
Vegetable Pot Pie	 									68
Vegan Mushroom Tacos	 									70

DESSERT

Almond Lace Cookies	 •	•		•	٠	•	•	•		•	•	•	•	٠	•	•	•	•	•	12
Classic French Fruit Tart			 																	74
Masala Chai Brûlée			 																	76
Mini Apple Galettes			 																	77
Pâte Sucrée			 																	78
Pavlovas with Lemon Curd									•											80
Raspberry Coulis			 																	82
Salted Caramel																				84
Three Chocolate Verrine																				86





BREAKFAST





Lentil Frittata



Yield: 4 servings

INGREDIENTS

- 1 cup green lentils
- Kosher salt and freshly ground black pepper
- 3 tablespoons olive oil
- · 1 onion, diced
- 3 cloves garlic
- 1 russet potato, diced very small
- 2 cups baby spinach, chopped
- 10 large eggs
- ½ cup milk
- 1 teaspoon crushed red pepper flakes (less if you don't like it to be a bit spicy)
- 1 cup crumbled feta
- Kalamata and green olives, chopped

GARNISH

 Fresh parsley, sliced tomato, olive oil and black pepper



INSTRUCTIONS

STEP 1

Cook the lentils with 1 teaspoon salt and ½ teaspoon black pepper in 2 cups of water in a medium saucepan over medium-high heat until fully cooked but not mushy, 25 to 30 minutes. Drain lentils of excess water in a sieve and let them come to room temperature.

Meanwhile, preheat the oven to 400°F.

STEP 2

Heat the olive oil in a large (12-inch) seasoned cast-iron skillet over medium heat. Sauté the onion, stirring frequently, until soft and translucent, about 10 minutes. Add in the garlic and finely diced potato and sauté, stirring often, until the potatoes start to soften a bit, about 15 minutes.

Add the spinach and cook, tossing, until wilted but still vibrant green, about 5 minutes. Add the cooked lentils and 1 teaspoon salt and stir.

STEP 3

Whisk the eggs in a large bowl, then mix in the milk, red pepper flakes and half of the feta. Pour over the vegetables in the skillet and gently stir to combine. Then top with the rest of the feta and bake until the eggs are set, 20 to 25 minutes.

If desired, turn on the broiler for 3 to 5 minutes to brown the top.

Top with some chopped olives and parsley, tomato slices and a good drizzle of olive oil.



Quiche Lorraine



Makes one 9-inch deep dish quiche

INGREDIENTS

CRUST

- 1½ teaspoons kosher salt
- 1 teaspoon sugar
- 2 cups all-purpose flour, plus more for surface
- 5 tablespoons chilled unsalted butter, cut into pieces
- 3 tablespoons chilled lard or vegetable shortening

FILLING AND ASSEMBLY

- 8 ounces thick-cut smoked bacon, cut into ½-inch pieces
- 3 large shallots, thinly sliced
- 3 tablespoons lard or unsalted butter
- 2 sprigs thyme
- 1 bay leaf
- 3 ½ cups half-and-half
- 8 large eggs, room temperature
- 2 teaspoons kosher salt

- ¼ teaspoon cayenne pepper
- Pinch of freshly ground nutmeg
- 2 ounces Gruyère, finely grated

INSTRUCTIONS

STEP 1

Pulse 1½ teaspoon. kosher salt, 1 teaspoon sugar, and 2 cups all-purpose flour in a food processor until combined. Add 5 tablespoons chilled unsalted butter, cut into pieces, and 3 tablespoons chilled lard or vegetable shortening and pulse until mixture resembles coarse meal with a few pieces of butter and lard visible, about 15 one-second pulses. With motor running, drizzle in 6-7 tablespoons ice water and pulse until dough is still crumbly but just holds together when squeezed.

STEP 2

Turn out dough onto a lightly floured surface. Knead one-two times, pressing to incorporate any shaggy pieces. Press into a 6 inch-wide disk. Wrap with plastic wrap and chill at least 1 hour.

STEP 3

Place rack in lowest position and preheat oven to 375°F. Roll out dough on a lightly floured surface to a 14-inch round. Transfer to pie dish. Pick up edges and allow dough to slump down into dish, letting excess dough hang over dish. Trim, leaving about a 1-inch overhang. Fold overhang under; pinch and crimp. Chill 30 minutes.

STEP 4

Line dough with parchment paper or aluminum foil, leaving some overhang. Fill with pie weights or dried beans. Bake until crust is dry around the edges and just beginning to brown, 25–35 minutes. Carefully remove parchment and weights and reduce oven temperature to 350°F. Bake until crust is set and beginning to brown in the center, 15–20 minutes. Transfer to a wire rack and let cool.

FILLING AND ASSEMBLY

STFP 5

Cook 8 ounces thick-cut smoked bacon, cut into ½-inch pieces, 3 large shallots, thinly sliced, 3 tablespoons lard or unsalted butter, 2 sprigs thyme, and 1 bay leaf in a small saucepan over medium-high heat, stirring occasionally, until lard begins to bubble, about 5 minutes. Reduce heat to low (mixture should still slowly bubble) and cook, stirring occasionally, until bacon and shallots are very soft, about 20 minutes. Let cool 1 hour.

Strain through a fine-mesh sieve; pluck out thyme and bay leaf. Transfer bacon and shallots to a medium bowl; set aside.

STEP 6

Meanwhile, heat 3 ½ cups half-and-half in a medium saucepan over medium-high until it begins to bubble. Immediately remove from heat. Let cool 1 hour.

STEP 7

Place rack in middle of oven; preheat to 325°F. Purée 8 large eggs, room temperature, in a blender on mediumhigh speed until foamy, about 30 seconds. Add half-and-half, 2 teaspoons kosher salt, ¼ teaspoon cayenne pepper, and a pinch of freshly ground nutmeg. Blend on medium-low until egg mixture is smooth, about 15 seconds.

STEP 8

Place pie plate on a rimmed baking sheet. Sprinkle 2 ounces Gruyère, finely grated, evenly over bottom of crust. Top with bacon mixture. Pour half of the egg mixture into crust. Transfer quiche to oven, then carefully pour in remaining egg mixture. Bake quiche until edges are set but center slightly wobbles, 55–75 minutes (it will continue to set after baking). Transfer to a wire rack and let cool at least 3 hours before slicing.

Southwest Breakfast Casserole



Makes 13 servings



INGREDIENTS

- 1 carton (1.25 pounds) Honest Earth®
 Hash Brown Shredded Potatoes with
 a Hint of Sea Salt & Pepper
- 1½ quarts hot water (190°F maximum temperature)
- 4 tablespoons low sodium taco seasoning
- 1½ pounds beef chorizo (pork can also be used)
- 1 pound shredded pepper-jack cheese
- 12 ounces pasteurized liquid egg
- 8 ounces mayonnaise
- 2 tablespoons ranch seasoning mix
- 8 ounces sour cream

INSTRUCTIONS

STEP 1

Prepare the Honest Earth® Hash Browns by adding the taco seasoning to the hot water prior to adding to the carton. Allow the shreds to hydrate per package instructions. Once hydrated allow any excess liquid to drain prior to assembly.

STEP 2

Cook the beef chorizo and place it into a sprayed half-pan in an even layer on the base. Then spread the Honest Earth® Hash Browns onto the layer of chorizo followed by the shredded cheese.

STEP 3

Combine the egg, mayo, sour cream, and seasoning - mix well, then pour the mixture over the cheese.

Cover with film, then foil and place in a 350°F oven for 20 minutes. Uncover and allow to brown, approximately an additional 5-10 minutes.

SOUPS, SALADS, & SIDES





Aligot Potatoes



Makes 48 servings



INGREDIENTS

- 1 bag (26 ounces) Honest Earth®
 Creamy Mashed Potatoes with
 Butter & Sea Salt
- 1½ gallons boiling water
- ½ gallon heavy cream
- 1 tablespoon fresh thyme (added to water)
- 3 tablespoons garlic (chopped and added to water)
- ½ pound butter (room temperature)
- 1 pound comte or fontina cheese (shredded finely)

Indulge in the creamy decadence of our Aligot Potatoes—a luxurious French delicacy that promises to delight the senses! Made with a blend of smooth Honest Earth® Creamy Mashed Potatoes, melted cheese, thyme, butter, and heavy cream, our Aligot Potatoes offer a velvety texture and rich flavor that is simply irresistible. Whether served as a decadent side dish or as a comforting main course, these potatoes are sure to leave a lasting impression on your guests' palates.

INSTRUCTIONS

STEP 1

In a large roundau, bring the water, cream, thyme, and garlic to a boil. Whisk in the potatoes, reduce heat, and add the butter and cheese. Mix until combined.

STEP 2

Line a full size 2-inch deep hotel pan with cling film. Spread half of the potato in the bottom of the hotel pan followed by a layer of the avocado. Finish by topping with the remaining potato.

STEP 3

Chill for 2 hours before service. Unwrap and cut into 24 portions. You can also assemble into individual molds and unmold within 15 minutes before serving.

STEP 4

Serve with a wedge of lime.

Arugula Basil Pesto



Makes 1.5 cups

INGREDIENTS

- · 1 cup fresh arugula, packed
- 1 cup fresh basil, packed
- 6 garlic cloves
- ½ cup pine nuts
- ½ cup parmesan cheese mix, grated
- ½ cup olive oil
- Lemon and black pepper for finishing

INSTRUCTIONS

STEP 1

Chill processor bowl and blade.

STEP 2

Place all ingredients but the oil in food processor and pulse till chopped.

STEP 3

Pour oil through feed tube while processing till smooth.

Bouillabaisse with Rouille



Serves 6

INGREDIENTS

- ½ cup (118 milliliters) extra-virgin olive oil
- 1 cup (150 grams) chopped onion
- 1 cup (89 grams) chopped leek
- 4 cloves smashed garlic
- 2 or 3 large ripe tomatoes, chopped or 2 cups canned chopped tomatoes
- 2 ½ quarts (2.5 liters) water
- Fresh herb sprigs: thyme, parsley, fennel fronds and basil (in any combination)
- 12-inch wide strip of fresh orange peel (optional)
- ½ teaspoon crumbled saffron

- 1 tablespoon sea salt
- 3-4 pounds (2 kilograms) fish heads,
 bones, trimmings, shrimp shells
- 1 pound (450 grams) peeled shrimp (save the shells for the stock)
- 1 pound (450 grams) cod, halibut or other flaky white fish cut into large chunks
- 1 pound (450 grams) mussels or clams scrubbed and mussels debearded
- Crusty bread, sliced, for serving

INSTRUCTIONS

STEP 1

For the broth:

Heat the oil in a tall pot (I use an 8 quart stockpot) over medium heat. Add the onion and leek and cook gently until softened. Stir in the garlic and cook for a minute until fragrant, then add the tomatoes, water, herbs, orange peel, saffron, salt and fish bones and shrimp shells.

STEP 2

Bring to a simmer, then reduce heat so that the broth bubbles slowly without boiling. Cook 30 minutes, then strain the broth into a large bowl or another pot and discard the solids.

STEP 3

Pour the broth back into the stockpot and bring to a boil. Add the shrimp and cook until they turn pink, a minute or two. Add the rest of the fish and shellfish, cover and simmer until the mussels or clams open (this will just take a few minutes). Taste the soup and add more salt and freshly ground pepper if needed.

Rouille

INGREDIENTS

- 2 roasted and peeled red bell peppers (jarred peppers are fine)
- ½ teaspoon ground cayenne pepper or more to taste
- 1 tablespoon fresh lemon juice
- 1 peeled garlic clove
- ¼ cup (28 grams) fresh breadcrumbs or ground almonds
- ¼ cup (15 grams) fresh parsley leaves
- Fine sea salt, ½ teaspoon or to taste
- $\frac{1}{3}$ cup (75 milliliters) extra-virgin olive oil

INSTRUCTIONS

Puree everything except for the olive oil in a food processor until smooth. Slowly add the olive oil while processing to form a paste.

SFRVING

Toast the bread and brush with olive oil. Serve the soup with bread and rouille.

Cucumber Salad



Servings: 8

INGREDIENTS

- 2 large cucumbers, peeled and thinly sliced
- · 1 sweet onion, thinly sliced
- 1 tablespoon sea salt

DRESSING:

- 1½ cups mayonnaise, or more to taste
- 2 tablespoons vinegar
- 1 tablespoon white sugar
- 1 teaspoon dried dill weed
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper



INSTRUCTIONS

STEP 1

Mix cucumbers, onion, and salt together in a bowl. Cover with plastic wrap and let sit for 15 to 30 minutes.

Turn cucumber mixture into a colander set over a bowl or in a sink. Let drain, stirring occasionally, until most of the liquid and salt has drained, 15 to 30 minutes. Transfer drained cucumber mixture to a large bowl.

STEP 2

Whisk mayonnaise, vinegar, sugar, dill, garlic powder, and pepper for dressing together in a bowl until smooth.

Pour over cucumber mixture and stir until coated.

Cover with plastic wrap and refrigerate for 1 to 2 hours before serving.



Easy Slow Roasted Tomatoes



Yield: about 2 cups

INGREDIENTS

- 2 pounds cherry or grape tomatoes (or other small, full-bodied variety such as Campari or plum)
- Extra-virgin olive oil, as needed to coat
- Kosher salt and freshly-ground black pepper, to taste

INSTRUCTIONS

STEP 1

Preheat oven to 300°F. Line a rimmed sheet pan (or two) with parchment paper. Set aside. Slice the tomatoes in half, lengthwise. Arrange on the sheet pan(s), cut-side up, so that the tomatoes are close together but not overly crowded.

STEP 2

Drizzle the tomatoes with olive oil then shimmy around in the pan until all are just coated with oil. Season lightly with salt and pepper.

Roast for 2-3 hours, until the tomatoes begin to dry out and shrivel in on themselves, but still retain some juice inside. The timing will vary depending on the size/variety of your tomatoes.

STEP 3

Remove from the oven and cover the pan with aluminum foil until cooled, at least half an hour. Use right away or cover with olive oil and store in the fridge. Enjoy!

French Onion Soup



Yield: 4 to 6 servings

INGREDIENTS

- 3 tablespoons unsalted butter
- 3 to 4 large red or yellow onions
 (about 3 pounds), peeled and thinly
 sliced
- ¾ teaspoon kosher salt, plus more to taste
- 2 quarts beef stock (8 cups)
- 1 cup dry white wine
- 1 tablespoon dry sherry
- 1 tablespoon all-purpose flour
- ½ teaspoon black pepper, plus more to taste
- 8 to 12 (½-inch) slices French bread (from 1 loaf)
- 1½ cups grated Gruyère cheese

INSTRUCTIONS

STEP 1

Melt butter in a heavy Dutch oven over medium heat. Add onions and $\frac{1}{2}$ teaspoon salt, stir and cover, letting onions soften for 5 minutes.

Remove lid and let onions caramelize until golden brown over medium heat, stirring occasionally. Adjust heat if onions are browning too quickly. The caramelization process may take 45 to 60 minutes.

STFP 2

Meanwhile, warm broth in a saucepan over low heat. Once onions are caramelized, add wine and sherry to the pot and allow mixture to come to boil. Stir in flour and let thicken for a minute or two.

Slowly add warm broth, ¼ teaspoon salt and the pepper to the onion mixture and boil uncovered for 10 minutes. Add more salt and pepper to taste. Heat the broiler, and arrange individual ovenproof casseroles on a baking sheet.

Ladle soup into casseroles, and cover top with bread slices. Sprinkle each casserole generously with Gruyère. Broil for a minute or two, watching carefully, until cheese melts and browns. Serve immediately.

Gougères



Makes 28 gougères

INGREDIENTS

- ½ cup water
- ½ cup milk
- 1 stick (4 ounces) unsalted butter, cut into tablespoons
- Large pinch of coarse salt
- 1 cup all-purpose flour
- 4 large eggs
- 3 ½ ounces shredded Gruyère cheese (1 cup), plus more for sprinkling
- Freshly ground black pepper
- Freshly grated nutmeg

INSTRUCTIONS

STFP 1

Preheat the oven to 400°F. Line two baking sheets with parchment paper. In a medium saucepan, combine the water, milk, butter, and salt; bring to a boil.

Add the flour and stir it in with a wooden spoon until a smooth dough forms; stir over low heat until it dries out and pulls away from the side of the pan, about 2 minutes.

Scrape the dough into a bowl; let cool for 1 minute. Beat the eggs into the dough, one at a time, beating thoroughly between each one. Add the cheese and a pinch each of pepper and nutmeg.

STEP 2

Transfer the dough to a pastry bag fitted with a 1/2-inch round tip and pipe tablespoon-size mounds onto the baking sheets, 2 inches apart. Sprinkle with cheese and bake for 22 minutes, or until puffed and golden brown.

Serve hot, or let cool and refrigerate or freeze. Reheat in a 350°F oven until piping hot.



Harira Soup



Yield: 10 cups

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, diced
- 2 stalks of celery, inner leaves are fine, chopped small
- 4 cloves garlic, chopped
- 1½ teaspoons dried ground ginger
- ½ teaspoon black pepper
- ½ teaspoon turmeric
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 1/4-1/2 teaspoon cayenne
- 6 cups broth, vegetable
- 1 28-ounce canned, whole or crushed tomatoes
- 1 cinnamon stick (or ¼ teaspoon ground cinnamon)
- A tiny pinch of saffron (optional)

- 1-2 teaspoons sea salt
- ½ cup red lentils, dry
- ½ cup brown or green lentils, dry
- 1½ cups (115-ounce can) chickpeas
 (garbanzo beans) cooked
- 2 teaspoons honey (if needed)
- ¼ pound capellini pasta, broken into approximately 1-inch pieces
- ½ cup chopped cilantro
- ½ cup parsley

INSTRUCTIONS

STEP 1

Sauté onions for 5 minutes in olive oil, over medium heat.

Add celery, garlic, ginger, pepper, turmeric, cumin, smoked paprika and cayenne. Stir for another minute. Sautéing the spices allows them to bloom and deepen in flavor.

STEP 2

Add broth, tomatoes, cinnamon sticks, saffron, salt, red lentils, brown lentils, half of the cilantro and half of the parsley.

STEP 3

Bring to a simmer, cover with a vented lid, for 30 minutes. Add chickpeas and let pasta cook 5-10 minutes more.

Add honey and remaining fresh herbs. Serve with lemon wedges, a swirl of yogurt (if desired) and dates on the side.



Japanese Potato Salad



Serves 12

INGREDIENTS

- 6 russet potatoes
- 2 tablespoons kosher salt (for cooking the potatoes)
- 1 large carrot, thinly sliced
- 1 cup frozen corn
- 3 large eggs (50 grams each without shell)
- 2 Persian cucumbers
- 1 teaspoon kosher salt (for the cucumber)
- 6 ounces ham, thinly sliced into strips
- 3 tablespoons rice vinegar
- Freshly ground black pepper (to taste)
- ½ cup Japanese Kewpie mayonnaise

INSTRUCTIONS

TO PREPARE THE POTATOES

Peel potatoes and cut them into 1½-inch (3.8-centimeter) pieces.

Put the potatoes in a medium pot and add cold water to cover by 1 inch (2.5 centimeters). Add 2 tablespoons kosher salt to the pot and turn on the heat to medium high. Cover with the lid, leaving it slightly ajar to avoid a boil-over.

Tip: Start cooking the potatoes in cold water to heat them up slowly so they cook through evenly.

While you're cooking and cooling the potatoes, prepare the other ingredients. Once the water is boiling, remove the lid and reduce the heat to medium. Cook on a gentle boil until a skewer pierces a potato smoothly, about 15 minutes.

Drain the water completely from the pot using the lid to hold back the potatoes.

Put the pot with the potatoes back onto the stove over medium heat to evaporate any remaining water completely, shaking the pot constantly to avoid sticking. When there is no liquid left, remove the pot from the heat.

Mash the potatoes lightly, leaving some small chunks for texture. Transfer the potatoes to a large bowl.

While the potatoes are hot, add 1 tablespoon rice vinegar (unseasoned) and freshly ground black pepper. Set aside to cool. Why not add mayonnaise here? If you add it while the potatoes are hot, the mayonnaise will separate. Therefore, work on the other ingredients while the potatoes cool down.

OTHER INGREDIENTS

Bring a small pot of water to a boil for cooking the carrots and corn. Once the water is boiling, cook the carrot slices and corn for 5 minutes. When carrots are tender drain and shock.

HARD COOKED EGGS

Add 3 large eggs to the same pot and add enough cold tap water to cover by 1 inch. Turn on the heat to medium and bring to a boil. As soon as the water comes to a rolling boil turn the heat off, cover the pot and set a timer for 10 minutes. When the timer goes off, shock the egg in cold water until cool. Remove and discard the shell. Slice the boiled egg and chop it into smaller pieces. Set aside.

CUCUMBER

Peel cucumber (leave some skin on to create a striped pattern), and thinly slice it. Sprinkle 1 teaspoon kosher salt over the cucumber slices, knead them with your hands, and let them stand until they release their moisture, about 5 minutes. Then, squeeze the cucumber to remove any moisture and set aside.

ASSEMBLY

Add all the ingredients to the bowl of the cooled potatoes and mix all together. Add Japanese Kewpie mayonnaise and combine well. Taste to see if you want to add more mayonnaise or seasoning.

Liang Fen (Mung Bean Jelly Noodles)



Serves 12

INGREDIENTS

FOR THE JELLY NOODLES

- 1 cup mung bean starch
- 7 cups water divided

FOR THE SAUCE

- · 4 cloves garlic minced
- 3 tablespoons light soy sauce
- 3 tablespoons black rice vinegar e.g.
 Chinkiang vinegar
- ½ teaspoon sesame oil
- Chinese chili oil or spicy black bean sauce (to taste)
- Salt (to taste)
- 6 scallions finely chopped
- 5 fresh chilis, sliced (optional)

INSTRUCTIONS

STEP 1

In a bowl, mix mung bean starch with 1 cup of water until fully integrated.

Heat up the remaining 6 cups of water in a saucepan until you see lots of bubbles start to appear at the bottom (Keep a close eye to avoid overheating it).

STEP 2

Turn the heat to low. Stir the starch mixture well, then pour into the water. Stir constantly with a spatula for 1-2 minutes. When you see big air bubbles coming up to the surface and the mixture becoming quite thick and sticky but still runny, remove the saucepan from the heat.

Pour the translucent mass onto a half sheet tray that has been lined with plastic wrap. Place in the cooler to cool for one hour.

CUT THE NOODLES

Put one hand over the jelly, then flip the container upside down. It will slide off onto your hand easily. Put the block onto a chopping board.

Use a knife to cut the jelly into noodle strips of your preferred thickness.

Transfer them to a serving plate/bowl.

SEASON THE DISH

In a small bowl, mix minced garlic, light soy sauce, black rice vinegar, sesame oil, chili oil and salt (if needed). Pour it over the jelly noodles.

Top with scallions and fresh chili (if using), olives and parsley, tomato slices and a good drizzle of olive oil.



Mint Chutney Recipe



Makes 3/4 cup

INGREDIENTS

- ½ cup yogurt
- 3 tablespoons fresh lemon juice
- 1 bunch cilantro, tender stems ok
- 1 cup mint leaves, packed (2 x .75 ounce packages)
- 1 medium jalapeño, sliced
- 2 teaspoons sliced ginger
- 1 garlic clove
- 1/4-1/2 teaspoon kosher salt,
- ½ teaspoon sugar (or an alternative like honey, palm sugar, etc.)

INSTRUCTIONS

STEP 1

Blend all ingredients in a blender or food processor until relatively smooth.

STEP 2

Taste and adjust salt and lemon to your liking.

Refrigerate until serving. Chutney will keep 4 days in the fridge.



Niçoise Salad



Servings: 6

INGREDIENTS

NIÇOISE SALAD

- 4 cups mixed salad greens
- 6 ounces green beans (haricot verts)
- 4 large eggs
- 2 cups baby red or white potatoes
- 1(5-ounce) can tuna drained
- 1 cup pitted olives
- 1 cup grape tomatoes halved
- ½ English cucumber thinly sliced
- ½ small red onion thinly sliced

LEMON VINAIGRETTE

- 1/3 cup extra virgin olive oil
- ¼ cup lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon honey
- 1 garlic clove minced
- Kosher salt and freshly ground black pepper to taste

INSTRUCTIONS

BOIL THE EGGS

Bring a small pot of water to a boil. Then, turn off the heat (so there's no bubbles) and gently add the eggs. Turn the heat back up to boil and cook the eggs for $6\frac{1}{2}$ to 7 minutes for a slightly jammy yolk. If you prefer hard-boiled eggs, cook for another 3 to 4 minutes.

CHILL THE EGGS

Use a slotted spoon or skimmer to remove the eggs to an ice water bath for a few minutes. Then crack, peel, and halve each one.

COOK THE POTATOES

While the eggs are boiling, bring a separate medium pot of salted water to a boil. Add the potatoes, reduce the heat to a simmer, and cook until tender, about 15 minutes.

Use a slotted spoon to remove the potatoes (leaving the hot water in the pot), transfer them to a cutting board, and let them cool. Then slice in half.

BLANCH THE BEANS

Add the green beans to the pot and simmer for 1 to 2 minutes, until they turn bright green. Then chill in an ice water bath and drain the beans in a colander.

TO MAKE THE VINAIGRETTE

Add all of the ingredients to a small bowl and whisk together. Set aside.

ASSEMBLE THE NIÇOISE SALAD

Spread the salad greens out onto a large platter. Arrange the potatoes, green beans, tuna, tomatoes, olives, red onion, and soft-boiled eggs on top.

Season with kosher salt and freshly ground black pepper. Drizzle the lemon vinaigrette over the salad. I use about half the vinaigrette and save the remainder in the fridge for future use.



Samosa Tot with Butter Sauce



Makes 75 tots



INGREDIENTS

- 1 quart water, hot, 180°F
- 15.5 ounces Idahoan® Shred Tater
 Tumblers® Unseasoned Mix (½ bag)
- 2 cups peas, cooked, cool
- ½ cups cilantro, chopped
- 2 quarts True Foundations® Indian-Style Butter Sauce
- ½ pound butter (room temperature)
 2 cups cilantro, leaves, torn (garnish)

This is a gluten-friendly take on a samosa. This stuffed tot is served with Custom Culinary's True Foundations® Indian-Style Butter Sauce for dipping.

INSTRUCTIONS

STEP 1

Carefully pour hot water into a mixing bowl and pour in the tot mix, stirring to combine. Let stand for 10 minutes. Stir in peas and cilantro.

STEP 2

Form into tots with a #60 scoop and arrange on sheet pans to store covered in the cooler.

At service time, fry in a pre-heated deep fryer for 1-2 minutes in batches.

Carefully drain in a serrated pan or on wire racks.

STEP 3

Ladle a small 1 oz. ladle of hot Indian-Style Butter Sauce onto the tasting plate. Top with a hot samosa tot and top with a cilantro leaf garnish.

Smashed Cucumber Salad



Serves 8

INGREDIENTS

- 4 large English cucumbers
- 1 teaspoon salt
- 8 cloves garlic minced
- 4 tablespoons light soy sauce
- 2 tablespoons black rice vinegar e.g.
 Chikiang vinegar
- 4 teaspoons sesame oil
- 1 tablespoon sugar
- Chinese chili oil to taste
- Sichuan pepper oil optional

INSTRUCTIONS

STEP 1

Place cucumber onto a chopping board. Use the side of a cleaver, or a rolling pin/a meat pounder, to smash it. Make sure the pressure is enough to crack it open by one stroke, instead of pounding it multiple times on one spot. Then cut it crosswise into bite-sized pieces.

Transfer the cucumber to a bowl. Sprinkle evenly with salt. Leave to rest for 10 minutes or so. Then drain away the water extracted by the salt.

STEP 2

Add light soy sauce, black rice vinegar, sesame oil, sugar, minced garlic, chili oil and Sichuan pepper oil if using. Toss very well to evenly distribute the seasonings.

Enjoy it right away or let it sit for 2 minutes before serving (the flavour will penetrate further into the cucumber).

Thai Green Papaya Salad (Som Tum)



Serves 8

INGREDIENTS

DRESSING:

- 3 tablespoons garlic, roughly chopped
 (10 normal or 4 large garlic cloves)
- 9 bird eye chillies, roughly chopped with seeds (use fewer for less spicy)
- 9 tablespoons dried shrimp
- 1 ⅓ cups palm sugar, grated using standard box grater, loosely packed
- ³/₄ cup lime juice
- ³/₄ cup fish sauce

GREEN PAPAYA SALAD:

- 1½ cups roasted peanuts, unsalted
- 30 snake beans, cut in
 5-centimeter/2-inch pieces
- $4 \frac{1}{2}$ cups grape tomatoes, cut in half
- 6 cups green papaya, shredded (TIGHTLY packed cups)
- ³/₄ cup Thai basil leaves

INSTRUCTIONS

CRUSH PEANUTS

Place peanuts in a mortar and pestle. Pound lightly to break them up into largish pieces, not into powder. Transfer to bowl.

GARLIC AND CHILI PASTE

Place garlic and chilli in the mortar. Pound into a paste. Add shrimp and pound to crush them - no need to grind them to a paste.

DRESSING

Stir in palm sugar, lime and fish sauce until sugar dissolves. Pour dressing into a large bowl.

BRUISE SNAKE BEANS

Add snake beans to mortar (in batches if needed). Pound to bruise, split and soften (they are raw, so they need to be bashed to soften). Add to dressing.

CRUSH TOMATO

Grab handfuls of tomato, crush with your hands then add into the bowl.

ADD PAPAYA

Add papaya and $\frac{3}{4}$ of the peanuts. Toss well with 2 wooden spoons or tongs.

SERVE IMMEDIATELY

Once everything is coated in dressing, immediately pile up onto plates. Spoon over some dressing (there will be a bit of dressing still left in the bowl, that's normal). Garnish with Thai basil leaves, sprinkle with remaining peanuts.



LUNCH& DINNER ENTRÉES





Beef Bourguignon



Serves 6-8

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 6 ounces bacon roughly chopped
- 3 pounds stewing beef cut into2-inch chunks
- 1 large carrot, sliced ½-inch thick
- 1 large white onion, diced
- 6 cloves garlic, minced (divided)
- 1 pinch coarse salt
- 1 pinch ground pepper
- 2 tablespoons flour
- 12 small pearl onions, optional
- 3 cups red wine
- 2-3 cups beef stock
- 2 tablespoons tomato paste
- 1 tablespoon beef base
- 1 teaspoon fresh thyme, finely chopped

- 2 tablespoons fresh parsley, finely chopped, divided
- 2 bay leaves
- 1 pound small, fresh white or brown mushroom, quartered
- 2 tablespoons butter

INSTRUCTIONS

TRADITIONAL OVEN METHOD:

STEP 1

Arrange 2 racks to divide the oven into three. Preheat oven to 350°F (175°C). Heat the oil in a large Dutch oven or heavy based pot. Sauté the bacon over medium heat for about 3 minutes, until crisp and browned.

Transfer with a slotted spoon to a large dish and set aside.

Beef Bourguignon, continued

STEP 2

Pat dry beef with paper towel; sear in batches in the hot oil/bacon fat until browned on all sides. Remove to the dish with the bacon.

In the remaining oil/bacon fat, sauté the carrots and diced onions until softened, (about 3 minutes), then add 4 cloves minced garlic and cook for 1 minute. Drain excess fat (leave about 1 tablespoon in the pan) and return the bacon and beef back into the pot; season with ½ teaspoon coarse salt and ¼ teaspoon ground pepper. Sprinkle with flour, toss well and cook for 4-5 minutes to brown.

Add the pearl onions, wine and enough stock so that the meat is barely covered. Then add the tomato paste, bullion and herbs. Bring to a simmer on the stove. Cover, transfer to lower part of the oven and simmer for 2 to 3 hours, or until the meat is fall-apart tender (adjust the heat so that the liquid simmers very slowly).

STEP 3

In the last 5 minutes of cooking time, prepare your mushrooms. Heat the butter in a medium-sized skillet/pan over heat. When the foam subsides, add the remaining 2 cloves garlic and cook until fragrant (about 30 seconds), then add in the mushrooms. Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter. Season with salt and pepper, if desired. Once they are browned, set aside.

Place a colander over a large pot (I do this in my clean kitchen sink). Remove the casserole from the oven and carefully empty its contents into the colander (you want to collect the sauce only). Discard the herbs.

STEP 4

Return the beef mixture back into the Dutch oven or pot. Add the mushrooms over the meat.

Remove any fat off the sauce (if any) and simmer for a minute or two, skimming off any additional fat which rises to the surface.

You should be left with about 2 ½ cups of sauce thick enough to coat the back of a spoon lightly. If the sauce is too thick, add a few tablespoons of stock. If the sauce is too thin, boil it over medium heat for about 10 minutes, or until reduced to the right consistency.

Taste for seasoning and adjust salt and pepper, if desired. Pour the sauce over the meat and vegetables. If you are serving immediately, simmer the beef bourguignon for 2 to 3 minutes to heat through.

Garnish with parsley and serve with mashed potatoes, rice or noodles.

To serve the following day, allow the casserole to cool completely, cover and refrigerate. The day of serving, remove from refrigerator for at least an hour before reheating. Place over medium-low heat and let simmer gently for about 10 minutes, basting the meat and vegetables with the sauce.

INSTANT POT/PRESSURE COOKER:

STEP 1

Set Instant Pot or pressure cooker to SEAR function (or use a pan on the stove over medium heat of you wish). Sauté the bacon in 1 tablespoon of oil until crisp and browned. Remove with a slotted spoon and set aside.

STEP 2

Pat dry beef with paper towel; sear in batches until browned on all sides in the oil/bacon fat.

Return bacon to the pot. Season with ½ teaspoon coarse salt and ¼ teaspoon ground pepper. Sprinkle with flour, toss well and cook on SEAR for a further 4-5 minutes to brown.

STEP 3

Add in the onions, pearl onions, carrots, wine, 2 cups of stock, tomato paste, 4 cloves minced garlic, bullion and herbs.

Stir well, cover and lock the lid into place. Press Keep Warm/Cancel to stop the Sauté function, then set to MANUAL mode. Choose HIGH PRESSURE for 30 minutes cook time.

After cooking, allow the pressure to release naturally for 8-10 minutes. Open the valve and allow and remaining steam to escape (for Instant Pot, turn the valve from sealing to venting to release the pressure).

STEP 4

While steam is releasing, prepare your buttered mushrooms (OPTIONAL or add them straight in without cooking in butter if desired): Heat the butter in a mediumsized skillet/pan over medium heat. Add the remaining 2 cloves garlic and cook until fragrant (about 30 seconds), then add in the mushrooms.

Cook for about 5 minutes, while shaking the pan occasionally to coat with the butter. Season with salt and pepper, if desired. Set aside.

Change the Instant Pot or cooker setting back to the SEAR setting (or SAUTÉ) stir well and allow the sauce to thicken uncovered, for a further 5-10 minutes. Add the buttered mushrooms, garnish with parsley and serve with mashed potatoes, rice or noodles.

Black Pepper Beef Stir-Fry



INGREDIENTS

FOR THE MARINADE

- 3-4 pounds flank or skirt steak
- 4 teaspoons cornstarch
- 4 teaspoons Shaoxing rice wine
- 4 teaspoons light soy sauce
- 4 teaspoons sesame oil
- 4 teaspoons ginger julienned

FOR THE SAUCE

- 1 cup oyster sauce
- 1.5 tablespoons light soy sauce
- 1.5 tablespoons freshly ground black pepper
- 1 teaspoon sugar
- 1 pinch salt
- 4 teaspoons cornstarch
- ³/₄ cup water

FOR COOKING

- 8 tablespoons cooking oil
- 2 onions, julienned
- 2 red bell peppers, julienned

INSTRUCTIONS

STEP 1

Slice the beef into strips (against the grain). Mix with the ingredients for the marinade. Leave to rest for 10 minutes. Mix all the ingredients for the sauce then set aside.

Heat up the oil in a wok over high heat. Sear the marinated beef until it turns brown (should still be pink inside). Transfer it to a separate plate.

Add onion and pepper to the remaining oil in the wok. Cook for a minute or so. Put the beef back into the wok. Stir fry for another 1-2 minutes until the beef is fully cooked.

Pour in the sauce. Stir until it becomes thick enough to coat the beef and vegetables nicely.

Sprinkle more ground black pepper for more intense flavor (optional). Serve hot with steamed rice.

Butternut Squash Curry



Serves 4

INGREDIENTS

- 1 large butternut squash (about 2 ½ pounds), peeled, seeded, and cut into large chunks
- 5 tablespoons neutral oil, divided
- Kosher salt
- 1 large red onion, coarsely chopped
- 5 cloves garlic, minced
- 2 tablespoons curry powder
- 2 (13.5-ounces) cans full-fat coconut
 milk
- 1 large bunch of curly kale (about 6.5 ounces), roughly chopped
- Juice of 1 lime
- ½ cup chopped fresh parsley
- 1/4 cup sunflower seeds
- Cooked rice, for serving

INSTRUCTIONS

STEP 1

In a large bowl, mix squash with 3 tablespoons oil; season with salt. On a rimmed baking sheet, arrange squash in an even layer. Roast until tender and golden brown, 35 to 40 minutes.

Meanwhile, in a large skillet over medium-high heat, heat remaining 2 tablespoons oil. Add onion, season with salt, and cook, stirring occasionally, until lightly golden, 8 minutes.

STEP 2

Reduce heat to medium-low. Add garlic and cook, stirring, until fragrant, about 1 minute. Add curry powder and cook, stirring, until combined. Increase heat to medium and add coconut milk. Bring to a simmer, then add kale, season with salt. Cook, stirring occasionally, until tender and wilted, about 3 minutes.

Remove from heat until squash finishes roasting. Add squash and lime juice to skillet and stir to combine. Serve over rice and garnish with sunflower seeds.

Bubbe's Galumpki





INGREDIENTS

FOR THE PORK FILLING:

- Green cabbage, cored, poached and leaves for wrappers reserved, 2 each
- 2 pounds Hormel® Always Tender®
 Ground Pork
- 4 cups rice, cooked 75 percent
- 2.5 cups onion, minced fine
- 3 eggs
- Garlic powder (to taste)
- Salt (to taste)
- Black pepper (to taste)

FOR THE SAUCE:

- ½ cup onion, minced
- ½ cup celery, minced
- ¼ cup carrot, minced
- 2 tablespoons vegetable oil

- 2 tablespoons garlic, minced
- 2 tablespoons cider vinegar
- 32 fluid ounces tomato sauce, canned
- 2 cups tomato concasse
- Fresh thyme (to taste)
- Bay leaves (to taste)
- Black pepper (to taste)
- Salt (to taste)

INSTRUCTIONS

FOR THE CABBAGE ROLLS

Poach cabbage in boiling salted water, shock in ice water and remove leaves individually. Save leaves as wrappers for Galumpki.

Mix all filling ingredients and do an oven or poach test on a small amount. Adjust seasoning and keep cold. Lay out leaves/wrappers and fill with pork mixture. Roll into packages and lay into sprayed casserole dish, reserve.

FOR THE SAUCE

Sweat the mirepoix in the oil until very tender. Add remaining ingredients and bring to a boil.

Simmer for at least 30 minutes, taste and adjust seasoning and acidity.

When ready, cover Galumpki with sauce and then bake covered at 350°F for at least an hour.

When ready, the Galumpki will be very tender to the touch.

Serve with additional sauce, pumpernickel bread slices or croutons and horseradish.



Coq au Vin



Yield: 4+ servings

INGREDIENTS

- 3 pounds chicken legs and thighs
- 2 ½ teaspoons kosher salt, more as needed
- ½ teaspoon freshly ground black pepper, more to taste
- 3 cups hearty red wine
- 1 bay leaf
- 1 teaspoon fresh thyme leaves, chopped
- 4 ounces lardons, pancetta or bacon, diced into ¼-inch pieces (about 1 cup)
- 3 tablespoons extra-virgin olive oil, more as needed
- 1 large onion, diced
- 1 large carrot, peeled and diced
- 8 ounces white or brown mushrooms, halved if large, and sliced (about 4 cups)
- 2 garlic cloves, minced

- 1 teaspoon tomato paste
- 1 tablespoon all-purpose flour
- 2 tablespoons brandy
- 3 tablespoons unsalted butter
- 8 ounces peeled pearl onions (about
 12 to 15 onions)
- Pinch sugar
- ¼ cup chopped parsley, more for serving

INSTRUCTIONS

STEP 1

Season chicken with 2 ¼ teaspoons salt and ½ teaspoon pepper. In a large bowl, combine chicken, wine, bay leaf and thyme. Cover and refrigerate for at least 2 hours or, even better, overnight.

In a large Dutch oven or a heavy-bottomed pot with a tightfitting lid, cook lardons over medium-low heat until fat has rendered, and lardons are golden and crisp, 10 to 15 minutes. Using a slotted spoon, transfer lardons to a paper-towel-lined plate, leaving rendered fat in pot.

Remove chicken from wine, reserving the marinade. Pat chicken pieces with paper towels until very dry.

Heat lardon fat over medium heat until it's just about to smoke. Working in batches, if necessary, add chicken in a single layer and cook until well browned, 3 to 5 minutes per side. (Add oil if the pot looks a little dry.) Transfer chicken to a plate as it browns.

STEP 2

Add diced onion, carrot, half the mushrooms and the remaining ¼ teaspoon salt to pot. Cook until vegetables are lightly browned, about 8 minutes, stirring up any brown bits from the pot, and adjusting heat if necessary to prevent burning.

Stir in garlic and tomato paste and cook for 1 minute, then stir in flour and cook for another minute. Remove from heat, push vegetables to one side of pot, pour brandy into empty side, and ignite with a match. (If you're too nervous to ignite it, just cook brandy down for 1 minute.)

Once the flame dies down, add reserved marinade, bring to a boil, and reduce halfway (to $1 \frac{1}{2}$ cups), about 12 minutes. Skim off any large pockets of foam that form on the surface.

STEP 3

Add chicken, any accumulated juices and half the cooked lardons to the pot. Cover and simmer over low heat for 1 hour, turning halfway through. Uncover pot and simmer for 15 minutes to thicken. Taste and add salt and pepper, if necessary.

Meanwhile, melt 1 tablespoon butter and 2 tablespoons oil in a nonstick or other large skillet over medium-high heat. Add pearl onions, a pinch of sugar and salt to taste. Cover, reduce heat to low and cook for 15 minutes, shaking skillet often to move onions around.

STEP 4

Uncover, push onions to one side of skillet, add remaining mushrooms, and raise heat to medium-high. Continue to cook until browned, stirring mushrooms frequently, and gently tossing onions occasionally, 5 to 8 minutes. Remove onions and mushrooms from skillet, and wipe it out.

STEP 5

In same skillet, melt 2 tablespoons butter and 1 tablespoon oil over medium heat until bubbling. Add bread and toast on all sides until golden, about 2 minutes per side. (Adjust heat if needed to prevent burning.) Remove from skillet and sprinkle with salt.

To serve, add pearl onions, mushrooms and remaining half of the cooked lardons to the pot. Baste with wine sauce, sprinkle with parsley and serve.

NOTE: Traditional recipes call for a whole cut-up chicken, but using all dark meat gives you a particularly succulent dish without the risk of overcooked white meat. However, if you would rather substitute a whole cut-up bird, just add the breasts in the last 30 minutes of simmering.

Cochinita Pibil





INGREDIENTS

FOR THE PORK:

- 2 heads garlic, broken into cloves
- 2 tablespoons vegetable oil
- ¼ cup annato paste
- 2 tablespoons Mexican oregano
- 1 large cinnamon stick
- 3 cloves
- 2 tablespoons black peppercorns
- 1 tablespoon all spice berries
- ³/₄ cup sour orange juice
- ½ cup white vinegar
- Kosher salt (to taste)
- 4.5 pounds Hormel® Always
 Tender® Pork Shoulder, or Belly, or a combination of both, cut into 2-inch thick slabs
- Marinade (reserved)
- 1 package banana leaves
- 1 cup shaved white onion
- Bay leaves (as needed)
- 2 sliced tomatoes

INSTRUCTIONS

STEP 1

Toast the garlic cloves in a dry sauté pan until skins are very dark. Let cool, peel and reserve.

Heat oil in skillet, add annato paste, oregano, cinnamon, cloves, peppercorns and allspice berries. Cook over medium heat, tossing and stirring until fragrant.

STEP 2

Pour the mixture into blender and add remaining ingredients, blend until smooth. Rub marinade into pork, reserve. Marinate for at least 2 hours and up to overnight. Lay out banana leaves and place marinated pork onto the leaves.

STEP 3

Top pork with onions, crushed bay leaves and sliced tomato. Wrap fully in banana leaves, tie into bundles with twine.

Place cochinita bundles in smoker at 250°F for at least two hours, transfer to a covered pan and slow roast until tender. Let rest for 20 minutes and shred.

Serve with warm tortillas, pickled onions, sliced jalapeños, salsa verde, crema and cilantro leaves.

48

Dan Dan Mian





INGREDIENTS

FOR THE PORK:

- 1 pound Hormel® Always Tender®
 Ground Pork
- 2 tablespoons chopped garlic
- 2 teaspoons chopped ginger
- 2 tablespoons soy sauce
- 2 tablespoons Shaoxing wine

FOR THE SAUCE:

- 1 tablespoon chopped garlic
- ¼ cup Chinese sesame paste
- 3 tablespoons soy sauce
- 2 teaspoons dark soy sauce
- 3 ounces chili oil
- 2 tablespoons Szechuan peppercorns, ground
- 1 tablespoon granulated sugar

FOR SERVICE:

- Chinese egg noodles (as needed)
- Baby bok choy (as needed)
- Chicken broth, hot (as needed)
- Chopped green onions (garnish with)
- Planters® Dry Roasted Peanuts, chopped (garnish with)

INSTRUCTIONS

FOR THE PORK

Combine all pork ingredients and marinate at least 30 minutes, and up to 2 hours.

FOR THE SAUCE

Heat the oil slightly and combine all ingredients, reserve for service.

FOR THE SERVICE

Assemble bowls by placing desired amount of sauce in the bottom of your bowl. Top with cooked noodles, Hormel® ground pork mixture, hot chicken stock, green onions and chopped peanuts.

Eggless Pasta



Makes about 10 ounces raw pasta

INGREDIENTS

- 2 cups (250 grams) 00 flour, einkorn flour or all-purpose flour
- ²/₃ cup (160 milliliters) water
- 2 teaspoons olive oil
- ¼ teaspoon sea salt

INSTRUCTIONS

In a large bowl, whisk together the flour and salt. Add in the olive oil and water, use a fork to mix and combine. It will appear that it won't come together, but with a little work, it will!

KNEAD THE DOUGH:

Once the pasta dough is almost completely mixed, lightly flour a clean surface, and knead the dough until smooth, about 10 minutes. Allow to rest 20 minutes.

MAKE THE PASTA:

Divide the dough into four equal sections. Set three of the sections aside on a generously floured surface, and lightly flour the surface you're working on, as well as a rolling pin.

Roll out one of the sections to be about 10 inches long, and set the thickness of your pasta maker to be "0" (zero).

Roll the pasta dough through the lasagna part of the pasta maker. Fold the rolled strip in half and repeat, this time with the settings to "1" (one), then "2" (two), and finally "3" (three). Make sure to flour the dough each time. Then set the pasta maker settings to fettuccine or spaghetti.

Flour the dough once more, then place the dough through the pasta maker to create the pasta. Lightly place the pasta into the shape of a nest, and repeat for the remaining dough. Each dough should take about 5 minutes.

BOIL THE PASTA:

Bring a large pot of water to a rolling boil. Add the pasta into the water, and cook for about 5-7 minutes, or until not chewy in texture. Strain the pasta (making sure to reserve some pasta water for the sauce).



Eggplant with Garlic Sauce (Yu Xiang Qiezi)



Servings: 8

INGREDIENTS

FOR THE EGGPLANT

- 4 eggplants (14 ounces)
- 2 teaspoons salt

FOR THE SAUCE

- 6 tablespoons black rice vinegar
- 6 tablespoons Shaoxing rice wine
- 2 tablespoons dark soy sauce
- 4 tablespoons sugar
- 6 tablespoons cornstarch
- 1 cup water
- 1 ½ tablespoons sesame oil

FOR STIR-FRYING

- 4 tablespoons cooking oil
- 8 ounces minced meat such as pork
- 2 tablespoons pickled chili garlic sauce
- 4 cloves garlic, minced
- 2 teaspoons minced ginger
- 2 stalks scallions, finely chopped,
 separate the white & green parts



INSTRUCTIONS

PREPARE THE EGGPLANT

Add the salt to a pot of water. Bring it to a full boil while slicing the eggplant into batons. Put the eggplant into the boiling water. Cover and cook for 3-4 minutes until it becomes soft (but not mushy).

Drain in a colander and press gently to remove any excess water.

MIX THE SAUCE

In a bowl, combine all the ingredients for the sauce. Set aside.

STIR FRY THE DISH

Pour oil into a hot wok over high heat. Stir in the minced meat. Fry until pale.

Add pickled chilli, garlic, ginger and white part of the scallions. Sizzle until fragrant. Stir in the eggplant. Fry until it's piping hot. Pour in the sauce (stir well beforehand). Stir to coat evenly.

Turn off the heat once the sauce thickens. Sprinkle the green part of the scallions.

Dish out and serve immediately.

Falafel



Makes 18 falafel, 4 to 6 servings

INGREDIENTS

- 8 ounces (225 grams) dried
 chickpeas (1 heaping cup), see note
- 5 to 6 green onions, trimmed
- 4 medium garlic cloves, use less if sensitive to garlic
- 2 cups (55 grams) packed fresh herbs:
 cilantro, parsley, and mint leaves
- 1 teaspoon fine sea salt, plus more for serving
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon ground cardamom
- ½ teaspoon cayenne pepper, optional
- 1/4 teaspoon fresh ground black pepper
- ¾ teaspoon baking powder, optional
- Vegetable oil, for frying

FOR SERVICE

- 2 heads romaine
- 2 English cucumbers
- 1 bag radish
- 1 quart cherry tomatoes
- 1 red onion
- Thin Pita (pocket style)

INSTRUCTIONS

MAKE FALAFEL

STEP 1

Rinse the dried chickpeas and place them in a large bowl, covering them with cold water by about 4 inches.

Cover and soak overnight or until the beans triple in size. Drain the soaked chickpeas, rinse, and pat dry, or add them to a salad spinner to spin dry.

STEP 2

Roughly chop the scallions and fresh herbs. Then, add the soaked chickpeas, scallions, garlic, fresh herbs, salt, cumin, coriander, cardamom, cayenne, black pepper, and baking powder to the bowl of a food processor.

Pulse the mixture until very finely minced but not pureed, scraping the bowl down as necessary. You should be able to press a handful together and have it hold its shape (it will be loose and a little crumbly).

Transfer the falafel mixture to a bowl and cover. Refrigerate for at least 15 minutes to help the balls hold together when cooking. If you are making this ahead, you can refrigerate the covered mixture for a few days.

STEP 3

Use a spoon or small cookie scoop to scoop out 1½ tablespoons of the falafel mixture, then gently squeeze and shape it into a ball and place it onto a clean plate. Repeat with as many falafel as you plan to cook.

OPTIONAL STEP:

As an extra fail-safe for preventing the balls from falling apart when they hit the oil, rest the falafel balls in the refrigerator for 30 to 60 minutes before cooking them.

COOK FALAFEL

In the deep fryer, turn the heat to mediumhigh and heat the oil so that it is between 350°F and 375°F (176°C to 190°C).

Fry the falafel in batches, placing them gently into the oil without crowding in the pan. Cook, without moving them, until they brown on the bottom sides. Using two forks, carefully flip the falafel to brown the other side, 3 ½ minutes to 4 minutes total.

Transfer the cooked falafel to a plate lined with a paper towel, sprinkle with a little extra salt, and then repeat with the remaining falafel balls. Serve immediately.

NOTE: For this recipe, you need soaked dried chickpeas. Canned chickpeas do not work. You can soak them a couple of days in advance. Soak them overnight, drain them, and then store them in an airtight container in the fridge until you are ready to make your falafel mix.

Filipino Pork Adobo



Serves 12

INGREDIENTS

FOR THE PORK:

- 4.5 pounds Hormel® Always
 Tender® Pork Shoulder, or Belly, or a combination of both, cut into 2 inch cubes
- 1 cup dark soy sauce
- 1.5 cup sugarcane vinegar
- 3 cups water
- ¼ cup black peppercorns, tied in sachet with bay leaves
- 12 bay leaves
- ½ cup brown sugar
- 3 cups yellow onion, large dice
- Vegetable oil (as needed)
- 1 cup garlic cloves, minced



INSTRUCTIONS

STEP 1

Place pork, soy, vinegar, water, spice sachet, brown sugar and onion in a rondeau and bring to a boil.

When the mixture boils, reduce heat and skim any impurities that collect at the top of the pan.

Simmer until tender, approximately an hour. Drain off meat and save cooking liquid in a separate saucepan.

STEP 2

Add pork back to the rondeau and over medium heat, glaze with cooking liquid.

Through a series of deglazes and reductions, continue adding cooking liquid and deglazing until pork is caramelized and sticky.

Serve with white rice, roasted garlic oil, fried lumpia.

Lentil Bolognese



INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, diced (2-2 ½ cups)
- 1½ cup carrots, small diced
- 1½ cups celery, diced
- 4-6 cloves garlic, rough chopped
- 1½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon chili flakes (optional)
- 1 tablespoon fresh oregano or thyme (or 2 teaspoons dried Italian herbs)
- ⅓ cup tomato paste
- Generous splash red wine (optional) ¼ cup-ish
- 1 ½ cups black caviar lentils
- $1\frac{1}{2}$ cups tomatoes, diced with juices
- 3 ½ cups veggie stock or broth
- ³/₄ cup ground toasted walnuts
- 2 teaspoons balsamic vinegar

INSTRUCTIONS

STEP 1

Heat oil in a large pot or Dutch oven over medium-high heat.

Add the onion and sauté for 2-3 minutes stirring until fragrant. Lower heat to medium, then add the carrots, celery, garlic, salt, pepper, chili flakes, and herbs. Sauté 7-8 minutes, stirring.

STEP 2

Add the tomato paste, browning it just a bit in the pan (this will deepen the flavor), then deglaze with wine if you want, scraping up any brown bits. Once most of the wine has cooked off add the tomatoes and their juices, cook them down for just a few minutes.

STEP 3

Add the lentils, veggie stock and hemp seeds or walnuts. Bring to a boil, cover tightly, lower heat to low, and simmer gently 20-25 minutes, or until the lentils are tender. Bigger lentils will take longer. Uncover.

STEP 4

Continue cooking uncovered until most of the liquid has cooked off. Stir in the balsamic vinegar, taste, and adjust salt, pepper, vinegar and chili flakes to your liking. Keep in mind, you want this just slightly salty if tossing with pasta.

Serve this tossed with your favorite pasta or over polenta.

Pork Mooncakes





INGREDIENTS

FOR THE DOUGH

- 8 ounces all purpose flour
- 5 ounces unsalted butter
- ½ cup ice water
- Pinch of kosher salt

FOR THE FILLING

- 1 pound Hormel® Always Tender®
 Ground Pork
- 1 tablespoons minced garlic
- ¼ cup scallions (white parts) minced
- 4 teaspoons Shaoxing wine
- Kosher salt (to taste)
- 1 tablespoon cornstarch
- 1 teaspoon black pepper
- 1 teaspoon granulated sugar
- 1 tablespoon sesame oil

INSTRUCTIONS

FOR THE DOUGH

Scale and reserve 4 ounces of the butter. Rub remaining butter and salt into flour, slowly add the ice water and gently fold into dough. Let the dough rest for 30 minutes in the refrigerator.

Roll out dough into a 12-by-4-inch square, reserve. Place the remaining butter between two pieces of parchment and roll/knead into a 3-by-3-inch square.

Place the butter block onto the dough and bring up the edges, pinch the edges to seal the butter inside the dough. Roll the dough out into a rectangle and fold into thirds, return to the refrigerator.

Repeat process twice more and let chill before final roll.

Roll out the final time to ¼-inch thickness. Cut dough into 3-inch rounds and reserve in refrigerator.

FOR THE FILLING

Combine all ingredients in bowl and mix well. Poach or oven test a small amount and adjust seasoning as needed.

ASSEMBLY

Divide the filling into equal portions and round into meatballs.

Wrap dough circles around the portioned meatballs and pinch closed at the bottom, place onto parchment lined sheet pans.

Brush with egg wash and garnish with sesame seeds.

Chill mooncakes in refrigerator for at least 20 minutes.

Bake at 375°F with medium fan until 155°F internal temperature. Serve with sauce of choice.



Ratatouille



Yields: 9.5-inch pie casserole | Serves: 6

INGREDIENTS

RATATOUILLE

- 1-2 cups tomato sauce (good quality tomato basil sauce)
- · 2 garlic cloves, minced
- 3-4 thyme sprigs
- 2 tablespoons olive oil
- ½ teaspoon chili flakes
- 1 eggplant or brinjal (thin eggplant),
 thin sliced
- 1 yellow squash (thin sliced)
- 1 zucchini (thin sliced)
- 1 red bell pepper (thin sliced)
- 2-3 potatoes (medium size, thin sliced)
- Salt and black pepper
- Oil spray

BÉCHAMEL SAUCE

- 1 tablespoon unsalted butter
- 1 tablespoon all-purpose flour
- 1 cup milk (2% or whole milk)
- ½ teaspoon nutmeg

INSTRUCTIONS

PREPARE RATATOUILLE

Preheat oven at 375°F. Bring 2 cups of water to rolling boil. Season with salt. Slice red potatoes. Drop in water and boil for 3-4 minutes or until par cooked.

Drain on a paper towel and set aside. While potatoes cook and cool down, slice rest of veggies - squash, bell pepper and eggplant.

MAKE BÉCHAMEL SAUCE:

Warm 1 cup of milk in a small saucepan container. Set aside. Heat 1 tablespoon butter in saucepan. Add 1 tablespoon flour and cook until raw flavor of flour goes away for 1-2 minutes. Don't let flour turn brown.

Add warm milk 1/4 cup at time and stir well to avoid lumps. Add all of milk and continue cooking until sauce thickens and coat back of a spoon. Season with salt, nutmeg, and black pepper. Set aside.

ASSEMBLY

Spray baking dish with cooking spray. Spread layer of tomato sauce, minced garlic, thyme, red chili flakes, salt and olive oil. Mix well while still leaving well spread.

Drizzle béchamel sauce on the top, swirl into the tomato sauce.

Layer sliced veggies on top, make a spiral stack of vegetable slices. Drizzle with olive oil. Sprinkle salt, thyme, and black pepper on top.

Cover with parchment paper. Bake for 55-60 minutes or until all veggies are tender. Remove foil for last 10 minutes of baking. You will see tomato sauce bubbling on the sides.

Let it cool for 5 minutes. Serve with side of crusty bread to scoop the sauce.



Salt and Pepper Squid



Serves: 8

INGREDIENTS

2.5 pound squid, cut into ring and tentacles

FOR DEEP-FRYING

- 2 cups all-purpose flour, divided
- 1 teaspoon salt and pepper seasoning*
- ½ cup water
- ¾ cup cornstarch
- ½ teaspoon baking powder
- Cooking oil for deep frying

FOR STIR-FRYING

- 8 tablespoons minced garlic
- 8 teaspoons minced ginger
- Minced fresh chilli to taste
- 4 stalks scallions, finely chopped
- ½ teaspoon salt and pepper seasoning* or to taste

INSTRUCTIONS

PREPARE

Mix 1 cup of all-purpose flour, salt and pepper seasoning with water to form a semi runny paste. Add it to the squid. Stir well to ensure an even and thorough coating.

In a plate, mix the remaining cup of all-purpose flour with cornstarch and baking powder. Put the squid, piece by piece, into the plate and generously coat its entire surface with the dry mix. Lay every finished piece onto a tray without touching one another.

DEEP FRY

Heat the oil for deep frying in a wok until it reaches 180°C/350°F. Gently slide in the squid to fry. Do not overcrowd. You probably need to cook in 2-3 batches.

Once the squid becomes lightly golden, transfer out to a colander or over kitchen paper.

STIR FRY

Carefully pour out the hot oil leaving just a coating of oil in the wok. Add garlic, ginger and fresh chilli to the hot wok. Fry until fragrant.

Put in the squid and scallions. Give everything a quick stir then dish out. Sprinkle salt and pepper seasoning over then serve warm.

*SALT AND PEPPER SEASONING

Jiao Yan can be found in Chinese stores. It can also be made from scratch.

INGREDIENTS

- 1 teaspoon of whole Sichuan pepper
- ½ star anise
- ½ teaspoon of sesame seeds
- ¼ teaspoon of fennel seeds
- 4 teaspoons of salt

INSTRUCTIONS

Toast over low heat until the salt grains become a little yellow. Leave to cool then grind in a mortar or a spice grinder until powdery.

You can replace salt and pepper seasoning with a mixture of fine salt and five-spice powder or ground Sichuan pepper.



Singapore Mei Fun (Singapore Rice Noodles)



Serves 8

INGREDIENTS

NOODLES

360 grams dried rice vermicelli (Mei Fun)

SEASONINGS

- 2 tablespoons light soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons Shaoxing rice wine (optional)
- 2 teaspoons sesame oil
- 2 teaspoons salt or to taste
- 4 teaspoons sugar
- 2 limes, use the juice only
- 4 tablespoons water
- 8 tablespoons neutral cooking oil, divided

PROTEINS

- 8 eggs, lightly beaten
- 16 shrimps, peeled and deveined
- 200 grams Chinese sausage
- 14 cloves garlic, minced
- 4 tablespoons yellow curry powder

VEGETABLES

- 400 grams mung bean sprouts
- 2 each bell pepper, julienned
- 1 each red onion, sliced
- 3 stalks scallions, julienned



INSTRUCTIONS

PREPARE THE VERMICELLI

Put the noodles into a large bowl. Pour in hot water (just boiled) enough to cover. Leave to soak for 2 minutes.

Drain well then cut into shorter sections with a pair of scissors. Set aside.

MIX THE SAUCE

In a small bowl, mix light soy sauce, oyster sauce, Shaoxing rice wine, sesame oil, salt, sugar, lime juice and water. Set aside.

FRY THE EGGS & SHRIMP

Heat up half of the cooking oil in a wok until it smokes. Pour in the egg. Fry until cooked then break it into small pieces with a spatula. Transfer to a plate.

In the same wok, sear the shrimp (no need to pour in more oil). As soon as they curl up and turn pink, transfer to the egg plate.

STIR-FRY TO FINISH

Pour the other half of the cooking oil into the wok. Fry garlic and yellow curry powder over low heat for 20 seconds or so (do not burn).

Stir in the vermicelli. With the aid of a pair of chopsticks, loosen the vermicelli to have it evenly coated by the curry.

Turn the heat to medium high. Add sausage, mung bean sprouts, bell pepper & red onion. Constantly stir (I use chopsticks and a spatula at the same time) to evenly heat all the ingredients until the vegetables are cooked but still retain some of the crunchiness.

Put the egg and shrimp back into the wok. Add the sauce and scallions. Give everything a quick stir then serve immediately.

Vegetable Biryani Recipe



Serves 6 to 8

INGREDIENTS

- 2 cups white basmati rice
- 2 tablespoons olive oil
- 1 large onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 cup diced carrot (or use match sticks)
- 4 garlic cloves, rough chopped
- 2 teaspoons fresh ginger, grated or use ginger paste
- 2 teaspoons ground cumin (or sub 1 tablespoon whole cumin seeds)
- 2 teaspoons coriander (or use 1 tablespoon whole coriander seeds, cracked open)
- 1 teaspoon garam masala (or sub chili powder w/a pinch cayenne)

- ½ teaspoon ground cinnamon (or one cinnamon stick)
- ¼ teaspoon cardamom (or 3 crushed cardamom pods)
- ½ teaspoon ground turmeric
- 2 bay leaves
- 1 star anise pod (optional)
- 4 cups veggie stock (or chicken stock) (for fluffier rice use 3 1/2 cups.)
- ³/₄ teaspoon salt, more to taste
- 1 can chickpeas, drained, rinsed
- ½ cup raisins

GARNISH:

1/4 cup cashews and chopped parsley or cilantro. Serve with yogurt or Cilantro Mint Chutney



INSTRUCTIONS

STEP 1

In a large skillet, or braiser or Dutch oven, heat olive oil over medium-high heat. Add the onion and sauté, stirring often, until tender and golden, 5 minutes. Turn heat to medium, add the veggies, garlic and ginger, and sauté 4-5 minutes until tender-crisp.

Add spices and bay leaf, and stir one minute, toasting the spices. Remove one cup of the mixture and set aside. Add the rice and sauté it with the veggies for one minute. Add the veggie broth and salt, stir.

STEP 2

Top with drained chickpeas, raisins, and the cup of veggies you set aside. Bring to a boil over high heat, then gradually lower heat to medium-low, maintaining its simmer. When simmering, cover the pot with a thin dish towel, then place the lid over the top of the towel, and bring the four corners of the towel up and over the lid. This will tighten the seal and keep the steam in, allowing the rice to cook more quickly and evenly.

STEP 3

Simmer on medium-low, 15 to 20 minutes or until the rice has soaked up the liquid. Take a quick peek, if done, replace the lid, turn the heat off, and let stand for 5-10 minutes.

While it is simmering, make the Cilantro Mint Chutney (see page 28).

Uncover the biryani and fluff up with a fork. Top with the toasted cashews and cilantro. Serve with chutney.

Vegetable Pot Pie



Yield: 2+ cups

INGREDIENTS

- 1 pound Yukon gold or red potatoes, cut bite size
- 2 cups carrots, sliced
- 3 tablespoons olive oil, divided
- 1 onion or leek, sliced
- 3 cloves garlic, minced
- 1 fennel bulb, sliced thin
- ¼ cup all purpose flour
- 1 teaspoon vegetable base
- ½ cup saved water (from the potato/ carrot blanching)
- 2 cups cashew or almond milk (rich is best)
- 2 teaspoons whole grain mustard (or Dijon)

- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 cup peas
- 2 tablespoon fresh lemon juice
- 1 tablespoon fresh lemon thyme (or regular), chopped small
- 1 tablespoon fresh tarragon (or rosemary), roughly chopped
- 2 tablespoons fresh chives, minced
- 1 package regular or vegan puff pastry dough

INSTRUCTIONS

STEP 1

Thaw puff pastry dough overnight in the fridge. Preheat oven to 425°F.

Blanch potatoes and carrots by covering with lightly salted water and simmering for about 10 minutes or until just forktender. Save ½ cup of the water as you drain potatoes and carrots. Dissolve vegetable base in the ½ cup of saved potato carrot water. Set aside.

Sauté leeks, garlic, and fennel in 1 tablespoon olive oil until just translucent. Add blanched veggies to the sauté and mix. Push to the sides and add remaining 2 tablespoons of oil in the center of the pan, add flour whisking into the butter. Mix well to distribute the flour.

STEP 2

Add the "stock" and the nut milk, stirring all the while, switching from the whisk to stirring with a spoon. Add mustard, salt and pepper. Let the sauce come to a gentle boil. Turn off the heat.

Add in peas, lemon juice, lemon thyme, tarragon and chives. Taste and adjust salt if needed. Let the filling cool while you prepare the puff pastry top crust.

STEP 3

If needed, roll your puff pastry out to ½-inch thick. Cut into the shape of your pan and lay over the cooled filling. The pastry will shrink a bit as it bakes, so roll a couple inches bigger for full coverage. Score the pastry with a sharp knife, cutting halfway into the dough, and leaving a vent whole in the center. Do any design you like! This lightens crust, allowing it to lift more and bake evenly. Brush with olive oil, or if not vegan, use an egg wash.

STEP 4

Place in the middle of the oven, turn down to 400°F and bake for 20 minutes, then lower heat to 350°F, and bake 10-15 more minutes, crust should be puffy and golden.

Vegan Mushroom Tacos



Yield: 4-6 hearty tacos

INGREDIENTS

- 2 extra-large portobello mushrooms
- 1 red bell pepper
- ½ an onion
- 4+ tortillas, toasted
- 2 cups cooked and seasoned black beans
- Optional garnishes: cilantro, pickled onions, vegan cilantro crema or guacamole or sliced avocado.

CHIPOTLE MARINADE

- 1 tablespoon oil
- 2 tablespoons canned chipotle in Adobo sauce (SAUCE ONLY)
- 1 minced garlic clove (or ½ teaspoon granulated garlic)
- ½ teaspoon cumin
- ½ teaspoon coriander
- Salt to taste

INSTRUCTIONS

STEP 1

Preheat oven to 425°F

Slice the portobellos into $\frac{1}{2}$ -inch thick wedges and slice the bell pepper into $\frac{1}{2}$ thick strips, cut the onion into $\frac{1}{2}$ -inch thick rings or half moons. Place all on a parchment-lined sheet pan.

Mix marinade ingredients together in a small bowl.

STEP 2

Brush both sides of mushrooms liberally with the marinade, then remaining red bell pepper and onion lightly. Sprinkle portobellos with salt. Roast 20 minutes or until portobellos are fork-tender.

STEP 3

While this is roasting, heat the beans and prep any additional garnishes. Pickled onions and vegan cilantro crema both take about 10 minutes to make. Or simply use avocado slices.

When ready to serve, warm the tortillas (over a gas flame on the stove, or in a toaster oven) and spread them generously with the black beans.

Divide chipotle portobellos and peppers (and onions if used) among the tortillas. Top with cilantro crema, poblano salsa, or avocado, fresh cilantro and optional pickled onions.



DESSERT





Almond Lace Cookies



Makes 40 (2 1/2-inch) cookies

INGREDIENTS

- 6 tablespoons (³/₄ stick) unsalted
 butter
- ²/₃ cup packed light brown sugar
- 1/4 teaspoon kosher salt
- ³/₄ cup superfine almond flour, such as Bob's Red Mill
- 1 teaspoon vanilla extract

INSTRUCTIONS

STEP 1

Arrange 2 racks to divide the oven into thirds and heat the oven to 350°F. Line 2 rimmed baking sheets with silicone baking mats or parchment paper.

STEP 2

Place 6 tablespoons unsalted butter, $\frac{2}{3}$ cup packed light brown sugar, and $\frac{1}{4}$ teaspoon kosher salt in a small saucepan and cook over medium heat, stirring constantly, until the sugar and butter melt completely and begin to bubble, 2 to 2 $\frac{1}{2}$ minutes.

Add ³/₄ cup almond flour and 1 teaspoon vanilla extract and stir until completely incorporated, 30 seconds to 1 minute.

Remove from the heat.

Drop 9 (1 heaping teaspoon) portions of the batter onto each baking sheet, spacing them about 3 inches apart.

Flatten each portion with your fingers or the bottom of a flat ½-cup measuring cup until ⅓-inch thick or 1 ¾-inches wide. If the dough sticks to the measuring cup, slide an offset spatula between the dough and the cup to release it, and occasionally wash and dry the measuring cup so the dough comes off easily.

STEP 4

Bake until the cookies are bubbling and flat, with golden centers and lightly browned edges, 6 to 7 minutes.

Place the baking sheets on wire racks for 3 minutes. Use a thin spatula to transfer the cookies directly to the rack and let cool completely (they will crisp up as they cool). Repeat baking the remaining dough, no need to cool the baking sheets between batches.



Classic French Fruit Tart



Servings: 10

INGREDIENTS

- 1 recipe pâte sucrée (sweet tart dough)
- 2 cups whole milk (do not substitute low-fat or skim milk)
- ½ cup sugar
- 3 tablespoons cornstarch
- 1 large egg
- 2 large egg yolks
- 3 tablespoons unsalted butter, cut into pieces
- 2 teaspoons vanilla extract
- About 4 cups fresh mixed berries
 of choice, plus other fruits, such as
 sliced kiwi or mango (see note)
- ¼ cup apricot jam



INSTRUCTIONS

MAKE THE CRUST:

Complete the pâte sucrée through baking and cooling (see page 76).

MAKE THE PASTRY CREAM:

In a medium pot, heat the milk until just boiling. Remove the pot from heat. While the milk is warming, in a heat-proof mixing bowl, whisk together the sugar, egg, egg yolks, and cornstarch. Whisk until the mixture is very smooth and has lightened in color, about 2 minutes. Whisking constantly, add about a quarter of the hot milk into the egg mixture.

(This is called tempering. Tempering the eggs helps raise their temperature without cooking them, and helps emulsify them into the milk.)

Pour the milk-tempered egg mixture into the pot of the remaining milk. Whisk to combine.

Return the pot to the heat and cook over medium heat, whisking constantly to prevent "scrambled eggs," especially on the sides and bottom, until the magic happens and the pastry cream thickens, about 2 minutes.

Stir in the butter and vanilla and cook one minute more, whisking constantly. The pastry cream should make thick, lazy bubbles.

Pour the thickened pastry cream into a clean, shallow bowl. Cover it with plastic wrap and push it down in the bowl so it sits directly on the surface of the pastry cream. This prevents a skin from forming on top. Chill until cold, a few hours (or up to 2 days before serving).

ASSEMBLE THE TART:

Remove the tart ring and transfer the tart shell to a serving platter. Whisk the chilled pastry cream until smooth, then spread it evenly into the tart shell using an offset spatula. Arrange a generous amount of fruit over the pastry cream in your desired design. In a small saucepan, heat the apricot jam with 1 tablespoon of water over medium heat, whisking, until thin. (Alternatively, heat it in a heat-proof bowl in the microwave for about 30 seconds.)

If the jam is especially chunky, strain it through a sieve. Use a pastry brush to gently dab the fruit with a thin layer of apricot glaze. Chill until ready to serve.

NOTE: Avoid melon and other fruit with high moisture content, like sliced citrus. These will wilt quickly and seep moisture into the pastry cream. Also avoid oxidizing fruit like apples and bananas; these fruits will turn brown. Berries should be fully dried after rinsing (raspberries should not be washed) and strawberries should be sliced.

MAKE-AHEAD INSTRUCTIONS:

The pastry cream can be made up to 2 days before serving. The tart can be assembled and refrigerated up to 1 day before serving.



Masala Chai Brulee

INGREDIENTS

- 1,200 grams heavy cream
- 320 grams egg yolks
- 180 grams sugar (if you have access to gur/jaggery, this would be a good time to use it!)
- 1 each vanilla pod
- 2 each cardamom pods
- 2 each black cardamom pods
- 1 each stick cinnamon
- 2 each Indian bay leaves
- 3 each black peppercorns
- 4 tablespoons Darjeeling tea (Assam tea is also good for this one, or just use 4 tea bags!)
- Salt, to taste

INSTRUCTIONS

STEP 1

Preheat water to 80°C.

Bring cream to boil with all spices and salt.

Steep tea for 5 minutes, press on bags after removing to get the most out of it. Whisk sugar and egg yolks together until homogenized.

STEP 2

Temper eggs by adding hot cream gradually to yolks until completely combined.

Strain through chinois or fine strainer. Allow to rest for 30 minutes for bubbles to dissipate, skim bubbles off with spoon, or blowtorch bubbles off gently.

STEP 3

Distribute into cup capacity (also called half pints) mason jars, tighten with fingertips.

Place in water bath and allow to cook for 1 hour. Remove and chill in ice bath until completely chilled, refrigerate until needed. Torch with an even layer of turbinado sugar.

NOTES

To make other flavors, emulsify or add flavors as needed, 200 grams for 550 grams of base is a good starting point. Things such as miso butterscotch, pistachio butter, raspberry and white chocolate (125 and 125), or consider coconut milk substitute for cream for a dairy-free version.

Mini Apple Galettes



Makes 6

INGREDIENTS

FOR THE DOUGH

- 1 ½ cups all-purpose flour
- ½ cup granulated sugar
- ½ cup cold salted butter cut into cubes
- 1 large egg lightly beaten
- 2 tablespoons half-and-half or heavy cream

FOR THE APPLE FILLING

- 3 apples small-medium, peeled, cored and sliced
- 3 tablespoons granulated sugar
- 1 teaspoon apple pie spice (you can also use pumpkin pie spice or cinnamon)
- 1 teaspoon lemon juice



INSTRUCTIONS

STEP 1

Whisk flour and sugar, add butter and blend by hand (or pastry blender) until small pea size.

STEP 2

Mix in egg and cream, form into 6 equal disks and wrap in plastic wrap. Refrigerate while making the filling.

Preheat oven to 375°F. Line a baking sheet with a silicone baking mat or parchment paper.

STEP 3

Cut dough disc into 6-8 pieces, roll out, fill with apple filling and crimp/fold dough edges.

Bake 30-45 minutes, until starting to turn golden brown around edges.

Pâte Sucrée (Sweet Tart Dough)



Servings: One fully baked 10-inch tart shell or 9-inch pie shell

INGREDIENTS

- 1 stick (½ cup) unsalted butter, at room temperature
- ½ cup sugar
- ¼ teaspoon salt
- 1 ¼ cups all-purpose flour, spooned into measuring cup and leveled-off
- 1 egg yolk
- Nonstick cooking spray with flour, for baking

INSTRUCTIONS

STEP 1

In a stand mixer fitted with a paddle attachment, cream the butter, sugar, and salt on medium speed until pale and creamy, about 2 minutes. Scrape down the sides and bottom of the bowl with a rubber spatula.

STEP 2

Add the flour and mix on low speed for about 30 seconds, until the flour is incorporated. The mixture will look like wet, clumpy sand. Add the egg yolk and mix on low speed until the yolk is evenly incorporated and the dough is clumpy, about 30 seconds.

STEP 3

Using your hand, lightly knead the dough into a ball inside the bowl. Remove the dough from the bowl, press it into a 6-inch disk, wrap it tightly in plastic wrap, and let it rest in the refrigerator for about 30 minutes.

(The dough can be tightly wrapped in plastic and stored in the refrigerator for up to 5 days or in the freezer for up to 3 months. If frozen, thaw it in the refrigerator overnight before using.)

Lightly spray a 9.5-inch tart pan with a removable bottom or a 9-inch pie shell with nonstick cooking spray with flour. Place the chilled dough inside the pan.

Pinch off pieces of dough and press them against the sides of the pan to reach about ½-inch thick and about ½ inch above the rim (you'll trim the top later).

Using the heel of your hand, press the rest of the dough evenly into the bottom of the pan. (It will look like a mess, and it may seem like you won't have enough dough at first, but have faith, it will come together.)

Be sure there are no seams in the dough, and press it squarely along the corners where the bottom meets the sides to avoid extra-thick edges. Use a paring knife to trim the top edge of the dough so it is even with the rim of the pan. Cover with plastic wrap and place in the freezer for at least 30 minutes to chill.

STEP 5

Preheat the oven to 350°F and set an oven rack in the middle position.

Place the chilled pâte sucrée on a baking sheet (for easy handling) and bake for 23 to 26 minutes, or until lightly golden. Let cool to room temperature on a wire rack.



Pavlovas with Lemon Curd and Blueberries



Makes 6 4-inch pavlovas

INGREDIENTS

FOR THE MERINGUES:

- 3 egg whites, at room temperature (save the egg yolks for the lemon curd)
- ¼ teaspoon cream of tartar
- 1/8 teaspoon salt
- ¾ cup granulated sugar
- 1 tablespoon cornstarch
- ½ teaspoon vanilla extract

FOR THE LEMON CURD:

- 3 egg yolks
- 6 tablespoons granulated sugar
- Finely grated zest from 1 lemon
- 1/4 cup fresh squeezed lemon juice
- 4 tablespoons butter, cubed and chilled

FOR TOPPING:

- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar
- ½ teaspoon vanilla extract
- About 1 pint fresh blueberries



INSTRUCTIONS

STEP 1

Pre-heat your oven to 275°F degrees. Line a large baking sheet with parchment paper and set it aside.

Add the egg whites, cream of tartar and salt to the bowl of your stand mixer fitted with the whisk attachment. Whisk on low speed for about 1 minute. Then increase the speed to medium and whisk for another 2 minutes. The egg whites should have small, uniform bubbles throughout.

STEP 2

In a small bowl, stir together the sugar and cornstarch. Then with your mixer on medium speed, slowly add the sugar/ cornstarch mixture to the egg whites. Once all the sugar/cornstarch mixture has been added, increase the speed to high and whisk until the batter is thick, white, glossy and holds stiff peaks, about 4-5 minutes. Add the vanilla extract and whisk until incorporated.

STEP 3

Using a large spoon, scoop the batter out onto your prepared baking sheet into 6 mounds, placing them about 2-3 inches apart from each other. Using the back of the spoon, create a small indent in the middle of each mound. Be careful not to make the mounds too thin/flat, because they will spread out during baking. If this happens, you can use the back of the spoon to coax/lift the batter back up into a taller shape.

STEP 4

Transfer the baking sheet to your preheated oven and reduce the temperature to 250°F degrees. Bake the meringues for 50-55 minutes. They should feel dry to the touch when they are done. Turn your oven off and let the meringues rest in the oven as it cools, about 20-30 minutes. Then remove the baking sheet and allow the meringues to finish cooling at room temperature.

Cooled, undecorated meringues can be used immediately. Or stored in a single layer in an airtight container at room temperature for 2-3 days.

STEP 5

While the meringues bake, prepare the lemon curd. In a small saucepan, whisk together the egg yolks, sugar, lemon zest and lemon juice.

Place the saucepan over medium heat and cook, stirring constantly with a wooden spoon, until the mixture has thickened enough to coat the back of the spoon, about 4-5 minutes.

Remove the saucepan from the heat. Add the butter cubes one at a time, stirring until fully melted and incorporated.

STEP 6

Place a fine mesh strainer over a clean bowl and strain the lemon curd, using a spatula or spoon to help push as much of it through the strainer as possible. Discard any collected solids. Cover the bowl with plastic wrap and place it in your refrigerator to chill the lemon curd for at least an hour before using. The lemon curd can be made several days in advance and stored in an airtight container in your refrigerator.

STEP 7

While the lemon curd and meringues cool, make the whipped cream. Place the bowl of your mixer and the whisk attachment in your freezer for about 2-3 minutes to chill them. Then remove them from the freezer and immediately add the heavy cream, powdered sugar and vanilla extract to the bowl and start whisking on medium-high speed.

Once the cream starts to thicken, increase the speed to high and continue whisking until soft peaks form.

To serve, divide the lemon curd into the center of each of the meringues. Top with whipped cream and fresh blueberries. Enjoy immediately.

Raspberry Coulis



Yield: 4 servings (about 1 cup)

INGREDIENTS

- 12 ounces fresh raspberries,
 blackberries, blueberries or
 strawberries, or a mix (if using
 strawberries, hull and quarter them)
- ½ cup sugar
- 1 tablespoon fresh lemon juice
- Pinch kosher salt

INSTRUCTIONS

STEP 1

Combine the berries, sugar, lemon juice, salt and 1 tablespoon water in a medium saucepan. Bring to a simmer over medium heat and cook, stirring constantly, until the berries begin to give off their juice, 1 to 2 minutes.

Adjust the heat so the sauce is simmering rapidly and cook until the berries have broken down, 4 to 5 minutes. Let cool slightly.

STEP 2

Transfer to a blender and blend until smooth. Pour the mixture through a fine-mesh strainer, pressing on the solids to extract as much of the sauce as possible. Serve the sauce cold or at room temperature.



Salted Caramel



Yield: 2+ cups

INGREDIENTS

- 2 cup (200 grams) granulated sugar
- 12 tablespoons (85 grams) unsalted butter, at room temperature and sliced into 6 pieces
- 1 cup (120 milliliters) heavy cream, at room temperature
- 2 teaspoons salt

INSTRUCTIONS

STFP 1

Heat granulated sugar in a medium heavy-duty stainless-steel saucepan (do not use nonstick) over medium heat, stirring constantly with a high heat-resistant silicone spatula or wooden spoon. Sugar will form clumps and eventually melt into a thick brown, amber-colored liquid as you continue to stir, about 6 minutes. Be careful not to burn it.

STEP 2

Once sugar is completely melted, immediately stir in the butter until melted and combined. Be careful in this step because the caramel will bubble rapidly when the butter is added.

If you notice the butter separating or if the sugar clumps up, remove from heat and vigorously whisk to combine it again.

(If you're nervous for splatter, wear kitchen gloves. Keep whisking until it comes back together, even if it takes 3-4 minutes. It will eventually—just keep whisking. Return to heat when it's combined again.)

After the butter has melted and combined with the caramelized sugar, stir constantly as you very slowly pour in the heavy cream.

Since the heavy cream is colder than the hot caramel, the mixture will rapidly bubble when added. After all the heavy cream has been added, stop stirring and allow to boil for 1 minute.

It will rise in the pan as it boils. If you'd like to be precise and use a candy thermometer, the temperature will rise to about 220°F (104°C).

STEP 4

Remove from heat and stir in the salt. The caramel will be a thin liquid at this point. Allow to slightly cool down before using. Caramel thickens as it cools.

Cover tightly and store for up to 1 month in the refrigerator. Caramel solidifies in the refrigerator. Reheat in the microwave or on the stove to desired consistency.



Three Chocolate Verrine



Makes 20 small servings

INGREDIENTS

FOR THE DARK CHOCOLATE LAYER

- 75 grams dark chocolate, roughly chopped, plus extra, grated, to decorate
- 1 tablespoon golden caster sugar
- 2 medium free-range eggs, separated

FOR THE MILK CHOCOLATE LAYER

- 75 grams milk chocolate, roughly chopped, plus extra, grated, to decorate
- ½ tablespoon golden caster sugar
- 2 medium free-range eggs, separated

FOR THE WHITE CHOCOLATE LAYER

- 2 medium free-range egg yolks
- 2 teaspoons golden caster sugar
- 150 grams white chocolate, roughly chopped



INSTRUCTIONS

STEP 1

For the dark chocolate layer, melt the chocolate and sugar in a heatproof bowl set over a pan of barely simmering water, making sure the water doesn't touch the bowl. Take off the heat, then stir in the egg yolks. In a clean, dry bowl, whisk the egg whites to firm peaks, then fold into the chocolate mixture. Divide among 20 shot glasses, then leave to set in the fridge.

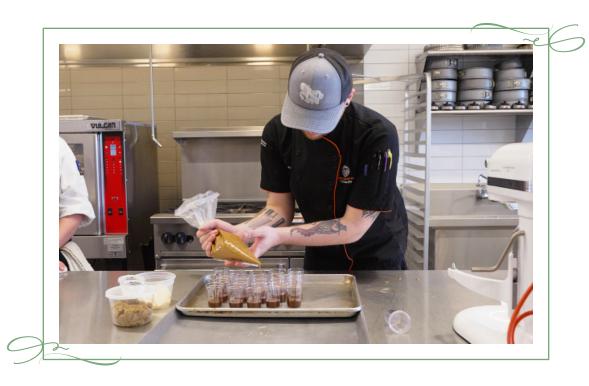
Make the milk chocolate layer as above. Pour it over the set dark chocolate layer, then return to the fridge to set.

For the white chocolate layer, put the egg yolks, sugar and 1 teaspoon water in a heatproof bowl and mix. Set the bowl over a pan of simmering water and whisk for 10 minutes. Remove from the heat and continue to whisk until thick and creamy.

STEP 3

Melt the white chocolate in a separate heatproof bowl set over the simmering water, then cool for a few minutes. Meanwhile, lightly whip the cream in another bowl to soft peaks. Stir the melted white chocolate into the egg mix, then fold in the whipped cream.

Carefully pour the mixture over the set milk chocolate layer, then chill for at least 6 hours to set. Serve sprinkled with grated chocolate.





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