

NATIONAL FCCLA CULINARY ARTS

2011

MENUS

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PARISIAN WATERMELON SALAD

PORK MEDALLIONS W/ DEGLAZED SAUCE

WARM ASIAN SALAD

#2

PAPAYA & BLUEBERRY SALAD W/ POPPY SEED DRESSING

CHICKEN SCAMPI

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BEEF TENDERLOIN KEBOBS

CHIPOTLE MASHED POTATOES

CAPPUCCINO MOUSSE IN CHOCOLATE CUPS

CHEF DIANE APPLEWHITE

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AND CHEF GREGG GREENBERG

MENU # 1

PARISIAN WATERMELON SALAD

2	Tablespoons	extra virgin olive oil
2	Tablespoons	orange juice
1	teaspoon	red wine vinegar
1	cup	watercress (tough stems removed)
2	cups	seasonal salad mix
10	each	large watermelon balls (seedless and no rind) (yield from 1 ½ pound piece of watermelon)
10	small slices	red onion (thin sliced)
1	ounce	crumbled feta cheese
¼	cup	rough chopped walnuts or pecans
	To Taste	salt and pepper

Instructions:

- Wash and pat dry greens.
- Prepare (10) melon balls and (10) thin sliced onions.
- Whisk oil, orange juice, vinegar, salt, and pepper in a small bowl until completely mixed.
- **Toast nuts:** ** see the notes below**
- Just before serving, toss the salad greens and feta cheese with the dressing.
- Plate the salad and garnish with the melon, onion slices, and toasted nuts.
- Serve immediately.

Toasting Nuts:

- **In Oven:** spread on baking sheet and bake at 350°F, stirring once, (7-10 minutes) or until lightly brown.
- **To Toast in Pan:** cook in small sauté pan over medium-low heat, stir constantly (2-4) minutes or until lightly brown.

MENU #1

PORK MEDALLIONS W/DEGLAZED SAUCE

1	pound	pork tenderloin
1	Tablespoon	brown sugar
1	teaspoon	fresh ginger (minced and peeled)
1	clove	garlic (minced)
2	Tablespoons	sesame oil (for marinade)
1	Tablespoon	sesame oil (for cooking)
1	Tablespoon	soy sauce
1	teaspoon	Grey Poupon® mustard
¾	cup	pre-made chicken stock

Directions:

- Trim excess fat and sliver skin from the pork. Slice into (12) (½ inch) pieces.
- Combine the sugar, ginger, sesame oil, soy sauce, garlic, and mustard together. Add pork and marinate for (30) minutes.
- Heat the reserved sesame oil. Add the pork, turning once during the cooking process. When done (160°), keep warm until service. Do not cook too far in advance.
- Deglaze the pan with the chicken stock just before service. Be creative and season it with what is left over on your table then serve it over the pork medallions.
- Plate with the Warm Asian Slaw.

MENU # 1

WARM ASIAN SLAW

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SLAW MIXTURE

4 ounces Napa cabbage (julienned)
4 ounces purple cabbage (julienned)
4 ounces carrot (peeled, julienned)

Instructions:

- Blend the cabbages and carrot in a medium bowl.
- Slowly warm the slaw mixture in a large, dry sauté pan until it wilts.
- Return the warm slaw mixture to mixing bowl.
- Add (1/3) of the prepared dressing.
- Add dressing until the slaw is lightly coated.
- Allow the slaw to set at least (5) minutes before adjusting your seasonings.
- Keep warm until service.

*****Garnish the top of the slaw with the Fried Leeks. *****

MENU #1

DRESSING FOR WARM ASIAN SLAW

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DRESSING

1	teaspoon	fresh ginger (peeled, minced)
1	clove	garlic (minced)
¼	teaspoon	dry mustard
1	Tablespoon	soy sauce
2	teaspoons	sesame oil
¼	cup	honey
¼	cup	unseasoned rice wine vinegar
1	cup	olive oil

Instructions:

- Place ginger, garlic, mustard, honey, soy sauce, and rice wine vinegar in medium bowl and mix well.
- Combine the oils. Slowly drizzle into the above mixture, creating an emulsion.
- Lightly coat the warm cabbage mixture. Keep warm until service.

*****Garnish the top of the slaw with the Fried Leeks.*****

MENU #1

WARM ASIAN SLAW

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LEEK GARNISH

½	each	leek, white part only
		**reserve the green top for garnish **
1 ½	Tablespoon	cornstarch
½	teaspoon	salt
1	cup	extra virgin olive oil

Instructions:

- Cut the white part of leek into fine julienne pieces. Pat the strips very dry and coat with cornstarch and salt.
- Heat olive oil until it just begins to smoke (see note at bottom).
- Place the leek in the heated oil using tongs. Turn carefully and cook until crispy.
- Remove from the pan, drain on paper towels until time for service.

** Oil will splatter when the leek is first put in, especially if leeks are not completely dry **

MENU #2

PAPAYA & BLUEBERRY SALAD W/ POPPY SEED DRESSING

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PAPAYA AND BLUEBERRY SALAD

1	cup	mesclun lettuce
2	ounces	fresh blueberries
2	ounces	fresh papaya (julienned)
4	each	fresh strawberries (medium sliced)
2	ounces	goat cheese (formed into 1 oz medallions)

Instructions:

- Place mesclun on plate, garnish with blueberries, papaya, and sliced strawberries, and top with medallion of goat cheese. Chill until service.
- Prepare Poppy Seed Dressing.

MENU #2

PAPAYA & BLUEBERRY SALAD W/ POPPY SEED DRESSING

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DRESSING

2	teaspoons	white granulated sugar
1	teaspoon	white vinegar
1/8	teaspoon	dry ground mustard
1/8	teaspoon	minced onion
1/8	teaspoon	salt
2	Tablespoons	vegetable oil
1/2	teaspoon	poppy seeds

Instructions:

- In a stainless steel mixing bowl combine the granulated sugar, vinegar, salt, dry mustard, and minced onion.
- Emulsify the oil into the above ingredients.
- Stir the poppy seeds in at the end.
- Drizzle the dressing with a spoon or small ladle over the chilled salads before service.

MENU # 2

CHICKEN SCAMPI

2	6 - ounce	boneless skinless chicken breasts
½	cup	small white onion (julienned)
2	cloves	garlic (minced)
2	teaspoons	unsalted butter
	To Taste	Salt and white pepper
1	Tablespoon	lemon juice
¼	teaspoon	lemon peel (diced)
1	Tablespoon	chopped fresh basil
¼	each	red pepper (diced)

Instructions:

- Wash and pat dry chicken, cut into (1) inch strips. Lay all the strips together and cut them once more in half lengthwise. Sprinkle the pieces with salt and pepper; set aside.
- In large Sauté pan heat butter over low heat. Cook the onion and garlic until tender.
- Add the chicken pieces and increase the heat to medium. Cook and stir until chicken is cooked through, about 6-8 minutes (depends on the thickness).
- Stir in lemon juice, peel, and basil. Remove from heat and serve immediately over Lemon Basil Pasta.
- Garnish with the chopped fresh basil and diced red peppers.

MENU #2

LEMON BASIL PASTA

4	ounces	Linguine pasta
1	Tablespoon	unsalted butter
1	teaspoon	fresh lemon juice
1	teaspoon	chopped fresh basil leaves
1	clove	fresh garlic (minced)
	To Taste	salt and pepper
1/8	cup	fresh parmesan cheese (pre-grated)

Instructions:

- Combine butter, lemon juice, garlic, salt, and pepper together and set aside.
- Bring (3) quarts of water and (½) teaspoon of salt to a rolling boil. Add the pasta and cook al dente. When pasta is done drain immediately and return to pan.
- Add the butter, lemon juice, garlic, salt, and pepper mixture to the pasta and toss gently. Sprinkle with chopped fresh basil and fresh grated parmesan cheese.
- Serve with Chicken Scampi.

MENU # 3
BEEF TENDERLOIN KEBOBS

12	ounces	beef tenderloin (cut into 8 1-oz chunks)
2	each medium	shiitake mushrooms
2	each small	green peppers (cut into 1-inch pieces)
2	each small	red onion (cut into 1-inch pieces)
2	each	cherry tomatoes
2	Tablespoons	extra virgin olive oil
2	each	wooden skewers 8-10 inches long
1/4	bunch	fresh cilantro
	To Taste	kosher salt and black pepper
2	teaspoons	vegetable oil (for cooking)
2	teaspoons	fresh garlic (minced)
1	Tablespoon	shallot (minced)
2	ounces	soy sauce
3	ounces	Maple Coriander Ketchup (see recipe attached)

Instructions:

- Cut meat and vegetables to specifications.
- Soak the skewers in cold water for (20) minutes before using.
- Assemble the skewers together threading the meat and vegetables on the skewer. Put mushroom on first and end with the cherry tomato. Alternate meat with red onion and green peppers.
- Combine the Maple Coriander Ketchup with garlic, shallots, and soy sauce.
- Allow the kebobs to marinate for (15-20) minutes before cooking.
- Brush with ketchup and bake or broil them until medium well.
- Reserve some of the sauce to drizzle on plate to serve with kebobs.

MENU # 3
MAPLE CORIANDER KETCHUP
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2	ounces	ketchup
1	Tablespoon	maple syrup
1	Tablespoon	Worcestershire sauce
1	Tablespoon	Dijon mustard
2	teaspoons	fresh cilantro (chopped fine)
1	teaspoon	ground coriander
2	teaspoons	fresh ginger (peeled, minced)

Instructions:

- Mix all ingredients together and use for the beef kebobs.

MENU # 3
CHIPOTLE MASHED POTATOES

2	each	Idaho potatoes (peel and cut into 1" cubes)
½	cup	heavy whipping cream
2-3	Tablespoons	unsalted butter
1	Tablespoon	chipotle peppers, canned
	To Taste	salt and pepper

Instructions:

- Peel and cut potatoes into (1inch) cubes, place in small pot with cold water, and salt.
- Bring to boil and simmer until the potatoes are fork tender. Strain from water.
- In small pot, heat heavy cream and butter. Bring to simmer.
- Using a potato masher or stiff whip, mash potatoes. Add butter and cream.
- Drain the chipotle pepper; lay them on a cutting board with a touch of salt. Using the flat side of a French knife, press the peppers into a puree.
- Add the pepper puree to the potatoes, adjust seasonings. Serve as bed for the kebobs.

MENU # 3
CAPPUCCINO MOUSSE IN CHOCOLATE CUPS
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2	ounces	white baking chocolate
1(+)	1/4 teaspoons	instant coffee
1/2	teaspoon	hot water
1/2	cup	heavy cream (divided)
1(+)	1/2 teaspoon	vanilla
2	ounces	semi-sweet baking chocolate
1 (+)	1/2 teaspoons	solid vegetable shortening
1/8 (1oz)	cup	powdered sugar
		chocolate curls, for garnish
1	sprig	fresh mint leaves (for garnish)

Instructions:

- Create a double boiler using a sauce pan and stainless steel bowl. Slowly heat the white chocolate over medium heat. Stir until chocolate is smooth and melted.
- Dissolve instant coffee in (1/2) teaspoon hot water, add coffee, (1/4) cup of heavy cream, and vanilla to chocolate; stir (by hand) until smooth. Set aside and cool completely.

MENU # 3

CAPPUCCINO MOUSSE IN CHOCOLATE CUPS

(PAGE 2 OF 2)
CHOCOLATE CUPS

- Place semi-sweet chocolate and shortening in small stainless steel bowl over double boiler. Heat until just melted.
- Line (4) muffin cups with foil baking cups. Spoon about (1) tablespoon melted chocolate into each cup. Use a small pastry brush to "paint" chocolate about half way up each cup. Refrigerate or freeze (10 to 15) minutes or until chocolate is until firm.
- While chocolate cups are chilling, beat remaining (1/4) cup heavy cream in chilled bowl using electric mixer on medium speed until soft peaks form.
- Gradually beat in sugar until stiff peaks form. Gently fold whipped cream into cooled white chocolate mixture, taking care to maintain the fluffiness of the whipped cream.
- Remove chocolate cups from refrigerator and carefully peel off foil cups. If chocolate becomes too soft, return to refrigerator for a few minutes. Fill each chocolate cup with (1/4) cup Cappuccino Mousse.
- Garnish with chocolate curls and mint leaves. Refrigerate until ready to serve.