



2014-2015 Culinary Arts STAR Events Menu Options

Recipes provided by The Art Institutes



Menu I

Waldorf Salad
Shaker Style Turkey Cutlets
Potatoes Parmentier
Sautéed Green Beans

Menu II

Sautéed Breast of Chicken with Mustard Cream Sauce
Fresh Broccoli Sauté
Rice Pilaf
Æblekage (Danish Apple Trifle)

Menu III

Japanese Cucumber Salad
Stir Fried Long Beans
Kung Pao Chicken

Waldorf Salad		
2 Servings		
Amount	Measure	Ingredient
1 ½ cups	6 ounces, 170 mg	Apples, unpeeled or peeled, cored, julienned
1/2 Tablespoon	¼ ounce, 7 ml	Lemon juice
½ cup	2 ounces, 56 g	Celery, julienned
¼ cup	1 ounce, 28 g	Walnuts, chopped
2 Tablespoons	1 ounce, 27 ml	Mayonnaise
		Lettuce leaves, for garnish
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Combine the apples and lemon juice, make certain the apples are well coated so they will not turn dark. 2. Add the celery and walnuts. 3. Add mayonnaise; use just enough to bind the ingredients together. 4. Arrange salad on lettuce and serve immediately. 		

“Shaker-Style” Turkey		
2 Servings		
Amount	Measure	Ingredient
4	3 ounces, 84 g, each	Turkey cutlets
To taste		Salt and black pepper
As needed		Unsalted butter
As needed, for dredging		Flour
½ Tablespoon	7 g	Shallot, ¼ inch (.6 cm) dice
¼ cup	2 ounces, 58 ml	Chicken stock
½ cup + 2 Tablespoons	5 ounces, 147 ml	Fond de veau de lie (brown stock) or beef stock
½ cup	3 ounces, 85 g	Tomato, peeled, seeded, ¼ inch (.6 cm) dice
½ Tablespoon	1.5 g	Parsley, chopped
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Pound the turkey cutlets to approximately ¼ inch (.6 cm) thick. Pat dry. Season to taste with salt and pepper. 2. Dredge cutlets in flour and shake off the excess. 3. Heat the butter over medium-high heat. Sauté the cutlets approximately 2-3 minutes on each side, until golden brown. Remove and keep warm. 4. Discard the excess fat from the pan and return to medium-high heat. Add the shallots and cook 1 minute, stirring often. 5. Add the chicken stock and scrape up the pan drippings, reducing liquid by half. 6. Add the brown stock and reduce to sauce (nappe) consistency. 7. Add the tomato and cook for 1 minute or until hot. 8. Return cutlets to the pan and reheat, then remove to plates, 2 cutlets per serving. 9. Stir 1 tablespoon butter into pan drippings, correct the seasoning, and add the parsley. Spoon sauce over cutlets. 		

Potatoes Parmentier		
2 Servings		
Amount	Measure	Ingredient
1 ½ cups	8 ounces, 226 g	Russet potatoes, peeled, ½ inch (1.2 cm) dice
1 Tablespoon	½ ounce, 14 ml	Vegetable oil
2 Tablespoons	1 ounce, 28 ml	Unsalted butter
To taste		Salt and black pepper
1 teaspoon	1 g	Parsley, chopped
Procedure: <ol style="list-style-type: none"> 1. Heat the oil and butter. 2. Add the potatoes and sauté over medium heat for 10 to 12 minutes, or until an even gold color. Keep in warm oven. 3. When ready to serve, season with salt and pepper, and sprinkle with parsley. 		

Sautéed Green Beans		
2 Servings		
Amount	Measure	Ingredient
1 cup	4 ounces, 113 g	Green beans, trimmed
1 Tablespoon	½ ounce, 14 g	Butter
Pinch		Mace
¼ teaspoon	1 ml	Lemon juice
To taste		Salt and white pepper
Procedure: <ol style="list-style-type: none"> 1. String and parboil the green beans in salted boiling water for 6 to 8 minutes; check for tenderness. 2. Shock the beans in ice water, drain, and chill until needed. 3. Heat a sauté pan, add the butter, let it get light brown, then toss in the green beans. Season with mace, lemon juice, salt and pepper. 		

Sautéed Breast of Chicken in Mustard Cream Sauce	
2 Servings	
Amount	Ingredient
2 – four ounces each	Skinless and boneless chicken breast
As needed	All-purpose flour
2 ounces	Clarified butter or vegetable oil
¼cup	Dry white wine or chicken broth
½ cup	Heavy cream
2 Tablespoons	Dijon mustard
1 teaspoon	Dried tarragon
As needed	Salt and Black Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Preheat a sauté pan on medium heat on top of the range. 2. Season the chicken breast and dredge in flour. Shake off excess chicken. 3. Add approximately 1 – 2 ounces of oil or clarified butter and allow it to heat until it simmers. Sauté the chicken breast on each side until golden brown. 4. Remove from the sauté pan and keep warm. 5. Pour off the excess fat from the pan and return the pan to the range. 6. Pour wine or chicken broth into hot skillet; cook, stirring until reduced by half, about 1 minute. Whisk in cream, mustard, and tarragon. Cook, whisking, until thickened, about 2 minutes. 7. Return the chicken breast to sauce and heat thoroughly. Adjust seasoning with salt and pepper and place on dish. 	

Fresh Broccoli Sauté

2 Servings

Amount	Ingredient
¾ pound	Broccoli, fresh
As needed	Water and ice
1 ounce	Butter
As needed	Salt and Black Pepper

Procedure:

1. Place a pot of water with salt on the stove and bring to a boil.
2. Wash broccoli and cut to the desired shape.
3. Place the broccoli in the boiling water and remove when the water returns to a boil. After removing the broccoli, quickly submerge the broccoli in an ice water bath. Remove and drain the broccoli from the ice water bath.
4. Reserve the broccoli in a suitable size and shape container.
5. To sauté the broccoli, preheat a sauté pan on medium heat on top of the range.
6. Add approximately 1 ounce of butter until melted.
7. Add the broccoli and sauté just until heated through. Add the appropriate seasoning.
8. Remove from the range and arrange the broccoli on the serving dish.

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State may modify recipes to accommodate facility or equipment needs. Please confirm any modifications with your state adviser.

Classic Rice Pilaf	
4 Servings	
Amount	Ingredient
1 ounce	Butter
1 ounce	Olive Oil
2 ounces	Onion, fine dice
1	Bay leaf
8 ounces	Long grain white rice
2 cups	Chicken stock
As needed	Salt
Procedure: <ol style="list-style-type: none"> 1. Heat the butter and olive oil in a heavy sauce pot. 2. Add the onion and bay leaf and sauté until tender, but not brown. 3. Add the rice and stir to coat completely with the hot fat. Do not allow the rice to brown. 4. Pour in the boiling chicken stock and season with salt. 5. Cover the pot tightly and place it in a 350 F oven. Bake for 18-20 minutes, until the liquid is absorbed and the rice is fluffy and tender. You may also cover the pot and simmer for about the same time, if an oven is unavailable. 6. Transfer the cooked rice to the serving dish and remove the bay leaf. 	

*2/12/15 - The amount of chicken stock was adjusted to 2 cups, from 4.

Æblekage (Danish Apple Trifle)	
2 Servings	
Amount	Ingredient
1.5 cups	Apples, all purpose cooking, such as Golden Delicious, ¾" dice
¼ cup	Granulated Sugar
¼ teaspoon	Vanilla extract
1 ½ Tablespoons	Water
¼ cup plus 2 Tablespoons	Bread Crumbs
2 Tablespoons	Granulated Sugar
2 ½ Tablespoons	Butter
½ cup	Whipping Cream
2 Tablespoons	Red Currant or Strawberry Jelly
Procedure: <ol style="list-style-type: none"> 1. Combine apples, first quantity of sugar, vanilla and water; simmer, covered, over medium heat until apples are soft but not mushy; check after 10 minutes. Let cool. 2. In a sauté pan over medium heat, toast bread crumbs until golden. Add second quantity of sugar and cook 1 to 2 minutes until nicely browned. 3. Off the heat, add butter and stir until combined with bread crumbs; remove from pan and cool. 4. Layer apples and bread crumb mixture in individual serving bowls, starting with apples and finishing with bread crumbs. 5. Decorate trifle with whipped cream and jelly. 	

Japanese Cucumber Salad	
2 Servings	
Amount	Ingredient
1 cup	Cucumber, skinned, seeded, sliced
¼ cup	Green Onions, chopped to ¼"
1 Tablespoon	Soy Sauce
1 Tablespoon	Sesame Oil
1 Tablespoon	Granulated Sugar
2 Tablespoons	Rice Vinegar
1 Tablespoon	Sesame Seeds
As Needed	Salt
Procedure: <ol style="list-style-type: none"> 1. Wash produce and skin, seed, peel and cut cucumber into thin slices. 2. Cut green onions into ¼" pieces. 3. Mix all ingredients together. 4. Season, and adjust to taste. 5. Let sit at least 15 minutes prior to serving. 6. Toast sesame seeds. 7. Plate and top with toasted sesame seeds. 	

Stir Fried Long Beans	
2 Servings	
Amount	Ingredient
½ pound	Chinese Long Beans or Green Beans
2 Tablespoons	Vegetable Oil
1 Tablespoon	Garlic, minced
1 Tablespoon	Ginger, minced or grated
½ teaspoon	Sesame Oil
½ teaspoon	Rice Vinegar
As Needed	Salt and Black Pepper
Procedure: <ol style="list-style-type: none"> 1. Wash beans, trim ends and cut diagonally into 2" pieces. 2. Blanch beans in salted, boiling water. Remove, shock in ice water and reserve. 3. Grate or mince ginger. 4. Mince garlic. 5. Set pan over high heat, when very hot, add oil. Swirl around oil, ginger and garlic, and stir fry for 30 seconds. 6. Add beans and stir fry for 1-2 minutes. Glaze with sesame oil, add vinegar, taste and correct seasoning. 	

Kung Pao Chicken	
2 Servings	
Amount	Ingredient
Marinade:	
1 Tablespoon	Soy Sauce
1 teaspoon	Rice vinegar
2 teaspoons	Cold Water
1	Egg
1 Tablespoon	Vegetable Oil
2 teaspoons	Cornstarch
Sauce:	
1 Tablespoon	Dark Soy Sauce
2 Tablespoons	Light Soy Sauce
1 Tablespoon	Rice vinegar
1 Tablespoon	Chicken Stock
1 Tablespoon	Granulated Sugar
½ teaspoon	Salt
½ teaspoon	Sesame oil
1 teaspoon	Cornstarch
1 pound	Chicken thighs to yield 1 cup of chicken, cubed, 1/2" dice
2 cups	Vegetable oil
6	Small dried whole red chili peppers
1	Garlic clove, minced
1/8 teaspoon	Peppercorns, ground
¼ cup	Peanuts, unsalted
Procedure:	
<ol style="list-style-type: none"> 1. Combine marinade ingredients; mix well. Add chicken pieces and marinate, ideally 10 to 30 minutes. 2. Combine all sauce ingredients, whisking in cornstarch last. 3. Set a wok over high heat. Heat the 2 cups oil to 350 F or until a piece of green onion dropped in oil bubbles, sizzles, and moves around. Carefully slide the chicken into the wok; fry for 3-4 minutes, until the cubes separate and turn white. Remove and drain on paper towels. Remove all but one tablespoon of oil from the wok. 4. Heat oil, add chilies, and stir-fry until the skin starts to turn dark red and chilies plump. Add garlic; stir-fry until you smell the garlic aroma, 10 seconds, and add the peppercorns. 5. Return chicken to wok; stir fry 30 seconds. Stir the sauce, and pour into the center. Toss with chicken, cook until sauce thickens, add the peanuts, and mix well. Serve hot. 	

*Dice size edited to 1/2" on 2/12/14.