



2015-2016 Culinary Arts STAR Events Menu Options

Updated February 26, 2016

Recipes provided by The Art Institutes



MENU I

Garden Salad with Vinaigrette Dressing
Classic Steak Diane
Roasted Red Bliss Potatoes
Green Beans and Mushrooms
Classic French Crepes with Berries and Cream

MENU II

Spinach Salad
Chicken Piccata
Glazed Carrots
Orzo with Basil
Lady Fingers with Mascarpone and Orange

MENU III

Caesar Salad
Pasta Primavera
Sponge Cake with Berries and Cream

The following Culinary Arts skills are represented in the menus as presented:

Knife Skills

Chiffonade
Citrus Supremes

Julienne
Medium Dice

Mincing
Rondelle

Slice/Thin Slice

Cooking Techniques

Blanching
Boiling
Dredging

Emulsification
Folding
Pan Roasting

Pan Sauce
Sauté
Sweating

Tomato Concasse
Whipping

Garden Salad with Vinaigrette Dressing

2 Servings

Amount	Ingredient
<i>Vinaigrette</i>	
4 Tablespoons	Olive Oil
2 Tablespoons	Red Wine Vinegar
½ teaspoon	Minced Garlic
To Taste	Salt and Pepper
<i>Salad</i>	
1 cup	Romaine and/or Summer Lettuces, bite sized pieces
½ cup	Roma Tomatoes, medium dice
½ cup	Cucumber, sliced
½ cup	Carrot, julienned
½ cup	Red Bell Pepper, medium dice
To Taste	Optional, Cheese and Fresh or Dried Herbs

Procedure:

1. Create the vinaigrette and add salt and pepper to taste.
2. Toss salad ingredients with vinaigrette.
3. Arrange salad and serve immediately.

Classic Steak Diane	
2 Servings	
Amount	Ingredient
2 – 6 oz. or 1 – 12 oz.	Beef Tenderloin (or similar), well-trimmed and pounded to ¼” thickness*
2 teaspoons	Olive Oil
3 Tablespoons	Clarified Butter
1-2 Tablespoons	Shallots, finely chopped
1 Tablespoon	Dijon Mustard
¼ cup	Beef Stock
Small bunch	Fresh Parsley, finely chopped
To Taste	Salt and Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Trim and pound steaks to ¼” thickness. 2. Drizzle olive oil onto the steaks and massage into the steaks. 3. Chop shallots and parsley, reserve. 4. Sauté steaks in 1 to 2 Tablespoons of clarified butter over medium high heat for a couple of minutes per side. Remove steaks and reserve. 5. Turn heat to medium low, add more butter to the pan and stir in the shallots. Stir for 1 to 2 minutes. Add mustard and ¼ cup of beef stock to pan with shallots. Reduce the liquid by half by sautéing for a few minutes. Add more stock if the sauce is too thick. 6. Return steaks to pan just long enough to heat through and cook to a medium rare. 7. Plate steaks with sauce, garnish with parsley. <p>*Beef tenderloin may be purchased as a 12 ounce medallion and trimmed into 2 – 3 ounce medallions per portion.</p>	

Roasted Red Bliss Potatoes	
2 Servings	
Amount	Ingredient
¼ pound	Baby Red Bliss potatoes, cleaned
1/8 cup	Olive Oil
2 Tablespoons	Fresh Parsley, minced
1 Tablespoon	Fresh Rosemary, minced
1 Tablespoon	Garlic, minced
½ teaspoon	Kosher Salt
½ teaspoon	Black Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Par-boil potatoes for about 5 minutes in appropriate amount of water. Strain. 2. In a small bowl, mix parsley, rosemary, garlic, salt and pepper, and olive oil to taste. Add potatoes and toss to distribute evenly. 3. Preheat oven to 350 degrees. 4. Put potatoes on a roasting tray. Roast uncovered for 15-20 minutes, or until potatoes are soft inside, and crispy and golden brown outside. 	

Green Beans and Mushrooms

2 Servings

Amount	Ingredient
6 ounces	Green Beans, untrimmed
1/2 ounce	Butter
1 ounce	Onion, ¼ inch dice
2 ounces	Mushrooms, thinly sliced
To Taste	Salt
To Taste	White Pepper

Procedure:

1. Blanch the beans in boiling salted water for 6 to 8 minutes, until al dente. Remove and shock in an ice-water bath.
2. Preheat a medium sauté pan over medium heat. Melt the butter in the heated pan. Add onion and sweat until translucent, about 2 minutes.
3. Add the mushrooms and cook over medium heat until the mushrooms are completely tender and their moisture has cooked away, 6 to 8 minutes.
4. Toss in the beans and season with salt and white pepper. Heat until the beans are hot, 2 to 3 minutes.

Classic French Crepes with Berries and Cream	
2 Servings	
Amount	Ingredient
<i>Crepes</i>	
2-3	Strawberries, thinly sliced
1/3 cup	Whole Milk
3 Tablespoons	All Purpose Flour
1	Egg
	Powdered Sugar, for garnish
<i>Berries and Cream</i>	
1 cup	Heavy Cream
1 pinch	Granulated Sugar
1 cup	Assorted Fresh Berries
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Mix milk, flour and egg together until well blended. 2. Pour batter onto lightly greased frying pan. Tilt pan to spread evenly. 3. Flip over to cook other side. Remove from pan. 4. Fill with berries and garnish with berries and powdered sugar. 5. Whip cream, add sugar, and garnish with berries and piped cream. 	

Spinach Salad	
2 Servings	
Amount	Ingredient
4 oz.	Fresh Spinach
4 oz.	Frisee or Escarole lettuce
1 ½ Tablespoons	Balsamic Vinegar
3 Tablespoons	Olive Oil
1 clove	Garlic, minced
10	Nicoise or Black Olives, pitted
1	Granny Smith Apple, sliced
1 ounce	Parmesan Cheese
Procedure: <ol style="list-style-type: none"> 1. Wash and dry produce. Cut lettuce into bite sized pieces. 2. Slice apples. 3. Grate Parmesan cheese. 4. Mince garlic. Mix garlic with vinegar and oil for dressing. 5. Assemble salad, add shredded cheese and dress prior to service. 	

Chicken Piccata	
2 Servings	
Amount	Ingredient
2	Boneless, Skinless Chicken Breasts
¼ cup	All Purpose Flour and additional flour as needed
1 Tablespoon	Olive Oil
1/8 cup	Fresh Lemon Juice
1/8 cup	Chicken Stock
3 Tablespoons	Caper, drained
1/8 cup	Fresh Parsley, chopped
To Taste	Salt and Pepper

1. Use mallet or rolling pin to lightly pound chicken to ¼” thickness.
2. Sprinkle chicken with salt and pepper.
3. Dip chicken into flour and dredge evenly, shake off excess.
4. Heat 1 Tablespoon oil in 10-12” sauté pan.
5. Add chicken breasts to pan and cook on medium heat until golden and cooked through, about 3 minutes per side.
6. Remove chicken and reserve.
7. Bring lemon juice and broth to boil in pan over medium-high heat.
8. Deglaze pan with lemon juice and stock, and bring to a boil over medium heat. Reduce.
9. Stir in capers and parsley.
10. Reintroduce chicken into sauce to finish cooking the disk, season to taste.
11. Serve chicken with nappe consistency sauce (adjust sauce to desired consistency.)

Glazed Carrots

2 Servings

Amount	Ingredient
1-2	Whole Carrots, peeled and cut into rondelle
2 Tablespoons	Butter
1 Tablespoon	Granulated Sugar
½ cup	Water
To Taste	Salt and Pepper

1. Place the carrot in butter and sugar in a sauté pan and add enough water to barely cover.
2. Boil the carrot, allowing the water to evaporate. As the water evaporates, the butter-and-sugar mixture will begin to coat the carrots. When the water is nearly gone, test the doneness. If still firm, add a small amount of water and continue to boil until tender.
3. Sauté in the butter-and-sugar mixture until shiny and glazed. Season to taste with salt and pepper.

Orzo with Basil	
2 Servings	
Amount	Ingredient
½ cup	Orzo Pasta, uncooked
1 quart water	Water
As needed	Olive Oil
2-4	Fresh Basil Leaves, chiffonade
¼ cup	Parmesan cheese, grated
TT	Salt and Pepper
<ol style="list-style-type: none"> 1. Bring water to a boil and cook orzo until al dente, and strain like pasta. 2. Add oil as needed, mix in basil, Parmesan cheese, and cook until done. 3. Season to taste with salt and pepper. 	

Lady Fingers with Mascarpone and Orange

2 Servings

Amount	Ingredient
6	Lady Finger Biscuits
½ cup	Mascarpone Cheese
½ cup	Heavy Cream
½ cup	Fresh Berries (Blackberries, Blueberries, Strawberries or similar)
½	Orange, for juice and zest
1 teaspoon	Vanilla extract
To Taste	Confectioner's Sugar

1. Whip cream until “foldable”, taking care not to over whip. Reserve.
2. Zest orange, reserve. Supreme and/or juice orange, reserve.
3. Fold in mascarpone cheese to make filling and season to taste with confectioner's sugar, zest, vanilla, and orange juice.
4. Moisten lady fingers with juice and assemble dessert with alternating layers of biscuit, filling, and fruit. Decorate with berries as desired.

Caesar Salad	
2 Servings	
Amount	Ingredient
<i>Croutons</i>	
1/8 cup	Olive Oil
1	Garlic Clove, crushed
½ cup	Sourdough Bread, crusts removed, in ½” cubes
<i>Dressing</i>	
1	Garlic Clove, minced
1 Tablespoon	Lemon Juice
2 teaspoons	Anchovy Paste
To Taste	Salt
1/8 teaspoon	Black Pepper
1 Tablespoon	Pasteurized Egg Product (Egg Beaters or similar)
¼ cup	Olive Oil
<i>Salad</i>	
2 cups	Romaine Lettuce, dark outer leaves removed, torn or cut into bite sized pieces
¼ cup	Parmesan Cheese, freshly grated
<ol style="list-style-type: none"> 1. Make the croutons. In a 10-12 inch sauté pan, heat the oil over low-medium heat. Add the garlic, sauté 1 minute to flavor the oil. 2. Increase the heat to high and add the bread cubes, turning frequently so that they brown evenly on all sides and are crisp and golden, about 1 – 2 minutes. Add more oil if necessary to keep from burning. Drain on paper towels. 3. Make the dressing. Combine the minced garlic, lemon juice, anchovy paste, salt and pepper. Whisk to blend. 4. Add pasteurized egg product to dressing. 5. Add the oil in a steady stream and whisk until smooth and emulsified. 6. Prepare the salad. Combine the lettuce, Parmesan cheese, croutons, and enough dressing to just coat the leaves. Toss and taste for seasoning. 7. Place on chilled individual plates. Serve immediately. 	

Pasta Primavera

2 Servings

Amount	Ingredient
12 ounces	Tri-Colored Rotini Pasta
8 ounces	Vegetable Stock
1	Zucchini, medium dice
1-2	Roma Tomatoes, concasse
1	Garlic Clove, minced
½	Red Onion, medium dice
4 ounces	Asparagus, medium dice
3 ounces	Fresh Spinach
½	Medium Green or Red Bell Pepper, medium dice
2-3	Basil Leaves, chiffonade
1-2 Tablespoons	Parmesan Cheese, Grated
To Taste	Salt and Pepper

1. Prep vegetables and dice, mince, chiffonade accordingly.
2. Prepare tomato concasse, reserve.
3. Boil 4 quarts of water with salt for pasta.
4. Simmer vegetable stock with heavier vegetables first to cook and soften. Begin with onion, zucchini, bell pepper, asparagus, garlic and spinach so that they are al dente and not overcooked.
5. Serve pasta with broth as sauce with vegetables. Garnish with basil, Parmesan, and tomato concasse prior to plating.

Sponge Cake with Berries and Cream

2 Servings

Amount	Ingredient
2 portions, 4 ounces each	Sponge Cake, prepared
1 cup	Fresh Berries (Blackberries, Blueberries, Strawberries or similar)
1 cup	Heavy Cream
2 teaspoons	Powdered Sugar
1 teaspoon	Vanilla Extract

1. Whip cream, add sugar and vanilla.
2. Place whipped cream in piping bag with medium star tip.
3. Garnish sponge cake with berries and cream.