

2017-2018 Culinary Arts STAR Events Menu Options

Recipes provided by The Art Institutes



MENU I

Asian Chicken Noodle Soup
South-Asian Curried Tofu Cutlet, Peas and Carrots Rice Pilaf
Lemon Curd and Warm Fruit Compote

MENU II

Spicy Holy Trinity on Cheese Grits
Creole/Cajun Airline Chicken Breast, Sautéed Kale, and Sweet Potato Rosti
Crepes Suzette

MENU III

Wilted Spinach Salad with Warm Bacon Vinaigrette
Italian Airline Chicken Breast, Braised Kale, Risotto
German Chocolate Truffles

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

Knife Skills

<i>Mince</i>	<i>Small dice</i>	<i>Julienne</i>	<i>Chiffonade</i>	<i>Citrus Supremes</i>	<i>Slice/thin slice</i>
<i>Battonnet</i>	<i>Frits</i>	<i>Shred</i>	<i>Bias cut</i>	<i>Concasse</i>	<i>Brunoise</i>

Cooking Techniques

<i>Simmer</i>	<i>Pan sear</i>	<i>Sauté</i>	<i>Sweating</i>	<i>Pilaf</i>	<i>Stirred Custard</i>
<i>Whipping</i>	<i>Boiling</i>	<i>Frying</i>	<i>Caramel</i>	<i>Braising</i>	<i>Ganache</i>
<i>Risotto</i>	<i>Dredging</i>	<i>Reduction</i>	<i>Blanching</i>	<i>Pan Sauce</i>	<i>Emulsification</i>

Asian Chicken Noodle Soup

2 Servings

Amount	Ingredient
1 quart	Chicken stock
2 Tablespoon	Soy sauce
1 teaspoon	Sesame oil
1 teaspoon	Sriracha (or other hot sauce)
1 teaspoon	Garlic, minced
½ teaspoon	Minced fresh ginger
1 each	Chicken breast or thigh, boneless
To taste	Salt and pepper
2 ounce	Asian vermicelli bean noodles (or other Asian noodles, or regular thin pasta)
¼ each	Red pepper, julienne
1 leaf	Small to medium red cabbage, chiffonade (approx. ¼ cup)
1 each	Green onion, bias cut
2 Tablespoon	Carrot, shredded
6 ringlets	Serrano or jalapeno, seeded and sliced
1 teaspoon	Black sesame seeds
1 each	Lime wedge

Procedure:

1. Place chicken stock, soy sauce, sesame oil, sriracha, garlic, ginger powder, and chicken in small pot and simmer until chicken is cooked.
2. Remove chicken and shred or slice. Hold warm.
3. Season broth with salt & pepper to taste
4. Add noodles to stock and cook until tender.
5. Divide noodles and stock between two bowls and garnish with red pepper, red cabbage, green onion, carrot, pepper rings, and cooked chicken.
6. Garnish with black sesame seeds.

South-Asian Curried Tofu Cutlet (Peas and Carrots Rice Pilaf)

2 Servings

Amount	Ingredient
2 Tablespoons	Vegetable oil
8 ounces	Firm tofu cut into 2 pieces, pat dry
3 ounces	Green bell pepper, julienned
3 ounces	Red bell pepper, julienned
3 ounce s	Red onion, julienned
3 ounces	Shiitake or button mushroom, sliced
1 Tablespoon	Ginger, minced
1 Tablespoon	Garlic, minced
1 each	Roma or plum tomato, concasse
½ teaspoon	Asian Five Spice
1 Tablespoon	Curry powder
8 ounces	Coconut milk
1 Tablespoon	Brown sugar
To taste	Salt & pepper
1 each	Lime wedge

Procedure:

1. In 1 Tablespoon of vegetable oil, pan sear tofu until golden brown on both sides. Remove from pan and reserve warm.
2. Heat second Tablespoon of vegetable oil over high heat and add peppers, onion, and mushrooms. Cook until softened, about 3-4 minutes then add ginger, garlic, tomato, five spice, and curry powder and sauté and additional 1-3 minutes until fragrant.
3. Add coconut milk and brown sugar. Reduce.
4. Season with salt and pepper and a squeeze of lime juice. Taste and adjust seasoning.
5. Add tofu cutlets back to pan to reheat if necessary and serve with peas and carrot pilaf.
6. Garnish with lime wedge.

Peas and Carrot Rice Pilaf

2 Servings

Amount	Ingredient
1 Tablespoon	Olive oil
2 Tablespoon	Carrot, small dice (1/4")
2 Tablespoon	Onion, small dice (1/4")
½ cup	Long grain rice
1 cup	Water
¼ cup	Peas
To taste	Salt & pepper

Procedure:

1. In a small pot, heat oil over medium heat. Add carrot and onion and sweat until tender and onions are translucent.
2. Add rice and stir until rice is coated in oil.
3. Add water, salt and pepper. Taste liquid for seasoning.
4. Bring to a simmer.
5. Cover and simmer 15-20 minutes.
6. Stir in peas, remove from heat and hold until plating.

Lemon Curd and Fruit Compote

2 Servings

Amount	Ingredient
2 each	Egg yolks
1 each	Egg
¼ cup	Lemon juice
¼ cup	Sugar
3 Tablespoons	Butter, chilled
1 cup	Mixed berries, fresh or frozen
¼ cup	Sugar
1 teaspoon	Lemon juice
½ cup	Heavy whipping cream
1 Tablespoon	Sugar
¼ teaspoon	Vanilla extract

Procedure:

1. In a small pot mix together egg yolks, egg, lemon juice, and sugar. Cook over medium heat whisking constantly, until thick and starts to bubble. Cook for several minutes.
2. Remove from heat then whisk in butter until completely incorporated.
3. Strain and chill.
4. In another small pot heat mixed berries, sugar, and lemon juice until syrupy. Chill.
5. Whip heavy cream, sugar, and vanilla extract until medium peaks. Divide in half.
6. Fold ¼ of the whipped cream into the lemon curd until completely incorporated. Fold another ¼ of whipped cream in.
7. In a clear glass, layer lemon cured, berries (watch for excess syrup), lemon curd, berries, and top with remaining whipped cream. Garnish.

Spicy Holy Trinity on Cheese Grits

2 Servings

Amount	Ingredient
1 ¼ cups	Chicken stock
½ teaspoon	Salt
¼ teaspoon	Pepper
¼ teaspoon	Red pepper flakes
¼ cup	Grits
½ cup + 1 Tablespoon	Cheddar cheese, shredded
1 Tablespoon	Vegetable oil
3 Tablespoons	Onion, small dice (1/4")
3 Tablespoons	Celery, small dice (1/4")
3 Tablespoons	Bell pepper, small dice (1/4")
1 Tablespoon	Garlic, minced
1 each	Roma tomato, concasse (1 Tablespoon for garnish)
¼ teaspoon	Red pepper flakes
¼ teaspoon	Tabasco
¼ teaspoon	Oregano, dried
½ cup	Chicken stock
To taste	Salt and pepper
1 teaspoon	Parsley, minced

Procedure:

1. In a small pot, bring stock, salt, pepper, and red pepper flakes to a boil then stir in grits.
2. Cook until tender and creamy consistency.
3. Remove from heat, stir in ½ cup of cheese. Hold warm.
4. Over medium heat, add vegetable oil to a sauté pan. Add onion, celery, pepper, and garlic. Cook until tender.
5. Add tomato, red pepper flakes, Tabasco, and oregano. Cook for 1-2 minutes.
6. Add chicken stock and reduce by half.
7. Season to taste with salt and pepper.
8. Plate up: Place grits in bowl and surround with Trinity sauce. Garnish with cheese, tomato, and parsley.

Creole/Cajun Chicken Breast	
2 Servings	
Amount	Ingredient
2 each	Skin on boneless chicken breast
2 teaspoon	Creole seasoning
2 Tablespoons	Flour seasoned with salt and pepper
3 Tablespoons	Clarified butter or vegetable oil
1 Tablespoon	Onions, ¼ inch slices
1 Tablespoon	Celery, julienne
1 Tablespoon	Bell pepper, julienne
1 Tablespoon	Tomato concasse
2 teaspoons	White wine vinegar
1 Tablespoons	All-purpose flour
1 cup + ¼ cup reserved	Chicken stock
1 Tablespoon	Cold whole butter
1 teaspoon	Fresh parsley, chopped
½ teaspoon	Fresh garlic, chopped
½ teaspoon	Fresh thyme, chopped
To taste	Salt and pepper
Procedure: <ol style="list-style-type: none"> Season chicken with Creole seasoning, dredge with flour. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken starts to brown too quickly. Once skin side is golden brown turn the breasts over and brown other side. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built Add onions, celery, and peppers, sauté until the vegetables just begin to soften (1-2 minutes). Add garlic and cook briefly without browning, deglaze with white wine vinegar and cook until vinegar is completely reduced. Ensure that there is 1 tablespoon of oil of clarified butter left in pan(add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a blond roux. Whisk in 1 cup of chicken stock to make the pan gravy, turn heat down and simmer gently Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 155 degrees. Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 155 degrees internal temp for at least 3 minutes for food safety. Carefully push the breasts to one side of the pan and stir in the parsley and thyme without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter. Taste and adjust seasoning with salt & pepper. Use reserved ¼ cup of stock to adjust consistency if needed. Serve with sautéed kale, fried sweet potato and sauce. 	

Sautéed Kale	
2 Servings	
Amount	Ingredient
4 each	Leaves of kale
1/4 cup	Onion, battonet
2 Tablespoons	Clarified butter or oil
To taste	Salt and white pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Blanch kale leaves for 30-45 seconds in a generous amount of rapidly boiling well salted water, shock in ice bath. 2. Remove stems from leaves and chiffonade. 3. Heat sauté pan. Add oil or clarified butter, and add onions and shake pan to prevent from sticking. Season sparingly with salt and white pepper. 4. Add kale and shake pan while on heat to cook until softened gently and hot, sprinkle a small amount of salt and white pepper being careful not to over-season. 	

Sweet Potato Rosti	
2 Servings	
Amount	Ingredient
1 ½ cup	Sweet potato, coarse grated
¼ cup	Onion, coarse grated
1 each	Garlic clove, minced
1 each	Egg
½ tsp	Salt
Pinch	Black pepper
2 Tablespoons	Vegetable oil
Procedure: <ol style="list-style-type: none"> 1. Mix together grated sweet potato, onion, garlic, egg, salt & pepper. 2. Heat oil in a pan over medium heat. 3. Divide sweet potato mix in half and spoon onto pan, flattening slightly similar to a pancake. 4. Cook until golden brown then flip and heat until golden brown on other side. 5. Test doneness by inserting a fork or knife in center and if it feels soft with little to no resistance, it is finished. If still firm, lower heat and cook until soft. 6. Drain any excess oil on paper towel if necessary. 	

Crepes Suzette

2 Servings

Amount	Ingredient
¼ cup	All-purpose flour
1 teaspoon	Sugar
Pinch	Salt
6 Tablespoons	Whole milk
1 each	Large eggs
1 Tablespoon	Melted butter or oil
½ cup	Sugar
4 Tablespoons	Water
1 Tablespoon	Corn syrup
¼ cup	Orange juice
8 julienne strips	Orange zest
8 each	Orange supremes
	Garnish

Procedure:

1. Whisk together flour, sugar, and salt. Gradually add milk while mixing to avoid lumps then whisk in eggs until smooth. Whisk in melted butter.
2. Rest batter 15-30 minutes.
3. Heat a 8-10 inch nonstick skillet over medium heat. Spray with nonstick spray. Add about 1/3 cup of batter and swirl until bottom of pan is completely covered. Cook until golden brown.
4. With rubber spatula loosen then flip crepe. Slide out of skillet and repeat with remaining batter. Hold.
5. In small saucepan gently mix together sugar, water, and corn syrup making sure no sugar crystals get on side of pan.
6. Boil mixture until it becomes amber-caramel color. Remove from heat and immediately whisk in orange juice, then butter, and orange zest.
7. Plate up 2-3 crepes with sauce, orange supremes, and garnish.

Wilted Spinach Salad with Warm Bacon Vinaigrette

2 Servings

Amount	Ingredient
2 slices	Bacon
1 Tablespoon	Shallot, minced (or onion)
1 teaspoon	Garlic, minced
1 teaspoon	Dijon mustard
1 Tablespoon	Brown sugar
2 Tablespoons	Apple cider or red wine vinegar
3 Tablespoons	Vegetable or olive oil
To taste	Salt and pepper
4 each	Button mushroom, sliced
¼ cup	Red onion, fine julienne
6 cups	Spinach, loosely packed, washed, stems removed

Procedure:

1. In sauté pan cook bacon until crispy. Remove from pan reserving fat. Crumble and hold.
2. In bacon fat over medium-low heat, cook shallot and garlic until softened.
3. Whisk in Dijon, brown sugar, and vinegar. Heat, stirring until combined.
4. Whisk in oil. Remove from pan and hold, leaving 1 Tablespoon in pan.
5. Add mushrooms and slightly cook. Remove from pan and hold.
6. Place spinach in a bowl.
7. Reheat vinaigrette and toss with spinach to wilt.
8. Remove spinach to serving plate and arrange onion, mushroom, and bacon.
9. Serve room temperature.

Italian Style Airline Chicken Breast

2 Servings

Amount	Ingredient
2 each	Skin on Chicken Airline Breast
3 Tablespoons	Olive oil
1 Tablespoon	Onion, julienne
3 Tablespoons	Mushrooms, sliced
1 Tablespoon	Green olives, sliced
1 Tablespoon	Tomato Concasse
2 teaspoons	Lemon juice
2 Tablespoons	All-purpose flour
10 ounces	Chicken stock
.5 ounce	Cold whole butter
1 teaspoon	Fresh parsley, chopped
1/2 teaspoon	Fresh garlic, chopped
1/2 teaspoon	Fresh oregano, chopped
1/4 teaspoon	Lemon zest, finely minced
To Taste	Salt and white pepper

Procedure:

1. Season chicken with salt and white pepper, dredge with flour.
2. Heat seasoned sauté pan, add cooking fat when pan is hot and place chicken breast in oil skin side down. Shake pan to insure chicken does not stick, turn down heat if the chicken browns too quickly.
3. Once skin side is golden brown turn the breasts over and brown bone side.
4. Once chicken is browned evenly on both sides, remove from pan and place on plate while the sauce is built.
5. Add onions and mushrooms, sauté until the vegetables just begin to soften (1-2 minutes).
6. Add garlic and cook briefly without browning, deglaze with Lemon Juice and cook until Lemon Juice is completely reduced.
7. Ensure that there is 1 tablespoon of oil left in pan (add more to achieve this volume if necessary), sprinkle remaining flour in pan and cook on moderate heat to achieve a white roux.
8. Whisk in chicken stock to make the pan gravy, turn heat down and simmer gently.
9. Return the chicken breast to the pan, skin side up, do not let the golden brown skin side of the breast touch the sauce, simmer gently until the breasts reach an internal temperature of 155 degrees.
10. Add the tomato concasse to the pan, being careful to not get any of the tomatoes on the skin side of the chicken and heat very gently maintaining the chicken at 155 degrees internal temp for at least 3 minutes for food safety.
11. Carefully push the breasts to one side of the pan and stir in the parsley and oregano without getting any sauce on the breasts. Turn off the heat and stir in cold whole butter and lemon zest.
12. Spoon 2 Tablespoons of sauce on plate, arrange chicken breast on sauce and spoon 1 Tablespoon of sauce on lower third of breast.

Risotto	
2 Servings	
Amount	Ingredient
4 Tablespoons	Arborio rice
2 Tablespoons	Onion, brunoise
14 ounces	Chicken stock seasoned
2 Tablespoons	Parmesan or Romano cheese, grated
1 teaspoon	Fresh parsley, chopped
2 Tablespoons	Whole butter, cold
1 ½ Tablespoons	Olive oil
2 teaspoons	White wine vinegar
To Taste	Salt and pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Heat olive oil in pan and add onions to sweat until translucent. 2. Add rice and stir to coat with fat, cook for two minutes while stirring rice. 3. Add white wine vinegar and cook until vinegar is completely reduced. 4. Add 6 ounces of wine and simmer gently while stirring rice. 5. Simmer until rice has absorbed 70%-80% of stock, stir frequently while cooking. 6. Add 2 more ounces of stock and continue to stir frequently while cooking, being careful not to let the rice scorch or stick to bottom of pan. 7. Remove pan from heat and allow to rest until 8-10 minutes prior to service. 8. Return pan to heat and stir in remaining stock and stir until rice is al dente and hot. 9. Remove heat and stir in cheese, then parsley, then cold whole butter. 10. Taste and adjust seasoning. 	

Braised Kale	
2 Servings	
Amount	Ingredient
6 each	Leaves of kale
1/4 cup	Julienne of onion
8 ounces	Chicken stock
1 ounce	Cold whole butter
2 Tablespoons	Clarified butter or oil
To taste	Salt and white pepper
1/4 teaspoon	Finely minced lemon zest

Procedure:

1. Blanch kale leaves for 30-45 seconds in a generous amount of rapidly boiling well salted water, shock in ice bath.
2. Remove stems from leaves, stack leaves and roll into tube, slice tube into 3/4" pieces.
3. Heat seasoned sauté pan and coat hot pan with oil or clarified butter, and add onions and kale shake pan to prevent from sticking. Season sparingly with salt and white pepper.
4. Add chicken stock to the pan until the stock comes up three quarters of the kale and onions, simmer until most of the stock has reduced.
5. If the stock has reduced and the kale is not tender, add a small amount of stock and continue to simmer until kale is tender. Repeat as necessary.
6. Once kale is tender and most of the stock has reduced stir in lemon zest and remove heat.
7. Prior to service, reheat (if necessary), remove from heat when hot and stir in cold whole butter, season additionally with salt and white pepper if needed.

German Chocolate Truffles

2 Servings

Amount	Ingredient
½ cup	Semi-sweet chocolate chips
¼ cup	Heavy whipped cream
1 teaspoon	Corn syrup
1 teaspoon	Soft butter
½ cup	Semi-sweet chocolate chips
1/3 cup	Shredded coconut
1/3 cup	Chopped pecans

Procedure:

1. Place chocolate chips in a bowl.
2. Heat heavy cream and corn syrup in a small saucepan until it simmers.
3. Remove from heat and pour over chocolate; let stand for 2 minutes.
4. Using a rubber spatula, gently stir in circular motion until mixture is smooth. If it gets too cold, place over a hot water bath to finish melting.
5. Add butter and stir in completely.
6. Chill, stirring regularly, until ganache can be piped or scooped and hold its shape.
7. Meanwhile, place the second portion of chocolate in another small bowl. Bring an inch or two of water in a small pot to a simmer. Remove from heat and place the bowl of chocolate over hot water to melt.
8. Pipe or scoop Tablespoon size portions onto a parchment lined cookie sheet. Chill if needed.
9. With gloves on, gently roll into small balls.
10. Combine coconut and pecans in a bowl.
11. Dip a spoon into the melted chocolate then roll a truffle in it to coat then roll in coconut and pecan mixture.
12. Plate.