Soup

Cold Cucumber Soup with Corn Fritters

Salad

Tomato Tartin, Fresh greens and Basil Reduction

Entrée

Sautéed scampi with grapefruit-fennel slaw and crisp pancetta

or

Chicken Roulade with Roasted Red Pepper, Smoked Chicken and Avocado Ravioli and Sautéed Spinach

Bread

Herb Flat Bread with Roasted Tomato and Basil Oil

Desserts

Caramel Pecan Cakes

Or

Black Bottom Raspberry Cream Pie
Corn Fritters

"Nothing warms up a cool night like a plateful of old-time corn fritters! Dig in, these are delicious!"

INGREDIENTS:
- 3 cups oil for frying
- 1 cup sifted all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon white sugar
- 1 egg, lightly beaten
- 1/2 cup milk
- 1 tablespoon shortening, melted
- 1 (12 ounce) can whole kernel corn, drained

DIRECTIONS:
1. Heat oil in a heavy pot or deep fryer to 365 degrees F (185 degrees C).
2. In a medium bowl, combine flour, baking powder, salt and sugar. Beat together egg, milk, and melted shortening; stir into flour mixture. Mix in the corn kernels.
3. Drop fritter batter by spoonfuls into the hot oil, and fry until golden. Drain on paper towels.
**Cream of Celery Soup (Cream Soup Method 1)**

**Ingredients**

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
<th>Portions: 24</th>
<th>Portion size: 8 fl oz (250 ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 lb</td>
<td>1.5 kg</td>
<td>Celery, small dice</td>
<td></td>
</tr>
<tr>
<td>12 oz</td>
<td>375 g</td>
<td>Onion, small dice</td>
<td></td>
</tr>
<tr>
<td>3 oz</td>
<td>90 g</td>
<td>Butter</td>
<td></td>
</tr>
<tr>
<td>4 1/2 pt</td>
<td>4.5 L</td>
<td>Velouté sauce, made with chicken or veal stock (see note)</td>
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<tr>
<td>1 pt</td>
<td>1.5 L</td>
<td>Milk or white stock, hot</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>White pepper</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>750 mL</td>
<td>Heavy cream, hot</td>
<td></td>
</tr>
<tr>
<td>4 oz</td>
<td>175 g</td>
<td>Optional garnish</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Celery, cut julienne, cooked</td>
<td></td>
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</tbody>
</table>

**Procedure**

1. Review cream soup guidelines and Method 1 (p. 222).
2. Sweat the celery and onions in the butter in a heavy saucepot until they are almost tender. Do not let them brown.
3. Add the velouté to the pot. Simmer until the vegetables are very tender.
4. Skim any fat or scum from the soup.
5. Pass the soup through a food mill to purée it.
6. Pass the puréed soup through a fine china cap or through cheesecloth.
7. Add enough hot milk or stock to bring the soup to the proper consistency.
8. Heat the soup again, but do not let it boil.
9. Season to taste.
10. At serve time, add the cream. Add the garnish if desired.

**For serving:**

- Calories: 320
- Protein: 5 g
- Fat: 27 g (75% cal.): Cholesterol: 90 mg
- Carbohydrates: 13 g
- Fiber: 1 g
- Sodium: 240 mg

**Note:** Velouté may be used in place of velouté if desired. This is often done for vegetarian menus.

**Variations, Method 1**

For the following cream soups, make the substitutions in the basic recipe as indicated. Frozen and canned vegetables may be used, where appropriate, in place of fresh. Also, trimmings may be used if they are clean and of good quality, such as the bottom ends of asparagus and broccoli stalks.

**Cream of Asparagus**

Use 3 lb (1.5 kg) asparagus stalks in place of celery. Optional garnish: cooked asparagus tips.

**Cream of Broccoli**

Use 3 lb (1.5 kg) broccoli in place of celery. Optional garnish: small cooked broccoli florets.

**Cream of Carrot**

Use 3 lb (1.5 kg) carrots in place of celery. Garnish: chopped parsley.

**Cream of Cauliflower**

Use 3 lb (1.5 kg) cauliflower in place of celery. Optional garnish: tiny cooked cauliflower florets.

**Cream of Corn**

Use 3 lb (1.5 kg) whole kernel corn (fresh, frozen, or canned) in place of celery. Do not sweat the corn with the onions. Instead, sweat the onions alone, add the velouté, then add the corn. Garnish: corn kernels.

**Cream of Cucumber**

Use 3 lb (1.5 kg) peeled, seeded cucumber to place of celery. Optional garnish: small, diced, cooked cucumber.

**Cream of Mushroom**

Use 1 1/2 lb (750 g) mushrooms in place of celery. Optional garnish: julienne, brunoise, or sliced cooked mushrooms.

**Cream of Pea**

Use 3 lb (1.5 kg) frozen green peas in place of celery. Do not sweat the peas with the onions. Add them after the velouté has been added.

**Cream of Spinach**

Use 3 lb (1.5 kg) fresh spinach or 2 lb (900 g) frozen spinach in place of celery. Do not sweat the spinach with the onion. Blanch it, drain it well, and add it to the velouté in step 3.

**Cream of Watercress**

Use 1 1/2 lb (750 g) watercress in place of celery.

**Cream of Chicken**

Reduce the celery to 6 oz (175 g) and add 6 oz (175 g) carrot (note that, together with the onion, this makes 1 1/2 lb [750 g] mixture). Use a velouté sauce made with a strong, flavorful chicken stock. After the soup is seasoned, add 6 oz (175 g) cooked chicken meat, cut into julienne or fine dice.

**Cold Cream Soups**

Most cream soups are delicious cold as well as hot. For example, cold cream of cucumber soup is a special favorite in summer. Procedure:

1. Chill soup after step 5 in recipe.
2. Add cold cream after soup is well chilled.
3. Dilute with extra milk, cream, or stock if soup becomes too thick.
4. Season carefully. Cold foods require more seasonings.
Tomato Tartin, Frisée, Tomato Syrup, and Basil Reduction

Serves 4

Pesto Sauce
6 oz basil leaves
1 garlic clove, peeled
2 tsp pine nuts, lightly toasted
2 tsp grated parmesan cheese
½ cup extra-virgin olive oil

Tomatoes
10 heirloom tomatoes, peeled and cut into quarters
To taste, salt
To taste, freshly ground black pepper
2 tsp granulated sugar
4 Tbsp extra-virgin olive oil

Cheese Filling
2 Tbsp olive oil
9 oz fresh ricotta
2 tsp heavy cream
3 Tbsp Pesto Sauce

Pastry
1 egg
2 tsp olive oil
4 puff pastry circles, 4-in. diameter

Melted Onions
12 oz onions, thinly sliced
1 Tbsp olive oil
2 Tbsp butter, unsalted
1 Tbsp brown sugar
½ cup red wine
½ cup wine vinegar
1 tsp minced tarragon
To taste, salt
To taste, freshly ground black pepper

Assembly
4 bunches frisée
2 Tbsp Tomato Syrup (see Chef’s Pantry)
2 Tbsp Basil Reduction (see Chef’s Pantry)

Pesto Sauce
1. Blanch basil leaves in boiling water.
2. Place the basil, garlic, pine nuts, parmesan, and ½ cup olive oil in a food processor.
   Blend well.

Tomatoes
1. Toss the tomato petals in the salt, pepper, sugar, and 4 Tbsp olive oil.
2. Line the bottoms of 4-in. tart pans with the tomatoes.
3. Bake at 300°F for 8 minutes; reserve.

Cheese Filling
1. Mix together 2 Tbsp olive oil, the ricotta, the cream, and 3 Tbsp pesto.
PAstry

1. Mix egg and oil. Place disks (pastry circles) on a baking tray, brush lightly with the egg mixture, cover with a rack, and bake halfway through, about 7 minutes.

MELTED ONIONS

1. In a heavy-bottomed pan, sauté the onions with 1 Tbsp olive oil and the butter and sugar until caramelized, 7–10 minutes.

2. Add the wine and cook until it is almost evaporated. Add the vinegar and do the same.

3. Season with the tarragon, salt, and pepper.

ASSEMBLY

1. Distribute the cheese filling among the tart shells over the tomatoes; do the same with the onions. Place the pastry shell circles over the filled tart shells.

2. Bake at 350°F for 4–6 minutes or until the pastry is golden brown. Remove from the oven, invert the tarts over a plate and place in the center. Remove the tart pan and the disk; you should have a nice tomato top.

3. Toss the frisée in Tomato Syrup and Basil Reduction and place in the center of the tomatoes. Drizzle the plate with more syrup and reduction. Serve hot.

Baby Artichokes with Roasted Mushrooms, Herbs, Radicchio, and Vinaigrette

SERVES: 6

Juice of 2 lemons
20 artichokes
5 cups + 2 Tbsp olive oil
12 garlic cloves
1 tsp crushed red pepper
2 cups Chicken Brodo (see Chef's Pantry)
2 cups white wine
1 Roma tomato
1 Tbsp sugar
1 Tbsp butter, unsalted
2 garlic cloves, finely minced
2 Tbsp finely minced shallots
1 cup high-quality balsamic vinegar
1 oz honey
1 Tbsp minced basil
1/8 oz assorted wild mushrooms
To taste, kosher salt
To taste, cracked black pepper
1 Tbsp finely chopped thyme
1 head radicchio
6 flatbreads, 1 in. by 4 in.
SAUTÉED SCAMPI WITH GRAPEFRUIT-FENNEL SLAW AND CRISP PANCETTA

Chef-Co-owner Alistair Brown
Logan Brown Restaurant and Bar - Wellington, New Zealand

Yield: 8 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Grapefruit juice</td>
<td>10 Ounce</td>
</tr>
<tr>
<td>Cider vinegar</td>
<td>1 TBS</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>3 each</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/2 TBS, plus 1 C</td>
</tr>
<tr>
<td>Canola oil</td>
<td>8 1/2 Ounce</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 Ounce</td>
</tr>
<tr>
<td>Salt and white pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Pancetta rounds, thinly sliced</td>
<td>20 each</td>
</tr>
<tr>
<td>Cabernet vinegar</td>
<td>1 C</td>
</tr>
<tr>
<td>Fennel bulbs, large</td>
<td>2 each</td>
</tr>
<tr>
<td>Grapefruit, segments of, roughly chopped</td>
<td>1 each</td>
</tr>
<tr>
<td>Scampi tails, large, peeled</td>
<td>24 each</td>
</tr>
<tr>
<td>Salt and freshly ground black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Oil</td>
<td>as needed</td>
</tr>
<tr>
<td>Watercress bunch, small, packed</td>
<td>1 each</td>
</tr>
<tr>
<td>Pancetta crisps</td>
<td>8 each</td>
</tr>
<tr>
<td>Lemon olive oil</td>
<td>as needed</td>
</tr>
</tbody>
</table>

Instructions:

1. Place the grapefruit juice in a non-reactive saucepan. Place on medium heat to reduce by 2/3. Combine reduced juice, cider vinegar, egg yolks, mustard and sugar in a bowl and blend.
with a wand blender. Blend for a few seconds, then slowly drizzle canola and olive oils in until thick consistency is achieved. Season to taste with salt and pepper.

2. Preheat oven to medium-high heat. Place pancetta between 2 pieces of greaseproof paper on a baking tray. Place another baking tray on top to keep pancetta rounds flat. Put in oven and cook for about 8 minutes. Check after 5 minutes (keep a very close eye on them, as they can over cook and burn very quickly). Remove and reserve to cool. Store in an airtight container.

3. In a small saucepan place Cabernet vinegar and sugar. Cook over medium heat and reduce slightly to a syrup-like consistency, about 5 minutes. Remove and reserve to cool.

4. Using a mandolin slicer or sharp knife, slice fennel across the grain as thinly as possible, discarding center of fennel bulb. Place sliced fennel in cold water with ice for 10 minutes. Strain off water, pat dry and reserve, refrigerated, in a bowl.

5. Add 4 tablespoons of grapefruit mayonnaise to fennel and mix well. Evenly divide fennel slaw into 8 portions and place in center of each plate. Top fennel with grapefruit segments.

6. Season scampi tails with salt and pepper. Sauté tails very quickly in a little oil over high heat-no longer than 30 seconds on each side. Place scampi tails on top of or around fennel slaw and top with watercress sprigs and a pancetta crisp. Drizzle with lemon olive oil and Cabernet syrup to finish. Serve immediately.
Chicken Roulade
With roasted Red Pepper
By: Ken Foster
Bakersfield College

4 6oz. boneless skinless chicken breasts
2 red bell peppers (roasted)
6 T chopped cilantro
2 oz parmesan cheese (grated)
Salt and Pepper to taste
2 T oil

Butterfly chicken breast and lightly pound until ¼ inch thick. Season both sides of chicken. Finely chop red pepper and cilantro, mix with cheese. Spread red pepper mixture over chicken and roll up. Brown chicken in sauté pan and finish in oven at 350°F for 12-15 minutes.

Orange Sherry Sauce

2 c sherry
1 c orange juice
1 T orange zest (finely chopped)
1 oz cold butter
salt and pepper to taste

Deglaze pan with sherry and reduce by half. Add the juice, zest and reduce by half. Finish with cold butter. Season to taste.
Smoked Chicken and Avocado
Fried Ravioli

2 boneless skinless chicken thigh
½ avocado (small dice)
½ small shallot (minced)
1 t garlic (minced)
salt and pepper to taste
12 won ton wrappers

Smoke chicken thighs for 10 minutes and finish on grill, then cool. Cut chicken into small dice. Sauté shallots until translucent add garlic and cook for 1 minute then cool. Mix together chicken, avocado, shallot, garlic and check seasoning. Place small amount of chicken mix on won ton wrapper and fold. Seal edges with water. Deep fry till golden brown.

Sautéed Spinach and
Kern County Organic Baby Carrots

8 oz fresh spinach
4 oz Organic baby carrots
Salt and pepper to taste

Sauté carrots until tender, add spinach until just wilted. Season as needed.

Caramelized Oranges

12 orange segments
1 t granulated sugar

Dry oranges on paper towels. Sprinkle sugar on top of orange segments. Caramelize with torch.
Basil Flatbread With Roasted Tomatoes And Basil Oil
Bon Appétit | September 1998

Here's a popular starter at The American Restaurant in Kansas City.

Yield: Makes 2 large breads (6 servings per bread)

\[\begin{align*}
\frac{1}{3} \text{ cup warm water (105°F to 115°F)} \\
1 \text{ teaspoon dry yeast} \\
\text{Pinch of sugar} \\
\frac{2}{3} \text{ cup plus 1 1/2 cups (or more) all purpose flour} \\
\frac{2}{3} \text{ cup water, room temperature} \\
2 \text{ teaspoons olive oil} \\
1 \text{ teaspoon salt} \\
3 \text{ tablespoons thinly sliced fresh basil}
\end{align*}\]

Basil Oil

Roasted Tomatoes

Pour \(\frac{1}{3}\) cup warm water into large bowl. Sprinkle yeast and sugar over; let stand until mixture is foamy, about 10 minutes.

Mix \(\frac{2}{3}\) cup flour and \(\frac{1}{3}\) cup room-temperature water into yeast mixture. Cover and let stand 20 minutes.

Stir olive oil and salt into yeast mixture. Mix in 1 1/2 cups flour, 1/2 cup at a time, until slightly sticky dough forms. Add basil. Knead on floured surface until smooth and elastic, adding more flour by tablespoonfuls if dough is too sticky, about 10 minutes. Oil large bowl. Add dough; turn to coat. Cover with plastic. Let rise in warm area until doubled, about 45 minutes.

Punch dough down. Turn out onto floured surface. Divide in half; knead each piece just until smooth. Cover with towel; let rise until almost doubled, 20 minutes.

Prepare barbecue (medium-high heat). Roll out each dough piece on floured surface to 12-inch round. Transfer each to separate baking sheet. Brush top side with Basil Oil. Place bread, oiled side down, on barbecue. Grill until bottom is golden brown, about 1 1/2 minutes. Brush top of bread with Basil Oil.
Using tongs, turn bread over; grill until golden, about 1 1/2 minutes. (Can be made 4 hours ahead. Cover loosely with foil; let stand at room temperature. Before continuing, prepare barbecue; use medium-high heat.)

Brush breads with some Basil Oil. Arrange Roasted Tomatoes on breads. Loosely cover breads with foil; grill until heated through, watching closely, about 4 minutes. Drizzle with more Basil Oil. Cut each bread into 6 pieces.
Caramel Pecan Cakes
Gourmet | October 2008

by Pastry Chef Monica Segovia-Welsh
Lantern Restaurant in Chapel Hill, NC

These individual cakes, from Lantern pastry chef Monica Segovia-Welsh, are moist, tender, and not remotely fussy. If you don’t want to fool with the suggested accompaniments, serve the cakes with a dollop of whipped cream instead.

Yield: Makes 8 individual cakes
Active Time: 35 min
Total Time: 2 1/2 hr

For caramel:
2 cups sugar
1 1/2 cups water, divided

For cake:
1/2 cup pecans
1/2 stick unsalted butter, melted
1 large egg, lightly beaten
1/3 cup heavy cream
1 1/4 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup granulated sugar
1/4 cup packed brown sugar

Equipment:
8 (6-ounces) ramekins

Accompaniment:
five-spice ice cream and poached tangerine slices

Make caramel:

Bring sugar and 1/2 cup water to a boil in a 12-inch heavy skillet over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals on side of skillet with a pastry brush dipped in cold water. Boil, without stirring, swirling skillet occasionally so caramel colors evenly, until dark amber.
1/4 cup milk, whisking until cornstarch dissolves. Whisk in remaining 2 1/4 cups milk, then egg yolks and egg. Stir over medium-high heat until pudding thickens and boils, about 8 minutes. Remove from heat. Add chocolate and butter; whisk until melted and smooth. Spread pudding in prepared crust. Press plastic wrap onto pudding to cover and chill pie overnight.

For topping:

Peel plastic wrap off pie. Cover chocolate layer with raspberries, pointed side up, pressing lightly into chocolate to adhere (some berries will be left over). Beat cream, sugar, and vanilla in medium bowl until peaks form; spread over berries on pie. Arrange remaining berries atop cream. Chill pie at least 1 hour and up to 4 hours.
Black-Bottom Raspberry Cream Pie
Bon Appétit | July 2004

The "black bottom" is a layer of superb chocolate pudding — plus a chocolate cookie crust. The pie must be chilled overnight before the topping is added.

Yield: Makes 8 to 10 servings

Crust
Nonstick vegetable oil spray
1 3/4 cups crushed chocolate wafer cookies (about 30 cookies from one 9-ounce package)
1/2 cup (1 stick) unsalted butter, melted
1/4 cup sugar

Filling
1/2 cup sugar
1/4 cup unsweetened cocoa powder (preferably Dutch-process)
2 tablespoons cornstarch
2 1/2 cups whole milk, divided
2 large egg yolks
1 large egg
4 ounces bittersweet (not unsweetened) or semisweet chocolate, finely chopped
2 tablespoons (1/4 stick) unsalted butter

Topping
3 1/2-pint containers raspberries
1 cup chilled whipping cream
2 tablespoons powdered sugar
1/2 teaspoon vanilla extract

For crust:
Spray 9-inch-diameter glass pie dish with nonstick spray. Blend cookie crumbs, butter, and sugar in medium bowl. Press mixture evenly over bottom and up sides (not on rim) of prepared dish. Chill crust 30 minutes.

Preheat oven to 350°F. Bake crust until set, about 10 minutes, then cool.

For filling:
Combine sugar, cocoa, and cornstarch in heavy medium saucepan; whisk to blend well. Gradually add
1/4 cup milk, whisking until cornstarch dissolves. Whisk in remaining 2 1/4 cups milk, then egg yolks
and egg. Stir over medium-high heat until pudding thickens and boils, about 8 minutes. Remove from
heat. Add chocolate and butter; whisk until melted and smooth. Spread pudding in prepared crust.
Press plastic wrap onto pudding to cover and chill pie overnight.

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Peel plastic wrap off pie. Cover chocolate layer with raspberries, pointed side up, pressing lightly into
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