Soup

Tomato Basil Soup with grilled cheese crouton

Salad

Asparagus Crab Salad

Entrée

Grilled Shrimp with Herb Beurre Blanc
Served with Polenta and Grilled Vegetables
or
Roasted New York Steak with Bluegrass Sauce served with au Gratin Potatoes and Grilled Vegetable Medley

Bread

Cottage Dill Rolls

Desserts

Raspberry Wafers

Or

Spiced Pears with Oranges & Caramel Sauce
TOMATO-BASIL SOUP

Yield: 10 portions

1 fluid ounce Olive oil 30 milliliters
3 cloves Garlic, minced 15 grams
3 ounces Onions, minced 85 grams
3 ounces Tomato paste 85 grams
2½ pounds Tomato concassé 1 kilogram
2 quarts Chicken or vegetable stock 2 liters
⅛ ounce Basil, chopped 15 grams
1½ teaspoons Jalapeños, minced 8 grams
1 sprig Oregano, chopped 1 sprig
1 sprig Thyme, chopped 1 sprig
4½ fluid ounces White wine, dry 175 milliliters
1 Bay leaf 1

1. Sweat the garlic and onions in the olive oil.
2. Add the tomato paste and sauté until it has a sweet aroma and beings to take on a rusty color.
3. Add the tomato concassé, stock, basil, jalapeños, oregano, thyme, wine, and bay leaf.
4. Simmer for approximately 30 minutes.
5. Strain the soup through a medium chinois.

<table>
<thead>
<tr>
<th>PORTION</th>
<th>KCAL</th>
<th>PROTEIN</th>
<th>FAT</th>
<th>CARB</th>
<th>SODIUM</th>
<th>CHOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 portion</td>
<td>100</td>
<td>5 gm</td>
<td>2 gm</td>
<td>10 gm</td>
<td>155 mg</td>
<td>trace</td>
</tr>
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Total Yield 112 oz
Portion Size 8 oz = 14 PORTIONS
Portion Size 6 oz = 18 PORTIONS
Asparagus with Lump Crabmeat and Sherry Vinaigrette

servings: 8

portioning information:
3 oz (85 g) vegetables
1 oz (30 g) crabmeat

nutrition per serving:
100 calories, 4 g fat, 6 g total carbohydrate, 19 g protein, 514 mg sodium, 45 mg cholesterol

1 lb (500 g) asparagus, green, white, or combined, peeled and trimmed
1 cup (240 ml) Vinaigrette-Style Dressing (page 503) (see Note)
8 oz (250 g) lump crabmeat, picked
8 oz (250 g) julienred tomato
2 tbsp (30 ml) chopped chives

1. Cook the asparagus until barely tender in a large amount of boiling water. Shock a drain.
2. Gently toss the asparagus with the vinaigrette and marinate for at least 1 and up to 4 hot before serving.
3. For each portion: Arrange 2 oz (50 g) asparagus on a chilled plate and top with 1 oz 30 g each crabmeat and tomatoes. Drizzle with additional vinaigrette. Scatter chives on each portion to garnish.

Note
Use sherry vinegar in the preparation of the dressing.
Vinaigrette-Style Dressing

8 fl oz / 240 mL Chicken or Vegetable Stock
(pages 489 and 490)
1½ tsp / 7.5 mL arrowroot
4 fl oz / 120 mL red wine vinegar

4 fl oz / 120 mL extra-virgin olive oil
½ tsp / 2.5 mL kosher salt
½ tsp / 2.5 mL seasonings (see Notes)

Combine the arrowroot with enough cold stock to form a smooth paste.

Bring the remaining stock to a boil and stir constantly until the stock has thickened, about 2 minutes. Remove from the heat, stir in the vinegar, and cool completely. Gradually whisk in the oil. Add the salt and seasonings.

Variations

Orange-Cranberry Vinaigrette

Replace the stock with orange juice and replace the red wine vinegar with cranberry juice. Garnish with a little orange zest if desired.

Sherry Vinaigrette

Replace the red wine vinegar with sherry vinegar.

Balsamic Vinaigrette

1 qt / 950 mL Chicken or Vegetable Stock
(pages 489 and 490)
¾ oz / 20 g arrowroot
1 pt / 480 mL balsamic vinegar

1 pt / 480 mL extra-virgin olive oil
2 tsp / 10 mL kosher salt
1 tbsp / 15 mL basil chiffonade

Combine the arrowroot with enough cold stock to form a smooth paste.

Bring the remaining stock to a boil and stir in the arrowroot mixture. Return to a boil and stir constantly until the stock has thickened, about 2 minutes. Remove from the heat, stir in the vinegar, and cool completely. Gradually whisk the oil into the thickened stock. Stir in the salt and basil.
### GR. SHRIMP W/ BEURRE BLANC

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>SHRIMP GNL BLK TGER 21/25</td>
<td>24 each</td>
<td>16 oz/wt</td>
</tr>
<tr>
<td>OIL OLIVE XVGRN ITALIAN</td>
<td>2 tbsp</td>
<td>1 1/2 oz/wt</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td>1 tbsp</td>
<td>3/4 oz/wt</td>
</tr>
<tr>
<td>SALT GRANULATED PLAIN</td>
<td>1/4 tsp to taste</td>
<td></td>
</tr>
<tr>
<td>PEPPER BLACK</td>
<td>1/4 tsp to taste</td>
<td></td>
</tr>
<tr>
<td>CREAM WHIPPING HEAVY 36%</td>
<td>2 cup</td>
<td>16 oz/wt</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td>1 tsp.</td>
<td>1/4 oz/wt</td>
</tr>
<tr>
<td>SHALLOT DRY FRESH</td>
<td>2 each</td>
<td>2 oz/wt</td>
</tr>
<tr>
<td>ALMOND NATURAL SLICED</td>
<td>1/2 cup</td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>WHITE WINE</td>
<td></td>
<td>1/2 cup</td>
</tr>
<tr>
<td>PESTO or other herbs pounded</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA (Cool butter)</td>
<td></td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>WHITE WINE</td>
<td></td>
<td>1/4 cup</td>
</tr>
<tr>
<td>VINEGAR APPLE CIDER</td>
<td>1/4 cup</td>
<td>2 oz/wt</td>
</tr>
<tr>
<td>SHALLOT DRY FRESH</td>
<td>1 tbsp</td>
<td>3/4 oz/wt</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td></td>
<td>12 oz/wt</td>
</tr>
<tr>
<td>CREAM WHIPPING HEAVY 36%</td>
<td>2 tbsp</td>
<td></td>
</tr>
</tbody>
</table>

#### Mise En Place

1. Combine shrimp, (peeled and deveined), olive oil, lemon juice, salt and pepper. Set aside.
2. Reduce cream separately over low heat to 1 cup. Reserve.
3. Saute shallots in butter.
4. Add cider vinegar, simmer until almost dry.
5. Add cream. Simmer 5 minutes.
7. Add pesto or herbs.
9. Cook shrimp over hot grill 2-3 minutes per side. Serve with beurre blanc sauce.

#### Method 2

1. Combine in small saucepan.
2. Bring to a boil and reduce until about 2 tbsp. of liquid remain.
3. Add butter while mixing over heat. When butter is completely melted, a smooth emulsion should exist. Remove from heat.
4. Season as desired.
5. Add heavy cream and strain. Serve with shrimp.
**PoleNTA**

<table>
<thead>
<tr>
<th>Yield</th>
<th>24.00 ea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portion Size</td>
<td>1 ea</td>
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<tr>
<td># Portions</td>
<td>24.00 portions</td>
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<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep + Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallot Dry Fresh</td>
<td></td>
<td>1 oz/wt</td>
</tr>
<tr>
<td>Garlic Chopped</td>
<td></td>
<td>1 1/2 oz/wt</td>
</tr>
<tr>
<td>Butter Solid USDA AA</td>
<td></td>
<td>1/2 lb</td>
</tr>
<tr>
<td>Chicken Stock</td>
<td></td>
<td>3 quart</td>
</tr>
<tr>
<td>Corn Meal</td>
<td></td>
<td>96 oz/wt</td>
</tr>
<tr>
<td>Egg Large USDA AA</td>
<td>yolks only</td>
<td>3 ea</td>
</tr>
<tr>
<td>Cheese Parmesan Shred</td>
<td>1/2 cup</td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>Salt Granulated Plain</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>Spice Pepper Black Table</td>
<td>to taste</td>
<td></td>
</tr>
</tbody>
</table>

**Mise En Place**

1. Saute the shallots and garlic in the butter until they are translucent.
2. Add the stock and bring to a boil.
3. Add the cornmeal in a stream, stirring constantly until it has all been added.
4. Remove the pot from the heat and blend in the egg yolks, cheese and seasonings.
5. Pour the polenta onto a greased half-size sheet pan and refrigerate it until it is cool & firm.
6. Cut into the desired shape.
7. Pan fry the polenta until it is golden brown on both sides.
**Grilled Vegetables**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep * Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEEK BUNCH FRESH</td>
<td></td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>FENNEL</td>
<td></td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>PEPPERS SWEET</td>
<td></td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>SQUASH SUMMER</td>
<td></td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>OIL SALAD SOYBEAN</td>
<td>3 parts</td>
<td>24 oz/wt</td>
</tr>
<tr>
<td>SOY SAUCE</td>
<td>1 part</td>
<td>8 oz/wt</td>
</tr>
<tr>
<td>JUICE LEMON</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>GARLIC CHOPPED</td>
<td>1 tbsp</td>
<td>3/4 oz/wt</td>
</tr>
<tr>
<td>SPICE FENNEL SEED</td>
<td></td>
<td>1/8 oz/wt</td>
</tr>
<tr>
<td>SALT GRANULATED PLAIN</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>SPICE PEPPER BLACK TABLE</td>
<td>to taste</td>
<td></td>
</tr>
</tbody>
</table>

**Mise En Place**

**Method**

1. Slice the vegetables into pieces thick enough to withstand the grill's heat.
   If necessary, parcook or blanch the vegetables prior to grilling them.
2. Combine all the ingredients for the marinade.
3. Coat the vegetables evenly with the marinade.
4. Let any excess drain completely away from the vegetables.
5. Place the vegetables on the hot grill, grill them on both sides, turning once to create crosshatch marks, if desired.
## Roast Sirloin of Beef

**YIELD:** 50 portions  
**EACH PORTION:** about 7 oz. beef

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sirloin of Beef, boneless</td>
<td>25 lb.</td>
<td>1. Trim sirloin and prepare for oven; be sure to remove cartilage near edge of large part of eye of roast. Place sirloin fat side up on bed of mirepoix in oiled roast pan. Sprinkle with salt and pepper. Insert meat thermometer so bulb reaches center of largest muscle. Place in oven preheated to 350°F.</td>
</tr>
<tr>
<td>Mirepoix:</td>
<td>1 lb.</td>
<td>2. Cook rare (140°F on meat thermometer) or medium rare (150°F on meat thermometer). Cooking time will vary; if roast is rolled and tied, more time will be required.</td>
</tr>
<tr>
<td>Onions, medium cut</td>
<td>8 oz.</td>
<td>3. When cooked, remove to clean pan and hold in warm place but not where meat will continue to cook. Roast should stand 30 min. before carving.</td>
</tr>
<tr>
<td>Celery, medium cut</td>
<td>8 oz.</td>
<td></td>
</tr>
<tr>
<td>Carrots, medium cut</td>
<td>4 oz.</td>
<td></td>
</tr>
<tr>
<td>Salad Oil</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
<td></td>
</tr>
<tr>
<td>Pepper</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brown Beef Stock (or Consommé) hot</td>
<td>1 gal.</td>
<td>4. Pour fat off roast and deglaze with hot stock. Simmer vegetables lightly, keeping au jus as clear as possible. Strain; adjust seasoning. Skim off all fat before serving.</td>
</tr>
</tbody>
</table>
BLUE GRASS SAUCE

Yield: 16.00 oz/wt
Portion Size: 4 oz/wt
# Portions: 4.00 portions

Prep Time
Oven Temp
Approx Time

Ingredients | Prep + Notes | Amount
---|---|---
BUTTER ALTERNATE LIQ | (whirl) or butter oil mix | 3 oz/wt
BOURBON | 4 tbsp | 3/4 oz/wt
ONION GREEN FRSH | chopped (shallots may be used) | 3 oz/wt
WINE RED | 1/2 cup | oz/wt
SAUCE TABASCO | | 1/8 oz/wt
Worcestershire | | 1/8 oz/wt
SAUCE WORCESTERSHIRE | | oz/wt
SPICE PEPPER BLACK TABLE | 1/16 tsp | oz/wt
BUTTER SOLID USDA AA | 2 - 4 tbsp | 1/2 oz/wt
PARSLEY FRESH | 1 tsp | 1/4 oz/wt

Mise En Place

Method

1. Heat oil in saute pan to very hot. Carefully add seasoned meat. Medallions of beef for saute or a slightly under done grilled steak.
2. Sear the meat on both sides and saute to desired doneness, remove from pan and hold in a warm place.
3. Add bourbon to hot saute pan and flame, add green onions, black pepper, red wine, a dash of tabasco and a dash of worcestershire sauce.
4. Simmer and reduce by half.
5. Finish sauce with butter and chopped parsley.

Alternate Method

Sauté shallots, green onions in butter
add bourbon au sec
add wine until au sec
add remaining ingredients (tabasco, worcestershire, black pepper, butter & parsley)

Use as a plate sauce or accompany roasted meats.
### POTATOES AU GRATIN

<table>
<thead>
<tr>
<th>Yield</th>
<th>200.00 oz/wt</th>
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<tr>
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<tr>
<td># Portions</td>
<td>50.00 portions</td>
</tr>
<tr>
<td>Prep Time</td>
<td></td>
</tr>
<tr>
<td>Oven Temp</td>
<td>350f</td>
</tr>
<tr>
<td>Approx Time</td>
<td>30 min</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep / Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>POTATO BAKING IDAHO</td>
<td>peeled, diced</td>
<td>12 lb</td>
</tr>
<tr>
<td>BREAD CRUMBS</td>
<td>1/1 cup</td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>SPICE PAPRIKA</td>
<td>1 tsp</td>
<td>3/4 oz/wt</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td>melted</td>
<td>2 oz/wt</td>
</tr>
<tr>
<td>MILK WHOLE</td>
<td>3 quarts</td>
<td>96 oz/wt</td>
</tr>
<tr>
<td>CHEESE CHDR MILD PRNT YEL</td>
<td>cubed</td>
<td>1 lb</td>
</tr>
<tr>
<td>CHEESE AMER LOAF YEL</td>
<td>cubed</td>
<td>1 lb</td>
</tr>
<tr>
<td>SPICE PAPRIKA</td>
<td>2 tsp</td>
<td>1/2 oz/wt</td>
</tr>
<tr>
<td>SPICE MUSTARD, DRY</td>
<td>2 tsp</td>
<td>1/2 oz/wt</td>
</tr>
<tr>
<td>WORCESTERSHIRE</td>
<td>1 tbsp</td>
<td>3/4 oz/wt</td>
</tr>
<tr>
<td>SALT GRANULATED PLAIN</td>
<td>1 tsp</td>
<td>1/4 oz/wt</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td></td>
<td>6 oz/wt</td>
</tr>
<tr>
<td>FLOUR MONDAKO BREAD</td>
<td></td>
<td>6 oz/wt</td>
</tr>
</tbody>
</table>

### Mise En Place

**Method**

**CHEESE SAUCE**

1. Combine milk, cheeses, paprika, mustard, worcestershire and salt in top of double boiler.
2. Heat until cheese is melted and milk begins to form a skin on top.
3. Prepare roux with butter and flour. Cook 4-5 minutes, but DO NOT BROWN.
4. Add roux to milk cheese mixture, a small amount at a time, whisking until smooth.
5. Cook mixture until thickened and smooth. Then cook for about 10-15 minutes longer.
6. Bring almost to a boil, remove from heat.
7. Strain through china cap.

1. Cook potatoes, drain well; place in buttered pans.
2. Pour on sauce, mixing well.
3. Mix bread crumbs and paprika; sprinkle over top.
4. Drizzle with melted butter.
5. Bake at 350f for 30 minutes or until fully cooked and golden brown.
5. If needed place low under broiler to brown top before serving.
COTTAGE ROLLS (DILL ROLLS)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Prep. Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>WATER</td>
<td>lukewarm</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>SUGAR GRANULATED BEET</td>
<td></td>
<td>4.5 oz/lt</td>
</tr>
<tr>
<td>YEAST ACTIVE DRY</td>
<td>dry active</td>
<td>3 oz/lt</td>
</tr>
<tr>
<td>SHORTENING ALL PURP ALL</td>
<td></td>
<td>3 oz/lt</td>
</tr>
<tr>
<td>EGG LARGE USDA AA</td>
<td></td>
<td>6 ea</td>
</tr>
<tr>
<td>CHEESE COTTAGE</td>
<td></td>
<td>2.4 oz/lt</td>
</tr>
<tr>
<td>FLOUR MONDAGO BREAD</td>
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<td>3.75 lb</td>
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<tr>
<td>SALT GRANULATED PLAIN</td>
<td></td>
<td>1.5 oz</td>
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<tr>
<td>BAKING SODA</td>
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<td>1 tsp</td>
</tr>
<tr>
<td>SPICE DILL WEED</td>
<td>whole</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>ONION YELLOW FD SVC FRSH</td>
<td>1/4 cup</td>
<td>6 oz</td>
</tr>
</tbody>
</table>

Mise En Place

Method

1. Dissolve sugar in water in small bowl.
2. Sprinkle yeast on top. Let stand for 5 minutes.
3. In mixing bowl place shortening, eggs, and yeast mixture.
4. Warm cottage cheese in double boiler to lukewarm.
5. Saute chopped onion in small amount of butter.
6. Add onions and dill weed to cottage cheese.
7. Add cheese mixture to yeast mixture in mixing bowl. Mix to combine.
8. Add combined flour, salt and baking soda to mixing bowl.
9. Mix on low speed with dough hook for 10 minutes.
10. Place dough into greased bowl. Cover with clear plastic wrap.
11. PROOF 45 minutes.
12. Punch and turn dough.
13. Proof 30 minutes.
14. Make up rolls on paper-lined pans and proof until double in size.
15. Bake at 375° for 10-15 minutes or until desired doneness.

Serving Instructions

Makes 2 dozen rolls.
Raspberry Wafers

16 servings

Butter and Flour Mixture (page 4)
Raspberry Wafer Batter (recipe follows)
powdered sugar
5 ounces (140 g) strained strawberry jam or preserves
one recipe Raspberry Sauce (page 1080)
2 cups (480 ml) heavy cream
2 teaspoons (10 g) granulated sugar

The technique used to create and present Raspberry Wafers is one of the quickest and easiest ways of making a special and impressive dessert. This ideal summer offering can be assembled in just a few minutes provided the components are at hand: whipped cream in a pastry bag, raspberries sorted, and sauce in a piping bottle. The batter will yield a few extra wafers so you can afford to break some during the assembly. This is almost unavoidable since they are so fragile, but their delicacy is part of the dessert's appeal. If it is not possible to assemble each serving à la minute, the assembly should be completed no more than fifteen minutes prior to serving, or the wafers will become soft and unappetizing. It is also important to keep in mind that, just as with other fruits and berries, there are small, medium, and large raspberries. Mixing them up within the same serving will probably result in the layers leaning to one side.
2 dry pints (960 ml) raspberries, approximately (see note)
sixteen small mint leaves
Sour Cream Mixture for Piping (page 1081)

**NOTE:** If at all possible, try to work with a few extra pints of raspberries so you can choose the best-looking and most evenly sized berries to use in the desserts. Leftover raspberries can be used in part to make the sauce.

1. Make the Raspberry Wafer template marked A in Figure 10–24. The template as shown is the correct size required for this recipe. Trace the drawing, then cut the template out of 1/16-inch (2-mm) thick cardboard (cake boxes work fine for this). Make a second solid template that is 2 inches (5 cm) larger than the first one (1 inch/2.5 cm on each of the 3 sides) and reserve this template for the presentation. Brush the Butter and Flour Mixture on the back of clean, even sheet pans, or use silicone mats instead if you have them (in that case it is not necessary to use the Butter and Flour Mixture).

2. Spread the batter onto the prepared sheet pans (or silicone mats), spreading it flat and even within the template (see Figures 19–55 and 19–56, pages 1046 and 1047). You will need three wafers per serving.

3. Bake at 410°F (210°C) until slightly brown in places, approximately 5 minutes. Allow the wafers to cool before removing them from the pans.

4. Place the reserved solid template in the center of a dessert plate. Sift powdered sugar over the remaining exposed plate including the rim. Remove the template (this is easier to do if you make a handle from a piece of tape and attach it to the template). Place strawberry jam or preserves in a piping bag and cut a larger than normal opening. Pipe a line of jam following the perimeter of the powdered sugar octagon. Prepare as many remaining plates as you expect to need in the same way. Set the plates aside. Place a portion of the Raspberry Sauce in a piping bottle and reserve.

5. Whip the heavy cream with the granulated sugar to stiff peaks. Place in a pastry bag with a no. 6 (12-mm) plain tip. Reserve in the refrigerator.

6. **Presentation:** Pipe Raspberry Sauce within the octagonal jam outline, filling in all but a space in the center that is slightly smaller than the size of the wafers. Pipe a small mound of whipped cream at every other point on each of two wafers. Place five raspberries on top of each, arranging four of them between the mounds of cream and one in the center. Stack one wafer on top of the other, placing the second wafer so that the cream and berries that are visible on the sides are alternated. Top the stack with a plain wafer. Hold a no. 4 (8-mm) star tip in place over the plain tip on the pastry bag with whipped cream (see Figures 12–6 and 12–7, page 602). Pipe a small rosette of cream in the center of the top wafer. Sift powdered sugar lightly over the top wafer. Place a raspberry and a small mint leaf on the cream. Place the assembled stack of wafers in the center of the sauce with the edges of the sauce and wafer parallel. Pipe dots of Sour Cream Mixture in the sauce around the wafers at each point of the octagon. Drag a wooden skewer through the dots toward the dessert to create teardrops. Clean the tip of the skewer, then dip it into Raspberry Sauce and decorate each sour cream teardrop with a tiny dot of Raspberry Sauce. Serve immediately.
Butter and Flour Mixture

2 cups (480 ml)
2 ounces (55 g) bread flour
1 pound (455 g) soft unsalted butter

Using a Butter and Flour Mixture (four parts melted butter and one part bread flour, by volume) is a quick and easy way to prepare cake pans, forms, or molds in a recipe that says to grease and flour the pan. Rather than applying the two separately, brush on the flour at the same time you grease the pan. This method can save a great deal of time when the task is done over and over throughout the day.

2. Apply the mixture with a brush.

The combination can be left at room temperature for up to one week. If the mixture is refrigerated, warm it before using (but do not boil) and stir to combine.

Candied Chestnuts

1 pound, 4 ounces (570 g)
1 pound (455 g) fresh chestnuts (thirty to thirty-five)
4 cups (960 ml) water
8 ounces (225 g) granulated sugar

Candied Chestnuts are expensive to purchase, so preparing your own can be very economical, assuming you can justify the labor to remove the shells. If you want perfect whole Candied Chestnuts for garnish, start with more than you need, because some will break when you shell them, and don’t let the chestnuts boil vigorously in the syrup or all of them will break up into small pieces. Broken pieces can, of course, be used in fillings and for chestnut purée. Pay close attention toward the end of the cooking process, as the thick syrup can burn easily.

1. Cut a small X in the flat side of the shell on each chestnut, using the tip of a paring knife.
2. Place the chestnuts on a sheet pan and roast at 375°F (190°C) for approximately 15 minutes. (Or, place in a saucepan with enough water to cover, simmer for the same length of time, and drain.)
3. While the nuts are still hot, remove the shells and the dark paper-like skin around the meat.
4. Place the chestnuts in a saucepan with the water and sugar. Bring to a boil, stirring gently, and then simmer for approximately 45 minutes or until the liquid has reduced to a thick syrup. Let cool.
5. Store the Candied Chestnuts in the syrup covered in the refrigerator. They will keep for several weeks.

Caramel Coloring

3 cups (720 ml)
2 pounds (910 g) granulated sugar
¼ cup (120 ml) water
4 drops lemon juice
1½ cups (360 ml) water

This was known as Blackjack when I learned this trade in Europe. It is basically just burned sugar which, when cooked to 392°F (200°C), turns completely black. Once the mixture has cooled, a small amount is used to color baked goods, mainly breads. Caramel Coloring will last indefinitely and does not need to be refrigerated.

I find many students do not cook the sugar long enough, especially when they make Caramel Coloring for the first time. There is probably some guilt
**Raspberry Sauce**

*approximately 4 cups (960 ml) sauce*

2 pounds (910 g) fresh ripe raspberries or thawed IQF frozen raspberries (see introduction to Bijou Coulis, page 1068)
3 tablespoons (24 g) cornstarch
2 ounces (55 g) granulated sugar, approximately

NOTE: To make Blackberry Sauce, substitute blackberries for the raspberries.

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**Red Currant Coulis**

*4 cups (960 ml) sauce*

2 pounds (910 g) fresh or frozen red currants (see note)
1/3 cup (85 ml) dry white wine
10 ounces (285 g) granulated sugar

NOTE: If you use fresh currants, remove the stems before weighing the berries. If fresh are not available, use the IQF frozen berries (these do not contain sugar) and do not thaw before weighing. Once thawed, the juice separates from the berries and collects at the bottom.

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**Rhubarb Sauce**

*4 cups (960 ml) sauce*

3 pounds (1 kg, 865 g) fresh rhubarb stalks
1 1/2 cups (360 ml) water
1 pound, 8 ounces (680 g) granulated sugar
4 tablespoons (32 g) cornstarch

1. Purée the berries. Strain out the seeds using a fine mesh strainer. Measure and add water if necessary to make 4 cups (960 ml) of juice.
2. Place the cornstarch in a saucepan. Mix enough of the juice into the cornstarch to liquefy it, then stir in the remaining juice.
3. Heat the sauce to simmering. Add the granulated sugar, adjusting the amount as needed, depending on the sweetness of the berries.
4. Simmer the sauce for 1 minute. Cool and thin with water, if necessary. Store covered in the refrigerator.

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1. Combine the red currants, wine, and sugar in a saucepan. Bring to a boil and then remove from the heat.
2. Purée the mixture, strain through a fine mesh strainer, and discard the solids in the strainer.
3. Let the sauce cool, then thin with water if needed. Store the coulis covered in the refrigerator.

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1. Wash the rhubarb. Trim both ends off each stalk, then cut across into 1/2-inch (1.2-cm) pieces. Place the rhubarb pieces in a saucepan together with the water and sugar. Cook over medium heat just until the rhubarb falls apart.
2. Place a strainer over a second saucepan. Strain the rhubarb mixture into the pan, pressing hard on the contents of the strainer with the back of a wooden spoon to force as much of the juice as possible into the pan. Discard the rhubarb in the strainer.
3. Stir enough cold water into the cornstarch to dissolve it, then stir into the rhubarb liquid. Bring the sauce to a boil and cook for about 1 minute to eliminate any cornstarch flavor. Cool to room temperature, then store covered in the refrigerator. If necessary, thin with water before serving.
FIGURE 10-24 (A)  The template for Raspberry Wafers
Romanoff Sauce

(approximately 4 cups (960 ml) sauce)

3 cups (720 ml) heavy cream
1 cup (240 ml) sour cream

1. Mix the heavy cream with the sour cream and whip them together until the mixture has thickened to the consistency of molasses.
2. If the sauce is not to be used immediately, adjust the consistency at serving time by whipping the sauce to thicken it or adding additional heavy cream to thin it. Store the sauce, covered, in the refrigerator.

Strawberry Sauce

(approximately 4 1/2 cups (1 l, 80 ml) sauce)

3 pounds (1.4 kg, 365 g) fresh ripe strawberries
2 tablespoons (16 g) cornstarch
4 ounces (115 g) granulated sugar

NOTE: When strawberries have white shoulders around the hull together with a little white on the tip (or nose), they are called “cat-faced.” This usually occurs once a year when one of the growing regions gets hit with rain, forcing a cooler area to pick its berries before they are fully ripe. These immature berries are inexpensive but bland and without much color. If you have no choice but to use them, add a small amount of raspberry juice or Beet Juice (see page 3) to make the sauce more appealing.

1. Purée the strawberries. Strain through a fine mesh strainer. Measure and add water if necessary to make 4 cups (960 ml) of juice.
2. Place the cornstarch in a saucepan. Mix enough of the juice into the cornstarch to liquefy it, then stir in the remaining juice.
3. Heat the sauce to simmering. Add the sugar, adjusting the amount as needed, depending on the sweetness of the strawberries.
4. Simmer the sauce for a few minutes. Cool and thin with water, if necessary. Store covered in the refrigerator.

Sour Cream Mixture for Piping

heavy cream
sour cream

NOTE: The sour cream mixture and the sauce must have the same consistency for decorating. If the sour cream is too thick it will not blend with the sauce but break up into pieces instead. If it is too thin, it will run into the sauce, and you will not get clearly defined lines. The sauce, too, must be of the proper consistency to begin with; if it is too thin it cannot be decorated at all.

This is a much easier and quicker method than thickening the cream by whipping, and because such a small amount is actually eaten, the flavor of the sour cream is not noticeable. Instructions for using sour cream mixture in decorating are given on pages 998 to 1006.

1. Gradually stir enough heavy cream into sour cream until the mixture is approximately the same consistency as the sauce you are decorating.
2. Use as directed in the individual recipes. This mixture will keep for days in the refrigerator, but it may have to be thinned.
Spiced Pears with Oranges and Caramel Sauce

The ras-el-hanout spice blend adds complexity to this dessert.

Serves 24

24 cups  Anjou pears, peeled
6 cups   sugar
2 cups   water
1 cup    water
2 pounds unsalted butter
2 Tbsp. ground cinnamon
2 Tbsp. ground ras-el-hanout
6 each   oranges, sliced thick ½-inch (24 slices total)
2 cups   sliced almonds, toasted

Preparation:

Using a melon baler and starting from the bottom, core each pear. Cut thin slice off bottom of each pear to make level.

Stir sugar and 2 cups water in a heavy bottom saucepan over medium heat until sugar dissolves. Increase heat and boil until syrup is deep amber color, brushing down the sides of the pan with a pastry brush and swirling the pan occasionally, about 5 – 10 minutes. Remove pan from heat; whisk in butter, then the remaining 1 cup of water.

Stand pears in caramel sauce in saucepan. Sprinkle cinnamon over. Cover and cook over low heat 10 minutes. Uncover; sprinkle with ras-el-hanout. Cover and continue to cook until pears are tender, occasionally spooning caramel sauce over pears and shaking pan so the pears do not stick, about 15 minutes. Arrange orange slices around pears; spoon caramel sauce over. Cover and simmer until orange slices soften, about 5 minutes.

Place orange slices on plates. Stand pears atop orange slices. Spoon caramel sauce over and sprinkle with almonds. Serve warm or at room temperature.
Ras el Hanout “top of the shop”
1 tea. ground cumin
1 tea. Ground ginger
1 tea. Turmeric
1 tea. Salt
¾ tea. Ground cinnamon
¾ tea. Ground black pepper
½ tea. White pepper
½ tea. Ground coriander seeds
½ tea. Cayenne
½ tea. Ground allspice
½ tea. Gound nutmeg
¼ tea. Gound cloves

Combine all ingredients together. Spice keeps in an airtight container at cool temperature for 1 month.