Soup
Tortilla Soup

Salad
Greek Salad with Stuffed Grape Leaves

Entrée
Tea Brined Chicken served with Israeli Couscous and Seasonal Fresh Vegetables
or
Pork Chop with White Beans and Garlic Sautéed Spinach

Bread
Soft White Rolls with a Touch of Oats

Desserts
Creamy Lemon Chiffon Cheesecake
or
Peach Tart with Almond Cream
TORTILLA SOUP

Yield: 10 portions

2 quarts
1 ounce
4 tablespoons
9 ounces
1 tablespoon
2 teaspoons

Chicken stock
Garlic, minced
Corn tortillas, toasted and crushed
Cilantro, chopped
Onion, pureed
Tomato puree
Cumin, ground
Chili powder
Bay leaves

2 liters
30 grams
4
6 grams
255 grams
255 grams
14 grams
7 gms
2

GARNISH

1½ ounces
3
7 ounces
3½ ounces

Cheddar cheese, shredded
Tortillas, julienned, dried
Chicken meat, grilled, allumette
Avocado, diced

50 grams
3
200 grams
100 grams

1. Heat a small amount of the chicken stock and smother the garlic in it.
2. Add the crushed tortillas, cilantro, and onion and tomato purees, bring to a simmer.
3. Add the remaining chicken stock, cumin, chili powder, and bay leaves. Simmer until the soup has a full flavor.
4. Strain through a medium strainer.
5. Garnish each portion of soup with cheese, tortilla strips, chicken, and avocado.

<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>120</td>
<td>11 gm</td>
<td>5 gm</td>
<td>9 gm</td>
<td>60 mg</td>
<td>20 mg</td>
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Total Yield!
Serving Size:
Conversion Factor (3)
Greek Salad

Yield: 10 Servings

- Romaine lettuce: 1 1/2 pounds
- Tomatoes, cored: 4 each
- Cucumbers, sliced or diced: 6 oz.
- Red onion, sliced into rings: 4 oz.
- Feta cheese, drained, crumbled: 5 oz.
- Black olives, pitted: 3 oz.
- Green olives, pitted: 3 oz.
- Stuffed Grape Leaves: 10 each
- Lemon Parsley Vinaigrette: 12 fluid ounces

Make a bed of lettuce.
Arrange remaining ingredients on lettuce.
Drizzle with vinaigrette.

To make Lemon Parsley Vinaigrette, follow the Basic Vinaigrette recipe. Use lemon juice to replace the vinegar. Add 2 to 3 tablespoons chopped flat-leaf parsley.
Basic Vinaigrette

Vegetable oil
Vinegar
Salt
Pepper
Coleman’s mustard dry, (optional)
Herbs, chopped (optional)
Sugar (optional)  

24 fluid ounces
8 fluid ounces
8 fluid ounces
to taste
to taste
½ teaspoon
2 tablespoons
¼ to ½ teaspoon

1. Combine all of the ingredients and whip them until they are thoroughly blended.
2. Taste the vinaigrette and adjust the seasoning with additional salt, pepper, or sugar.

Variation

_Balsamic Vinaigrette:_ Use balsamic vinegar (6 fluid ounces) and increase the oil to 25 fluid ounces. Extra-virgin olive oil or a nut oil (walnut, hazelnut, or almond) would be a good choice.
Sweet Tea Brined Chicken with Cinnamon-Spice Rub

For the chicken- Prepare

12ea  Airline Chicken Breasts

Steep:

1ea  tea bag (gallon size)
4  cups boiling water

Steep tea bag in water for 5 minutes covered, remove bag and discard

Wisk in:

1 cup  brown sugar

½ cup  kosher salt

8 cups  ice

2  limes, halved and juiced

¾ cup  chopped fresh mint

Wisk in sugar and salt until dissolved. Add ice, lime juice, lime halves and mint, stir. Place the chicken in the brine and refrigerate for at least 2 hours up to overnight.

For the Rub:

2  Tbsp.  chili powder

2  Tea.  ground cinnamon

2  Tea.  dried thyme

1  Tbsp.  black pepper

1  tea.  Cayenne

Blend all the ingredients for the rub together. Remove chicken from the brine and massage both sides of the chicken with the rub before grilling. Grill and glaze

Glaze:

½ cup  pure maple syrup

½ cup  white vinegar
Combine ingredients. Brush chicken the last 10 minutes of cooking

Steps of preparation

1. Brew tea
2. Prepare brine
3. Brine chicken
4. Prepare rub
5. Remove chicken from brine and rub chicken
6. Mark Chicken on broiler
7. Brush chicken with glaze
8. Finish in the oven
# CITRUS COUSCOUS

Chef de Cuisine Brian Piaaski  
Jiko at Walt Disney World - Orlando, Fla., USA

Yield: 2 gal or 48 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>Water</td>
<td>1 gal</td>
</tr>
<tr>
<td>Orange juice</td>
<td>1 qt</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>6 Oz</td>
</tr>
<tr>
<td>Pearl couscous</td>
<td>80 Oz</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>4 Oz</td>
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Instructions:

1. Bring water, juice and salt to a rolling boil. Add couscous and cover, stirring occasionally. Reserve until all liquid is absorbed, about 10 minutes. Stir in olive oil to coat (like you would with pasta). Reserve.
MARINATED PORK CHOPS CRUSTED WITH GARAM MASALA, CHAR-BROILED AND SERVED WITH FRAGRANT BASMATI RICE, MANGO CHUTNEY AND A CARAMELIZED SWEET CITRUS GLAZE

Chef-Partner Dean Small
Synergy Consulting - Laguna Beach, Calif., USA

Yield: 8 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
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<tbody>
<tr>
<td>Ginger</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Garlic, granulated</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Chile garlic sauce</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Cayenne</td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>3/4 C</td>
</tr>
<tr>
<td>Low sodium soy sauce</td>
<td>2 C</td>
</tr>
<tr>
<td>Pineapple juice, from concentrate</td>
<td>5 C</td>
</tr>
<tr>
<td>Pork chops, bone-in, 6-Oz</td>
<td>1 each</td>
</tr>
<tr>
<td>Garam masala rub</td>
<td>8 tsp</td>
</tr>
<tr>
<td>Canola oil</td>
<td>as needed</td>
</tr>
<tr>
<td>Sweet-and-sour citrus ginger glaze</td>
<td>2 1/2 C</td>
</tr>
<tr>
<td>Asparagus, cooked</td>
<td>1 Lb</td>
</tr>
<tr>
<td>Sugar snap peas, cooked</td>
<td>1 Lb</td>
</tr>
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<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Red bell pepper, julienned</td>
<td>8 Oz</td>
</tr>
<tr>
<td>Yellow bell peppers, julienned</td>
<td>8 Oz</td>
</tr>
<tr>
<td>Yellow onions, julienned</td>
<td>8 Oz</td>
</tr>
<tr>
<td>Fragrant basmati rice, prepared</td>
<td>6 C</td>
</tr>
<tr>
<td>Mango chutney</td>
<td>1 qt</td>
</tr>
<tr>
<td>Green onion flower</td>
<td>8 each</td>
</tr>
<tr>
<td>Green onions, sliced</td>
<td>8 tsp</td>
</tr>
</tbody>
</table>

**Instructions:**

1. Place the ginger, garlic, chile garlic sauce, cayenne and brown sugar in a food processor and pulse to chop the ginger. Slowly add the soy sauce and pineapple juice to the running processor.

2. Pour the mixture over the chops. Reserve, refrigerated, for at least 12 hours.

3. Remove pork chops from marinade and drain well. Evenly sprinkle a 1/4 teaspoon of the spice rub over each side of the pork chops. Oil the grill and cook the chops, browning both sides and marking with the broiler grids. Lightly baste the chops with the sweet and sour citrus ginger glaze.

4. Heat oil in a sauté pan. Sauté about 2 ounces of the asparagus, 2 ounces of the sugar snap peas, and 1 ounce each of the peppers and onion until fully cooked. Lightly toss with citrus ginger glaze to coat.

5. Place about 3/4 cup of the warm rice in the middle of the plate. Place about 4 ounces of the mango chutney in front of the rice. Place 2 pork chops on top of the mango chutney, leaning on top of the rice. Place the sautéed vegetables around the back of the plate.

6. Ladle 2 ounces of sweet and sour glaze over the chops and vegetables. Place a green onion flower between the 2 pork chops. Sprinkle 1 teaspoon of green onion over the pork chops.

BACK TO RECIPE DETAILS

# SWEET-AND-SOUR CITRUS GINGER GLAZE

**Chef-Partner Dean Small**  
Synergy Consulting - Laguna Beach, Calif., USA

**Yield:** 2 1/2 C

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Yellow onion, 3/8-inch dice</td>
<td>4 OZ</td>
</tr>
<tr>
<td>Garlic, chopped</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Ginger, dime-sized, thin slices</td>
<td>3 each</td>
</tr>
<tr>
<td>Star anise, whole</td>
<td>3 each</td>
</tr>
<tr>
<td>Black pepper, cracked or café grind</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Cold water</td>
<td>4 TBS</td>
</tr>
<tr>
<td>Sugar</td>
<td>1/2 C</td>
</tr>
<tr>
<td>Lime juice, freshly squeezed</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Lemon juice, freshly squeezed</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Orange juice, freshly squeezed</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Chardonnay</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Low sodium soy sauce</td>
<td>1/2 C</td>
</tr>
<tr>
<td>Chile garlic sauce</td>
<td>1 TBS</td>
</tr>
<tr>
<td>Chicken stock or broth</td>
<td>1/2 C</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>1 TBS</td>
</tr>
</tbody>
</table>

**Instructions:**

1. Heat the oil in a small skillet. Add the onion, garlic, ginger, anise and black pepper. Cook over medium heat, stirring, until onion is tender and transparent.

2. In a medium sauce pan, place 2 tablespoons of water and the sugar and cook, stirring frequently, over medium-high heat until the mixture is caramelized, about 5 minutes. Add the juices and wine and cook until the sugar is dissolved, about 4 minutes.

3. Stir in the onion mixture, soy sauce, chile garlic sauce and remaining chicken stock, and cook over high heat for 5 minutes, until the flavors are well blended.

4. Combine the cornstarch and remaining 2 tablespoons water in a small bowl. Mix thoroughly and add to the sauce. Bring mixture to a boil, reduce heat and simmer for 15 to 20 minutes to reduce by half. Strain the sauce and discard solids. Reserve.
Sautéed Spinach

Serves 40

5 pounds Spinach, cleaned and heavy stems removed.

10 cloves garlic, minced very fine

Salt and pepper to taste

8 ounces of melted butter, clarified

Oil, as needed

For the Sauté

Pre-heat sauté pan. When pan is hot but not smoking, add enough oil to coat the bottom of the pan, and then add butter. Sauté spinach for 1-2 minutes, just until wilted; add garlic, season with salt and pepper. Serve immediately.

WHITE BEANS

Yield: 2 lb. (.9 kg)

<table>
<thead>
<tr>
<th>Item</th>
<th>8 oz.</th>
<th>250 g</th>
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<tr>
<td>Dried Great Northern beans, soaked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sachet:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion, small</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Carrot, 3-in. (8-cm) piece</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Celery, 2-in. (5-cm) piece</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Fresh thyme</td>
<td>1 sprig</td>
<td>1 sprig</td>
</tr>
<tr>
<td>Fresh rosemary</td>
<td>1 sprig</td>
<td>1 sprig</td>
</tr>
<tr>
<td>Black peppercorns</td>
<td>1 tsp.</td>
<td>5 ml</td>
</tr>
<tr>
<td>Garlic clove, minced</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Parsley, chopped</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Fresh rosemary</td>
<td>TT</td>
<td>TT</td>
</tr>
<tr>
<td>Fresh thyme</td>
<td>TT</td>
<td>TT</td>
</tr>
<tr>
<td>Whole butter, softened</td>
<td>4 oz.</td>
<td>120 g</td>
</tr>
<tr>
<td>Salt and white pepper</td>
<td>TT</td>
<td>TT</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>2 oz.</td>
<td>60 ml</td>
</tr>
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</table>

1. Place the beans and the sachet in a large pot and cover with cold water. Bring to a simmer and cook until tender, approximately 45 minutes.

2. Cream together the garlic, parsley, rosemary, thyme and butter. Season with salt and white pepper.

3. Remove the sachet from the cooked beans and pour off all but 3–4 tablespoons (45–60 milliliters) of the cooking liquid. Return to the heat and swirl in the herb butter and cream. Keep warm.

Approximate values per 1-oz. (30-g) serving: Calories 45, Total fat 5.5 g, Saturated fat 2 g, Cholesterol 10 mg, Sodium 105 mg, Total carbohydrates 2 g, Protein 1 g, Vitamin A 4%, Claims—low cholesterol, low sodium, no sugar.
**White Soft Rolls/Touch of Rolled Oats**

<table>
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<th>Ingredient</th>
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<tr>
<td>All Purpose Flour</td>
<td>6 lbs.</td>
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<tr>
<td>Sugar (granulated)</td>
<td>7 oz.</td>
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<tr>
<td>Instant Milk Powder</td>
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</tr>
<tr>
<td>Salt</td>
<td>1 3/4 oz.</td>
</tr>
<tr>
<td>Instant Dry Yeast</td>
<td>1 3/4 oz.</td>
</tr>
<tr>
<td>Whole Fresh Eggs</td>
<td>3 pieces</td>
</tr>
<tr>
<td>Water (lukewarm)</td>
<td>2 3/4 lbs. approx.</td>
</tr>
<tr>
<td>Oats (instant/rolled)</td>
<td>10 oz.</td>
</tr>
<tr>
<td>Margarine (or Butter)</td>
<td>10 oz.</td>
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</table>
1. Mix all dry ingredients together in mixing bowl.

2. Combine eggs and 4 quarts of lukewarm water. Stir in oats. Let soak.

3. Add liquid to mixing bowl.

4. Dough should mix 11 minutes on low speed. For the last 1/2 minute turn to medium speed.

5. Check the consistency of the dough shortly after adding the liquid. Add more liquid if necessary.

6. Add the margarine, which has been cut into small pieces one at a time until it is incorporated.

7. Dough should never be warmer than 70F.

8. Take to work table. Let dough rest cover for approximately 20 minutes.

9. Scale cut into 5lb batches. Let rest approximately 5-10 minutes, or until ready.

10. Place in dough divider. Do not use much flour in pan.

11. Roll dough as desired and place on pans lined with parchment paper.

12. Place in proof box until ready. 99F for 20 minutes.

13. Bake at 350F for approximately 12 minutes.
CREAMY LEMON CHEESECAKE

When you cook cheesecake in a water bath, the results are different from cooking it in the traditional method. Instead of that dense, dry texture (which, admittedly, some people love), you get an extremely creamy cake that’s pretty much the same texture in the middle as it is on the edges. A water bath is also very forgiving; you won’t wreck the cake if it bakes an extra 5 or even 10 minutes. A water bath doesn’t crisp a cheesecake crust as well as a dry, low oven would, but there’s no crust on this cheesecake, so that’s not a problem. If you want a little contrasting crunch, you can add a crust of sorts after the cake is baked by pressing your favorite cookie crumbs or biscotti crumbs into the sides of an un-molded, chilled cake before serving; you’ll need 3/4 to 1 cup of crumbs to cover the sides completely. Serve the cake with some fresh raspberries.

MAKES 12 SERVINGS

1 tablespoon butter, at room temperature, for preparing the pan
16 ounces cream cheese, softened to room temperature
1 cup sugar
2 large eggs
4 large egg yolks
8 ounces sour cream
1/2 cup heavy cream
1/2 cup fresh lemon juice

HEAT THE OVEN to 250°F. Butter the sides of a 9-inch springform pan, going all the way to the top. (This helps prevent cracking.) Cut a round of parchment paper to fit the bottom of the pan and line the bottom of the pan with it. Wrap the outside of the pan with a double layer of heavy-duty aluminum foil to prevent leaking.

Using a stand or other electric mixer, beat together the cream cheese and sugar until very smooth. Beat in the eggs and egg yolks until the batter is smooth once again. (Scrape the sides of the bowl and then whisk occasionally.) Add the sour cream and heavy cream and whisk just until incorporated. (Too much whisking will make the cake puff up.) Add the lemon juice last and give the mixture a final whisk.

(continued)
Pour the batter into the springform pan. Set the pan in a larger roasting pan and surround it with 1 inch of very hot water. Bake the cheesecake until the center of the cake is dry to the touch but still jiggles a bit when the pan is shaken (the sides will puff up a bit), 70 to 80 minutes. Remove the cake from the water bath and allow it to cool at room temperature; then refrigerate the cake for at least 6 hours.

To unmold the cheesecake, wet a towel with hot water and squeeze out the excess. Wipe the outside of the ring with the hot, moist towel. Run a paring knife or a thin metal spatula around the inside of the ring. Release the clasps and gently loosen the ring. If you want to put the cake on a serving plate, line a different plate with plastic wrap. Invert the cake onto the plastic-lined plate.

Warm the bottom of the pan with the hot towel and then lift off the pan bottom. Invert the cake again onto its serving plate. You may need to smooth the edges of the cake with a metal spatula.

* Variation: ADD A GRAHAM CRACKER CRUST. Best if prepared 1 day in advance.
GRAHAM CRACKER CRUST

<table>
<thead>
<tr>
<th>Yield</th>
<th>2.00 ea</th>
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<tbody>
<tr>
<td>Portion Size</td>
<td>1 ea</td>
</tr>
<tr>
<td># Portions</td>
<td>2.00 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>5 min</td>
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<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep + Notes</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>FLOUR CAKE &amp; PASTRY</td>
<td>4 tsp</td>
<td>1 oz/wt</td>
</tr>
<tr>
<td>GRAHAM CRACKERS</td>
<td>8</td>
<td>oz/wt</td>
</tr>
<tr>
<td>SUGAR GRANULATED BEET</td>
<td>4</td>
<td>oz/wt</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td>4</td>
<td>oz/wt</td>
</tr>
</tbody>
</table>

Mise En Place

Method
1. Mix crumbs, flour and sugar.
2. Melt butter and stir into sugar-crumb mixture.
3. Pat into pans about 7-8 oz of crumbs per 9" pie pan.
4. Bake for 5 minutes at 350F.
**RECIPE 32.26**

**FRESH PEACH TART WITH ALMOND CREAM**

VINCENT ON CAMELBACK, PHOENIX, AZ

*Chef Vincent Guerithault*

Yield: 8 Servings

- Puff pastry: 6 oz. (180 g)
- Almond Cream (recipe follows): 1 lb. 8 oz. (750 g)
- Fresh peaches, peeled, pitted and sliced: 6–8
- Unsalted butter, melted: 3 oz. (90 g)
- Granulated sugar: 2 Tbsp. (30 ml)
- Powdered sugar: as needed

1. Roll out the puff pastry into a thin strip, approximately 6 inches × 22 inches (the length of a sheet pan) (15 centimeters × 55 centimeters). Lay the dough on a sheet pan lined with parchment paper.

2. Using a large plain tip, pipe four rows of almond cream down the length of the puff pastry. Leave a 3/4-inch (18-millimeter) margin along both long edges of the dough.

3. Arrange the peach slices over the almond cream, overlapping slightly.

4. Brush the peaches with melted butter and evenly sprinkle the granulated sugar over them.

5. Bake at 400°F (200°C) until the dough is done and the peaches are lightly browned, approximately 20–30 minutes.

6. Serve warm, dusted with powdered sugar and accompanied by vanilla ice cream.

Approximate values per serving: Calories 140, Total fat 9 g, Saturated fat 5 g, Cholesterol 25 mg, Sodium 0 mg, Total carbohydrates 15 g, Protein 1 g, Vitamin A 10%

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**ALMOND CREAM (FRANGIPANE)**

Yield: 3 lb. (1.3 kg)

- Unsalted butter, softened: 8 oz. (225 g)
- Granulated sugar: 1 lb. (450 g)
- Eggs: 8 oz. (225 g)
- All-purpose flour: 5 oz. (150 g)
- Almonds, ground: 12 oz. (360 g)

1. Cream the butter and sugar. Slowly add the eggs, scraping down the sides of the bowl as necessary.

2. Stir the flour and ground almonds together, then add to the butter mixture. Blend until no lumps remain.

3. Almond cream may be stored under refrigeration for up to three weeks.

Approximate values per 1 oz. (29-g) serving: Calories 140, Total fat 8 g, Saturated fat 3 g, Cholesterol 30 mg, Sodium 5 mg, Total carbohydrates 13 g, Protein 2 g

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* Chef's note: Dock Puff Pastry before adding almond cream.