Soup
American Bounty Vegetable Soup

Salad
Wilted Spinach Salad with Feta, Olives and Lemon Vinaigrette

Entée
Roasted Tenderloin of Beef, served with Béarnaise Sauce, Dauphinois Potatoes and Seasonal Fresh Vegetable
Or
Creamy Chicken Fettucini Alfredo served with the Seasonal Fresh Vegetable

Fresh Baked Bread
Focaccia

Desserts
Tuxedo Cake
Bananas Foster
American Bounty Vegetable Soup

Yield: 1 gallon (3.75 liters)  X 3

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Conversion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef shank, sliced 3 inches thick</td>
<td>3 pounds</td>
<td>1.3 kilograms</td>
</tr>
<tr>
<td>White Beef Stock</td>
<td>1 gallon</td>
<td>3.75 liters</td>
</tr>
<tr>
<td>Leeks, white only, sliced thin</td>
<td>4 ounces</td>
<td>115 grams</td>
</tr>
<tr>
<td>Onions, 1/4-inch dice</td>
<td>8 ounces</td>
<td>225 grams</td>
</tr>
<tr>
<td>Carrots, peeled, 1/4-inch dice</td>
<td>4 ounces</td>
<td>15 grams</td>
</tr>
<tr>
<td>Celery, 1/4-inch dice</td>
<td>4 ounces</td>
<td>115 grams</td>
</tr>
<tr>
<td>Turnips peeled, 1/4-inch dice</td>
<td>6 ounces</td>
<td>170 grams</td>
</tr>
<tr>
<td>Green cabbage, chiffonade</td>
<td>4 ounces</td>
<td>15 grams</td>
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<tr>
<td>Clarified butter, as needed</td>
<td>2 ounces</td>
<td>60 grams</td>
</tr>
<tr>
<td>Garlic cloves, minced</td>
<td>3 each</td>
<td>3 each</td>
</tr>
<tr>
<td>Standard Sachet d’Épices</td>
<td>1 each</td>
<td>1 each</td>
</tr>
<tr>
<td>Potatoes, 1/4-inch dice</td>
<td>4 ounces</td>
<td>15 grams</td>
</tr>
<tr>
<td>Lima beans</td>
<td>4 ounces</td>
<td>15 grams</td>
</tr>
<tr>
<td>Corn kernels</td>
<td>4 ounces</td>
<td>15 grams</td>
</tr>
<tr>
<td>Tomato Concassé</td>
<td>4 ounces</td>
<td>15 grams</td>
</tr>
<tr>
<td>Salt, to taste</td>
<td>1 teaspoon</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Pepper, to taste</td>
<td>1/2 teaspoon</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>Nutmeg, ground, to taste</td>
<td>1/4 teaspoon</td>
<td>1/4 teaspoon</td>
</tr>
<tr>
<td>Parsley, flat leaf, chopped</td>
<td>1/4 cup</td>
<td>1/4 cup</td>
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</tbody>
</table>

The recipe for White Beef Stock may be found on page 439.

Some chefs prefer the flavor of chicken broth in this soup.

Garnish the soup with Croutons (page 435) or Cheddar Cheese Rusk (page 436).

1. Simmer the beef shank in the stock until the meat is very tender. Strain and degrease the broth.
2. When the meat is cool enough to handle, cut it into neat dice and reserve for garnish.
3. Sweat the leeks, onions, carrots, celery, turnips, and cabbage in clarified butter until limp.
4. Add garlic and sauté until aroma is apparent.
5. Add the reserved beef broth and sachet d’épices; simmer for approximately 10 minutes.
6. Add the potatoes, beans, corn, and tomato concassé. Continue to simmer for another 20 minutes.
7. Adjust the seasoning with salt, pepper, and nutmeg to taste.
8. Garnish with parsley.
Wilted Spinach Salad with Feta, Olives and Lemon Vinaigrette
Serves 24 – 32 salads as a first course

2 1/2 pounds baby Spinach, washed and de-stemmed
12 ounces Extra Virgin Olive Oil
8 Medium Shallots, minced
8 Medium Garlic Cloves, minced
2 Tablespoons, Fresh Oregano leaves
2 teaspoons salt
1 teaspoon ground black pepper
1 teaspoon Sugar
4 ounces Lemon Juice, fresh squeezed
1 pound Feta Cheese, Crumbled (use gloves when handling)
1 cup Black Olives, sliced

Place spinach in a large bowl. Heat oil, shallots, garlic, oregano, salt, pepper and sugar in a medium sauté pan over medium heat and cook until shallots are slightly softened, 4 to 6 minutes. Add lemon juice; swirl to incorporate. Pour warm dressing over the spinach, add the feta and olives and toss gently to wilt. Serve Immediately

Chef's Note: For plated service; Cook warm salad dressing and hold hot. Prepare each salad individually by wilting spinach using one (1) ounce of dressing and adding the feta and olives per order.
**Procedure for Trimming a Full Beef Tenderloin and Cutting It into Châteaubriand, Filet Mignon and Tender Tips**

1. Cut and pull the excess fat from the entire tenderloin to expose the meat.

2. Remove the chain muscle from the side of the tenderloin. (Although it contains much connective tissue, the chain muscle may be trimmed and the meat used as tenderloin trimmings in various dishes.)

3. Trim away all of the fat and silverskin. Do so by loosening a small piece of silverskin, then, holding the loosened silverskin tightly with one hand, cut it away in long strips, angling the knife up toward the silverskin slightly so that only the silverskin is removed and no meat is wasted.

4. Cut the tenderloin as desired into (left to right) tips, châteaubriand, filet mignon, tournedo tips, and tenderloin tips.

**Procedure for Butterflying Meats**

Many cuts of boneless meats such as tenderloin steaks and boneless pork chops can be butterflied to create a thinner cut that has a greater surface area and cooks more quickly.

1. Make the first cut nearly all the way through the meat, keeping it attached by leaving approximately 1/4 inch (6 mm) uncut.

2. Make a second cut, this time cutting all the way through, completely removing the steak from the tenderloin.
RECIPE 10.14

**HOLLANDAISE**

Yield: 1 1/2 qt. (1.5 l)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>White peppercorns, crushed</td>
<td>1/2 tsp.</td>
</tr>
<tr>
<td>White wine vinegar</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Water</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Egg yolks</td>
<td>10</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 1/2 oz.</td>
</tr>
<tr>
<td>Clarified butter, warm</td>
<td>1 qt.</td>
</tr>
<tr>
<td>Salt and white pepper</td>
<td>TT</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>TT</td>
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</table>

1. Combine the peppercorns, vinegar and water in a small saucepan and reduce by one half.

2. Place the egg yolks in a stainless steel bowl. Strain the vinegar and pepper reduction through a chinois, into the yolks.

3. Place the bowl over a double boiler, whipping the mixture continuously with a wire whip. As the yolks cook, the mixture will thicken. When the mixture is thick enough to leave a trail across the surface when the whip is drawn away, remove the bowl from the double boiler. Do not overcook the egg yolks.

4. Whip in 1 ounce (30 milliliters) lemon juice to stop the yolks from cooking.

5. Begin to add the warm clarified butter to the egg yolk mixture a drop at a time, while constantly whipping the mixture to form an emulsion. Once the emulsion is started, the butter may be added more quickly. Continue until all the butter is incorporated.

6. Whip in the remaining lemon juice. Adjust the seasonings with salt, white pepper and cayenne pepper.

7. Strain the sauce through cheesecloth if necessary and hold for service in a warm (not simmering) bain-marie.

Approximate values per 1-oz. (30-g) serving: Calories 170, Total fat 18 g, Saturated fat 11 g, Cholesterol 90 mg, Sodium 190 mg, Total carbohydrates 0 g, Protein 1 g, Vitamin A 20%

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I. Combining the egg yolks with the vinegar and pepper reduction in a stainless steel bowl.

2. Whipping the mixture over a double boiler until it is thick enough to leave a trail when the whip is removed.

3. Using a kitchen towel and saucepot to firmly hold the bowl containing the yolks, add the butter slowly while whipping continuously.

4. Hollandaise at the proper consistency.
RECIPE 10.15

HOLLANDAISE, BLENDER METHOD

Yield: 1 qt. (1 l)

<table>
<thead>
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<th>Ingredient</th>
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</tr>
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<tbody>
<tr>
<td>Egg yolks</td>
<td>9</td>
</tr>
<tr>
<td>Water, warm</td>
<td>3 oz. 90 ml</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 oz. 30 ml</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>TT</td>
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<tr>
<td>Salt</td>
<td>1 tsp. 5 ml</td>
</tr>
<tr>
<td>White pepper</td>
<td>1/4 tsp. 1 ml</td>
</tr>
<tr>
<td>Tabasco sauce</td>
<td>TT</td>
</tr>
<tr>
<td>Whole butter</td>
<td>24 oz. 750 ml</td>
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1. Place the egg yolks, water, lemon juice, cayenne pepper, salt, white pepper and Tabasco sauce in the bowl of the blender. Cover and blend on high speed for approximately 5 seconds.

2. Heat the butter to approximately 175°F (80°C). This allows the butter to cook the yolks as it is added to them.

3. Turn the blender on and immediately begin to add the butter in a steady stream. Incorporate all the butter in 20 to 30 seconds. Adjust the seasonings.

4. If any lumps are present, strain the sauce through cheesecloth. Transfer the sauce to a stainless steel container and adjust the seasonings. Hold for service in a bain marie, remembering the sanitation precautions discussed earlier.

Approximate values per 1-oz. (30-g) serving: Calories 120, Total fat 12 g, Saturated fat 7 g, Cholesterol 70 mg, Sodium 170 mg, Total carbohydrates 0 g, Protein 1 g, Vitamin A 15%

Small Hollandaise Sauces

The following small sauces are easily made by adding the listed ingredients to 1 quart (1 liter) of hollandaise. The final step for each recipe is to season to taste with salt and pepper. Béarnaise is presented here as a small sauce although some chefs consider it a leading sauce.

Béarnaise  Combine 2 ounces (60 grams) chopped shallots, 5 tablespoons (75 milliliters) chopped fresh tarragon, 3 tablespoons (45 milliliters) chopped fresh chervil and 1 teaspoon (5 milliliters) crushed peppercorns with 8 ounces (250 milliliters) white wine vinegar. Reduce to 2 ounces (60 milliliters). Add this reduction to the egg yolks and proceed with the hollandaise recipe. Strain the finished sauce and season to taste with salt and cayenne pepper. Garnish with additional chopped fresh tarragon.
## Gratin Dauphinois II

### Portion: 15 Portion size: 5 oz (150 g)

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<tbody>
<tr>
<td>2 lb</td>
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</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
</tr>
<tr>
<td>1/2 lb</td>
<td>225 g</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pt</td>
<td>500 mL</td>
</tr>
<tr>
<td>1 cup</td>
<td>250 mL</td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

### Ingredients
- Potatoes
- Salt
- White pepper
- Nutmeg
- Gruyère cheese, grated

### Procedure
1. Peel and eye the potatoes. Cut into very thin slices.
2. Place some of the potatoes in a layer in a buttered baking pan. Season with salt, pepper, and a very small amount of nutmeg. Sprinkle with a little of the cheese. Repeat until all the potatoes and about three-fourths of the cheese are used up.
3. Combine the milk and half the cream and heat to a simmer. Beat the egg yolks with the remaining cream. Slowly stir in the hot milk mixture.
4. Pour the milk mixture over the potatoes. Top with remaining cheese.
5. Bake uncovered at 350°F (175°C) until done, about 45–60 minutes.

### Variation
Savory Potatoes
Prepare as above, but use chicken stock instead of milk.

### Nutritional Information
- Calories: 200
- Protein: 8 g
- Fat: 13 g (35% cal)
- Cholesterol: 85 mg
- Carbohydrates: 19 g
- Fiber: 1 g
- Sodium: 90 mg
Fettuccine Alfredo

Fettuccine       8 oz  
Whole butter     2 oz  
Heavy Cream      12 oz 
Parmesan cheese, grated 2 oz  
Salt and white pepper to taste  
Chicken breast 6 oz  

To make the sauce, combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly. Season chicken with salt and garlic. Grill the chicken and cut into bite size pieces. Cook the pasta al dente, drain and place in bowl. Pour sauce over pasta and place grilled chicken over sauce. Garnish with fresh parmesan cheese.
Cooking Pasta

DONENESS

Pasta should be cooked al dente, or "to the tooth." This means that cooking should be stopped when the pasta still feels firm to the bite, not soft and mushy. Much of the pleasure of eating pasta is its texture (that's why there are so many shapes), and this is lost if it is overcooked.

Testing Doneness

Many suggestions have been made for testing doneness, but none is more reliable than breaking off a very small piece and tasting it. As soon as the pasta is al dente, the cooking must be stopped at once. Half a minute extra is enough to overcook it.

Cooking times differ for every shape and size of pasta. Timing also depends on the kind of flour used and the moisture content. Times indicated on the package are often too long.

Fresh egg pasta, if it has not been allowed to dry, takes only a minute or minute and a half to cook after the water has returned to a boil.

Pasta is best if cooked and served immediately. Whenever possible, you should try to cook pasta to order. Fresh pasta, in particular, cooks so quickly that there is little reason to cook it in advance. In volume operations, however, commercial pasta may have to be cooked ahead of time. The following procedures are used for quantity cookery.

PROCEDURE FOR COOKING PASTA

1. Use at least 4 qt boiling, salted water per pound of pasta (4 L per 500 g). Use about 1/2 tbsp (25 g) salt per 4 qt (4 L) water.
2. Have the water boiling rapidly, and drop in the pasta. As it softens, stir gently to keep it from sticking together and to the bottom.
3. Continue to boil, stirring a few times.
4. As soon as it is al dente, drain immediately in a colander and rinse with cold, running water until the pasta is completely cooled. Otherwise, it would continue to cook and become too soft. (If you are cooking just a few portions to serve immediately, just drain well and do not cool. Sauce and serve without a moment's delay.)
5. If the pasta is to be used cold in a salad, it is ready to be incorporated into the recipe as soon as it has cooled.
6. Measure portions into bowls or trays. Cover with plastic film, and refrigerate until service time. (Do not store pasta in cold water. The pasta will absorb water and become soft, as though it had been overcooked.)
7. To serve, place desired number of portions in a china cap and immerse in simmering water to reheat. Drain, plate, and add sauce.

ALTERNATIVE METHOD: STEAM TABLE SERVICE

Pasta gradually Becomes soft and mushy when kept hot for service, but it will hold reasonably well for 30 minutes. It will not be as good as if freshly cooked, however.

1. Follow steps 1 to 3 above.
2. Drain while still slightly undercooked. Rinse briefly in cool water, enough to stop the cooking and rinse off starch, but not enough to cool the pasta. Pasta should still be quite warm.
3. Transfer to steam table pan and toss with oil to prevent sticking.
4. Hold up to 30 minutes.

Yields

One pound (450 g) uncooked dried pasta yields about 3 pounds (1.4 kg) cooked pasta. This is enough for 4 to 6 main-course portions, or 8 to 10 side-dish or first-course portions.

One pound (450 g) uncooked fresh pasta yields about 2 to 2 1/2 pounds (900 to 1,100 g) cooked pasta.
**RECIPE 31.13**

**FOCACCI A (ROMAN FLATBREAD)**

Yield: 1 Sheet Pan (12 in. x 18 in.)  
(30 cm x 45 cm)  

Method: Straight Dough

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
<th>Measurement</th>
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</thead>
<tbody>
<tr>
<td>Granulated sugar</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Active dry yeast</td>
<td>1 Tbsp.</td>
<td>15 ml</td>
</tr>
<tr>
<td>Water, lukewarm</td>
<td>12 oz.</td>
<td>340 ml</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>1 lb. 2 oz.</td>
<td>540 g</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>2 tsp.</td>
<td>10 ml</td>
</tr>
<tr>
<td>Onion, chopped fine</td>
<td>3 oz.</td>
<td>90 g</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 tsp.</td>
<td>10 ml</td>
</tr>
<tr>
<td>Fresh rosemary, crushed</td>
<td>2 Tbsp.</td>
<td>30 ml</td>
</tr>
</tbody>
</table>

1. Combine the sugar, yeast and water. Stir to dissolve the yeast. Stir in the flour 4 ounces (120 grams) at a time.
2. Stir in 1 1/2 teaspoons (7 milliliters) of salt and the onion. Mix well, then knead on a lightly floured board until smooth.
3. Place the dough in an oiled bowl, cover and let rise until doubled.
4. Punch down the dough, then flatten it onto an oiled sheet pan. It should be no more than 1 inch (2.5 centimeters) thick. Brush the top of the dough with the olive oil. Let the dough proof until doubled, about 15 minutes.
5. Sprinkle the crushed rosemary and remaining 1/2 teaspoon (2 milliliters) of salt on top of the dough. Bake at 400°F (200°C) until lightly browned, approximately 20 minutes.

Approximate values per 1-oz. (32-g) serving: **Calories** 100, **Total fat** 0.5 g, **Saturated fat** 0 g, **Cholesterol** 0 mg, **Sodium** 230 mg, **Total carbohydrates** 21 g, **Protein** 3 g. **Claims—** low fat; no saturated fat; no cholesterol

1/2 Sheet pan cut 4 x 6 = 24 Pieces of bread

Topping the flatbread dough with crushed rosemary.
Tuxedo Cake: From “The Pastry Queen”
Yields 3-two layer cakes
12-14 servings per cake

Cake
16 oz unsalted butter
32 oz water
16 oz canola oil
8 cups sugar
2 cups unsweetened cocoa powder
8 cups all purpose flour
8 ea whole eggs
16 oz buttermilk
2 Tbsp baking soda
1 tsp salt
2 Tbsp vanilla extract

Whipped Cream Frosting
2 quarts chilled heavy whipping cream
2 ½ cups powdered sugar, sifted

Chocolate glaze
8 oz bitter-sweet chocolate, chopped into small pieces
1 cup heavy whipping cream
½ cup Lyle’s Golden Syrup (Karo syrup is a substitute)
4 tsp. Vanilla

To make the cake:
1. Preheat the convection oven to 300° F.
2. Line the bottom of six (6) 9-inch cake pans with parchment paper rounds, grease with butter, and dust with flour (or spray with Baker’s Joy).
3. Combine butter, water, and canola oil in a medium saucepan set over medium heat.
4. In a large bowl, stir together the sugar, cocoa, and flour.
5. Pour the butter mixture into the sugar mixture and whisk until smooth.
6. Whisk in the eggs, one at a time, then whisk in the buttermilk.
7. Whisk in the baking soda, salt, and vanilla all at once.
8. Transfer the batter to the prepared pans.
9. Stagger the cakes in the oven so that no layer is directly over another. Bake for 30 to 40 minutes, or until a toothpick inserted in the middle of each layer comes out clean.
10. Monitor the layers carefully for doneness; each one may be done at different times.
11. Remove the cakes from the oven and cool on racks for about 15 minutes before inverting onto baking rack.
12. Cool the cakes completely, at least 2 hours, before frosting.
To Make the Frosting:
1. Using a mixer fitted with a whisk attachment, whip the cream in a large bowl on high speed until soft peak form.
2. Add the sifted powdered sugar and whip until thoroughly combined.
3. Place one cake layer on a platter (or cake circle) and spread some of the frosting over the top.
4. Top with the second layer, thickly coating the top and the sides of each with frosting.
5. Refrigerate cake until the whipped cream frosting has stabilized, at least 1 hour.

To Make the Glaze:
1. Place the chocolate in a medium bowl.
2. Heat the cream in a small saucepan over medium heat until it is very hot and just beginning to steam.
3. Pour the hot cream over the chocolate and stir until it has melted completely.
4. Stir in the syrup and vanilla.
5. Pour the glaze into a quart size pitcher and let cool for 10 minutes. Do not let the glaze sit too long or it may become too thick to work with.
6. Slowly pour the glaze over the cake, ensuring that it covers the top and drizzles down the cake sides. Cover the top entirely, but make sure some of the cream frosting on the side of the cake shows through the drizzle on the sides.

Refrigerate the cake until the glaze is set and the whip cream frosting is firm, at least an hour. Slice the cake with a log serrated knife, dipping it in a tall container of hot water between each slice.
BANANAS FLAMBE

<table>
<thead>
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<th>Yield</th>
<th>6.00 ea</th>
</tr>
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<tbody>
<tr>
<td>Portion Size</td>
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</tr>
<tr>
<td># Portions</td>
<td>6.00 portions</td>
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Prep Time

<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Approx Time</td>
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<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep - Notes</th>
<th>Amount</th>
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<tbody>
<tr>
<td>BANANA GRN TIP FRESH</td>
<td>sliced 6 each</td>
<td>3 lb</td>
</tr>
<tr>
<td>LEMON JUICE</td>
<td></td>
<td>1 1/2 tbsp</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td>melted</td>
<td>4 oz/zt</td>
</tr>
<tr>
<td>CINNAMON</td>
<td></td>
<td>1/2 tsp</td>
</tr>
<tr>
<td>COGNAC</td>
<td></td>
<td>1/4 cup</td>
</tr>
<tr>
<td>SUGAR BROWN LIGHT</td>
<td>1 cup</td>
<td>8 oz/zt</td>
</tr>
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Mise En Place

Method

1. Place sliced bananas in lemon juice.
2. Melt butter and brown sugar in saute pan.
3. Add bananas and cook just until tender.
4. Sprinkle bananas with cinnamon.
5. Warm cognac and add to bananas.
6. Ignite and pour (or spoon) flaming mixture over ice cream.

Serving Instructions

Serve over ice cream.