Soup

Italian Chicken Stew

Salad

Santa Barbara Greens with Strawberry Vinaigrette

Entrée

Pan Seared Scallops, Lemon Grass Scented Jasmine Rice in Vanilla Coconut Broth

or

Veal Milanese with Red Wine Sauce, and Cremini Mushrooms served with Orecchiette Pasta

Bread

Italian Olive Bread

Desserts

Cannoli with Toasted Pistachio

Or

Cappuccino Panna Cotta
Tuscan-style Chicken Stew
Preparation time 45 minutes
Serves 25

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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</thead>
<tbody>
<tr>
<td>4 lb</td>
<td>chicken, thigh meat, boned</td>
</tr>
<tr>
<td>4 oz</td>
<td>all-purpose flour</td>
</tr>
<tr>
<td>1 oz</td>
<td>Salt</td>
</tr>
<tr>
<td>1 oz</td>
<td>Pepper</td>
</tr>
<tr>
<td>4 oz</td>
<td>olive oil, as needed</td>
</tr>
<tr>
<td>8</td>
<td>Garlic Cloves, minced</td>
</tr>
<tr>
<td>4 tbsp.</td>
<td>Capers, drained and minced</td>
</tr>
<tr>
<td>4</td>
<td>Zest and juice of one lemon</td>
</tr>
<tr>
<td>12 oz</td>
<td>Dry white wine (optional)</td>
</tr>
<tr>
<td>3 1/2 qt</td>
<td>Chicken Stock</td>
</tr>
<tr>
<td>4 lb</td>
<td>Yukon Gold Potatoes, scrubbed &amp; cut 1/4-in. cubes</td>
</tr>
<tr>
<td>2</td>
<td>Frozen/canned artichoke hearts, quartered</td>
</tr>
<tr>
<td>2</td>
<td>Flat leaf Parsley, minced</td>
</tr>
<tr>
<td>3</td>
<td>pitted green olives</td>
</tr>
<tr>
<td>Lemon wedges</td>
<td>as needed</td>
</tr>
</tbody>
</table>

1. Cut chicken into large dice. Season chicken with salt and pepper. Toss in flour to coat.

2. Heat oil in stock-pot over medium heat. Add chicken in a single layer and cook until brown on all sides.

3. Reduce heat. Add garlic and lemon zest and cooked until fragrant (about 30 seconds).

4. Deglaze pan with wine. Add stock, potatoes and return to a simmer.

5. Add artichokes and cover. Cook until potatoes are tender about 10 minutes.

6. Just prior to service, stir in parsley, lemon juice to taste and olives. Adjust seasoning. Serve with lemon wedges on the side.
## STRAWBERRY VINAIGRETTE

**Yield** 16.00 oz/wt  
**Portion Size** 2 oz/wt  
**# Portions** 8.00 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep + Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>STRAWBERRY FRESH</td>
<td></td>
<td>6 ea</td>
</tr>
<tr>
<td>OIL SALAD SOYBEAN</td>
<td>1 cup</td>
<td>8 oz/wt</td>
</tr>
<tr>
<td>VINEGAR WHITE</td>
<td>1/2 cup</td>
<td>4 oz/wt</td>
</tr>
<tr>
<td>GRAPEFRUIT JUICE</td>
<td>pink</td>
<td>2 oz/wt</td>
</tr>
<tr>
<td>HONEY PURE CLOVER</td>
<td>1/3 cup</td>
<td>3 oz/wt</td>
</tr>
<tr>
<td>SPICE MUSTARD DRY</td>
<td>1 tsp</td>
<td>1/4 oz/wt</td>
</tr>
<tr>
<td>SPICE CELERY SEED</td>
<td>1 tsp</td>
<td>1/4 oz/wt</td>
</tr>
<tr>
<td>SPICE PAPRIKA</td>
<td>1 tsp</td>
<td>1/4 oz/wt</td>
</tr>
</tbody>
</table>

**Mise En Place**

1. Mix all ingredients in a blender.
2. Chill until ready to used.
# SEARED DAY BOAT SCALLOPS, LEMON GRASS-SCENTED JASMINE RICE, VANILLA COCONUT BROTH

**Chef Steven Greene**  
**Deveresux's - Greenville, S.C., USA**

**Yield: 12 servings**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clam juice or mussel stock</td>
<td>28 Oz</td>
</tr>
<tr>
<td>Coconut milk</td>
<td>28 Oz</td>
</tr>
<tr>
<td>Tahitian vanilla bean</td>
<td>1 each</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Salt</td>
<td>as needed</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>4 Oz</td>
</tr>
<tr>
<td>Jasmine rice</td>
<td>1 C</td>
</tr>
<tr>
<td>Water</td>
<td>2 C</td>
</tr>
<tr>
<td>Lemon grass stalk, chopped</td>
<td>1 each</td>
</tr>
<tr>
<td>Scallops, U-10</td>
<td>36 each</td>
</tr>
<tr>
<td>Freshly ground black pepper</td>
<td>as needed</td>
</tr>
<tr>
<td>Red bell peppers, roasted, brunoised</td>
<td>2 each</td>
</tr>
<tr>
<td>Shiitake mushrooms, sliced, sauteed</td>
<td>1 C</td>
</tr>
<tr>
<td>Scallions, sliced</td>
<td>1/2 C</td>
</tr>
<tr>
<td>Micro tafou or red shiso</td>
<td>as needed</td>
</tr>
</tbody>
</table>

**Instructions:**

1. Combine clam juice or stock, coconut milk, vanilla, sugar, salt and cream and bring to a boil. Reduce heat to simmer 5 minutes. Strain; reserve.

2. Combine rice, water and lemon grass and bring to a boil, then cover.

3. Season scallops with salt and pepper and saute over high heat. Remove scallops from pan and reserve.

4. Add diced roasted red peppers, sauteed sliced shiitakes and scallions to pan and saute. Season with salt.

5. Press rice in circular mold on a Rimmed plate or shallow bowl, then top with scallops. Garnish with micro tafou or micro red shiso and pour broth into dish tables side.
Veal Milanese with Red Wine Sauce, Artichokes, and Cremini Mushrooms

SERVES 4 TO 8

Thin scallops of veal are the basis for some of the most-loved dishes of the Italian kitchen. In most of Italy, as in America, veal scallops are very expensive, so they are most often served as festive holiday meals. This traditional dish of veal dipped in breadcrumbs and fried golden in butter is a reflection of Milan's northerly location near Germany.

We nap our costolette in a savory sauce of red wine that can be made well in advance. For crispness, the scallops must be cooked briefly over very high heat, then quickly drained and served. If made correctly, the coating will be crisped by the oil rather than absorb it. The veal must be cooked at the last minute, but the roasted potatoes can be made beforehand and added to the sauce with the artichokes and mushrooms in step 5. For an even simpler dish, eliminate the sauce altogether and serve the crisp cutlets with lemon wedges, fresh herbs, and a dusting of grated Parmesan cheese.

2 tablespoons Garlic Oil and Puree (page 292), or 2 tablespoons olive oil mixed with 1 minced garlic clove
8 ounces cremini mushrooms, quartered
1 small onion, chopped
2 medium carrots, diced
2 stalks celery, diced
2 teaspoons fresh thyme leaves
1/2 cup plus 2 tablespoons red wine
8 cups Veal Stock (pages 308-9) or low-sodium canned chicken broth, beef broth, or a combination
1 tablespoon cornstarch
8 small fresh artichokes, cooked as directed, quartered, or one 10-Ounce package frozen artichoke hearts, thawed and quartered
8 large veal scallopini, chilled
All-purpose flour
3 large eggs
1 cup Seasoned Breadcrumbs
1/2 cup light olive oil
4 tablespoons cold unsalted butter, cut into pieces
Herb Oil (recipe follows)
Chopped fresh parsley
Freshly grated Parmesan cheese
1 lemon, quartered

1) In a fry pan, heat 1 tablespoon of garlic oil and sauté the mushrooms until tender. Set aside.

2) In a large heavy saucepan, heat the remaining tablespoon of garlic oil over medium-high heat. Add the onions and cook until they start to sweat, about 3 to 5 minutes. Add the carrots, celery, and thyme and cook, stirring another 3 to 5 minutes.

3) Add 1/2 cup of wine and boil until syrupy and reduced by three-quarters. Add the stock and bring to a boil. Reduce the heat to a simmer and cook until reduced by three-quarters.

4) Whisk the cornstarch into the remaining 2 tablespoons of wine, then whisk the mixture into the sauce and vegetables. Simmer for 1 minute to thicken the sauce. Strain the sauce over the mushrooms. Add cooked artichokes and set aside. (The sauce and vegetables can be made the day before up to this point.)

Chef Note: Replace ARTICHOKEs WITH Cherry Tomatoes or Diced Tomatoes & Onions
5) Remove the veal from the refrigerator. The scaloppini should be about 1/4 inch thick. If necessary, place them between sheets of plastic wrap and pound thin with a tendering mallet or rolling pin.

6) Spread the flour out on a plate. In a wide bowl, whisk the eggs until beaten. Spread the breadcrumbs out on a plate. Dredge each scallop in flour, then egg, then breadcrumbs and place on a plate. Refrigerate until ready to cook and serve.

7) When ready to cook the veal, place a baking sheet in the oven and preheat to 200°F.

8) In a large skillet, heat 1/4 cup of the oil over medium-high heat until hot but not smoking. Place a few scallops at a time in the hot oil and sauté until golden, about 1 minute on each side. Repeat until all the scaloppini are cooked, adding more oil to the pan between batches. Drain on paper towels then place in the oven to keep warm.

9) Warm the sauce and vegetables. Whisk in the cold butter to thicken. Taste for seasoning.

10) Place 2 veal scaloppini on each serving plate. Spoon the sauce and vegetables around the veal and drizzle with herb oil, sprinkle with parsley and cheese, place a lemon wedge on the plate and serve immediately.

11) See Herb Oil and Garlic Oil recipes below
CANNOLI

Chef Joseph Manzare
Pechora - San Francisco, Calif., USA

Yield: 30 cannoli

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ricotta</td>
<td>3 Lb</td>
</tr>
<tr>
<td>Flour</td>
<td>1 3/4 C</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 TBS</td>
</tr>
<tr>
<td>Salt</td>
<td>dash</td>
</tr>
<tr>
<td>Butter, cold, cubed</td>
<td>1/2 Oz</td>
</tr>
<tr>
<td>Sauternes</td>
<td>1/4 to 1/2 C</td>
</tr>
<tr>
<td>Egg, beaten</td>
<td>1 each</td>
</tr>
<tr>
<td>Egg white</td>
<td>1 each</td>
</tr>
<tr>
<td>Oil</td>
<td>as needed</td>
</tr>
<tr>
<td>Lemon zest</td>
<td>1/4 C</td>
</tr>
<tr>
<td>Confectioners' sugar</td>
<td>1 1/2 C</td>
</tr>
<tr>
<td>Toasted pistachios or shaved chocolate</td>
<td>as needed</td>
</tr>
</tbody>
</table>

Instructions:

1. Hang ricotta in cheesecloth to drain for 3 to 5 days (hanging ricotta longer will result in a creamier filling).

2. Combine flour, sugar and salt, and work in butter. Whisk egg and Sauternes and add to dough. Knead dough to form a ball. Cover with plastic and reserve to rest 30 minutes.

3. Roll dough 1/8-inch thick and cut into circles. Roll dough circles to form horn, brushing edges with egg white to seal. Fry in oil heated to 310 degrees F about 3 to 5 minutes; reserve.

4. Put zest in food processor to mince. Add ricotta and sugar and blend until thick and creamy. Transfer mixture to pastry bag and pipe into cannoli shells. Garnish with toasted pistachios or shaved chocolate. Serve immediately.
CANNOLI SHELLS

Chef Cory Guyer
The Old Mattress Factory Bar & Grill - Omaha, Neb., USA

Yield: 12 shells

Butter, softened
7 TBS

Confectioners’ sugar
3/4 C

All-purpose flour
2/3 C

Egg whites, large
3 each

Instructions:
1. Beat butter at medium speed in a mixer until butter becomes creamy. Add confectioner's sugar and flour and combine. Add egg whites, 1 at a time, mixing until completely combined in between each addition. Refrigerate batter for 30 minutes. Preheat oven to 350 degrees F. Prepare cannoli forms. Line a sheet tray with a nonstick baking mat and spoon about 1 tablespoon of batter onto mat, spread it out so batter is in a thin and even layer; about 3 to 3 1/2 inches in diameter. Work in batches of 6 cannoli shells at a time, baking in oven for about 4 to 6 minutes and keeping batter refrigerated between batches. When cannoli are done, they should be lightly browned on edges. Carefully transfer them to cannoli forms using a metal spatula. Leave it on cannoli forms until just set.
Cappuccino Panna Cotta with Milk Foam (US)

Recipe By: Gail Sokol
Serving Size: 0 Preparation Time: 0:00
Categories: 

<table>
<thead>
<tr>
<th>Amount</th>
<th>Measure</th>
<th>Ingredient -- Preparation Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4</td>
<td>cup</td>
<td>cold whole milk</td>
</tr>
<tr>
<td>2 1/4</td>
<td>teaspoons</td>
<td>unflavored powdered gelatin or 5 gelatin sheets</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>heavy cream</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>whole milk</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>brewed espresso, cold</td>
</tr>
<tr>
<td>1/2</td>
<td>cup</td>
<td>vanilla bean, sliced lengthwise</td>
</tr>
<tr>
<td>3</td>
<td>tablespoons</td>
<td>whole milk, cold</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>powdered unflavored gelatin or 4 gelatin sheets</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>whole milk</td>
</tr>
<tr>
<td>2</td>
<td>tablespoons</td>
<td>granulated sugar</td>
</tr>
<tr>
<td></td>
<td></td>
<td>reserved vanilla bean</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>large egg yolk</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>pasteurized dried egg white -- reconstituted</td>
</tr>
</tbody>
</table>

according to package directions

1/8       | teaspoon | cream of tartar                  |
2         | teaspoons | granulated sugar                |

Step A: Cappuccino Panna Cotta

1. Place the milk into a small bowl and sprinkle gelatin over it (Figure 5-6). Allow it to bloom or soften for 5 minutes (Figure 5-7). If using sheet gelatin, place the sheets in a bowl of the milk adding cold water, if necessary, just enough to cover the gelatin. Soak for 10 minutes and drain.

2. In a heavy saucepan, heat the cream, milk, espresso, sugar, and vanilla bean over medium high heat until the mixture comes to a gentle boil and the sugar is dissolved.

3. Remove vanilla bean and scrape the inside with a small knife. Place the vanilla seeds back into the hot cream mixture. Reserve the vanilla bean for the milk foam.

4. Add the gelatin back into the hot mixture and whisk the mixture until the gelatin is dissolved completely (Figure 5-8).

5. Pour the mixture into eight small wine glasses or glass coffee mugs (Figure 5-9). Fill each glass or mug between one-half and two-thirds full. Chill the panna cottas in the refrigerator for about 2 hours or until set.

Step B: Milk Foam
1. Place 1 1/2 fluid ounces (3 tablespoons) milk into a small bowl and sprinkle 2 teaspoons gelatin on top. Allow to bloom for 5 minutes. If using sheet gelatin, soak the sheets in enough cold water to cover them for about 10 minutes. Remove the softened sheets and drain.

2. In a small saucepan, heat 8 fluid ounces (1 cup) whole milk, salt, 1 ounce (2 tablespoons) sugar, softened gelatin, and the reserved vanilla bean over medium-heat. Stir the mixture just until the sugar and gelatin have dissolved.

3. Remove the mixture from heat and whisk in the yolk quickly. Cook over medium heat, whisking constantly just until mixture boils. Remove from heat.

4. Pour the cooked mixture into a heatproof bowl and place it over an ice bath, stirring frequently (Figure 5-10).

5. In the meantime, place the reconstituted egg white and cream of tartar in the bowl of an electric mixer and, using the whip attachment, beat the egg white until soft peaks form. Gradually add 1 ounce (2 tablespoons) sugar and beat until stiff (but not dry) peaks form (Figure 5-11).

Step C: Assembly

1. When the gelatin mixture begins to thicken slightly, remove the bowl from the ice bath and whisk in one-half of the beaten whites (Figure 5-12). Scoop the remaining whites over the mixture and fold them in with a rubber spatula until well blended.

2. Evenly divide the milk foam mixture on top of the chilled cappuccino panna cottas (Figure 5-13). Sprinkle the tops with cinnamon (Figure 5-14). Chill for 2 to 4 hours or overnight.

Description:
"Thickeners and Stabilizers"

Source:
"About Professional Baking - 1-4018-4922-9"

Copyright:
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Yield:
"6 to 8 servings"

Per Serving (excluding unknown items): 1697 Calories; 109g Fat (56.9% calories from fat); 24g Protein; 163g Carbohydrate; 0g Dietary Fiber; 605mg Cholesterol; 337mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 2 1/2 Non-Fat Milk; 21 1/2 Fat; 9 Other Carbohydrates.

NOTES : Lessons demonstrated in this recipe:
- How to use gelatin to stabilize milk and cream.
- Adding a beaten egg white with gelatin makes the milk topping foamy, just like a real cappuccino.
ITALIAN OLIVE BREAD

Owner: Amy Scharber
Amy's Breads - New York, N.Y., USA

Yield: 4 loaves

Water, very warm, (105 to 115 degrees F) | 1/2 C
Active dry yeast | 1 1/2 tsp
Water, cool (75 degrees F) | 2 C
Poulish starter | 3 1/2 C
Unbleached bread flour | 7 C
Kosher salt | 2 TBS, plus 2 tsp
Italian olives, Gaeta, pitted, roughly chopped | 2 C
Vegetable or olive oil | as needed

Instructions:

1. Combine the warm water and yeast in a large bowl and stir with a fork to dissolve the yeast. Reserve for 3 minutes.

2. Add the cool water and the poulish starter and mix with your fingers for about 2 minutes, breaking up the starter. (The mixture should look milky and slightly foamy.) Add the flour and salt and mix with your fingers to incorporate the flour; scraping the sides of the bowl and folding the ingredients together until the dough gathers into a mass. (It will be wet and sticky, with long strands of dough hanging from your fingers. If the dough is not sticky, add 1 or more tablespoons of water.)

3. Move the dough to a lightly floured surface and knead until it becomes supple and fairly smooth, about 5 minutes. (This is sticky, wet dough. Don't add more flour to the work surface. Just dust lightly and use a dough scraper to loosen the dough from the table during kneading.) Reserve for 10 or 15 minutes, covered with oiled plastic wrap.

4. Knead the dough again until it is stretchy and smooth, yet still slightly sticky, about 5 to 7 minutes, without adding more flour. Shape into a loose ball, place in an oiled bowl and turn the dough in the bowl to coat with oil. Cover the bowl tightly with plastic wrap and let the dough rise at room temperature (75 to 77 degrees F) until the dough looks puffy but has not doubled, about 1 hour.

5. Turn the dough by folding it in half, then in half again, and then turn it over and push it down gently with your fingers. (This redistributes food for the yeast and allows the dough to become stronger.) Place it back in the bowl and cover tightly. Reserve at room temperature until nearly doubled in volume, about 45 minutes.

6. Flour a work surface well and gently dump the dough onto it. Pat the dough very gently into a rectangle, being careful not to deflate it too much. Cut the dough into 4 equal rectangular pieces. Take 1 piece, flatten it gently into a wide disk, and spread a generous 1/2 cup (3 1/2 ounces) olives onto the dough, covering the entire surface evenly. Fold dough in thirds like a business letter. Then, working from left to right, roll into a long cylinder, sealing the seam where the dough comes together with the heel of your hand. This loaf is narrow and long with olives throughout. Repeat the process with the remaining 3 pieces of dough.

7. Let rise on a well-floured cloth with at least 4 inches between each loaf until almost doubled in volume, about 80 minutes. Thirty minutes before baking, preheat the oven to 475 degrees F. Place a baking stone in the oven to preheat and position an oven rack just below the stone.

8. Sprinkle a peel very generously with cornmeal. Line an upside-down baking sheet with parchment paper and sprinkle with cornmeal. Place 2 of the risen loaves gently on the peel and 2 on the pan with 3 inches between each loaf. Score the loaves gently with a sharp razor, making a long line down the middle of each loaf. (Be sure the loaves are loosened from the peel, then carefully slide them onto the baking stone.) Place the pan of bread on the
rack below the stone. If you do not have a professional steam-injected oven, then
immediately mist the oven generously with water. Using a plant sprayer, quickly mist the
loaves and the walls of the oven with water 8 to 10 times, then quickly shut the oven door.
Mist the loaves again after 1 minute, then again one minute later.

9. Bake for 10 minutes, then reduce the temperature to 450 degrees F and bake until the
loaves sound slightly hollow when tapped on the bottom and the crust is medium to dark
brown, about 15 to 25 minutes longer. (If the crust is not brown enough the loaves will soften
as they cool.) Transfer loaves to a rack. Cool for at least 30 minutes before serving. (The
bread gets better when it cools completely and will be great to serve the following day too.)
POOLISH STARTER

Owner: Amy Scherber
Amy's Breads - New York, N.Y., USA

Yield: 28 Oz

Very warm water (105 to 115 degrees F) | 1 1/2 C or 12 Oz
Active dry yeast | 1/4 tsp
Unbleached flour | 3 C or 14 Oz

Instructions:

1. Place the water and yeast in a medium bowl and stir to dissolve the yeast. Add the flour and stir vigorously with a wooden spoon or your hand for 2 to 3 minutes, until a smooth, somewhat elastic dough has formed. (The starter will be thick and stretchy.)

2. Scrape the poolish into a clean container with high sides and cover with plastic film. Mark the height of the starter and the time on a piece of tape on the side of the container so you can see how much it rises. At this point you have two options. If you plan to make the dough later the same day, let the poolish rise at room temperature until it just begins to indent on top. This may take 6 to 8 hours. It will triple in volume and very small dents and folds will begin to appear in the surface as it peaks and begins to deflate. Use it before it sinks too much. If you are not planning to make the dough until the following day, let the poolish rise for 1 hour after mixing, then refrigerate it and let it rise there for at least 14 hours before taking it out to use in the recipe. Be sure to compensate for the cold temperature by using warm water (85 to 90 degrees F) instead of the cool water specified in the bread recipe. Or let the poolish sit out, covered, until it reaches room temperature up to several hours.