Soup
Puree of White Bean soup with Red Pepper Coulis

Salad
Pear, Pecan and Blue Cheese salad Served on a bed of Frisée

Entrée
Braised lamb Shanks, served with Saffron Risotto and Peas with Roasted tomato and tourné Carrots
Mango Shrimp with Yakisoba Asian Noodles

Bread
Soft Yeast Dinner Rolls

Desserts
Banana Rum Baba
Or
Apple Strudel
Puree of White Bean Soup with Red Pepper Coulis
Yield: 1 ½ gallons - Serves 25 (6oz. portion)

2 pounds dry white beans (soaked overnight)
4 ounces olive oil
4 each leek, white & light green part only, diced brunoise
2 each medium onions
2 each carrots, diced brunoise
2 stalks celery, brunoise
2 cloves garlic, minced
4 1/2 quarts chicken stock
1 each sachet: 2 sprigs rosemary, 2 bay leaves, 8 parsley stems
1/2 teaspoon pepper
Salt as needed
3 each red bell pepper
1/2 teaspoon salt
2 tablespoons olive oil
2 tablespoons finely minced parsley
1 teaspoon sherry vinegar
1/8 teaspoon red pepper flakes
1/2 teaspoon honey
Freshly ground black pepper to taste.
1 each baguette, sliced thinly and toasted

1. Sort through the bean, discarding any stones or bad beans. Soak overnight in enough water to cover by at least 3 inches of cold water.
2. Bring bean to a boil, and then remove from heat. Cover and soak for one hour. Drain the beans, rinse in cold water and set aside.
3. Heat the olive oil in a soup pot over medium heat. Add the leeks, onions, carrot, celery and minced garlic. Cook until vegetables are translucent and tender, about 10 minutes.
4. Add the beans, chicken stock and sachet. Bring to a simmer and cook, covered until beans are tender, 1-1 ½ hours. Stir occasionally, using a wooden spoon to prevent beans from scorching on the bottom of the pot.
5. Meanwhile, roast the red peppers, peel, seed and chop. Stir in ½ teaspoon salt, 2 tablespoons olive oil, the parsley, vinegar, red pepper flakes, honey and black pepper.
6. Slice the baguette. Brush each slice with olive oil and toast in the oven until golden brown.
7. Remove sachet from the bean soup and discard. Strain the solids, reserving liquid. Puree the solids. Return the puree to the liquid and bring soup back to a simmer. If the soup is too thick, add additional stock.
8. Season the soup with salt and pepper.
9. To serve: top the toasted baguette with Red Pepper Coulis and serve in heated bowls.
Pear Salad with Pecans and Blue Cheese
Serves 12 - Prep time – 20 minutes

\[
\begin{array}{ll}
\frac{1}{4} & \text{cup} & \text{Champagne vinegar} \\
\frac{1}{2} & \text{cup} & \text{extra virgin olive oil} \\
1 & \text{tsp.} & \text{Dijon mustard} \\
1 & \text{Tablespoon} & \text{Maple syrup} \\
1 & \text{tsp.} & \text{Kosher salt} \\
2-3 & \text{heads} & \text{Frisée (about 12 oz.) ends trimmed and leaves separated} \\
2 & \text{each} & \text{Pears, halved and thinly sliced.} \\
1 & \text{cup} & \text{toasted pecans} \\
\frac{1}{4} & \text{cup} & \text{crumbled blue cheese}
\end{array}
\]

1. Whisk together first 5 ingredients. In a large serving bowl, combine frisée, pears and pecans. Drizzle dressing over salad and toss well to coat. Sprinkle cheese on top and give another quick toss. Serve immediately.

2. To make salads individually for service: slice pears and submerge in lemon water. Follow the rest of the procedure in smaller batches for each guest.
BRAISED LAMB SHANKS

Yield 10.00 ca
Portion Size 1 ea
# Portions 10.00 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep + Notes</th>
<th>Amount</th>
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<tbody>
<tr>
<td>LAMB FORESHANK 30 PCS</td>
<td></td>
<td>10 lb</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>
<tr>
<td>OIL SALAD SOYBEAN</td>
<td>as needed</td>
<td></td>
</tr>
<tr>
<td>MIREPOIX</td>
<td>1 lb</td>
<td></td>
</tr>
<tr>
<td>GARLIC CLOVE BULK FRSH</td>
<td>3 ea</td>
<td></td>
</tr>
<tr>
<td>TOMATO PASTE FANCY</td>
<td>1 oz/wt</td>
<td></td>
</tr>
<tr>
<td>WINE WHITE</td>
<td>1 pint</td>
<td>16 oz/zt</td>
</tr>
<tr>
<td>BROWN SAUCE</td>
<td>2 quarts</td>
<td>64 oz/zt</td>
</tr>
<tr>
<td>SACHET D'EPICES</td>
<td>1 ca</td>
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</table>

Mise En Place

Method
1. Season the lamb with salt and pepper.
2. Sear it in hot oil on all sides and remove it.
3. Add the mirepoix to the same oil and caramelize it.
4. Add the garlic, tomato paste, wine and reduce the sauce.
5. Add the brown sauce and reduce it slightly.
6. Add the lamb shanks and sauc d' epices and adjust the seasoning with salt and pepper to taste. Cover the pan and braise the lamb until it is fork-tender, about 1 1/4 hours.
7. Remove the lamb shanks.
8. Strain the sauce, degrease it, and return the meat to the sauce.

Serving Instructions
Printaniere - Garnish the lamb with torried carrots, turnips, potatoes, pearl onions, peas, and green beans.
Pontchartrain - Serve the lamb shanks with creole vegetables.

Chef's note: Make your brown sauce 1st. This needs 2 1/2 hours braising time. Must be in the oven by 2:45 (latest)
BROWN SAUCE (ESPAGNOLE)

<table>
<thead>
<tr>
<th>Yield</th>
<th>5.00 qt</th>
<th>Portion Size</th>
<th>5 qt</th>
<th>Prep Time</th>
</tr>
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<tbody>
<tr>
<td># Portions</td>
<td>1.00 portions</td>
<td></td>
<td></td>
<td></td>
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<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Prep + Notes</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>ONION YELLOW FDSVC FRESH</td>
<td>diced - medium</td>
<td>1 lb</td>
</tr>
<tr>
<td>CELERY PASCAL FDSVC</td>
<td>diced - medium</td>
<td>8 oz/wt</td>
</tr>
<tr>
<td>CARROT TABLE SIZE FRESH</td>
<td>diced - medium</td>
<td>8 oz/wt</td>
</tr>
<tr>
<td>BUTTER SOLID USDA AA</td>
<td></td>
<td>10 oz/wt</td>
</tr>
<tr>
<td>FLOUR MONDAKO BREAD</td>
<td></td>
<td>10 oz/wt</td>
</tr>
<tr>
<td>BROWN STOCK</td>
<td>5 quarts</td>
<td>160 oz/wt</td>
</tr>
<tr>
<td>TOMATO PUREE 1.06 FCY CAL</td>
<td></td>
<td>8 oz/wt</td>
</tr>
<tr>
<td>SPICE BAY LEAVES WHOLE</td>
<td></td>
<td>1 ea</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>
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</tbody>
</table>

Mise En Place

Method

1. Sauté all vegetables in butter or fat in heavy sauce pot until onions are transparent.
2. Add flour and cook 10 minutes.
3. Add hot brown stock and tomato puree, stirring until slightly thickened and smooth.
4. Add bay leaf, salt and pepper and cook 1 1/2 hours.
5. Adjust flavor and consistency.
6. Strain and hold for service.
**Mango Shrimp with Yakisoba Asian Noodles**

Serves 4

1 pound 21/25 shrimp, peeled, devein, tails on  
1 each shallot, sliced  
2 each minced garlic  
8 each grape tomatoes, halved  
1 cup Chinese long bean (or green beans) chopped into ¼ inch rounds  
½ cup brown sugar  
3 tablespoons fish sauce  
2 tablespoons lime juice  
4 ounces carrots, julienne  
2 cups mango, diced, frozen  
½ cup basil, chiffonade  
½ cup mint, chiffonade  
1 teaspoon red pepper flakes  
8 ounces Yakisoba noodles

1. Peel and devein the shrimp, leave the tails on. Season with salt and pepper.  
2. Heat oil in a sauté pan over medium heat and sauté shallots until golden brown. Add the garlic, beans, brown sugar, fish sauce, lime juice, carrots, and red pepper flakes. Stir often.  
3. Cook until shrimp turn pink. 3 – 5 minutes.  
4. Add mango and heat until warm.

To Serve: Arrange cooked Yakisoba noodles in a nest in the center of the plate. Top with vegetables and mango sauce. Carefully place 6 shrimp around the plate and top with chiffonade of mint and basil.
SOFT YEAST DINNER ROLLS

Yield: 64 Rolls, approximately 1¼ oz. (38 grams) each

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>Water, warm</td>
<td>24 fl. oz.</td>
</tr>
<tr>
<td>Active dry yeast</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Bread flour</td>
<td>2 lb. 12 oz.</td>
</tr>
<tr>
<td>Salt</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Nonfat dry milk powder</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Shortening</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Unsalted butter, softened</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Eggs</td>
<td>2</td>
</tr>
<tr>
<td>Egg wash</td>
<td>as needed</td>
</tr>
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</table>

Method: Straight dough

Combine the water and yeast in a small bowl. Combine the remaining ingredients (except the egg wash) in the bowl of a mixer.

Add the water-and-yeast mixture to the remaining ingredients; stir to combine.

Knead with a dough hook on medium speed for 10 minutes.

MISE EN PLACE

- Adjust water temperature.
- Soften butter.
- Prepare the egg wash.
- Line sheet pans with parchment while the dough ferments.

(a) Combining the ingredients in the bowl of a mixer fitted with a dough hook.
(b) Adding the yeast-and-water mixture.

Kneading the dough.

The dough before fermenting.

Punching down the risen dough:
(a) Pressing down on the center of the dough with your fist.

(b) Folding the edges of the dough toward the center.
Scaling the dough.  

Rounding the rolls.  

Egg-washing the rolls.

Transfer the dough to a lightly greased bowl, cover and place in a warm spot. Ferment until doubled, approximately 1 hour.

Punch down the dough. Let it rest a few minutes to allow the gluten to relax.

Divide the dough into 1½-ounce (38-gram) portions and round. Shape as desired and arrange on paper-lined sheet pans. Proof until doubled in size.

Carefully brush the proofed rolls with egg wash. Bake at 400°F (200°C) until medium brown, approximately 12 to 15 minutes.

Approximate values per roll: Calories 90, Total fat 1.5 g, Saturated fat 0.5 g, Cholesterol 10 mg, Sodium 160 mg, Total carbohydrates 15 g, Protein 3 g, Claims—low fat; low saturated fat; low cholesterol.

PROCEDURE FOR PREPARING YEAST BREAD

STRAIGHT DOUGH METHOD

Scale the ingredients. Adjust the water to the proper temperature and rehydrate the yeast if necessary.

Combine all ingredients in a mixer fitted with a dough hook on low speed to moisten.

Adjust the mixture with more water or flour if needed to correct dough consistency.

Knead the dough on medium speed to properly develop the gluten, approximately 5 to 10 minutes.

Ferment the dough until double in bulk, then punch it down to release gases.

Scrape the dough onto the workbench, then divide and scale into uniform pieces. Round each piece into a smooth ball, then rest before rolling into desired shapes. Pan the formed dough as desired.

Proof the dough. Apply egg wash and score the dough if necessary; then bake.
**Steamed Banana Baba with Rum Syrup**

Serves 16

This dessert is best served warm. You can make it a day in advance and then reheat it in the microwave. The addition of some sweetened whipped cream makes this dessert just perfect.

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Description</th>
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<tbody>
<tr>
<td>9</td>
<td>tablespoons</td>
<td>unsalted butter, at room temperature (plus extra for ramekins)</td>
</tr>
<tr>
<td>1</td>
<td>cup</td>
<td>All-purpose flour</td>
</tr>
<tr>
<td>1 ½</td>
<td>teaspoon</td>
<td>Baking Powder</td>
</tr>
<tr>
<td>½</td>
<td>teaspoon</td>
<td>salt</td>
</tr>
<tr>
<td>2</td>
<td>teaspoons</td>
<td>Baking soda</td>
</tr>
<tr>
<td>1 1/3</td>
<td>cup</td>
<td>brown sugar</td>
</tr>
<tr>
<td>4</td>
<td>each</td>
<td>whole eggs</td>
</tr>
<tr>
<td>6</td>
<td>each</td>
<td>bananas, about 2 ½ cups, mashed</td>
</tr>
</tbody>
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The Rum Baba Cakes:

1. Preheat the convection oven to 300°F. Generously butter 16 ramekins or muffin tins with room temperature butter.
2. Sift together the flour, baking powder, salt and baking soda
3. Use the electric mixer to soften the 9 tablespoons of butter. Add the brown sugar and beat until fluffy.
4. Add the eggs, one at a time, and beat until just incorporated.
5. Add the mashed banana and mix until incorporated.
6. Spoon batter into ramekins and set in a water bath (baking pan)
7. Carefully pour hot water into the pan to reach halfway up the sides of the ramekins.
8. Bake for 30 – 40 minutes or until the cakes are firm but spring back when pressed lightly with your fingers.
9. Remove from the oven and transfer the ramekins to a rack with tongs.
10. Let cool slightly. Run a knife around the sides of the cakes, and then invert them into the serving bowl you’ll use for service. Keep warm.

The Rum Sauce:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>cup</td>
<td>sugar</td>
</tr>
<tr>
<td>½</td>
<td>cup</td>
<td>dark rum</td>
</tr>
<tr>
<td>½</td>
<td>cup</td>
<td>water</td>
</tr>
<tr>
<td>7</td>
<td>ounces</td>
<td>butter</td>
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In a medium sauce pan, combine the butter, sugar, rum and water. Bring to a boil, stirring to dissolve the sugar. Remove from heat. Serve 1 ounce of sauce with each cake.

**Whip Cream**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>cup heavy whipping cream</td>
</tr>
<tr>
<td>¼</td>
<td>cup powdered sugar</td>
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Combine cream and sugar. Whip to stiff peaks.
**APPLE STRUDEL**

Yield: 2 Rolls, 12 in. (30 cm) each  
Serving Size: 9 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Apples, peeled, cored and slivered</td>
<td>1 lb, 8 oz., 720 g</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>0.5 fl. oz., 15 ml</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>8 oz., 240 g</td>
</tr>
<tr>
<td>Raisins</td>
<td>2 oz., 60 g</td>
</tr>
<tr>
<td>Orange zest, grated</td>
<td>0.2 oz. (1 Tbsp.), 6 g</td>
</tr>
<tr>
<td>Cinnamon, ground</td>
<td>0.07 oz. (1 tsp.), 2 g</td>
</tr>
<tr>
<td>Phyllo dough</td>
<td>12 sheets, 12 sheets</td>
</tr>
<tr>
<td>Clarified butter, melted</td>
<td>4 fl. oz., 120 ml</td>
</tr>
<tr>
<td>Ground almonds</td>
<td>0.6 oz., 18 g</td>
</tr>
</tbody>
</table>

1. Toss the apples with the lemon juice and half of the sugar in a medium bowl. Let stand 30 minutes, then drain off the liquid that forms.
2. Gently combine the drained apples with the raisins, orange zest, cinnamon, and the remaining sugar.
3. Prepare the phyllo dough by laying one sheet out on a piece of parchment paper. Brush lightly with clarified butter and top with a second sheet of phyllo. Brush this sheet lightly with butter and sprinkle with about 0.1 oz. (1 teaspoon/3 grams) ground almonds. Top with a third sheet of dough, more butter and nuts and repeat until six sheets of phyllo are stacked.
4. Place half of the apple mixture along the short edge of the assembled dough. Using the paper to assist with rolling the dough, roll the phyllo around the filling tightly.
5. Place the strudel seam side down on a baking sheet. Brush the surface lightly with melted butter. Bake at 375°F (190°C) until golden brown and crisp, approximately 18 minutes.

Approximate values per ½-roll serving: Calories 260, Total fat 10 g, Saturated fat 6 g, Cholesterol 20 mg, Sodium 0 mg, Total carbohydrates 42 g, Protein 2 g