Soup
Tortilla Soup garnished with Cheddar Cheese, Avocado and Tortilla

Salad
Cucumber and Lump Crab Meat Salad, seasoned with Myer Lemon
Dressing

Entrée
Gaucho Steak with Chimichurri Sauce, Calabacitas and Chive
Mascarpone Potatoes, topped with Tabasco Onions
Or
Chicken Chasseur; breast of chicken braised in a shallot mushroom
sauce, served with Herbed Israeli Couscous and Seasonal Fresh
Vegetable

Fresh Baked Bread

R E N E G A D E  R O O M

Desserts
Berry Cobbler
Opéra Cake
TORTILLA SOUP

Yield: 10 portions

2 quarts Chicken stock
1 ounce Garlic, minced
4 Corn tortillas, toasted and crushed
2 tablespoons Cilantro, chopped
9 ounces Onion, pureed
9 ounces Tomato puree
1 tablespoon Cumin, ground
2 teaspoons Chili powder
2 Bay leaves

CARNISH

1½ ounces Cheddar cheese, shredded
3 Tortillas, jullienned, dried
7 ounces Chicken meat, grilled, allumette
3½ ounces Avocado, diced

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>
</tr>
</tbody>
</table>
Stanley saves Stella:
Rescuing a New Orleans Restaurant
Cucumber and Crab Salad

Serves 30

3 pounds Lump Crab meat, drained and picked over
3 cups Cilantro Lime Dressing
5 each Cucumbers, hot house
2 each Roma Tomato, concasse
2 each Tangerines or oranges, peeled and rough chopped
1 cup Corn Kernels
1 bunch Chives, sliced, thin
60 each Cherry Tomatoes or Grape tomatoes, cut in half
15 ounces Myer Lemon Vinaigrette
30 sprigs Flat Leaf Parsley or other fresh herb

1. Prepare Cilantro Lime Dressing
2. Combine dressing with the crab meat. Set aside.
3. Prepare Myer Vinaigrette, reserve.
4. Peel and de-seed one cucumber, small dice
5. Prepare tomato concasse.
6. Combine; diced cucumber, tomato concasse, chopped tangerines and corn kernels with 1/3 of the Myer lemon vinaigrette (5 ounces). Put the rest of the vinaigrette into a squirt bottle.
7. Using a channel knife, score the remaining cucumbers and cut into 1 1/2 inch rounds. Hollow out the centers using a Parisienne scoop, leaving room for the diced cucumber, corn mixture.

To Assemble.

Fill the cucumber rounds with the vegetable mixture. Place a 2 ounce portion of the crab mixture next to the cucumber. Garnish the plate with the grape tomatoes and sprinkle with chive. Top the crab with the parsley sprig. Drizzle the plate with a bit of the Myer Lemon Vinaigrette.
**Myer Lemon Vinaigrette.**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>each</td>
<td>zest of Myer Lemon</td>
</tr>
<tr>
<td>5</td>
<td>ounces</td>
<td>Myer Lemon juice, fresh squeezed</td>
</tr>
<tr>
<td>9</td>
<td>ounces</td>
<td>Olive oil</td>
</tr>
<tr>
<td>1</td>
<td>Tablespoon</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>1</td>
<td>each</td>
<td>garlic clove minced finely</td>
</tr>
</tbody>
</table>
CILANTRO-LIME DRESSING

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>2 bunches each</td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp.</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp.</td>
<td></td>
</tr>
<tr>
<td>2 cups</td>
<td></td>
</tr>
<tr>
<td>Mayo-maise</td>
<td></td>
</tr>
<tr>
<td>Cilantro-washed and chopped</td>
<td></td>
</tr>
<tr>
<td>Limes-juiced</td>
<td></td>
</tr>
<tr>
<td>White onion-chopped medium</td>
<td></td>
</tr>
<tr>
<td>Fresh garlic-chopped fine</td>
<td></td>
</tr>
<tr>
<td>Raw Pumpkin Seeds-toasted</td>
<td></td>
</tr>
<tr>
<td>White Vinegar</td>
<td></td>
</tr>
<tr>
<td>Season</td>
<td></td>
</tr>
<tr>
<td>Granulated White Sugar</td>
<td></td>
</tr>
<tr>
<td>Fine Sea Salt</td>
<td></td>
</tr>
<tr>
<td>Ground White Pepper</td>
<td></td>
</tr>
<tr>
<td>Blended Olive Oil</td>
<td></td>
</tr>
</tbody>
</table>

Directions:

Blend all ingredients together in a blender except the olive oil. Once all ingredients have been emulsified, add olive oil in a steady stream with blender running on low.

Makes 1 quart.
Gaucho Steak with Four Herb Chimichurri

Serves 12

2 each garlic cloves
⅓ cup cilantro leaves
2 ounces olive oil
3 ounces tequila
1 ounce fresh lemon juice
1 ounce fresh lime juice
1 teaspoon salt
2 teaspoon pepper
3 pounds top sirloin steak (flat iron steak)
8 ounces Four Herb Chimichurri Sauce as follows:

1. Puree the garlic, cilantro, oil, tequila, lemon and lime juices, salt and pepper in the Robo- Coupe.
2. Transfer to a 4-inch deep hotel pan.
3. Add steaks, turning to coat evenly. Cover and let marinate under refrigeration for 1 hour up to 24 hours.
4. Preheat broiler.
5. Grill steaks over medium heat about 4 minutes per side. Let stand 10 minutes before cutting. Cut across the grain to serve.
6. Serve with Chimichurri Sauce.
**Chimichurri Sauce**

- 8 each garlic cloves
- 1 cup cilantro
- 1 cup parsley
- 12 each Basil leaves
- 2 Tablespoons Oregano leaves
- 2 ounces white onion
- 2 ounces red bell pepper
- 2 teaspoons salt
- 4 teaspoons pepper
- 1 teaspoon ground cumin
- 1 tablespoon Ancho Chili Powder

Combine all ingredients in the Robo-Coupe until coarsely chopped.

Add in 2 ounces of olive oil and 2 ounces of red vinegar.

Serve With Steak
CALADACITAS
(SOUTHWESTERN-STYLE VEGETABLES)

RECIPE 22.36

**Yield:** 1 qt. (1 l)  
**Method:** Simmering

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>White onion, large, chopped coarse</td>
<td>1</td>
</tr>
<tr>
<td>Red bell pepper, seeded, chopped fine</td>
<td>1 ½ oz.</td>
</tr>
<tr>
<td>Garlic cloves, minced</td>
<td>2</td>
</tr>
<tr>
<td>Corn oil</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Corn kernels</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Yellow squash, chopped</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Zucchini, chopped</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Anaheim chiles, roasted, peeled, seeded and diced</td>
<td>2</td>
</tr>
<tr>
<td>Water, hot</td>
<td>4 fl. oz.</td>
</tr>
<tr>
<td>Cumin, ground</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>TT</td>
</tr>
</tbody>
</table>

1. In a large, deep pan sauté the onion, bell pepper and garlic in the oil. Add the corn and cook until very lightly browned.
2. Add the squash, zucchini and chiles along with the water, cumin and seasonings. Cover, reduce the heat, and simmer until tender, approximately 15 minutes. Adjust the seasonings.

Approximate values per ½-c. (120-ml) serving: Calories 70, Total fat 2.5 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Total carbohydrates 13 g, Protein 2 g, Vitamin A 15 %, Vitamin C 80 %, Claims—low fat; low sodium; no saturated fat; no cholesterol; good source of vitamins A and C.
For the onions:

5 cups corn oil, for frying
1 cup all-purpose flour
1 teaspoon hot or sweet paprika or a combination
1/2 teaspoon cayenne pepper
1 teaspoon freshly ground black pepper
1 teaspoon kosher salt, plus extra for sprinkling
2 large onions, red or yellow, halved lengthwise and very thinly sliced

3) Make the onions: preheat the oven to 300°F and line an ovenproof plate with paper towels.

4) Heat the oil in a deep pot or deep-fryer to 350°F. In a large mixing bowl, combine the flour, paprika, cayenne, black pepper, and salt. Toss the shredded onions in the flour, then lift the onions out of the bowl with your hands, shaking to get rid of excess flour. Drop into the hot oil and fry until crisp and golden brown. Remove with tongs to the towel-lined plate and sprinkle with salt. Keep hot in the oven until ready to serve.

5) Meanwhile, preheat a charcoal grill, broiler, or cast-iron skillet until very hot. Working in batches if necessary to avoid crowding the pan, sear the steaks for 4 minutes on one side. Then turn and finish cooking on the other side, until done to your liking.

6) Drizzle steaks with olive oil. Serve with a mound of onions on top.
Mascarpone chive mashed potatoes
SERVES 10 to 12  TIME 1 1/4 hours

The secret to fluffy mashed potatoes: Dry them out before mashing.

5 1/2 lbs. russet potatoes, peeled, cut in chunks
4 dried bay leaves
Kosher salt
2 1/4 cups milk
12 oz. mascarpone cheese
1/4 tsp. white pepper
1 bunch chives (1-in. diameter), snipped

1. Simmer potatoes with bay leaves in a large pot of salted water until falling apart when poked, 20 to 25 minutes. Meanwhile, in a medium pot, whisk milk and mascarpone. Heat over low heat until simmering. Stir in pepper; keep warm.


PER SERVING 280 CAL., 44% (231 CAL.) FROM FAT;
7.6 G PROTEIN; 13 G FAT (8 G SAT.); 36 G CARBO
(2.5 G FIBER); 203 MG SODIUM; 40 MG CHOL.
**Chicken Chasseur**

**PORTIONS:** 10  
**PORTION SIZE:** ½ CHICKEN, 3 FL OZ (90 ML) SAUCE

<table>
<thead>
<tr>
<th>U.S.</th>
<th>METRIC</th>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 lb</td>
<td>5 kg</td>
<td>Chickens, 2–2½ lb (0.9–1 kg) each (see Note)</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
</tr>
<tr>
<td>2 fl oz</td>
<td>60 mL</td>
<td>Oil</td>
</tr>
<tr>
<td>2 oz</td>
<td>60 g</td>
<td>Shallots or onions, cut brunoise</td>
</tr>
<tr>
<td>8 oz</td>
<td>250 g</td>
<td>Mushrooms, sliced</td>
</tr>
<tr>
<td>8 fl oz</td>
<td>250 mL</td>
<td>White wine</td>
</tr>
<tr>
<td>1 ½ pt</td>
<td>750 mL</td>
<td>Demi-glace</td>
</tr>
<tr>
<td>8 oz</td>
<td>250 g</td>
<td>Tomato concassé, fresh or Drained, chopped canned tomatoes</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Salt</td>
</tr>
<tr>
<td>to taste</td>
<td>to taste</td>
<td>Pepper</td>
</tr>
<tr>
<td>2 tbsp</td>
<td>30 mL</td>
<td>Chopped parsley</td>
</tr>
</tbody>
</table>

*Per serving:* Calories, 780; Protein, 76 g; Fat, 47 g (35% cal); Cholesterol, 250 mg; Carbohydrates, 72 g; Fiber, 1 g; Sodium, 290 mg.

*Note:* Large chickens may be used, if desired. For 3½ lb (1.6-kg) chickens, use ½ chicken per portion (1 piece dark meat and 1 piece light meat).

**VARIATIONS**

*Alternative Method:* Brown chickens as in the basic recipe. Drain excess fat. Add 1 qt (1 L) prepared chasseur sauce and finish cooking the chickens as in the basic method.

**Chicken Bercy**

*Method 1:* Prepare as in the basic recipe, but omit the mushrooms and tomato.

*Method 2:* Brown chickens as in the basic recipe. Add 1 qt (1 L) prepared Bercy sauce and simmer the chickens until done.

**Chicken Portugaise**

*Method 1:* Prepare as in the basic recipe, but omit the mushrooms and wine. Use 4 oz (125 g) onions, cut brunoise, and add 1 tsp (5 mL) chopped garlic. Substitute tomato sauce for the demi-glace.

*Method 2:* Brown chicken as in the basic recipe. Add 1 qt (1 L) portugaise sauce and simmer the chicken until done.

**Chicken Hongroise**

Prepare as in the basic recipe, but sauté chicken only lightly. Do not brown. Omit mushrooms and wine. Use Hungarian (hongroise) sauce instead of demi-glace. When the chicken is cooked, add 4–6 fl oz (125–175 mL) heavy cream (tempered or heated) to the sauce. Omit parsley garnish. Serve with rice pilaf.

**PROCEDURE**

1. Cut the chickens into 8 pieces. Season with salt and pepper.
2. Heat the oil in a brazier or large sauté pan. Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly. Season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 325°F (165°C), 20–30 minutes, or until done.
8. When the chicken is done, remove it from the pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings.
9. Serve ½ chicken (2 pieces dark meat and 2 pieces light meat) per portion. Cover with 3 fl oz (90 mL) sauce.

*Use 10 each Airline Breasts*
Herbed Pearl Couscous

By The Canadian Living Test Kitchen

72 people added this to their Recipe Box

Here's a speedy way to prepare pearl couscous as a side dish, simple enough to serve any night of the week. Instead of parsley, try chives, dill or basil.

Servings: 4

Ingredients:

- 2 tbsp (25 mL) butter
- 2 cloves garlic, minced
- 3/4 cup (175 mL) finely chopped onions
- Pinch each salt and pepper
- 1-1/2 cups (375 mL) pearl couscous
- 2-1/4 cups (550 mL) vegetable or low-sodium chicken stock
- 1 tbsp (15 mL) chopped fresh parsley

Preparation:

In saucepan, melt butter over medium heat; fry garlic, onions, salt and pepper, stirring occasionally, until softened, about 3 minutes. Add couscous; stir until lightly toasted, about 2 minutes.

Add stock and bring to boil; reduce heat, cover and simmer until liquid is absorbed and couscous is tender but firm, about 10 minutes. Stir in parsley.

Nutritional Info

Per serving: about

- cal 353
- pro 10 g
- total fat 7 g
- sat. fat 4 g
- carb 56 g
- fibre 3 g
- chol 18 mg
- sodium 427 mg
- % RDI
  - vit A 6%
  - vit C 5%
  - iron 10%
  - folate 19%
# Focaccia

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>U.S.</th>
<th>METRIC</th>
<th>PERCENTAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1 lb 8 oz</td>
<td>750 g</td>
<td>60 %</td>
</tr>
<tr>
<td>Yeast, fresh</td>
<td>1 oz</td>
<td>35 g</td>
<td>2.75 %</td>
</tr>
<tr>
<td>Bread flour</td>
<td>2 lb 8 oz</td>
<td>1250 g</td>
<td>100 %</td>
</tr>
<tr>
<td>Salt</td>
<td>0.7 oz (3½ tsp)</td>
<td>20 g</td>
<td>1.75 %</td>
</tr>
<tr>
<td>Sugar</td>
<td>0.2 oz (1¼ tsp)</td>
<td>6 g</td>
<td>0.5 %</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 oz</td>
<td>60 g</td>
<td>5 %</td>
</tr>
</tbody>
</table>

Yield: 4 lb 3 oz, 2121 g, 170 %

Per 1 ounce (28.35 g): Calories, 70; Protein, 2 g; Fat, 1 g (13% cal.); Cholesterol, 0 mg; Carbohydrates, 12 g; Fiber, 1 g; Sodium, 115 mg.

---

## Procedure

**Mixing:**
Straight dough method.

**Fermentation:**
8 minutes at 1st speed (see Note, p. 940).

**Fermentation:**
1½ hours at 80°F (27°C) or 2 hours at 75°F (24°C).

**Makeup:**
Oil sheet pans with olive oil. Roll out dough to about ¼ in. (2 cm) thick and place in pans (see Figure 30.2). Brush tops generously with olive oil. After proofing, press dimples into the dough at approximately 3-in. (8-cm) intervals.

**Baking:**
425°F (220°C). Steam for first 10 minutes.

---

### Variations

**Rosemary Focaccia**
After pressing in the dimples, sprinkle the top with rosemary (preferably fresh) and coarse salt.

**Olive Focaccia**
Mix 30% (12 oz/375 g) chopped oil-cured black olives into the dough.

---

(a) Roll and stretch the dough into a rectangle large enough to fill the pan.

(b) Place the dough in the pan. Top with olive oil.

(c) With the fingertips, poke holes heavily at regular intervals.

(d) Top with the desired topping, such as fresh herbs and coarse salt.
Opéra

Adapted from a complex French recipe, this dessert is a true work of art. It consists of layers of sponge cake, chocolate ganache, buttercream and coffee syrup, finished with a rich chocolate frosting.

Preparation time 1 hour 45 minutes + refrigeration
Total cooking time 1 hour
Serves 4-6

ALMOND SPONGE CAKE
1/3 cup confectioners' sugar
3 tablespoons all-purpose flour
21/2 oz. ground almonds
3 eggs
1 tablespoon unsalted butter, melted and cooled
3 egg whites
1 tablespoon sugar

CHOCOLATE GANACHE
6 oz. semi-sweet chocolate, finely chopped
1/2 cup milk
1/2 cup whipping cream
3 tablespoons unsalted butter, softened

COFFEE SYRUP
2 tablespoons sugar
2 tablespoons instant coffee

BUTTERCREAM
1/2 cup sugar
1 egg white
1 tablespoon instant coffee
1/2 cup unsalted butter, softened

One To make the sponge cake, preheat the oven to 425°F. Line an 11 x 7 x 11/2-inch jelly roll pan with parchment paper. Sift the confectioners’ sugar and flour into a large bowl. Stir in the almonds. Add the eggs and beat until pale. Fold in the butter. Beat the egg whites until stiff, add the sugar and beat until stiff peaks form. Beat a third of the egg whites into the almond mixture, then fold in the remainder until just combined. Pour onto the pan and gently spread. Bake for 6-7 minutes, or until golden and springy. Loosen the edges with the point of a knife. Turn out onto a wire rack covered with waxed paper. Do not remove the paper used in baking.

Two To make the ganache, put the chocolate in a bowl. Heat the milk and 2 tablespoons of the cream until just at boiling point. Pour into the chocolate, add the butter and whisk until smooth. Allow to set until spreadable.

Three To make the coffee syrup, put the sugar and 1/2 cup water in a small saucepan and stir until dissolved. Bring to a boil and add the coffee.

Four To make the buttercream, put the sugar and 1 tablespoon water in a small heavy-bottomed saucepan. Make a sugar syrup by following the method in the Chef’s techniques on page 546. Meanwhile, beat the egg white until very soft peaks form. Continue beating and carefully pour in the hot syrup, pouring between the beaters and the side of the bowl. Beat until cold. Dissolve the coffee in 1 teaspoon of boiling water, cool to room temperature and add to the butter. Beat in half the egg white, then carefully fold in the other half until well combined.

Five Cut the cake crosswise into three pieces. Soak one piece with a third of the coffee syrup, then spread with half the buttercream. Cover with the second piece of cake, soak with syrup and spread with half the ganache. Cover with the last piece of cake, soak with the remaining syrup and top with the remaining buttercream. Smooth the top and refrigerate until the buttercream is firmly set.

Six Melt the remaining ganache in the top of a double boiler. Heat the remaining cream until just at boiling point and stir into the ganache. Cool until spreadable and spread over the top of the cake.
**BLACKBERRY COBBLER**

A cobbler is a homestyle baked fruit dessert, usually made with a top crust of flaky pie dough, biscuit dough or streusel topping. The finished product will be slightly runny and is often served warm in a bowl or rimmed dish, accompanied by whipped cream or ice cream.

Yield: 10 Servings  
Method: Baked fruit filling

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberries, IQF, thawed and drained</td>
<td>2 qt.</td>
</tr>
<tr>
<td>Granulated sugar</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Tapioca, instant</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Water</td>
<td>10 fl. oz.</td>
</tr>
<tr>
<td>Unsalted butter</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Lemon zest</td>
<td>1 Tbsp.</td>
</tr>
</tbody>
</table>

1 Combine all the ingredients, tossing the berries gently until well coated with the other ingredients.

2 Transfer to a lightly buttered half-size hotel pan, then set aside for at least 30 minutes before baking.

3 The cobbler can be topped with Basic Pie Dough (page 1152), Country Biscuit dough (page 1093) or Streusel Topping (page 1097) before baking.

4 Bake at 350°F (180°C) until the berry mixture bubbles and the crust is appropriately browned, approximately 40 to 50 minutes.

Approximate values per 6-oz. (180-g) serving: Calories 210, Total fat 5 g, Saturated fat 3 g, Cholesterol 20 mg, Sodium 10 mg, Total carbohydrates 39 g, Protein 1 g, Vitamin C 45%