



Cooking with Chef Shawn
Chef Shawn Stanchfield



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Chef Shawn Stanchfield

With **Chef Shawn**

Eating one of Chef Shawn's dishes is always fun, exciting and tasty. Now everyone can experience the Chef's great food in this cookbook. Cooking with Chef Shawn is a book which contains recipes that are neither difficult, nor time consuming to prepare. Most of the recipes are quick and easy. Always thinking of the working family, Chef Shawn provides great home cooked meals that are easily prepared within the limited time available to families. Chef Shawn hopes that everyone who tries these recipes gets the same pleasure as it gives him to develop them.





Cooking with
Chef Shawn

By Chef Shawn Stanchfield

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Dedication

To my Dad -

*Thanks for all your support throughout the years and the
cooking knowledge that led me to this career.*

and

*to my two sons, Sean and Jesse, for enduring my time
spent away from them.*



Thank you to:

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Table of Contents

Cooking with Chef Shawn



Appetizers

10



Salads

20



Soups

30



Entrees

38



Chicken

46



Fish and Seafood

54



Pasta

60



Side Dishes

68



Sandwiches

74



Desserts

80



Sauces and Dressings

86

Glossary

94

Index

96



Cooking with Chef Shawn

Chef Shawn has been cooking since he was a child. Helping his father in the kitchen, cook traditional American Cuisine. As an adult, Chef Shawn spent four years in the United States Air Force and over a decade working in corporate America. After a long day's work in the corporate environment, he would be tired and frustrated with the inability to order good food quickly and easily. He became convinced that there was no reason why healthy cuisine could not be prepared quickly in a fast food environment for a reasonable price. To test that theory, Chef Shawn left corporate America to attend Scottsdale Culinary Institute. After graduating, he studied in Hawaii and mastered the infusion of Hawaiian Regional Cuisine with Southwestern Cuisine.

Chef Shawn then opened a restaurant in Tucson, Arizona and within his first year of operation was recognized by the Tucson Weekly with the "Best of Tucson". After several years in the restaurant industry, Chef Shawn changed his focus to education and taught culinary arts at a community college. From that experience he found his true calling: to work with at risk youth in developing job and life skills. Chef Shawn left the community college and has since been nationally recognized for his work with at risk youth by both media and corporate organizations, such as NBC News, Los Angeles Times and the Corporation for National and Community Service.

Continuing his youth development work Chef Shawn has started the Teen Culinary Institute. This unique culinary arts program presents curriculum with story telling podcasts and collaboration within the hospitality industry.

You can learn more about the Teen Culinary Institute at <http://www.teenculinaryinstitute.com>

Appetizers

Coconut Shrimp	12
Poke	14
Fresh Spinach and Poblano Dip	16
Wraps	18



Coconut Shrimp

Servings: 35 Shrimp

2 pounds	Shrimp (15 to 20 per pound)
16 ounces	Coconut
1 each	Egg White
as needed	Cayenne Pepper

1. Place coconut on baking sheet and toast until slightly golden.
2. Clean cook and cool shrimp.
3. Lightly brush shrimp with egg whites and sprinkle with cayenne pepper.
4. Roll in coconut and chill prior to service.

Sweet and Hot Sauce Shrimp Dip

1 cup	Rice Wine Vinegar
1 cup	Sugar
1 1/2 Tablespoons	Ginger, grated
2 cloves	Garlic, minced
1 teaspoon	Crushed Red Pepper
as needed	Sesame Seeds

1. Combine all ingredients and reduce in half.



Coconut Shrimp

Fried Ahi Poke

1 Serving

4-6 ounces

1 teaspoon

2 ounces

1 Tablespoon

1 teaspoon

as needed

2 ounces

Raw Ahi Tuna, cubed (3/4")

Soy Sauce

Onion, medium dice

Green Onions, diced

Sesame Oil

White Sesame Seeds

Ogo (seaweed) (optional due to availability)

1. Heat wok/pan and add 1 tablespoon hot oil (enough to cover the bottom of the pan).
2. Quickly sear each side (not more than 1-2 minutes) on high heat to seal in the flavor.
3. Serve on greens, rice or cabbage. This dish can also be served raw.

Poke Variations:

Ginger Ahi: Same procedure with ginger, onions, green onions and vegetables. Add Korean hot sauce to make spicy

Tako Poke: Octopus, chili flakes, ogo (seaweed), green and diced onions, sesame oil, cucumbers and tomatoes

Tahitian Poke: Ono or a white firm fish, coconut milk, lime juice, onion, peppers, celery and tomato



Ahi Poke Photo by Shawn Stanchfield

Fresh Spinach and Poblano Dip

Servings: 2 cups

I like to serve this dip with bread cubes and whatever vegetables are fresh from the market. Vegetables like raw celery, carrots, and radishes. If you use cauliflower, broccoli, green beans or asparagus you need to blanch the vegetables before serving them. Chill all vegetables prior to service.

Ingredients

1 pound	Fresh Spinach, trimmed
1/2 cup	Olive Oil
2 each	Large Scallions, coarsely chopped
1 each	Poblano Chili, seeded and coarsely chopped
1 cup	Cilantro, coarsely chopped
1/4 cup	Sour Cream
1/4 cup	Cream Cheese
2 ounces	Lime Juice, fresh
To Taste	Salt and Freshly Ground Pepper
As Reqd.	Assorted Vegetables and Cubed Bread

Directions

1. Set a large skillet over high heat. Add the spinach and stir. Cook just until the spinach is wilted. Remove from heat and transfer to a colander. Let cool, squeeze the spinach dry and coarsely chop.
2. Heat 1 Tablespoon of olive oil in a small skillet. Add scallions, poblano and cook over medium heat until softened. This should only take a couple of minutes.
3. Transfer scallions, poblano, spinach, cilantro, sour cream, cream cheese, lime juice and olive oil to blender. Blend to a smooth puree. Scrape down the sides of the blender periodically during the puree process.
4. Transfer the fresh spinach and poblano dip to a bowl ; Season with salt and pepper.
5. Serve chilled or at room temperature with a platter of cubed bread and assorted vegetables.

Note: This dip can be refrigerated for up to 2 days. If you are holding the dip under refrigeration for 1 to 2 days taste and season before serving.



Wraps

There are unlimited varieties of wraps that only need your imagination to create. I have listed a few of my favorites. Try these first then create your own.

California Chicken Wrap

Grilled chicken breast seasoned with lemon pepper
Grilled zucchini
Saute' mushrooms
Ranch dressing

Steak Wrap

Grill and season steak then medium dice
Add 1 strip cooked bacon
Pinto beans, heated
Fresh salsa (see page 91)

Teriyaki Chicken Wrap

Grilled teriyaki boneless/skinless chicken thighs
Blanched and grilled broccoli
Caramelized onions.

Wrap in a tortilla and serve for all wraps.
Try flavored tortillas for another variation.

Mango Snapper Wrap

Grilled red snapper
Spanish rice
Mango salsa
Avocado

Wrap in a tortilla and serve

Portabella Wrap

Marinate portabella mushroom in a vinaigrette of your choice. I use Caesar dressing with no anchovies to keep it vegetarian.

Grill Mushrooms
Grilled yellow zucchini
Rice
Fresh salsa



Salads

Raspberry Salad	22
Caesar Salad	24
Spinach Salad	26
Goat Cheese Salad	28



Raspberry Salad

This salad is one of my favorite summer dishes. Full of bold flavors that are guaranteed to be a hit with friends and family.

Plating Per Salad:

1 1/2 ounces	Spring Salad Mix
1 1/2 ounces	Raspberry Vinaigrette
1 Tablespoon	Emulsified Raspberry Vinaigrette
4 each	Orange Supremes
4 each	Grapefruit Supremes
1 Tablespoon	Walnuts (seasoned w/blackened spice*)
1 Tablespoon	Feta Cheese, crumbled
6 each	Raspberry, fresh

1. Toss the spring salad mix with raspberry vinaigrette and place in the center of the plate.
2. Place the orange and grapefruit sections around the plate. Alternating the fruit.
3. Sprinkle nuts, feta and raspberries on the spring salad mix.
4. Zig zag the emulsified raspberry vinaigrette with a squeeze bottle onto the greens.

*In support of the non-profit Teen Culinary Institute you can procure a blackening spice that can be used to season the walnuts. Go to <http://www.teenculinaryinstitute.com> for more information or call the Teen Culinary Institute at 623-205-1670.

Raspberry Vinaigrette

1 pint	Puree and strain frozen raspberries
1/3 ounce	Corn Starch
1 cup	Raspberry Vinegar or Cider Vinegar
As needed	Sugar

Bring juice to a boil. Dilute corn starch with water and add to juice. Heat to thicken. Cook and whisk in vinegar and oil. Add sugar as required.

Emulsified Raspberry Vinaigrette

1 each	Egg
1 ounce	Raspberry or Cider Vinegar
1 Tablespoon	Dry Mustard
4 1/2 ounces	Raspberry, frozen and defrosted
4 ounces	Honey
24 ounces	Vegetable Oil
1/4 teaspoon	Salt
1/8 teaspoon	White Pepper, ground

Combine egg, vinegar, mustard, raspberries and honey in blender. Puree and gradually add oil to emulsify. Transfer to squeeze bottle and zig zag across the top of the salad.



Raspberry Salad - Photo by Shawn Stanchfield

Summer Caesar Salad

Servings: 4 each

1 head Romaine Lettuce, discard outer leaves
1/3 cup Parmesan Cheese
1 cup Croutons
3 ounces Caesar Dressing
1 Tablespoon Ground Black Pepper

1. Chop romaine lettuce. Just before service add lettuce to bowl; Add dressing and toss.
2. Add croutons and cheese. Toss again and serve.

Plating:

1. Rub lemon on the bottom of each plate.
2. Sprinkle Parmesan Cheese and Black Pepper on the bottom of each plate.
3. Place Caesar Salad on plate and serve

To spice up the salad try adding grilled chicken, salmon or shrimp to the Caesar salad.

Note : Lettuce leaves should be coated, but not soaked in the dressing. Adjust the amount of dressing for more or less lettuce to keep the salad from becoming to wet.

Caesar Salad Dressing

Servings: 4 each

1/2 teaspoon Salt
1 teaspoon Black Pepper, coarsely crushed
2 cloves Garlic, minced
1 each Anchovies
1 Tablespoon Dijon Mustard
1 each Egg Yolk
1 teaspoon Worcestershire Sauce
1 teaspoon Red Wine Vinegar
1/3 cup Vegetable Oil

1. Into a large wooden salad bowl add ingredients up to the vinegar in the order listed above. Add them one ingredient at a time.
2. After adding each new ingredient, use the back side of a soup spoon to blend it with the previous ingredients until it is a smooth paste.
3. Add vinegar then the oil and blend well. Hold for service.



Caesar Salad

Spinach Salad

1 Serving

3 ounces	Spinach, cleaned
1 1/2 ounces	Hot Bacon Dressing
2 each	Halved Deviled Eggs
1 teaspoon	Hard Cooked Egg, chopped
4 each	Mushrooms
1 Tablespoon	Bacon, cooked and chopped
4 each	Red Onion Rings, sliced thin
4 each	Red Pepper, roasted, julienne

1. Clean spinach and leave at room temperature.
2. Toss spinach with bacon dressing*.
3. Allow spinach to sit for 30 seconds for wilting.
4. Garnish with egg, mushroom, bacon, red onion and pepper.

*Lettuce leaves should be coated, but not soaked in the dressing. Adjust the amount of dressing for more or less lettuce to keep the salad from becoming too wet.

Hot Bacon Dressing

1 quart

1 pound	Bacon, chopped
1/2 pound	Onions, diced
1 cup	Red Wine Vinegar
1 cup	White Wine Vinegar
3 ounces	Sugar
1 teaspoon	Salt
1/2 teaspoon	Pepper
2 cups	Reserved Bacon Fat and Vegetable Oil

1. Fry bacon slightly then add onions.
2. Continue cooking until the bacon is crisp.
3. Drain the reserve bacon fat and set aside.
4. Combine vinegars, sugar, salt and pepper.
5. Heat to boiling then reduce heat to low and simmer for 2 minutes.
6. Add vegetable oil to the reserved bacon fat until you have 2 cups and whisk together.
7. Add the bacon and onion mixture.
8. Serve warm over the prepared spinach.



Hot Spinach Salad

Goat Cheese Salad

This salad is always a special treat. You can adjust the ingredients based on what is seasonally available. Try ingredients that you like and enjoy the flexibility of the salad.

Single Serving

2 ounces	Green Leaf, Radicchio and Romaine lettuce chopped
8 each	Grapefruit, supreme sections
1 Tablespoon	Pomegranate (when available)
1 ounce	Raspberry Vinaigrette (page 22)
2 each	Grilled Portobella Mushroom, marinated chilled and sliced
1 ounce	Goat Cheese (dredged in 50% almond flour and 50% bread crumbs)
1 ounce	Walnut Oil
8 each	Yellow Teardrop Tomatoes
6 each	Berries (when in season)
1/2 ounce	Parmesan Cheese

1. Grill portabellas in a vinaigrette of your choice and grill, chill and slice. Hold for service.
2. Slice 1/4 inch thick slice of goat cheese from the cheese log.
3. Dredge in almond flour then egg wash followed by bread crumbs.
4. Fry in walnut oil on medium heat about 2 minutes on each side.
5. Toss greens in the raspberry vinaigrette.
6. Plate greens, tomatoes, berries, portobella mushrooms, pomegranate and grapefruit.
7. Top with parmesan cheese.



Soups

Roasted Corn Soup	32
Puree of Black Bean	33
Cream of Broccoli	34
French Onion	36



Roasted Corn Soup and Black Bean Soup

Roasted Corn Soup

Servings: 4

4 Tablespoons	Butter, unsalted
1 each	Onion, medium
4 cloves	Garlic, chopped
1 each	Jalapeno, chopped
1 teaspoon	Mexican Oregano
8 ears	Fresh Corn (roasted)
1 quart	Corn Stock (use ears of corn that are roasted for stock)
1/2 cup	Heavy Cream
1 teaspoon	Sugar
2 Tablespoons	Cilantro
2 Tablespoons	Lime Juice
to taste	Salt and White Pepper

1. Cook onion, garlic, jalapeno, Mexican oregano with the butter until the onion turns translucent.
2. Add stock and corn. Simmer 15 minutes.
3. Remove 1/2 corn
3. Add cilantro, sugar, lime juice and season with salt and white pepper.
4. Puree and combine the whole corn with the puree.
5. Serve and top with cheese or sour cream.

Garnish : 2 teaspoons of sour cream, 1 teaspoon of tomato concassee' and place in center of bowl.

Black Bean Soup

1 gallon

2 pounds	Black Beans, dried
4 ounces	Bacon Fat
2 pounds	Onions, diced
3 quarts	Chicken Stock, low sodium
1 each	Standard Sachet d' Epices (see page 95)
2 each	Ham Hocks
4 to 6 ounces	Dry Sherry
to taste	All Spice, ground (optional)

Directions

1. Heat the bacon fat in a soup pot, add onions and sweat until translucent.
2. Add stock, beans, sachet d' epices, and ham hocks.
3. Simmer the mixture until the beans are tender. Remove 1/2 beans and puree.
4. Combine the whole beans with the puree.
5. Finish with sherry and allspice, salt and pepper to taste.

Garnish: 2 teaspoons of sour cream
1 teaspoon of tomato concassee'
Place in center of bowl

Cream of Broccoli Soup

Serves: 8-12

8 ounces	Onions
2 ounces	Celery
2 ounces	Leeks
14 ounces	Broccoli Stems
2 ounces	Butter
1 quart	Chicken Stock
2 quarts	Chicken Veloute'
1 quart	Cream
1 ounce	Broccoli florets (1 ounce per serving)

1. Sweat the onions, celery, leeks and broccoli stems in butter.
2. Add the stock and cook until tender
3. Puree the mixture until is completely smooth.
4. Add to the veloute' and simmer slowly for 10 minutes.
5. Adjust the seasoning with salt and pepper to taste.
6. Add hot cream
7. Strain through either cheesecloth or chinoise.
8. Garnish to order with broccoli florets before serving



Cream of Broccoli

French Onion Soup

Servings:	8-10
2 ounces	Butter
4 pounds	Onions, peeled, sliced thin
1 Tablespoon	Garlic, minced
2 ounces	Burgundy Wine
1 quart	Chicken Stock
1 quart	Veal or Beef Stock
to taste	Kosher Salt
to taste	White Pepper
3 ounces	Dry Sherry
garnish:	Crouton and Gruyere Cheese, sliced thin

1. Melt butter. Add onions and caramelize. Add some water to avoid burning the onions.
2. Add garlic to onion mixture and transfer to stock pot.
3. Deglaze pan that onions were caramelized in. Add to the stock pot.
4. Add stocks and simmer 45 minutes. Skim impurities from the top of the stock pot.
5. Season to taste.
6. Finish with Sherry

For Service:

Place hot soup in bowl (equal portions stock and onions). Toast crouton and top with cheese. Brown the cheese in broiler.



Entrees

Sukiyaki	41
Polo e Pesce	41
Italian Meatloaf	42
Rib Eye	44





Suki-yaki

1 pound	Beef, thinly sliced
1/2 pound	Napa Cabbage
1 cup	Dry Shitake
1 each	Medium Onion
1 package	Yam Thread
1/3 cup	Soy Sauce
1/3 cup	Sugar
1/3 cup	Sake or Water

1. Soak the dry shitake in water for 30 minutes.
2. Cut Napa Cabbage to bite size
3. Slice Onions
4. Saute beef in pan, add sugar, soy sauce and sake.
5. Place dry shitake, yam thread and onions in pan
6. Add Napa Cabbage last
7. Simmer 15 to 20 minutes
8. Do not mix or stir. Leave ingredients in individual stacks throughout the pan.
8. Serve

Polo e Pesce

Yields:	1 portion
6 ounces	Chicken Breast
1/2 slice	Prosciutto or Ham
7 each	Spinach Leaf, blanched
3 each	Basil Leaves
1 each	Shrimp, clean and butterfly
1/2 ounce	Dijon Mustard
2 each	Toothpicks or Skewer

1. Pound chicken breast thin and lay flat, presentation side down (the smoothest side).
2. Cover surface of breast with Dijon mustard followed by the blanched spinach leaves.
3. Layer the top of the breast with basil, prosciutto and shrimp (pre-cooked)
4. Roll breast and secure with toothpicks or skewer.
5. Brown all sides in a saute pan.
6. Finish cooking in the oven at 350dF, about 6-8 minutes.
7. Slice on the bias and fan out on plate.

Sauce	
12 ounces	Chicken Stock, low sodium
12 ounces	White Wine
2 ounces	Butter

1. Remove chicken from pan and de-glaze with wine and stock. Reduce by 2/3.
2. Finish with butter (swirl into sauce with heat off).

Italian Meatloaf

Yield: 8 to 10 portions

2 pounds	Ground Beef
1 each	Onion, small dice
5 each	Garlic, minced
3 cups	Bread Crumbs
1 cup	Italian Parsley, chopped
1 Tablespoon	Basil, dried
1 Tablespoon	Oregano, dried
1 Tablespoon	Thyme, dried
to taste	Salt and Pepper
2 each	Eggs, beaten
1/2 cup	V-8 Juice
1/2 cup	Dry Red Wine
2 cups	Fresh Basil Leaves
4 ounces	Sun-Dried Tomatoes, rehydrated/julienne
as needed	Italian Sausage, bulk
as needed	Marinara Sauce (see page 89)

1. Combine beef, onion, garlic, bread crumbs, Italian parsley, seasonings, salt and pepper.
2. Add eggs, tomato juice and wine.
3. Mix thoroughly together.
4. Spread meat mixture on a sheet pan about 3/4" thick (5" x 6")
5. Line cooked sausage down the middle of the beef sections.
6. Top the sausage with the rehydrated sun-dried tomatoes.
7. Roll each section jelly-roll style and seal the edges.
8. Bake at 325dF until done (155df).
9. Let sit for 5 minutes and slice.
10. Serve with the marinara sauce.



Rib Eye

There is nothing better than a nice steak on the grill. When I'm grilling I always use a rib eye steak. To me it is the best choice. Before grilling I like to apply a dry rub and have it dry on the steak for 2 days before grilling. Give it a try and I hope you enjoy:

Dry Rub:

2 Tablespoons	Kosher Salt
2 Tablespoons	Brown Sugar
1 Tablespoon	Onion Salt
1 teaspoon	Smoked Hungarian Paprika
1 teaspoon	Crushed Red Pepper, ground
1 teaspoon	Garlic

1. Mix ingredients together and rub onto the steak.
2. Wrap in plastic wrap and hold under refrigeration for 2 days.
3. Grill
4. Sever immediately

Serving Recommendations:

Vegetables: Broccoli Rob

Starch: Potato cake: Thinly slice potatoes; add oil to pan and circle thin sliced potatoes around the pan. Add parmesan cheese and olive oil to each layer (3 layers). Cook, flip over and finish in oven. Drain the oil before you put the potato cake into the oven



Chicken

Teriyaki Chicken	48
Chicken Piccata	51
Roasted Chicken	52
Gumbel Chicken	53



Teriyaki Chicken

Teriyaki Chicken and White Rice

Yield: 4 servings

8 each Boneless Skinless Chicken Thigh or Chicken Breasts
8 ounces Teriyaki Sauce (see recipe page 88)

1. Marinate chicken thighs in teriyaki sauce for one hour.
2. Grill chicken thighs
3. Slice and serve with white rice (see recipe page 70)

Teriyaki Chicken Sandwich

Yield: 1 sandwich

1 each Boneless Skinless Chicken Thigh marinated in teriyaki sauce
1 each Bun, Lettuce, Tomato thinly sliced and Pineapple thinly sliced
1 ounce Honey Dijon Mayo

1. Marinate chicken thighs in teriyaki sauce for one hour, grill chicken thighs and pineapple.
2. Serve on hamburger bun with honey dijon mayo (mix a touch of honey and dijon mustard into mayo).
3. Add lettuce, tomato, chicken and pineapple.





Chicken Piccata

Portions:	2 each
2 each	Boneless, Skinless Chicken Breasts
as needed	Salt and Pepper
as needed	Seasoned Flour
1 Tablespoon	Olive Oil
3 Tablespoons	White Wine
1 teaspoon	Lemon Juice
1/4 teaspoon	Lemon Zest
1 teaspoon	Capers
2 teaspoons	Parsley
3 Tablespoons	Whole Butter, cubed

1. Pound breast thin for even cooking and season with salt and pepper.
2. Dredge in flour, removing the excess flour and saute in oil until golden brown on each side.
3. Finish in oven at 350dF for 6-8 minutes.
4. Remove the chicken from the pan and remove the excess oil.
5. Deglaze pan with wine and lemon juice.
6. Add capers, lemon zest and parsley. Reduce the sauce by ½.
7. Remove pan from heat and swirl butter into the sauce.
8. Pour sauce onto chicken and serve immediately.

Roasted Chicken

Yield: 4 portions

1 each	Whole Chicken (2 1/2 pounds)
1 Tablespoon	Rosemary, fresh
2 Tablespoons	Thyme, fresh
4 cloves	Garlic, sliced
1 cup	Mirepoix, small dice (4 ounces onion, 2 ounces carrot, 2 ounces celery)
to taste	Salt and Pepper
3 Tablespoons	Olive Oil

1. Wash chicken and remove excess fat in cavity and pat dry.
2. Sweat mirepoix and herbs in 2 tablespoons of oil until tender.
3. Remove mirepoix and hold.
4. Coat chicken with the remaining oil and season.
5. Brown chicken in oil on all sides.
6. Stuff the cooked mirepoix into the cavity.
7. Place in roasting dish with rack and roast in a preheated oven (450dF for 20 minutes)
8. Reduce temperature to 325dF and baste every 15 minutes until juices run clear or the chicken reaches an internal temperature of 170dF.
9. Let rest 15 minutes and portion chicken, remove the carcass for Au Jus
10. Serve roasted chicken with Au Jus (see page 92).

Chicken Gumbel

Yield : 25 portions

8 pounds	Boneless Dark Meat Chicken
8 ounces	Olive Oil
4 ounces	Lemon Juice
6 cloves	Garlic
2 ounces	Rosemary, fresh
1 Tablespoon	Paprika
to taste	Salt and Pepper

1. Pound chicken to even shapes.
2. Combine remaining ingredients into the blender.
3. Blend for 10 seconds.
4. Pour the marinade over the chicken.
5. Hold under refrigeration for 2 hours.
6. Remove excess marinade and grill until done
7. Place spinach rice and tomato risotto in pan alternating rows (green and red). Shingle chicken on top of rice.

Spinach Rice

Yield: 20 portions

8 ounces	Long Grain Rice
4 ounces	Frozen Spinach
1 clove	Garlic
4 ounces	Chicken Stock
4 ounces	Cream
2 ounces	Butter
4 ounces	Parmesan, grated

1. Cook the rice in boiling salted water
2. Thaw spinach and squeeze the liquid from spinach and puree in blender with stock and garlic.
3. Place puree in pan. Add cream and butter.
4. Heat and reduce slightly
5. Stir in the cooked rice, parmesan, salt and pepper
6. Simmer over low heat, stirring constantly for 5 minutes
7. Should have the consistency of moist risotto.

Under Tomato Risotto

Yield: 20 portions

1 1/2 pounds	Arborio Rice
2 ounces	Olive Oil
1 ounce	Garlic, minced
2 ounces	Onions, minced
2 1/2 quarts	Chicken Stock
1 pint	Tomato Sauce
to taste	Parmesan, grated

1. Bring the chicken stock to a simmer
2. Heat the olive oil then add onions and garlic. Saute for 1 minute without burning the garlic.
3. Add Arborio rice to olive oil, onions and garlic. Insure that the rice is completely coated in the fat. Add tomato sauce and cook until absorbed.
4. Add the simmering stock 4 ounces at a time, stirring frequently. When the cooking portion is absorbed add more stock. Test for doneness of the rice (about 18 to 20 minutes).
5. Remove from heat , stir in grated cheese and serve.

Fish and Seafood

Pacific Rim Salmon	56
Fish and Chips	57
Grilled Tiger Shrimp with Fried Rice	57
Tortilla Encrusted Halibut	58



Pacific Rim Salmon

This recipe is one of the favorites from my restaurant. I hope you enjoy it. Try it with a glass of Zinfandel, mashed potatoes and a vegetable of your choice.

Dry Rub*

1/4 cup	Sugar
1/2 Tablespoon	Dry Mustard
1/8 teaspoon	Cinnamon
1 1/4 Tablespoons	Paprika
1/2 Tablespoon	Cocoa Powder
2 ounces	Chili Powder
1 Tablespoon	Cumin
1 1/4 Tablespoons	Black Pepper
1 ounce	Kosher Salt

Mix ingredients together and hold until ready to cook salmon.

*In support of the non-profit Teen Culinary Institute you can procure the Pacific Rim Salmon dry rub for the salmon. In our spice rub we utilize special chili powder and paprika that brings the rub over the top.

Go to <http://www.teenculinaryinstitute.com> for more information or call the Teen Culinary Institute at 623-205-1670.

Honey Glaze

1/4 cup	Sugar
1/8 cup	Dry Mustard
1/4 cup	Honey
1 ounce	Warm Water

Mix ingredients together adding warm water to evenly incorporate. Hold in squeeze bottle until service.

Directions

Coat the salmon fillet with the dry rub. Sear on both sides (about 45 seconds) and finish the salmon in the oven at 350df. Cook to 145dF.

Position the salmon on the plate and zig zag the honey glaze mixture over the top of the salmon.

Fish and Chips

Yield :	4 servings
1 1/2 pounds	Firm-Fleshed White Fish (cod, tilapia, pollock)
4 each	Russet Potatoes, large

Fish Batter

1 cup	Flour
1/2 cup	Corn Starch
1 each	Egg
1 Tablespoon	Baking Powder
dash	Old Bay Seasoning
as required	Club Soda, cold
1 Teaspoon	Each Salt and White Pepper

1. Mix dry ingredients together
2. Add egg and club soda.
3. Continue to add the club soda until you get a pancake batter consistency. Hold for service.
4. Prepare french fries per recipe on page 72.
5. Fry french fries before fish.
6. Cut fish into 1 ounce strips.
7. Dip fish into batter and carefully put into a deep pan with the pre-heated Canola oil at 375dF. If you do not have a thermometer place a cube of bread and wait until it browns.
8. Fry about 2 minutes per side of fish
9. Serve immediately with malt vinegar.

Grilled Tiger Shrimp with Fried Rice

Try this dish with a white Pinot Blanc wine.

1 pound	Tiger Shrimp
2 cups	Calrose Rice, cooked
2 ounces	Soy Sauce
2 ounces	Oyster Sauce
2 ounces	Green Onions, chopped

Shrimp Marinade

1 cup	Canola Oil
1/2 cup	Soy Sauce
1/2 cup	Brown Sugar
1 ounce	Red Chili Pepper Flakes
1 handful	Green Onions, chopped

1. Mix shrimp marinade ingredients together.
2. Cover shrimp in marinade for 1 hour.
3. Prepare Calrose rice per recipe on page 70. You can make this a day ahead of time. Cool rice.
4. Prepare fried rice per recipe on page 70.
5. Grill shrimp 2 minutes on each side and serve immediately with the fried rice.

Vegetable: Grilled Asparagus

Tortilla Encrusted Halibut

Yields: 4 servings

16 ounce bag	Tortilla Chips
2 ounces	White Corn Meal
1 each	Egg
8 ounces	Chicken Stock, low sodium
2 ounces	White Wine
2 ounces	Olive Oil
2 ounces	Butter
1/2 each	Lemon
2 Tablespoons	Cornstarch
to taste	Salt and Pepper

1. Pre-heat the oven to 350dF
2. Grind tortilla chips into a course ground and mix with the white corn meal.
3. Make an egg wash with the egg and a dash of milk.
4. Salt and pepper the halibut fillets.
5. Heat the saute pan and add olive oil.
6. Dip the halibut into the egg wash then dredge in the tortilla chip and corn meal mixture.
7. Carefully set into the saute pan and do not move the halibut in the pan.
8. Once golden brown turn over and brown the other side of the fish.
9. Remove from the heat and finish in oven.
10. Cook to 145dF

Sauce

1. Add the white wine into the saute pan to deglaze.
2. Add lemon and chicken stock. Reduce by ½.
3. Add cornstarch* to thicken.
4. Finish by swirling the butter into the sauce.
5. Salt and pepper to taste (white pepper)
6. Strain and serve with the halibut

*Note: When thickening with cornstarch you first add the cornstarch to cold water and mix together. When thickening the sauce the cornstarch needs to be added to a boiling liquid to thicken. Add small amounts until you reach the desired consistency. The desired thickness should coat the back of a spoon.



Pasta

Lasagna	62
Santa Cruz Beach Pasta	64
Pasta Carbonara	64
Peggy's New York Style Spaghetti	66



Lasagna

Lasagna Filling

2 pounds	Ricotta
6 each	Eggs
2 cups	Parmesan Cheese
2 Tablespoons	Sun Dried Tomatoes
2 Tablespoons	Oregano
2 Tablespoons	Basil
32 ounces	Marinara Sauce
2 cups	Mozzarella Cheese
1 pound	Lasagna Noodles

1. Add all of the ingredients in mixer with paddle attachment with the exception of the marinara sauce. Blend to combine.
2. Blanch lasagna noodles
3. Spread marinara sauce on the bottom of the pan
3. Layer lasagna noodles, lasagna filling and the marinara sauce in full size pan
5. Top with additional parmesan and mozzarella cheese
4. Cook covered for one hour at 350dF
5. Let rest 15 minutes after cooking
6. Cut into squares and serve.



Santa Cruz Beach Pasta

Here is a great dish for picnics and lunch. Easy to prepare and very tasty.

Serves: 4-6

5 each	Large Tomatoes (skinless and seedless)
6 to 10 each	Fresh Basil Leaves, chiffonade
6 1/2 ounce can	Tuna, w/oil
1/2 cup	Black Kalamata Olives, pitted
1 to 2 each	Anchovy Fillets
1/2 to 1 cup	Extra Virgin Olive Oil
to taste	Salt and Pepper
1 pound	Ziti Pasta

1. Combine all ingredients together except olive oil.
2. When combined cover the mixture with olive oil
3. Let rest at room temperature one to two hours.
4. Prepare Ziti Pasta
5. Toss pasta and sauce together
4. Serve at room temperature

Pasta alla Carbonara

I tossed and turned on how I would list this recipe. The absolutely authentic pasta carbonara appears simple. However, it is easy to end up with a greasy egg mush that will ruin the dish. I decided to make some adjustments to the authentic pasta carbonara and make it more user friendly. I hope you enjoy the recipe.

Yields: 4 to 6 servings

1 ounce	Butter
1 ounce	Olive Oil
12 ounces	Pancetta or Thick Cut Bacon
4 ounces	Mushrooms, sliced
1 each	Egg
10 ounces	Light Cream
to taste	Salt and Pepper
1 pound	Flat Noodles
as required	Parsley, chopped

1. Add olive oil and butter to a saute pan and heat.
2. Saute until pancetta is hot or bacon is cooked.
3. Beat egg and stir thoroughly into the cream.
4. Add the cream mixture to the pancetta or bacon.
5. Cook the mixture on low heat, stirring constantly, until the sauce is heated through. Do not allow the mixture to overheat or the egg will curdle.
6. Pour the sauce over cooked, reheated and drained pasta.
7. Garnish with parsley and serve immediately.



Santa Cruz Beach Pasta and Pasta alla Carbonara

Peggy's New York Style Spaghetti and Meatballs

Sauce

Yield: 1 gallon

3 cloves	Garlic, minced
1/2 each	Onion, small
18 ounces	Tomato Paste (3 small cans)
54 ounces	Water
56 ounces	Italian Plum Tomatoes, whole and skinless (2 large cans)
6 ounces	Pork of your choice
1 ounce	Fresh Basil, 6-8 leaves
1 ounce	Oregano
1 ounce	Salt
1 ounce	Olive Oil

1. Brown pork in olive oil and take out to hold.
2. In the same olive oil saute the garlic, and onion.
3. Add tomato paste and stir constantly on low heat for 8 to 10 minutes.
4. Puree whole tomatoes and add to pot.
5. Add basil, oregano, salt, water and pork.
5. Adjust water amount if to thick.
6. Simmer uncovered for 3 hours.

Meatballs

1 pound	Ground Chuck
2 ounces	Bread Crumbs
2 each	Eggs
1 ounce	Onions, minced
2 cloves	Garlic, minced
1 ounce	Parsley, chopped
as required	Salt and Pepper
2 ounces	Romano Cheese

1. Combine ingredients
2. Roll into balls.
3. Brown in olive oil.
4. Add to the spaghetti sauce and let simmer 3 hours.

Note: If the meatballs are to dry add water. If the meatballs are to wet add bread crumbs.



Side Dishes

Rice (White, Pilaf, Spanish and Fried)	70
French Fries	72
Pepper Ragu'	72
Collard Greens	73
Mashed Potatoes	73



Rice

White Rice

1 cup	Calrose Rice
3 ounces	Long Grain Rice
2 cups	Water
1/2 teaspoon	Salt

Add rice to pot, rinse 3 times. Add water. Bring to boil. Cover, reduce heat to lowest setting. Simmer until water is absorbed. Turn off heat and let sit 5 minutes. Flake with fork and serve.

Rice Pilaf

1 ounce	Onion or Shallot
1/2 ounce	Butter
1 cup	White Rice, Long Grain
1 each	Bay Leaf
2 cups	Stock (vegetable or chicken, hot)
to taste	Salt and Pepper

1. Sweat onion in the butter.
2. Add rice and stir to coat with the butter and onion.
3. Add stock and bring to a boil.
4. Cover pot and transfer it to a moderate oven (350dF).
5. Simmer 18 to 20 minutes until liquid is absorbed and rice is tender.

Fried Rice

Utilize day old left over white rice to prepare fried rice.

2 cups	Calrose Short Grain Rice
2 ounces	Soy Sauce
2 ounces	Oyster Sauce
1 handful	Green Onions, chopped

1. Sprinkle soy sauce over the day old cooled rice.
2. Wet hands* and incorporate the soy sauce into the rice. The soy sauce should be evenly distributed through the rice (a light tan color).
3. Heat saute' pan and add a small amount of oil.
4. Add rice and sprinkle oyster sauce over the top of rice.
5. Incorporate the oyster sauce evenly through the rice.
6. Add green onions. Heat rice until hot to the touch.
7. Serve

Variations:

You can add an unlimited amount of ingredients to the fried rice (eggs, char su pork/chicken, vegetables, etc). Use your imagination and try multiple variations.

*If you do not wet your hands the rice will stick to your fingers.



Collard Greens, Fried Rice and French Fries

French Fries

Utilize Russet Potatoes

1. Peel potatoes and soak in clear, cold water until ready to cut and cook.
2. Cut potatoes into the desired size and keep in cold water until cooking. Pat dry just prior to cooking.
3. Blanch potatoes in oil ranging in temperature from 250dF to 300dF until tender and translucent (limp).
4. Hold for service.
5. Finish in hotter oil (350dF to 375dF) until golden brown.
6. Salt immediately after removing from the oil.
7. Serve with Chef Shawn's Fries Dip (see page 89).

Pepper Ragu

Serves:

4-6

- | | |
|--------------|--------------------------|
| 6 each | Bacon Slices, diced |
| 1 each | Onion, small and diced |
| 1 Tablespoon | Sugar |
| 1 Tablespoon | Hungarian Paprika |
| 3 ounces | Ketchup |
| 1 ounce | Red Devil Hot Sauce |
| 1 Teaspoon | Garlic Powder |
| 1 each | Red Bell Pepper, diced |
| 1 each | Green Bell Pepper, diced |
| 1 Teaspoon | Red Chili Pepper Flakes |
| 2 each | Tomatoes, diced |

1. Saute bacon and onions together.
2. Add remaining ingredients except tomatoes.
3. Simmer for 5 minutes.
4. Add tomatoes.
5. Season to taste.
6. Serve

Collard Greens

Serves:

4-6

- | | |
|---------------|------------------------------------|
| 1/2 pound | Salt Pork (lean) |
| 2 each | Ham Hawks |
| 1 bunch | Collard Greens, washed and chopped |
| 2 each | Red Hot Peppers, small |
| 2 Tablespoons | Bacon Fat |
| 3 quarts | Water |

1. Sear salt pork and peppers in bacon drippings.
2. Add 3 quarts of water and add ham hawks.
3. Prep. collard greens by removing the stems that run down the center by holding the leaf in your left hand and stripping the leaf down with your right hand. Rough chop the collard greens.
4. Cook down at a slow boil until most of the liquid is gone.
5. Serve with corn bread and/or hushpuppies

Mashed Potatoes

Serves:

4-6

- | | |
|---------------|------------------------|
| 3 each | Russet Potatoes |
| 1 each | Celery Stalk |
| 1 gallon | Water |
| 2 Tablespoons | Butter, cubed |
| 2 Tablespoons | Cream or Milk |
| to taste | Salt and Pepper |
| as needed | Fresh Parsley, chopped |

1. Cut potatoes into medium cubes and hold in cold water.
2. Smash celery stalk to release the flavor and add to water.
3. Bring water to boil and continue cooking until the potatoes are fork tender.
4. Drain water and mash potatoes while hot. Discard celery.
5. Add butter and cream to the desired consistency.
6. Salt and Pepper to taste.
7. Sprinkle chopped fresh parsley over the top of the potatoes.
8. Serve

Sandwiches

French Dip	76
Tuna Melt	76
Ruben	76
Grilled Ham and Cheese	76
Picnic Sandwich	78



French Dip

1 Sub Roll, split
3 ounces Roast Beef, thinly sliced
3 ounces Jus de Veau Lie

1. Toast roll and dip in the hot stock
2. Serve with au Jus.
(See page 92 for Jus de Veau Lie recipe)

Tuna Melt

2 each White Bread Slices
3 ounces Tuna Salad
2 each Cheddar Cheese Slices
2 each Tomato Slices
as needed Lettuce or Sprouts
1 ½ Tablespoons Mayonnaise

1. Lightly toast bread.
2. Layer one slice bread, mayonnaise, tuna, tomato and cheddar.
3. Place in broiler until cheese is melted .
4. Top with lettuce or sprouts
5. Add the last slice of bread.

Ruben

2 each Pumpernickel Slices
2 Tablespoons Thousand Island Dressing
3 Tablespoons Sauerkraut
3 ounces Corned Beef, sliced/hot
2 each Swiss Cheese Slices
as needed Butter, soft

1. Spread dressing on bread.
2. Layer one slice swiss, beef, drained sauerkraut, one slice swiss and bread.
3. Spread a small amount of soft butter on the outside of the bread and grill.

Grilled Ham and Cheese

2 each Rye Bread Slices
3 ounces Ham, Sliced
2 each Sharp Cheddar Slices
1 Tablespoon Dijon Mustard
2 each Tomato Slices
as needed Butter, soft

1. Spread mustard on both slices of bread.
2. Layer one slice bread, one slice cheddar, ham, tomato, one slice cheddar and the last piece of bread.
3. Spread a small amount of butter on the outside of the bread and grill on both sides.



Grilled Ham and Cheese and Tuna Melt

Picnic Sandwich

1 loaf	French Bread
as needed	Olive Oil
as needed	Salt and Pepper
see recipe	Pissalat (see glossary for recipe)
1 each	Roasted Red Pepper, diced
2 each	Basil Leaves, chiffonade
2 Tablespoons	Olive Oil
1 clove	Garlic, minced
1 each	Tomato, large
2 Tablespoons	Capers, chopped

1. Split bread lengthwise and remove some of the interior to resemble a boat.
2. Paint olive oil over the exposed surfaces.
3. Season bread with salt and pepper.
4. Mix pissalat with the 2 tablespoons of olive oil.
5. Add the garlic and basil to the pissalat.
6. Cover with tomatoes and Red Pepper.
7. Sprinkle with capers
8. Add more oil if needed.
9. Press both sides of the bread together, slice and serve.



Desserts

Monkey Wraps	82
Crepe Brule	83
Cherry Jubilee	84
Banana Foster	85



Monkey Wraps

This recipe takes a little more time but I promise that your guests will love it.

Yields : 40 pieces

4 each	Bananas
5 ounces	Coconut, grated
as needed	All Spice
1 package	Phyllo Dough
2 ounces	Egg Wash
as needed	Canola Oil
as needed	White Seseme Seeds

1. Slice each banana into discs and season with a pinch of all spice and roll into the coconut.
2. Take the phyllo dough and cut into 3" squares. Gently pull off three sheets from the stack of phyllo.
3. Place the seasond banana on the bottom of the phyllo dough and roll like a square miniature burrito.
4. Seal with the egg wash and fry in oil

Note: This will cook very quickly so stand by the pan. Toss in the sweet and hot sauce and sprinkle with sesame seeds.

Sweet and Hot Sauce

1 cup	Rice Wine vinegar
1 cup	Sugar
1 1/2 Tablespoons	Ginger, grated
2 cloves	Garlic, minced
1 teaspoon	Crushed red Pepper
as needed	Sesame Seeds

1. Combine all ingredients and reduce in half.
2. Serve sauce warm for dipping monkey wraps.

Creme Brule

Yield: 6 servings

1 quart	Heavy Cream
1 cup	Sugar (divided 1/2 cup each)
1 teaspoon	Vanilla
1 each	Vanilla Bean, split and scraped
6 each	Egg Yolks, large
2 quarts	Hot Water

1. Combine cream, 1/2 cup sugar, vanilla and contents from the scraped vanilla bean.
2. Over medium-high heat bring to a boil and remove from heat
3. Blend egg yolks and 1/2 cup sugar until smooth
4. Temper the egg yolk mixture with the hot cream mixture by slowly whisking in the hot cream to avoid curdling of the eggs.
5. Once combined pour the liquid into china ramekins (6 to 8 ounce ramekins).
6. Place the ramekins into a large cake pan
7. Pour enough hot water into the pan to come halfway up the sides of the ramekins.
8. Bake at 325dF for approximately 40 to 45 minutes. Creme Brule should be set but still trembling in the center.
9. Hold under refrigeration for a minimum of 2 hours.
10. Remove from refrigeration 30 minutes prior to service. Sprinkle sugar on the top of the Creme Brule.
11. Using a torch, melt the sugar and form a crispy sugar top. Serve after cooling.

Cherry Jubilee

This is a wonderful desert to perform table side.

Servings :	2
1 dozen	Black Bing cherries with 2 Tablespoons of cherry juice
1 ounce	Butter
3 Tablespoons	Sugar
1/2 each	Lemon Juice
2 Tablespoons	Red Currant Jelly
1 ounce	Kirsch
as required	Vanilla Ice Cream

1. Adjust burner to medium heat.
2. Melt butter.
3. Add sugar.
4. Using a clean white napkin, squeeze the 1/2 lemon into the pan.
5. Add the juice from the cherries and stir until smooth and thick.
6. Add currant jelly and stir.
7. Stir in cherries
8. Bring the sauce to a boil and remove from burner.
9. Add Kirsch and return to heat, tip the pan to ignite the liqueur.
10. Whaen the Kirsch burns off, spoon cherries and sauce over ice cream.

Banana Foster

Servings : 2

1 ounce	Butter
1 Tablespoon	Sugar, granulated
2 Tablespoons	Sugar, brown
2 each	Bananas, peeled and split into thirds lengthwise and then into fourths.
1 ounce	Banana Liqueur
1 ounce	Light Rum
½ Teaspoon	Cinnamon
as required	Vanilla Ice Cream

1. Adjust burner to medium heat and place pan on burner with butter.
2. After the butter is melted add granulated sugar and brown sugar.
3. Let the sugar melt, do not stir
4. Add banana liqueur and stir.
5. Adjust to high heat. Add bananas and turn several times to coat.
6. Remove pan from burner (2 feet) and add rum.
7. Return to heat, slightly tilt the pan towards the burner and the rum will ignite. If you have an electric burner you may need to light the rum with an extended lighter.
8. Sprinkle cinnamon over the flames. It will sparkle above the flame, enhancing the experience.
9. When the rum burns off spoon the bananas and sauce over vanilla ice cream.
10. Do not overcook!!! Bananas will become mush.
11. Serve

Sauces and Dressings

Teriyaki Sauce	88
Red Pepper Coulis	88
French Fries Dip	89
Marinara	89
Chipotle Vinaigrette	90
Caramelized Garlic Dressing	90
Char Su	91
Fresh Salsa	91
Blue Cheese	92
Jus de Veau Lie	92



Teriyaki Sauce

Yield: 1 quart

16 ounces	Soy Sauce
16 ounces	Sugar
16 ounces	Water
Handful	Ginger, thinly slice (leave peel on ginger)
Handful	Green Onions, diced

1. Add all ingredients together and bring to a boil.
2. Reduce heat and simmer for 1 hour
3. Strain and hold for service or marinade

Note:

When the sauce comes to a boil reduce heat immediately. If the sauce is left boiling it will overflow and create a kitchen cleaning nightmare. Once simmering there will be no problem.

Red Pepper Coulis

Yield: 1 pint

1 ounce	Vegetable Oil
1 Tablespoon	Garlic, chopped
1 1/2 pounds	Red Bell Peppers, medium dice
4 ounces	White Wine
1 cup	Chicken or Vegetable Stock
to taste	Salt and Pepper

1. Heat oil and sweat the garlic without browning.
2. Add the red bell peppers and sweat until tender.
3. Deglaze the pan with white wine.
4. Add the stock, bring to a simmer and cook for 15 minutes.
5. Season with salt and pepper.
6. Puree in a blender or food processor and strain.
7. Adjust the consistency with stock and season.
8. Hold for service.

French Fries Dip

Servings: 40 ounces

32 ounces	Mayonnaise
4 ounces	Sugar
4 ounces	Soy Sauce
1 teaspoon	Sesame Oil
1 teaspoon	White Pepper
6 ounces	Water
as required	Black Sesame Seeds

1. Combine all ingredients except the black sesame seeds and 2 ounces of water.
2. Whip until smooth and creamy.
3. Add the balance of water if the dip is to thick.
4. When the dressing is at the proper consistency add the black sesame seeds for color.

Variations:

Try this dip as a salad dressing.

My favorite is grilled chicken on top of a bed of greens with the french fries dip.

Note: Be sure to utilize a brand name quality mayonnaise. Believe it or not it makes a big difference.

Marinara Sauce

1 gallon

2 quarts	Tomatoes, peeled
12 ounces	Tomato Paste
1 bulb	Garlic, crushed
2 ounces	Mexican Tomato Sauce, El Pato
1 Tablespoon	Oregano
1 each	Onion, small dice
1 quart	Water
4 ounces	Olive Oil
1 Tablespoon	Sugar
to taste	Salt and Pepper

1. Add olive oil to the bottom of the pot.
2. Add and sweat onions and garlic.
3. Crush whole tomatoes with clean hands when adding to the pot.
4. Add remaining ingredients except the water.
5. Add water until a thick soup consistency is obtained.
6. Bring to a boil and immediately reduce heat to a simmer.
7. Simmer for 3 to 6 hours. The longer the better.
8. Add additional water if it becomes to thick.

Chipotle Vinaigrette

Serving: 1 quart

1 each Chipotle Pepper
1 teaspoon Dried Mustard
1 Tablespoon Oregano, crushed by hand
1 cup Balsamic Vinegar
1 Tablespoon Red Chili Powder*
3 cups Olive Oil
to taste Salt and Pepper

1. Blend all ingredients together with the exception of the olive oil.
2. Gradually whisk or blend in 3 cups of olive oil.
3. Serve

*The non-profit Teen Culinary Institute offers a premium red chili powder that goes well with this vinaigrette.

When purchasing from the Teen Culinary Institute you will be supporting at risk youth.

Go to <http://www.teenculinaryinstitute.com> for more information.

Caramelized Garlic Dressing

Serving: 20 ounces

1 cup Sugar
½ cup Garlic Cloves, whole
1 ounce Water
1 cup Balsamic Vinegar
1 to 1 ½ cups Salad Oil
to taste Black Pepper and Salt

1. Add garlic, sugar and water to sauce pan.
2. Cook over medium/high heat to caramelize.
3. After garlic and sugar mixture has caramelized add the balsamic vinegar and bring to a full boil.
4. Remove from heat and cool.
5. Gradually whisk or blend in 1 to 1 1/2 cups of salad oil.
6. Season with ground black pepper and salt
7. Serve

Char Sui (Pork or Chicken)

Servings: 1 quart

1 quart Soy Sauce
1 Box Sugar, brown
1 pint Sugar, granulated
1 Tablespoon 5 Spice
1 Tablespoon Anise
as needed Water
as needed Red Food Coloring

1. Mix ingredients together.
2. Add pork or chicken.
3. Cook one hour at 350dF or until fork tender

Fresh Salsas

Basic Salsa

4 each Tomatoes, medium dice
½ cup Onion, small dice
½ each Jalapeno, small dice
1 each Garlic Clove, minced
½ teaspoon Kosher Salt
1/4 cup Cilantro, chopped
1 each Lime
1 teaspoon Chipotle Chili

1. Combine ingredients and serve after sitting one hour.

Variation: Add 1 each mango medium diced

Roasted Corn Salsa

3 ears Corn, roasted
½ cup Red Bell Pepper, charred, medium dice
1 each Poblano Chili, roasted, medium dice
3 each Tomatoes, char broiled, medium dice
1 each Garlic, clove minced
1 Tablespoon Cilantro, chopped
1 teaspoon Chipotle Chili Adobo
to taste Salt

1. Remove corn from the cob and mix with remaining ingredients.
2. Serve

Blue Cheese Dressing

Yield:

3 pints	Olive Oil
1 pint	Cider Vinegar
3/4 cup	Maytag Bleu Cheese
3 ounces	Heavy Cream
to taste	Fresh Ground Pepper
to taste	Kosher Salt

1. Combine all ingredients except the olive oil and mix to a smooth consistency.
2. Gradually add the olive oil into the blender at medium speed.
3. Adjust the seasonings to taste.
4. Chill

Jus de Veau Lie (Au Jus)

Yield: 1 cup

1 pound	Carcass of Chicken or Meat Trimmings
1 each	Small Onion, small dice
1 each	Small Carrot, small dice
2 Tablespoons	Olive Oil
1/2 teaspoon	Thyme, chopped
1 cup	Chicken Stock, low sodium
1 cup	White Wine
as needed	Corn Starch

1. Remove fat from the trimmings
2. Chop the carcass into small pieces (1/4" to 1/2")
3. Brown the carcass, onions and carrots.
4. Deglaze with chicken stock and white wine.
5. Reduce by half.
6. Strain, pressing firmly through the strainer
7. Thicken with corn starch if required



Glossory

Bias Cut : Elongated or oval-shaped slices. Hold knife at an angle to the item being cut.

Blanch : Cooking food partially in boiling water or hot fat.

Caramelized : The process of cooking the sugars in food to brown, enhance the flavor and improve the appearance.

Cheesecloth : Cotton gauze used for straining stocks and sauces as well as wrapping foods for poaching.

Chiffonade : To finely slice or shred herbs and leafy vegetables. Stack several leaves on top of each other and roll them together like a cigar. Slice across the leaves while holding the roll together.

Chinois : A coin shaped fine meshed metal strainer used to strain stocks and sauces.

Concasse' : Peeled, seeded and diced tomatoes.

Coulis : A sauce typically made from pureed vegetables or fruit.

Deglaze : Typically stir in a wine or stock into the pan to dissolve the cooked food particles that remain in the bottom of the pan. The leftover food particles usually become the base for a sauce or gravy.

Julienne : Cutting food into a matchstick shape (1/8"x1/8"x1/2").

Jus de Veau Lie : Brown stock thickened with corn starch.

Pissalat : Make a paste of the following: 6 anchovy fillets, 3 3/4 ounces sardines, drained, salt and pepper, pinch of nutmeg and clove.

Roux, Pale : Cooked mixture of equal parts flour and fat (clarified butter, oil or other fat). Heat fat in pan over moderate heat. Add flour all at once, stirring constantly. Cook over low heat until the roux is a very pale ivory, approximately 8 minutes.

Sachet d' epices : A seasoning blend tied in a cheesecloth bag and used to flavor stocks, sauces, soups and stews. For 1 gallon of soup add 3-4 parsley stems, chopped; 1/2 teaspoon dried thyme leaves; 1 each bay leaf; 1/2 teaspoon cracked peppercorns and 1 crushed garlic clove. Bundle the ingredients into cheesecloth and tie with butchers twine. Leave the twine long enough to be able to pull out of the soup.

Supreme Cut : Citrus segments that are prepared by cutting off the entire peel that includes the bitter white pith. Then cut individual segments are cut out by gently cutting alongside each membrane.

Sweat : Cooking food covered with a small amount of fat over low heat until the food softens and releases moisture (flavor).

Tomato Concasse : Tomatoes that are peeled, seeded and diced.

Veloute : A sauce that is made by thickening a veal stock, chicken stock or fish fumet with a pale roux.

Zest : Remove the colored outermost layer of citrus fruit and use for flavoring in various dishes.

Ziti : Slightly curved tubes of pasta that are similar to rigatoni.

Index

Ahi Poke, Fried	14	Italian Meatloaf	42	Salsa, Basic	91
Banana Foster Desert	85	Jus de Veau Lie	92	Salsa, Mango	91
Blue Cheese	92	Lasagna	62	Salsa, Roasted Corn	91
Caesar Salad	24	Mango Snapper Wrap	18	Santa Cruz Beach Pasta	64
California Chicken Wrap	18	Marinara	89	Shrimp Marinade	57
Caramelized Garlic Dressing	90	Mashed Potatoes	73	Shrimp, Coconut	12
Char Su	91	Monkey Wrap Dessert	82	Spinach and Pablano Dip	16
Cherry Jubilee Dessert	84	Pacific Rim Salmon	56	Spinach Rice	53
Chicken Piccata	51	Pasta alla Carbonara	64	Spinach Salad	26
Chipotle Vinaigrette	90	Pepper Ragu'	72	Steak Wrap	18
Collard greens	73	Picnic Sandwich	78	Sukiyaki	41
Cream of Broccoli Soup	34	Pollo e Pesce	41	Sweet and Hot Sauce	82
Creme Brule	83	Portabella Wrap	18	Teriyaki Chicken and Rice	48
Fish and Chips	57	Puree of Black Bean Soup	33	Teriyaki Chicken Sandwich	48
Fish Batter	57	Raspberry Salad	22	Teriyaki Chicken Wrap	18
French Dip Sandwich	76	Red Pepper Coulis	88	Teriyaki Sauce	88
French Fries	72	Rib Eye Steak	44	Tomato Risotto	53
French Fries Dip	76	Rice, Fried	70	Tortilla Encrusted halibut	58
French Onion Soup	36	Rice, Pilaf	70	Tuna Melt	76
Goat Cheese Salad	28	Rice, Spanish	70		
Grilled Ham and Cheese	76	Rice, White	70		
Grilled Tiger Shrimp	57	Roasted Chicken	52		
Gumbel Chicken	53	Roasted Corn Soup	32		
Hot Bacon Dressing	26	Ruben	76		

