



MENUS & RECIPES

Flavor, Quality & American Menus

September 2007

OPENING CULINARY DEMONSTRATIONS

Sunday, September 9th, 2007

Ecolab Theater

RECIPES FROM SUVIR SARAN

GREEN BEANS WITH COCONUT

GREEN BEAN PORIYAL

Yield: Serves 6

Though this is popular in Southern Indian vegetarian homes, it's the kind of delicious, full-flavored dish that even non-vegetarian Southerners can relish. One of its charms is how simple it is to make. You can substitute any bite-sized vegetable for the green beans – try it with zucchini, or cabbage, two of my favorites. While coconut, mustard seeds and curry leaves are a constant trio, other spices can be eliminated or added as you please. If using frozen green beans, use half as much water at the end of the recipe.

Ingredients	Amounts
Canola oil	1/4 cup
Mustard seeds	1 Tbsp.
Curry leaves, roughly torn	24 ea.
Cumin seeds	1 1/4 tsp.
Coconut, unsweetened shredded	3/4 cup
Green beans, cut into bite-sized pieces	1 lb.
Kosher salt	1 1/2 tsp.
Water	1 cup

Method

1. Combine the oil and the mustard seeds in a large skillet or wok. Heat over medium-high until the mustard seeds start to pop, about 1 1/2 to 2 minutes. Add the curry leaves and cumin and cook, stirring often, until the cumin becomes fragrant and browned, about 1 1/2 to 2 minutes. Add 1/4 cup of coconut and cook until it turns a toasty brown color, about 15 to 30 seconds, stirring continuously so the coconut doesn't burn.
2. Add the green beans and the salt and cook for 5 minutes, stirring occasionally. Add the remaining coconut and the water and bring to a simmer. Cover the skillet and reduce the heat to medium-low. Cook until the green beans are tender, about 10 minutes. Uncover, increase the heat to medium and cook until all of the water is evaporated, stirring often, about 5 to 8 minutes.
3. Taste for seasoning and serve.

TURKEY HASH

Yield: Serves 6

A quick use for leftover turkey, this meal can be prepared in less than 15 minutes and is great served with cornbread, over an English muffin, a bagel, or even wrapped in a tortilla. Gently sautéing the turkey with oil-toasted spices helps to seal in flavor and moisture, giving the turkey a pseudo-marinade effect. The addition of eggs not only binds the dish together, but also provides for an underlying richness.

Ingredients	Amounts
Eggs, large	6 ea.
Kosher salt	1 Tbsp. plus 1 tsp.
Black peppercorns, cracked	½ tsp.
Canola oil	3 Tbsp.
Garlic cloves, finely minced	2 ea.
Curry leaves, roughly torn (optional)	26 ea.
Red chiles, dried	4 ea.
Cumin seeds	1 Tbsp.
Black mustard seeds	1 Tbsp.
Red or yellow onion, halved and thinly sliced	1 large
Jalapeño (seeded and veined for a milder flavor), chopped	1 ea.
Tomatoes, large, halved and thinly sliced	2 ea.
Roasted turkey, shredded with your fingers	1 pound
Cilantro, finely chopped	1 cup

Method

1. Beat the eggs with 1 teaspoon of kosher salt and 1/2 teaspoon of pepper in a medium bowl and set aside.
2. Heat the oil with the garlic, curry leaves, cumin seeds, mustard seeds and chiles in a large skillet over medium-high heat until the cumin is fragrant and golden and the mustard seeds begin to pop, stirring often, for about 2 minutes. Add the onions, jalapeños and 2 teaspoons of salt and cook for 1 minute. Add the shredded turkey and cook for 1 minute and then mix in the tomatoes. Reduce the heat to medium and cook until the tomatoes release their liquid, about 3 minutes, stirring occasionally.
3. Increase the heat to medium-high and pour in the eggs. Mix the eggs into the turkey and vegetables and cook until the eggs begin to set, stirring often, for 2 minutes. Mix in all but 2 tablespoons of the cilantro and cook for 30 seconds longer if you like soft eggs, and 1 minute longer if you prefer medium-cooked eggs. Transfer to a serving dish, sprinkle with reserved cilantro and serve.

LEMON RICE

Yield: Serves 4 to 6

This is a fairly authentic rendition of a traditional south Indian rice dish. I don't like a lot of lemon in it; I use just enough to barely scent the rice. You can add more if you like by squeezing lemon wedges over the rice on your plate. I sometimes do the same with a lime. The legumes are used here as a spice: they are sautéed in oil, not simmered in water until tender. This leaves them crunchy, which I like, but this is not traditional. My grandmother always soaked the dal in water to cover for about 10 minutes to soften, then drained them before cooking. Some people like a softer texture; you may want to soak the dal as well.

Ingredients	Amounts
Basmati Rice, plain, drained, spread out on a baking sheet, and cooled to room temperature	7 cups
Canola oil	3 Tbsp.
Black mustard seeds	2 tsp.
Split peas, yellow, (channa dal or supermarket variety)	1 Tbsp.
Peanuts, roasted, chopped	½ cup
Red chilies, dried, whole	6 ea.
Cumin seeds	1 tsp.
Turmeric	¾ tsp.
Curry leaves, torn into pieces (optional)	12 fresh
Black gram beans (urad dal), hulled	2 tsp.
Asafetida	1/8 tsp.
Onion, red, large, halved through the root end, each half cut in half again crosswise and then sliced 1/4 inch thick (to make short, thick slices)	1 ea.
Scallion, chopped (use the white part and about 2 inches of the green)	1/2 cup
Salt, or to taste	1 ½ tsp.
Water	¼ cup
Lemon, juiced	1 ea.
Lemon or lime wedges, for serving (optional)	

Method

1. When the rice is cool, combine the oil, mustard seeds, if using, yellow split peas, and peanuts in a large frying pan, wok, or kadai over medium-high heat. Cook, stirring, 1 to 2 minutes. (If using mustard seeds, cover the pan to avoid splattering and cook until you hear the seeds crackle and pop).
2. Add the red chilies, cumin seeds, turmeric, curry leaves, urad dal and asafetida, if using, and cook, stirring, until the cashews and urad dal turn a uniformly golden color, 1 to 1 1/2 minutes. (Stand back if using curry leaves; they spit when they hit the oil.)
3. Add the onion, scallions, and salt and cook, stirring, until the onion is softened, 4 to 5 minutes. (If the onion begins to burn, turn the heat down.)
4. Add the cooked, cooled rice and stir gently (careful not to break the grains) until the rice is uniformly yellow. Then drizzle the water all around the rim of the pan and stir again, gently, scraping the bottom to loosen the spices that stick.
5. Add the lemon juice and cook, uncovered, until the rice is warmed through, about 2 more minutes. Stir gently once or twice during cooking, scraping the bottom of the pan to keep the spices from sticking. Taste for lemon and salt and serve hot with lemon or lime wedges, if you like.

RECIPES FROM JOHN ASH

MEDITERRANEAN SWEET AND SOUR EGGPLANT SALAD

Yield: about 5 cups serving 6 – 8

This is a great picnic or alfresco salad that is also delicious served on crostini and as a topping for almost any grilled or crisply fried fish or meat. I also love to toss this with cooked pasta either hot or cold. I'm oven roasting the eggplant here but you could also grill it, which would add a nice smoky flavor. I'm also using canned tomatoes here because frankly most of the fresh tomatoes we get in the market are pretty tasteless. If you grow tomatoes or have a farm market near you by all means use fragrant, ripe fresh tomatoes in place of the canned.

Ingredients	Amounts
Eggplants (2 pounds), ends removed and sliced about 1/2 inch thick	2 ea.
Extra virgin olive oil	½ cup
Sea salt and freshly ground pepper	to taste
White onion (3/4 pound), cut in large dice	1 ea.
Garlic, slivered	2 Tbsp.
Tomatoes in juice, canned, diced (15 oz.)	2 cups
Sherry vinegar	3 Tbsp.
Sugar	2 Tbsp.
Mint and parsley, coarsely chopped	2 Tbsp. (ea.)

Garnish: Baby spicy greens such as arugula and toasted pine nuts.

Method

1. Brush eggplant slices liberally on both sides with 4 tablespoons or so of the olive oil. Season with salt and pepper and place in a single layer on a baking sheet or sheets. Roast in a preheated 425-degree oven for 18 – 20 minutes or until lightly browned and just cooked through.
2. Chop into 3/4 inch or so chunks and set aside.
3. Add remaining olive oil to a large sauté pan and cook the onions and garlic over moderate heat until softened and just beginning to color, about 6 minutes.
4. Stir in the tomatoes with their juice, vinegar and sugar and simmer for 5 minutes or so.
5. Stir in the eggplant, mint and parsley and season to taste with salt and pepper.
6. Cool, cover and allow to sit for an hour or so for the flavors to marry.
7. Can be made ahead and stored covered in refrigerator for up to 3 days.
8. Serve at room temperature with a garnish of spicy young greens and a scattering of pine nuts.

Source: John Ash © 2001

GRILLED BRINED SHRIMP WITH TOMATILLO AND AVOCADO SALSA

Yield: 4 – 6 servings

Brining is a terrific way to add flavor and succulence to not only shrimp by poultry, pork, and finned fishes. Note that kosher salt is called for in this recipe. If using sea ordinary table salt reduce the amount of salt to 1/4 cup. Also note that I'm asking you to save the shrimp shells. They can be frozen to make a delicious shelf fish stock for use in other recipes.

For the Brine:

Ingredients	Amounts
Kosher salt and brown sugar	1/3 cup (ea.)
Water, cold	1 quart

For the Marinade:

Olive oil	1/4 cup
Garlic, finely chopped	2 tsp.
Parsley, chopped	1 Tbsp.
Red pepper flakes (or to taste)	1/4 tsp.
Dry white wine	2 Tbsp.

Shrimp, large (16 – 20 per pound) 1 lb.
peeled and deveined (save the shells!)

Tomatillo and avocado salsa (recipe follows)

Garnish: Sprigs of cilantro

Method

1. Prepare brine by stirring salt, sugar and water together until dissolved. Add shrimp and refrigerate for up to an hour. Mix the marinade ingredients together in a small bowl and set aside.
2. Remove shrimp from the brine and rinse thoroughly. Toss with the marinade to coat the shrimp and marinate for up to 1 hour, refrigerated.
3. Grill shrimp on both sides over medium hot coals (or alternately under a hot broiler) until they are just cooked through, about 3 minutes total, turning halfway through.
4. Place shrimp on plates and top with the salsa and cilantro sprigs.
5. Serve warm or at room temperature.

Source: John Ash © 2001

THAI BEEF SALAD WITH PEANUTS AND SWEET CHILI DRESSING

Serves 4 – 6

This very simple salad has lots of flavors and textures happening. Sweet Chilli is a prepared condiment available in Asian markets. Any “sweet” nut of your choice could be used here including peanuts, almonds, macadamias, cashews, etc.

Ingredients	Amounts
Olive oil	6 Tbsp.
Salt	1 tsp.
5-spice powder	½ tsp.
Freshly ground black pepper	to taste
Whole beef fillet	1-1/4 lbs.
Snow peas, fine julienne	4 oz.
Carrots, fine julienne	4 oz.
Scallions, sliced thinly crosswise at an angle	4 ea.
Cucumber (such as kirby or english), seeded, sliced thinly lengthwise	1 ea.
Peanuts, chopped, lightly toasted	½ cup
Sweet chili dressing (recipe follows)	
Several tender cilantro sprigs, thai basil and mint leaves	

Method

1. Combine 3 tablespoons olive oil, salt, 5-spice and a generous grinding or two of pepper and rub over the beef. Allow to sit for up to 30 minutes.
2. Heat the remaining olive oil in a heavy skillet and brown over moderately high heat on all sides.
3. Place in a preheat 425 degree oven for 5 - 8 minutes or until beef is cooked rare to medium rare, 118 degrees or so on an instant read thermometer.
4. Set aside and allow meat to rest for at least 5 minutes before slicing.
5. Meanwhile briefly blanch the snow peas in boiling salted water for 30 seconds or so. Plunge into cold water to stop the cooking and drain thoroughly.
6. Combine the snow peas with the carrots, scallions, cucumber and peanuts and toss with half of the dressing.
7. Slice beef thinly and place on plates.
8. Top with salad and drizzle remaining dressing over and around.
9. Garnish with cilantro sprigs and serve immediately.

Source: John Ash © 2001

SWEET CHILLI DRESSING

Ingredients

Amounts

Thai sweet chilli sauce	¼ cup
Fresh lime juice	2 Tbsp.
Lime zest, finely grated (use a microplane)	2 tsp.
Thai fish sauce	2 Tbsp.
Fresh ginger, very finely chopped	1 tsp.

Method

1. Whisk all ingredients together or place in a screw top jar and shake to combine.
2. Store covered and refrigerated for up to 3 days.

John Ash © 2007

OPENING CULINARY RECEPTION

SUNDAY, SEPTEMBER 9TH, 2007

Rudd Center

SPONSORED BY CALIFORNIA RAISIN MARKETING BOARD

GULF SHRIMP WITH SPICY AVOCADO & GOLDEN RAISIN MAYONNAISE

Avocado Mayonnaise (yield = 2 cups)

Ingredients	Amounts
Golden raisins	4 oz.
Garlic clove	2 oz.
Mayonnaise	2 oz.
Extra virgin olive oil	½ cup
Lime juice	1 Tbsp.
Serrano chile	8 ea.
Haas Avocado, ripe	4 ea.
Salt	2 tsp.
Black pepper	½ tsp
Gulf Shrimp (16/20)	2 doz.
Butter: melted	4 oz.

Method

For the Spicy Avocado & Golden Raisin Mayonnaise:

1. Combine the raisins and garlic cloves in a small sauce pot. Cover with water. Bring the water to a boil and then simmer until the raisins are plump and the garlic cloves are very tender. Drain of the water.
2. Char, peel & seed the Serrano chiles.
3. In a food processor combine the poached raisins & garlic and the mayonnaise and process until smooth. With the processor running, drizzle in the virgin olive oil and lime juice.
4. Add the serrano chiles, salt and pepper and lightly process.
5. Peel & seed the avocado. Very finely dice the avocado. Transfer the diced avocado to the mixing bowl. Add the pureed mayonnaise mixture and blend well while mashing the avocado. The mixture should turn a lovely green. Chill until ready to serve.

For the Gulf Shrimp:

1. Peel the shrimp leaving the tails intact. Butterfly the shrimp by slicing down the back of the shrimp with a paring knife. Lightly flatten the shrimp and brush with the melted butter.
2. Arrange the shrimp on a sheet pan and broil in a hot oven for approximately 5 minutes or until the shrimp are just cooked.
3. Top each shrimp with some Spicy Avocado & Golden Raisin Mayonnaise and serve.

Source: Robert Del Grande / Café Annie / August 2007

CARNITAS WITH COCONUT RAISIN SAUCE PLANTAIN CAKES WITH RAISIN & COCOA BEAN RECADO

Ingredients	Amounts
Pork shoulder	1 ea.
Water	8 qts.
Salt	¼ cup
Garlic cloves	4 oz.
Yellow onions: peeled & cut into eighths	1 lb.
 <i>Coconut Raisin Sauce (yield = 3 cups)</i>	
Dark raisins	8 oz.
Garlic cloves	2 oz.
Mayonnaise	2 cups (16 oz)
Chipotle chiles in adobo	2 ea.
Coconut puree (Crazy Coconut: Perfect Puree brand)	12 oz.
Fresh lime juice	2 Tbsp.
Salt	2 tsp.
 <i>Raisin & Cocoa Recado (yields approx. 2 cups)</i>	
Ancho chiles	3 ea.
Chipotle chile in adobo (optional)	1 ea.
Dark raisins	3 oz.
Hot water	1 cup
Smoked almonds: roughly chopped	4 oz.
Cocoa nibs or melted chocolate	1 ½ oz
Butter: melted	2 oz.
Salt	1 ½ tsp.
 Ripe plantains	 2 dz.

Method:

For the Pork Shoulder

1. Cut the pork shoulder into quarters. In a pot large enough to hold the pork, combine the pork & the remaining ingredients. Simmer the pork for 1 ½ hours or until tender. Remove the pork from the liquid and cool.
2. Clean the cooked pork of any excess fat. Shred the pork into bite size pieces. Reserve.

Note: the pork fat that rises to the surface can be saved to later sauté the pork.

For the Coconut Raisin Sauce

1. Combine the raisins & the garlic cloves in a small sauce pan and cover with water. Bring the water to a boil and then simmer until the raisins are plump and the garlic cloves are tender. Drain of the water. Allow the raisins & garlic cloves to cool.
2. Transfer the cooled raisins & garlic cloves to a food processor. Add the remaining ingredients and process until the sauce is very smooth.

For the Raisin & Cocoa Recado

1. Stem and seed the ancho chiles. Lightly toast in a dry skillet over medium heat until aromatic.
2. In a bowl, combine the toasted Ancho chiles, Chipotle (optional), the prunes or raisins, and the hot water and soak for 30 minutes.
3. Transfer the soaked ingredients and the water to a blender and puree until smooth.
4. Combine the almonds and cocoa nibs in a food processor and process until finely ground.
5. With the food processor running, add the chile puree and the melted butter and salt. Process until smooth. Reserve & refrigerate.

For the Plantains

1. Peel the plantains. Cut the plantains into ½" round slices.
2. Deep fry the plantain slices until golden brown and cook through. Lightly press the fried slices to form small cakes. Reserve.

To Serve:

1. In a sauté skillet, heat some olive oil or rendered pork fat. Sauté the shredded pork until lightly browned.
2. Similarly, lightly sauté the plantain cakes to reheat.
3. Spread a little of the Raisin & Cocoa Recado on each plantain cake. Top with the pork.
4. Spoon a little Coconut Raisin Sauce onto the pork.
5. Sprinkle with sea salt and garnish with cilantro leaves.

Source: Robert Del Grande, Cafe Annie, August 2007

AHI TUNA WITH GINGER & GOLDEN RAISIN CREAM ON ROYAL TRUMPET MUSHROOMS

Ingredients	Amounts
Golden raisins	4 oz.
Garlic cloves, peeled	2 oz.
Red jalapenos, approx. 12 chiles	8 oz.
Mayonnaise: 8 oz	2 cup
Buttermilk	½ cup
Candied ginger, brand - Perfect Puree	2 Tbsp.
Lime juice, fresh	2 tsp.
Salt	1 tsp.
Toasted sesame seed oil (optional)	1 Tbsp.
Tuna steaks: approx. 8 oz., ½" thick (sashimi grade)	4 ea.
Royal Trumpet Mushrooms	12 ea.

Garnishes: coarse sea salt, micro cilantro or small cilantro leaves

Method:

1. Combine the raisins and garlic cloves in a small sauce pot. Cover with water. Bring the water to a boil and then simmer until the raisins are plump and the garlic cloves are very tender. Drain of the water.
2. Char, peel & seed the red jalapeno chiles.
3. In a food processor combine the poached raisins & garlic, the charred jalapenos and the remaining ingredients. Process the ingredients until very smooth. Refrigerate.
4. Lightly season the tuna steaks with sea salt. Sear to rare in a very hot skillet. Cool to room temperature. Slice the tuna steaks into thin slices.
5. Slice the Royal trumpet mushrooms lengthwise into ¼" slices.
6. To assemble: lay a slice of rare tuna on each slice of Royal Trumpet mushrooms. Top the tuna slice with some Ginger & Golden Raisin Cream. Sprinkle with coarse sea salt & finish with micro cilantro sprigs or small cilantro leaves.

Source: Robert Del Grande, Café Annie, August 2007

CHICKEN, RAISIN AND ALMOND TRIANGLES

BRIOUAT EL-BASTILA

This luscious filling used in these briouats is the same as that used of Pastilla, one of the great dishes of Moroccan cuisine. While Pastilla is not a dish for informal eating, you do find briouats on the streets. Traditionally the filling is made with pigeons, which in Morocco are quite gamey: quails are a good substitute.

Yield: 16 Triangles

Ingredients	Amounts
Chicken Breast	1 ea.
Onion, medium, brunoise	1 ea.
Flat Parsley and Coriander	As Needed
Ground Cinnamon	$\frac{3}{4}$ tsp.
Ground Ginger	$\frac{3}{4}$ tsp.
Ground ras el hanout	$\frac{1}{2}$ tsp.
Chilies, dried, crushed to coarse powder	$\frac{1}{8}$ tsp.
Saffron	Pinch
Sea Salt	To Taste
Butter, unsalted	3 oz.
Almonds, blanched	2 oz.
Eggs, free range	5 ea.
Golden Raisins	2 oz.
Icing Sugar	1 Tbsp.
Filo Dough	16 sheets
Omega 9 Canola oil for frying	As needed

To Serve

Icing Sugar
Ground Cinnamon

Method

1. Put the chicken in a saucepan. Add the onion, herbs, $\frac{1}{4}$ tsp. of the cinnamon, the remaining spices and a little salt. Pour in $\frac{1}{4}$ pint water and bring to a boil over medium high heat. Add 2 oz. of the butter and stir until melted, then cover and let it boil for 20 minutes. Turn the heat down to medium low and turn the birds in the sauce. Simmer, covered for a further 10 minutes or until the birds are tender.
2. Meanwhile, sautéed the almonds in the remaining 1 oz. butter until golden brown. Leave to cool, then grind coarsely in a food processor.
3. Transfer the chicken to a plate and leave to cool. The sauce should be very thick; if necessary, boil to reduce it, stirring occasionally. Turn the heat to low, then add the eggs to

the sauce and stir for about 5 minutes or until they are scrambles. (Don't leave them runny or they will make the pastry soggy.) Remove from the heat.

4. Take the chicken meat off the bone, discarding the skin, and tear into small pieces. Add the egg mixture together with the ground almonds, golden raisins, sugar and remaining ½ tsp. cinnamon. Mix well together. Season to taste.
5. Make the triangles, using 1 ½ to 2 tbsp. of filling per triangle. Deep fry in hot canola oil for 2 to 3 minutes on each side or until golden brown. Sprinkle with icing sugar and cinnamon, and serve hot.

LAMB KEBABS

SIS KOFTESI

Ingredients	Amounts
Ground lamb shoulder, finely ground	60 lb.
Large yellow onion, finely grated with juice	8 ea.
Garlic, minced	2 heads
Fresh cilantro, chopped	2 bu.
Smoked paprika	4 Tbsp.
Cayenne	3 Tbsp.
Sea salt	to taste
Fresh ground black pepper	to taste
Ground cumin	3 Tbsp.
Greek oregano	4 Tbsp.
Eggs	12 ea.
Raisin paste	3 lb.
Ground fenugreek	3 Tbsp.
Grated lemon zest	12 lemons
Shaved red onion	2 ea.
Chopped cilantro	1 bu.
Ground sumac	4 Tbsp.

Method

1. Place ground lamb in mixer bowl.
2. Add remaining ingredients and mix well.
3. Sauté a small piece of the mixture to taste for seasoning.
4. Make 300 (3-ounce) ovals around wooden skewers.
5. Grill over charcoal if possible, and serve with ajvar, and kosheff.
6. Serve the skewers topped with shaved red onion, cilantro and sprinkle with sumac.

Source: Todd Downs as presented for California Raisin Marketing Board at the 2003 Worlds of Flavor International Conference and Festival. Published with permission of the author. All rights reserved.

MEDITERRANEAN SWEET AND SOUR EGGPLANT SALAD

This is a great picnic or alfresco salad that is also delicious served on crostini and as a topping for almost any grilled or crisply fried fish or meat. I also love to toss this with cooked pasta either hot or cold. I'm oven roasting the eggplant here but you could also grill it, which would add a nice smoky flavor. I'm also using canned tomatoes here because frankly most of the fresh tomatoes we get in the market are pretty tasteless. If you grow tomatoes or have a farm market near you by all means use fragrant, ripe fresh tomatoes in place of the canned.

Yield: about 5 cups serving 6 – 8

Ingredients	Amounts
Eggplants (2 pounds), ends removed and sliced about 1/2 inch thick	2 ea.
Extra virgin olive oil	1/2 cup
Sea salt and freshly ground pepper	to taste
White onion (3/4 pound), cut in large dice	1 ea.
Garlic, slivered	2 Tbsp.
Tomatoes in juice, canned, diced (15 oz)	2 cups
Sherry vinegar	3 Tbsp.
Sugar	2 Tbsp.
mint and parsley, coarsely chopped	2 Tbsp. (ea.)

Garnish: Baby spicy greens such as arugula and toasted pine nuts.

Method

1. Brush eggplant slices liberally on both sides with 4 tablespoons or so of the olive oil. Season with salt and pepper and place in a single layer on a baking sheet or sheets. Roast in a preheated 425-degree oven for 18 – 20 minutes or until lightly browned and just cooked through.
2. Chop into 3/4 inch or so chunks and set aside.
3. Add remaining olive oil to a large sauté pan and cook the onions and garlic over moderate heat until softened and just beginning to color, about 6 minutes.
4. Stir in the tomatoes with their juice, vinegar and sugar and simmer for 5 minutes or so.
5. Stir in the eggplant, mint and parsley and season to taste with salt and pepper.
6. Cool, cover and allow to sit for an hour or so for the flavors to marry.
7. Can be made ahead and stored covered in refrigerator for up to 3 days.
8. Serve at room temperature with a garnish of spicy young greens and a scattering of pine nuts.

Source: John Ash © 2001

GREEN BEANS WITH COCONUT

GREEN BEAN PORIYAL

Though this is popular in Southern Indian vegetarian homes, it's the kind of delicious, full-flavored dish that even non-vegetarian Southerners can relish. One of its charms is how simple it is to make. You can substitute any bite-sized vegetable for the green beans – try it with zucchini, or cabbage, two of my favorites. While coconut, mustard seeds and curry leaves are a constant trio, other spices can be eliminated or added as you please. If using frozen green beans, use half as much water at the end of the recipe.

Yield: Serves 6

Ingredients	Amounts
Canola oil	1/4 cup
Mustard seeds	1 Tbsp.
Curry leaves, roughly torn	24 ea.
Cumin seeds	1 1/4 tsp.
Coconut, unsweetened shredded	3/4 cup
Green beans, cut into bite-sized pieces	1 lb.
Kosher salt	1 1/2 tsp.
Water	1 cup

Method

1. Combine the oil and the mustard seeds in a large skillet or wok. Heat over medium-high until the mustard seeds start to pop, about 1 1/2 to 2 minutes. Add the curry leaves and cumin and cook, stirring often, until the cumin becomes fragrant and browned, about 1 1/2 to 2 minutes. Add 1/4 cup of coconut and cook until it turns a toasty brown color, about 15 to 30 seconds, stirring continuously so the coconut doesn't burn.
2. Add the green beans and the salt and cook for 5 minutes, stirring occasionally. Add the remaining coconut and the water and bring to a simmer. Cover the skillet and reduce the heat to medium-low. Cook until the green beans are tender, about 10 minutes. Uncover, increase the heat to medium and cook until all of the water is evaporated, stirring often, about 5 to 8 minutes.
3. Taste for seasoning and serve.

TURKEY HASH

A quick use for leftover turkey, this meal can be prepared in less than 15 minutes and is great served with cornbread, over an English muffin, a bagel, or even wrapped in a tortilla. Gently sautéing the turkey with oil-toasted spices helps to seal in flavor and moisture, giving the turkey a pseudo-marinade effect. The addition of eggs not only binds the dish together, but also provides for an underlying richness.

Yield: Serves 6

Ingredients	Amounts
Eggs, large	6 ea.
Kosher salt	1 Tbsp. plus 1 tsp.
Peppercorns, cracked	1/2 tsp.
Canola oil	3 Tbsp.
Garlic cloves, finely minced	2 ea.
Curry leaves, roughly torn (optional)	26 ea.
Red chiles, dried	4 ea.
Cumin seeds	1 Tbsp.
Mustard seeds, black	1 Tbsp.
Onion, large, red or yellow, halved and thinly sliced	1 ea.
Jalapeño (seeded and veined for a milder flavor), chopped	1 ea.
Tomatoes, large, halved and thinly sliced	2 ea.
Turkey, roasted, shredded with your fingers	1 lb.
Cilantro, finely chopped	1 cup

Method

1. Beat the eggs with 1 teaspoon of kosher salt and 1/2 teaspoon of pepper in a medium bowl and set aside.
2. Heat the oil with the garlic, curry leaves, cumin seeds, mustard seeds and chiles in a large skillet over medium-high heat until the cumin is fragrant and golden and the mustard seeds begin to pop, stirring often, for about 2 minutes. Add the onions, jalapeños and 2 teaspoons of salt and cook for 1 minute. Add the shredded turkey and cook for 1 minute and then mix in the tomatoes. Reduce the heat to medium and cook until the tomatoes release their liquid, about 3 minutes, stirring occasionally.
3. Increase the heat to medium-high and pour in the eggs. Mix the eggs into the turkey and vegetables and cook until the eggs begin to set, stirring often, for 2 minutes. Mix in all but 2 tablespoons of the cilantro and cook for 30 seconds longer if you like soft eggs, and 1 minute longer if you prefer medium-cooked eggs. Transfer to a serving dish, sprinkle with reserved cilantro and serve.

PEAR & RAISIN CHUTNEY

Makes about 2 cups

In Himachal Pradesh and Kashmir, two northern Indian states, fruit orchards are abundant, as are amazing pears. I created this recipe thinking of these regions. It has since become a classic at my restaurant in New York. Certain regulars are chomping at the bit for me to bottle the Pear Chutney for commercial sale. Until that time comes, they'll have to sate their appetite by making it for themselves. I like to can the chutney and offer it as hostess gifts or to friends visiting my home. It is excellent with most any roasted meat, as well as on a sandwich. Fenugreek leaves add a gentle bitter contrast to the sweetness of the pears, but if you can't find dried fenugreek leaves, simply omit them.

Ingredients	Amounts
Canola oil	3 Tbsp.
Red chiles, dried	3 to 6 ea.
Fennel seeds	1 ½ tsp.
Cumin seeds	1 tsp.
Fenugreek leaves, dried (optional)	¼ cup
Paprika	½ tsp.
Asafetida	Pinch
Raisins, golden	1 cup
Bartlett or d'Anjou pears, peeled, halved, cored, quartered and thinly sliced crosswise (about 6)	3 1/2 lbs.
Kosher salt	1 1/2 tsp.
Sugar	1/4 cup
White wine vinegar	2 Tbsp.

Method

1. Heat the oil with the chiles, fennel seeds and cumin seeds in a large saucepan or skillet over medium-high heat until the cumin is browned, about 2 to 2 1/2 minutes.
2. Stir in the fenugreek leaves (if using), paprika and asafetida and cook for 15 seconds. Add the raisins and cook for two minutes. Add the pears and salt and cook until the pears get juicy, about 3 to 4 minutes.
3. Stir in the sugar and vinegar, reduce the heat to medium, and cook for 3 minutes. Cook until the pears are soft, sticky, deeply golden and caramelized, stirring often, for about 35 to 45 minutes.
4. Taste for seasoning.
5. Transfer to a plastic container and refrigerate for up to one week or ladle into dry and sterilized jars and can according to the manufacturer's instructions.

TAMARIND RAISIN CHUTNEY

Makes about 1 1/4 cups

This is my partner Charlie's favorite condiment to have around. He has lived in India, traveled throughout the country extensively and has eaten in many celebrated homes and restaurants, but this recipe remains as his favorite ever. In fact, he often gets us both into trouble by admitting to my mother that he likes my version better! You can keep this in a tightly sealed jar for several weeks if you store it carefully and always use a clean spoon (no double dipping!) to take some from the jar. I use the Tamarind Chutney as the recipes for Abha Auntie's Eggplant as well as for a glaze over the roast turkey.

Ingredients	Amounts
Canola oil	1 Tbsp.
Cumin seeds	1 tsp.
Ginger, ground	1 tsp.
Cayenne pepper	1/2 tsp.
Fennel seeds	1/2 tsp.
Asafetida	1/2 tsp.
Garam masala	1/2 tsp.
Water	2 cups
Sugar	1 cup
Raisin paste	1/2 cup
Tamarind concentrate	3 Tbsp.

Method

1. Heat the oil and spices in a medium saucepan over medium-high heat and cook until the spices are fragrant and lightly toasted, about 1 minute. Whisk in the water, sugar and tamarind concentrate until completely dissolved and bring to a boil. Turn the heat down to medium and simmer until the sauce turns chocolaty brown and it is thick enough to leave a trail on the back of a spoon, about 20 to 30 minutes. (While still warm it will look like chocolate sauce and it will thicken a bit as it cools).
2. Taste for seasoning.
3. Transfer to a covered plastic container and store in the refrigerator for up to 2 weeks.

TOMATO CHUTNEY

Makes about 3 cups

My coauthor Raquel's husband, Matt, eats this chutney like it's going out of style. Sometimes I have to remind him that it's a condiment and not a side dish! He slathers it on omelets, eats it with steak and even with cheese and crackers. Lucky for Matt that Tomato Chutney can be made year round with either summer ripe or winter pale tomatoes. I will be forever indebted to my friend Durga's mother, a neighbor of my family's in New Delhi, who introduced me to Tomato Chutney. Originally from Hyderabad, the pickling capital of the south, she got me hooked on it from a very young age.

Ingredients	Amounts
Canola oil	1/4 cup
Curry leaves, roughly torn	36 ea.
Mustard seeds	2 tsp.
Cumin seeds	2 tsp.
Red chiles, dried	12 ea.
Turmeric	1/2 tsp.
Tomatoes, roughly chopped	3 1/2 lb.
Tomato paste, tube double concentrated (4.4 oz.) (or 9 ounces tomato paste)	1 ea.
Sugar	2 Tbsp.
Kosher salt	1 1/2 Tbsp.
Cayenne pepper	1/2 tsp.
Sambhaar or rasam powder	1 tsp.
or curry powder	1/2 tsp.

Method

1. Heat the oil with the curry leaves, mustard seeds, cumin and chiles in a large pot or skillet over medium-high heat until the cumin is browned, about 2 minutes. Add the turmeric and cook until the chiles darken, about 1 to 2 minutes longer. Add the remaining ingredients and cook for 10 minutes, stirring occasionally and pressing the tomatoes against the sides of the pot to mash them if they are not breaking apart on their own. Reduce the heat to medium and cook until the chutney is thick and jammy (if canning, cook until the mixture is very thick), about an additional 20 to 35 minutes (if using hard winter tomatoes, the chutney may cook in less time as there are less tomato juices to reduce), stirring often.
2. Taste for seasoning, transfer to a covered plastic container and refrigerate for up to 1 week

COMPONENT TASTING

Monday, September 10th, 2007

RECIPES FROM JOHN ASH

SIMPLE SAUCES THAT ARE (SHHHHHH!) DELICIOUS AND HEALTHY!

Rich sauces have traditionally been the tool to help make simple foods delicious and more special. For any of you who worked your way through Julia Child's *Mastering the Art of French Cooking* you learned not only about the various families of sauces (white sauces, brown sauces, butter and fat emulsion sauces and so on) but also that often the addition of cream or butter or egg yolks and often all three really made the final sauce sing. I still love those traditional French Sauces but over the years I've learned that a steady diet of those is hardly a prescription for optimum health and a slim waistline.

The challenge that I took on recently was how to have all the great flavor and mouth feel of butter, cream or egg yolk enriched sauces without actually using them and with the intent of making them (excuse what I'm going to say next) "healthy". Of course we would never want to call them "healthy". Having been in the restaurant business for such a long time I've learned that to label anything "healthy" on the menu was a way to make sure it would never sell no matter how good it might be. Lots of surveys have told us that most Americans don't really want to eat healthy when eating out. We're told that a big reason for eating out is to "indulge and sin"! That would be OK of course if we were living back a decade or two or three when eating out was an occasional treat. Now however many of us eat out way more often than we cook at home (despite the popularity of the Food Network and the 1000's of cookbooks that are published each year).

So following is the result of my search to try to create delicious and healthy sauces. All are vegetable based (remember that we are supposed to be eating 9 to 13 servings of fruits and vegetables a day now) and contain no dairy or eggs at all. The base for many of these is a sauce that I call "No Cream" cream sauce. It is easily made and can be stored refrigerated for a few days or frozen for a few months. I hope you'll find these intriguing enough to create your own variations and versions. And . . . for those of you who are not currently cooking at home . . . an encouragement to get you back into the kitchen and take control of what goes into your mouth! Not a bad New Year's or any time resolution.

“NO CREAM” CREAM SAUCE

Makes about 2-1/2 cups

This is a great substitute for rich, fatty cream sauces and also is a delicious base for cream style soups. Simply use it in place of heavy cream and thin to a desired consistency with stock. Make a big batch and, as suggested above and store covered in the freezer. You can make a delicious sauce by adding some chopped fresh herbs and a squeeze of lemon or a creamy soup by adding stock and whatever fresh vegetables you have on hand.

Ingredients	Amounts
Olive Oil	2 tsp.
Onion, finely chopped	½ cup
Rice, medium or short-grain	1/3 cup
Chicken or vegetable stock, defatted	2 cups
White wine, dry	1 cup
Salt and white pepper	to taste

Method

1. In a saucepan, heat the olive oil, add the onions and sauté over moderate heat until they are soft but not browned.
2. Add the rice and sauté 2 minutes longer, stirring regularly.
3. Add 3/4 cup of the stock and the wine, cover, and simmer until the liquid is mostly absorbed (about 25 minutes) and the rice mixture is very soft.
4. Cool slightly, and with an immersion or regular blender puree until smooth.
5. Add more stock until you reach the desired consistency.
6. Season to your taste with salt and pepper.

Here are two variations using the “no cream” base to get you started and thinking about other combinations. Both are delicious served wherever you would serve a cream style sauce. How about with sautéed chicken or fish, as a topper to mashed or roasted potatoes or to spoon over your favorite vegetable such as broccoli or cauliflower?

CHICKPEA AND ROASTED GARLIC CREAM

Yield: about 3 cups

Ingredients	Amounts
Roasted garlic*	2 whole heads
chickpea or garbanzos, drained	1 15 oz . can (2 cups)
Vegetable or chicken stock	2 cups
“No cream” cream (recipe above) or soy milk	½ cup
Lemon juice, fresh	to taste
Salt and freshly ground pepper	to taste

Method

1. Add all ingredients to a blender and puree till smooth.
2. Season to your taste with drops of lemon juice, salt and pepper.
3. Thin if desired with additional stock.
4. Store covered and refrigerated for up to 5 days.

*** To Roast Garlic:**

1. Slice off the top quarter or so of each garlic head to expose the cloves.
2. Drizzle with a little olive oil and season with salt and pepper.
3. Loosely but completely wrap each head in a piece of foil and roast in a preheated 400-degree oven or until garlic is very soft and lightly browned, about 45 minutes or so.
4. Cool, and store tightly covered in the refrigerator for up to 5 days.
5. To use simply squeeze the buttery soft garlic out of the head just like you’d do toothpaste.

ROASTED MUSHROOM AND MUSTARD SAUCE

Yield: about 4 cups

Ingredients	Amounts
Cremini mushrooms	1 lb.
Olive oil	3 Tbsp.
Salt and freshly ground pepper	to taste
Butter	2 Tbsp.
White onion, chopped	1 (1 cup)
Garlic, chopped	1 Tbsp.
Vegetable or chicken stock	1 cup
Dijon mustard, smooth	2 Tbsp.
“No cream” cream (recipe above)	1-1/2 cups
Dry sherry such as Fino or Amontillado or to taste (optional)	2 Tbsp.
Lemon juice	Drops

Method

1. Rinse and quarter the mushrooms and toss with the olive oil, seasoning lightly with salt and pepper.
2. Arrange in a single layer on a baking sheet and place in a preheated 375-degree oven and roast until mushrooms are lightly browned and somewhat shriveled, about 25 minutes.
3. Meanwhile heat the butter over moderate heat in a large sauté pan and add the onions and garlic and sauté until softened and just beginning to brown, about 5 minutes.
4. Add the roasted mushrooms, onion mixture stock, mustard and cream to a blender and puree till smooth. Push mixture through a fine mesh strainer discarding any large solids. Thin if desired with additional stock.
5. Season to your taste with the sherry if using, drops of lemon juice, salt and pepper.

Following are some more of my favorite vegetable based sauces that I predict you'll find lots of uses for:

RED BELL PEPPER, TOMATO AND CHIPOTLE SAUCE

Makes about 3-1/2 cups

Ingredients	Amounts
Red bell peppers, large	2 (1-1/4 pounds)
Olive oil, divided	2 Tbsp.
Onion, small, chopped (1 cup)	1 ea.
Fresh garlic, chopped	1 Tbsp.
Tomatoes, diced, canned, in juice	1 cup
Honey or sugar	1/2 tsp. or to taste
Chipotle in adobo	1/2 tsp. or to taste
Vegetable or chicken broth	1-2 cups
Salt and freshly ground pepper	to taste

Method

1. Cut the peppers in half and discard seeds and stems. Rub lightly with 1 tablespoon olive oil and place cut side down on a baking sheet and roast in a preheated 400 degree oven for 15 minutes or until flesh is soft and skin is lightly browned.
2. Cool, remove skins, chop pepper and set aside.
3. In a small sauté pan, heat remaining tablespoon olive oil over moderate heat and add onion and garlic. Sauté and stir until soft and just beginning to brown, about 5 minutes.
4. Add roasted peppers, onion mixture, tomatoes, honey, chipotles and 1 cup broth to a blender and puree until very smooth. Thin consistency with additional stock if desired.
5. Season to your taste with salt and pepper.
6. Can be stored covered and refrigerated for up to 5 days.

CURRIED BUTTERNUT SQUASH SAUCE

Makes about 5 cups

In this recipe I take advantage of the prepared Southeast Asian curry pastes. You'll find them in some supermarkets and almost all Asian markets, especially those that carry Thai ingredients.

Ingredients	Amounts
Butter	2 Tbsp.
Onion, medium, chopped	1 (1-1/4 cups)
Garlic, chopped	2 Tbsp.
Roasted butternut squash pulp*	2 cups
Prepared Panang or other prepared Thai curry paste, or to taste	1 tsp.
Coconut milk, canned, well stirred	2 cups
Vegetable or chicken stock	2 cups
Lime juice, fresh	drops
Salt and freshly ground pepper	to taste

Method

1. Heat the butter over moderate heat in a sauté pan and add the onion and garlic. Sauté until soft and very lightly colored, stirring occasionally.
2. Off heat add the onion mixture, squash, curry, coconut milk and stock to a blender (you may have to do this in a couple of batches) and puree till smooth.
3. Season to your taste with lime juice, salt and pepper.
4. Can be stored covered and refrigerated for up to 3 days.

****To Roast Butternut Squash:***

1. Cut the squash in half and scoop out and discard seeds.
2. Brush cut surface with melted butter or olive oil, season lightly with salt and pepper and roast cut side up in a preheated 400 degree oven for 35 - 40 minutes or until flesh is soft all the way through and very lightly browned.

SPICY CARROT SAUCE

Yield: 2-1/4 cups

I find many uses for this sauce. In the restaurant I'll spoon it around seared fresh scallops. Also great with quickly browned boneless skinless chicken breasts. The beans or rice help give the sauce lovely mouth feel. I prefer to strain the sauce before using but you can leave it more "rustic" if you like.

Ingredients	Amounts
Garlic, chopped	1 tsp.
Onion, small, diced	1 (1 cup)
Olive oil	2 Tbsp.
carrot juice, fresh	2 cups
Cooked white beans such as cannelini or cooked white rice	2/3 cup
Chipotle in adobo, or to taste	1/2 tsp.
Soy sauce	1 tsp.
Lime or lemon juice, fresh	2 tsps.
Salt	to taste

Method

1. Sauté the garlic and onion in olive oil over moderate heat until soft but not brown, about 5 minutes.
2. Add the mixture to a blender along with the carrot juice, beans, chipotle and soy sauce and blend until very smooth.
3. Strain through a fine mesh strainer if desired.
4. Pour into a small saucepan and bring just below the simmer.
5. Season to taste with lime juice and salt. Try not to boil sauce.
6. Thin if desired with additional carrot juice or stock.

ASIAN PEANUT SAUCE

Yield: about 2 cups

This is a very easy to make sauce that is delicious drizzled over grilled meats, fish and vegetables. It's a great sauce or condiment with rice and noodles. I also love it thickly spread on crusty bread and topped with grilled eggplant and red onions, sliced cucumber, shredded cabbage and carrots. Be sure to use "natural" peanut butter that contains no hydrogenated oils. Label should read just peanuts and salt

Ingredients	Amounts
Natural peanut butter, well stirred	½ cup
Soft silken tofu, (1/2 block)	6 oz.
Palm* or light brown sugar	3 Tbsp.
Chili garlic sauce (Lee Kum Kee makes a good one)	1 Tbsp.
Lime juice, fresh	3 Tbsp.
Soy sauce	2 Tbsp.
Coconut milk, stirred	1/3 cup

Method

1. Add first 6 ingredients to a blender and blend on moderate speed till smooth.
2. Add coconut milk to desired consistency.
3. Store covered in refrigerator for up to 7 days.

*Palm sugar is honey colored and has a mild caramel-like flavor. It comes from the coconut or "sugar" palm tree from which the sap is taken and boiled down to make the sugar. It's available in Asian markets.

MANGO MUSTARD SEED SAUCE

Yield: about 2 cups

This uncooked sauce is great with grilled white meats and fish. Thinned with additional juice or stock it makes a delicious dressing for savory greens. Other ripe stone fruits like peaches, apricots or plums can be substituted for the mango. More and more frozen fruit purees are becoming available in the market for home cooks so keep your eye on the frozen food case.

Ingredients	Amounts
Yellow or black mustard seeds	2 Tbsp.
Mango puree (from ripe mangoes), fresh	1 ea.
Ginger, finely minced	2 tsp.
Garlic, finely minced	1 tsp.
Fragrant Madras style curry powder, or to taste	½ tsp.
Grapefruit juice, fresh	½ cup
Sherry vinegar	2 tsp.
Hot sesame oil (with chile)	1-1/2 tsp.
Ripe fresh banana, chopped (optional)	1/3 cup
Honey (or to taste)	1 tsp.
Salt and freshly ground white pepper	to taste

Method

1. Place mustard seeds, dry, in a small sauté pan over moderate heat and toast until they just begin to pop. Immediately cover and remove from heat. Set aside.
2. Combine mustard seeds and remaining ingredients in a blender or food processor and briefly blend to produce a smooth sauce.
3. Thin to desired consistency with additional grapefruit juice.
4. Store covered and refrigerated for up to 3 days.

COLD AVOCADO SAUCE

This is a quick and delicious sauce to use with cold fish, shell fish and vegetables. You can also add some peeled and seeded cucumber to the mixture before pureeing to add an interesting flavor note.

Yield: about 1-1/2 cups

Ingredients	Amounts
Avocados, 8 ounces each	
Vegetable or chicken stock, defatted	1 cup
Lime juice, fresh	3 Tbsp.
Your favorite hot sauce	drops
Kosher or sea salt and freshly ground pepper	

Method

1. Peel and discard seeds from avocados. Cut into chunks and add to a blender with the stock and lime juice and puree till smooth.
2. Season to your taste with hot sauce, salt and pepper.
3. Store covered and refrigerated for up to 3 days.
4. Thin if desired with additional stock.

ANCHO CHILE SALSA

In Mexican cooking the term “salsa” simply translates to sauce and could be either fresh or cooked. Ancho chiles are the dried version of fresh poblanos which are often mislabeled “pasilla” in the market. Pasilla is another kind of dried chile which could also be substituted here. Both are widely available in Hispanic markets and on line. I use this sauce with grilled or roasted meats like beef or pork and also as a base for chili of any kind.

Yield: about 3 cups

Ingredients	Amounts
Ancho chiles, large, dried	4 ea.
Olive oil	2 Tbsp.
Garlic cloves, large, peeled and chopped	5 ea.
Diced tomatoes in juice, canned, (14.5 ounce)	2 cups
Oregano, preferably Mexican	1 Tbsp.
Brown sugar	2 tsp.
Balsamic vinegar	2 Tbsp.
Chicken or vegetable stock	1-1/2 cups
Sea salt to taste	

Method

1. Pour boiling water over the chiles and let them soak for 15 minutes or so or until softened. Drain and tear into pieces discarding stems and seeds. Set aside.
2. In a small saucepan heat the olive oil over medium heat, add the garlic and sauté for 2 - 3 minutes or until lightly browned. Add the chiles, tomatoes, oregano, sugar, vinegar and stock and simmer for 5 minutes.
3. Cool slightly and carefully puree in an upright blender (or in the pan with an immersion blender) until very smooth.
4. Return to pan and simmer for another 5 minutes or so.
5. Season to taste with salt and thin if desired with a bit more stock.
6. Can be made ahead and stored covered and refrigerated for up to 5 days.

Source: *John Ash* © *Times/Tribune Syndicate* 2007

SPAIN TO SOUTHERN ITALY

Monday, September 10th, 2007

Ecolab Theater

RECIPES FROM JOYCE GOLDSTEIN

CHICKPEAS AND SPINACH

GARBANZOS Y ESPINACAS

Both chickpeas and spinach were introduced to Spain by the Moors. This classic dish is from the kitchens of Madrid and New Castile. This used to be a lenten dish, served on Good Friday and other fast days. Salt cod was typically added to round out the combination, or conversely, given up as a lenten sacrifice once cod became part of the traditional recipe. However, as is true with many good recipes, variations evolve and this rustic bean stew can be thinned into a soup by the addition of broth or water. Of you opt to omit salt cod and want this to be richer you may add diced ham (or add a ham hock to the beans when cooking them.) Enriched by a picada of fried bread and garlic, it is fairly thick and substantial. Add eggs for a fuller meal.

Serves 6

Ingredients	Amounts
Chickpeas, soaked over night in cold water	½ lb.
Sachet of 4 cloves garlic, 1 medium onion	1 ea.
Bay leaf	1 ea.
Small ham hock, optional	1 ea.
Spinach	1 lb.
Olive oil	2 Tbsp.
Bread slice, crust removed	1 ea.
Saffron	generous pinch
Cumin, ground and toasted	1 teas.
Pimenton dulce	2 teas.
Water or stock if needed	
Salt and freshly ground black pepper	to taste
Vinegar, optional	dash
Salt cod, cooked, broken up into bite- sized pieces, optional	¼ lb.
Cooked ham, diced, optional	¼ cup
Eggs, hard cooked, chopped	2 ea.

Method

1. Drain chickpeas, put in a saucepan and cover with fresh water. Add the sachet of garlic, onion, and bay leaf and bring to a boil. Reduce heat and simmer until tender, about 40 to 60 minutes. Add 2 teaspoons salt after 15 minutes of cooking. When chickpeas are done, remove the onion and garlic sachet and reserve. Discard the bay leaf. Do not drain the chickpeas.
2. Remove the stems from the spinach, and cut it up coarsely. You want about 4 cups of leaves before cooking. They will shrink considerably. Wash the spinach well and drain it in a colander. Steam until wilted in the water clinging to the leaves. Drain and chop the cooked spinach coarsely. Set aside.
3. To make the picada, heat olive oil in small sauté pan. Fry the bread and remaining garlic cloves until golden. Puree in blender or mini-processor along with a few strands of saffron. Add the reserved cooked onion and garlic cloves, the cumin and pimenton and 1 cup of chickpea liquid and puree until smooth.
4. Add this to the cooked chickpeas, along with the wilted spinach. Stir well over low heat and bring to a simmer. Season to taste with salt and lots of freshly ground black pepper. You may want to add a drop or two of vinegar for balance.
5. Add cooked salt cod or ham if desired and warm through.
6. Garnish with chopped eggs or a few fried eggs.

SICILIAN FAVA PUREE WITH WILD GREENS *MACCO E VERDURE OR FAVE E CICORIA*

When asked what she'd eat at her proverbial last meal, Marcella Hazan said she'd want macco e verdure. This robust fava puree topped with wilted greens, appears throughout the Italian South and goes under other names: macco e verdure in Sicily, or maccu in dialect, 'ncapriata in Puglia, and fave e bietole in Calabria. The bean puree is similar to the Greek spread called fava (not made with dried favas but with yellow split peas), served drizzled with oil and topped with shaved red onion. Here the puree is topped with wilted greens: wild fennel fronds, chicory (frisée or curly endive), Swiss chard, beet greens, wild mustard greens, even broccoli rabe, sometimes with the addition of chopped tomatoes. Macco, whose name comes from the verb ammaccare or to crush, is generally served as a first course, but it is really filling, and you can make a meal of it.

If you thin the bean puree to a soupy consistency, you could add cooked pasta to round out the dish. As if it were not sufficiently filling, some cooks add fried bread croutons to the puree. If you want to keep it as a small portion, you can spread the fava puree on grilled or toasted bread and top it with the wilted greens. Macco could become your favorite comfort food.

Dried favas usually can be purchased already peeled. They are beige-yellow in color. If you can't find them peeled, buy about 1 1/4 pounds, soak, then peel. (I'm really sorry about this but it makes for a better puree.) Then proceed with the recipe. Garnish macco with grated Pecorino cheese if you like, and a drizzle of good olive oil.

In the spring, you may want to use fresh favas. You will need about 2 to 3 pounds, and, truth to tell, that means blanching and peeling too. It's well worth the effort.

Serves 6

Ingredients	Amounts
Fava beans, preferably peeled (or white beans)	1 lb.
Cold water	2 qts.
Garlic, peeled	2 or 3 cloves
Fruity extra virgin olive oil plus more for garnish	2 Tbsp.
Onions, diced	1 cup
Garlic, minced fine	2 cloves
Well washed greens (fennel fronds, chard, curly endive, mustard greens, escarole) chopped coarsely	8 cups
Tomatoes, peeled, seeded and chopped (optional)	2 cups
Grated Pecorino cheese, optional	

Method

1. Put the fava beans in a heavy soup kettle with 2 quarts cold water. Bring to a boil, add salt and garlic and reduce heat to low. Simmer uncovered until favas are very soft and can be mashed with a spoon in the pot, about 1 or 2 hours, depending upon the age of the favas. Add water if necessary while the beans are cooking and stir occasionally to prevent sticking or scorching. Stir in a few tablespoons of fruity olive oil and add salt to taste.
2. Meanwhile, in a wide sauté pan, heat 2 tablespoons olive oil over medium heat and cook the onions and garlic for a few minutes. Add the tomatoes, if using. Add the chopped greens and wilt them in water clinging to the leaves, or add about a cup of water to make enough steam to wilt them. Simmer over low heat until greens are tender, about 20 minutes. Season greens with salt and lots of freshly ground pepper. Drain any excess water. The greens also can be parboiled, drained well, and chopped, and added to the sautéed onion and garlic. Hot pepper may be added to the cooked onions. You can also make this dish with white beans. It will not be the classic maccu, but it will be good!

To serve: Ladle fava puree into warm bowls, top with greens and a generous a drizzle of extra virgin olive oil and grated cheese, if desired. Or spread the puree on toasted bread and top with greens.

LATIN & SOUTHEAST ASIAN FLAVORS LUNCH

Monday, September 10th, 2007

Barrel Room

SPONSORED BY THE NATIONAL PEANUT BOARD

THAI GREEN PAPAYA SALAD

SOM TUM

Serves 8

Ingredients	Amounts
Green papaya, peeled and shredded (*see note)	6 cups
Thai bird chilies, chopped	3 - 6 each (to taste)
Roasted peanuts, chopped	½ cup
Dried shrimp or fermented fish (pla rah)	4 Tbsp.
Cherry tomatoes, halved	16 each
Long beans or green beans, in 1 ½ -inch pieces, raw (optional)	1 cup
Garlic cloves	4 each

Salad Dressing

Fish sauce	4 Tbsp.
Palm sugar or light brown sugar	½ cup
Lime juice	½ cup
Green cabbage, cut into thin wedges, leaves separated	½ cup

Method

1. Combine all the dressings ingredients, stir to mix well and set aside.
2. Place the garlic and chilies in a mortar and pound until they're broken down. Add the dried shrimp, pound slightly. Add shredded green papaya. Pound to slightly bruise the vegetables and to release their juices. Add green beans, pound again, then add the tomatoes and pound
3. Toss in salad dressing. Keep pounding the papaya gently by using a spoon to continuously turn the papaya to slightly bruise.
4. Stir in toasted peanuts, mix well.
5. Adjust the seasonings and transfer to a serving platter. Drizzle some of the sauce remaining in the mortar and serve with cabbage wedges.

***Note:** Peel papaya and cut in half lengthwise. Scoop the seeds and discard. With a Japanese mandoline, or with a box grater, slice the papaya into thin, long strands about 1/16-inch thick.

Source: © Mai Pham, Lemon Grass Restaurant, Sacramento, CA

© Chai Siriyarn, Marnee Thai Restaurant, San Francisco CA

THAI GREEN CURRY WITH JUMBO PRAWNS, WINTER SQUASH AND FRESH BASIL

Yield: 4 Portions

Ingredients	Amounts
Coconut milk, unsweetened	3 cup
Green curry paste	2 Tbsp.
Lemon grass stalk, bruised with knife back	3 2 in.
Fish sauce	2 Tbsp.
Salt	½ tsp.
Sugar	3 Tbsp.
Turmeric, ground	½ tsp.
Asian pumpkin, kabocha, or butternut squash	1 lb.
Jumbo prawns, raw, cleaned	1/4 lb.
Kaffir lime leaves, shredded	3 ea.
Tomatoes, cut into wedges	2 ea.
Peas, frozen	½ cup
Red chili	1 ea.
Thai basil	½ cup

Method

1. To a pot of boiling water, place the prawns in a strainer and blanch until color is about to turn, about 15 seconds. Remove from heat and drain.
2. Heat a wok. Add the top, creamy part of the coconut milk, about ½ cup.
3. Add the curry paste and stir. Allow mixture to sizzle 2 to 3 minutes.
4. Add the remaining coconut milk, lemon grass, fish sauce, salt, sugar and turmeric and bring to high heat and a boil.
5. Add the pumpkin and cook until slightly soft, 4 to 5 min.
6. Add the shrimp, cook until done.
7. Add the lime leaves, tomatoes, peas, chili and basil leaves and remove from heat.

Source: Mai Pham

LEMON RICE

Serves 4 to 6

This is a fairly authentic rendition of a traditional south Indian rice dish. I don't like a lot of lemon in it; I use just enough to barely scent the rice. You can add more if you like by squeezing lemon wedges over the rice on your plate. I sometimes do the same with a lime.

The legumes are used here as a spice: they are sautéed in oil, not simmered in water until tender. This leaves them crunchy, which I like, but this is not traditional. My grandmother always soaked the dal in water to cover for about 10 minutes to soften, then drained them before cooking. Some people like a softer texture; you may want to soak the dal as well.

Ingredients	Amounts
Basmati Rice, plain, drained, spread 1 recipe out on a baking sheet, and cooled to room temperature	7 cups
Canola oil	3 Tbsp.
Black mustard seeds	2 tsp.
Split peas, yellow, (channa dal or supermarket variety)	1 Tbsp.
Peanuts, roasted, chopped	1/2 cup
Red chilies, dried, whole	6 ea.
Cumin seeds	1 tsp.
Turmeric	3/4 tsp.
Curry leaves, torn into pieces (optional)	12 fresh or 16 frozen
Black gram beans (urad dal), hulled	2 tsp.
Asafetida	1/8 tsp.
Onion, red, large, halved through the root end, each half cut in half again crosswise and then sliced 1/4 inch thick (to make short, thick slices)	1 ea.
Scallion, chopped (use the white part and about 2 inches of the green)	1/2 cup
Salt, or to taste	1 1/2 tsp.
Water	1/4 cup
Lemon, juiced	1 ea.
Lemon or lime wedges, for serving (optional)	

Method

1. When the rice is cool, combine the oil, mustard seeds, if using, yellow split peas, and peanuts in a large frying pan, wok, or kadai over medium-high heat. Cook, stirring, 1 to 2 minutes. (If using mustard seeds, cover the pan to avoid splattering and cook until you hear the seeds crackle and pop).

2. Add the red chilies, cumin seeds, turmeric, curry leaves, urad dal and asafetida, if using, and cook, stirring, until the cashews and urad dal turn a uniformly golden color, 1 to 1 1/2 minutes. (Stand back if using curry leaves; they spit when they hit the oil.)
3. Add the onion, scallions, and salt and cook, stirring, until the onion is softened, 4 to 5 minutes. (If the onion begins to burn, turn the heat down.)
4. Add the cooked, cooled rice and stir gently (careful not to break the grains) until the rice is uniformly yellow. Then drizzle the water all around the rim of the pan and stir again, gently, scraping the bottom to loosen the spices that stick.
5. Add the lemon juice and cook, uncovered, until the rice is warmed through, about 2 more minutes. Stir gently once or twice during cooking, scraping the bottom of the pan to keep the spices from sticking. Taste for lemon and salt and serve hot with lemon or lime wedges, if you like.

PEANUT CHUTNEY

MUNGPHALI KEE CHUTNEY

Yield: Makes about 1 pint

Ingredients	Amounts
Peanuts, roasted	1 cup
Red chilies, dried, whole, preferably Kashmiri red chilies	4-5 ea.
Yogurt, plain, stirred until smooth	½ cup
Garam masala	1/4 tsp.
Salt, or to taste	½ tsp.
Confectioners' sugar	1 tsp.

Method

1. Combine the walnuts and chilies in a food processor and grind to a paste.
2. Add the yogurt, garam masala, salt and sugar and process for another minute. Spoon into an airtight container and refrigerate.

SPICY PEANUT CHAAT

Ingredients

Amounts

Peanuts, roasted, salted	1 cup
Onions, chopped	½ cup
Coriander, chopped	1 Tbsp.
Lime juice	1 Tbsp.

Method

1. Mix and serve

THAI BEEF SALAD WITH PEANUTS AND SWEET CHILLI DRESSING

Serves 4 – 6

Ingredients	Amounts
Olive oil	6 Tbsp.
Salt	1 tsp.
5-spice powder	½ tsp.
Freshly ground black pepper	to taste
Whole beef fillet	1-1/4 lbs.
Snow peas, fine julienne	4 oz.
Carrots, fine julienne	4 oz.
Scallions, sliced thinly crosswise at an angle	4 ea.
Cucumber (such as kirby or english), seeded, sliced thinly lengthwise	1 ea.
Peanuts, chopped, lightly toasted	½ cup

Sweet chilli dressing (recipe follows)

Several tender cilantro sprigs, thai basil and mint leaves

Method

1. Combine 3 tablespoons olive oil, salt, 5-spice and a generous grinding or two of pepper and rub over the beef. Allow to sit for up to 30 minutes.
2. Heat the remaining olive oil in a heavy skillet and brown over moderately high heat on all sides.
3. Place in a preheat 425 degree oven for 5 - 8 minutes or until beef is cooked rare to medium rare, 118 degrees or so on an instant read thermometer.
4. Set aside and allow meat to rest for at least 5 minutes before slicing.
5. Meanwhile briefly blanch the snow peas in boiling salted water for 30 seconds or so. Plunge into cold water to stop the cooking and drain thoroughly.
6. Combine the snow peas with the carrots, scallions, cucumber and peanuts and toss with half of the dressing.
7. Slice beef thinly and place on plates.
8. Top with salad and drizzle remaining dressing over and around.
9. Garnish with cilantro sprigs and serve immediately.

SWEET CHILI DRESSING

Ingredients	Amounts
Thai sweet chilli sauce	¼ cup
Fresh lime juice	2 Tbsp.
Lime zest , finely grated (use a microplane)	2 tsp.
Thai fish sauce	2 Tbsp.
Fresh ginger, very finely chopped	1 tsp.

Method

3. Whisk all ingredients together or place in a screw top jar and shake to combine.
4. Store covered and refrigerated for up to 3 days.

Source: John Ash © 2007

GRILLED BRINED SHRIMP WITH TOMATILLO AND AVOCADO SALSA

Yield: 4 – 6 servings

Brining is a terrific way to add flavor and succulence to not only shrimp by poultry, pork, and finned fishes. Note that kosher salt is called for in this recipe. If using sea ordinary table salt reduce the amount of salt to 1/4 cup. Also note that I'm asking you to save the shrimp shells. They can be frozen to make a delicious shelf fish stock for use in other recipes.

For the Brine:

Ingredients	Amounts
Kosher salt and brown sugar	1/3 cup (ea.)
Water, cold	1 quart

For the Marinade:

Olive oil	1/4 cup
Garlic, finely chopped	2 tsp.
Parsley, chopped	1 Tbsp.
Red pepper flakes (or to taste)	1/4 tsp.
Dry white wine	2 Tbsp.

Shrimp, large (16 – 20 per pound) 1 lb.
peeled and deveined (save the shells!)

Tomatillo and avocado salsa (recipe follows)

Garnish: Sprigs of cilantro

Method

1. Prepare brine by stirring salt, sugar and water together until dissolved. Add shrimp and refrigerate for up to an hour. Mix the marinade ingredients together in a small bowl and set aside.
2. Remove shrimp from the brine and rinse thoroughly. Toss with the marinade to coat the shrimp and marinate for up to 1 hour, refrigerated.
3. Grill shrimp on both sides over medium hot coals (or alternately under a hot broiler) until they are just cooked through, about 3 minutes total, turning halfway through.
4. Place shrimp on plates and top with the salsa and cilantro sprigs.
5. Serve warm or at room temperature.

TOMATILLO AND AVOCADO SALSA

Yield: about 1 cup

Ingredients	Amounts
Tomatillos, fresh, husk removed, washed and coarsely chopped	½ cup
Garlic, chopped	1 tsp.
Serrano chile, fresh, seeded and chopped to taste	1 tsp.
Scallion, chopped	1 Tbsp.
Avocado, large, ripe, peeled and pitted	1 ea.
Salt and freshly ground pepper	to taste

Method

1. By hand or in a food processor add the tomatillos, garlic and chile and pulse to finely chop.
2. Coarsely chop the avocado, add to the processor and pulse until well blended or again do it by hand if you like.
3. Sauce should have a bit of texture.
4. Season to taste with salt and pepper.
5. Store covered and refrigerated for up to 2 days.

Source: John Ash © 2005

SMOKY PEANUT MOLE WITH TURKEY LEG CONFIT

Yield: 6 Portions with 2 1/2 Cup Mole

Ingredients	Amounts
Ancho chiles, medium, dried, stemmed and seeded	2 ea.
Omega 9 Canola Oil or olive oil	4 Tbsp.
White onion, small, sliced	1/2 ea.
Garlic cloves, peeled	2 ea.
Tomatoes, about 1 medium-large round or 3 to 4 plum, ripe	8 oz.
Peanuts, dry roasted, plus a few chopped for garnish	1 cup
Bread, white, firm, or 1/2 dry Mexican bolillo roll, torn into pieces	2 slices
Chipotle chiles en adobo, canned, seeded	2 ea.
Allspice, preferably freshly ground	1/8 tsp.
Cinnamon, preferably freshly ground Mexican canela	1/2 tsp.
Chicken broth	3 1/2 cup
Red wine, fruity	1/2 cup
Cider vinegar	1 Tbsp.
Bay leaves	2 ea.
Salt, depending on the saltiness of the broth	1 1/2 tsp.
Sugar	1 Tbsp.
Turkey legs, confit, lightly score fat	6 ea.
A little freshly ground pepper	
Sprigs of flat-leaf parsley, for garnish	

Method

1. The peanut mole: Tear the ancho chiles into flat pieces, then toast a few at a time on an ungreased griddle or skillet over medium heat: press flat with a metal spatula for a few seconds, until they crackle and change color slightly, then flip, and press again (if they give off more than the slightest wisp of smoke, they are burning and will add a bitter element to the sauce.) In a small bowl, cover the chiles with hot water and let rehydrate for 30 minutes, stirring occasionally to ensure even soaking. Drain and discard the water.
2. Meanwhile, heat 1 tablespoon of the oil in a heavy, medium-size (4 quart) pot (preferably a Dutch oven) over medium. Add the onion and garlic cloves, and fry, stirring regularly, until well browned., about 10 minutes. Scrape into a blender jar. Set the pan aside.
3. Roast the tomato on a baking sheet 4 inches below a very hot broiler until blackened, about 45 minutes, then flip it and roast the other side; cook, then peel, collecting all the juices with the tomato. Add the tomato to the blender, along with the peanuts, bread, chipotles,

drained anchos, allspice and cinnamon. Add 1 1/2 cups of the broth and blend until smooth, stirring and scraping down the sides of the blender jar, and adding a little more liquid if needed to keep everything moving through the blades. Press the mixture through a medium-mesh strainer into a bowl.

4. Heat 1 tablespoon of the remaining oil in the pot over medium-high. When hot enough to make a drop of the puree sizzle sharply, add it all at once. Stir as the nutty-smelling, ruddy-red amalgamation thickens and darkens for about 5 minutes, then stir in the remaining 2 cups broth, the wine, vinegar and bay leaves. Partially cover and let gently simmer over medium-low heat for roughly 45 minutes, stirring regularly for the flavors to harmonize. If necessary, thin the sauce with a little more broth to keep it the consistency of a cream soup. Taste and season with salt, about 1 1/2 teaspoons, and the sugar. Cover and keep warm.
5. Remove to a plate and keep warm in a low oven while you set up your plates. Ladle a generous 1/3 cup of the earthy-colored sauce onto each of 6 warm dinner plates. Top with Confit Turkey Legover the sauce. Garnish with chopped peanuts and sprigs of parsley.

Note: This is a dish I've come back to frequently over the years. It is the easiest mole I know, and its crowd-pleasing flavors work well with everything from chicken, quail and pork, swordfish and grouper. Having made it so long, I had to search my books to rediscover the original recipe I started with. It is from a series of books called ...y la comida se hizo.

The smokiness of the quail (a typical game bird in Mexico) brings out the chipotle in the sauce, and in addition, the presentation is stunning.

Advance Preparation: The mole may be made up to 5 days ahead; cover and refrigerate. If oil separates from sauce when reheated, either skim it off or blend the sauce in a loosely covered blender.

Source: "Rick Bayless's Mexican Kitchen", © 1996 Scribner

GINGER-PEANUT ICE CREAM

Yield: 12 portions

Ingredients	Amounts
Peanuts, unsalted, roasted	1¼ cups
Candied ginger, chopped	1/3 cup
Whole milk	1 cup
Heavy cream	2 cups
Light brown sugar	¼ cup
Sugar	1/3 cup
Salt	¼ tsp.
Eggs, large	2 ea.
Ginger, freshly minced	1 Tbsp.

Method

1. To make the peanuts more fragrant and flavorful, dry roast them in a 350°F oven for about 3 to 5 minutes, until a slight aroma of peanuts is detected. Do not allow them to turn brown, as they will become bitter. When cool, coarsely chop peanuts and set aside.
2. Place candied ginger in a small bowl and add just enough water to barely cover it. Set ginger aside to plump and soften.
3. In a saucepan over moderate heat, add milk, cream, sugars, and salt and bring to a boil. Meanwhile, whisk eggs in a large metal bowl. Add hot cream mixture in a slow stream, whisking constantly, then pour into saucepan. While stirring constantly with a wooden spoon, simmer over moderately low heat until custard is thick enough to coat the back of a spoon and registers 170 to 175° on a thermometer. Do not allow mixture to boil.
4. Pour custard through a fine-mesh sieve into a clean metal bowl. Cool to room temperature. Stir in soaked ginger. Cover and refrigerate until cold, at least 3 hours.
5. Freeze custard in an ice cream maker until soft-frozen, then add fresh ginger and ½ cup peanuts. Continue churning ice cream until frozen. Transfer to an airtight container and place in freezer to harden.
6. To serve, scoop ice cream into dessert bowls and garnish with remaining chopped peanuts.

Source: Mai Pham

SOUTHEAST ASIAN AROMATICS DEMONSTRATION AND TASTING

Monday, September 10th, 2007

Ecolab Theater

RECIPES FROM MAI PHAM

HANOI RICE NOODLES WITH GRILLED PORK

BUN CHA HANOI

Ingredients	Amounts
Scallions, sliced into thin rings	2 ea.
Shallot, minced	1 ea.
Fish Sauce	1 Tbsp.
Caramel Sauce	1-½ tsp.
or	
Brown Sugar	1 tsp.
Salt	¼ tsp.
Black Pepper, ground	½ tsp.
Vegetable Oil	1 Tbsp.
Pork Shoulder, sliced thin across the grain	½ lbs.
Pork, ground	½ lbs.
Yellow Onion, chopped	¼ cup

Accompaniments:

Small Dried Bun

Table Salad

2 recipes Vietnamese Dipping Sauce

Method

1. Combine the scallions, shallot, fish sauce, caramel sauce, salt and pepper in a bowl and stir to blend. Divide the marinade equally between 2 bowls. Add the oil and sliced pork to one bowl and toss to evenly coat the meat. Let marinate for 20 minutes. In the second bowl, add the Ground pork and onions and mix well. Shape the ground pork into patties about 2 inches wide and ½ inch thick. Set aside until ready to cook.
2. Set the dining table with a platter of noodles and the Table Salad. Divide the dipping sauce among 3 bowls. Provide each guest with a bowl of sauce and another bowl.
3. Preheat a grill or broiler to high heat. Grill the pork slices and pork patties until the meat is done and the edges are nicely charred on both sides. (You can also cook the pork in a skillet.) Transfer to a serving plate.
4. To eat, place a few slices of pork and pork patties in the bowls of dipping sauce and let them marinate for a few minutes. Invite guest to serve themselves by placing the noodles, herbs and lettuce and meat in their bowls and drizzling some sauce on top.

RICE VERMICELLI

Ingredients

Amounts

Dried Bun

Method:

1. Boil water
2. Add dried noodles and cook for 4 to 5 minutes, till noodles are white, and softened.
3. Drain.
4. Shock.
5. Serve.

VIETNAMESE TABLE SALAD

Ingredients	Amounts
Red Leaf Lettuce, washed and drained	1 head
Cucumber, thinly sliced	½ each
Bean Sprouts	2 cups
Asian Basil	5 to 6 sprigs ea.
Rau Ram	
Red Perilla	
Green Perilla	

Method

1. Arrange the greens in an attractive manner on one side of a large platter.
2. Place the cucumber, bean sprouts and hers on the other side.
3. Serve.

VIETNAMESE DIPPING SAUCE

Ingredients	Amounts
Thai Chilies	2 ea.
Garlic clove, sliced	1 ea.
Sugar	3 Tbsp.
Warm Water	2/3 cup
Lime Juice, fresh	1 ½ Tbsp.
Fish Sauce	5 Tbsp.
Carrots, shredded	2 Tbsp.

Method

1. Cut the chilies into thin rings.
2. Remove one-third of the chilies and set aside for garnish.
3. Place the remaining chilies, garlic, and sugar in a mortar and pound into a coarse, wet paste.
4. Transfer to a small bowl and add the water, lime juice and fish sauce.
5. Stir well to dissolve.
6. Add the reserved chilies and carrots.
7. Let rest 10 minutes before serving.

SOY LIME DIPPING SAUCE

Ingredients	Amounts
Garlic clove, chopped	1 ea.
Thai chilies, thinly sliced	2 ea.
Sugar	2 ½ Tbsp.
Soy Sauce, preferably Chinese	1/3 cup
Lime Juice, fresh with pulp	2 ½ Tbsp.
Water, adjust to taste	¼ cup

Method

1. Place the garlic, chilies, and sugar in a mortar and pound into a paste.
2. Transfer to a small bowl and add the soy sauce, lime juice and water.
3. Stir until well blended.
4. Sauce will keep for 3 weeks, refrigerated.

VIETNAMESE SPRING ROLL

Ingredients	Amounts
Eggs	2 ea.
Fish Sauce	2 Tbsp.
Garlic, minced	½ Tbsp.
Sea Salt	¼ tsp.
Sugar	2 tsp. + 3 Tbsp.
Black Pepper, ground	½ tsp.
Bean threads, soaked in hot Water 30 minutes. Drain. Cut in 2" pieces.	2 oz.
Wood Ear mushroom, soaked, stem trimmed, finely chopped	5 pr 6 ea.
Yellow Onions, remove excess liquid	2/3 cup
Taro Root, peeled and grated, about 1 cup	1 ea.
Scallion, thinly sliced	3 ea.
Crabmeat, picked	1/3 lbs.
Ground Pork	2/3 lbs.
Warm Water	2 qts.
Dried Rice Paper	30 ea.
Vegetable Oil	as needed

Vietnamese Dipping Sauce

Method

1. Make the filling: beat the eggs, fish sauce, garlic, salt, 2 tsp. sugar, and black pepper together in a large bowl.
2. Add the bean threads, mushrooms, onion, taro root, scallions, crabmeat and pork.
3. Using a fork, gently mix until the ingredients are well blended.
4. Fill the bowl with the warm water. Add the remaining 3 tbsp. sugar to the water and stir to dissolve. This helps the rice paper turn golden when fried.
5. Dip the rice paper onto the water and turn to moisten the sheet completely.
6. Lay the rice sheet on a damp kitchen cloth.
7. Wet another rice paper sheet and place it side by side. This allows you to work with one sheet while the second sets.
8. Place 1 heaping table spoon of the filling on the bottom third of the sheet.
9. Using your fingers, gently shape into small cylinder.
10. Lift the bottom edge over the filling, then fold in both sides.
11. Roll into a small cylinder, about 2/3 inch wide and 3 inches long.
12. Place seam side down

13. Do not stack.
14. Fry in 350°F oil.
15. Serve with dipping sauce and table salad.

AFTERNOON BREAK

Monday, September 10th, 2007

Berns Area

**SPONSORED BY
FOSTER FARMS
AND CHRISTOPHER RANCH**

TURKEY AND BRIE CHEESE MELT

Ingredients

Amounts

Foster Farm turkey breast, ready to cook to	to taste
Brie Cheese	to taste
Dijon Mustard	to taste
Sour Dough Garlic Focaccia Bread	to taste
Red Oak Leaf Lettuce	to taste
Tomatoes, vine ripe	to taste
Alae Hi Salt	to taste
Alfalfa Sprouts	to taste

Method

1. Cut Focaccia to fit Panini grill. As large as possible. Cut into portions after it is cooked
2. Assemble sandwich with produce in the center.
3. Grill.
4. Cut and serve on a large wooden cutting board.

FRESH IDEAS FROM LATIN AMERICA

Monday, September 10th 2007

Ecolab Theater

RECIPES BY MARICEL PRESILLA

**CUCHARAMAMA CALABAZA AND GRILLED PINEAPPLE
SALAD WITH BROWN LOAF SUGAR VINAIGRETTE, PUMPKIN
SEEDS AND CACAO NIBS
ENSALADA DE CALABAZA Y PIÑA A LA BRASA CON
VINAGRETA DE MELADO AROMÁTICO
PEPITAS DE CALABAZA, Y CACAO**

An aromatic olive oil vinaigrette lightly sweetened with unrefined brown loaf sugar, and punctuated by crunchy pumpkin seeds and cacao nibs (the shelled kernels of roasted cacao beans) adds depth and tangy flavor to this calabaza (Caribbean pumpkin) and grilled pineapple salad. The aroma of the grill permeates the fruit like a heady seasoning giving it a succulent meaty quality.

Serves 6-8

Ingredients	Amounts
<i>The Pineapple</i>	
Pineapple, ripe, (about 4 pounds), peeled, cored and cut into slabs or 1-inch rounds	1 ea.
Fragrant Brown Loaf Sugar Syrup (see recipe)	¼ cup
<i>The Pumpkin</i>	
Caribbean pumpkin (calabaza) or Kabocha squash, peeled, seeded, and cut into 1-inch cubes	2 lb.
Bay leaves	2 ea.
Ceylon cinnamon, stick, (sold as Mexican cinnamon or canela in Hispanic markets)	1 ea.
Salt	2 tsp.
Allspice berries	10 ea.
<i>The Brown Loaf Sugar Vinaigrette</i>	
Garlic cloves, mashed to a paste with mortar and pestle	4 ea.
Cider vinegar	¼ cup
Extra-virgin olive oil	¼ cup
Allspice, freshly ground	¼ tsp.

Salt	½ tsp.
Fragrant Brown Loaf Sugar Syrup (see recipe)	2 Tbsp.

To Garnish

Green pumpkin seeds, roasted, hulled	2 oz.
Cacao nibs	1 Tbsp.
Spanish hot paprika (preferably Pimentón de la Vera)	
Extra-virgin olive oil	

Method

1. **Grilling or Broiling the Pineapple:** Make the syrup. Prepare the grill. When the embers start getting ashy place the pineapple on the grill and cook for 10 minutes on each side. Brush with the syrup and cook for 5 more minutes. Remove from the grill, cut into 1-inch cubes, discarding the tough core, and set aside. To broil, place the pineapple on a baking sheet and brush with the syrup. Broil for 8 minutes at medium heat. Turn over and brush again with the syrup; broil for 8 more minutes at medium heat. Cut into 1-inch cubes, discarding the tough core, and set aside.
2. **Cooking the Calabaza:** Place the calabaza in a 4-quart pot with 8 cups water, bay leaf, cinnamon, salt, and allspice berries. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.
3. **Preparing the Piloncillo Vinaigrette:** Place the garlic, vinegar, olive oil, allspice, salt, and syrup in a small bowl. Whisk to combine.
4. **Assembling the Salad:** Place the cooked pumpkin and pineapple in a large bowl and toss with the Brown Loaf Sugar Vinaigrette and the roasted pumpkin seeds. Mound on a serving platter and sprinkle with the cacao nibs and some hot Spanish paprika to taste. Drizzle with extra-virgin olive oil.

Source: Maricel E. Presilla

SWEET, SOUR & THE WORLD SPICE KITCHEN FORUM & TASTING

Monday, September 10th, 2007

Ecolab Theater

**SPONSORED BY
THE CALIFORNIA RAISIN MARKETING BOARD**

ROASTED EGGPLANT WITH SCALLION OIL

CA TIM NUONG

Ingredients	Amounts
Eggplant, Asian	1 lbs.
Vegetable Oil	2 Tbsp.
Scallion	2 ea.
Thai Chilies, chopped	2 ea.
Fish Sauce	1 Tbsp.
Salt	to taste

Method

1. Place eggplants on a hot charcoal barbecue or gas burner.
2. Roast the eggplant, turning for even charring, until soft on the outside but still firm on the inside.
3. Remove and cool.
4. Hold the eggplant by the cap under slow running water and peel from top to bottom.
5. Pat dry.
6. Place in wide bowl.
7. Pull each piece into 2 strips.
8. Heat oil in a skillet over moderate heat.
9. Add the scallions and stir quickly, about 20 seconds. They should foam upon contact and become fragrant.
10. Remove the pan from the heat and add the chilies, fish sauce, and salt.
11. Stir then pour the scallion oil over the eggplant.
12. Toss gently, and transfer to a serving plate.
13. Serve warm or at room temperature.

CHILI LIME DIPPING SAUCE

NUOC MAM CHANH

Ingredients	Amounts
Garlic cloves	1 to 2 ea.
Thai chili pepper	3 ea.
Sugar	3 Tbsp.
Fish Sauce	3 Tbsp.
Lime Juice, fresh	3 Tbsp.
Water	3 Tbsp.

Method

1. Place the garlic, chilies, and sugar in a mortar and pound into a paste. You can also chop the chilies and garlic by hand. Transfer to a small bowl and add the fish sauce and lime juice and pulp. Set aside for 15 minutes for the flavors to develop.
2. This sauce will keep for up to 2 weeks.

PEAR & RAISIN CHUTNEY

Makes about 2 cups

In Himachal Pradesh and Kashmir, two northern Indian states, fruit orchards are abundant, as are amazing pears. I created this recipe thinking of these regions. It has since become a classic at my restaurant in New York. Certain regulars are chomping at the bit for me to bottle the Pear Chutney for commercial sale. Until that time comes, they'll have to sate their appetite by making it for themselves. I like to can the chutney and offer it as hostess gifts or to friends visiting my home. It is excellent with most any roasted meat, as well as on a sandwich. Fenugreek leaves add a gentle bitter contrast to the sweetness of the pears, but if you can't find dried fenugreek leaves, simply omit them.

Ingredients	Amounts
Canola oil	3 Tbsp.
Red chiles, dried	3 to 6 ea.
Fennel seeds	1 ½ tsp.
Cumin seeds	1 tsp.
Fenugreek leaves, dried (optional)	¼ cup
Paprika	½ tsp.
Asafetida	Pinch
Raisins, golden	1 cup
Bartlett or d'Anjou pears, peeled, halved, cored, quartered and thinly sliced crosswise (about 6)	3 1/2 lbs.
Kosher salt	1 1/2 tsp.
Sugar	1/4 cup
White wine vinegar	2 Tbsp.

Method

6. Heat the oil with the chiles, fennel seeds and cumin seeds in a large saucepan or skillet over medium-high heat until the cumin is browned, about 2 to 2 1/2 minutes.
7. Stir in the fenugreek leaves (if using), paprika and asafetida and cook for 15 seconds. Add the raisins and cook for two minutes. Add the pears and salt and cook until the pears get juicy, about 3 to 4 minutes.
8. Stir in the sugar and vinegar, reduce the heat to medium, and cook for 3 minutes. Cook until the pears are soft, sticky, deeply golden and caramelized, stirring often, for about 35 to 45 minutes.
9. Taste for seasoning.
10. Transfer to a plastic container and refrigerate for up to one week or ladle into dry and sterilized jars and can according to the manufacturer's instructions.

TAMARIND RAISIN CHUTNEY

Makes about 1 1/4 cups

This is my partner Charlie's favorite condiment to have around. He has lived in India, traveled throughout the country extensively and has eaten in many celebrated homes and restaurants, but this recipe remains as his favorite ever. In fact, he often gets us both into trouble by admitting to my mother that he likes my version better! You can keep this in a tightly sealed jar for several weeks if you store it carefully and always use a clean spoon (no double dipping!) to take some from the jar. I use the Tamarind Chutney as the recipes for Abha Auntie's Eggplant as well as for a glaze over the roast turkey.

Ingredients	Amounts
Canola oil	1 Tbsp.
Cumin seeds	1 tsp.
Ginger, ground	1 tsp.
Cayenne pepper	1/2 tsp.
Fennel seeds	1/2 tsp.
Asafetida	1/2 tsp.
Garam masala	1/2 tsp.
Water	2 cups
Sugar	1 cup
Raisin paste	1/2 cup
Tamarind concentrate	3 Tbsp.

Method

1. Heat the oil and spices in a medium saucepan over medium-high heat and cook until the spices are fragrant and lightly toasted, about 1 minute. Whisk in the water, sugar and tamarind concentrate until completely dissolved and bring to a boil. Turn the heat down to medium and simmer until the sauce turns chocolaty brown and it is thick enough to leave a trail on the back of a spoon, about 20 to 30 minutes. (While still warm it will look like chocolate sauce and it will thicken a bit as it cools).
2. Taste for seasoning.
3. Transfer to a covered plastic container and store in the refrigerator for up to 2 weeks.

PEACH & RAISIN CHIPOTLE SAUCE

Makes about 1-1/2 cups

Ingredients	Amounts
Olive oil	2 Tbsp.
Onion, finely chopped	½ cup
Ginger, peeled, finely chopped	1 Tbsp.
Garlic, large, peeled and chopped	2 ea.
Dry white wine	½ cup
Peach preserves	1/3 cup
Peaches, peeled, seeded and chopped	3 cups
Golden raisins	1 cup
Ketchup	¼ cup
Cinnamon, ground	large pinch
Cider vinegar	¼ cup
Chipotle in adobo, chopped	1 Tbsp.
Kosher or sea salt	to taste

Method

1. Heat olive oil in a heavy bottomed sauce pan and sauté onion, ginger and garlic over moderate heat until just beginning to color.
2. Add remaining ingredients and bring to a simmer.
3. Cook uncovered adjusting heat so that mixture just simmers for 20 minutes, stirring occasionally until it is nicely thickened.
4. Carefully puree in a blender and add salt to taste.
5. Can be stored covered and refrigerated for up to a week.

Source: John Ash © 2005

ADOBO SAUCE

For the Sauce:

Ingredients	Amounts
Ancho or Mulatto chiles, large, dried	4 ea.
Guajillo or New Mexico chiles, dried	2 or 3 ea.
Chipotle chile, dried	1 ea.
White onion, chopped	2 cups
Fennel seed	½ tsp.
Oregano (preferably Mexican)	1 Tbsp.
Cumin seed	1 tsp.
Garlic, chopped	3 Tbsp.
Crushed tomatoes, canned	1 cup
Brown sugar	1 Tbsp.
Olive oil	2 Tbsp.
Pork cooking stock, defatted	2-3 cups
Salt and freshly ground pepper	to taste

Method

1. Stem and seed the chiles and place in a bowl. Add enough boiling water to cover and allow chiles to soften for 30 minutes. Drain, reserving soaking liquid and add chiles to a blender along with onion, fennel, oregano, cumin, garlic, tomatoes and brown sugar and puree till very smooth.
2. Heat a deep saucepan with the 2 tablespoons oil and add chile puree and cook over moderate heat for 4 - 5 minutes, stirring constantly.
3. Add strained and defatted pork stock along with a cup or so of the reserved chile soaking liquid and simmer uncovered over moderate heat for 15 minutes or so.
4. Taste and season with salt and pepper.
5. Add additional stock to desired consistency.
6. Pull pork apart into bite size chunks and return to sauce and simmer another 10 minutes or so to heat through.
7. Serve in bowls passing accompaniments to add as desired.

Source: John Ash © 2001

SPICY TOMATO RELISH

ESME

I first tasted this wonderful tart and spicy tomato relish at a small restaurant on the Asian side of Istanbul. The restaurant specialized in the regional food of Gazantiep (near the Syrian border) and esme was part of an extensive mezze course. It was served with puffed puri-like flatbread and also was used as a condiment for lamb sausage. Once the host realized that I was a chef, he dared me to guess the ingredients in the sauce and was surprised when I mentioned that there might be pomegranate as well as lemon juice in it. He said he preferred the tartness of pomegranate over lemon juice and offered me a taste of his home brew. This sauce is a study in the balance of sour (lemon or vinegar, pomegranate), bitter (hot peppers, garlic, raw onion), and sweet (tomatoes, paprika and pomegranate), with sour winning out. Be sure that heat is just a mild buzz on the tongue and that the tart elements dominate, with the sweetness of tomato as a secondary theme. Test this by dipping a piece of bread into the sauce to see if the sauce is well seasoned. If not, add a little salt and see if it brings everything into balance.

If you can't find pomegranate molasses, use vinegar or lemon juice for tartness with a pinch of sugar for balance. If you can't find fresh poblano chiles, use long green anaheims but increase the amount of hot pepper. I can't think of a more interesting alternative to ketchup.

Yield: about 1 1/2 cups

Ingredients	Amounts
Tomatoes, ripe	1 lb.
Poblano chiles, fresh	1 large or two small
Olive oil	as needed
Garlic, minced	1 Tbsp.
Green onions, finely chopped or 4 tablespoons grated raw onion	4 ea.
Cayenne, or to taste (depending on heat of the poblanos)	½ tsp.
Sweet paprika (not smoked)	1 tsp.
Pomegranate molasses or more to taste or vinegar or lemon juice to taste and pinch of honey	1 Tbsp.
Salt	
Very coarsely chopped Italian parsley	

Method

1. Roast the tomatoes on a griddle or in a cast iron frying pan until the skins are cracked and charred.
2. Roast the poblano chile on the griddle or direct flame until the skin is black and charred.
3. Place the pepper in a paper bag or small plastic container and let it steam for 15 minutes.

4. Peel, seed and finely chop the poblano chile.
5. Peel and core the tomatoes and squeeze out most of the seeds. Chop them coarsely. If they are very watery, place in a strainer and drain. Or to reduce liquids you may place chopped tomatoes in a medium sauté pan with a little olive oil and cook on low heat for about 5 minutes. Add garlic, green onions, cayenne, paprika and the chopped pasilla chile. Season with pomegranate syrup and salt to taste.
6. Place in a shallow bowl or saucer and top with chopped parsley.
7. Serve with pita bread or as a condiment for lamb, chicken and fish.

SICILIAN SAUCE FOR FISH

AGGHIOTTA

This is a classic preparation for both swordfish and tuna. Ghiotta can mean dripping pan or glutton. Note the classic Arab pairing of pine nuts and raisins.

Enough sauce for 7 or 8 six ounce filets of fish

Ingredients	Amounts
Olive oil	
Onion, chopped	1 ea.
Garlic, finely minced	3 cloves
Tomatoes, peeled, seeded and chopped (2 cups)	1 lb.
Green olives, pitted and coarsely chopped	½ cup
Pine nuts, toasted	¼ cup
Raisins, plumped in hot water	¼ cup
Capers, rinsed	¼ cup
Celery, chopped	3 ribs
Fish stock or water	1 cup
Chopped basil	

Method

1. Sprinkle fish with salt and pepper and dredge in flour. Heat enough olive oil to film a large sauté pan and fry until lightly colored on both sides. Transfer fish from the pan with a slotted spatula to a baking dish large enough to hold all of them in a single layer.
2. For the sauce: Heat oil in pan. Add the chopped onion and cook for about 10 minutes over moderate heat. Add the tomatoes and simmer for 5 minutes. Add the olives, pine nuts, raisins, capers, garlic, celery and a few chopped leaves of basil and simmer for 10 minutes. Add the fish stock or water and simmer 5 minutes. Adjust seasoning.
3. Preheat oven to 400. Ladle the sauce over the fish. Bake for about 10 minutes. Serve with garlic croutons.

MARICEL PRESILLA'S CUBAN TURKEY HASH WITH RAISINS, ALMONDS, AND GREEN OLIVES

PICADILLO DE PAVO CON PASAS, ALMENDRAS Y ACEITUNAS

For Cubans, *picadillo* is comfort food, to be eaten alongside fluffy white rice and often topped with a fried egg. Yet the *picadillo*'s varied ingredients and aromatic flavorings reveal a sophisticated pedigree -- a connection with Medieval Islamic cooking in the use of raisins, olives, and almonds in savory dishes.

Traditionally, *picadillo* is made with beef, but this version calls for ground turkey, a healthier alternative that is gaining popularity among Cuban-Americans. The result is equally delicious and comforting.

Serves 6

Ingredients	Amounts
Extra-virgin olive oil	1/4 cup
Smoked bacon, slab, chopped into a 1/4-inch dice	1/4 lb.
Garlic cloves, finely chopped	4 ea.
Yellow onion, medium, finely chopped	1 ea.
Green pepper, medium, finely chopped	1 ea.
Bay leaf	1 ea.
Scotch bonnet pepper or habanero chile, seeded and finely chopped	1/2 ea.
Turkey, ground	1 1/2 lb.
Green olives, pitted, thinly sliced or whole	1/2 cup
Raisins, black	1/2 cup
Almonds, slivered, lightly toasted	2 Tbsp.
Tomato sauce	1/3 cup
Oregano	1/2 tsp.
Cumin, ground	1/4 tsp.
Allspice, ground	1/8 tsp.
Cilantro or parsley, finely chopped	1 Tbsp.
Chicken or beef broth	1/3 cup
Dry white wine or beer	1/4 cup
Salt and pepper, freshly ground	to taste

Method

1. Heat the oil in a large skillet over medium heat and add the smoked bacon.
2. Sauté until lightly golden, about 2-3 minutes.
3. Add the garlic and sauté until light gold, about 40 seconds.

4. Add the onion, green pepper, bay leaf, and hot pepper and cook until the onion softens, about 3-4 minutes.
5. Add the ground turkey and cook stirring, breaking any lumps for 1-2 minutes.
6. Add the olives, raisins, and almonds.
7. Stir in the tomato sauce, the chicken or beef broth, oregano, cumin, allspice, and cilantro.
8. Season with salt and pepper to taste.
9. Cook, covered, stirring occasionally for about 15 minutes.
10. Serve alongside white rice and fried ripe plantains or with leaves of Romaine lettuce to wrap into taquitos.

Other Uses: This turkey mixture could be used as a stuffing for chicken or turkey, and as a filling for *empanadas*, stuffed potatoes, and croquettes.

Source: Maricel E. Presilla

THE SPONSOR EXCHANGE

Monday, September 10th, 2007

Herb Terrace

SLOW COOKED PORK WITH GUAJILLO CHILE & CALIFORNIA RAISIN PIPIAN

Ingredients	Amounts
<i>Slow Cooked Pork</i>	
Pork shoulder (approx. 10 lbs)	1 ea.
Water	4 qts.
Salt	2 Tbsp.
Garlic cloves	4 oz.
Yellow onion, peeled & cut into eighths	1 lb.
 <i>Guajillo & California Raisin Pipian (yield = 3 quarts)</i>	
Guajillo chiles, stemmed & seeded	4 oz.
Garlic cloves, peeled	2 oz.
California golden raisins	8 oz.
Pine nuts, lightly toasted	6 oz.
Pumpkin seeds, lightly toasted	6 oz.
Chipotle chiles in adobo	4 ea.
Pork stock (from slow cooked pork)	2 qts.
Butter, melted	2 oz.
Salt	2 Tbsp.

Garnishes: dark California raisins, pumpkin seeds, queso fresco, cilantro sprigs

Method

Slow Cooked Pork

1. Cut the pork shoulder into quarters. In a pot large enough to hold the pork, combine the pork & the remaining ingredients. Simmer the pork for 1 ½ hours or until tender. Remove the pork from the liquid and cool. Reserve the stock for the sauce. [Note: the pork fat that rises to the surface can be saved to later sauté the pork.]
2. Clean the cooked pork of any excess fat. Cut the pork into 1 inch cubes or pieces. Reserve.

Guajillo & California Raisin Pipian

1. Lightly toast the guajillo chiles in a 350F oven for approximately 15 minutes. Do not allow to burn or to darken too much.
2. Transfer the chiles to a bowl and cover with warm water. Soak for approximately 30 minutes or until the chiles are soft
3. Combine the golden raisins and garlic cloves in a sauce pan. Cover with water. Bring the water to a boil and then simmer until the garlic cloves are soft – approximately 15 minutes.
4. Drain off the water and reserve the raisins and garlic cloves.
5. In a blender, combine the soaked chiles, the raisins and garlic cloves, and the remaining ingredients for the sauce. Puree until smooth.

Finishing the Pork

1. Heat a little oil or some pork fat in a wide deep skillet until hot. Lightly brown the cooked cubes of pork. Brown the pork in batches if necessary – do not over crowd the skillet.
2. When all of the pork is brown, add the Guajillo Raisin puree to the skillet with the pork. Bring the sauce to a very gentle simmer. Gently stir to scrape the bottom of the pan to release any bits of caramelized pork. Simmer the pork in the sauce of approximately 30 minutes. If the sauce becomes too thick, add additional stock to thin to a creamy consistency.

To Serve

1. For garnishes, lightly sauté the dark raisins in a little butter or pork fat and lightly salt. Toast some extra pumpkin seeds. Crumble the queso fresco into large coarse chunks. Prepare some cilantro sprigs, if available.
2. Transfer the pork in the sauce to a serving platter. Sprinkle with the sautéed raisins, toasted pumpkin seeds and crumbled queso fresco. Garnish with the cilantro sprigs.
3. Additionally: sliced radishes and chopped white onions are also nice garnishes to serve on the side.

Source: Robert Del Grande

PEANUT CRUSTED VELVET CHICKEN TENDERS ON BUCKWHEAT SOBA NOODLES WITH PEANUT DRESSING AND PEA SHOOTS

	Ingredients	Amounts
	Chicken Tenders	1 lb
	Salt	to taste
	Pepper	to taste
	Peanut Oil	2 oz.
	Flour	as needed
Egg Wash		as needed
	Peanuts, roasted, chopped, salted	1 lb
	Panko	1 qt
	As Needed	Egg Wash

Method

1. Season chicken tender with salt, pepper, and peanut oil
2. Set up breading station, flour, egg wash, and mixture of chopped peanuts & panko.
3. Bread tenders.
4. Preheat wok with peanut oil to 325°F
5. Fry tenders.
6. Remove.
7. Serve over soba noodle salad

SOBA NOODLE SALAD

Ingredients	Amounts
Napa Cabbage, shredded	1 ½ oz.
Mauí Onion, Julienne	2 oz.
Carrots, Julienne	1 ½ oz.
Snow Peas, Julienne	1 oz.
Shiitake Mushrooms, Julienne	1 oz.
Cilantro, chopped	1 tsp
Green Onions, bias cut	2 tsp
Soba Noodles, cooked, chilled	1 lb.
Peanut Vinaigrette	5 oz

Method

1. Combine all ingredients.
2. Season with dressing and toss.
3. Plate and use immediately.

PEANUT VINAIGRETTE

Ingredients	Amounts
Soy Sauce	3 oz
Peanut Oil	2 oz.
Peanuts, roasted, chopped	1 Tbsp.
Olive Oil	6 oz.
Rice Wine Vinegar	2 oz.
Garlic, chopped	1 Tbsp.
Patis	to taste
Thai Bird Chilies, chopped	to taste

Method

1. Combine all ingredients to make vinaigrette.

Source: Royal Hawaiian Hotel and Chef Thomas Wong

SAUTÉED WILD ALASKA SCALLOPS WITH LEMON ON MINI SOLETTA PEPPER SALAD IN COSMOPOLITAN LETTUCE

Ingredients	Amounts
Alaska Weathervae Scallops, 10/20 ct.	50 ea.
Lemon Zest, grated	1 Tbsp.
Mini Soletto Peppers, julienne	2 cups
Anchovy filets, chopped fine	8 ea.
Parsley, Italian, chopped fine	¼ cup
Extra Virgin Olive Oil	1 cup
Salt and Pepper	to taste
Cosmopolitan Lettuce Cups	50 ea.

Method

1. Marinate scallops in lemon zest and ½ cup olive oil
2. Combine Soletto peppers, anchovies, parsley and remaining olive oil. Season to taste with salt and pepper.
3. To order, sauté scallops and serve on a bed of pepper mixture in a cosmopolitan lettuce cup.

GRILLED VEGETABLE PUPUSAS TOPPED WITH PICKLED VEGETABLES AND SAVORY TOMATO SALSA

Ingredients	Amounts
Masa harina	3 cups
Cold water	1 cup
Grilled Summer Squash, julienne	½ lbs.
Monterey Jack cheese, grated	1 lb.
Salt	to taste

Method

1. Make into a moist dough, then pull off balls of about 2 tbsp.
2. Form into tortillas about 5 1/2 inches in diameter.
3. Fill with grilled vegetables, grated jack cheese.
4. Bring edges to the center and reform the masa into a ball.
5. Flatten out to a tortilla.
6. Cook on a griddle until golden on both sides.

PICKLED VEGETABLES

Ingredients	Amounts
Carrots, peeled, and cut into ¼" slices on the bias	16 ea.
Cauliflower, trimmed and separated (small florets)	15 heads
Pickling Cucumber, unpeeled, washed cut ¼" slice	10 ea.
Celery, peeled, bias cut	3 head
Onion, peeled, cut into wedges	10 ea.
Hot Pepper, habenero, jalapeno, as hot as you like	6 ea.
Garlic, cloves separate, peeled, cut in half lengthwise	12 ea.
White Vinegar	2 gal.
Water (use less water if you like more vinegar)	3 gal.
Sugar	1 qts.
Salt, course	1 cup
Black pepper, cracked	¼ cup
Thyme sprigs, fresh	8 ea.

Method

1. Separately blanch the celery, carrots, and cauliflower to a crisp tender stage in a large amount of boiling salted water. Shock. Drain. Reserve.
2. Combine the vinegar, water, sugar, salt and pepper in a saucepan and bring to a boil. Add hot peppers, garlic, and onion and return to a boil. Cook 1 minute longer, and pour over the other vegetables.
3. Set aside to cool to room temperature. Pour into sterilized glass mason jars, add thyme sprigs, and refrigerate 3 to 4 weeks before serving.\

SAVORY TOMATO SALSA

Ingredients	Amounts
Plum tomatoes, seeded, medium dice	25 ea.
Onion, small dice	1 lb.
Serrano chilis, seeded and minced	6 ea.
Limes, juiced	4 ea.
Cilantro, chiffonade	1 cup
Salt	to taste

Method

1. Combine all the ingredients. Store chilled for service.
2. Do not peel the tomatoes.

PORTABELLA "STEAK" SANDWICH

Ingredients	Amounts
Portabella mushroom , large	1 ea.
Kikkoman Soy Sauce	1 tsp.
Balsamic vinegar	½ tsp.
Serve on griddled bread, roll, scallion crepe, or focaccia with gruyere cheese, caramelized onions, and umami secret sauce (recipe follows)	

Method

1. Grill a large portabella mushroom 3 to 4 minutes on each side, or until tender.
2. Brush with 1 tsp. Kikkoman Soy Sauce and ½ tsp. balsamic vinegar.
3. Grill 1 minute longer on each side.
4. Serve on a griddled bread, roll, scallion crepe or focaccia with melted gruyere cheese, caramelized onions, and umami secret sauce.

UMAMI SAUCE

Ingredients	Amounts
Mayonnaise	4 cups
Kikkoman soy sauce	½ cup
Dijon mustard	¼ cup

Method

1. Combine ingredients.

CHINESE ONION CREPES

Ingredients	Amounts
Flour	1 ¼ cup
Boiling water	3/8 cup
Egg	½ ea.
or cold water	1/8 cup
Green onion, chopped	1 Tbsp.
Lard or shortening	½ Tbsp.
Salt	½ tsp.

Method

1. In a bowl, add boiling water to flour and mix. Add egg or cold water; mix again until smooth. Set aside for 20 minutes.
2. Remove the dough and knead it on a lightly oiled surface until smooth and elastic. Roll the dough to form a long roll and cut into 6 pieces. Use a rolling pin to roll out each piece of dough into a 4 inch round piece. Brush a dough lightly with 1 portion of the shortening. Sprinkle salt and green onion. Fold both sides to the center slightly overlap. Slightly flatten and roll over jelly roll style to form the shape of a snail. Turn the roll on its side and flatten it to a round shape. Repeat for the remaining pieces of dough.
3. Heat the pan then add 4 tbsp. oil, stir fry the crepes until both sides are golden.
4. Remove and serve.
5. Eggs may be added to the crepes when stir frying.

GRILLED ENDIVE SALAD WITH HUMBOLDT FOG CREAM

Ingredients	Amounts
Endive	1 lbs.
Salt	to taste
Pepper	to taste
Chicken Stock	1 pt.
Milk	1 cup
Bay Leaf	1 ea.
Thyme sprig	1 ea.
Humboldt Fog Cream (recipe follows)	1 pt.

Method

1. Trim root from endives, but keep them intact.
2. Season with salt and pepper.
3. Grill cut sides on a hot broiler.
4. Place in hotel pan.
5. Add chicken stock , milk, bay leaf, and thyme.
6. Bring to a simmer.
7. Cover and finish in the oven till fork tender.
8. Remove
9. Arrange on plate.
10. Garnish with Humboldt Fog Cream.

HUMBOLDT FOG CREAM

Ingredients	Amounts
Humboldt Fog Cheese	1 lbs.
Heavy cream	1 qt.
Garlic clove, chopped	1 ea.
Shallot, brunoise	1 ea.
White Wine	2 oz.
Parsley, chopped	1 Tbsp.

Method

1. Sauté garlic and shallots.
2. Add white wine and reduce to sec.
3. Add heavy cream. Bring to a simmer, Reduce by half.
4. Remove from stove.
5. Monte with cheese.
6. Adjust seasoning.
7. Finish with parsley.

SEAFOOD & GRANDE CLASSICS PAELLA

Yield: 8 – 10 portions

Ingredients	Amounts
Chicken Stock	2 qts.
Saffron	1 pinch
Shrimp shells	8 oz.
Chicken legs, cut in ½	4 ea.
Spanish paprika	2 tsp.
Extra virgin olive oil	1 Tbsp.
Salt and pepper	to taste
Olive oil	2 oz.
Chorizo, cut ½ lengthwise, sliced	8 oz
Onion, small dice	1 ea.
Poblano chile, seeded, small dice	1 cup
Tomato, roasted, peeled, chopped	1 cup
Saffron	1 pinch
Garlic, minced	1 Tbsp.
Romano beans, cut 1" length	1 ½ cup
Riice	2 cup
Scallions, cut 1" length	1 cup
Shrimp, peeled, deveined	½ lb.
Mussels, cleaned, debearded	1 lb.
Scallops, cleaned, U-12	1 lb.
Cod	1 lb.
Grande Classics Mediterranean Blend	1 lb.

Method

1. Season the chicken legs with salt, pepper and spanish paprika. Add the extra virgin olive oil. Toss and let sit overnight.
2. Toss the peeled shrimp with salt, pepper and olive oil. Set aside.
3. Heat a sauce pot over high heat. Add the oil and sauté the shrimp shells until red. Add 1 pinch of saffron, cook 30 seconds, add the chicken stock and bring to a low simmer. Let infuse for 20 minutes, strain.
4. Heat a paella pan on the grill. Add the chicken pieces. Cook until brown all over, but not cooked all the way through. Remove from the pan. Add the chorizo, sauté for 2 – 3 minutes until some of the fat renders. Add the onions and poblano peppers, let cook over medium heat until translucent. Add the tomatoes and cook till the liquid evaporates, then add the saffron and garlic. Let cook til aroma.
5. Add the romano beans and sauté for 1 minute, then sprinkle the rice into the pan, stir well to coat the rice with the seasonings. Let sizzle for 2 – 3 minutes, then add the scallions and just enough stock to cover the rice by ¼ inch, season well with salt and pepper. Bury the chicken pieces in the pan, shaking the pan to smooth the surface, and bring to a simmer. Place on the grill, cover the grill and let simmer over low heat, shaking the pan once in a while until the liquid is absorbed. Add more liquid when the tops of the rice appears, and it still tastes under cooked. The rice should cook at a steady simmer, but shake the pan

periodically to make sure that the liquid settles, and you may have to add more liquid just to cover the rice, until it is cooked.

6. While the rice is cooking, par cook the seafood (except mussels) on the grill. Just to set the color, but they should still be completely raw.
7. When the rice is just about cooked through, place the mussels, hinged side down at an angle around the rim of the pan, and a few in the center, and arrange vegetables on top of paella as desired. Cover lightly with foil and let cook for 5 minutes. Place the seafood on top, check to see if you need to add a little more stock (watch the center of the rice, it'll want to scorch) cover with foil and let cook until the shrimp are done.
8. Remove from the grill. You can serve this with lemon wedges and a garlicky aioli.

SEASONAL CHOPPED TURKEY AND VEGETABLE SALAD WITH MEYER LEMON VINAIGRETTE

Ingredients	Amounts
Perfect Purée Meyer Lemon fruit	4 oz.
Perfect puree blood orange concentrate	1 oz.
Champagne vinegar	4 oz.
Ginger, freshly chopped	1 Tbsp.
Sugar	2 Tbsp.
Cilantro, freshly chopped	1 Tbsp.
Kosher salt	2 Tbsp.
Pepper	1 Tbsp.
Foster Farms Turkey Breast, ready to cook	8 oz.
Assorted Veggies (see notes below)	1 lb.
Extra virgin olive oil	12 oz.

Method

1. Combine all but the oil in a large mixing bowl and mix to blend. Slowly pour the oil into the mixture while constantly mixing with a whip to emulsify the oil into the vinegar base.
2. If the dressing separates under refrigeration, set at room temp for a few minutes before shaking well and dressing salad.

The scooping croton

1. 1 French baguette sliced $\frac{1}{4}$ inch thick on a bias. Lay flat on a baking sheet. Sprinkle with extra virgin olive oil, season with garlic powder, salt and pepper. Bake at 375 for 10 minutes or desired shade of brown. These crunchy little crackers add another texture and help scoop the salad onto the fork or aide in the removal of the fork all together.

The turkey and salad

1. 1 pound of cleaned seasonal vegetables that suite your fancy. Hard vegetable are preferred, Sweet peppers, cauliflower, carrots, broccoli, cucumber, cabbage, squash, celery root and the like.
2. Softer vegetables such as tomato and avocado should be used to garnish and add another layer of texture to the salad.
3. Dice the vegetables and the turkey breast as fine as you can. Then on a large cutting board dress the vegetables with 6 ounces of dressing. Start chopping and when you think you're done keep chopping, the more you chop the better it gets. Maybe it's the love factor the more you put into it the more you get out of it. Season the salad with kosher salt and fresh ground pepper.
4. Spoon the "slaw" into a 4 oz ramekin and invert onto a chilled salad plate. Garnish with an avocado fan and a couple of crotons then sprinkle with feta cheese.

INDIAN ALMOND FLATBREAD

Yield: 5 Dozen

Ingredients	Amounts
Bread flour	1lb. 9oz.
Durum flour	10 oz.
Cake flour	8.5 oz.
Whole wheat flour	8.5 oz.
Instant dry yeast, package	1 ea.
Whole milk	21 oz.
Water	14.5 oz.
Molasses	1.75 oz.
Honey	1.75 oz.
Salt	1.25 oz.
Almonds, sliced	8 oz.

Method

1. Combine the flours and yeast. Add the milk, water, molasses, honey, almonds and salt.
2. Mix on low speed for 10 minutes. The dough should pull cleanly away from the side of the bowl but still be wet and soft.
3. Bulk ferment the dough until nearly doubled, about 30 minutes. Fold gently. Scale and retard overnight..
4. Divide the dough into 1 pound pieces and rest covered for 20 minutes. Roll the dough very thin and place onto a oiled sheet pan. Brush with olive oil and sprinkle with additional sliced almonds and desired spices. Relax the dough for 20 minutes.
5. Bake at 400 degrees until golden brown and cool.

ROMESCO SAUCE

Yield: 1.5 Cups

Ingredients	Amounts
Ancho chiles	2 ea.
Canola oil	½ cup
Baguette	1 slice
Almonds, roasted	½ cup
Cayenne	½ - 1 tsp.
Garlic, minced	4 cloves.
Red wine vinegar	¼ cup, or as needed
Red pepper, roasted, flesh only	1 ea.
Ripe tomato, large, roasted until charred and soft. Peeled and seeded	1 ea.
Paprika, Spanish Pimenton	1 tsp.
Water	as needed
Salt and pepper	

Method

1. Place the chiles in hot water and soak for 20 minutes. Remove the seeds, ribs and stems from the chiles. Discard the water and reserve the flesh.
2. Heat 3 tablespoons canola oil in a sauté pan. Fry the bread until golden on both sides. Place chiles, bread, almonds, cayenne and garlic in a food processor and pulse quickly. Next add roasted pepper, tomato, paprika, salt and pepper and purée to form a thick paste. Stir in 2 Tbsp. of red wine vinegar.
3. With the food processor running add the canola oil in a thin, steady stream until the mixture emulsifies. As you continue to add the canola oil, you might need to add a little water if it gets too thick; the finished sauce should be thick enough to hold its shape softly on a plate. With all the canola oil added, adjust the seasoning and add enough vinegar to brighten the flavor and cut the richness.

ROASTED GARLIC PIZZETTA WITH CALIFORNIA GRAPES AND ROGUE RIVER BLUE CHEESE

Ingredients	Amounts
Pizza dough	8 oz.
Olive Oil Roast Garlic Puree	2 Tbsp.
Rogue River Blue Cheese, crumbled	3 oz.
Grapes, sliced	3 oz.
Extra-virgin olive oil	2 tsp.
Salt and Black Pepper	to taste

Method

1. Preheat the oven to 475° F.
2. Portion dough in 2 oz. servings
3. Roll out the pizza dough to 1/4-inch thick.
4. Arrange the circles on a heavy large baking sheet.
5. Brush with EVOO, spread with roasted garlic puree, and add salt to taste.
6. Sprinkle the Gorgonzola cheese over the circles. Top with the sliced grapes, pressing them gently into the dough.
7. Bake until the pizzettas are golden brown, about 10 minutes.
8. Sprinkle with salt and pepper.
9. Arrange the pizzettas on a platter and serve immediately.

IN-SIDE OUT ARUGULA WRAP DRIZZLED WITH CALIFORNIA EXTRA VIRGIN OLIVE OIL

Ingredients	Amounts
Proscuitto Ham, thinly sliced, .25 oz.	8 ea.
Arugula, baby, stems picked	2 oz.
Raspberry Vinegar	1 oz.
Extra Virgin Olive Oil	1/2 oz.
Shallots, brunoise	1/2 oz.
Salt	to taste
Pepper	to taste
Extra Virgin Olive Oil	1 oz.
Black pepper, freshly cracked	to taste
Fleur de Sel	to taste

Method

1. Lay out thinly sliced proscuitto.
2. Prepare raspberry vinaigrette, combine raspberry vinegar, shallots and extra virgin olive oil, salt & pepper.
3. Portion .25 oz. of baby arugula, dress with raspberry vinegar & olive oil mixture, then wrap on proscuitto.
4. Arrange on platter.
5. Finish by drizzling platter of wraps with California Extra Virgin Olive oil and sprinkling with Fleur de Sel and freshly cracked pepper.

SWEET POTATO TOSTONES WITH ESCALON TOMATO & COFFEE JAM

Yield: 40 portions

Ingredients	Amounts
Sweet Potatoes	12 ea.
Omega 9 Canola Oil	as needed
Salt	¼ Cup
Water	1 pt.
Garlic, minced	8 cloves

Method

1. Peel each sweet potato and cut them on a slight bias into 8-10 pieces. There are 2 tostones per portion. Preheat deep fryer to 350 deg. Deep-fry the Tostones in Omega 9 Canola Oil the first time until only golden. Drain on paper towels
2. While they are still warm, lightly smash the plantains to about a quarter inch in thickness - use a small sauteuse for this. Reserve
3. Meanwhile combine the water, salt and chopped garlic. Mix to dissolve the salt.
4. Just before service, dip the pre-cooked plantains in the water/salt/garlic mixture. Shake excess water off and deep-fry a second time. Drain them on paper towels and sprinkle with salt. Reserve in a warm area for pick-up.
5. Serve with Escalon Tomato & Coffee Jam (recipe follows)

ESCALON TOMATO & COFFEE JAM

Yield: 1-1/2 cups

Ingredients	Amounts
Coffee, black, very strong, espresso preferred	1/2 cup
Escalon tomatoes	4 cups
Red wine vinegar	1/4 cup
Dark brown sugar, firmly packed	3/4 cup
Onion, peeled and chopped, about 1 cup	1 ea.
Garlic clove, peeled and crushed	2 ea.
Dark molasses	2 Tbsp.
chili peppers, fresh, hot , such as jalapeno, seeds removed	3 ea.
Hot dry mustard mixed with 1 Tbsp. water	2 Tbsp.
Worcestershire sauce	2 Tbsp.
Cumin , ground	2 Tbsp.
Ancho chili powder	2 Tbsp.
Tomato concasse, diced, optional	2 cups

Method

1. Combine all ingredients in a saucepan and simmer over low heat for 20 minutes. Cool, then puree in a blender or food processor.
2. Finish jam by adding tomato concasse.
3. You may leave this chunky or strain through a wire mesh for a smoother textured sauce.
4. This can be stored in the refrigerator for up to 2 weeks in a covered container.

OVEN ROASTED ARTICHOKES WITH LEMON PARMESAN VINAIGRETTE

Measurement	Ingredients
Artichokes, 36 count	36 ea.
Court Bouillon	As Needed
Alae Hawaiian Salt	To Taste
Black Pepper, toasted, cracked	To Taste
Extra Virgin Olive Oil	1 cup

Method:

1. Cook Artichokes in court bouillon till fork tender.
2. Remove from liquid and let cool at room temperature.
3. Peel and remove choke.
4. Cut into wedges length wise.
5. Season with salt, pepper, olive oil.
6. Place on sheet pan, single layer.
7. Roast in med high heat oven.

LEMON PARMESAN CREAM VINAIGRETTE

Measurement	Ingredients
Parmesan Cheese, grated on micro plane	1 cup
Meyer Lemon Juice	4 oz.
Shallots, brunoise	1 tbsp.
Extra Virgin Olive Oil	12 oz.
Salt	To Taste
Pepper	To Taste
Parsley, Italian, chopped	1 tsp.
Sugar	Pinch

Method

1. Combine cheese and lemon juice together. Let cheese melt. Stir occasionally.
2. Add shallots.
3. Whip in oil. Should emulsify.
4. Season with S&P.
5. Finish with chopped and pinch of sugar.
6. Adjust seasoning.
7. Serve.

MINH PORK & VEGETABLE EGG ROLL WITH TANIMURA ARTISAN RED AND GREEN OAK LETTUCE SOY WASABI VINAIGRETTE

Measurement	Ingredients
Minh Pork & Vegetable Egg Roll	1 ea.
Red & Green Oak Leaf Lettuce	.75 oz.
Soy Wasabni Vinaigrette	.5 oz.
Won Ton Pi, julienne, fried	.25 oz.

Method

1. Toss greens in dressing.
2. Plate with egg roll over greens.
3. Top salad with Won Toni Pi.

SOY WASABI VINAIGRETTE

Ingredients	Measurement
Wasabi Paste	4 Tbsp.
Soy Sauce	1/4 cup
Cider Vinegar	1/2 cup
Sesame Oil	1 1/2 up
Maui Onion, brunoise	1/2 ea.
Garlic, cloves	6 ea.
Ginger, brunoise	1 Tbsp.
Cilantro, chopped	2 Tbsp.
Toasted Sesame Seeds	2 Tbsp.

Method

1. Whip soy and wasabi together.
2. Add vinegar and sesame oil, very slowly alternating between the 2 to create and emulsification.
3. Add remaining ingredients.
4. Adjust seasoning.

WOLFSKILL LUNCH

Tuesday, September 11th, 2007

Wolfskill Experimental Orchards

SPONSORED BY
ALMOND BOARD OF CALIFORNIA
CALIFORNIA TABLE GRAPE COMMISSION
CALIFORNIA OLIVE RANCH
AND TANIMURA & ANTLE

CREAMY ALMOND SOUP WITH RED SEEDLESS GRAPES

Yield: 2 Qts.

Ingredients	Amounts
Olive oil, extra virgin	3 oz.
Garlic	3 tsp.
Almonds, peeled	11 oz.
Whole wheat bread crumbs	12 oz.
Saffron	3/4 tsp.
Cumin, ground	1 1/4 tsp.
Chicken stock	2 qt.
Milk	12 oz.
Salt	to taste
Pepper	to taste
Whole wheat bread slices, cut 1/2"	10 ea.
Watercress	1 bunch
Red Seedless Grapes, halved	1 bunch

Method

1. Sauté garlic in half of the olive oil. Add almonds and bread crumbs, sauté until lightly brown.
2. Place in food processor and chop finely with saffron and cumin and a little stock.
3. Place that mixture into a pot and fill with stock and milk. Bring to a boil and simmer for 15-20 minutes. Add seasoning.
4. Fry slices of whole wheat bread in the remaining olive oil.
5. Serve soup with toasted bread.
6. Garnish with watercress sprigs and grapes.

SHRIMP AND GRAPE SALAD WITH LEMONGRASS VINAIGRETTE

Yield: 12 entrée salads

Ingredients	Amounts
Artisan Oak Leaf Lettuce	12 cups
Shrimp or prawns, cooked, cleaned	3 lbs.
Japanese cucumbers, sliced and halved	1 ½ lbs.
Grapes, green, California, seedless	1 ½ lbs.
Edamame, shelled	3 cups
Jicama, julienned	3 cups
Thai basil leaves, torn and loosely packed	1 cup
Cilantro sprigs, tender, loosely packed	1 cup
Lemongrass Vinaigrette (recipe follows)	3 cups
Chopped Almonds, toasted for Garnish	1 cup

Method

1. Decorate 12 large plates with a scattering of Asian greens.
2. In a large bowl, toss together the shrimp, cucumbers, edamame, jicama, grapes, basil leaves, cilantro and enough dressing to moisten thoroughly.
3. Arrange the salad in the middle of the prepared plates and garnish with toasted almonds. Serve immediately.

Source: Provided by the California Table Grape Commission

BASMATI ALMOND RICE WITH ROASTED GRAPES

Makes: 48-1/2 cup servings

Ingredients	Amounts
Basmati rice, rinsed & drained well	4 cups
Butter, whole, salted	3/4 cup
Garlic, minced	2 Tbsp.
Yellow onion, diced 1/4"	4 cups
Black mustard seeds	1 Tbsp.
Chicken base - high quality	2 Tbsp.
Water	6 1/2 cups
Lemon juice, fresh	3 Tbsp.
Lemon zest, minced	1 Tbsp.
Ginger, minced	1 Tbsp.
Kosher salt	1 1/2 Tbsp.
Roasted Grapes (recipe follows)	1 batch
Zante currants	1/4 cup
Almonds, sliced, toasted	1 cup

Method

1. Prepare Roasted Grapes first.
2. Place drained rice in a 4" 1/2 hotel pan.
3. In a large sauté pan heat the butter and then add the garlic onions and black mustard seeds. Sauté until onions are translucent.
4. Add chicken base, water, lemon juice, lemon zest, ginger and salt and bring to a boil.
5. Immediately after rice had come to a boil pour over rice and seal tightly with foil.
6. Bake in preheated 350-degree F, convection oven for about 20 minutes.
7. When rice is done fluff with a fork and fold in Roasted Grapes, currents and almonds.

Source: Provided by the California Table Grape Commission

ROASTED GRAPES

Ingredients

Amounts

Grapes, green, stemmed, whole	9 cups
Olive oil	1 Tbsp.
Kosher salt	¼ tsp.

Method

1. Toss all ingredients together in a bowl. Place on a half sheet pan sheet pan - do not crowd!
2. Roast in a pre-heated 450 convection oven for about 10 minutes or until nicely browned.

CALIFORNIA HARVEST SALAD

Yield: 12 servings

Ingredients	Amounts
Artisan Red Oak Lettuce	24 cups
Almonds, whole, toasted	12 oz.
Grapes, red, green and black California seedless	2 lbs.
Black pepper bacon, thick sliced, cooked crisp and chopped	2 1/2 lbs.
Chicken breast, grilled, diced	3 lbs.
Avocados, ripe, cubed	6 ea.
Goat cheese, crumbled	12 oz.
Zinfandel Vinaigrette (recipe follows)	1 qt.

Method

1. Arrange the greens in 12 shallow plates or bowls.
2. Cluster each of the separate ingredients decoratively on the greens and serve with a small pitcher of the Zinfandel vinaigrette.

ZINFANDEL VINAIGRETTE

Yield: 1 quart

Ingredients	Amounts
California Zinfandel	2 cups
Sugar	2 Tbsp.
Lemon juice	½ cup
Shallot, chopped	2 Tbsp.
Garlic clove, chopped	1 Tbsp.
Dry mustard	2 tsp.
Salt	2 tsp.
Black pepper, ground	1 tsp.
Thyme leaves, dried	1 tsp.
Olive oil	1 cup

Method

1. In a non-reactive saucepan, reduce the red wine by half to yield one cup of liquid. Allow to cool.
2. In a blender or food processor, puree the reduced wine, lemon juice, shallot, garlic, mustard salt, pepper and thyme.
3. Gradually add the oil until well emulsified. Keep refrigerated for up to one week, shake well before serving.

ALMOND ANISE BISCOTTI

Yield: 32 biscotti

Ingredients	Amounts
Bread flour	10 oz
Almond flour	2 oz
Baking soda	1 tsp
Eggs	6 oz
Sugar	6 oz
Salt	1 tsp
Sambuca	1 tsp
Whole almonds	7 oz
Anise seeds	2 TBSP

Method

1. Whip the eggs, sugar, salt and Sambuca for 5 minutes on high speed.
2. Sift together the bread flour and baking soda.
3. Toast the anise seeds for 3-4 minutes at 325° in a convection oven. Cool. Coarsely grind in a spice grinder.
4. Fold in the dry ingredients. Fold in the anise seed and the almonds
5. On a lined sheet pan form the dough into a 16" by 4" log.
6. Bake at 300° in a convection oven until set. About 35 minutes.
7. Cool for about 10 minutes. Using a serrated knife slice crosswise into ½ slices.
8. Return to the sheet pan. Toast at 275° in a convection oven for 15-20 minutes until crisp.
9. Store in an airtight container.

AFTERNOON BREAK

Tuesday, September 11th, 2007

Berns Area

SPONSORED BY EARTHBOUND FARM

ROASTED BEET AND ARUGULA SALAD

Ingredients	Amounts
Roasted Baby Beets, quartered	6 lbs.
Orange Vinaigrette	as Need
Baby Arugula	2 lbs.
Blood Oranges	9 ea.
Crumbled Feta	8 oz.
Almonds, toasted	2 ½ cups

Method

1. Place the roasted beets in a large bowl and gently toss with 1/2 cup of vinaigrette.
2. Just before serving, place the Arugula in a large bowl. Add about 1 cup of vinaigrette and toss to lightly coat the greens. Taste, and add more vinaigrette as needed.
3. Transfer the Arugula to individual salad plates. Arrange the beets and orange segments on top of the greens and sprinkle the feta cheese and almonds. Served immediately.

AMERICAN MARSALA DEMONSTRATION

Tuesday, September 11th, 2007

Ecolab Theater

RECIPES BY SUVIR SARAN

SWEET POTATO CHAAT

Serves 6 to 8

I recall the amazing char-grilled smell of shakar kandi, Sweet Potato Chaat, almost as fondly as I recall its flavor. As a child, I remember how vendors would approach my gate pushing their rustic old-world wooden carts outfitted with big griddles and fueled by burning coals, ready to provide my brother, sister and myself with this most delicious after school snack. The sweet potatoes were cooked until sugary and tender over hot coals and then were cut into cubes, fried, and tossed with spices like chaat masala, lime juice, cumin and salt. Sweet, sour, salty and savory, growing up in India was truly a feast for my senses. Though traditionally a street food, these potatoes make a welcome, exotic addition to any holiday or autumn table. Or, for fun, serve as a passed hors d'oeuvres in little paper cones.

Ingredients	Amounts
Sweet potatoes, about 5 medium	2 1/2 lb.
Canola oil	4 cups
Kosher salt	1 to 2 Tbsp.
Toasted Cumin	1 to 2 Tbsp.
Chaat masala	1 to 2 Tbsp.
Cayenne pepper	1/4 to 1/2 tsp.
Limes, cut into wedges	2 ea.

Method

1. Heat your oven to 450°F. Prick the sweet potatoes with a fork and then place them on an aluminum foil-lined baking sheet. Bake until the skins are baggy and the flesh gives to slight pressure, about 1 hour (less for small sweet potatoes and longer for large ones). Set the potatoes aside to completely cool and then peel and chop them into cubes. Reduce the oven temperature to 350°F.
2. Heat the canola oil in a large pot or wok until it reads between 325°F and 350°F on a thermometer. Using a slotted spoon, add about 1/4 of the potatoes (take care not to overcrowd the pot, otherwise the oil will cool) and fry, stirring, turning and breaking the potatoes apart if they stick together. Fry until they are blistered and browned, about 4 to 6 minutes. Transfer them to a paper towel-lined plate and set them aside or keep them warm on another baking sheet in the hot oven. Let the oil return to 325°F to 350°F before frying the remaining batches of potatoes.
3. Once all of the potatoes are fried, transfer them to a bowl and toss with a few pinches of kosher salt, toasted cumin powder, chaat masala, a pinch of cayenne and some fresh lime juice. Taste and adjust with additional spices or lime juice as you like. Serve while hot or at room temperature.

MANGO, PINEAPPLE, ORANGES AND GRAPEFRUIT SALAD WITH CHILE-LIME VINAIGRETTE

Serves 6 to 8

For the salad

Ingredients	Amounts
Grapefruits, pink, pith and peel sliced off, fruit cut into segments and segments cut in half	4 ea.
Mangoes, semi-ripe, peeled and chopped	4 ea.
Oranges, pith and peel sliced off, fruit cut into segments	2 ea.
Pineapple, ripe, peeled, cored and chopped	1 ea.
Sugar	3 Tbsp.

For the vinaigrette

Ingredients	Amounts
Oil, neutral flavored, like grapeseed or tea oil	2 Tbsp.
Vinegar, white wine, champagne or citrus	2 Tbsp.
Jalapeño (seeded and veined if you prefer a milder flavor), finely chopped	½ ea.
Mint leaves, fresh, chopped	½ cup
Cilantro, chopped	½ cup
Lime, zested and juiced	½ ea.
Sugar	1 Tbsp.
Cayenne pepper	pinch
Kosher salt	½ tsp.
Peppercorns, cracked	½ tsp.

Method

1. Toss the grapefruit with the mangoes, oranges, pineapples and sugar together in a large bowl. Cover with plastic wrap and refrigerate for 1 hour.
2. Meanwhile make the vinaigrette. In a medium bowl whisk together the vinaigrette ingredients. Pour over the fruit, toss to combine and serve.

MANCHURIAN STYLE CAULIFLOWER

Makes 4 to 6 servings

This recipe is part of a pantheon of Sino-Indian fusion dishes created by Chinese immigrants who now live in India. It's closely associated with the Chinatown in Calcutta, where it's sold on the street, to be eaten off toothpicks.

Ingredients	Amounts
Omega 9 Canola Oil, for frying	
Eggs	3 each
Cornstarch	2/3 cup
Freshly Ground Black Pepper	1 tsp
Salt for the Batter, plus to season sauce	1 tsp
Cauliflower, trimmed, florets	1 large head
Garlic, finely minced	2 tsp
Ketchup	1 cup
Cayenne	1/2 tsp, or to taste

Method

1. Put at least 2 inches of oil in a countertop deep fryer or in a pan on the stove and turn the heat to medium-high; bring to 350°F (you can check this with a deep-fry or instant-read thermometer; or, a pinch of flour will sizzle but not burn when added).
2. Beat the eggs and cornstarch together in a bowl large enough to accommodate the cauliflower until well blended. Season the batter with salt
3. and pepper, then add the cauliflower. Use your hands to toss until the florets are evenly coated.
4. Fry the cauliflower in batches small enough not to crowd your pan or fryer and make sure to let the oil return to temperature (350°F) between batches. Fry until the florets take on a pale, sandy color, with a little brown mottling; transfer to paper towels to drain.
5. Warm a tablespoon of oil in a large non-stick pan or wok over medium heat and add immediately add the minced garlic. Cook the garlic for a minute or two, until fragrant but not colored, then add the ketchup. Cook, stirring, for about 5 minutes, until the sauce bubbles, thickens, and starts to caramelize around the edges of the pan. Add the cayenne; taste and add salt as necessary. Toss the cauliflower in the sauce until evenly coated and serve.

FRESH AND SAVORY RECEPTION

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Tuesday, September 11th, 2007

Ventura Center

**SPONSORED BY
H.J. HEINZ FOODSERVICE/ESCALON PREMIER BRANDS
KIKKOMAN INTERNATIONAL
AND
OCEAN MIST FARMS**

SICILIAN FAVA PUREE WITH WILD GREENS

MACCO E VERDURE OR FAVE E CICORIA

When asked what she'd eat at her proverbial last meal, Marcella Hazan said she'd want macco e verdure. This robust fava puree topped with wilted greens, appears throughout the Italian South and goes under other names: macco e verdure in Sicily, or maccu in dialect, 'ncapriata in Puglia, and fave e bietole in Calabria. The bean puree is similar to the Greek spread called fava (not made with dried favas but with yellow split peas), served drizzled with oil and topped with shaved red onion. Here the puree is topped with wilted greens: wild fennel fronds, chicory (frisée or curly endive), Swiss chard, beet greens, wild mustard greens, even broccoli rabe, sometimes with the addition of chopped tomatoes. Macco, whose name comes from the verb ammaccare or to crush, is generally served as a first course, but it is really filling, and you can make a meal of it.

If you thin the bean puree to a soupy consistency, you could add cooked pasta to round out the dish. As if it were not sufficiently filling, some cooks add fried bread croutons to the puree. If you want to keep it as a small portion, you can spread the fava puree on grilled or toasted bread and top it with the wilted greens. Macco could become your favorite comfort food.

Dried favas usually can be purchased already peeled. They are beige-yellow in color. If you can't find them peeled, buy about 1 1/4 pounds, soak, then peel. (I'm really sorry about this but it makes for a better puree.) Then proceed with the recipe. Garnish macco with grated Pecorino cheese if you like, and a drizzle of good olive oil.

In the spring, you may want to use fresh favas. You will need about 2 to 3 pounds, and, truth to tell, that means blanching and peeling too. It's well worth the effort.

Serves 6

Ingredients	Amounts
Fava beans, preferably peeled	1 lb.
Cold water	2 qts.
Garlic, peeled	2 or 3 cloves
Fruity extra virgin olive oil plus more for garnish	2 Tbsp.
Onions, diced	1 cup
Garlic, minced fine	2 cloves
Well washed greens (fennel fronds, chard, curly endive, mustard greens, escarole) chopped coarsely	8 cups
Tomatoes, peeled, seeded and chopped (optional)	2 cups
Grated Pecorino cheese, optional	

Method

1. Put the fava beans in a heavy soup kettle with 2 quarts cold water. Bring to a boil, add salt and garlic and reduce heat to low. Simmer uncovered until favas are very soft and can be mashed with a spoon in the pot, about 1 or 2 hours, depending upon the age of the favas. Add water if necessary while the beans are cooking and stir occasionally to prevent sticking or scorching. Stir in a few tablespoons of fruity olive oil and add salt to taste.
2. Meanwhile, in a wide sauté pan, heat 2 tablespoons olive oil over medium heat and cook the onions and garlic for a few minutes. Add the tomatoes, if using. Add the chopped greens and wilt them in water clinging to the leaves, or add about a cup of water to make enough steam to wilt them. Simmer over low heat until greens are tender, about 20 minutes. Season greens with salt and lots of freshly ground pepper. Drain any excess water. The greens also can be parboiled, drained well, and chopped, and added to the sautéed onion and garlic. Hot pepper may be added to the cooked onions. You can also make this dish with white beans. It will not be the classic maccu, but it will be good!

To serve: Ladle fava puree into warm bowls, top with greens and a generous a drizzle of extra virgin olive oil and grated cheese, if desired. Or spread the puree on toasted bread and top with greens.

PEANUT HUMMUS

Yield: 8 Cups

Ingredients	Amounts
Garbanzos, soaked overnight	3 cups
Lemon juice	½ cup
Olive oil	to taste
Salt and pepper	to taste
Water	as needed
Creamy peanut butter	2/3 cup
Parsley, chopped fine	1 bu.
Jalapeño, seeds removed, chopped fine	1 ea.
Garlic cloves, chopped fine	2 ea.
Extra virgin olive oil	to taste
Salt	¼ tsp.
Ground black pepper	¼ tsp.

Method

1. Cook garbanzos slowly in water until very soft. They should be very mushy when one is taken and smashed between the fingers. Drain.
2. In food processor, place all the garbanzos and process with some of the lemon juice, olive oil, salt, pepper, and water.
3. Process until smooth. Scoop the mixture into a bowl. Add peanut butter. Stir well and adjust with oil and water for texture, and salt and pepper for taste.
4. Make topping by combining parsley, jalapeño, and garlic in a small bowl. Cover with extra virgin olive oil. Season to taste with salt and pepper.

PEANUT LAVASH

Yield: 6 pounds, 2 ounces

Ingredients	Amounts
<i>Dough</i>	
Water (1 pt.)	1 lb.
Milk (1 pt.)	1 lb.
Yeast	1 oz.
Durum flour	12 oz.
Bread flour	1¾ lb.
Peanut flour	10 oz.
Whole wheat flour	10 oz.
Salt	1½ oz.
Molasses	2 oz.
Honey	2 oz.

Method

1. Dough: Mix 10 minutes on low speed (bulk proof time: 90 minutes. Punch down, rest 15 minutes).
2. Shaping: Roll 1/6 of the dough at one time on the sheeter to ½ mark. (Keep extra dough in fridge)
3. Finishing: Brush with olive oil, put on seeds (sesame, poppy, peanuts, etc.) Cover with parchment and roll seeds in with rolling pin. Rest 15 minutes. Cut into random pieces.
4. Baking: Bake at 400°F in a convection oven for about 7-10 minutes.
5. Cool. Wrap well after cooling.

CONTEMPORARY MEDITERRANEAN AND AMERICAN FLAVORS DINNER

Tuesday, September 11th, 2007

Barrel Room

SPONSORED BY
ALASKA SEAFOOD MARKETING INSTITUTE,
DOW AGROSCIENCES
NORPAC
SUNKIST GROWERS
AND THE USA RICE FEDERATION

SMOKED TURKEY AND ANDOUILLE SAUSAGE JAMBALAYA

Ingredients	Amounts
<i>Seasoning mix</i>	
Bay leaves	4 ea.
Cayenne	1 Tbsp.
Fresh oregano, chopped	1 Tbsp.
Fresh thyme, chopped	1 ½ tsp.
Kosher salt	1 Tbsp.
Black pepper, freshly ground	2 tsp.
Omega 9 Canola Oil	4 Tbsp.
Andouille sausage, chopped	2 cups
Onions, diced	3 cups
Celery, diced	2 cups
Green peppers, diced	1 ½ cups
Garlic, chopped	1 Tbsp.
Smoked turkey, cut into 1" pieces	2 cups
Tomatoes, peeled and diced	3 cups
Tomato sauce	1 cup
Chicken stock	3 cups
Parboiled US long-grain white rice	3 cups
Scallions, chopped	1 cup
Salt and pepper	to taste

Method

1. Combine the seasoning mix ingredients in a small bowl and set aside.
2. In a 6-quart saucepan, heat the canola oil over medium heat. Add the andouille and sauté until crisp, about 5 to 8 minutes. Add the onions, celery, and bell peppers; sauté until tender but still firm. Stir occasionally, scraping the pan bottom. Add the garlic and sauté until the garlic becomes fragrant.
3. Add the chicken and seasoning mix. Increase the heat to high and cook 1 minute, stirring constantly. Reduce heat to medium and cook about 3 minutes, stirring constantly and scraping the pan bottom as needed. Stir in the tomatoes and tomato sauce. When fully blended, stir in the stock and bring to a boil.
4. Add the rice; stir well and remove from heat. Transfer to an ungreased pan and cover with foil. Bake at 350°F for 20 to 30 minutes, or until the rice is tender but still a bit firm. Remove bay leaves, garnish with scallions, and serve immediately.

Note: Regular milled rice may also be used. The jambalaya may be baked in the saucepan, if desired.

SEVEN RICE TABBOULEH SALAD WITH GREEN LENTILS, FAVA BEANS, TOMATOES, AND CUCUMBER

Ingredients	Amounts
Gourmet 7-rice blend, cooked	1 ½ cups
Green lentils, cooked	½ cups
Parsley, finely chopped	3 cups
Scallions, chopped	½ cup
Tomatoes, seeded and chopped	2 cups
Fava beans, blanched and peeled	½ cup
Mint, chopped	1 cup
Lemon juice	½ cup
Omega 9 Canola oil	½ cup
Salt	to taste
Black pepper, freshly ground	to taste
Hearts of romaine	as needed

Method

1. Place the rice blend and lentils in a bowl and toss to mix. Add the parsley, scallions, tomatoes, fava beans, and mint.
2. Whisk together the lemon juice and canola oil and season with salt and pepper. Add to the rice mixture, mixing well. Garnish with the romaine leaves.

Variation: Add ½ cup chopped onion tossed with ½ teaspoon allspice.

BROILED WILD ALASKA HALIBUT WITH SWEET AND SOUR RELISH

Ingredients	Amounts
Red Onion, brunoise	1 cup
White Wine Vinegar	½ up
Sugar	½ cup
Sicilian Green Olives, chopped	1 cup
Parsley, chopped	¼ cup
Salt and Pepper	to taste
Alaska Halibut	10 ea.

Method

1. Marinate onions in vinegar and sugar for 1 hour.
2. Add olives and parsley.
3. Adjust seasoning
4. Season Halibut with S&P
5. Broiled to desired doneness and serve with sweet and sour relish

EGGPLANT SALAD WITH PRESERVED LEMON FROM MOROCCO

SALADE D'AUBERGINES AU CITRON CONFIT (ZAHLOUK)

Zahlouk, a classic eggplant salad, appears on both the Muslim and the Jewish table in Morocco. This version is from Simy Danan whose family lived in Fez after emigrating from Andalusia. Some cooks substitute 3 large peeled tomatoes in place of, or in addition to, the roasted pepper(s), and a few tablespoons of grated onion. While the use of preserved lemon is a signature of Fez, fresh lemon juice may be used instead or a chopped fresh lemon. If using preserved lemon add it gradually as its flavor can be very intense.

Serves 4 to 6

Ingredients	Amounts
Globe eggplants	2 ½ to 3 pounds
Olive oil	
Red peppers, grilled or roasted, peeled, deribbed and chopped	2 ea.
Garlic, minced	3 cloves
Peel of ½ preserved lemon, minced or the finely chopped pulp of ½ fresh lemon	
Cumin, ground	1 tsp.
Paprika	1 tsp.
Salt	1 tsp.
Flat leaf parsley, chopped	4 Tbsp.

Method

1. Peel the eggplant in a striped fashion. Cut into 1/2 inch thick slices and fry them in hot oil. Drain on paper towels. When cool enough to handle, cut eggplant into 1 inch pieces. Combine with the remaining ingredients. Mix well and serve at room temperature or cold.

Note: If you want to reduce the amount of oil in this recipe, instead of frying the eggplants you may bake them or cook them on a stove top griddle. Preheat oven to 450 degrees F. Prick each eggplant in a few places with a fork. Roast on a baking sheet until tender, but not mushy, turning a few times for even cooking, about 45 minutes. Let stand until cool enough to handle. Then peel and cut into 1 1/2 inch cubes. Place in a colander to drain, then transfer to a large bowl. You will still need to mix some oil into the salad for flavor and texture.

CARIBBEAN JERK DUSTED ALASKAN SALMON WITH MANGO CONFETTI

Ingredients	Amounts
Mango, brunoise	½ cup
Cilantro, chopped	¼ cup
Red Pepper, brunoise (Adjust quantity as needed)	¼ cup
Salmon, 2 ½ oz. portion	10 ea.
Jerk Seasoning	to taste

Method

1. Mix mango, cilantro and bell pepper together.
2. Season salmon with jerk seasoning.
3. Sauté salmon.
4. Garnish with confetti.

BEEF AND ORANGE SALAD WITH ANISE AND WALNUTS

Yield: 6 portions

Ingredients	Amounts
Beets	1 lb.
Anise seed	½ tsp.
Cloves, whole	3 ea.
Salt	½ tsp.
Pepper	1/8 tsp.
Sherry vinegar	2 Tbsp.
Extra virgin olive oil	2 Tbsp.

Vinaigrette

Orange juice	¼ cup
Vinegar, red wine	2 Tbsp.
Extra virgin olive oil	2 Tbsp.
Salt and black pepper, freshly ground	to taste
Oranges, peeled and sliced ¼" thick	3 ea.
Walnuts, toasted and coarsely chopped	½ cup
Mixed lettuces such as frisée and romaine	2 cups
Italian parsley, coarsely chopped	2 Tbsp.
Salt and black pepper, freshly ground	to taste

Method

1. For the beets, wash them, but do not peel. Wrap the beets in foil after dressing them with anise, clove, salt, pepper, vinegar and oil. Roast in a 350°F oven until done, about 45 minutes depending on the size of the beets. You should be able to pierce them easily with the blade of a knife when done. Peel the beets and cut into bite-sized wedges. Reserve.
2. To make the vinaigrette, whisk together the juice, vinegar, and oil. Season with salt and pepper. Reserve.
3. To assemble the salad, place the orange slices on a bed of greens. Top with the beets and walnuts. Drizzle the salad with the vinaigrette and sprinkle all with salt, pepper, and chopped parsley. Serve immediately.

GRILLED SKIRT STEAKS WITH HORSERADISH-LEMON PARSLEY MOJO

Yield: 6 main or 12 appetizer portions

Ingredients	Amounts
Horseradish, 3" piece, peeled and grated	1 ea.
Flat-leaf parsley, chopped	1 cup
Cilantro, chopped	¼ cup
Chives, finely cut	¼ cup
Shallots, diced	6 ea.
Lemons, grated and juiced	6 ea.
Cider vinegar	3 Tbsp.
Olive oil, extra virgin	¼ cup
Cumin, ground	1 tsp.
Salt and pepper	to taste
Skirts steak, trimmed	3½ lb.
Worcestershire sauce	as needed
Caribbean hot sauce, optional	as needed
Bermuda onion, large, in rings	as needed
Sweet potato shoestrings, on the side	as needed

Method

1. For the mojo: Combine all the mojo ingredients, cover, and refrigerate.
2. Baste the skirt steak in Worcestershire sauce and Caribbean hot sauce, if desired. Let marinate for 90 minutes.
3. Prepare a hot, fire-based grill.
4. Sear the meat and cook to desired doneness. Remove and set aside to rest.
5. While the meat rests, grill onions.
6. Slice skirt steak. Mound the onions on a platter and place the sliced skirt steak on top.
7. Serve the mojo in individual ramekins.

TURKISH ROASTED TOMATO RELISH WITH POMEGRANATE

ESME

I first tasted this wonderful tart and spicy tomato relish at a small restaurant on the Asian side of Istanbul. The restaurant specialized in the regional food of Gazantiep (near the Syrian border) and esme was part of an extensive mezze course. It was served with puffed puri-like flatbread and also was used as a condiment for lamb sausage. Once the host realized that I was a chef, he dared me to guess the ingredients in the sauce and was surprised when I mentioned that there might be pomegranate as well as lemon juice in it. He said he preferred the tartness of pomegranate over lemon juice and offered me a taste of his home brew. This sauce is a study in the balance of sour (lemon or vinegar, pomegranate), bitter (hot peppers, garlic, raw onion), and sweet (tomatoes, paprika and pomegranate), with sour winning out. Be sure that heat is just a mild buzz on the tongue and that the tart elements dominate, with the sweetness of tomato as a secondary theme. Test this by dipping a piece of bread into the sauce to see if the sauce is well seasoned. If not, add a little salt and see if it brings everything into balance.

If you can't find pomegranate molasses, use vinegar or lemon juice for tartness with a pinch of sugar for balance. If you can't find fresh poblano chiles, use long green anaheims but increase the amount of hot pepper. I can't think of a more interesting alternative to ketchup.

Yield: about 1 1/2 cups

Ingredients	Amounts
Tomatoes, ripe	1 lb.
Poblano chiles, fresh	1 large or two small
Olive oil	as needed
garlic, minced	1 Tbsp.
Green onions, finely chopped	4 ea.
or 4 tablespoons grated raw onion	
Cayenne, or to taste (depending on heat of the poblanos)	½ tsp.
Sweet paprika (not smoked)	1 tsp.
Pomegranate molasses or more to taste or vinegar or lemon juice to taste and pinch of honey	1 Tbsp.
Salt	
Very coarsely chopped Italian parsley	

Method

1. Roast the tomatoes on a griddle or in a cast iron frying pan until the skins are cracked and charred.
2. Roast the poblano chile on the griddle or direct flame until the skin is black and charred.
3. Place the pepper in a paper bag or small plastic container and let it steam for 15 minutes.
4. Peel, seed and finely chop the poblano chile.
5. Peel and core the tomatoes and squeeze out most of the seeds. Chop them coarsely. If they are very watery, place in a strainer and drain. Or to reduce liquids you may place chopped tomatoes in a medium sauté pan with a little olive oil and cook on low heat for about 5 minutes. Add garlic, green onions, cayenne, paprika and the chopped pasilla chile. Season with pomegranate syrup and salt to taste.
6. Place in a shallow bowl or saucer and top with chopped parsley.
7. Serve with pita bread or as a condiment for lamb, chicken and fish.

FRIED STUFFED TUNISIAN OLIVES

KHALTHOUM S MARKAT ZEITOUN MEHSHI

Yield: 36 to 48 olive balls, or 6 to 8 servings.

Ingredients	Amounts
Small white beans, soaked overnight	½ cup
Omega 9 Canola Oil	1 ¼ to 1 ¾ cup
Thinly sliced onion	½ cup
Garlic cloves, minced	3 ea.
Tabbil	1 tsp. plus 2 Tbsp.
Sweet paprika	1 tsp.
Salt and ground black pepper	to taste
Canned crushed tomatoes	½ cup
Salt-pickled lemon, thinly sliced	½ ea.
Coarsely chopped brine-cured capers	1 Tbsp.
Chopped flat-leaf parsley	2 cups
Medium onion, chopped	1 ea.
Finely ground lean veal or turkey	½ lb.
Fine dry breadcrumbs	1 cup
Gruyere or Emmenthaler cheese, freshly grated	2 Tbsp.
Eggs, large	4 ea.
Feta cheese, coarsely grated or crumbled	1 ½ cups
Large green olives, pits removed	3 to 4 dozen
Unbleached all-purpose flour,	¾ cup or more if necessary
Green pepper (poblano is best, but a sweet Bell pepper will do)	1 ea.

Method

1. Drain the beans and place in a small pot with water to cover to a depth of one inch. Bring to a boil and simmer gently, covered, until the beans are just tender, 20 to 40 minutes.
2. Meanwhile, make the tomato sauce. Combine the sliced onion and garlic with ½ cup of the canola oil, add 1 teaspoon of tabbil and the paprika and sauté very gently over medium-low heat until the onion is soft. Add a little salt, pepper to taste, and the crushed tomatoes. Stir in a cup of hot water and when the mixture begins to simmer, cover and cook very gently for about 20 minutes or until the sauce is quite thick. Add the drained beans and mix well. Continue cooking, covered, until the beans are very tender, about 10 minutes longer. Then stir in the pickled lemon and the capers. Remove from the heat and set aside. (The sauce may be made well ahead of time and refrigerated, then brought up to simmering temperature before proceeding with the recipe.)

3. Combine the parsley and the chopped onion with $\frac{1}{4}$ cup of canola oil and sauté gently over medium low heat until the vegetables are very soft and wilted. Turn into a mixing bowl and when cool enough to handle add the ground meat, breadcrumbs, grated cheese, and 2 of the eggs. Using your hands, knead the mixture well. Stir in the crumbled feta. If the mixture is too liquid, add another tablespoon or so of breadcrumbs.
4. Assemble the stuffed olives by taking a generous tablespoon or so of the stuffing mixture and shaping it over and around the individual fruit. Don't worry if it looks more like a meatball with an olive inside, rather than a perfect olive with a discreet stuffing of meat. The former is better than the latter. When the olives are prepared, place the flour in one soup plate and beat the remaining 2 eggs in another soup plate. Add $\frac{1}{2}$ cup of the remaining canola oil to a frying pan and set over medium heat and let warm to frying temperature (about 350°F.). Roll each olive in the flour, then in the beaten egg, then drop it in the preheated oil. Turn the olives with a fork and when each one is thoroughly browned on all sides, remove it and drain briefly on a rack. If the oil blackens and burns because of residue, discard it, wipe out the pan with paper towel, and start again with fresh oil.
5. Meanwhile, bring the tomato-bean sauce back to a simmer, adding another cup of hot water to the mixture. When all the olive balls have been fried, drop them in the simmering sauce. Cover and let simmer a final 10 minutes.
6. While the olive balls are simmering, roast the green pepper over charcoal or gas fire until the skin is thoroughly blackened. Peel away the blackened skin and slice the pepper into strips, discarding the seeds, core, and white membranes. Add to the sauce for the last 5 minutes or so of cooking; then, arrange the olive balls with the sauce on a serving platter and garnish with the green pepper strips.

Note: Although not traditional in Tunisia, these olive balls, minus the tomato-bean sauce, also make a delicious appetizer to serve with drinks before a meal.

Source: Nancy Harmon Jenkins / The Mahjoub Sisters

“FROM PERU TO BRAZIL: TRANSLATING SOUTH AMERICAN FLAVORS FOR U.S. MENUS”

Tuesday, September 11th, 2007

Ecolab Theater

RECIPES BY MARICEL PRESILLA

CUCHARAMAMA SLAB BACON OR PORK BELLY IN GUAVA BITTER ORANGE ADOBO

TOCINO ENTREVERADO O BARRIGADA EN ADOBO DE GUAYABA Y NARANJA AGRIA

Serves 6-8

Ingredients	Amounts
Slab bacon or pork belly, meaty, in one piece	4 lbs.
Manca peppers, dried and seeded	9 ea.
Mirasol peppers, dried and seeded	9 ea.
Sansó Natural Guava Preserve	¼ cup
Extra-virgin olive oil	1 Tbsp.
Garlic cloves	14 large
Cumin, ground	1 tsp.
Oregano, dried	1 tsp.
Cinnamon, ground	¼ tsp.
Seville bitter orange juice	½ cup
orange juice	½ cup
Salt	to taste
Brown sugar	to taste

Method

- 1. To Prepare the Slab Bacon or Pork Belly:** Rinse the bacon or pork and pat dry. Cut a grid pattern on the meat side; do not cut through.
- 2. Preparing the Adobo:** Heat a comal or heavy-bottomed skillet over medium heat. Add the dried peppers, in batches, and toast lightly, about 3-4 seconds on each side. Place in a medium bowl and cover with warm water to soften. When the peppers are soft, place in a blender with the guava preserves, the olive oil, garlic, cumin, oregano, cinnamon, the citrus juices, salt or to taste, and brown sugar and process into a smooth paste. Taste for sweetness.
- 3. Roasting the Meat:** Place the bacon or pork belly on a 2-inch deep baking pan that can fit the meat comfortably. Pour the adobo over the meat and rub thoroughly all over. Cover with plastic wrap and let marinate for at least 6 hours or overnight. Bake in preheated 350oF oven until golden brown and fork tender.
- 4. To Serve:** Transfer the meat to a large cutting board and cut to taste. Serve alongside or on top of Cuban fresh corn tamales presented in their own corn husk or with eggs for breakfast, as an appetizer with crusty bread, or stir into creamy beans soups.

Source: Maricel E. Presilla

**“FROM TURKEY TO MOROCCO:
WHAT’S NEXT FOR THE
MEDITERRANEAN ON AMERICAN
MENUS?”**

Tuesday, September 11th, 2007

Ecolab Theater

RECIPES BY JOYCE GOLDSTEIN

EGGPLANT SALAD WITH PRESERVED LEMON FROM MOROCCO

SALADE D'AUBERGINES AU CITRON CONFIT (ZAHLOUK)

Zahlouk, a classic eggplant salad, appears on both the Muslim and the Jewish table in Morocco. This version is from Simy Danan whose family lived in Fez after emigrating from Andalusia. Some cooks substitute 3 large peeled tomatoes in place of, or in addition to, the roasted pepper(s), and a few tablespoons of grated onion. While the use of preserved lemon is a signature of Fez, fresh lemon juice may be used instead or a chopped fresh lemon. If using preserved lemon add it gradually as its flavor can be very intense.

Serves 4 to 6

Ingredients	Amounts
Globe eggplants	2 -1/2 to 3 pounds or 3 medium
Olive oil	
red peppers, grilled or roasted, peeled, deribbed and chopped	2 ea.
Garlic, minced	3 cloves
Peel of 1/2 preserved lemon, minced or the finely chopped pulp of 1/2 fresh lemon	
Cumin, ground	1 tsp.
Paprika	1 tsp.
Salt	1 tsp.
Flat leaf parsley, chopped	4 Tbsp.

Method

1. Peel the eggplant in a striped fashion. Cut into 1/2 inch thick slices and fry them in hot oil. Drain on paper towels. When cool enough to handle, cut eggplant into 1 inch pieces. Combine with the remaining ingredients. Mix well and serve at room temperature or cold.

Note: If you want to reduce the amount of oil in this recipe, instead of frying the eggplants you may bake them or cook them on a stove top griddle. Preheat oven to 450 degrees F. Prick each eggplant in a few places with a fork. Roast on a baking sheet until tender, but not mushy, turning a few times for even cooking, about 45 minutes. Let stand until cool enough to handle. Then peel and cut into 1 1/2 inch cubes. Place in a colander to drain, then transfer to a large bowl. You will still need to mix some oil into the salad for flavor and texture.

TUNISIAN SPICY EGGPLANT PURÉE

AJLOUK D'AUBERGINE

Over the years it has been my pleasure to cook alongside Tunisian chef Abderrazak Haouari who lives on the island of Djerba. He has been an active participant at many Mediterranean conferences sponsored by the Culinary Institute of America, and the American Institute of Wine and Food. I have been happy to act as his sous-chef for many meals and have learned a great deal about Tunisian flavors by tasting food with him. Although Haouari uses one head of garlic here you may want to cut back to 6 cloves. Raw garlic and harissa have quite a kick. Incidentally, the term ajlouk refers to Tunisian mashed vegetable dishes.

Yield: about 1 cup Serves 6

Ingredients	Amounts
Eggplants, large	3 ea.
Red chili pepper, hot	1 ea.
Garlic head, peeled and chopped	1 small
Lemon, juiced	1 ea.
Harissa	1 Tbsp.
Caraway, ground	1 tsp.
Olive oil	7 Tbsp.
Salt	to taste

Method

1. Grill the eggplants and hot pepper under the broiler or on a stove top griddle, turning occasionally, until they are soft. Or bake in a 400 degree F oven until soft, also turning occasionally for even cooking. Peel, remove large seed pockets, and mash the pulp.
2. Peel, seed and finely chop the hot pepper.
3. Combine with eggplant and add garlic, lemon juice, harissa and caraway.
4. Stir in the olive oil and season with salt.

TUNISIAN HARISSA

Ingredients	Amounts
Ancho chilies, small, dried, or Ancho chile powder	4 ea. 1 to 2 Tbsp.
Coriander, ground, toasted	2 tsp.
Caraway, ground, toasted	1 tsp.
Cumin, ground, toasted, optional	1 tsp.
cayenne or ground hot pepper, or more to taste	½ tsp.
Salt	1 tsp.
Garlic, cloves, minced	5 ea.
Extra virgin olive oil or as needed	3 to 4 Tbsp.
Tomato paste, or Sun dried tomatoes, oil packed, pureed	2 Tbsp. ¼ cup
Lemon juice, fresh	

Method

1. Cover the anchos with boiling water and let stand until softened. Drain well and grind in a mini -food processor along with the spices, garlic, tomato paste or sun dried tomatoes and 3 to 4 tablespoons of olive oil.
2. You may want to add a drop or two of lemon juice.
3. This can be stored in the refrigerator for up to a month.

NINE INGREDIENT EGGPLANT SALAD

SALATA DE BERENJENA ASADA OR DOKUS TURLU PATLICAN TARATORU

You may already recognize this Mediterranean classic as "eggplant caviar." Some recipes combine the eggplant purée with part yogurt and part olive oil, and a few add a bit of tahini, but this version is the simplest and most widely served Turkish eggplant salad. Dokuz Turlu Patlican Taratoru or Nine Ingredient Eggplant Salad is a most baroque variation on the basic eggplant salad. Into the basic threesome of eggplant, oil, and lemon they add chopped roasted green peppers, crumbled feta cheese, thick yogurt, lots of garlic and a fresh hot chili. After roasting the eggplant, although it will reduce your yield, please discard any large seed pockets. They are bitter and add an unpleasant texture to the creamy eggplant purée. To keep the eggplant white, a point of pride in Turkey, soak it briefly in acidulated water or squeeze lemon juice over the eggplant.

Serves 6 to 8 as part of a meze assortment

Ingredients	Amounts
Globe eggplants, large, about 3 pounds	3 ea.
Extra virgin olive oil	4-6 Tbsp.
Lemon juice, fresh (save the peel)	2 or 3 ea.
Salt	to taste
Freshly ground black pepper	to taste
Green peppers, roasted, chopped	2 ea.
Feta cheese, crumbled, optional	¼ lb.
Thick yogurt	½ cup
Garlic cloves, green sprouts removed, mashed or minced	4-5 ea.
Hot chili, fresh, seeded and finely minced	1 ea.
Cumin	2 tsp.
Flat leaf parsley, finely chopped	4 Tbsp.

Some versions add chopped walnuts

Method

1. For a smoky taste grill eggplants under the broiler, turning often, or cook them slowly on a stovetop cast iron griddle. You also may bake them in a 400 degree F oven, until eggplants are soft throughout. Drain in a colander.

2. Halve the lemons and squeeze the juice. Set the juice aside and put the peels into a small bowl of cold water along with a few extra drops of lemon juice.
3. When the eggplant are cool enough to handle, strip away the skin and discard large seed pockets. Place eggplant pulp in acidulated water. This helps the eggplant stay white. After a few minutes, drain the eggplant pulp and squeeze dry.
4. Mash the eggplant in bowl and season it with oil, lemon juice, salt and pepper, peppers, garlic, yogurt and cumin.
5. Chill well and garnish with slices of cucumber or tomato and lots of chopped parsley. And if you like some crumbled feta cheese.
6. Serve with warm pita bread.

EGGPLANT PUREE WITH SESAME TAHINI

BABA GHANOUJ

A dip that is popular in Syria, Lebanon and Israel. Again, pita bread or vegetables are the best accompaniment.

Serves 6-8

Ingredients	Amounts
Eggplant, medium	2 ea.
Garlic, minced very fine	2 cloves
Tahini	4 Tbsp.
Lemon juice, or to taste	1/3 - 1/2 cup
salt and pepper	to taste
Cumin, ground	1 tsp.
Pine nuts, toasted	3 Tbsp.
Parsley, chopped	3 Tbsp.
Pomegranate seeds garnish	2 Tbsp.

Method

1. Broil eggplant, turning often, until charred on all sides and quite tender. Remove eggplant pulp from the skin and mash in a bowl or transfer to the container of a food processor. Pulse to puree. Add garlic, tahini, lemon juice and puree. Add salt and cumin to taste.
2. Transfer to a plate or shallow bowl.
3. Sprinkle with pine nuts, parsley, and pomegranate seeds.

FINAL RECEPTION

Tuesday, September 11th 2007

Herb Terrace

SPONSOR: COCA-COLA, SCHWAN & SEMINIS

WATERMELON TOMATO GAZPACHO

Ingredients	Amounts
Watermelon, bambino, seedless	2 lbs
Mini Orange Plum Tomatoes	8 oz.
Salt	to taste
Black Pepper	to taste
Basil	1 tsp.
Lime Juice	to taste
Micro Basil & Chopped Mint	to taste

Method

1. Combine all ingredients and liquefy in a blender.
2. Adjust seasoning.
3. Serve chilled with goat cheese cream (recipe follows)
4. Garnish with micro basil & chopped mint

GOAT CHEESE CREAM

Ingredients	Amounts
Goat Cheese	8 oz.
Milk	2 oz.
Lemon Zest	1 tsp.
Thyme Leaves	pinch

Method

1. Whip goat cheese.
2. Add milk and whip till you achieve a creamy consistency.
3. Add lemon zest and thyme
4. Adjust seasoning with salt and pepper.

WATERMELON, FIG AND SWEET RED ONION SALAD

Serves 6

Ingredients	Amounts
Shallots or green onions, finely minced	1 Tbsp.
Raspberry or other fruit vinegar	1/4 cup
Raspberry puree made from either fresh or unsweetened frozen berries, purred and strained	1/4 cup
orange juice, fresh	1/4 cup
honey (or to taste)	2 tsp.
Olive oil	1/4 cup
salt and pepper , freshly ground	to taste
onions, medium, sweet, red, cut into 1/4" thick rings and soaked in ice water for at least 30 minutes	2 ea.
Watercress, woody stems discarded	2 bunch
Watermelon, chilled, seeded, cut into 1" cubes (use both red and yellow watermelon, if available)	8 cups
Figs, large, fresh, sliced or quartered	6 ea.
Garnish: Mint leaves cut in fine julienne	

Method

1. Quickly whisk the shallots, vinegar, raspberry puree, orange juice, honey and oil together to make a smooth mixture. Season to taste with salt and pepper.
2. Drain onions, pat dry and separate into individual rings and pour vinaigrette over. Marinate onions for at least 30 minutes refrigerated.
3. On chilled plates, arrange a bed of watercress and top with cubed watermelon.
4. Arrange onions and figs attractively around and drizzle with vinaigrette over.
5. Sprinkle mint leaves over top and serve immediately.

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