

WORLD CULINARY ARTS: *Paris*



Unilever Food Solutions Recipes

Adapting Traditions for American Menus

SEAFOOD CASSOULET

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Bass fillets, skin removed, cut into 6 pieces | 1 lbs. |
| Shrimp, cleaned | ½ lb. |
| Scallops, dry packed | ½ lb. |
| Salt | as needed |
| Sugar | as needed |
| Pepper | to taste |
| Olive oil | 3 oz. |
| Bacon, diced | 2 oz. |
| Onion, diced | 3 oz. |
| Fennel, diced | 2 oz. |
| White wine | 3 oz. |
| Tomato paste | 1 tsp. |
| White beans, cooked | 2 cups |
| Tomatoes, peeled, seeded, diced | 1 cup |
| Knorr Ultimate® Lobster Base, prepared | 2 cups |
| Heavy cream | 2 oz. |
| Chervil | for garnish |

Method

1. Season seafood with small amount of salt and sugar, and let cure 30 minutes in the refrigerator. Rinse, and pat dry with a paper towel. Season with salt and pepper to taste.
2. Heat ½ of the olive oil in a sauté pan. Add the fish, shrimp and scallops to the pan and cook until all are cooked through and browned. Remove and set aside for service.
3. In the same pan, add the remaining oil and heat. Add the bacon, onions and fennel, and sauté a few minutes, until the vegetables are soft, about 5 minutes. Deglaze the pan with the white wine, and reduce by 2/3.
4. Add the tomato paste, cooked beans, and tomatoes. Add the prepared Knorr Ultimate® Lobster Base. Allow to cook down for 5 minutes, until a stew-like consistency is reached.
5. Add cream, and adjust seasoning. Add seafood back to pan and fold into stew.
6. Plate with garnish of chervil.

PISTOU SOUP

Yield: 5 quarts

| Ingredients | Amounts |
|---|----------------|
| Olive oil | 1 oz. |
| Onion, diced | 1 cup |
| Leek, diced | 2 cups |
| Carrot, diced | 1 cup |
| Knorr Ultimate® Chicken Base, prepared | 3 quarts |
| Green beans, sliced | 1 cup |
| Potato, cut into ¼-inch cubes | 1 cup |
| Zucchini, cut into ¼-inch cubes | 1 cup |
| Vermicelli, broken into pieces | 2 oz. |
| Saffron | 1 pinch |
| White beans, cooked | 2 cups |
| Tomatoes, peeled, seeded, diced | 1 cup |
| Pistou (or pesto) | 4 oz. |

Method

1. Heat olive oil in a heavy soup pot. Add the onions, leeks, and carrots, and sauté until soft, about 2 - 3 minutes.
2. Add the prepared Knorr Ultimate® Chicken Base, and bring the soup to a simmer.
3. Add the green beans, potatoes, zucchini and pasta, and simmer until the potatoes and pasta are cooked. Skim off any foam that may form on the soup.
4. Add the saffron, cooked bean and tomatoes and bring back to a simmer. Season to taste.
5. Serve with a garnish of pistou.

BRAISED BEEF SOURDOUGH SANDWICH WITH CAMELIZED ONIONS, BRIE AND HORSERADISH

Yield: 10 sandwiches

| Ingredients | Amounts |
|-------------------------------------|----------------|
| <i>For the braised beef</i> | |
| Beef chuck, cut into 1 ½-inch cubes | 5 lbs. |
| Salt | to taste |
| Pepper | to taste |
| Prepared Knorr® Demi-Glace | 2 quarts |
| Water | 1 cups |
| <i>For the sandwiches</i> | |
| Sourdough bread, sliced | 20 slices |
| Mayonnaise Hellmann's | 3 cups |
| Brie | 40 slices |
| Onion, sliced and caramelized | 4 cups |
| Dijon mustard | 1 cup |
| Horseradish | 1 cup |

Method

For the braised beef

1. Pre-heat oven to 400 degrees. Season beef with salt and pepper, and lay flat on sheet pan.
2. Place in oven, and brown.
3. Remove from oven, and place in braising pan with Knorr® Demi-Glace.
4. Deglaze the sheet pan with water, and add the liquid to the braising pan.
5. Braise in the oven at 350 degrees for about 1 ½ hours, or until the beef is tender.
6. Chill and hold for future use.

For the sandwich

7. Shred the braised beef and set aside.
8. Spread mayonnaise on both sides of sliced sour dough bread, use two cups of mayonnaise
9. Place the two slices of bread mayo side down on hot griddle to toast.
10. On one side, place brie, and on the other put caramelized onions, and shredded beef.
11. In a small mixing bowl, blend horseradish, mayonnaise, and Dijon mustard, and drizzle on top of the beef.
12. Once the bread is golden brown, remove from the griddle.
13. Use the beef side as the base of the sandwich and place the melted brie cheese piece on top, and serve.

SEA BASS WITH SWEET PEA RAVIOLI, CARROT AND GINGER SAUCE

Yield: 3 portions

| Ingredients | Amounts |
|---|-----------------------------|
| <i>For the fish</i> | |
| Sea bass fillets, skin removed, cut into 6 pieces | 1 lbs. |
| Salt | as needed |
| Sugar | as needed |
| <i>For the carrot and ginger sauce</i> | |
| Carrots, sliced | 6 oz. |
| Ginger, minced | ½ tsp. |
| Carrot juice | 6 oz. |
| Knorr® Professional Liquid Concentrated Vegetable Base, prepared | 3 oz. |
| Salt | to taste |
| Pepper | to taste |
| Lemon juice | 1 tsp. |
| <i>For the ravioli filling</i> | |
| Peas, blanched, pureed | 5 oz. |
| Mint | 2 tsp. |
| Salt | to taste |
| Pepper | to taste |
| Egg, beaten | 1 ea. |
| Wonton skins | 6 oz. (3 ravioli per plate) |
| Butter | 1 Tbsp. |
| Morels Fresh | 2 oz. |
| Peas, fresh | 5 oz. |
| Tarragon, chopped | for garnish |
| Dill, chopped | for garnish |
| Carrot tops, chopped | for garnish |
| Lemon, juiced | for garnish |

Method:

1. Sprinkle both sides of the seabass with salt and sugar. Place in refrigerator to cure for 30 minutes.

For the carrot ginger sauce:

2. Add the carrots, ginger and carrot juice to a sauce pan. Add the prepared Knorr® Professional Liquid Concentrated Vegetable Base and bring to a simmer. Once the carrots are tender, add the mixture to a blender and puree until smooth. Add a little carrot juice to thin out if needed. Pour the pureed mixture back into the sauce pan and bring to a simmer. Add salt, pepper, and lemon juice, adjusting seasoning to taste. Set aside.

For ravioli filling:

3. Place the blanched, pureed peas in a bowl and add the mint, salt, and pepper, adjusting seasoning to taste. Place the mixture into pastry bag.
4. Set out wonton wrappers and brush edges with egg wash. With the pastry bag, pipe out a small amount of filling into the center of each wonton wrapper. Place the top of the wrapper on and press firmly on the edges to seal. You can use a fork, or ravioli press.
5. Boil the ravioli until cooked through. Strain and toss with a little butter.

For assembly:

6. Remove fish from fridge, rinse and pat dry. Season with salt.
7. Heat oil in sauté pan and add fish. Brown both sides of the fish.
8. In another sauté pan, heat oil and add morels and cook until tender. Add fresh peas and sauté until cooked.
9. To plate, add carrot puree to bottom of dish, add three ravioli, and place fish on top. Spoon sautéed morels and peas over the fish. Garnish with tarragon, carrot tops and dill, and a squeeze of lemon juice.

SAVORY ÉCLAIRS 4 WAYS

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Éclairs, prepared | 24 each |
| <i>For Éclair with Beef, Roquefort and Fingerling Potato Chips:</i> | |
| Hellmann's Real Mayonnaise® | ½ cup |
| Whole grain mustard | ¼ cup |
| Dijon mustard | ¼ cup |
| Seared, shredded beef | 3 oz. |
| Roquefort, crumbled | 2 oz. |
| Fingerling potato chips | 1 oz. |
| Cherry tomato, fresh, sliced | 2 each. |
| Cornichon pickles, sliced | 2 each. |
| Parsley, chopped | for garnish |

For Éclair with Roasted Mushrooms, Truffle Aioli and Pickled Butternut Squash:

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| Hellmann's Real Mayonnaise® | ½ cup |
| Truffle oil | ½ oz. |
| Whipped cream | ¼ cup |
| Oyster and beech mushrooms, roasted | ¼ lb. |
| Cauliflower, pickled in vinegar and sugar | 2 oz. |
| Butternut squash, pickled with star anise | 1 oz. |
| Fried shallots | 1 oz. |
| Radish, thinly sliced | 1 each. |
| Chervil | for garnish |

For Éclair with Chicken, Cherries, Peas and Pine Nuts:

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|-----------------------------|-------------|
| Hellmann's Real Mayonnaise® | ½ cup. |
| Pesto | 2 oz. |
| Meyer lemon, zest | ½ lemon |
| Chicken, roasted and sliced | 2 oz. |
| Cherries, de-pitted, sliced | 1 oz. |
| Peas, blanched | 1 oz. |
| Pine nuts, toasted | ½ oz. |
| Chervil | for garnish |

For Éclair with Lobster, Cucumber, Pickled Cauliflower, and Wasabi Caviar:

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|-----------------------------|---------|
| Hellmann's Real Mayonnaise® | ½ cup. |
| Capers | 1 oz. |
| Dill | 1 TBSP. |
| Lemon, zested | ½ each. |

| | | |
|--|---|-----|
| Lobster meat | 2 | oz. |
| Wasabi caviar | 1 | oz. |
| Butternut squash, pickled with star anise | 1 | oz. |

Method

For Éclair with Beef, Roquefort and Fingerling Potato Chips:

1. Blend together the Hellmann's Real Mayonnaise®, whole grain mustard, and Dijon mustard, and place in a pastry bag. Pipe mixture into the éclair.
2. Top with shredded beef, Roquefort, fingerling potato chips, sliced tomato, sliced cornichons and parsley.

For Éclair with Roasted Mushrooms, Truffle Aioli and Pickled Butternut Squash:

1. Blend together the Hellmann's Real Mayonnaise®, truffle oil, and whipped cream, and place in a pastry bag. Pipe mixture into the éclair.
2. Top with roasted mushrooms, pickled cauliflower, pickled butternut squash, fried shallots, sliced radish and chervil.

For Éclair with Chicken, Cherries, Peas and Pine Nuts:

1. Blend together the Hellmann's Real Mayonnaise®, pesto, and lemon juice, and place in a pastry bag. Pipe mixture into the éclair.
2. Top with roasted chicken, cherries, peas, pine nuts and chervil.

For Éclair with Lobster, Cucumber, Pickled Cauliflower, and Wasabi Caviar:

1. Blend together the Hellmann's Real Mayonnaise®, dill, and lemon zest, and place in a pastry bag. Pipe mixture into the éclair.
2. Top with lobster meat, wasabi caviar, pickled butternut squash, and dill.