

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:

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:

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:

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.