

THE CULINARY INSTITUTE OF AMERICA
IN ASSOCIATION WITH UNILEVER FOODSOLUTIONS
PRESENTS



UNILEVER FOODSOLUTIONS RECIPES

SAVORING THE BEST OF
WORLD FLAVORS

VIETNAM AND THE ISLAND OF SICILY



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VIETNAMESE POMELO SALAD

Ingredients	Amounts
Fresh pomelo wedges, shredded, or red grapefruit wedges	1 cup
Sweet onions, thinly sliced, soaked in ice water	½ cup
Cucumber, julienne	½ cup
Shrimp, cooked, split lengthwise	16 ea.
Knorr Sweet Red Chili Sauce	2 oz.
Thai chile	1 ea.
Garlic clove, crushed	1 ea.
Sugar	3 Tbsp.
Water	2 oz.
Lime juice	2 Tbsp.
Fish sauce	5 Tbsp.
Asian basil, fresh	½ cup
Cilantro leaves, whole, fresh	½ cup
Peanuts, chopped	¼ cup

Method

1. Blend the garlic, sugar, water, lime juice, chiles, and fish sauce, making sure the sugar dissolves.
2. Drain the onions and add to the pomelo. Add the cucumbers, shrimp, and Knorr Sweet Chili Sauce; blend.
3. Add the fish sauce mixture; add 1/3 of the dressing at a time to make sure it's not too liquidly.
4. Tear the basil and cilantro to desired size and add to the mixture. Plate on some lettuce leaves and garnish with the chopped peanuts and some fresh basil.

VIETNAMESE CHICKEN NOODLE SOUP

Ingredients	Amounts
Water	6 qt.
Knorr Chicken Base or Knorr Chicken broth	3 oz.
Ginger root, 4" piece, braised,	1 ea.
Shallots, pan-roasted	3 ea.
Sugar	4 Tbsp.
Cloves	4 ea.
Cinnamon, toasted	1 stick
Star anise, toasted	6 ea.
Fish sauce	1/3 cup
Black pepper	to taste
Dried rice noodles, cooked	1 lb.
 <i>Accompaniments</i>	
Chicken, cooked and shredded	1/2 lb.
Bean sprouts	1 lb.
Sweet onion, thinly sliced	4 oz.
Green onions, sliced	4 ea.
Cilantro, torn	1/2 cup
Thai basil sprigs	12 ea.
Limes, wedged	2 ea.
Thai bird chiles, sliced	10 ea.

Method

1. Mix the water and Knorr Chicken Base; bring to boil.
2. Add the roasted ginger, shallots, star anise, cinnamon, and cloves; simmer about 1/2 hour. Strain and season to taste.
3. In a warm bowl, place some cooked noodles that have been reheated. Add some shredded chicken and ladle boiling broth over the top. Add a few slices of yellow and green onions, cilantro, bean sprouts, chiles, basil, and a squeeze of fresh lime.

VIETNAMESE BEEF NOODLE SOUP

Ingredients	Amounts
Beef shank	2 lb.
Water	6 qt.
Knorr Beef Base	1 oz.
Knorr Chicken Base	1 oz.
Ginger root, 4" piece, bruised with a knife, pan roasted	1 ea. 1 ea.
Shallots, pan-roasted	3 ea.
Sugar	4 Tbsp.
Cloves	4 lb.
Cinnamon stick, toasted	1 ea.
Star anise, toasted	6 ea.
Fish sauce	1/3 cup
Black pepper	to taste
Dried rice noodles, cooked	1 lb.
 <i>Accompaniments</i>	
Raw sirloin, thinly sliced	1/2 lb.
Bean sprouts	1 lb.
Sweet onion, thinly sliced	4 oz.
Green onions, sliced	4 ea.
Cilantro, torn	1/2 ea.
Thai basil sprigs	12 ea.
Limes, wedged	2 ea.
Thai bird chiles, sliced	10 ea.

Method

1. In stock pot, bring the beef and water up to a simmer. Skim the scum and foam that forms on the top.
2. Add the roasted ginger and shallots and simmer for about 1½ hours. Continue to skim the top of the stock pot during the cooking process. Remove the beef when tender.
3. Add the star anise, cinnamon, and cloves; simmer about ½ hour. Strain and season to taste.
4. In a warm bowl, place some cooked noodles that have been reheated and a few thin slices of cooked and raw beef. Ladle boiling broth over and add a few slice of yellow and green onions, cilantro, bean sprouts, chiles, basil, and a squeeze of fresh lime.

RICE PAPER-WRAPPED SALAD ROLLS

Yield: 6 portions

Ingredients	Amounts
Chicken breast, skinless and boneless	1/3 lb.
Shrimp, raw with shells	12 ea.
Rice papers, 12" round (have extra in case some tear)	8 ea.
Red leaf lettuce, with leaves separated and washed	1 head
Rice vermicelli, cooked for 4-5 minutes, rinsed and drained	4 oz.
Bean sprouts	1 cup
Mint leaves	4 oz.
<i>Accompaniments for garnish</i>	
Peanuts, roasted and chopped	4 oz.
Chili paste, ground	2 Tbsp.

Method

1. Cook the chicken breast in boiling salted water, until just tender, about 30 minutes.
2. Set aside to cool and then slice into 1 by 2½-inch pieces.
3. Cook the shrimp in boiling salted water until done, about 3 minutes. Shell, devein, and cut in half lengthwise. Refresh in cold water and set aside.
4. Just before making the rolls, set up a salad roll "station." Fill a large mixing bowl with hot water. If necessary, keep some boiling water handy to add to the bowl if the temperature drops below 110°F.
5. Choose an open area on the counter and arrange the following items in the order used: The rice paper, the hot water, damp cheesecloth, and a platter holding all the stuffing ingredients.
6. Working with only 2 rice paper sheets at a time, dip 1 sheet, edge first, in the hot water and turn it to wet completely, about 10 seconds.
7. Lay the sheet down on the cheesecloth and stretch slightly to remove any wrinkles.
8. Wet the other rice paper the same way and place it alongside the first. Line the bottom third of the wet pliable rice sheet with 3 shrimp halves cut side up, and top with two slices of chicken. Make sure the ingredients are neatly placed in a straight row as in the diagram.
9. Fold a piece of lettuce into a thin rectangle about 5 inches long and place it on top (you may need to use only half of a leaf).
10. Next, top with about 1 tablespoon of vermicelli, 1 tablespoon bean sprouts, and 4 to 5 mint leaves.
11. Make sure the ingredients are not clumped together in the center, but evenly distributed from one end to the other. Using your second, third, and fourth fingers, press down on the ingredients while you use the other hand to fold over both sides

of the rice paper (pressing down on the ingredients is particularly important because it tightens the roll).

12. With fingers still pressing down, use your two thumbs to fold the bottom edge over the filling and roll into a cylinder about 1½ inches wide by 5 inches long.
13. Finish making all the remaining rolls.
14. To serve, cut the rolls into 2 or 4 equal pieces and place the cut rolls upright on an appetizer plate. Serve with hoisin-peanut sauce or Vietnamese dipping sauce on the side.
15. Top sauce of choice with chopped peanuts and chili paste.
16. If you like, garnish the rolls with mint or cilantro sprigs.

Source: *The Best of Vietnamese & Thai Cooking*, by Mai Pham (1996)

GRILLED SHRIMP ON SUGARCANE

Ingredients	Amounts
Shallots, minced	3 ea.
Fish sauce	1 Tbsp.
Sugar	1 Tbsp.
Garlic, minced	1 tsp.
White pepper	½ tsp.
Shrimp, peeled, and deveined, patted dry	1 lb.
Scallions, chopped	2 ea.
Hellmann's Mayonnaise	2 oz.
Sugarcane, 20 oz. can	1 ea.

Method

1. In a chilled food processor bowl, place the dry shrimp and purée.
2. Add the fish sauce, sugar, garlic, pepper, and green onions; purée fine. Add the Hellmann's Mayonnaise; blend well.
3. Test a small amount for seasoning. Cut the sugarcane into ¼-inch slices. Take 2 tablespoons of the mixture and form a ball; push the sugarcane through the center and taper the top and the bottom to the sugarcane. Place on an oiled plate.
4. Steam 2 to 3 minutes, then finish on a grill. Serve with rice vermicelli, table salad, and sweet chili sauce.

Note: Make shrimp patties for sliders or shrimp burgers, and serve on toasted baguette with chili lime mayonnaise, marinated carrots, cucumber, and table herbs for a great sandwich.

VIETNAMESE SANDWICH WITH FIVE-SPICE CHICKEN

Yield: 4 portions

Ingredients	Amounts
<i>Marinade</i>	
Shallots, chopped	3 Tbsp.
Garlic, minced	1 Tbsp.
Soy sauce	2 Tbsp.
Fish sauce	1 Tbsp.
Sugar	1½ Tbsp.
Five-spice powder	1 tsp.
Knorr Chicken Base	½ tsp.
Chicken breasts or thighs, boneless, skinless, 3 oz. ea.	4 ea.
Vegetable oil	2 Tbsp.
<i>Sandwich assembly</i>	
Baguette pieces, 6", split lengthwise, half of the centers hallowed out	4 ea.
Hellmann's Mayonnaise	½ cup
Marinated Daikon and Carrots (recipe follows), completely drained	2 cups
Yellow onion, thinly sliced and rinsed	¼ ea.
Cilantro sprigs	8 ea.
Hothouse cucumber, halved lengthwise and cut into long strips (6" long, ¼" thick)	½ ea.
Jalapeño, thinly sliced (optional)	1 ea.
Soy sauce	4 tsp.
Salt and pepper	

Method

1. Flatten the chicken breast or thighs between sheets of plastic wrap.
2. Combine 2 tablespoons of the shallots, garlic, soy sauce, fish sauce, sugar, five-spice powder, Knorr Chicken Base, and star anise in a shallow glass baking tray and stir until well blended. Add the chicken and toss several times to coat. Allow to marinate for at least 1 hour.
3. Grill or sauté the chicken until brown on both sides and cooked through.
4. Spread the inside of each baguette with 2 tablespoons Hellmann's Mayonnaise, and then layer from the bottom up with chicken, 1/3 cup marinated vegetables, 2 onion slices, 2 cilantro sprigs, 2 cucumber spears, and 2 jalapeño slices. Sprinkle 1 teaspoon soy sauce on top, then garnish with some ground pepper and serve immediately.

Recipe credit: Mai Pham, as presented at the 2005 Worlds of Flavor International Conference and Festival. Published with permission of the author. All rights reserved.

MARINATED DAIKON AND CARROTS

Yield: 1 quart

Ingredients	Amounts
Rice or distilled white vinegar	1 cup
Sugar	½ cup
Daikon, small, peeled and cut into 1/8" julienne	¾ lb.
Carrots, peeled and cut into 1/8" julienne	1½ lb.
Salt	1½ tsp.

Method

1. Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl.
3. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.

Source: *Pleasures of the Vietnamese Table* © 2001 Mai Pham

CHICKEN WITH LEMON GRASS AND CHILES

Ingredients	Amounts
Cornstarch	2 tsp.
Water	1 Tbsp.
Chicken breasts and/or thighs, cut into thin bite-sized strips	2/3 lb.
Vegetable oil	3 Tbsp.
Garlic cloves, chopped	2 ea.
Lemon grass stalks, bottom white bulbs only, finely chopped	2 ea.
Dried chile flakes	1 tsp. (or to taste)
Fish sauce	1 Tbsp.
Sugar	1 tsp.
Knorr Chicken Base, prepared	1/2 cup
Yellow onion, halved, thinly sliced lengthwise	1/2 ea.
Caramel sauce	1/2 Tbsp.
Whole dried chiles, small, soaked in water 20 minutes, drained (optional)	10 ea.
Thai bird chiles, halved lengthwise, seeded	2-3 ea. (or to taste)
Spring cilantro, cut into 2" lengths	5 ea.

Method

1. Combine the cornstarch, water, and chicken, and marinate for 10 minutes.
2. Heat the oil in a large skillet over high heat. Add the garlic, lemon grass, and chiles and stir until fragrant, about 20 seconds. Add the chicken, fish sauce, and sugar. Reduce the heat slightly and stir until chicken just turns white, 2 to 3 minutes. Transfer to a plate and keep warm.
3. Add the chicken stock, onions, and caramel, sauce and reduce heat to low. Cover and cook until the onions are soft, about 5 to 7 minutes. Add the chicken (and juice) and dried red chiles and cook until chicken is done and hot, 3 to 4 minutes. Stir in the Thai chiles and cilantro and transfer to a serving place.
4. Serve immediately with steamed rice.

Note: This classic Vietnamese chicken stir-fry dish gets high marks from the fresh lemon grass and the sweet onions. The traditional recipe is a simpler looking dish with no sauce, just chicken and lots of lemon grass. But the aromatics here are so delicious I've increased the onions and added a little stock so I can have it with rice. Try to get very fresh lemon grass for this recipe.

VIETNAMESE FISHERMAN'S SOUP WITH SHRIMP AND FRESH HERBS

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Garlic, minced	1 tsp.
Ground chili paste	½ tsp.
Water	1 cup
Knorr Chicken Base or Fish Base, prepared	1 qt.
Fish sauce	1 Tbsp. (to taste)
Sugar	1 Tbsp.
Tamarind pulp, soaked in 1/3 cup water for 30 minutes, then sieved	2 Tbsp.
Taro stem, peeled and sliced diagonally (optional)	½ cup
Roma tomatoes, cut into 1" cubes	2 ea.
Fresh pineapple, cut into bite-sized ¼" thick slices	1 cup
Lime juice	2 Tbsp.
Raw shrimp, peeled and deveined 35/40 ct.	½ lb.
Shallots, fried	2 Tbsp.
Bean sprouts	1 cup
Cilantro, chopped	2 Tbsp.
Asian basil leaves, chopped	2 Tbsp.
Thai bird chiles, chopped	2 ea. (or to taste)

Method

1. Heat the vegetable oil in a saucepan over moderate heat. Add the garlic and chili paste and stir until fragrant, about 20 seconds. Add the water, chicken stock, fish sauce, sugar, tamarind juice, taro stem, tomatoes, and pineapple, and bring just to a boil. Reduce the heat and simmer for 5 minutes. Add the shrimp and cook until just done, about 2 minutes.
2. Before serving, add the fried shallots, bean sprouts, cilantro, Asian basil, and chiles. Transfer to a hotpot or soup tureen and serve immediately.
3. Add the olive oil and the salt and pepper. Gently stir and serve.

SAIGON BEEF STEW WITH LEMON GRASS AND ANISE

Ingredients	Amounts
Vegetable oil	3 Tbsp.
Annatto seeds	2 Tbsp.
Shallots, chopped	2 Tbsp.
Garlic, chopped	½ Tbsp.
Beef chuck roast, cut into 1½" cubes	2 lb.
Knorr Chicken Base, prepared, boiling	3 cups
Lemon grass stalks, lightly crushed with the back of a knife, cut into 3" pieces	2 ea.
Fish sauce	2 Tbsp.
Soy sauce	1 Tbsp.
Sugar	1 Tbsp.
Whole star anise, toasted and ground	4 ea.
Curry powder	1 Tbsp.
Fresh red chiles or dried chiles	2 tsp. (or to taste)
Carrots, cut on the diagonal into ½" rounds (about three cups)	3 ea.
Yellow onion, sliced paper thin	¼ ea.
Asian basil leaves	½ cup

Method

1. Heat the vegetable oil in a saucepan over moderate heat. When hot, add the annatto seeds and remove from heat immediately. (Seeds should foam upon contact but not burn.) Steep about 10 minutes, then strain the oil and discard the seeds.
2. Heat half of the annatto oil in a medium pan over moderate heat. Add half of the shallots and half of the garlic and stir until fragrant, about 30 seconds. Add the beef and stir until slightly seared, about 5 minutes. Add the chicken stock, lemon grass, fish sauce, soy sauce, and sugar, and bring to a boil. Cook until the beef is tender, about 40 minutes, skimming occasionally.
3. Heat the remaining annatto oil in a small saucepan over moderate heat. Add the remaining shallots, garlic, curry powder, chiles, and anise powder, and stir until fragrant, about 1 minute. Set aside until ready to serve.
4. Fifteen minutes before the beef is done, add the carrots and cook until the beef and carrots are tender. Stir in the spice mixture and transfer to a serving bowl. Garnish with the onions, cilantro, and basil.

THE ISLAND OF SICILY

Fried Rice Balls Stuffed with Mozzarella and Served with a Ragù

Vegetable Minestrone

Risotto with Garden Vegetables

Sicilian Seafood Stew

Rolled Steak Sicilian Style

Rigatoni with Eggplant and Bread Crumbs

Shrimp with Celeriac Orange Mayonnaise

Cream of Fennel Soup with Shrimp

Eggplant Roulade Sicilian Style

FRIED RICE BALLS STUFFED WITH MOZZARELLA AND SERVED WITH A RAGÙ *ARANCINE DE RISO CON RAGU*

Ingredients	Amounts
Ground pork or sausage meat	8 oz.
Chicken livers, chopped (optional)	2 oz.
Olive oil	1 oz.
Garlic clove	1 ea.
Red chile flakes	¼ tsp.
Frutta di Orta Marinara Sauce	1 cup
Peas	1 cup
 <i>For rice</i>	
Butter	2 Tbsp
Olive oil	1 oz.
Arborio rice	1½ cup
White wine	2 oz.
Knorr Chicken Stock, prepared	1 qt.
Saffron	1 pinch
Parmesan cheese	¾ cup
Mozzarella, fresh, cut into ½" cubes	4 oz
Eggs, beaten	2 ea.
Egg whites	2 ea.
Dry bread crumbs	2 cups
Olive oil (for deep frying)	

Method

1. *For the ragù:* Heat the oil, add the ground pork and chicken livers and cook to break up and brown meat. Pour off excess fat. Add the garlic to the browned meat and cook for about 2 minutes.
2. Add the Frutta di Orta marinara and cook about 5 minutes. Finish with the peas (should be thick enough to stuff a rice ball).
3. *For the rice:* In a saucepan, heat the butter and oil and toast the rice until you get a nutty smell. Deglaze with wine, cook down, and add saffron and the small amount of prepared stock, stirring. Continue adding small amounts of stock, while stirring, until rice is done. Season to taste and add the Parmesan cheese.
4. While warm, stir in the beaten eggs. Whip the egg whites and place in a bowl for breading.
5. In your hand, take a small amount of the rice mixture and make a center well. Place a spoon of ragù and a cube of cheese inside, seal up, and roll into ball. Repeat the process until the rice is used up.
6. Place in the egg white to coat then in the bread crumbs.
7. Deep fry in 350°F olive oil until golden brown and warm inside; drain on an absorbent towel and serve.

VEGETABLE MINISTRONE

Ingredients	Amounts
Onions, sliced	1 lb.
Garlic cloves	2 ea.
Red wine vinegar	1 Tbsp.
Celery, sliced	½ cup
Potatoes, diced	½ cup
Carrot, sliced	1 cup
Knorr Chicken Base, prepared	1 qt.
Swiss chard, leaves of, cut into strips	10 ea.
Fava or other beans, cooked	1 cup
Red chiles, crumbled	2 ea.
Country bread croutons	
Pecorino cheese, grated	

Method

1. Heat the olive oil; add the onion and garlic, sweat a few minutes, then add the celery. Deglaze with the vinegar and add the stock, potatoes, carrots, and chiles.
2. Simmer about 35 minutes; add the chard and beans, and simmer about 20 minutes, until all the vegetables are tender. Season to taste.
3. At service, drizzle with olive oil and garnish with croutons and grated pecorino cheese.

RISOTTO WITH GARDEN VEGETABLES

Ingredients	Amounts
Onion, diced	2 oz.
Garlic, chopped	1 tsp.
Olive oil	1 oz.
Peas	1 cup
Artichoke bottoms, cut into wedges (fresh)	2 ea.
Butter	1 oz.
Arborio rice	1 cup
Knorr Chicken or Vegetable Base, prepared	1 qt.
Salt and pepper	to taste
Tomatoes, peeled and julienned	½ cup
Parmesan cheese, grated	2 oz.

Method

1. Sweat the onion and garlic in the olive oil and butter; add the artichokes.
2. Add the rice and mix thoroughly with the olive oil. Cook the risotto until the rice is al dente and most of the liquid is absorbed. The texture should be creamy. Add the tomatoes and peas, heat through, add the Parmesan cheese, and adjust the seasoning.
3. *For wild mushroom risotto:* Add ½ cup of sautéed wild mushrooms.

Note: If using fresh or canned artichokes, add at the end of the cooking process with the peas.

SICILIAN SEAFOOD STEW

Ingredients	Amounts
Olive oil	2 oz.
Onion, sliced	8 oz.
Garlic cloves, chopped	5 ea.
Celery stalks, sliced	2 ea.
Dried red chile, crumbled	1 ea.
Knorr Fish Base, prepared	3 cups
Dry white wine	1 cup
Whole canned tomatoes, slightly broken up	3 cups
Bay leaf	3 ea.
Fish, white flesh, mixed	4 lb.
Shrimp, peeled and deveined, 16/20 ct.	½ lb.

Method

1. Heat the olive oil; add the onions, garlic, celery, and chile. Cook on low until the vegetables are tender (do not brown). Deglaze with wine, reduce by half, and stir in the tomatoes and bay leaves.
2. Add the fish and cover with simmering broth. Season with salt and pepper. Cook about 5 minutes, but do not boil.
3. Add the shrimp, remove from heat, and cover. Fish should be cooked through but not overcooked.

ROLLED STEAK SICILIAN STYLE

Ingredients	Amounts
Bottom or top round steak, single piece	2 lb.
Spinach or chard, cooked, drained but not dry	½ cup
Olive oil	1 oz.
Onion, finely diced	4 oz.
Pecorino, grated	¼ cup
Bread crumbs	¼ cup
Ground pork	½ lb.
Parsley, chopped	½ cup
Eggs	2 ea.
Salt and pepper	to taste
Eggs, hard-cooked	3 ea.
Prosciutto, julienned	¼ lb.
Provolone cheese, julienned	¼ lb.
Salami, julienne	¼ lb.
Peas	½ cup
Pancetta, to lard roast	3 oz.
Red wine	1 cup
Knorr Beef Base, prepared	6 cups
Tomato paste	4 Tbsp.

Method

1. Butterfly the round steak; flatten with mallet to ¼ inch thick.
2. Sauté the onions in the olive oil; cool.
3. Mix the pecorino cheese, bread crumbs, ground pork, parsley and sautéed onions; blend well. Add the eggs and salt and pepper; blend well. Place the mixture evenly on the flattened round steak, lay the hard-cooked eggs lengthwise (may need to split in half to cover roast), and scatter the salami, prosciutto, provolone, and peas evenly over the ground meat. Line the spinach or chard evenly on top.
4. Roll into a log tightly, keeping the shape even. Lard with the pancetta slices and tie with twine to secure the stuffing. Season the outside with salt and pepper. Brown beef in a braising pan, add the tomato paste, and deglaze with wine. Add prepared beef broth.
5. Braise in oven about 1½ hours, or until tender; baste during process. There should be about 2 cups of braising liquid left for the sauce. Let rest at least 10 minutes before slicing.

Note: For a thicker sauce, add 1 cup of prepared Knorr Red Wine Demi Glaze.

RIGATONI WITH EGGPLANT AND BREAD CRUMBS

Ingredients	Amounts
Eggplant, medium, cut into 1" cubes	1 ea.
Milk	2 cups
Extra virgin olive oil	1 cup
Fresh bread crumbs	1 cup
Rigatoni	1 lb.
Frutta di Orta marinara sauce	1 pt.
Knorr Chicken Base, prepared	4 oz.
Chile flakes, grated	¼ tsp.
Ricotta salata	¼ cup
Parmigiano-Reggiano	

Method

1. Place the diced eggplant in milk for 30 minutes. Drain the eggplant and pat dry.
2. Meanwhile, toast the bread crumbs in 2 tablespoons of the olive oil; when golden transfer to bowl and hold on the side.
3. Wipe out the pan; add the remaining oil and heat over medium to high heat. Add about half of the eggplant and fry to golden brown, about 8 minutes; drain and transfer to a bowl. Repeat with the remaining eggplant.
4. Cook the pasta in large pot of boiling salted water. Add the red pepper to the marinara sauce and prepared base; heat.
5. Drain the pasta, add to the bowl of eggplant, and add the marinara sauce, ricotta, and bread crumbs. Toss well.
6. Garnish with the Parmigiano-Reggiano and serve.

SHRIMP WITH CELERIAC ORANGE MAYONNAISE

Ingredients	Amounts
Shrimp, 16/20 ct., cooked	1 lb.
Celeriac, julienned	1½ cups
Orange juice	1½ cups
Granny smith apple, julienned	½ ea.
Red onion, julienned	½ cup
<i>Dressings</i>	
Hellmann's Mayonnaise	½ cup
Mascarpone cheese	½ cup
Dry mustard	½ tsp.
Orange juice, concentrate	1 oz.
Basil, chiffonade	1 tsp.
Parsley, chopped	1 tsp.
Salt and pepper	to taste
<i>Garnish</i>	
Green leaf lettuce or bibb lettuce leaves	6 ea.
Orange segments	18 ea.
Basil, parsley, or mint sprigs	6 ea.

Method

1. Split the shrimp lengthwise and hold chilled.
2. Place the celeriac in a stainless steel pan with the orange juice; heat to simmer. Remove the celeriac and cool. Reduce the liquid by a quarter for use in dressing.
3. Combine the celeriac with the apples, red onions, and salt and pepper.
4. Blend in the mayonnaise, mascarpone cheese, herbs, and reduced juice, and season to taste.
5. Place a lettuce leaf on plate; place some of the celeriac and apple mixture and top with shrimp and then dressing.
6. Garnish with fresh herb.

Note: For a buffet, blend the shrimp with the celeriac and apple mixture.

CREAM OF FENNEL SOUP WITH SHRIMP

Ingredients	Amounts
Shrimp, 21/25 ct., peeled and deveined, cooked	8 ea.
Butter or olive oil	3 oz.
Knorr Chicken Base, prepared	1 qt.
Fresh fennel, reserve some fronds	1 lb.
Sweet onions, thinly sliced	2 oz.
Leeks, white part only, thinly sliced	4 oz.
Dry vermouth	1 cup
Saffron	1 pinch
Nutmeg	1 pinch
Cayenne pepper	1 pinch
Cream, hot	1 cup
Tomatoes, peeled and seeded, and julienned	2 ea.

Method

1. Discard the green stems from the fennel and thinly slice. Heat the butter and add the fennel, onions, and leeks; cook on low heat until soft.
2. Add the chicken broth, vermouth, and seasonings; simmer for 30 minutes.
3. Purée in a blender. Thin out if necessary; add hot cream and strain through fine strainer.
4. Garnish with shrimp and fennel fronds.

EGGPLANT ROULADES SICILIAN STYLE

Ingredients	Amounts
Eggplants, small	2 ea.
Salt and black pepper	to taste
Eggs	2 ea.
Milk	1 Tbsp.
Parmesan cheese, grated	1 oz.
Flour	½ cup
Olive oil (for frying)	
<i>Filling</i>	
Olive oil	1 oz.
Onions, finely diced	½ cup
Garlic cloves	4 ea.
Mixed peppers, finely diced	½ cup
Anchovies, minced	2 ea.
Black olives, minced	6 ea.
Pine nuts, toasted, minced	1 Tbsp.
Parmesan cheese, grated	4 Tbsp.
Parsley, chopped	2 Tbsp.
Basil, chiffonade	1 Tbsp.
Mint leaves, chiffonade	1 Tbsp.
Dry bread crumbs	3 Tbsp.
Mozzarella slices, 2½" X 1" or smaller	18 ea.
Frutta di Orta Marinara Sauce	1 pt.
Knorr Vegetable Base, prepared	1 cup

Method

1. Peel and slice the eggplant ¼ inch thick. Season with salt and pepper.
2. Mix the egg with the milk and 1 ounce of Parmesan cheese for an egg wash. Dredge the eggplant in flour, then egg wash. Pan fry on both sides until lightly browned; place on absorbent paper to drain.
3. Heat 1 ounce of olive oil in sauté pan. Add the onions, garlic, and mixed peppers and cook for about 1 minute. Place in a mixing bowl. Add the remaining ingredients except the cheese and marinara sauce.
4. Spoon the filling into the eggplant slices and roll them tightly. Place in an ovenproof dish and top with the mozzarella cheese slices. Bake in a hot oven until heated through and cheese is melted. Serve with the hot marinara sauce, thinned out with Knorr Vegetable Base.

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