

CANOLA RECIPES

Copyright © 2010
The Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.
Copying, duplicating, selling or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of The Culinary Institute of America.

CRISPY FRIED TEMPURA COD OVER NAPA CABBAGE SLAW WITH GREEN ONION GINGER SAUCE

Yield: 6 portions, portion size: 1 fish fillet, ½ cup (125 mL) slaw

Ingredients	Amounts
<i>Napa Cabbage slaw</i>	
Japanese mustard	2 Tbsp. (30 mL)
Rice wine vinegar	2 Tbsp. (30 mL)
Canola oil	¾ cup (175 mL)
Orange juice	2 Tbsp. (30 mL)
Sesame seeds, toasted	1 tsp. (5 mL)
Napa cabbage, shredded	4 cups (1 L)
Red bell pepper, thinly julienned	1 cup (250 mL)
Green onion, thinly julienned	½ cup (125 mL)
Chives, chopped	2 Tbsp. (30 mL)
Parsley leaves, minced	2 Tbsp. (30 mL)
Orange segments	½ cup (125 mL)
Salt	½ tsp. (2 mL)
Pepper	¼ tsp. (1 mL)
<i>Tempura batter</i>	
All-purpose flour	1 2/3 cups (400 mL)
Cornstarch	1½ cup (375 mL)
Water, sparkling	2 cups (500 mL)
Parsley or chives	¼ cup (60 mL)
<i>Fish</i>	
Cod, halibut, or snapper, cut into gougenet or strips, 2 oz. each	12 ea.
Canola oil, for frying	2-4 cups (500 mL-1L)
Green Onion Ginger Sauce (recipe follows)	

Method

1. For slaw: In blender, process mustard, vinegar, orange juice and toasted sesame seeds until smooth; slowly add canola oil a little at a time until well emulsified.
2. In bowl, combine cabbage, bell pepper, green onions, chives, and parsley and toss with dressing. Let coleslaw set 1 hour in refrigerator before using.
3. When ready to serve, gently fold orange segments into coleslaw and season with salt and pepper.

4. For tempura batter: In bowl, combine flour, cornstarch, water and parsley; keep cold until ready to use.
5. In deep saucepan, heat canola oil to 350 °F (180 °C). Dip each piece of fish in batter and fry until golden and crispy, about 6 minutes. Serve with Napa Cabbage Coleslaw and Green Onion Ginger Sauce.

Yield: 6 servings. Serving size: 1 fish fillets, 1/2 cup (125 mL) slaw.

GREEN ONION GINGER SAUCE

Yield: 2 ¾ cups (675 mL), portion size: 2 Tbsp. (30 mL)

Ingredients	Amounts
Green onion, lightly blanched	2 bu.
Rice wine vinegar	2 Tbsp. (30 mL)
Lemon juice	1 Tbsp. (15 mL)
Shallots, minced	2 Tbsp. (30 mL)
Ginger, peeled and minced	3 Tbsp. (45 mL)
Sugar	½ tsp. (2 mL)
Salt	½ tsp. (2 mL)
Pepper, freshly cracked	¼ tsp. (1 mL)
Canola oil	1 cup (250 mL)
Sesame oil	1 tsp. (4 mL)

Method

In saucepan, blanch green onions in salted boiling water. Drain well and place in blender. Add vinegar, lemon juice, shallots, ginger and sugar; blend until smooth. Slowly add canola oil until ingredients are well emulsified and season with salt and pepper.

Yield: 2 ¾ cups (675 mL). Serving size: 2 Tbsp (30 mL).

LOBSTER RISOTTO WITH VANILLA BEAN OIL

Yield: 12 portions, portion size: 1 cup (250 mL)

Ingredients	Amounts
<i>Savory vanilla bean canola oil</i>	
Canola oil	1 ½ cups (375 mL)
Vanilla bean, fresh	1 ea.
Black pepper, freshly cracked	½ tsp. (2 mL)
Sea salt	½ tsp. (2 mL)
Lemon zest	1 tsp. (5 mL)
<i>Risotto</i>	
1-2 lb whole lobster	2 ea. (500 g-1 kg)
Onion, chopped	1 ea.
Garlic cloves, peeled and chopped	2 ea.
Canola oil	½ cup (125 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly ground	¼ tsp. (1 mL)
Reserved Shellfish/ Lobster stock	1 qt. (1 L)
Butter, room temperature	2 Tbsp. (30 mL)
Risotto rice, Arborio or Carnarolli	1½ cups (375 mL)
White wine	¼ cup (60 mL)
Chives, finely chopped	2 Tbsp. (30 mL)
Parsley, finely chopped	2 Tbsp. (30 mL)
Parmesan, freshly shaved	1½ cups (375 mL)

Method

1. *For Savory Vanilla Bean Canola Oil:* In medium saucepan, bring canola oil to 140 °F (60 °C). Do not boil. Add freshly scraped vanilla bean and pod, salt, pepper and lemon zest. Mix well. Let rest overnight in tightly covered container in refrigerator. To serve, remove pod and bring infused oil to room temperature or warm slightly.
2. *For risotto:* In large pot, cook lobster in boiling salted water for about 10-12 minutes or until cooked through. Remove lobster from cooking water and reserve water. Chill lobsters in ice water. Remove meat from shells and cut into small pieces. Set aside.
3. In large sauté pan, cook onion and garlic in canola oil over medium heat, about 15 minutes, stirring occasionally, until onion has completely softened. Add salt and pepper to taste. Reheat shellfish stock. Meanwhile, add rice to onion mixture and stir to coat rice.
4. Add hot shellfish stock, about 1/2 cup (125 mL) at a time and stir after each addition until all liquid has been absorbed by rice. Continue adding stock until rice has creamy coating but still remains al dente. Add butter, white wine, chives, parsley and reserved lobster pieces. Stir carefully, just to combine ingredients.

5. Place each serving of risotto on a plate and drizzle with Savory Vanilla Canola Oil. Sprinkle with Parmesan cheese.

Yield: 12 servings. Serving size: 1 cup (250 mL).

GOAT CHEESE-RED BEET SALAD WITH RED BEET-TARRAGON CANOLA OIL

Yield: 12 portions, portion size: 1 cup (250 mL)

Ingredients	Amounts
<i>Salad</i>	
Red beets, sliced into disks (or 12 baby beets)	3 ea.
Canola oil	$\frac{3}{4}$ cup (175 mL)
Apple cider vinegar	$\frac{1}{4}$ cup (60 mL)
Friséé lettuce	1 hd.
Fennel, shaved on madoline	1 hd.
Red Beet Tarragon Oil (see below)	2 oz. (60 mL)
Candied Walnuts (see below)	18 ea.
Pink grapefruit, suprêmes	1 ea.
Goat cheese, crumbled	3 oz. (90 g)
 <i>Red beet tarragon oil</i>	
Canola oil	1 cup (250 mL)
Red beets, roasted	$\frac{1}{3}$ cup (75 mL)
Fresh tarragon, finely chopped	2 Tbsp. (30 mL)
Pink grapefruit zest	1 tsp. (5 mL)
Lemon zest	$\frac{1}{2}$ tsp. (2 mL)
Black pepper, freshly cracked	$\frac{1}{4}$ tsp. (1 mL)
Sea salt	$\frac{1}{2}$ tsp. (2 mL)
 <i>Candied walnuts</i>	
Walnuts	3 lb. (1.5 kg)
Powdered sugar	1 lb. (500 g)
Cayenne pepper	1 tsp. (5 mL)
Sea salt	$\frac{1}{2}$ tsp. (2 mL)
Black pepper, freshly cracked	$\frac{1}{4}$ tsp. (1 mL)
Canola oil, for frying	4 qt. (500 mL-1 L)

Method

1. For beets: Remove green tops from beets (reserve for sautéing if in good shape for future use). In large colander, wash beets with cold running water.
2. In large bowl, combine salt, pepper, canola oil and vinegar. In large roasting pan, add beets and toss with vinaigrette mixture (vinaigrette should come a quarter of way up beets). Cover with foil and roast in 350 °F (180 °C) oven until easily pierced with paring knife.
3. When beets are cool enough to handle, peel. Trim and slice into disks.

4. For Beet-Tarragon Canola Oil: In saucepan, warm canola oil to 140 °F; do not boil. Add 1/3 cup beets, tarragon, grapefruit and lemon zest, salt and pepper. Mix well, remove from heat and bring to room temperature. Place oil mixture in blender and process until smooth; taste and adjust seasoning. Strain through fine strainer and set aside for service.
5. For candied walnuts: Bring medium-sized pot of water to boil. Add walnuts and simmer 3 minutes. Drain walnuts and place in large bowl.
6. In large deep pan, heat canola oil to 350 °F (180 °C). In bowl, combine sugar and cayenne. Add to walnuts; mix well. Fry seasoned walnuts in small batches until golden brown. Place on sheet pan lined with parchment paper and season with salt and pepper.
7. For salad: In bowl, gently toss sliced beets, frisée, fennel and grapefruit with Beet-Tarragon Canola Oil. Place on plate, sprinkle with candied walnuts and goat cheese, and add a little more Red Beet Tarragon Canola Oil around plate.

Yield: 12 servings. Serving size: 1 cup (250 mL).

LEMON BASIL CANOLA OIL OVER GRILLED PRAWNS AND PASTA

Yield: 8 portions, portion size: 1 cup (250 mL)

Ingredients	Amounts
<i>Marinated prawns and asparagus</i>	
Thyme, finely chopped	2 Tbsp. (30 mL)
Basil, finely chopped	3 Tbsp. (45 mL)
Parsley, finely chopped	2 Tbsp. (30 mL)
Garlic, finely chopped	1 Tbsp. (15 mL)
Lemon zest, finely chopped	2 tsp. (10 mL)
Canola oil	1½ cups (375 mL)
Prawns, 21 to 25 count or larger, peeled and veined	18 ea.
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked at grilling time	¼ tsp. (1 mL)
Asparagus	18 Spears
<i>Lemon-basil Canola oil</i>	
Canola oil	1½ cups (375 mL)
Basil leaves, washed, blanched and squeezed	2 bu.
Spinach leaves, washed, blanched and squeezed	1 bu.
Lemon zest	2 Tbsp. (30 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)
<i>Pasta</i>	
Dried pasta, high quality, capellini	2 lb. (1 kg)
Cherry tomatoes, Sweet 100s, washed and cut into halves	2 cups (500 mL)
Red onion, medium, sliced paper thin	½ ea.
Basil, chiffonade	1/3 cup (75 mL)
Baby arugula leaves, washed and dried	2 cups (500 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)
Pecorino cheese, grated	½ cup (125 mL)

Method

1. For marinade: In blender, add herbs, garlic, lemon zest and canola oil; process until smooth.
2. In bowl, pour 80 percent of marinade over prawns and gently toss to coat well. Place in resealable bag and refrigerate for minimum 30 minutes or overnight. Toss remaining

marinade over asparagus and reserve.

3. At cooking time, remove prawns from marinade and drain for a few minutes. Season with salt and pepper and grill prawns over hot charcoal or wood grill about 2 minutes on each side.
4. Grill marinated asparagus for about 4 minutes or until just cooked (al dente). Cut asparagus about 3 inches from tips and reserve for garnish; thinly slice the rest.
5. For Lemon-Basil Canola Oil: In pot with boiling salted water, blanch basil and spinach until bright green. Remove from boiling water and place in ice bath to chill quickly; drain and squeeze out excess water. In blender, add canola oil, basil, spinach, zest, salt and pepper and process until smooth. Taste and adjust seasoning. Strain through fine strainer and reserve for service.
6. For pasta: In bowl, combine cherry tomatoes, sliced asparagus, red onions, basil and arugula; set aside.
7. In pot, cook pasta in boiling salted water about 7-10 minutes or until al dente. Do not overcook pasta and do not rinse. Remove pasta from water and add to bowl with vegetables; toss gently. If necessary, add a few drops of hot cooking water so dish remains moist.
8. To serve, place portion of pasta in center of plate and add three shrimp and three asparagus tips over top. Drizzle with Lemon-Basil Canola Oil over top and sprinkle with grated Pecorino cheese.

Yield: 8 servings. Serving size: 1 cup (250 mL).

SLOW OIL-POACHED HALIBUT OVER BROCCOLINI WITH ALMONDS AND CRISPY SHALLOTS, AND CONFIT SHALLOT AND ROASTED TOMATO SAUCE

Yield: 6 portions, portion size: 1 fish fillet

Ingredients	Amounts
<i>Oil-poached halibut</i>	
Fresh halibut, 6 oz. portions	6 ea. (170 g ea.)
Thyme sprigs	6 ea.
Rosemary sprigs	2 ea.
Shallots, sliced	2 ea.
Garlic cloves, sliced	3 ea.
Bay leaf	1 ea.
Lemon, sliced	½ ea.
Canola oil	3-3 1/2 cups (750 mL-825 mL)
 <i>Shallot Confit-Roasted Tomato Sauce</i>	
Shallots, whole, peeled	3 ea.
Canola oil	1½ cups (375 mL)
Roma tomatoes	3 ea.
Sherry wine vinegar	1 Tbsp. (15 mL)
Spanish paprika, pimentón dulce	1 tsp. (5 mL)
Cumin, ground	½ tsp. (2 mL)
Fresh lemon juice	1 tsp. (5 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly ground	¼ tsp. (1 mL)

Broccoli Rabe with Almonds, Shaved Garlic,
and Crispy Shallots (recipe follows)

Method

1. For halibut: In saucepan, add canola oil, herbs, lemon, garlic and shallots; bring to 180 °F (90 °C). Do not boil. When canola oil reaches good poaching temperature, place each portion of fish in oil and poach about 10-12 minutes. When done, place fish over paper towels, season with salt and pepper and allow excess oil to drain about 2 minutes.
2. For Shallot Confit-Roasted Tomato Sauce: In small sauté pan, add canola oil and shallots. Cover with aluminum foil and roast in 350 °F (180 °C) oven about 12 minutes. Remove from oven and take shallots out of oil; set aside.
3. Season tomatoes with salt and pepper; roast in same oven until tomatoes are golden brown and skins are blistered, about 12-15 minutes.
4. In blender, add hot shallot canola oil, cooked shallots, roasted tomatoes (with juices), vinegar, paprika, cumin and lemon juice; blend until smooth. Season with salt and

pepper and serve with Slow Oil-Poached Halibut and Broccoli Rabe with Almonds, Shaved Garlic and Crispy Shallots.

Yield: 6 servings. Serving size: 1 fish fillet.

BROCCOLI RABE WITH ALMONDS, SHAVED GARLIC, AND CRISPY SHALLOTS

Yield: 6 portions, portion size: ¾ cup (175 mL)

Ingredients	Amounts
Spanish almonds, blanched, sliced	2 Tbsp. (30 mL)
Broccoli rabe (rapini)	2 bu.
Canola oil, for sautéing	¼ cup
Garlic cloves, finely shaved or sliced	3 ea.
Shallots, peeled and thinly sliced	6 ea.
Rice flour	1/3 cup (75 mL)
Canola oil, for frying shallots	2-4 cups (500mL- 1 L)
Canola oil for sautéing	¼ cup (60 mL)
Red pepper flakes, dried	½ tsp. (2 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)

Method

1. In small frying pan over medium-high heat, toast blanched almonds until golden brown and fragrant, about 3 minutes. Toss almonds frequently once they start browning in order to prevent burning.
2. While almonds are toasting, prepare ice bath for blanched broccoli rabe by filling large bowl with ice cubes and cold water. Set aside.
3. Bring medium pot of water to boil over high heat and season water with salt and pinch of sugar. Add broccoli rabe, working in batches if necessary. Blanch 1-2 minutes, until bright green and lightly tender. Remove from boiling water and plunge into ice bath to stop cooking process. Drain broccoli rabe and set aside.
4. Toss sliced shallots in rice flour and fry in canola oil at 350 °F (180 °C) until golden and crispy; drain on paper towels.
5. In large skillet, heat canola oil over medium heat and add blanched broccoli rabe and shaved garlic. Sauté for about 3 to 4 minutes. Add almonds and season with crushed red pepper, salt and pepper. Toss in crispy shallots at last minute and serve with Slow Oil-Poached Halibut with Shallot Confit-Roasted Tomato Sauce.

SALMON CONFIT OVER LEMON SPINACH AND HEIRLOOM TOMATO ORZO WITH FENNEL, PARSLEY, AND ONION COMPOTE

Yield: 4 portions, portion size: 4 oz. salmon, 2 cups (500 mL) orzo and 2 cups compote

Ingredients	Amounts
<i>Salmon confit</i>	
Salmon fillet, boneless, skinless	1 lb. (500 g)
Salt	2-3 tsp. (2 ½ mL)
Basil stems, bruised	4 ea.
Thyme sprigs, bruised	4 ea.
Bay leaves, crushed	4 ea.
Garlic cloves, quartered lengthwise	4 ea.
Black peppercorns	½ tsp. (2 mL)
Serrano chile, split lengthwise (optional)	1 ea.
Canola oil	3-3 ½ cups (750-875 mL)
 <i>Fennel, parsley, and onion compote</i>	
Yellow onions, sweet, julienned	10 ea.
Fennel, cored and julienned, fronds reserved and chopped	8 ea.
Parsley, finely chopped	3 bu.
Canola oil	1/3 cup (75 mL)
Butter	2 Tbsp.
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)
Lemon juice	1 Tbsp. (15 mL)
 <i>Orzo</i>	
Dried pasta, high quality, orzo	2 cups (500 mL)
Spinach leaves	2 cups (500 mL)
Heirloom tomatoes, seeded and small diced	1 cup (250 mL)
Lemon zest	1 tsp. (5 mL)
Parsley, finely chopped	2 Tbsp. (30 mL)
Canola oil	1½ Tbsp. (20 mL)
Lemon juice	1 Tbsp. (15 mL)
Sea salt	½ tsp. (2 mL)
Black pepper, freshly cracked	¼ tsp. (1 mL)

Method

1. *For salmon confit:* Coat fish liberally with salt (there should be coating of salt on surface) and set aside. If salmon fillets are thick, they can be left in refrigerator overnight. If portions are thin, leave in refrigerator for 1 hour.

2. In saucepan, combine salt, basil, thyme, bay leaves, garlic, peppercorns, chile and canola

oil and bring to bare simmer for a few minutes; do not brown garlic.

3. Brush excess salt off fish and, in batches, gently poach in canola oil confit until cooked. Set cooked fish aside, cool canola oil confit mixture and brush over fish.
4. *For Fennel, Parsley and Onion Compote:* In sauté pan, cook onions in canola oil until caramelized and season with salt and pepper; set aside.
5. In saucepan, place fennel with just enough water to cover; bring to simmer. Cook until tender. Drain and set aside.
6. In saucepan, place onions over low heat, add chopped fennel core, parsley and some chopped fennel fronds. Adjust seasoning with salt, pepper and lemon juice.
7. *For orzo:* In large pot, cook orzo in water until tender. When cooked, add spinach leaves and drain well.
8. Place hot, drained orzo and spinach leaves in bowl and add diced tomatoes, lemon zest, parsley and canola oil. Season to taste with salt, pepper and lemon juice. Serve hot with salmon confit, fennel, parsley and onion compote.

Yield: 4 servings. Serving size: 4 oz salmon, 2 cups (500 mL) orzo and 2 cups (compote).

LEMON VANILLA BEAN CANOLA OIL POUND CAKE WITH EMULSIFIED RASBERRY SAUCE

Yield: 18 portions, portion size: 1 slice

Ingredients	Amounts
<i>Cake</i>	
All-purpose flour	2 1/2 cups (625 mL)
Cake flour	1 cup (250 mL)
Baking powder	1 Tbsp. (15 mL)
Salt	1 tsp. (5 mL)
Butter, melted	2 Tbsp (30 mL)
Sugar	1 3/4 cups (425 mL)
Eggs, whole	2 ea.
Milk	3/4 cup (175 mL)
Canola oil	3/4 cup (175 mL)
Vanilla bean, fresh	2 ea.
Lemon zest	4 Tbsp. (60 mL)
<i>Emulsified Raspberry Sauce</i>	
Raspberries	3 cups (750 mL)
Grand Marnier liquor	1/2 cup (125 mL)
Sugar	1/3 cup (75 mL)
Orange juice	1/3 cup (75 mL)
Orange zest	1 Tbsp. (15 mL)
Salt	1/2 tsp. (2 mL)
Canola oil	1/2 cup (125 mL)

Method

1. In small saucepan, heat canola oil to 140 °F (60 °C). Remove from heat and add vanilla bean pods, seeds and lemon zest. Let canola oil return to room temperature. Remove bean pods.
2. For pound cake: In medium bowl, sift together flours, sugar, baking powder and salt. Set aside.
3. In mixing bowl, whisk together flavored canola oil, butter, eggs and milk.
4. Add canola oil mixture to dry ingredients and combine well.
5. Divide batter into two greased 9 x 5-inch (22 x 12.5-cm) loaf pans. Bake at 350 °F (180 °C) for 45 to 50 minutes or until cake tester inserted into loaves comes out clean.
6. For sauce: In large bowl, combine raspberries, liqueur, sugar, orange juice, zest and salt. Mix well until sugar dissolves.

7. Strain through fine strainer into second bowl, pressing mixture with back of spoon. Discard raspberry seeds.
8. Pour mixture into blender and over low speed, gradually add canola oil a little at a time until sauce is well emulsified. Serve sauce over pound cake.

Yield: 18 servings. Serving size: 1 slice.

PARSNIP VICHYSOISE WITH APPLE HORSERADISH OIL AND ROASTED SHIITAKE CHIPS

Yield: 6 portions as a first course

Ingredient	Amount
<i>Roasted shiitake chips</i>	
Shiitake mushrooms, thinly sliced	¼ cup
Canola oil	1 Tbsp.
<i>Parsnip vichyssoise</i>	
Canola oil	3 Tbsp.
Onion, chopped	½ cup
Celery, chopped	½ cup
Parsnips, peeled, sliced ¼ inch thick	1 lb.
Garlic, minced	2 Tbsp.
Leeks, whites only, chopped	6
White wine	1 cup
Yukon gold potatoes, peeled, cut 1 inch	½ lb.
Chicken stock or water	2 qt.
Salt and pepper	to taste
Heavy cream	1+ cup
Lemon juice	as needed
<i>Apple horseradish oil</i>	
Braeburn apple, finely julienned	½ cup
Horseradish, freshly grated	1 tsp.
Canola oil	½ cup
Salt	to taste
Chives, thinly sliced	1 Tbsp.

Method

1. *For the roasted shiitake chips:* Toss the shiitake mushrooms with 1 tablespoon of canola oil. Place in a single layer on a Silpat mat. Cover with a piece of parchment paper and another sheet pan. Bake in a 250°F oven until golden brown and crisp, approximately 30 to 45 minutes. Set aside for garnish.
2. *For the parsnip vichyssoise:* In a heavy-bottomed pot, heat 3 tablespoons of canola oil. Add the onions, celery, parsnips and garlic and sweat the vegetables on a low flame, covered, until translucent, about 5 minutes. Add the leeks and cook another 5 minutes. Pour in the wine and cook until dry. Add the potatoes and cover with chicken stock or water. Salt and pepper to taste. Let simmer over medium heat for about 30 minutes. When the vegetables are tender, blend until smooth using an immersion blender. Stir in the heavy cream and adjust the seasoning with salt, pepper, and lemon juice.
3. *For the apple horseradish oil:* Combine the apple, horseradish, and canola oil. Season with salt.
4. *To serve:* Top each hot bowl of soup with a little bit of the apple mixture, lean a shiitake chip on top, and sprinkle with chives.

OYSTER MUSHROOM CEVICHE WITH AVOCADO AND PINK GRAPEFRUIT

Yield: 6 to 8 portions

Ingredients	Amounts
Oyster mushrooms	1 lb.
Meyer lemon juice	1 cups
Garlic gloves, peeled and crushed	2
Fresh ginger, peeled and minced	1 Tbsp.
Jalapeño pepper, seeded and finely chopped; or 1/8 tsp. cayenne	1
Coarse salt	1/2 tsp.
Canola oil	1/4 cup
Avocado, cut in 1/2 inch pieces	2
Pink grapefruit, peeled, segmented	3
Scallions, white parts only, thinly sliced	1/4 cup
Fresh dill, chopped	2 Tbsp.
Red bell pepper, seeded and very finely diced (1/8 inch)	2 Tbsp.

Method

1. Trim the mushroom stems to the base of the cap and wipe the caps clean with a damp cloth. If the mushrooms are large, cut in half lengthwise.
2. In a stainless steel, porcelain or glass bowl, combine the lemon juice, garlic, ginger, jalapeno, salt and canola oil. Mix well with a wire whisk, add the mushrooms, and let sit for 30 minutes at room temperature.
3. Add the avocados, pink grapefruit, scallions and dill. Toss well and let sit again for another 30 minutes. Correct the seasonings with salt to taste.
4. Sprinkle with the diced red bell pepper and serve.

GRILLED SEASONAL VEGETABLES WITH NIÇOISE “AÏOLI”

Yield: 10 portions

Ingredients	Amounts
<i>Niçoise “aioli”</i>	
Shallot, small dice	1 Tbsp.
Lemon juice	2 Tbsp.
Capers, chopped	1 Tbsp.
Dijon mustard	1 Tbsp.
Anchovy paste	1 tsp.
Canola Mayonnaise (see index)	¼ cup
Greek yogurt	¼ cup
Niçoise olives, chopped	½ cup
 <i>Marinade and vegetables</i>	
Canola oil	1 cup
Lemon juice	to taste
Garlic, minced	1 Tbsp.
Parsley, thyme, rosemary, finely chopped	1 Tbsp.
Salt	to taste
Black pepper, freshly ground	to taste
Red bell peppers, sliced	2
Yellow bell peppers, sliced	2
Zucchini, sliced	1 lb.
Eggplant, sliced	1 lb.
Red potatoes, parcooked, halved	½ lb.
Red onion, sliced	1

Method

1. *For the “aioli”:* In a bowl, combine the shallot, lemon juice, capers, mustard, and anchovy paste. Stir in the mayonnaise, yogurt, and olives. Adjust seasoning with salt and pepper.
2. *For the marinade:* In a bowl, combine canola oil, lemon juice, garlic, parsley, salt and black pepper. Coat the vegetables evenly with the marinade. Let any excess drain completely away from the vegetables.
3. Place the vegetables on a hot grill; cook on both sides (the time will vary depending upon the type of vegetable and the thickness of the cut), rotating once to create crosshatch marks, if desired. Turn the vegetables and complete the cooking on the second side.
4. Serve the grilled vegetables with the Niçoise “aioli” on the side.

Note: Vary the vegetables depending on what’s in season.

FRIED ARTICHOKES AND FENNEL WITH ROMESCO

Yield: 6 portions as a first course

Ingredient	Amount
Canola oil	½ gal.
Instant flour (Wondra™)	4 cups
Salt	1 tsp.
Ground black pepper	¼ tsp.
Artichoke hearts, thinly sliced	6
Fennel bulb, cored, thinly sliced	2
Buttermilk	1 qt.
Romesco (recipe follows)	

Method

1. In a saucepan or deep fryer, heat canola oil to 350°F.
2. Combine the instant flour (Wondra™) with salt and pepper. Place in a bowl.
3. Soak artichoke and fennel in buttermilk. Shake off the buttermilk and toss in seasoned flour.
4. Shake off excess flour and fry the artichokes and fennel in batches for 2 to 3 minutes, until crispy. Remove and drain on paper towels. Sprinkle with salt and pepper. Serve with romesco sauce.

ROASTED RED BELL PEPPER AND HAZELNUT SAUCE

ROMESCO

Yield: 2 to 2½ cups

Ingredients	Amounts
Canola oil	3 oz.
Red bell pepper, roasted	1
Dried ancho chiles, seeded, soaked, and minced	3
Jalapeño or serrano chiles, seeded and roughly chopped	1
Tomatoes, roasted in oven	3
Garlic cloves, minced	3
Almonds, lightly toasted	24
Hazelnuts, lightly toasted	24
Parsley, chopped	1 Tbsp.
Bread slices, fried	2
Red wine vinegar	2-3 tsp.

Method

1. In a large skillet, heat canola oil. Sauté the peppers until soft.
2. Combine peppers, tomatoes, garlic, almonds, hazelnuts, parsley, bread and red wine vinegar in a food processor. Pulse until the mixture is consistent with the nuts still detectable, finely chopped but not puréed.

CRAB CAKES WITH WARM BLACK TRUFFLE VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Canola oil	2 Tbsp.
Red bell pepper, small, seeded and finely chopped	1
Celery ribs, finely chopped	2
Roasted garlic, mashed	2 Tbsp.
Green onion, chopped	¼ cup
Jumbo lump crabmeat, cleaned for shells	1 lb.
Fresh bread crumbs	¾ cup
Canola Mayonnaise (see index)	2 Tbsp.
Dijon mustard	1 Tbsp.
Eggs, beaten	2
Parsley, chopped	¼ cup
Chives, chopped	¼ cup
Lemon, zest and juice of	1
Cayenne	1 pinch
Salt	to taste
Pepper	to taste
Panko (Japanese bread crumbs)	2 cups
Canola oil	¼ cup
Warm Black Truffle Vinaigrette (recipe follows)	

Method

1. In a large skillet, heat 2 tablespoons of canola oil over high heat. Sauté pepper and celery until the vegetables begin to soften, about 2 minutes. Reduce the heat to medium and add the garlic and green onions. Stir and cook for 1 minute. Remove from heat and cool.
2. In a bowl, combine the sautéed vegetables, crab meat, fresh bread crumbs, mayonnaise, mustard, eggs and half the parsley and chives. Mix well and add the lemon zest, juice, cayenne, salt and pepper. Form into cakes with your hands, each about 3 inches in diameter and ¼ inch thick (you should have 12 to 14 cakes). Dip the top and bottom lightly into the panko. Refrigerate on a sheet pan lined with wax paper until ready to cook.
3. In a large skillet, heat canola oil over medium-high heat. Add the crab cakes and fry for 3 minutes on each side. Put 2 crab cakes each on 6 plates and drizzle with warm black truffle vinaigrette. Garnish with the remaining parsley and chives.

WARM BLACK TRUFFLE VINAIGRETTE

Yield: 1 cup

Ingredients	Amounts
Truffle peelings	3 oz.
Madeira wine	¼ cup
Canola oil	½ cup + 2 Tbsp.
White onion, chopped	¼ cup
Carrot, chopped	¼ cup
Celery, chopped	¼ cup
Sachet (see recipe on page 17)	1
Chicken stock	¼ cup
Sherry wine vinegar	¼ cup
Truffle oil	¼ cup
Coarse salt	to taste
Black pepper, freshly ground	to taste
Fines herbes	3 Tbsp.

Method

1. In a small saucepan, combine the truffle peelings and Madeira over medium heat. Bring to a simmer. Simmer for 5 minutes. Strain through a fine sieve, reserving the liquid and peelings separately.
2. In the same saucepan, heat 2 tablespoons of canola oil over medium heat. Add the onions, carrot, celery and sachet. Sauté for about 4 minutes or until the vegetables are tender.
3. Add the reserved Madeira and stir to deglaze the pan.
4. Continue to cook for about 3 minutes or until the pan is almost dry.
5. Add the chicken stock and cook for about 4 minutes or until liquid is reduced by half.
6. Immediately strain through a fine sieve into a medium-size heat-proof bowl. Discard the solids and allow the liquid to cool.
7. When cool, whisk in the vinegar, remaining ½ cup canola oil, and the truffle oil.
8. Season to taste with salt and pepper. Stir in the herbs just before serving.

CHIFFON SPONGE CAKE

Yield: One 3 by 8-inch or 2 by 10-inch cake

Ingredients	Amounts
Canola oil	2/3 cup
Egg yolks	8
Water	1 cup
Vanilla extract	1 Tbsp.
Cake flour	14 oz.
Sugar	7 oz.
Baking powder	4 tsp.
Salt	1 tsp.
Egg whites	8
Sugar	7 oz.

Method

1. Lightly spray a 3-by-8-inch or 2-by 10-inch cake pan with canola oil spray. Line with parchment and flour the sides of the pan.
2. In a bowl, whip the canola oil and egg yolks until combined. Add the water and vanilla extract.
3. In a mixer bowl, sift together the flour, sugar, baking powder, and salt. Place the bowl on the electric mixer.
4. Add the egg yolk mixture and beat gently just to combine. Scrape down the bowl.
5. Beat at high speed for 20 seconds to fully aerate. Remove from mixer machine and scrape down bowl. Set aside.
6. In another mixer bowl, whip the egg whites to a foam. Slowly sift in the second measure of sugar and whip to firm peaks.
7. Gently fold meringue into reserved batter. Transfer to cake pan.
8. Bake in a 325°F convection oven for about 30 minutes.
9. Cool in the pan for 10 minutes. Remove from pan and cool thoroughly.

TRANS FAT-FREE CANOLA PIE DOUGH

Ingredients	Amounts
Slivered almonds, skin on	1/2 cup
All-purpose flour	2 1/4-2 1/2 cups
Salt	1/2 tsp.
Baking powder	1/2 tsp.
Canola oil, chilled in freezer for 2 hrs.	2/3 cup
Egg, beaten slightly	1
Milk, 1 percent	1/4 cup
Vinegar	1 Tbsp.

Method

1. In a food processor, add the almond and pulse once or twice for a coarsely ground consistency. Add the flour, salt, and baking powder. Pulse once or twice to combine the ingredients. Add the cold/frozen canola oil. Pulse again once or twice.
2. In a small bowl, combine egg, water, milk, and vinegar. With food processor running, pour liquid ingredients through the feed tube. Turn off machine as soon as ingredients are mixed, about 10 seconds.
3. Remove dough and place on a lightly floured surface. Knead ingredients 4 or 5 times to finish mixing. Divide dough in half. Roll out each half to fit pie plate. Trim and flute edges. Prick all over with a fork. Bake at 400°F (200°C) for about 10 minutes or until golden brown.

BRICK-PRESSED CUBAN SANDWICHES WITH SUN-DRIED CANOLA MAYONNAISE

Yield: 8 sandwiches

Ingredients	Amounts
Sun-Dried Tomato Canola Mayonnaise (recipe follows)	½ cup
Crusty rolls	8
Roast pork loin, sliced thin	1 lb.
Serrano ham, sliced paper thin	¼ lb.
Gruyère cheese	¼ lb.
Sauerkraut	2 cups
Canola oil	2 Tbsp.
Clean brick, wrapped in foil	

Method

1. Preheat a stovetop griddle over medium-high heat.
2. Spread the mayonnaise all over the rolls and place the pork, ham, cheese and sauerkraut on the bottoms. Press the sandwiches together.
3. Put about 1 tablespoon of canola oil on the hot griddle and spread to coat. Put 1 sandwich at a time on the griddle, and top with the brick. Toast sandwiches on the griddle, turning once, until golden, hot, and cheese is melted, 2 or 3 minutes per side.

CANOLA MAYONNAISE

Yield: 1 pint

Ingredients	Amounts
Pasteurized egg yolks	2
White wine vinegar	½ oz.
Water	½ oz.
Dijon mustard	1 tsp.
Canola oil	1½ cups
Salt	½ tsp.
Pepper	¼ tsp.
Lemon juice	2 tsp.

Method

1. In a bowl, combine the yolks, vinegar, water and mustard. Mix them together with a balloon whip until the mixture is slightly foamy.
2. Gradually add canola oil in a thin stream, constantly beating them with a whip until they are incorporated and the mayonnaise is thick.
3. Adjust the flavor to taste with the salt, pepper and lemon juice.
4. Refrigerate the mayonnaise immediately.

Note: To make sun-dried tomato mayonnaise, add ½ cup chopped sun-dried tomatoes, 1 teaspoon minced garlic, and 1 teaspoon toasted and ground fennel.

TUNISIAN SPICED CHICKEN SKEWERS WITH POMEGRANATE DRESSING, DATES, AND APPLES

Yield: 4 portions

Ingredients	Amounts
<i>Chicken skewers</i>	
Canola oil	2 Tbsp.
Lemon juice	2 Tbsp.
Garlic cloves, minced	2
Fresh ginger, minced	1 tsp.
Paprika	1 Tbsp.
Coriander seeds, ground	1 Tbsp.
Caraway seeds	1 tsp.
Red hot pepper, ground	¼ tsp.
Curry powder	¼ tsp.
Cayenne or chili flakes	¼ tsp.
Black pepper, freshly ground	½ tsp.
Chicken breast, cut 1 x 2 x ¼ inch	1 lb.
<i>Pomegranate dressing</i>	
Shallot, minced	1 Tbsp.
White wine vinegar	2 Tbsp.
Pomegranate juice	¼ cup
Pomegranate molasses	1 Tbsp.
Lemon juice	1 Tbsp.
Orange zest	2 tsp.
Canola oil	6 Tbsp.
Salt and pepper	to taste
Arugula	1 cup
Dates, ¼ inch slices	¼ cup
Apples, ½ inch dice	2
Salt	to taste

Method

1. *For the dressing:* Combine the shallots and vinegar. Let sit for 5 minutes. Add the pomegranate juice and molasses, lemon juice, and orange zest. Whisk in the canola oil. Adjust the seasoning with salt and pepper.
2. *For the skewers:* Mix all ingredients thoroughly and coat the meat well with the mixture. Marinate at least 2 hours before grilling. Skewer chicken.
3. Grill over medium-high heat until the juices run clear.
4. Place the arugula in a bowl and add the dates, apples, and salt. Add enough of the dressing to lightly coat. Place on a plate with 2 to 4 skewers of chicken. Drizzle some of remaining dressing around the plate.

SPICY NOODLES BEIJING

Ingredients	Amounts
Fresh egg noodles	½ lb.
Ground pork	½ lb.
Yellow onion, diced	1 cup
Canola oil	1 Tbsp.
Napa cabbage, julienned	½ head
Bean sprouts	3 cups
Ground bean sauce	1 Tbsp.
Chili paste with garlic, or any chili garlic sauce	3 Tbsp.
Sesame oil	1 tsp.
Chiangking vinegar	2 tsp.
Sugar	1 tsp.
Dark soy sauce	1 Tbsp.
Water	¼ cup
Cornstarch slurry	as needed
<i>Garnish</i>	
Carrot, thinly julienned	½ cup
Cucumber, thinly julienned	½ cup

Method

1. Cook the noodles in a pot of boiling water until al dente. Rinse with hot water; drain. Transfer to a serving plate and cover with a bowl to keep warm.
2. While the noodles are cooking, heat a wok until hot. Stir-fry the ground pork and onion in 1 tablespoon oil until the onion is translucent. Add the cabbage and bean sprouts and stir-fry for 1 minute. Add the bean sauce and chili paste. Season with the sesame oil, vinegar, sugar, and dark soy sauce.
3. Add the water to heat through and thicken with slurry. Adjust seasoning.
4. Top with carrot and cucumber and serve immediately with cooked noodles.

SMOKED YUKON GOLD POTATO SALAD WITH SOCIETY GARLIC BLOSSOMS, QUAIL EGGS, AND GRIBICHE OIL

Yield: 4 to 5 half-cup portions

Ingredients	Amounts
Yukon gold potatoes, medium	1 lb.
Wood chips	3
Quail eggs, boiled and halved	6
Society garlic blossoms	12
Gribiche Oil (recipe follows)	¼ cup
Salt and pepper	to taste

Method

1. Wash the potatoes well. Place in a pot of salted water and cook until tender, about 12 to 15 minutes. Remove from pot and rinse with cold water until the potatoes are cool. Drain well.
2. Soak the mesquite wood chips in water for 15 minutes.
3. Turn on the grill and place a few wet pieces of mesquite wood on the coals.
4. Place the potatoes in an uncovered, shallow aluminum pan on the grill. Make sure that the wood chips are generating smoke, then close grill lid. Smoke the potatoes for about 7 to 10 minutes, until the potatoes have a smoky essence. Remove from the pan and cool. Once cool, dice the potatoes into 1-inch pieces.
5. In a large bowl, toss the potatoes with the society garlic blossoms and the gribiche oil. Season with salt and pepper, then gently fold in the quail eggs. Serve warm, garnished with more garlic blossoms.

GRIBICHE OIL

Yield: 4 half-cup portions

Ingredients	Amounts
Canola oil	¼ cup
Dijon mustard, grainy	1½ tsp.
Sherry vinegar	2 Tbsp.
Shallots, minced	1 Tbsp.
Capers, minced	1½ tsp.
Cornichon, minced	1½ tsp.
Tarragon, minced	¼ tsp.
Italian parsley, minced	1 tsp.
Chives minced	½ tsp.

Method

1. In a mixing bowl, combine canola oil, Dijon mustard, vinegar, capers, cornichon, shallots, tarragon, parsley and chives and whisk together. Refrigerate immediately.

Note: The sauce can be refrigerated in a covered container for a up to 2 days.

SAVORY SPINACH-BACON-RICOTTA FRITTERS

Yield: 6 portions as a first course

Ingredient	Amount
Bacon, finely chopped	4 slices
Baby spinach	4 cups
Eggs	2
Parmesan cheese, grated	2 oz.
Ricotta cheese	1 cup
Lemon zest	1 tsp.
Flour	2/3 cup
Salt and pepper	to taste
Cayenne pepper	1 pinch
Canola oil	1/2 gal.
Romesco (see index)	

Method

1. Heat a sauté pan over medium heat. Add the bacon and render the fat; once the fat has rendered, add the spinach and sauté 1 to 2 minutes, until wilted. Place in a colander to drain well. Let cool.
2. Combine the eggs, Parmesan cheese and ricotta cheese. Gently mix in the drained spinach-bacon mixture, lemon zest and flour. Add the salt, pepper and cayenne. Mix to just to combine or the mixture will become tough. Place in the refrigerator for 15 minutes.
3. In a saucepan or deep fryer, heat the canola oil to 350°F.
4. Using a small scoop, drop tablespoon-size rounds of batter into the hot canola oil. The oil should sizzle around the dough. Let the fritters cook on one side until golden brown, then use tongs to flip the fritters over and cook until golden brown and cooked through. Drain well on paper towels and serve immediately with romesco.

SACHET D'ÉPICE

Yield: One piece

Ingredients	Amounts
Fresh thyme	1/2 tsp
Clove garlic, minced	1
Black peppercorns	1/3 tsp.
Sprigs parsley, chopped	3
Cheesecloth	3 x 3 inch piece
Butcher's string	6 inches

Method

1. Place ingredient in the center of a 3-inch by 3-inch piece of cheese cloth.
2. Gather and tie up the corners of the cheesecloth with butcher's string so that the ingredients are sealed inside.
3. Add the sachet to the cooking liquid to impart the flavor.
4. Remove the sachet before serving.