

# RECIPES AND MENU IDEAS

# **ALASKA SEAFOOD MARKETING INSTITUTE**

# CITRUS-BROILED ALASKA SALMON

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oranges	2 ea.
Alaska salmon fillets or steaks, 4-6 oz.	4 ea.
Salt	as needed
Red wine vinegar	1 tsp.
Scallions, sliced	¼ cup
Cracked black pepper	1 tsp.

## **Method**

1. Slice peel and pith from oranges; slice crosswise into ¼-inch rounds.
2. Season salmon fillets or steaks with salt.
3. Broil fillets or steaks, 4 to 6 inches from heat, allowing 10 minutes per inch of thickness, measured at thickest part. Remove fillets or steaks just before they are cooked through.
4. Sprinkle with vinegar. Arrange orange rounds on top, and sprinkle with green onions and cracked pepper. Broil 1 minute longer.

# PAN-POACHED ALASKA SALMON PICCATA

*Yield: 2 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	½ cup
Lemon juice	2 tsp.
Chicken broth granules	⅛ tsp.
Alaska salmon fillets or steaks, 4-6 oz.	2 ea.
Butter	1 Tbsp.
Capers	1 Tbsp.
Black pepper	to taste
Chopped parsley	to garnish
Cooked noodles, optional	

## **Method**

1. Bring water and lemon juice to a boil in medium-sized skillet. Stir in chicken granules. Reduce heat to a simmer and place salmon steaks or fillets in pan. Cover and simmer over low heat, 10 minutes per inch of thickness, measured at thickest part, or until fish flakes when tested with a fork. Remove salmon from pan; keep warm.
2. Boil remaining liquid in pan until it reduces to approximately ¼ cup. Whisk in butter and stir in capers. Spoon sauce over fish. Season with pepper and sprinkle with parsley. Server on a bed of cooked noodles, if desired.

# PAN-SEARED ALASKA SALMON WITH ORANGE VINAIGRETTE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Alaska salmon fillets or steaks, 6-8 oz.	4 ea.
Orange juice	1 cup
Red onion, minced	1½ Tbsp.
Lime juice	1½ Tbsp.
Honey-Dijon mustard	1 tsp.
Chili powder	1 tsp.
Fat-free Italian salad dressing	½ cup
Cilantro, chopped	4 tsp.
Olive oil	1 Tbsp.
Salt and pepper	to taste

## **Method**

1. Cook orange juice in a small saucepan over medium-high heat until it is reduced to the consistency of syrup (makes about ¼ cup); let cool slightly.
2. Place onion, lime juice, mustard, and chili powder in a blender; add cooled syrup. Blend 30 seconds. Then, with blender running, slowly drizzle in the salad dressing so that the mixture emulsifies.
3. Preheat oven to 400°F. Lightly season the Alaska salmon fillets or steaks with salt and pepper. Heat an oven-proof sauté pan 2 minutes, then add 1 tablespoon of olive oil. Sear the salmon fillets/steaks on one side for 2 to 3 minutes. Turn salmon fillets/steaks over and place the entire pan into the oven. Bake 4 to 8 minutes, or until fish flakes easily when tested with a fork.
4. To serve, make a 1 ounce pool of the orange vinaigrette sauce in the center of 4 plates. Top with a salmon fillet/steak and garnish with 1 teaspoon of chopped cilantro.

# INDONESIAN STYLE SALMON GRILLE

*Yield: 6-8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beer	6 oz.
Orange marmalade	½ cup
Soy sauce	½ cup
Sugar	3 Tbsp.
Oil	2 Tbsp.
Garlic, minced	2 tsp.
Ground ginger	1 tsp.
Green onions sliced	1-3 ea.
Alaska salmon fillets or steaks (1½ to 2½ lb.)	1 ea.

## **Method**

1. Blend together all ingredients except green onions and salmon.
2. Place salmon in shallow baking dish; pour marinade over. Cover and refrigerate at least 1 hour.
3. Remove from marinade and transfer salmon to sheet of heavy-duty foil cut about 2 inches larger than fish all around; bend edges up to make lip around fish. Sprinkle green onions over salmon.
4. Cook salmon on hot grill, but not directly over heat source (coals or gas). Cover grill and open vents. Cook about 20 to 30 minutes, until fish is opaque and flakes easily.

Source: Alaska fisherman Suzanne Abraham, Kodiak, Alaska

# ALMOND BOARD OF CALIFORNIA

# ALMOND MOLE

*Yield: 4 cups, 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	3 Tbsp.
Dried ancho chiles, stemmed and seeded	.375 oz.
Dried pasilla chiles, stemmed and seeded	.375 oz.
Dried guajillo chiles, stemmed and seeded	.375 oz.
Chicken broth, divided	2¼ cups
Coarsely chopped onion	¾ cup
Sesame seeds	1½ Tbsp.
Large cloves garlic, quartered	2 ea.
Ground cinnamon	½ tsp.
Ground allspice	¼ tsp.
Canned, whole peeled tomatoes, undrained	1 cup
Whole natural almonds, toasted and cooled	1/3 cup + 1 Tbsp.
Corn tortilla (6-inch), torn into 1-inch pieces	1 ea.
Semisweet chocolate, broken into 1-inch pieces	¾ oz.
Sugar	1¼ tsp.
Salt, or to taste	1 tsp.

## **Method**

1. Heat oil in large skillet over medium heat; add chiles. Toss in oil 30 seconds; remove with slotted spoon to bowl.
2. In saucepan, heat 1¼ cups of the broth. Pour over chiles; set aside 30 minutes.
3. Meanwhile, reheat oil in skillet over medium heat. Add onion; sauté 5 minutes; mix in sesame seeds, garlic, cinnamon, and allspice. Cook about 5 minutes longer, or until onion is translucent and seeds are golden brown. Remove from heat.
4. In electric blender, in batches if necessary, purée chiles and broth, onion mixture, tomatoes, almonds, and tortilla, pulsing on and off to make a very fine purée.
5. Pour into 3-quart saucepan. Place over medium heat. Gradually mix in the remaining broth, the chocolate, and the sugar. Bring to simmering, stirring, until chocolate is melted, then continue to simmer gently, stirring often, 5 minutes. Season with salt. Cover and set aside 2 hours before serving.
6. Reheat over medium heat, stirring. Adjust flavor with salt, sugar, or a little additional broth, if needed. Serve about 1/3 cup hot mole over a grilled or sautéed boneless, skinless chicken breast which has been sliced across the grain and fanned out on a plate.



# ALMOND-CRUSTED CHICKEN BREASTS STUFFED WITH DRIED APRICOTS AND CHERRIES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Dried cherries, coarsely chopped	¾ cup
Dried apricots, julienne	¼ cup
Tawny port wine	1 cup
Warm water	½ cup
Salt and pepper	as needed
Boneless, skinless chicken breast halves pounded ¼-inch thick	8 ea.
Flour	¼ cup
Eggs, beaten	2 ea.
Finely chopped whole blanched or slivered almonds	½ cup
Dry bread crumbs	½ cup
Butter	2 Tbsp.
Olive oil	2 Tbsp.
Shallots, chopped	1½ Tbsp.
Whipping cream	1½ cups

## **Method**

1. In small bowl, combine cherries, apricots, port, and water. Cover and set aside 6 hours or overnight. Drain liquid into small saucepan.
2. Salt and pepper both sides of chicken breasts. Spoon about 2 tablespoons fruit onto center of each chicken piece. Fold both sides over fruit to overlap and secure with bamboo skewer or wooden picks.
3. In 3 shallow bowls place flour, egg, and almonds mixed with bread crumbs. Thoroughly coat each filled chicken piece with flour, then egg, then almond mixture. Place on plate in single layer; cover and refrigerate 30 minutes.
4. Heat oven to 375°F. In 12-inch skillet heat butter and oil over medium heat. Panfry the chicken bundles, turning once, until well-browned, about 5 minutes on each side. Transfer to baking sheet and finish cooking in center of oven, 8 to 10 minutes, being sure chicken juices run clear.
5. Meanwhile, add shallots to the port mixture and reduce by half on medium-high heat. At the same time, in another saucepan, reduce the cream by half. Strain the port mixture into the reduced cream. Season with salt and pepper.
6. Ladle hot sauce into 8 serving plates, dividing equally. Remove skewers and place chicken on sauce. Garnish with mint sprigs, if desired.

Adapted from Chef Doug Silva, Silva's Sheldon Inn, Elk Grove, CA

# CHICKEN WITH FRESH FAVA BEANS, ARTICHOKES, AND ALMONDS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	2 Tbsp.
Boneless, skinless chicken breasts or thighs	4 ea.
Almonds, roughly chopped	$\frac{3}{4}$ cup
Garlic cloves, minced	2 ea.
Fresh fava or lima beans, or canned fava beans	$1\frac{1}{2}$ cups
Canned artichoke hearts, squeezed	1 can (14 oz.)
Dry white wine	1 cup
Orange zest	$\frac{1}{4}$ tsp.
Salt and pepper	to taste

## **Method**

1. Heat olive oil in a large skillet on medium heat. Add chicken and brown for 5 minutes per side, using tongs to turn. Remove and reserve.
2. Add almonds roast in oil until golden and fragrant; remove and set aside with chicken.
3. Add garlic to skillet, and sauté on medium-heat until garlic turns golden. Add fava beans, chopped artichokes, wine, and orange zest. Bring to a simmer and return chicken and almonds to pan. Simmer gently until the wine's volume has reduced by about half, and the chicken is cooked throughout.
4. To serve, place a piece of chicken on each plate and top with vegetables and sauce.

**Note:** Serve this fresh spring meal with basmati rice, orzo or polenta. If you can't find fresh fava beans, fresh lima beans may be substituted.

# CALIFORNIA AVOCADO COMMISSION

# ENDIVE AND POMEGRANATE SALAD

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Large navel oranges	2 ea.
Belgian endive	2 ea.
Watercress	1 cup
California avocado	1 ea.
Medium cooked shrimp, optional	12 ea.
Pomegranate seeds	1 ea.
Dressing	

## **Method**

1. *To prepare the salad:* Peel oranges with a paring knife, removing the white pith. Quarter and slice the oranges.
2. Wipe endives with a damp cloth (do not soak – they tend to absorb water); cut into ¼-inch-thick slices.
3. Wash and dry watercress.
4. Peel and pit avocado; cut into thin slices lengthwise.
5. *To assemble salads:* Alternate avocado slices and orange sections in a fan shape on each of 4 salad plates. Top with endive, watercress, and shrimp, if using. Drizzle with dressing, sprinkle with pomegranate seeds, and serve.

Source: *EatingWell* (fall 2003)

# PASTA SALAD NIÇOISE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fat-free Italian salad dressing	¼ cup
Fresh basil leaves, chopped	¼ cup
Garlic cloves, minced	2 ea.
Red pepper flakes, crushed	¼ tsp.
Shell macaroni, cooked and drained	2 cups
Albacore tuna, drained and flaked	1 can (6 oz.)
Tomato, diced	¾ cup
California avocado, diced	½ ea.
Red onion, thinly sliced	¼ cup
Large black olives, sliced	2 ea.
Green leaf lettuce	4 leaves

## **Method**

1. In a small bowl combine dressing, basil, garlic, and red pepper flakes. Set aside.
2. In a large bowl combine macaroni, albacore, tomato, avocado, and red onion. Add dressing and toss.
3. Line 4 plates with lettuce leaves, spoon on salad, and garnish with olive slices.

# CALIFORNIA AVOCADO CEVICHE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish fillets, scallops or shellfish, cleaned and cut	1½ lb.
Tomatoes, diced	2 ea.
Canned green chiles, 1-inch dice	2 cans
Cilantro, chopped	2 Tbsp.
Olive oil	1 cup
Garlic clove, minced	1 clove
White wine	½ cup
Onion, finely chopped	1 ea.
Oregano	1 tsp.
California avocados, cubed	3-4 ea.
Basil	½ tsp.
Rice, cooked and hot	3 cups
Lime juice	2 cups

## **Method**

1. Place fish in large bowl, combine oil, wine, oregano, basil, and lime juice; pour over fish. Cover and refrigerate at least 8 hours.
2. About 4 hours before serving, add tomatoes chiles, cilantro, garlic, and onion. Return to refrigerator.
3. Just before serving, add avocado cubes, lift ceviche from marinade with slotted spoon and serve immediately over rice.

# CHICKEN WITH AVOCADO-CITRUS SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic cloves, minced	3 ea.
Unsalted butter, divided	½ cup
Whipping cream	½ cup
Orange zest, finely chopped	½ tsp.
Orange juice	2 Tbsp.
Lime juice	1 Tbsp.
Lemon juice	1 Tbsp.
California avocado, puréed	1 ea.
Salt	¼ tsp., and to taste
Chicken breasts, boneless and skinless	6 ea.
Black pepper	to taste
Lemon, lime, and orange slices	6 of each

## **Method**

1. Sauté garlic in 1 teaspoon butter until soft but not colored, about 2 minutes. Stir in cream. Heat to a simmer, stirring frequently; do not boil.
2. Stir in orange zest, juices, avocado, and ¼ teaspoon salt. Keep warm.
3. Melt remaining butter. Brush chicken with butter. Season chicken with salt and pepper. Bake at 450°F until chicken is browned and just firm to the touch, about 15 minutes.
4. Serve each breast with ¼ cup avocado sauce, garnish with a slice of each citrus fruit.

# CALIFORNIA RAISIN MARKETING BOARD

# BANANA SPRING ROLL WITH TAZO CHAI AND CALIFORNIA RAISIN ICE CREAM

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Whole milk	3 cups
Heavy cream	3 cups
Sugar, divided in half	1¾ cups
Vanilla bean, split	1 ea.
Egg yolks	12 ea.
Tazo chai tea bags	3 ea.
California golden raisins	1 cup
Raspberry coulis	for garnish
Caramel sauce	for garnish
 <i>Banana spring roll</i>	
Bananas	4 ea.
Spring roll wrapper	8 ea.
Lime leaf-infused sugar	1 cup
Egg wash	as needed
Butter	for frying

## **Method**

1. *For the ice cream:* Place the milk, cream, and half of the sugar in a heavy saucepan. Scrape the seeds of the vanilla bean into the pan and add the pod; bring the mixture to a boil.
2. In a large bowl, cream together the egg yolks and the remaining sugar. Add 1/3 of the hot cream mixture to yolk and sugar mixture, whisking until combined. Add the yolk and cream mixture back into the saucepan with the remaining hot cream mixture. Cook over medium heat for 1 minute, whisking constantly until the mixture coats the back of a spoon.
3. Remove the pan from the heat and add the tea bags to the mixture; allow them to infuse for 5 minutes. Strain the mixture through a fine-mesh strainer into a clean bowl; cool and then freeze in an ice-cream machine. Stir in the raisins while the ice cream is partially frozen. Remove the ice cream from the machine and keep it frozen until ready to use. Ice cream is best if used within 24 hours.
4. *For the banana leaf:* Cut each banana into halves, lengthwise, and then crosswise. Roll each piece lightly in the lime leaf sugar and then in a spring roll wrapper. Seal with egg wash.
5. *To serve:* Heat the butter in a large sauté pan. Fry spring rolls until crispy. Cut each spring roll on the bias and serve with ice cream, caramel sauce, and raspberry purée.

# WHITE SESAME PANNA COTTA WITH RUM-SOAKED RAISINS AND RED DATES

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk	1 cup
White sesame seeds, roasted and ground fine	3 Tbsp.
Heavy cream	1 cup
Unflavored gelatin, ¼ oz. pkg., softened in 2 Tbsp. cold water	2 pkg.
Cooking spray	
Granulated sugar	1 Tbsp.
 <i>Raisins and dates</i>	
Dark rum	1 cup
Cinnamon stick	1 ea.
California raisins	2/3 cup
Granulated sugar, divided	3 cups
Dried red dates	15 ea.
Water	1 cup
Sweetened condensed milk	

## **Method**

1. Warm milk, sesame seeds, and cream together in saucepan. Add gelatin; heat and stir until dissolved. Chill over ice until cool. Divide and pour into 4 individual ramekins that have been sprayed and lightly sugared. Keep in refrigerator at least 3 hours until set.
2. Heat rum and cinnamon stick to boiling; remove cinnamon and flame to burn off alcohol. Add raisins and 1 cup sugar; stir until sugar is dissolved and liquid is syrupy. Cool. Cook dates in remaining 2 cups sugar and water until soft and liquid is syrupy.
3. *To serve:* Unmold panna cotta onto 4 individual dessert plates; divide and spoon raisins and dates along with some of the rum syrup around and over each. Combine any remaining liquid from raisins and dates. Drizzle over panna cotta, drizzle with sweetened condensed milk, and serve.

# CALIFORNIA RUM RAISIN AND ALMOND TART

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, cut into cubes	4 oz.
Powdered sugar, sifted	½ cup
Egg	1 ea.
Flour	2 cups
Baking powder	⅛ tsp.

## *Filling*

Butter, softened to room temperature	4 oz.
Granulated sugar	½ cup
Egg	1 ea.
Ground almond meal or flour, or whole natural almonds ground very fine	2 cups
California golden raisins, soaked in rum overnight	1½ cups
Mini quiche-style, 4-inch tart pans with removable bottoms	
Powdered sugar; for garnish	

## **Method**

1. Combine butter and sugar in electric mixer bowl and mix at low speed for about 3 minutes, until smooth and there are no lumps. With mixer on low speed, thoroughly mix in egg. Turn mixer off and fold in flour and baking powder by hand. With mixer on low speed, mix together until the dough is homogenous, about 2 to 3 minutes. Shape into 6 small balls. Cover each ball tightly with plastic wrap and refrigerate for 1 to 2 hours.
2. *For the filling:* In bowl with electric mixer on high speed, beat butter until smooth. Add sugar and continue beating until creamy. Add egg and mix until completely incorporated. Mix in almond powder and beat just until dough is paste-like. Drain rum-soaked raisins and fold into mixture; set aside.
3. Preheat oven to 375°F. Lightly spray or butter sides and bottoms of 6 individual tart pans; set aside. On a lightly floured work surface, roll out each ball of dough into a round, about 6 inches in diameter and ¼-inch thick. Drape dough over rolling pin and transfer to prepared tart pan. Gently press dough into mold. Using a rolling pin or dull knife edge, trim pastry even with rim. Line molded pastry dough with waxed paper or foil and add pie weights or dried beans. Bake until pastry is half-cooked, about 15 minutes. Remove from the oven and immediately remove pie weights and waxed paper.
4. Divide filling and scoop into warm tart shells. Return to oven and bake until filling is set and edges of crust are golden brown, about 20 minutes. Transfer to cooling rack and remove pan sides. Let cool completely. Sprinkle with powdered sugar.

Source: Chef Gerald Hirigoyen

# GOLDEN RAISIN, LEMON PISTACHIO, AND BUTTERSCOTCH COOKIES

*Yield: 5 dozen*

<b>Ingredients</b>	<b>Amounts</b>
Butter	8 oz.
Light brown sugar	1 cup
Salt	½ tsp.
Finely grated lemon zest	2 Tbsp.
Lemon juice	1 lemon
Egg	1 ea.
Egg yolk	1 ea.
Vanilla	2 tsp.
All-purpose flour	2½ cups
California golden raisins, chopped	½ cup
Shelled and peeled pistachios, chopped	½ cup
Butterscotch chips	½ cup

## **Method**

1. Have all ingredients at room temperature. Preheat oven to 375°F. Line 2 baking sheets with parchment paper; set aside.
2. Combine butter, sugar, salt, lemon zest, and juice in large bowl and beat with hand mixer on medium speed until light and fluffy. Add egg, yolk, and vanilla; mix to blend well. Stir in flour just until combined and then fold in raisins, pistachios, and chips. Cover and chill for at least 1 hour.
3. Roll tablespoonfuls of dough into even-size balls and arrange, well separated, on parchment-lined baking sheets. Bake for 6 to 8 minutes at 375°F, rotating pan halfway through, until evenly browned. Remove from oven and immediately remove cookies to wire racks to cool.

# VIETNAMESE STIR-FRIED CHICKEN WITH NUTS AND CALIFORNIA RAISINS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Sauce</i>	
Chicken stock	1 cup
Fish sauce	$\frac{3}{4}$ cup
Granulated sugar	$\frac{3}{4}$ cup
<i>Stir-fry</i>	
Chicken breasts, boneless and skinless	2 ea.
Canola or peanut oil	
Salt	to taste
Chinese dates	$\frac{1}{2}$ cup
California raisins	$\frac{1}{2}$ cup
Ginkgo nuts	$\frac{1}{2}$ cup
Cashews	$\frac{1}{2}$ cup
Rice wine	2 Tbsp.

## **Method**

1. *For the sauce:* Mix chicken stock, fish sauce, and sugar together. Cover and store in refrigerator. Sauce can be made up to one month in advance.
2. *To stir-fry:* Have all ingredients ready. Cut chicken into  $\frac{3}{4}$ -inch cubes. Rub with 1 tablespoon oil to coat meat and salt to taste; set aside.
3. Soak dates and raisins in warm water for 10 minutes; drain.
4. Boil fresh ginkgo nuts in water until tender; then peel off the outer skin, or purchase already peeled.
5. Heat a couple of tablespoons of oil in a pan or wok. Add walnuts and cashews; fry until golden brown (if the walnuts taste bitter, make a new batch. You probably overcooked them). Set aside.
6. Add 2 tablespoons oil to preheated wok. Heat to smoking. Add chicken cubes. Sauté until lightly browned. Drain off any excess oil. Add dates, raisins, and nuts. Stir in rice wine and 3 tablespoons stir-fry sauce (You will have extra stir-fry sauce. Keep it for future use). Cook until heated through. Serve over steamed rice.

Source: Chef Charles Phan

# CALIFORNIA RAISIN-ALMOND CHICKEN CURRY

## *MURGHI KISMIS SALAN*

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Boneless skinless chicken breasts	2 lb.
California raisins, divided	2 cups
Yellow onions, thinly sliced, divided	2 ea.
Green bell pepper, coarsely chopped	1 ea.
Fresh gingerroot, coarsely chopped	2 Tbsp.
Garlic cloves	5 ea.
Clarified butter or vegetable oil, divided	2 Tbsp.
Heavy whipping cream	½ cup
Sour cream	¼ cup
Ground almonds	½ cup
Cardamom pods	4 ea.
Bay leaves	2-3 ea.
Water	1 cup
Salt	to taste
Finely chopped fresh cilantro	2 Tbsp.

### **Method**

1. Trim and cut chicken into 1-inch pieces. Place in heavy 3-quart saucepan; set aside.
2. In food processor, place 1 cup California raisins, half the onions, pepper, ginger, and garlic; purée until smooth. Add to chicken.
3. Add 1 tablespoon butter, heavy cream, sour cream, almond, cardamom, bay leaves, and water to chicken. Bring to a boil over medium-high heat. Reduce heat to low. Cover; cook 30 minutes. Add remaining California raisins; cover; cook 15 to 20 minutes more.
4. In 10-inch skillet, heat remaining butter over medium-high heat; add remaining onions. Stir-fry 3 to 4 minutes or until golden brown. Combine onions and salt with curry; cook 2 to 4 minutes more to blend flavors. Discard cardamom pods and bay leaves; garnish with cilantro.

**Note:** Curries are sauce-based preparations often served with steamed rice and flatbreads.

# CHILES RELLEÑOS WITH CALIFORNIA RAISINS, CHEESE, PECANS, AND GUAJILLO CHILE SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Poblano chiles	12 ea.
<i>Filling</i>	
Monterey Jack cheese, grated	8 oz.
Muenster cheese, grated	8 oz.
California raisins	8 oz.
Pecans, lightly toasted and chopped	4 oz.
<i>Sauce</i>	
Roma tomatoes	1 lb.
Tomatillos, husked removed	1 lb.
White onion, cut into 8ths	10 oz.
Garlic cloves, peeled	6 ea.
Guajillo chile or dried New Mexico red chile, about 4 each	1 oz.
Water, enough to cover	
Water	1 cup
Cilantro, finely chopped	¼ cup
Brown sugar	2 tsp.
Salt	1½ tsp.
<i>Garnishes</i>	
Sour cream or crème fraîche	6 Tbsp.
Cilantro sprigs	

## **Method**

1. Trim and cut chicken into 1-inch pieces. Place in heavy 3-quart saucepan; set aside.
2. In food processor, place 1 cup California raisins, half the onions, pepper, ginger, and garlic; purée until smooth. Add to chicken.
3. *Preparing the chiles:* Lightly oil the poblano chiles. Char the skins over an open flame or under a hot broiler. Allow the chiles to cool to room temperature. Peel the skins from the chiles and discard. With a small knife, make a slit down the side of each chile. Gently cut the seed pod free from the base of the stem and remove the seeds. Discard the seeds and reserve the chiles.
4. Combine all of the ingredients for the filling and mix well. Divide the filling and stuff into each poblano chile. Reserve.
5. *For the guajillo sauce:* Combine the tomatoes, tomatillos, onion, and garlic cloves in an ovenproof pan just large enough to hold the ingredients in a single layer. Place the ingredients under a hot broiler and broil until the ingredients are lightly blistered

and charred (approximately 15 to 20 minutes). Turn the ingredients occasionally. Allow the ingredients to cool.

6. Remove the stems and seeds from the guajillo chiles. In a dry skillet over medium heat, lightly toast the chiles. Transfer the chiles to a bowl and cover with water. Allow to soak for 15 to 20 minutes or until softened. Drain and discard the water.
7. In a blender, combine the broiled ingredients with the softened chiles. Add the 1 cup water and purée. Transfer the purée to a saucepan. Heat the sauce to a boil, then reduce the heat and simmer for 15 minutes. Just before serving add the remaining ingredients and mix well.
8. *Baking the chiles:* Arrange the stuffed poblano chiles in a single layer in an ovenproof pan. Place in a pre-heated 350°F oven and heat just until the cheese begins to melt.
9. *To serve:* Transfer 2 chiles to each plate. Spoon some of the guajillo sauce over each chile. Drizzle the chiles with the sour cream or crème fraîche and garnish with cilantro sprigs. Suggested accompaniment: white rice and crisp green salad.

Source: Chef Robert Del Grande

# SPANISH MOUNTAIN PAELLA WITH CALIFORNIA GOLDEN RAISINS

*Yield: 14 portions*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	¼ cup
Chorizo sausage, cut into ¼-inch rings, and browned	1 lb.
Chicken, cooked and diced	1 lb.
Red onion, small dice	1 cup
Tomato, medium dice	4 cups
Garlic, minced	2 Tbsp.
Tomato paste	2 Tbsp.
Brown sugar	1 Tbsp.
Fresh rosemary, chopped	1 Tbsp.
Fresh sage, chopped	1 Tbsp.
Salt	2 tsp.
Pepper	2 tsp.
Saffron threads	1 tsp.
Crushed red pepper	¼ tsp.
California golden raisins	1 cup
Chicken stock	6 cups
Roasted red peppers, julienne	1 cup
Arborio or Spanish rice	3 cups
Small shrimp (35-40 count), peeled and deveined	½ lb.
Lemon wedges	for garnish
Manzanilla olives	for garnish

## **Method**

1. Preheat oven to 350°F. In a large roasting pan, combine first 17 ingredients; bring to simmer on top of stove.
2. Sprinkle raw rice over mixture and stir to combine evenly. Place roasting pan in oven; bake for 25 to 30 minutes. Add shrimp. Continue baking for 6 to 8 minutes or until shrimp and rice are cooked and mixture seems dry. Let paella stand for 5 minutes before serving.
3. Serve paella in bowls. Garnish with lemon wedges and Manzanilla olives.

**DRISCOLL'S**

# ORANGE ALMOND BLUEBERRIES

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fresh orange juice	1 cup
Light brown sugar, packed	¼ cup
Almond extract	1 tsp.
Driscoll's blueberries, rinsed	12 oz.
Sliced almonds, toasted	1 tsp.

## **Method**

1. In a small saucepan combine orange juice, sugar, and extract. Heat to boiling, then reduce heat slightly and simmer until syrupy and reduced by half (watch closely so the juice doesn't boil over).
2. Divide the berries between 4 serving dishes. Pour orange syrup over the berries and sprinkle with almonds. Serve immediately.
3. This sauce works for other berries as well. Or try serving the berries and sauce over angel food or pound cake.

# RASPBERRY ZABAGLIONE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg yolks	4 ea.
Sugar	1/3 cup
Marsala wine	1/2 cup
Driscoll's raspberries	3 cups
Fresh orange juice	1 cup
Light brown sugar, packed	1/4 cup
Almond extract	1 tsp.
Blueberries, rinsed	12 oz.
Sliced almonds, toasted	1 tsp.

## **Method**

1. In top of double-boiler (or small copper bowl over simmering water), beat egg yolks and sugar until fluffy and light in color.
2. Add Marsala wine, 1 tablespoon at a time, and beat until well mixed.
3. Continue beating at medium speed about 8 minutes, or until mixture begins to form small mounds.
4. Pour 1/4 to 1/2 cup sauce over raspberries in 8-ounce stemmed glasses. Serve immediately.

# STRAWBERRIES AND WALNUTS WITH APRICOT CINNAMON GLAZE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Driscoll's strawberries, rinsed, dried, hulled, halved, or quartered	16 oz.
Apricot jam	2 Tbsp.
Light brown sugar	2 Tbsp.
Ground cinnamon	½-1 tsp.
Chopped walnuts, toasted	¼ cup

## **Method**

1. In small saucepan over medium heat stir apricot jam until soft and warm. Set aside to cool.
2. Meanwhile, in small bowl stir together brown sugar, cinnamon, and walnuts.
3. Place berries in mixing bowl and pour jam over. Toss gently until berries are lightly coated. Sprinkle with brown sugar-walnut mixture and toss to mix. Divide among stemmed glasses or bowls to serve.

**Note:** To toast walnuts, preheat oven to 375°F. Spread walnuts on cookie sheet and bake until well-browned, about 5 minutes, checking frequently. This can be done while you prepare the jam and sugar-walnut mixture.

# FOODS FROM SPAIN

# WALNUT AND CABRALES GRAPES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Walnuts, finely chopped	1 cup
Cabrales, crumbled	1/3 lb.
Cream cheese	1/4 lb.
Loose grapes	20 ea.

## **Method**

1. In a preheated 325° F (about 160°C) oven, toast the walnuts for 7 to 9 minutes, or until lightly golden.
2. In a bowl with an electric mixer cream together the Cabrales and the cream cheese until the mixture is smooth. Put one tablespoon of the cheese mixture in the palm of one hand and in it roll a grape, shaping the mixture around the grape to coat it. Coat the remaining grapes in the same manner and chill them on a sheet pan for 15 minutes.
3. Roll the cheese-coated grapes in the walnut mixture to coat them completely and chill for 30 minutes, or until the coating is firm. Using a sharp knife, cut in half and serve immediately. Makes about 40 coated grapes.
4. *For an alternative cheese and fruit combination:* 6 figs, quartered, 5 ounces of Cabrales. Place a generous 2 teaspoons of Cabrales on each fig and smear with a knife to keep in place.
5. Best served with a cider from Asturias.

# SERRANO HAM AND POTATO PHYLLO PIZZA WITH GRATED MAHON CHEESE

*Yield: 8 to 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Phyllo, stacked between 2 sheets of wax paper	7 ea. 17 x 12-inch sheets
Extra virgin olive oil	¼ cup
Serrano ham, chopped	2 oz.
Red potatoes, washed and dried	1 lb.
Dried rosemary, crumbled	1½ tsp.
Mahon, grated	2 cups

## **Method**

1. In a preheated 325° F (~160°C) oven toast the walnuts for 7 to 9 minutes or until lightly golden.
2. Brush a baking sheet lightly with some of the oil. Lay one sheet of phyllo on the baking sheet and brush it lightly with some of the remaining oil. Place another sheet of phyllo on top of the bottom sheet and press firmly so it adheres to the bottom sheet. Oil and layer the remaining phyllo, ending with oil.
3. Using a mandolin or hand slicer, cut the potatoes into paper-thin slices, overlapping them, on the dough, and sprinkle with salt and pepper to taste. Spread the ham over the potatoes, sprinkle with rosemary and Mahon, and drizzle with any remaining oil.
4. Bake the pizza at 400°F (200°C) over for 15 to 20 minutes, or until the edges are golden and the potatoes are tender. With pizza wheel or sharp knife cut into squares. Serve at room temperature.

# MUSHROOM AND MANCHEGO CHEESE TIMBALE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter	2 Tbsp.
Carrots, finely chopped	2 cups
Scallions, finely chopped	2 ea.
Mushrooms, finely chopped	1½ cups
Heavy cream	1 1/3 cup
Eggs	3 ea.
Salt	1 tsp.
Spanish-style paprika	¼ tsp.
Nutmeg, grated	generous grate
Spanish Manchego cheese, grated	2 cups

## **Method**

1. Melt 1 tablespoon of the butter in a skillet and sauté the carrots and scallions slowly for about 5 minutes, until the carrots are tender. Turn up the heat, add the remaining tablespoon of butter, and sauté the mushrooms for a minute or so.
2. In a bowl beat together lightly the cream, eggs, salt, paprika, and nut. Stir in the cheese and the sautéed vegetables.
3. Butter 6 individual custard cups, divide the vegetable mixture among them, and place in a pan of hot water (bain-marie).
4. Bake at 325° for 25 minutes, or until a knife inserted in the custard comes out clean. Unmold and serve warm.
5. If you make them in advance, re-heat by covering with foil and returning to the bain-marie for 10 minutes.

# CANAPÉS OF SERRANO HAM AND FRIED ORANGE SEGMENTS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Consortium Serrano ham in small, thin slices	250 g
Orange segments	1 orange
Salted crackers	20 ea.
Cooked egg white, diced	1 ea.
Chives, chopped	for garnish
Egg, beaten	1 ea.
Flour	
Olive oil	
Garden tomatoes	6 ea.

## **Method**

1. Melt 1 tablespoon of the butter in a skillet and sauté the carrots and scallions slowly for about 5 minutes, until the carrots are tender. Turn up the heat, add the remaining tablespoon of butter, and sauté the mushrooms for a minute or so.
2. Peel the orange and separate the segments. Dust with flour and dip in the beaten egg; deep fry them. Drain on absorbent kitchen paper and cut in half.
3. Put a piece of ham and a piece of orange on each cracker.
4. Sprinkle with chives and some of the diced egg white. Add a piece of tomato to each canapé and serve.

# ENDIVE AND SPINACH SALAD WITH SERRANO HAM

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Consortium Serrano ham in small, thin slices	6 slices
Endive	500 g
Fresh spinach	150 g
Vinegar	4 Tbsp.
Olive oil	12 Tbsp.
Ripe pears	3 ea.
Ementhal Swiss cheese, grated	125 g
Salt and pepper	to taste
Small handful of basil	

## **Method**

1. Wash spinach and cut into strips.
2. Remove the outer leaves of the endive and cut the remainder into thin strips.
3. Wash the pears, and slice thinly.
4. Finely mince the basil.
5. Mix the spinach with the endive and grated cheese.
6. In a bowl, thoroughly mix the oil, vinegar, salt, pepper, and basil. Pour the mixture over the vegetables and cheese and mix well.
7. Serve the salad with the pears and Consortium Serrano ham as garnish.

# CHILLED PIQUILLOS STUFFED WITH CRAB AND MANGO

*Yield: 4 to 5 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fresh crab meat	1 cup
Mayonnaise	2 Tbsp.
Salt and pepper	to taste
Cayenne pepper	1 pinch
Italian parsley, finely chopped	1 Tbsp.
Chives, finely chopped	1 Tbsp.
Small mango, peeled and diced	1 ea.
Piquillo peppers from Spain	6 oz.
Extra virgin olive oil from Spain	to garnish

## **Method**

1. *For the stuffing:* Place the crab and mayonnaise in a large mixing bowl. Combine well. Add the salt, pepper, cayenne, parsley, chives, and mango. Using a fork, stir all the ingredients together gently but thoroughly.
2. Using a small spoon, carefully stuff each piquillo with the crab salad. Swirl with olive oil to garnish around the edges of the peppers.

**SUNKIST**

# CITRUS-HERBED CHICKEN

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Sunkist fresh orange zest, chopped	2 tsp.
Garlic, minced	2 Tbsp.
Fresh rosemary, chopped	1 tsp.
Fresh thyme, chopped	1 tsp.
Sunkist orange juice, fresh squeezed (approximately 2 Sunkist oranges)	½ cup
Worcestershire sauce	½ cup
Boneless, skinless chicken breasts (approximately 3 lb.)	4 ea.
Salt	1 tsp.
Pepper	1 tsp.

## **Method**

1. Combine fresh Sunkist orange zest, garlic, rosemary, thyme, salt, and pepper. In separate bowl, combine Sunkist orange juice and Worcestershire sauce.
2. For each chicken breast, place 1 tablespoon of the herb mixture under the skin by gently lifting sides of skin. Cover and refrigerate seasoned chicken for 1 hour.
3. Remove chicken from refrigerator and roast in preheated 350°F oven for 30 to 45 minutes, or until done. Baste throughout cooking with Sunkist orange juice and Worcestershire sauce mixture.

# FRESH TANGERINE CONFETTI SALSA

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tangerine juice, freshly squeezed	1 Tbsp.
Sunkist fresh tangerine segments, diced	1 cup
Whole corn kernels, canned, drained	½ cup
Black beans, canned, rinsed, drained	1/3 cups
Red bell pepper, diced	¼ cup
Green bell pepper, diced	¼ cup
Salt	a pinch
Black pepper	½ tsp.

## **Method**

1. Combine Sunkist fresh-squeezed tangerine juice, Sunkist fresh diced tangerine segments, corn, black beans, red and green bell peppers, salt, and pepper.
2. Toss gently to blend thoroughly. Cover and refrigerate until ready to serve.
3. *Serving suggestion:* Serve inside a warm fresh corn tortilla with shredded lettuce to make a vegetarian taco, or serve with grilled chicken.

# ASIAN CHICKEN AND ORANGE LETTUCE WRAPS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Ground chicken or turkey	½ lb.
Onion, finely chopped	½ cup
Garlic cloves, finely chopped	2 ea.
Fresh ginger, finely chopped	1½ tsp.
Sunkist lemon juice, freshly squeezed	2 Tbsp.
Hoisin sauce	2 Tbsp.
Brown sugar, packed	2 tsp.
Sesame oil	1½ tsp.
Low-sodium soy sauce	1 tsp.
Red pepper sauce	7 drops
Sunkist oranges, washed, peeled, seeded, and chopped	2 ea.
Cilantro or Italian parsley, chopped	2 Tbsp.
Iceberg lettuce, separated into lettuce cups	1 head

## **Method**

1. In large skillet sprayed with nonstick cooking spray, sauté chicken over medium heat, crumbling and cooking until no longer pink. Pour into dish,; set aside.
2. Rinse out pan and spray with nonstick cooking spray. Sauté bell pepper, onion, garlic, and ginger for 2 minutes. Add meat to pan.
3. In small bowl, blend lemon juice, hoisin sauce, brown sugar, sesame oil, soy sauce, and red pepper sauce.
4. Pour into pan and stir to coat chicken. Reduce heat and simmer, stirring until sauce is absorbed, about 4 minutes.
5. Stir in orange pieces and cilantro. Serve with lettuce cups.

# OVEN-ROASTED CITRUS AND VEGETABLES

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Japanese eggplant, sliced ½-inch thick	1 lb.
Banana (or yellow) squash, skin removed and cut into 1-inch cubes	¾ lb.
Red and yellow bell pepper, seeded and cut into 2 by ½-inch strips	1 ea.
Fennel bulb, trimmed, halved and thinly sliced	1 ea.
Onion, small, sliced ¼-inch thick	1 ea.
Garlic cloves, finely chopped	3 ea.
Olive oil	2 Tbsp.
Ground black pepper	2 tsp.
Sea salt	½ tsp.
Sunkist oranges, washed, peeled, and separated into segments	4 ea.
Balsamic vinegar	¼ cup

## **Method**

1. In large bowl, combine all ingredients except orange segments and vinegar. Toss to coat. Pour into a jellyroll pan.
2. Bake in preheated 400°F oven for 45 minutes, stirring every 15 minutes. During last 15 minutes of cooking, stir in oranges.
3. Remove from oven and add vinegar; toss to coat. Let stand for 10 minutes. Serve.

**TYSON**

# SKILLET CHICKEN PRIMAVERA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tyson Fresh Boneless, Skinless Chicken Breasts	6 ea.
Reduced-fat Italian salad dressing, divided	½ cup
Fat-free sour cream	½ cup
Parmesan cheese, grated	1/3 cup
Non-fat milk	2 Tbsp.
Rotini pasta, uncooked	12 oz.
Frozen broccoli, carrots, and cauliflower blend, 16 ounce package	1 ea.
Tomato, medium, chopped	1 ea.

## **Method**

1. Bring salted water to boil in a large deep pot. Add pasta; simmer 8 minutes. Add frozen vegetables. Return to simmer; cook 2 to 3 minutes longer or until pasta is tender and vegetables are hot. Drain; keep hot.
2. Blend sour cream, Parmesan, 1/3 cup Italian dressing, and milk in a small bowl. Wash hands. Cut chicken into ½-inch strips. Wash hands. Combine chicken and remaining Italian dressing in a bowl.
3. Spray a large nonstick skillet with nonstick cooking spray; heat over medium-high. Add chicken; cook, stirring frequently, 5 minutes or until done (internal temp 170°F).
4. In large bowl, combine pasta/vegetable mixture, chicken, sour cream mixture, and tomato; toss to coat.

# PINEAPPLE CHICKEN STIR-FRY

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tyson Chicken Nuggets	1 pkg.
Pineapple chunks and juice	1 can (8 oz.)
Unsweetened pineapple juice	$\frac{3}{4}$ cup
Teriyaki sauce	3 Tbsp.
Cornstarch	4 tsp.
Brown sugar	1 Tbsp.
Cooking oil	1 Tbsp.
Carrots, 1-inch julienned strips	1 cup
Frozen pea pods	1 pkg. (6 oz.)
Chow mein noodles	1 can (5 oz.)

## **Method**

1. Wash hands. Prepare chicken according to package directions.
2. Drain pineapple, reserving juice; combine with additional juice to make  $1\frac{1}{4}$  cups.
3. Mix juice, teriyaki sauce, cornstarch, and brown sugar in bowl or measuring cup; set aside.
4. Heat oil in a wok or large skillet over high. Stir-fry carrots 4 minutes or until crisp-tender. Stir in juice mixture, pineapple, and pea pods. Cook and stir until sauce is thickened and bubbly. Continue stirring 2 minutes more. Stir in chicken and heat through.
5. Serve chicken mixture over chow mein noodles.

# CHINESE CHICKEN STIR-FRY

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tyson Ready to Cook CrossFires, grill-marked smoked chicken breast fillets, 5 oz. each, frozen	12 ea.
<i>Soy-ginger marinade</i>	
Lite soy sauce	1 cup
Ginger ground	1 Tbsp.
<i>Pickled ginger-cucumber relish</i>	
Cucumber, peeled, small dice	1½ cups
Sushi-grade pickled ginger, commercially prepared	¼ cup
Mirin	2 Tbsp.
<i>Stir-fry</i>	
Sesame oil	¾ cup
Yellow squash, julienne	10 cups
Red bell pepper, julienne	6 cups
Carrots, julienne	5 cups
Bean sprouts, fresh	4 cups
Stir-fry sauce, commercially prepared	¾ cup
Roasted nori sheet, julienne	¼ cup
Sesame seeds, toasted	1 Tbsp.
Black sesame seeds	1 Tbsp.

## **Method**

1. Cover chicken tightly and slack in cooler between 32° and 36°F prior to use.
2. *Soy ginger marinade:* Combine in bowl and whisk to blend. Pour over thawed chicken breast fillets. Marinate below 40°F for 2 to 3 hours.
3. Remove chicken from marinade and char-grill for 7 minutes on each side, or until chicken is no longer pink. Keep warm above 140°F.
4. *Pickled ginger-cucumber relish:* Combine in bowl and mix thoroughly. Cover and chill to hold.
5. *Stir-fry:* Heat sesame oil on preheated flattop griddle at 350°F. Add vegetables and stir-fry for 3 to 5 minutes, or until vegetables are tender-crisp. Remove from heat. Add sauce to stir-fried vegetable blend and toss to blend. Keep warm.
6. *To assemble single serving:* Portion 1½ cups stir-fried vegetables on plate. Slice 1 chicken breast and fan over vegetable mixture. Portion 2 tablespoons cucumber relish on plate. Garnish plate with ¼ teaspoon toasted sesame seeds, ¼ teaspoon black sesame seeds, and julienne seaweed.

# BALSAMIC ROAST BEEF WITH CAULIFLOWER MASH

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tyson USDA Choice Top Round, precooked rare	3 lb.
<i>Garlic, shallot, and balsamic sauce</i>	
Butter	2 Tbsp.
Garlic, chopped	2 Tbsp.
Shallots, chopped	½ cup
Balsamic vinegar	1½ cups
<i>Cauliflower mash</i>	
Cauliflower florets, steamed	12 cups
Parmesan cheese grated	½ cup
Cream	3 oz.
Butter	3 oz.
Rosemary, fresh and chopped	1 Tbsp.
Thyme, fresh and chopped	1 Tbsp.
Salt	1 tsp.
Black pepper	1 tsp.
Asparagus stalks, grilled	60 ea.
Rosemary sprigs	12 ea.
Thyme sprigs	12 ea.
Lemon wedges, grilled	24 ea.

## **Method**

1. Slice top round into 12 ¼-inch-thick slices and shingle in half-size hotel pan. Cover with foil and heat in preheated conventional oven at 275°F for 15 minutes. Remove from oven. Keep warm above 140°F.
2. *To prepare the sauce:* Heat butter in sauté pan over medium heat. Add next 2 ingredients to melted butter and sauté for 2 minutes, or until shallots are translucent. Add balsamic vinegar to shallots and cook for 15 minutes, or until balsamic vinegar has reduced by half. Keep warm.
3. *For the mash:* Combine mash ingredients in food processor bowl and process until puréed. Remove from processor bowl. Keep warm.
4. *To assemble single serving:* Portion ½ cup cauliflower mash on plate. Stack 5 asparagus spears against cauliflower. Shingle in front of asparagus and mashed cauliflower. Drizzle 2 tablespoons garlic-shallot balsamic sauce over beef. Garnish plate with 1 sprig rosemary, 1 sprig thyme, and 2 grilled lemon wedges.

# UNCLE BEN'S

# SUMMER VEGETABLE AND RICE BAKE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Uncle Ben's Converted Rice	2 cups
Butter	¼ lb.
Zucchini	2 ea.
Chicken or vegetable stock	4 cups
Fresh dill, or 1 tsp. dried dill	1 Tbsp.
Fresh whole green beans, ends removed	¼ lb.
Summer squash	2 ea.

## **Method**

1. In small saucepan over medium heat stir apricot jam until soft and warm. Set aside to cool. Preheat oven to 375°F.
2. In a large glass oblong baking dish, place all of the vegetables and mix thoroughly. Add the rice and stock.
3. Cut the butter in 8 pieces and place on top of vegetables and rice. Sprinkle the dill evenly over all ingredients.
4. Tent with aluminum foil and bake 1 hour.

# ALMOND GREEN BEAN RICE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	1¾ cups
Butter or margarine	2 Tbsp.
Frozen French-cut green beans	1 pkg.
Slivered almonds, toasted	6 oz.
Uncle Ben's Flavorful Roasted Chicken Rice	1 pkg.

## **Method**

1. In a large 2-quart saucepan, heat the butter or margarine.
2. Add the rice and cook for about 3 to 4 minutes.
3. Add the green beans and the water, bring to a boil, and reduce to a simmer.
4. Cover and simmer 15 minutes.
5. While rice is simmering, in a small skillet toast the almonds over medium-low heat (should take about 3 minutes).
6. When all liquid has been absorbed, gently stir in the almonds and serve.

# BROWN RICE INFUSED WITH SOY AND SESAME OIL

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Peanut oil	¼ cup
Uncle Ben's Brown Rice (original)	2½ cups
Small onion, sliced	1 ea.
Red bell pepper, seeded and sliced	1 ea.
Soy sauce, high quality	½ cup
Sesame oil, roasted	2 Tbsp.
Water	4½ cups

## **Method**

1. Heat the oil in a large skillet to almost the smoking point and add the rice. Fry until the rice separates and begins to puff, then add the onions and peppers.
2. Sauté for 3 minutes and add the soy sauce and oil; mix and add water.
3. Bring to a boil, reduce to a simmer, cover, and simmer for 30 minutes.

# SOUP OF THE SOUTHWEST

*Yield: 2 gallons, 50 portions*

<b>Ingredients</b>	<b>Amounts</b>
Uncle Ben's converted rice	5 cups
Garlic, finely dice	1 Tbsp.
Vegetable oil	2 Tbsp.
Chicken stock	2 gal.
Jalapeño, finely diced	2 Tbsp.
Cilantro, minced	¼ cup
Cumin, ground	1 Tbsp.
Onion, sliced into thin wedges	4 cups
Salt	to taste
Corn kernels	1½ cups
Red or green bell pepper, cut into strips	2 cups
Zucchini, cut into thin strips	3 cups

## **Method**

1. In a large stock pot, sauté onions and garlic in vegetable oil until onions are translucent.
2. Combine sautéed vegetables, chicken stock, jalapeño peppers, and herbs. Bring soup to a boil, reduce heat and simmer for 15 minutes.
3. Stir in corn, bell peppers, and zucchini. Simmer for an additional 5 minutes.
4. *To serve:* Place 1/3 cup of cooked rice in a bowl. Ladle 6 ounces of soup over top. Garnish with fried tortilla strips and a sprinkle of freshly minced cilantro.

# PEPPER SLAW SALAD

*Yield: 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Uncle Ben's converted wild rice	8 cups
Cabbage, finely shredded	10 cups
Green and red peppers, cut into strips	6 cups
Dry mustard	2 tsp.
Vinegar	2/3 cup
Vegetable oil	2/3 cup
Salt	1 Tbsp.
Black pepper	1½ tsp.
Sugar	4 tsp.
Celery seed	1 tsp.

## **Method**

1. In a large bowl, combine cooked rice, shredded cabbage, and bell peppers.
2. In another bowl, combine dressing (remaining) ingredients.
3. Pour dressing over rice/cabbage mixture. Toss well and refrigerate.

## ADDITIONAL RECIPES

# CHILLED AVOCADO AND PEA SOUP WITH AVOCADO AND CRAB SALAD

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>For the soup:</i>	
Avocados, ripe, cleaned	4 ea.
Water, cold	1 qt.
Cooked snow peas, chilled	1½ lb.
Salt	to taste
White pepper	to taste
Lemon Juice	to taste
<i>For the crab salad:</i>	
Dungeness crab meat, cleaned	4 oz.
Shallot, minced	1 Tbsp.
Chervil, chopped	1 Tbsp.
Tarragon, chopped	1 tsp.
Mayonnaise	2 Tbsp.
Salt, white pepper, lemon juice	to taste

## **Method**

1. *Make the soup:* Purée the avocados, cooked snow peas, and water thoroughly using a blender.
2. Pass the purée through a fine sieve, season with the salt, pepper, and lemon juice to taste and set aside, refrigerated.
3. Toss the ingredients together for the crab salad, season, and set aside. Refrigerate.
4. Place 6 ounces of cold soup in a bowl and add a half-ounce of the crab salad in the middle of the soup bowl.

**Serving:** Serve this soup as cold as possible.

# GRILLED SHRIMP WITH CITRUS SALSA

*Yield: 25-30 appetizer portions*

<b>Ingredients</b>	<b>Amounts</b>
Oranges, lemons, limes, grapefruit, peeled, seeded, and diced	4 cups
Hoisin sauce	1 Tbsp.
Ginger, minced	1 Tbsp.
Cilantro, chopped	1 Tbsp.
Green onion, minced	1 Tbsp.
Lime juice	1 Tbsp.
Scotch bonnet, seeded and chopped	½ Tbsp.
Shrimp, 16-20 count	2 lb.
Olive oil	
Salt and freshly ground black pepper	

## **Method**

1. *To prepare the salsa:* In a stainless steel bowl combine all of the ingredients. Cover and refrigerate for 1 hour before use.
2. Devlin the shrimp and skewer on soaked or metal skewers.
3. Lightly brush the skewers with olive oil and season with salt and pepper.
4. Grill the shrimp over high heat until cooked through. Serve topped with the citrus salsa.

# BROWN RICE AND LENTIL FRITTERS WITH CILANTRO CHUTNEY AND YOGURT RAITA

*Yield: 16-24 fritters*

<b>Ingredients</b>	<b>Amounts</b>
White split gram beans	1 cup
Hot water	3 cups
Cold water	½ cup
Almonds, toasted and chopped	¼ cup
Raisins	1/3 cup
Brown rice, cooked	2 cups
Ginger, finely chopped	1 Tbsp.
Hot green chiles, thinly sliced	2 ea.
Salt	to taste
Cumin seeds	¾ tsp.

Green Chile Cilantro Chutney (recipe follows)

Kela Ka Raita (recipe follows)

## **Method**

1. *For the dumplings:* Pick over the beans, removing any stones or misshapen or discolored beans. Rinse thoroughly and place in a bowl. Add the hot water and soak for 8 hours or overnight.
2. Drain the beans and transfer them to a food processor or blender. Process, gradually adding the cold water and stopping the machine often to scrape down the bowl until smoothly puréed. This will take a few minutes as the mixture contains very little liquid. Transfer the purée to a bowl and stir in the rice, almonds, raisins, ginger, chiles, salt, and cumin.
3. In a deep fryer, pour in oil to a depth of 1½ inches and heat to 375°F. Using a small ice cream scoop or melon baller, scoop out balls of the batter and slip them gently into the oil a few at a time. Do not crowd the pan. Fry, turning frequently, until nicely browned on all sides, about 3 minutes. Using a slotted spoon, transfer to paper towels to drain. Keep warm in a low oven while you cook the remaining balls in the same way.
4. Serve with Green Chile-Cilantro Chutney and Raita.

Adapted from *Savoring India*, by Julie Sahni (Weldon Owen Inc. 2001)

## GREEN CHILE CHUTNEY

*Yield: 1 cup*

Ingredients	Amounts
Green serrano chiles, coarsely chopped	12-14 ea.
Cilantro, chopped	½ bu.
Mint leaves	½ bu.
Dalia	1 Tbsp.
Lemon juice	2 Tbsp.
Salt	1 tsp.

### Method

1. Place all ingredients in the blender and purée, using a little water as needed.
2. Adjust seasoning to taste, adding more lemon juice or chiles if desired. The chutney should be thick and very spicy.

Source: *The Bombay Café*, by Nella Paniz (1998)

## KELA KA RAITA

*Yield: 6–8 portions*

Ingredients	Amounts
Plain yogurt, store-bought or homemade	2 cups
Ground roasted cumin	1 tsp.
Ripe bananas, peeled and diced	2 ea.
Green serrano chiles, sliced into thin rounds	1–2 ea.
Fresh cilantro, chopped	1 Tbsp.
Sugar	1 Tbsp.
Salt	½ tsp.
Cayenne pepper	¼ tsp.

### Method

1. Mix together all ingredients in a bowl. Taste and add small amounts of sugar or cayenne if desired. Set aside in a cool place for 1 hour. Do not make too far in advance, as the bananas will turn brown.

**Note:** The creamy sweetness of the banana in the cool yogurt balances the spiciness of many Indian dishes beautifully. This is one of the most popular raitas at the restaurant.

Source: *The Bombay Café*, by Nella Paniz (1998)

# PENNE WITH PRESSED RICOTTA AND MARINATED TOMATOES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra virgin olive oil	1 oz.
Garlic, minced	1 tsp.
Onion, diced	1 cup
Garlic cloves, minced	3 ea.
Tomatoes, fresh, peeled and diced	1 lb.
Kalamata olives, pitted	2 oz.
Pressed ricotta cheese, grated	2 oz.
Basil leaves, chopped	5 ea.
Sea salt	to taste
Black pepper	to taste
Penne, cooked al dente	1½ lb.

## **Method**

1. Place the chopped tomatoes in a colander and drain for at least 2 hours
2. After the tomatoes have drained, marinate with the olive oil, garlic, salt, pepper, olives, and tomatoes.
3. Toss the hot pasta with the marinated tomato mixture, top with grated ricotta and chopped basil.

# SALAD OF MIXED SUMMER BERRIES, FRISÉE, AND CURED PORK LOIN

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Frisée lettuce, washed	$\frac{3}{4}$ lb.
Garlic, minced	1 tsp.
Red wine vinegar	1 Tbsp.
Raspberry vinegar	1 Tbsp.
Dijon mustard	1 tsp.
Olive oil	4 Tbsp.
Salt	to taste
Assorted berries	1 cup
Black pepper, coarsely ground	1 tsp.
Shallot, minced	1 Tbsp.
Tarragon, chopped	1 Tbsp.
Cured, braised pork, cut in thin slices	7 oz.

## **Method**

1. Make sure frisée is washed and dried.
2. Combine garlic, red wine vinegar, raspberry vinegar, mustard, olive oil, and salt; mix well, adjust seasoning and reserve.
3. Combine berries with black pepper and shallot.
4. Toss frisée with vinaigrette, berries, and tarragon. Portion salad and add pork to garnish salad before serving.

# LETTUCE-WRAPPED SPICY ALMOND CHICKEN

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken breast, boneless, skinless, finely diced	1½ lb.
Canola oil for velveting	4 cups
<i>For marinating the chicken</i>	
Egg white, large	2 ea.
Kosher salt	2 tsp.
Chinese rice wine or quality dry sherry	3 Tbsp.
Cornstarch	4 tsp.
<i>Accompaniments</i>	
Iceberg lettuce leaves, small cups	32 ea.
Hoisin sauce	1 cup
Almonds, toasted, chopped	¼ cup
<i>For stir-frying the chicken</i>	
Dried black mushrooms	10 ea.
Chinese chili garlic sauce	1 Tbsp.
Lite soy sauce	2 Tbsp.
Shaoxing rice wine	1 Tbsp.
Corn or peanut oil	6 Tbsp.
Ginger, finely minced	1 Tbsp.
Garlic, finely minced	4 tsp.
Scallions, cut in small rings	6 ea.
Carrots, ¼-inch dice	2 cups
Water chestnuts, ¼-inch dice	2 cups
Zucchini, ¼-inch dice	1 cup
Almonds, toasted, chopped	1 cup
Sesame oil	2 tsp.
Cornstarch (dissolve in 2 tablespoons cold water or chicken stock)	1 Tbsp.
Salt and pepper	to taste
Lite soy sauce	to taste
Rice wine vinegar	to taste

## **Method**

1. Combine all the marinade ingredients. Mix well until the egg whites are foamy. Pour the marinade over the chicken, mix to coat. Cover and let sit for at least 1 hour and up to 1 day.
2. *Velvet the chicken:* Heat 4 cups of oil in a sauce pot to 275°F. Add the chicken and immediately stir gently to separate the pieces. Let the meat cook for 20–30 seconds,

then pour oil and chicken through a colander sitting in a deep bowl. Reserve the oil. The chicken should be barely cooked. Set aside until ready to stir fry.

3. Dry the washed lettuce and arrange it on a large serving tray. Cover the tray and refrigerate it until ready to serve. Place hoisin sauce and  $\frac{1}{4}$  cup toasted almonds in small bowls. Set aside until ready to serve.
4. Soak the mushrooms in warm water to cover until soft, approximately 30 minutes. Make sure that the mushrooms are rehydrated completely. Drain the liquid. Remove the stems and cut mushrooms into  $\frac{1}{4}$ -inch dice. Combine the chili garlic sauce, soy sauce, and shaoxing. Set aside. Line up all the ingredients for the stir fry in the order they are cooked.
5. Heat a heavy sauté pan over medium heat. Add 6 tablespoons oil, swirling to coat the pan. Add the ginger, garlic, and scallions. They should sizzle without burning. Let cook til aromatic, about 20 seconds. Add the mushrooms, carrots, water chestnuts, and zucchini. Turn up the heat, sauté 1 minute. Add the chicken, sauté 1 minute. Add the chili soy mixture and simmer until the vegetables are tender but crisp. Add the almonds and sesame oil, toss to coat.
6. Stir in the cornstarch mixture to recombine it. Bring stir-fry mixture to a simmer. Pour in the cornstarch mixture, stirring constantly to ensure that it is evenly distributed. Cook until the mixture becomes glossy and slightly thick, 3 to 4 seconds. Adjust the seasoning with salt, pepper, soy sauce, sesame oil, and rice wine vinegar. Mound the chicken on a platter.
7. Serve the chicken immediately, accompanied by the platter of chilled lettuce and hoisin sauce. To eat, spread some hoisin sauce in the lettuce cup. Spoon in some of the stir-fry mixture, sprinkle with toasted chopped almonds, roll into a tube-like cylinder, and enjoy.

# MOROCCAN CHICKEN SMOTHERED WITH GREEN OLIVES AND FRESHLY GROUND BARLEY COUSCOUS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, whole, 3½ lb.	1 ea.
Garlic cloves, crushed	3 ea. (optional)
Ground ginger	½ tsp.
Ground black pepper	½ tsp.
Saffron, pulverized (or ¼ tsp. turmeric)	1 pinch
Ground cumin	¼ tsp.
Sweet paprika	¼ tsp.
Garlic, finely chopped	1½ tsp.
Onion, grated	½ cup
Parsley, finely chopped	¼ cup
Cilantro, finely chopped	¼ cup
Oil	3 Tbsp.
Green olives packed in brine, 1-lb. jar	1 ea.
Lemon juice	4 Tbsp. or more to taste
Tunisian Barley Couscous (recipe follows)	

## **Method**

1. Wash the chicken, then drain. The remainder of this step is optional; the North Africans do it to purify the chicken. Blend the garlic with one tablespoon salt to make a paste. Rub the paste into the cavity and the flesh of the chicken. Rinse well.
2. Place the chicken in a large heavy casserole with the spices, garlic, onions, herbs, oil, and 2 cups water. Simmer, covered, 30 minutes, turning the chicken often in the cooking liquid.
3. Meanwhile pit the olives. To rid them of their bitterness boil them 3 times, changing the water each time.
4. Add the drained pitted olives and the lemon juice to the casserole and continue cooking until the chicken is very tender. Transfer the chicken to a serving dish. Using a slotted spoon, remove the olives and place around the chicken. Meanwhile, reduce the cooking liquid in the casserole to a thick sauce. Adjust the salt and lemon juice to taste. Pour over the chicken. Serve at once.

Source: *Mediterranean Cooking*, by Paula Wolfert (1997)

# TUNISIAN BARLEY COUSCOUS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Barley grits or hulled barley	3 1/3 cups
Vegetable oil	as needed, plus 1 Tbsp.
Salt	as needed, plus 1 tsp.

## **Method**

1. Soak the barley grits in just enough salted hot water to cover. Leave for 15 minutes without stirring. If using hulled barley, use a spice or grain mill to grind barley to the size of grits.
2. Fill the bottom part of a couscous pot with water and bring to a boil. Lightly oil the inside of the steamer.
3. Stir the barley grits under water with your hands to soften and separate. Rinse, drain, and steam for 30 minutes, covered. Then fluff the grits with a fork and toss with the remaining 1 tablespoon of oil and 1 teaspoon of salt. Steam 20 more minutes uncovered.
4. Tip the barley into a wide dish. Sprinkle the grain with 1 cup cold water and fluff with a fork. Pile the barley back into the perforated top, cover and continue steaming 15 minutes. Makes about 2 quarts barley grits.

*Adapted from Mediterranean Grains and Greens, by Paula Wolfert (HarperCollins, 1998)*

# CRISPY ALASKAN SALMON WITH CATALAN VINAIGRETTE AND DAIKON SPROUTS

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>For the Catalan vinaigrette:</i>	
Olive oil	1 cup
Sherry vinegar	¼ cup
Fresh orange juice	¼ cup (or to taste)
Sliced almonds, toasted and coarsely chopped	¾ cup
Capers, drained, rinsed, and chopped medium-fine	2 Tbsp.
Grated orange zest	2 Tbsp.
Anchovies, puréed or finely chopped	1 Tbsp.
Salt and freshly ground pepper	to taste
Salmon fillet, skin-on	3 lb.
Daikon sprouts	1 lb.

## **Method**

1. Whisk together all the ingredients except the salmon and sprouts, and thin with oil to a sauce consistency.
2. Clean salmon carefully, removing all scales and pin bones. Cut the salmon into 1-inch squares and set aside.
3. Heat a non-stick pan over high heat with oil or clarified butter.
4. Sear the salmon skin side down until dry and crisp. Turn each piece over to finish cooking.
5. Lay a bed of daikon sprouts on the serving plate, top with the salmon skin-side up, and drizzle with the Catalan vinaigrette.