

THE CULINARY INSTITUTE OF AMERICA

California Table Grape Commission Recipe Booklet

**The Culinary Institute of America
Napa Valley, California**

Recipes developed by The Culinary Institute of America as an industry service to California Table Grape Commission.

RECIPES

Retail Foodservice Recipes:

1. Thai Curry Chicken Salad.....	4
2. Spicy Asian Beef with Grape and Napa Cabbage.....	5
3. Green Grape and Wild Rice Salad with Sherry Vinaigrette, Toasted Walnuts, and Roasted Red Peppers.....	7
4. Whole Wheat Wrap with Chimichurri Roasted Chicken, Fresh Black Grape and Mango Salsa.....	8
5. Arugula, Tri-Color Grapes, and Mozzarella Salad with Apple Cider Vinaigrette and Toasted Almonds.....	10

Healthy Grape Recipes:

Guidelines: 500-750 calorie range, and 750-1000mg sodium

1. Grilled Spiced Pork and Grape Kebabs with Spinach and Grilled Red Onion Salad with Cumin Vinaigrette	12
2. Chicken Tagine with Roasted Red Grapes, Saffron Couscous	16
3. Grape and Brie Quesadillas with Green Grape and Arugula Salad, Champagne Vinaigrette, Shaved Parmesan	19
4. Red Grape and BBQ Chicken Pizza with Mozzarella and Fresh Basil	21
5. Red Grape Lavender Soda	24

Global Grape Kitchen:

1. Carbonated Grape Salad with Crispy Toast, Humboldt Fog Goat Cheese and Muscat Gastrique	25
2. Fritto Misto of Grapes, Fennel and Lemons with Lemon Crème Fraîche	27
3. Roasted Red Grape, Octopus and Fingerling Potato Salad with Lime Aioli	28
4. Grape, Toasted Almond and Shaved Fennel Salad with Vanilla-Grape Vinaigrette	30
5. Grilled Mahi Mahi with Red Grape and Sweet Corn Salsa and Spicy Green Grape Coulis	31
6. Ajo Blanco with Slow-Roasted Grapes and Extra Virgin Olive Oil.....	33
7. Seared Fennel and Cayenne Spiced Poulet with Pan Roasted Grapes and Gastrique.....	34
8. Moroccan Seared Pork Tenderloin with Israeli Couscous with Toasted Pine Nuts and Fresh Red Grapes.....	36
9. Grape Sofrito on Grilled Polenta with Mascarpone.....	39
10. Black Grape Sorbet with Goat Cheese Mousse and Honey Tuile.....	41

Grape Small Plate Recipes:

1. House-Made Seed Crackers Topped with Spicy Red Grapes, Mascarpone and Honey	43
2. Korean Barbecue-Spiced Flank Steak and Red Grape Skewers with Green Grape Slaw.....	45
3. Flatbread with Red Grapes, Prosciutto, Crème Fraiche, Mint, and Olive Oil.....	47
4. Mini Tostadas with Ancho Chile Chicken Carnitas and Spicy Green Grape Salsa	48
5. Black Grape, Tamarind and Mint Lemonade with Trio of Grape Skewers	51

More Grape Recipes:

1. Meyer Lemon Buttermilk Panna Cotta with Spiced Grape Compote	52
2. Green Grape and Beluga Lentil Salad with Charmoula Vinaigrette	54
3. Green Grape, Fennel, and Orange Salad with Pickled Kumquats	56
4. Provençal Roasted Chicken with Grapes	57
5. Napoléon of Grapes, Lobster, Avocado, and Green Grape Crème.....	58
6. Charred Grape and Endive Salad with Roquefort, Hazelnuts and Black Pepper Honey.....	60
7. Roasted Cauliflower Steak with Grapes, Pistachios, Feta, and Caper Vinaigrette.....	61
8. Grilled Red Grape and Gorgonzola Flatbread with Red Onions and Rosemary.	62
9. Roasted Brussels Sprouts and Red Grapes with Almonds and Balsamic Chili Dressing..	64
10. Grilled Lamb and Grape Kebab with Green Grape Tzatziki.....	65
11. Farro Salad with Red Grapes, Pistachios, Feta, and Red Wine Vinaigrette	67
12. Moroccan Grape and Grilled Chicken Salad Bowl with Preserved Lemon And Green Grape Vinaigrette	68
13. Vegan Grape Mezze Platter	69
14. Grape Kombucha	71
15. Grape Ceviche	72

THAI CURRY CHICKEN SALAD

Yield: 12 portions

Ingredients	Amounts
Chicken breasts, skinless and boneless	3 lb.
Red curry paste	3 Tbsp.
<i>Dressing base</i>	
Peanut oil	2 Tbsp.
Thai chili, stemmed, sliced in half	3 ea.
Red curry paste	2 Tbsp.
Garlic, minced	1 Tbsp.
Green bell pepper, diced ¼"	1 cup
Fish sauce	2 tsp.
Thai basil, stemmed, torn	½ cup
Coconut milk	½ cup
<i>Cold base</i>	
Soy sauce	1 Tbsp.
Ground black pepper	½ tsp.
Mayonnaise	1 cup
Cilantro, chopped	¼ cup
Green onions, including the white and green parts, thinly sliced	4 ea.
Mint, torn	½ cup
Lime juice	1 Tbsp.
Thai chili sauce	2 Tbsp.
Red grapes, cut in half	2 cups

Method

1. To cook the chicken, rub the chicken breast with the red curry paste and let marinate for 1 hour. Roast at 375°F for 15 to 20 minutes, rest for 30 minutes. Cool and dice. You will have 6 to 7 cups of chicken, more or less. Set aside.
2. *To make the dressing base:* In a medium sauté pan, add the peanut oil, Thai red chilies, and red curry paste. Cook over low heat until you have a nice aroma. Add the garlic, bell pepper, fish sauce, and Thai basil and cook for 2 minutes until fragrant. Add coconut milk and bring to a simmer; reduce by half, or until it's thick enough to coat a spoon. Set aside and cool completely.
3. *For the cold base:* In a large bowl whisk together the soy sauce, mayonnaise, and dressing base from above. Add cilantro, green onions, and mint and toss to coat. Add the lime juice, Thai chili sauce, and red grapes and toss again. Add the cooked and diced chicken and mix until combined.

SPICY ASIAN BEEF WITH GRAPE AND NAPA CABBAGE

Yield: 12 portions

Ingredients	Amounts
<i>Flank steak</i>	
Flank steak	2 lb.
Asian fish sauce	2 Tbsp.
Lime juice	3 Tbsp.
Sugar	1 Tbsp.
Shallots, sliced into rings	¼ cup
Serrano chiles, stemmed and minced	2 ea.
Mint leaves	¼ cup
Honey	2 Tbsp.
Sesame oil	1 oz.
 <i>Grape and cabbage salad</i>	
Napa cabbage, shredded	4 cups
Cilantro leaves, stemmed	¼ cup
Green onions, bias cut	¼ cup
Red bell pepper, cut into strips	¼ cup
Toasted peanuts, chopped	3 Tbsp.
Shoyu vinaigrette (recipe below)	½ cup
Black grapes, halved	2 cups
 <i>Shoyu vinaigrette</i>	
Soy sauce	2 oz.
Ginger, minced	1 tsp.
Garlic, minced	2 tsp.
Dijon mustard	1 tsp.
Honey	2 Tbsp.
Sugar	1 Tbsp.
Sesame seeds, toasted and ground	1 Tbsp.
Rice vinegar	1 oz.
Sesame oil	1 oz.
Canola oil	3 oz.
Lime juice	1 oz.

Method

1. *For the flank steak:* Mix together fish sauce, lime juice, sugar, shallots, chilies, mint, honey, and sesame oil in a small bowl. Set aside ¼ cup of this marinade for later use (step 5).
2. Place the rest in a shallow baking dish, then add steak, and turn to coat. Marinate at room temperature for 90 minutes.
3. *For the grape and cabbage salad:* Combine all ingredients. Set aside until ready to combine with shoyu vinaigrette. When ready, prepare shoyu vinaigrette and season slaw with enough dressing to coat, and then toss. Reserve any additional dressing for possible garnish.

4. *To cook the steak:* Heat grill pan over medium-high heat until hot, then lightly oil. Discard the marinade from the raw meat, and grill the steak, turning once for about 10 – 12 minutes, or until thoroughly cooked. Transfer to a cutting board and let stand 5 minutes.
5. Cut steak into strips at a bias, then into bite-sized pieces. Toss the steak in the reserved marinade; chill.
6. *Assemble salad:* Toss grape and cabbage salad with toasted peanuts. Place salad on serving dish first and then top with steak; garnish with sliced grapes. You may also toss the grape salad with the sliced beef and serve as a finished salad.

GREEN GRAPE AND WILD RICE SALAD WITH SHERRY VINAIGRETTE, TOASTED WALNUTS, AND ROASTED RED PEPPERS

Yield: 12 portions

Ingredients	Amounts
<i>Grape and wild rice salad</i>	
Wild rice	1 cup
Kosher salt	2 tsp.
Mandarin oranges	½ cup
Green grapes	2 cups
Walnuts, toasted and chopped	½ cup
Roasted red bell peppers	2 ea.
Dried currants	½ cup
Scallions, white and green parts, chopped	¼ cup
Ground black pepper	½ tsp.
Sherry vinaigrette	½ cup
 <i>Sherry vinaigrette</i>	
Extra virgin olive oil	½ cup
Sherry vinegar	¼ cup
Orange juice	¼ cup
Garlic clove, minced	1 ea.
Tarragon, minced	2 tsp.
Salt and ground black pepper	to taste
 Almonds, slivered and toasted	 1 cup

Method

1. *For the grape and wild rice salad:* Place the wild rice in a medium pot with 4 cups of water and 2 teaspoons of salt and bring to a boil. Simmer uncovered for 50 to 60 minutes, until the rice is very tender. Drain well and place the rice back in the pot. Cover and allow to steam for 10 minutes. Chill completely.
2. Place rice in a mixing bowl and add the mandarin oranges; toss to combine. Add the rest of the salad ingredients; chill.
3. *For the sherry vinaigrette:* Combine the ingredients, and adjust the seasonings with additional salt and pepper as necessary.
4. Add ½ cup of the dressing to moisten and allow to sit for 30 minutes for the flavors to blend. Taste for seasonings, add more dressing if needed, and serve chilled or at room temperature. Garnish with the toasted almonds.

WHOLE WHEAT WRAP WITH CHIMICHURRI ROASTED CHICKEN, FRESH BLACK GRAPE AND MANGO SALAD, ROMAINE, AND SOUR CREAM

Yield: 12 to 16 portions

Ingredients	Amounts
<i>Chicken whole wheat wrap</i>	
Chicken thighs, boneless and skinless	2 lb.
Whole wheat lavash	4 ea.
Grape and mango salad (recipe below)	2 cups
Romaine leaves, stems removed, torn	6 ea.
Chimichurri Sauce (recipe follows)	$\frac{3}{4}$ cup
<i>Grape and mango salad</i>	
Grapes, sliced	$1\frac{1}{2}$ cups
Mango, peeled, $\frac{1}{4}$ " dice	$\frac{1}{2}$ cup
Honey	2 Tbsp.
Lemon juice	1 Tbsp.
Olive oil	2 Tbsp.
Kosher salt	$\frac{1}{4}$ tsp.
Sour cream	1 cup

Method

1. *For the chicken:* Toss the chicken thigh with $\frac{1}{2}$ cup of the chimichurri sauce and let marinate for 60 minutes. Preheat the oven to 375°F and roast the chicken in a glass baking dish for 20 to 25 minutes. Remove and rest for 10 minutes; chill completely. Slice the chicken thighs into $\frac{1}{4}$ -inch slices and set aside chilled.
2. *For the grape and mango salad:* Combine all the components and toss to combine. Let stand for 15 minutes to meld the flavors.
3. *For the sour cream mixture:* Mix the 1 cup of sour cream with the remaining $\frac{1}{4}$ cup of chimichurri sauce in a small bowl and set aside chilled.
4. *Assembly of the wrap:* Lay out the 4 whole wheat lavash breads and spread a thin layer of the sour cream mixture onto the bottom half of each. Onto each, lay pieces of lettuce on each, top with a thin layer of the sliced chicken, and then some of the grape salad. Proceed to roll each one up like a pinwheel, and then stick each with about 4 to 6 toothpicks.
5. Cut into 2- to 3-inch-wide rolls and serve.

CHIMICHURRI SAUCE

Yield: 12 ounces

Ingredients	Amounts
Fresh Italian parsley, packed	.75 oz.
Fresh cilantro, packed	.75 oz.
Fresh bay leaves, stems removed	.25 oz.
Fresh oregano	.25 oz.
Garlic cloves, peeled	.75 oz.
Lemon, juice of	2 oz.
Red wine vinegar	1.5 oz.
Extra virgin olive oil	4 oz.
Crushed red pepper flakes	.12 oz.
Ground black pepper	¼ tsp.
Salt	.1 oz.
Scallion, very thinly sliced	1 oz.

Method

1. Weigh out all of the ingredients.
2. Place fresh herbs and garlic in a food processor and grind finely.
3. Transfer to a storage container.
4. Stir in lemon juice, vinegar, olive oil, red pepper flakes, and black pepper, salt, and scallions.
5. Cover, label, and date. Refrigerate.

ARUGULA, TRI-COLOR GRAPES, AND MOZZARELLA SALAD WITH APPLE CIDER VINAIGRETTE AND TOASTED ALMONDS

Yield: 6 portions

Ingredients	Amounts
<i>Vinaigrette</i>	
Red grapes	½ lb.
Green grapes	½ lb.
Black grapes	½ lb.
Shallot, minced	3 Tbsp.
Apple cider vinegar	3 Tbsp.
Kosher salt	1 tsp.
Olive oil	½ cup
Balsamic vinegar	¼ cup
Ground black pepper	½ tsp.
 <i>Salad</i>	
Arugula	1 lb.
Green apple, cored and diced	1 ea.
Radishes, sliced	5 ea.
Mozzarella, fresh, diced	2 ea.
 Pecorino cheese, shaved	 ½ cup
Almonds, slivered and toasted	½ cup

Method

1. *For the vinaigrette:* Finely chop 10 grapes; transfer to a small bowl. Cut remaining grapes in half; transfer to another small bowl and set aside. Using a fork, mash the chopped grapes in the bowl into a purée. Stir in shallot, 1 tablespoon of apple cider vinegar, and ¼ teaspoon of salt and let sit for 5 minutes. Whisk in the olive oil and 1 tablespoon balsamic vinegar. Season vinaigrette to taste with salt, pepper, and more apple cider vinegar, if desired.
2. *For the salad:* Combine arugula, reserved halved grapes, radishes, and mozzarella in a large bowl; drizzle with vinaigrette and season with salt and pepper. Toss salad to coat. Arrange salad on chilled dinner plates, dividing evenly. Scatter pecorino and almonds over top. Drizzle salads with more balsamic.

GRILLED SPICED PORK AND GRAPE KEBABS

Yield: 8 portions, 2 kebabs/skewers per portion

Ingredients	Amounts
<i>Marinade</i>	
Olive oil	¼ cup
Lemon juice	2 Tbsp.
Garlic, minced	2 Tbsp.
Italian parsley, minced	2 Tbsp.
Fresh ginger, minced	1 tsp.
Coriander seeds, ground	1 tsp.
Black peppercorns, ground	½ tsp.
Turmeric	¼ tsp.
Smoked paprika	1 tsp.
Cayenne pepper	¼ tsp.
Oregano, minced	1 Tbsp.
Bay leaves, torn	2 ea.
Saffron	a pinch
Pork shoulder, cut in ½" cubes	2 lb.
Red grapes	1 lb.
Kosher salt	1 tsp.

Method

1. *For the marinade:* Place all the ingredients for the marinade in a large bowl and toss to combine.
2. Add the pork and coat thoroughly; marinate for 2 hours.
3. Soak 6-inch bamboo skewers in water for half an hour. Skewer the pork alternately with the grapes. Season with kosher salt.
4. Grill the pork kebabs over a hot grill until the meat is cooked to the appropriate level of doneness and the grapes are hot and beginning to caramelize. Serve 2 skewers per entrée immediately.

Source: Adapted from Nancy Harmon Jenkins (2002)

Nutrition Information Per Serving

Calories	205	Protein	25 g	
Total Fat	7 g	Sodium	315 mg	13% DV
Saturated Fat	1 g	Potassium	530 mg	15% DV
Trans Fat	0 g	Iron	1.2 mg	7% DV

Cholesterol	75 mg	Calcium	22 mg	3% DV
Carbohydrate	11 g	Vitamin A	90 IU	2% DV
Dietary Fiber	0.5 g	Vitamin C	7 mg	12% DV

SPINACH AND GRILLED RED ONION SALAD WITH CUMIN VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
<i>Vinaigrette</i>	
Lime juice	¼ cup
Dijon mustard	1 tsp.
Cumin, toasted	1 tsp.
Black pepper, freshly ground	¼ tsp.
Kosher salt	½ tsp.
Olive oil	½ cup
<i>Salad</i>	
Red onion	1 ea.
Extra virgin olive oil	as needed
Balsamic vinegar	as needed
Salt and black pepper, freshly ground	to taste
Baby spinach	½ lb.
Fennel bulb, thinly shaved	1 cup
Pomegranate seeds	½ cup
Green grapes, halved	1 cup

Method

1. *For the vinaigrette:* Combine the lime juice, Dijon mustard, cumin, pepper and salt in a medium-size bowl and whisk to combine. Slowly drizzle in the olive oil while whisking to create an emulsified dressing. Season to taste.
2. *For the salad:* Clean the spinach and pick off any of the large stems; set aside in a large bowl. Peel and slice the red onion into ¼-inch rings; toss with olive oil, balsamic vinegar, salt and pepper, and grill over medium heat until soft and caramelized on both sides. Set aside to cool.
3. *To finish the salad:* In a large bowl, add the grilled onions with ¼ cup of the dressing and add the spinach, fennel, pomegranate seeds and green grapes, and toss to combine. Drizzle with more dressing if needed and toss again. Serve immediately.

Nutrition Information Per Serving *(based on using 8 T.*

vinaigrette)

Calories	145	Protein	2 g	
Total Fat	10 g	Sodium	130 mg	5% DV
Saturated Fat	1 g	Potassium	190 mg	5% DV
Trans Fat	0 g	Iron	1.4 mg	8% DV

Cholesterol	0 mg	Calcium	42 mg	4% DV
Carbohydrate	13 g	Vitamin A	1870 IU	37% DV
Dietary Fiber	3 g	Vitamin C	17 mg	29% DV

CHICKEN TAGINE WITH ROASTED RED GRAPES

Yield: 8 portions

Ingredients	Amounts
Cinnamon, ground	½ tsp.
Ginger, ground	1 tsp.
Turmeric	½ tsp.
Black pepper, freshly ground	½ tsp.
Cayenne pepper	¼ tsp.
Kosher salt	2 tsp.
Extra virgin olive oil	6 Tbsp.
Chicken thighs, boneless, trimmed and cubed	2 lb.
Red onion, sliced ¼" thick	1 ea.
Garlic cloves, minced	4 ea.
Italian parsley sprigs	4 ea.
Cilantro sprigs	4 ea.
Chicken stock	1 cup
Dried apricots, halved	½ cup
Water	1 cup
Honey	2 Tbsp.
Cinnamon stick	1 ea.
Red grapes	1 lb.
Kosher salt	to taste
Black pepper, freshly ground	to taste
Saffron Couscous (recipe follows)	
Almonds, sliced and toasted	½ cup

Method

1. *For the tagine:* Combine the cinnamon, ginger, turmeric, black pepper, cayenne pepper and 1 teaspoon of salt in a small bowl with 3 tablespoons olive oil and add the diced chicken thigh. Mix to coat evenly.
2. In a large skillet or tagine, heat 3 tablespoons olive oil over medium heat and brown the chicken pieces until golden, about 6 to 8 minutes. Remove to a bowl along with any juices.
3. Add the sliced red onion and a pinch of salt and cook, uncovered, until soft and lightly colored. Add the garlic and cook for another 3 minutes. Tie the Italian parsley and cilantro together with twine.
4. Add the reserved chicken and juice, the Italian parsley bundle, and ½ cup water, and bring to a simmer. Cook, covered, for another 30 minutes.
5. *For the apricots:* Place the apricots in small saucepan with the water, honey, and cinnamon stick, and bring to a simmer. Cook gently until all the liquid has been absorbed and there is a glaze, about 15 minutes.

6. *For the grapes:* Preheat the oven to 400°F. Toss 1 pound of the red grape bunches with enough extra virgin olive oil to coat, and roast on a baking sheet for 10 minutes; remove, discard the stems, and cool.
7. *To finish the tagine:* After 30 minutes of simmering the chicken, add the apricot mixture and half of the roasted red grapes; stir to combine. Cook for another 5 minutes, remove from the heat, and discard the herb bundle and the cinnamon stick. Season to taste with kosher salt and freshly ground black pepper.
8. Serve warm over couscous and garnish with the remaining roasted red grapes and the toasted almond slices.

Nutrition Information Per Serving (*including the couscous*)

Calories	525	Protein	31 g		
Total Fat	22 g	Sodium	740 mg	31% DV	
Saturated Fat	3 g	Potassium	580 mg	17% DV	
Trans Fat	0 g	Iron	2.9 mg	16% DV	
Cholesterol	95 mg	Calcium	50 mg	5% DV	
Carbohydrate	56 g	Vitamin A	580 IU	12% DV	
Dietary Fiber	3 g	Vitamin C	10 mg	17% DV	

SAFFRON COUSCOUS

Yield: 8 1/2 cup portions, or 1 quart

Ingredients	Amounts
Extra virgin olive oil	1 Tbsp.
Instant couscous	2 cups
Water	2 cups
Salt	½ tsp.
Saffron	¼ tsp.
Lemon juice	to taste

Method

1. In a sauté pan, toast the couscous with the olive oil over medium heat until golden brown.
2. While toasting the couscous, bring the water to a boil; add the salt and saffron.
3. Pour the boiling water mixture over the couscous and cover tightly with plastic wrap. Let sit 10 to 15 minutes.
4. Fluff the couscous with a fork. Adjust seasoning with salt and lemon juice and serve.

Nutrition Information Per Serving

Calories	165	Protein	6 g	
Total Fat	2 g	Sodium	125 mg	5% DV
Saturated Fat	0 g	Potassium	3 mg	0% DV
Trans Fat	0 g	Iron	0.7 mg	4% DV
Cholesterol	0 mg	Calcium	3 mg	0% DV
Carbohydrate	33 g	Vitamin A	0 IU	0% DV
Dietary Fiber	1 g	Vitamin C	1 mg	0% DV

GRAPE AND BRIE QUESADILLAS

Yield: 8 portions

Ingredients	Amounts
Jalapeños, roasted, peeled seeded and minced	¼ cup
White onion, finely diced	¼ cup
Cilantro, minced	¼ cup
Fresh oregano, minced	2 Tbsp.
Kosher salt	½ tsp.
Black pepper, freshly ground	½ tsp.
Lime juice	2 tsp.
Olive oil	1 Tbsp.
Flour tortillas, 6"	8 ea.
Brie cheese, sliced	½ lb.
Green grapes, sliced	4 cups
Paprika	½ tsp.
Canola oil, for cooking	1 Tbsp.

Method

1. Combine the jalapeños, diced onion, cilantro, oregano, salt and pepper in a small bowl and toss to combine. Add the lime juice and olive oil and toss to coat.
2. Lay out the flour tortillas on the counter. Divide the cheese between the flour tortillas, arranging the pieces on one half. Scatter the green grapes over the halves evenly and then top with the jalapeño mixture. Season each with a little paprika and a little salt.
3. Fold each tortilla in half to make a half moon and brush with a little canola oil.
4. Heat a large sauté pan over medium heat and then cook the tortillas for 3 to 4 minutes, turning once, until they're crispy and the cheese is starting to melt.
5. Cut into wedges and serve immediately.

Nutrition Information Per Serving

Calories	290	Protein	9 g	
Total Fat	15 g	Sodium	490 mg	20% DV
Saturated Fat	7 g	Potassium	220 mg	6% DV
Trans Fat	0 g	Iron	0.5 mg	3% DV
Cholesterol	30 mg	Calcium	70 mg	7% DV
Carbohydrate	30 g	Vitamin A	390 IU	8% DV
Dietary Fiber	2 g	Vitamin C	16 mg	27% DV

GREEN GRAPE AND ARUGULA SALAD WITH CHAMPAGNE VINAIGRETTE AND SHAVED PARMESAN

Yield: 8 small salads

Ingredients	Amounts
<i>Vinaigrette</i>	
Shallots, small	1 ea.
Champagne vinegar	1 oz.
Extra virgin olive oil	3 oz.
Salt and black pepper, freshly ground	to taste
<i>Salad</i>	
Arugula, stemmed	3 cups
Fennel, shaved	1 cup
Belgian endive, julienne	1 ea.
Orange, cut into segments	1 ea.
Green grapes, halved	1 cup
Parmesan, shaved	2 oz.

Method

1. *For the vinaigrette:* Peel and thinly slice the shallots lengthwise. Place the shallots in a small bowl and cover with the vinegar and a small amount of salt. Place in the refrigerator for 30 to 45 minutes, until the shallots become bright pink and softened. Add the olive oil and use a fork to gently blend it into the vinegar. Season with salt and black pepper.
2. *For the salad:* Combine the arugula, shaved fennel, endive, orange segments, and green grapes in a large mixing bowl; toss to incorporate. Add the Parmesan and gently mix to combine.
3. Dress with about 4 ounces of vinaigrette and serve.

Nutrition Information Per Serving

Calories	155	Protein	4 g	
Total Fat	13 g	Sodium	180 mg	8% DV
Saturated Fat	3 g	Potassium	190 mg	5% DV
Trans Fat	0 g	Iron	0.5 mg	3% DV
Cholesterol	6 mg	Calcium	110 mg	11% DV
Carbohydrate	7 g	Vitamin A	555 IU	11% DV
Dietary Fiber	1.4 g	Vitamin C	14 mg	23% DV

RED GRAPE AND BBQ CHICKEN PIZZA WITH MOZZARELLA AND FRESH BASIL

Yield: Two 9-inch pizzas, 8 servings

Ingredients	Amounts
Pizza dough (recipe follows), 6 oz. balls	2 ea.
Unbleached all-purpose flour, for dusting peel	
Olive oil	¼ cup
Barbeque sauce, divided	¾ cup
Chicken breasts, skinless	12 oz.
Fresh mozzarella cheese, preferably mozzarella di bufala, sliced into thin rounds, coarsely shredded, or cut into small chunks	¼ lb.
Red grapes	2 cups
Basil leaves, fresh, torn a last minute	16 ea.
Pecorino romano	2 Tbsp.

Method

1. *For the BBQ chicken:* Preheat the oven to 400°. In a small bowl, toss the chicken breasts with ½ cup of the BBQ sauce. Grill the chicken over medium heat until nicely charred and cooked through, about 10 minutes total. Cool and cut into bite sized pieces.
2. *To cook the pizza:* Place a baking stone on the middle shelf of the oven, unless you know your oven well enough to place it on a different shelf, and preheat to 450° for at least 30 minutes. Make 1 pizza at a time unless your peel and oven can accommodate both pizzas. Roll the dough ball out on a counter and transfer it to a peel or inverted sheet pan that has been dusted with flour.
3. Mix the olive oil with the remaining ¼ cup BBQ sauce and spread 2 T. or so of the sauce over the surface of the dough, leaving a ¼-inch border uncovered. Arrange half of the mozzarella over the top of the pizza, and then place half of the diced BBQ chicken evenly over the pizza. Top with 1 cup of the red grapes.
4. Carefully slide the pizza from the peel to the baking stone. It should take 10-12 minutes to bake. When it is done, the crust should be puffy and slightly charred on the edge and thinner in the center.
5. Remove from the oven and top with fresh basil leaves and 1 T. grated pecorino. Slice into quarters and serve.
6. Repeat with the remaining ingredients to make the second pizza.

Nutrition Information Per Serving

Calories	380	Protein	19 g	
Total Fat	13 g	Sodium	585 mg	24% DV
Saturated Fat	4 g	Potassium	335 mg	10% DV
Trans Fat	0 g	Iron	2.3 mg	13% DV
Cholesterol	40 mg	Calcium	110 mg	11% DV
Carbohydrate	48 g	Vitamin A	200 IU	1% DV
Dietary Fiber	2 g	Vitamin C	5 mg	8% DV

PIZZA DOUGH

Yield: enough dough for 4-9" pizzas (4-6 oz. dough balls)

Ingredients	Amounts
Water, warm	2 cups
Yeast	½ oz.
Olive oil	½ oz.
Salt	2 tsp.
Honey	2 tsp
Bread flour	1 ½ lb.

Method

1. Mix the first five ingredients together in a mixer with dough hook. Blend for 2 or 3 minutes then slowly add the flour. Mix until a smooth elastic dough forms and knead for 12 minutes.
2. Allow to proof until doubled in size, punch down, and scale off to 4-ounce balls.
3. Brush with oil and place dough in a cool place until ready to cook.

RED GRAPE LAVENDER SODA

Yield: Four 10-ounce portions

Ingredients	Amounts
<i>Grape base</i>	
Simple syrup	1 cup
Lime juice	¼ cup
Honey	1 Tbsp.
Lime zest	2 tsp.
Lavender	1 tsp.
Red grapes	4 cups
Ice	as needed
Club soda	2 cups
Red grapes, halved	1 cup

Method

1. *For the grape base:* Combine the grape base ingredients in a small saucepan and bring to a boil. Remove from the heat and chill. Puree the 4 cups of red grapes in a blender and then strain through a strainer.
2. Add the grape juice to the base and stir to combine. Chill completely and strain into a container.
3. *For each drink:* Pour 3 ounces of the chilled grape base into a chilled glass with ice and add 4 ounces club soda.
4. Garnish with a few grapes halves.

Nutrition Information Per Serving

Calories	250	Protein	1 g	
Total Fat	0 g	Sodium	30 mg	1% DV
Saturated Fat	0 g	Potassium	385 mg	11% DV
Trans Fat	0 g	Iron	0.7 mg	4% DV
Cholesterol	0 mg	Calcium	28 mg	3% DV
Carbohydrate	65 g	Vitamin A	135 IU	3% DV
Dietary Fiber	1 g	Vitamin C	25 mg	42% DV

CARBONATED GRAPE SALAD WITH CRISPY TOAST, HUMBOLDT FOG GOAT CHEESE, AND MUSCAT GASTRIQUE

Yield: 8 portions

Ingredients	Amounts
<i>Carbonated grapes</i>	
Green grapes	8 oz.
Dry muscat	4 oz.
 <i>Crispy toast</i>	
French bread boule or batard, small	1 ea.
Grapeseed oil	
 <i>Gastrique</i>	
Dry muscat	12 oz.
Sugar	1 oz.
Champagne vinegar	½ oz.
 <i>Vinaigrette</i>	
Shallots, small	3 ea.
Champagne vinegar	3 oz.
Grapeseed oil	6 oz.
Extra virgin olive oil	3 oz.
Salt and black pepper, freshly ground	to taste
Assorted salad greens, small	8 cups
Humboldt Fog Goat Cheese, cut into 24 small triangular pieces	
Chrysanthemum petals (or other edible flower petals)	

Method

1. *For the carbonated grapes:* Take each grape and pierce the skins in 4 different places using a small needle. Refrigerate the grapes and the Muscat until completely cold and place both into a soda siphon (ISI or seltzer siphon). Seal the top of the siphon and charge with four CO2 bulbs. Place the siphon in the refrigerator for 3 to 6 hours to fully charge the CO2. At the time of service release the gas from the siphon and remove the grapes, cutting in half lengthwise for the final presentation and keeping cold.

2. *For the crispy toast:* Wrap the loaf of bread in plastic wrap and freeze completely. Using an automatic slicer or a sharp bread knife, cut into at least 24 thin pieces, keeping the shape of the loaf intact. Brush both sides of each piece with grapeseed oil and toast under the broiler until crisp. Remove and keep in a dry area for service.
3. *For the gastrique:* Combine the muscat and the sugar in a pan and reduce to a syrupy consistency. Add the vinegar and continue to reduce until the mixture has formed a glaze. Pour the mixture into a small container and cool completely for service.
4. *For the vinaigrette:* Peel and thinly slice the shallots lengthwise. Place the shallots in a small bowl and cover with the vinegar and a small amount of salt. Place in the refrigerator for 30 to 45 minutes until the shallots become bright pink and softened. Combine the grapeseed and olive oils and blend with a fork gently into the vinegar. Season with salt and black pepper.
5. *To assemble:* Lightly toss the salad greens with the vinaigrette and the shallots. On 8 chilled salad plates begin to layer the salad with the cheese, carbonated grape halves, and crispy toasts. Drizzle the plates with the gastrique and garnish with the flower petals.

FRITTO MISTO OF GRAPES, FENNEL, AND LEMONS WITH LEMON CRÈME FRAÎCHE

Yield: 8 portions

Ingredients	Amounts
Red grapes, cut into small bunches and frozen	1 lb.
Rice flour for dredging	½ cup
Fennel bulb, cored, trimmed, and cut into wedges	1 ea.
Lemon, sliced paper thin	1 ea.
Lemon wedges, for garnish	
Vegetable oil, for frying	
 <i>Fritto misto batter</i>	
Cake flour	3 cups
Cornstarch	¾ cup
Baking soda	1 Tbsp.
Walt	2 Tbsp.
Sparkling water, cold	as needed
 <i>Lemon crème fraîche</i>	
Crème fraîche	1 cup
Lemon, zest and juice of	1 ea.
Fennel seed, ground	¼ tsp.
Kosher salt	½ tsp.

Method

1. Prepare the grapes, fennel, and lemon for frying.
2. *For the fritto misto batter:* Combine dry ingredients. Whisk in cold sparkling water to desired consistency.
3. *For the lemon crème fraîche:* Combine the crème fraîche, lemon juice and zest, ground fennel seed, and salt; mix to incorporate.
4. *To fry and assemble:* Preheat the fryer to 375°F. Remove the grapes from the freezer and dip into the bowl of rice flour; toss to coat evenly and then knock off the excess. Dip the grape bunches into the batter and then lower into the fryer, holding them by the stem with a pair of tongs; fry until crisp and golden, then drain on paper towels. Remove any loose pieces of batter from the oil. Repeat with the vegetable pieces and drain.
5. Place on a large plate, season with salt and pepper, and squeeze some lemon juice over the top. Serve immediately with lemon crème fraîche on the side.

ROASTED RED GRAPE, OCTOPUS, AND FINGERLING POTATO SALAD WITH LIME AÏOLI

Octopus is cooked sous vide, then grilled and tossed with flat-leaf parsley, green olives, lemon zest, lime juice, good quality olive oil, and roasted fingerling potatoes.

Yield: 8 portions

Ingredients	Amounts
<i>Octopus</i>	
Octopus, cleaned and cut	5 lb.
Daikon radish, grated	1 cup
Salt	½ cup, plus ½ Tbsp.
Bay leaf	2 ea.
Thyme sprigs	3 ea.
Olive oil	3 Tbsp., plus extra for grilling
Red pepper flakes	½ tsp.
Kosher salt and pepper	to taste
<i>Fingerling potato salad</i>	
Red grapes	1 lb., plus ½ lb. for garnish
Fingerling potatoes	1 lb.
Olive oil, for roasting	as needed
Flat-leaf parsley, stemmed and rinsed	½ cup
Cerignola olives, pitted	½ cup
Lemon zest	2 tsp.
Lime juice	1 Tbsp.
Olive oil, fruity	½ cup
<i>Lime aioli</i>	
Egg yolk	1 ea.
Lime juice	1 Tbsp.
Olive oil, fruity	½ cup
Kosher salt and cayenne	to taste

Method

1. *For the octopus:* Prepare the octopus by rubbing with daikon and the ½ cup of salt in a large bowl to tenderize and clean the meat. Rinse and dry the octopus, then toss in a bowl with the remaining salt, bay leaves, thyme sprigs, olive oil, and red pepper flakes. Place the mixture in the refrigerator to chill thoroughly. Meanwhile, preheat a water bath to 143°F.
2. Divide the octopus mixture between two sous vide bags and vacuum seal under full pressure. Place in the water bath and cook for 6 hours. Remove and chill completely for several hours before using.

3. Remove the octopus from the bag and toss in the olive oil and some salt and pepper; bring to room temperature before grilling. Prepare a wood or charcoal grill.
4. Grill the octopus over medium coals; cool and slice into diagonal pieces.
5. *For the salad:* Preheat the oven to 400°F. Toss 1 pound of the grape bunches with enough extra virgin olive oil to coat and roast on a baking sheet for 10 minutes; remove and discard the stems and cool for later use.
6. Reduce the heat to 325°F. Cut the potatoes on the bias and toss with a little extra virgin olive oil, cayenne, and salt, and slow roast at 325°F for 30 to 40 minutes, or until the potatoes are soft; cool and set aside. Halve the remaining red grapes and set aside.
7. *For the lime aioli:* In a small mixing bowl, whisk together the egg yolk with the lime juice and a pinch of salt. Slowly add the olive oil in a steady stream to develop an emulsion; continue adding until you have a thick aioli. Season with salt and cayenne.
8. *To assemble the salad:* Chill 8 small plates. In a mixing bowl, combine the cooked octopus, roasted grapes, fingerling potatoes, parsley, olives, lemon zest, lime juice and olive oil and toss to combine. Spread a little lime aioli on each plate and top with a small mound of the salad. Garnish the salad with the halved fresh red grapes and serve.

GRAPE, TOASTED ALMOND, AND SHAVED FENNEL SALAD WITH VANILLA-GRAPE VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
<i>Grape vinaigrette</i>	
Green grapes	8 oz.
Vanilla bean, split	½ ea.
White balsamic vinegar	2 Tbsp.
Honey	1 Tbsp.
Lime juice	2 tsp.
Olive oil	¼ cup
Cayenne	¼ tsp.
Kosher salt	1 tsp.
 <i>Salad</i>	
Green grapes, halved	1 cup
Red grapes, halved	1 cup
Fennel bulb, cored and shaved thin, fronds reserved	1 ea.
Almonds, sliced and toasted	½ cup
Oranges, cut into supremes	2 ea.
Chives, minced	2 tsp.

Method

1. *For the grape vinaigrette:* Place the grapes in a blender and purée until smooth. Strain through a fine mesh sieve pressing the solids to get as much pulp as possible. Measure out 1 cup of purée.
2. In a small saucepan, combine ¾ cup of the grape purée and the split ½ vanilla bean and reduce down to about ¼ cup. Remove from the heat and place in a small mixing bowl. Scrap out any seeds from the vanilla bean into the bowl. Add the white balsamic vinegar, honey, lime juice, and whisk to combine.
3. While whisking, slowly drizzle in the olive oil to form an emulsion. Season with the cayenne and kosher salt. Set aside for the salad.
4. *For the salad:* Cut the grapes in half and set aside. Toast the almonds at 325°F for about 15 minutes, or until they are golden brown. Core the fennel and shave against the grain with a sharp knife or peeler. Cut the oranges into supremes by cutting the peel off and then carefully cutting out the segments leaving the membrane behind.
5. *To serve:* Chill 8 salad plates. Combine the grapes, fennel, almonds, and half the grape vinaigrette in a mixing bowl and toss to combine. Drizzle each plate with a small amount of the remaining dressing and top each with a small mound of the grape salad. Top with 3 orange supremes and a sprinkle of the minced chives. Serve cold and fresh.

GRILLED MAHI MAHI WITH RED GRAPE AND SWEET CORN SALSA AND SPICY GREEN GRAPE COULIS

Yield: 8 portions

Ingredient	Amount
<i>Grape salsa</i>	
Red grapes, quartered	1 cup
White corn, kernels removed	1 cup
Red bell pepper, cored, seeded, and diced	½ cup
Serrano pepper, stemmed, seeded, and minced	1 Tbsp.
Shallot, minced	1 Tbsp.
Lime juice	1 Tbsp.
Cilantro, stemmed, rinsed, and minced	½ cup
Kosher salt	1 tsp.
Olive oil	¼ cup
Cilantro sprigs, for garnish	
<i>Spicy green grape coulis</i>	
Green grapes	½ cup
Crème fraîche	½ cup
Lime juice	1 tsp.
Honey	2 tsp.
Kosher salt	½ tsp.
Cayenne	¼ tsp.
<i>Mahi mahi</i>	
Mahi mahi fillet, skinned, portioned into 4 oz. pieces	2 lb.
Lime juice	1 Tbsp.
Canola oil	1 Tbsp.
Kosher salt and cayenne	
Red grapes, halved, for garnish	

Method

1. *For the grape salsa:* Combine the quartered grapes and the rest of the prepped salsa ingredients in a small bowl and toss to combine. Add the olive oil and mix to coat evenly. Chill for 30 minutes to combine the flavors.
2. *For the grape coulis:* Add the grapes to a blender and purée until smooth. Strain into a small mixing bowl, and add the crème fraîche, lime juice, honey, salt and cayenne. Mix to combine and chill for 30 minutes.
3. *For the mahi mahi:* Preheat a grill pan to over medium-high to high heat. Combine the lime juice and canola oil in a shallow dish. Turn the mahi mahi in the marinade and let sit for 10

minutes; remove and pat dry. Sprinkle with a little salt and cayenne. Grill on the hot grill pan for 6 minutes per side for a 1-inch fillet, or until the fish is firm and opaque.

4. *To serve:* Spread a little dollop of grape coulis on each of 8 serving plates. Top with a piece of grill mahi mahi and top with about 3 tablespoons of the red grape salsa. Garnish with a cilantro sprig and halved red grapes and serve.

AJO BLANCO WITH SLOW-ROASTED GRAPES AND EXTRA VIRGIN OLIVE OIL

Ajo blanco is a white version of the Spanish gazpacho. If a smoother soup is desired, soak the blanched almonds in milk before blending; the texture will be smoother and richer.

Yield: 24 portions

Ingredients	Amounts
Almonds, blanched and peeled	¾ cup
Baguette slices, stale	4 ea.
Garlic cloves, crushed	3 ea.
Water	3 cups
Extra virgin olive oil	6 Tbsp.
Sherry vinegar	2 Tbsp.
Kosher salt	½ tsp.
Green grape bunch	½ lb.
Sea salt and cayenne pepper	to taste
Red grapes for garnish, sliced	

Method

1. *To make the soup:* Put the bread in a bowl and add 1 cup of the water to cover. Let soak for 5 minutes until softened.
2. Meanwhile, place the almonds and garlic in a blender and pulse until almonds are finely ground.
3. Squeeze out the water from the bread and add to the blender; pulse a few times. Add the bread and blend to a smooth paste. Add enough of the remaining 2 cups of water to make a nice smooth texture for the chilled soup.
4. With the motor running, add the olive oil in a slow stream, then the vinegar and salt.
5. Thin the ingredients with ½ cup of water to the desired consistency. Chill until serving time.
6. *For the roasted grapes:* Preheat the oven to 325°F. Toss the grape bunch with enough extra virgin olive oil to coat, season with sea salt and pepper, and roast on a baking sheet for 30 to 40 minutes, or until the grapes are just starting to pop and are releasing their juices; remove and discard the stems and cool. Place the roasted grapes into a mixing bowl and add the juices from the roasting pan; toss to combine.
7. Stir before serving into bowls. Garnish with roasted grapes, slice red grapes, and drizzles of extra virgin olive oil.

SEARED FENNEL AND CAYENNE SPICED POULET WITH PAN ROASTED GRAPES AND GASTRIQUE

This simple entrée pairs sweet and spicy seasoned baby chicken with a simple pan sauce using fresh red grapes. Served with a classic lentil side, this dish is perfectly matched with the sweetness and tannins of the fresh grapes.

Yield: 8 portions

Ingredients	Amounts
<i>Lentils</i>	
Beluga lentils	1 cup
Onion, peeled and quartered	1 ea.
Carrot, peeled and quartered	1 ea.
Leek, white part only, split	1 ea.
Chicken stock	2 cups
Bay leaf	1 ea.
Thyme sprig	1 ea.
Kosher salt	½ tsp.
Black pepper, freshly ground	5 turns
<i>Baby chicken</i>	
Petite poulet	4 ea.
Olive oil	¼ cup
Fennel seed, toasted	2 tsp.
Kosher salt	1 tsp.
Cayenne pepper	½ tsp.
<i>Grape sauce</i>	
Shallots, minced	2 Tbsp.
Red grapes, halved	2 cups
Apple cider vinegar	4 Tbsp.
White wine	1 cup
Port wine	½ cup
Chicken stock	1 cup
Butter	3 Tbsp.
Black grapes, halved, for garnish	½ cup

Method

1. *For the lentils:* Combine the lentils with the rest of the ingredients in a small saucepot and bring to a simmer. Cook until the lentils are soft and flavorful, about 25 minutes. Season with salt and pepper to taste and remove from the heat.

2. *For the baby chicken:* Fabricate the baby chickens into airline breasts, legs, and boneless thighs. Place all into a mixing bowl with the olive oil, cayenne, fennel seed, salt, and toss to combine; marinate for 30 minutes.
3. *For the grape sauce:* Combine all the ingredients except the butter in a small saucepan and bring to a simmer. Cook until the grapes are soft and the sauce starts to thicken. Remove from the heat and place in a blender. Add the butter and purée until smooth; strain through a fine mesh sieve pushing the sauce to extract all the pulp and intense grape flavor. Season to taste with sea salt and pepper and keep warm.
4. *To cook the chicken and serve the dish:* Preheat the oven to 425°F. Place a medium sized oven proof sauté over medium-high heat and cook the chickens in batches. Drizzle with olive oil and place 2 entrée portions skin side into the hot pan and sear for 1 to 2 minutes, then turn to the other side and cook for 2 minutes. Place the pan into the preheated oven and roast for 8 to 10 minutes. Remove and let the chickens rest for 5 minutes.
5. *To serve:* Warm 8 plates in the oven for 1 minute. Remove and splash a little of the warm grape sauce on each plate; top with a small mound of the beluga lentils, then place a chicken breast and thigh atop the lentils. Garnish with grape halves and serve warm.

MOROCCAN SEARED PORK TENDERLOIN WITH ISRAELI COUSCOUS WITH TOASTED PINE NUTS AND FRESH RED GRAPES

Pan-roasted spiced pork is paired perfectly with a savory and sweet Israeli couscous. The spiciness of the Moroccan flavors will pair nicely with the sweet fresh grapes, and the pomegranate molasses ties the dish together with its smoky sweet sourness.

Yield: 8 portions

Ingredients	Amounts
<i>Couscous</i>	
Extra virgin olive oil	2 Tbsp.
Garlic clove, finely chopped	2 Tbsp.
Onion, small dice	1 ea.
Red bell pepper, small dice	1 cup
Curry powder	½ tsp.
Israeli couscous	2 cups
Chicken stock, hot	2 cups
Pine nuts, toasted	½ cup
Currants	3 Tbsp.
Red grapes, halved	1 cup
<i>Pork</i>	
Pork tenderloin, trimmed	2 lb.
Moroccan Spice (recipe follows)	1 Tbsp.
Olive oil	¼ cup
Kosher salt	1 tsp.
Pomegranate molasses, for garnish	2 Tbsp.
Black grapes, halved	½ cup

Method

1. *For the pork tenderloin:* Trim the silverskin off each tenderloin and place into a large Ziplock bag. Add the spice mixture, olive oil, and salt. Seal the bag and rub the mixture into the pork; marinate for 2 hours in the refrigerator.
2. *For the couscous:* In a small saucepot, sauté the garlic, onion, and diced red bell pepper in the olive oil until the vegetables just start to color. Add the curry powder and cook for another minute to bloom the spice. Add the couscous and stock and bring to a simmer; cover and reduce the heat to low. Cook for 10 to 15 minutes, until the grain is soft, and remove from the heat. Add the pine nuts, currants, and fresh grapes and toss to combine. Keep warm until the pork is cooked.

3. *To cook the pork and serve:* Preheat the oven to 425°F. Place a large oven proof sauté over medium-high heat to cook the pork. Drizzle with olive oil and place the marinated pork into the hot pan and sear for 4 minutes, then turn to the other side and cook for 4 minutes. Place the pan into the preheated oven and roast for 10 to 15 minutes, until the internal temperature is 135°F. Remove and let the pork rest for 5 minutes. Slice at a diagonal and keep warm.
4. *To serve:* Warm 8 plates in the oven for 1 minute. Remove from oven and drizzle a little pomegranate molasses on each plate; top with a small mound of the Israeli couscous and place 3 slices of pork on the side. Garnish with fresh grape halves and serve warm.

MOROCCAN SPICE

Yield: 1 cup

Ingredients	Amounts
Whole cardamom seeds	5 Tbsp.
Cinnamon stick, or 1 Tbsp. ground	1 ea.
Whole cloves, or 1 tsp. ground	7 ea.
Dried chile pepper	1 Tbsp.
Coriander seeds	3 Tbsp.
Cumin seeds	¼ cup
Ground turmeric	1 Tbsp.
Whole black peppercorns	2 Tbsp.
Whole white peppercorns	1 Tbsp.

Method

1. In a large sauté pan, combine all the ingredients and cook over medium-low heat, shaking frequently, until the mixture begins to take on a darker color, 2 to 3 minutes.
2. Remove from the heat, allow to cool to room temperature, then grind in a spice blender, coffee grinder, or blender
3. If tightly covered and stored in a cool, dark place, the mixture will stay potent for up to 6 weeks.

Adapted from Chris Schlesinger and John Willoughby (1996)

GRAPE SOFRITO ON GRILLED POLENTA WITH MASCARPONE

This simple bite-size appetizer combines the flavors of a spicy, slow-cooked Spanish sofrito with the smoky flavor of a firm grilled polenta bite, balanced with the cool richness of mascarpone.

Yield: 12 pieces

Ingredients	Amounts
<i>Grape sofrito</i>	
Olive oil	½ cup
White onion	1 cup
Red bell pepper, cored and diced	1 cup
Green bell pepper, cored and diced	1 cup
Red grapes, quartered	1 cup
Black grapes, halved for garnish	¼ cup
Kosher salt	½ tsp.
Cayenne	a pinch
 <i>Polenta</i>	
Butter, for greasing dish	1 Tbsp.
Milk	3 cups
Bay leaf	1 ea.
Jalapeno, roasted, stemmed, seeded, and minced	1 ea.
Polenta	1 cup
Parmesan, finely grated	½ cup
Kosher salt	½ tsp.
Mascarpone	¼ cup

Method

1. *For the grape sofrito:* In a small heavy duty saucepan over medium heat, combine the olive oil, onions, and both peppers. Stir to combine, add a pinch of salt, and cook slowly for about 30 to 40 minutes, stirring occasionally and making sure the vegetables don't get any color; turn the heat lower if you start to get dark spots on the pan.
2. When the mixture is soft and very flavorful, remove from the heat and add 1 cup of the rinsed and quartered red grapes. Stir to combine and cook for another 3 to 4 minutes, just to combine the flavors and soften the grapes. Season with salt and remove from the heat.
3. *For the polenta:* Butter a 9- by 9-inch baking dish for cooling the finished polenta. In a small saucepot, combine the milk, bay leaf, and minced roasted jalapeno and bring to a simmer. Cook on low for about 5 minutes; add the polenta in a slow stream while stirring the milk slowly. Stir with a wooden spoon occasionally until the mixture becomes thick and the grain has absorbed all of the milk, about 30 minutes. Pour into the prepared dish and smooth out

the top of the warm polenta; chill for 2 hours. Cut into 1-inch circles and set aside for grilling.

4. Preheat a grill pan over medium-high heat. Cook the polenta bites on the hot grill pan for 4 minutes per side, making sure to get nice grill marks and good color.
5. *To serve:* Place 3 grilled polenta bites on a small plate and top with 1 tablespoon of the warm grape sofrito; add a small dollop of mascarpone and then a grape half. Serve warm or room temperature.

BLACK GRAPE SORBET WITH GOAT CHEESE MOUSSE AND HONEY TUILE

Yield: 16 portions

Ingredients	Amounts
Water	2 oz.
Sugar	2 oz.
Whole black seedless grapes	2 qt.
Glucose	4 oz.
Lemon juice	1 tsp.
Goat Cheese Mousse (recipe follows)	
Honey Tuile (recipe follows)	
Black grapes, for garnish	

Method

1. *For the sorbet:* Combine the water and the sugar in a small pan and heat to dissolve the sugar; cool completely. In a blender combine the grapes and the sugar mixture and purée on full speed for 1 minute.
2. Pour the mixture through a fine mesh strainer, pressing gently with a spatula or ladle. Clean the strainer and pass the mixture through again. Measure out 24 ounces of the purée and place in the refrigerator. Gently warm the glucose in a pan or the microwave until it becomes fluid. Add about 8 ounces of the grape purée and whisk together into the glucose until completely dissolved. Add this mixture back to the grape purée and chill before churning into sorbet.
3. In an ice cream/sorbet machine, churn the mixture until frozen and store, covered, in the freezer until service.
4. *To assemble the dish:* Smear $\frac{1}{2}$ teaspoon of the goat cheese mousse in the center of each desert plate; top with a curved tuile set to one side. Top with 1 tablespoon of the goat cheese mousse and then a small scoop of the black grape sorbet. Garnish with a small bunch of black grapes, and serve.

GOAT CHEESE MOUSSE

Ingredients	Amounts
Goat cheese, mild and creamy	6 oz.
Confectioner's sugar, divided	5 Tbsp.
Honey	1 tsp.
Salt	a pinch
Whipping cream, chilled	½ cup
Fresh thyme leaves, minced	1 tsp.

Method

1. In a medium bowl, whisk the goat cheese, confectioner's sugar, honey, and salt until blended.
2. In another medium bowl, beat the whipping cream with an electric mixer until peaks form; fold into the cheese mixture. Chill for 45 minutes.

HONEY TUILE

Ingredients	Amounts
All-purpose flour	2 oz.
Confectioner's sugar	2 oz.
Butter, softened	2 oz.
Honey	1¾ oz.
Egg whites	1 oz.

Method

1. Preheat the oven to 325°F and line a baking sheet with Silpat.
2. Sift the flour and confectioner's sugar together into a small bowl.
3. In a medium bowl, using a whisk, cream the butter with the honey. Beat in the flour mixture, then add the egg whites and beat until smooth.
4. Onto each prepared baking sheet spoon 5 well-rounded teaspoons of batter about 4 inches apart. Using an offset spatula, spread the batter evenly into long ovals.
5. Bake the tuiles for about 12 minutes, until they are lightly browned, shifting the baking sheets from top to bottom and front to back for even baking. With a thin spatula, quickly remove the cookies one at a time from the baking sheet and drape on top of a rolling pin to develop a curved cookie (if the cookies become too brittle, replace on the baking sheet and place in the oven for 10 seconds to soften).
6. Cool completely on the rolling pin, then gently lift off and transfer to a platter until ready to use.

HOUSE-MADE SEED CRACKERS TOPPED WITH SPICY RED GRAPES, MASCARPONE AND HONEY

Yield: 16 small bites

Ingredients	Amounts
<i>Homemade crackers</i>	
Whole wheat flour	4 oz.
All-purpose flour	3 ½ oz.
Flax seeds, ground	2 Tbsp.
Sunflower seeds, toasted, chopped	2 Tbsp.
Sesame seeds	2 Tbsp.
Sea salt	1 tsp.
Baking powder	1 tsp.
Olive oil	3 Tbsp.
Water	5-6 fl. oz.
Flour	for dusting
<i>Fresh grape topping</i>	
Red grapes, sliced	½ cup
Serrano, charred	1 ea.
Fennel bulb, minced fine	¼ cup
Scallions, roots removed, minced	1 ea.
Olive oil	3 Tbsp.
Lime juice	1 Tbsp.
Kosher salt	½ tsp.
Cayenne	a pinch
Red grapes, halved	½ cup
Mascarpone cheese	½ cup
Honey, warmed	as needed
Malden salt	as needed

Method

1. *For the crackers:* In a medium bowl whisk together both flours, flax seeds, sunflower seeds, salt, and baking powder. Add the olive oil and stir until combined. Add the water and stir to combine and create a firm dough. Turn the dough out onto a floured surface and knead 4 to 5 times. Divide the dough into 8 equal pieces, cover with a damp towel and allow to rest for 1 hour.
2. Roll to 1/16-inch thick, cut into shapes, and place on parchment lined sheet; bake at 450., 4 minutes first side, flip for another 4 minutes. Cool and store.
3. *For the topping:* Place the serrano peppers in a small sauté pan, and over medium heat, char them on all sides; this will take about 8 minutes moving the peppers every minute or so. Remove from the heat and stem, seed, and minced the peppers. In a small bowl, combine the charred minced peppers, sliced grapes, fennel, scallions, olive oil, lime juice, and salt and cayenne. Toss to combine and set aside for 20 minutes to develop flavors.

4. *To serve:* Spread a thin amount of mascarpone on each cracker, top with 1 T. of the grape topping, a few sliced grapes, a drizzle of warm honey, and a little Malden salt.
5. Serve immediately.

KOREAN BARBEQUE-SPICED FLANK STEAK AND RED GRAPE SKEWERS WITH GREEN GRAPE SLAW

Yield: 16 skewers

Ingredients	Amounts
<i>Korean marinade</i>	
Soy sauce	½ cup
Sesame oil, toasted	1 Tbsp.
Rice vinegar	2 Tbsp.
Brown sugar	3 Tbsp.
Kochi Chang	¼ cup.
Ginger, minced	2 Tbsp.
Shallots, minced	2 Tbsp.
Garlic, minced	2 Tbsp.
Chiles, red, minced fine	1 ea.
Fish sauce	1 tsp.
Asian pear, peeled and minced fine	1 ea.
Flank steak, trimmed	1 lb.
<i>Grape skewers</i>	
Scallions, minced	3 ea.
Black sesame seeds	1/2 tsp.
Red grapes, stemmed	2 cups
Skewers, 4-inch	16 ea.

Green Grape Slaw (recipe follows)

Method

1. *For the marinade:* In a small mixing bowl, combine the soy sauce, sesame oil, rice vinegar, brown sugar, Kochi Chang, ginger, shallots, garlic, red chiles, fish sauce, and chopped Asian pear. Toss to combine and measure out 1 cup to set aside for a dipping sauce later. Trim the flank steak and cut into 1/8-inch thick slices, cutting against the grain of the meat. Add the flank steak slices to the marinade, mix well, and let marinate for 1-2 hours.
2. *For the steak-grape skewers:* Soak the skewers in water overnight. Remove the meat from the marinade and skewer about 1-2 oz. per stick; make sure to leave about 2-inch of space at the front end to skewer grapes after cooking. Set aside until ready to grill.
3. *To cook the skewers and finish the dish:* Preheat a grill to medium-high heat, and brush with oil to season. To the reserved dipping sauce, add the minced scallions and the black sesame seeds. Grill each skewer for about 3-4 minutes per side, marking them with grill marks. Once they are cooked, remove from the grill and spear 3 grapes each onto sharp end of the skewer. Serve at once over a small mound of Green Grape Slaw with a small dish of dipping sauce on the side.
4. Garnish with black sesame seeds.

GREEN GRAPE, CILANTRO, RED PEPPER SLAW

Yield: 6 cups

Ingredients	Amounts
Napa cabbage head, shaved paper thin into strips	4 cups
Green grapes, halved	1 cup
Red pepper, julienned	1 ea.
Cilantro, stemmed	½ cup
Black sesame seeds	1 tsp.
Lime juice	2 Tbsp.
Soy sauce	1 Tbsp.
Peanut oil	1 Tbsp.
Salt	to taste
Pepper	to taste

Method

1. *For the slaw:* In a stainless steel bowl, combine all ingredients and mix well. Refrigerate for 20 minutes to allow all the flavors to combine.

FLATBREAD WITH FRESH RED GRAPES, PROSCIUTTO, CRÈME FRAICHE, MINT, OLIVE OIL

Yield: 6 pies

Ingredients	Amounts
<i>Flatbread</i>	
Yeast	½ oz.
White sugar	¼ cup
Milk, warmed	¼ cup
Egg	1 ea.
Salt	2 tsp.
Bread flour	4 cups
Whole wheat flour, light	½ cup
Water	1¼ cups
Olive oil, for brushing	to taste
<i>Topping</i>	
Red grapes, halved, chilled	2 cups
Prosciutto sliced	4 oz.
Crème fraiche	1 cup
Lemon zest	2 tsp
Lemon juice	1 Tbsp.
Olive oil	1 Tbsp.
Tarragon	1 Tbsp.
Chives	3 Tbsp.
Mint, leaves	as needed
Coarse sea salt	to taste

Method

1. *For the flatbread:* In a medium bowl, combine the yeast, sugar, and warm milk and let the yeast bloom. Mix in the rest of the ingredients and add the water; combine and knead thoroughly until you have smooth dough. Set aside for 1 hour in a warm place.
2. *For the crème fraiche:* In a small bowl, combine the crème fraiche, lemon zest and juice, olive oil, and herbs. Stir to combine.
3. *To cook the flatbread:* Divide the dough into 4-ounce portions and shape them into tennis size balls. Brush a little olive oil on top of each dough ball and cover with a piece of cloth for at least 30 minutes. Flatten each ball of dough like a pancake by tossing and slapping with both hands; roll out to about 1/8 inch. Brush with olive oil and grill on both sides until cooked, about 4 minutes per side.
4. *To serve:* Top each warm flatbread with a dollop of the herbed crème fraiche, a few slices of the prosciutto, and a handful of the red grapes. Rip a few mint leaves over the top, drizzle with olive oil, sprinkle with coarse sea salt, and serve.

MINI TOSTADAS WITH ANCHO CHILE CHICKEN CARNITAS, SOUR CREAM, AND SPICY GREEN GRAPE SALSA

Yield: 20 bites

Ingredients	Amounts
Corn tortillas, 8-inch	1 pkg.
Ancho chicken (recipe follows)	1 lb.
<i>Sour cream topping</i>	
Sour cream	1 cup
Serrano, stemmed, seeded, minced	1 Tbsp.
Garlic, finely minced	1 tsp.
Kosher salt	½ tsp.
<i>Spicy green grape salsa</i>	
Green grapes, chopped	½ cup
Serrano, stemmed, seeded, minced	1 Tbsp.
Cilantro, minced	2 Tbsp.
Lime juice	1 Tbsp.
Olive oil	2 Tbsp.
Red bell pepper, brunoise	3 Tbsp.
Salt	to taste
Mint, for garnish	as needed
Green grapes, sliced, for garnish	as needed

Method

1. *For the tortillas:* Using a 2-inch ring mold, punch out little tortillas from the 8-inch ones and set aside. Fry in a 350° fryer until golden brown; drain on paper towels.
2. *For the sour cream:* In a small bowl, mix the sour cream, serrano pepper, garlic, and salt until blended. Set aside.
3. *For the salsa:* Combine all the ingredients in medium bowl and toss to incorporate; set aside for 15 minutes to marry the flavors.
4. *To serve:* Place a small dollop of the sour cream on three tortillas, then top with about 2 tsp. of the warm chicken carnitas. Top with 1 tsp. of the grape salsa, then garnish with the sliced grapes and a few mint leaves. Serve immediately.

ANCHO CHICKEN CARNITAS

Yield: 2 cups mole, 20 portions for tostadas

Ingredients	Amounts
Ancho chiles, medium, dried, stemmed and seeded	2 ea.
Vegetable or olive oil	4 Tbsp.
White onion, small, sliced	½ ea.
Garlic cloves, peeled	2 ea.
Tomatoes, plum	2 ea.
Peanuts, dry roasted, plus a few Tbsp. chopped for garnish	½ cup
Bread, white, firm, or 1/2 dry Mexican bolillo roll, torn into pieces	2 slices
Chipotle chiles en adobo, canned, seeded	1 ea.
Allspice, preferably freshly ground	1/8 tsp.
Cinnamon, preferably freshly ground	¼ tsp.
Chicken broth	3 cup
Bay leaves	2 ea.
Red wine, fruity	½ cup
Cider vinegar	2 Tbsp.
Salt, depending on the saltiness of the broth	1 1/2 tsp.
Chicken thighs, boneless and skinless	2 lb.
Salt and pepper	

Method

1. *The peanut mole:* Tear the ancho chiles into flat pieces, then toast a few at a time on an ungreased griddle or skillet over medium heat: press flat with a metal spatula for a few seconds, until they crackle and change color slightly, then flip, and press again (if they give off more than the slightest wisp of smoke, they are burning and will add a bitter element to the sauce.) In a small bowl, cover the chiles with hot water and let rehydrate for 30 minutes, stirring occasionally to ensure even soaking. Drain and discard the water.
2. Meanwhile, heat 1 tablespoon of the oil in a heavy, medium-size (4 quart) pot (preferably a Dutch oven) over medium. Add the onion and garlic cloves, and fry, stirring regularly, until well browned, about 10 minutes. Scrape into a blender jar. Set the pan aside.
3. Roast the tomato on a baking sheet 4 inches below a very hot broiler until blackened, about 25 minutes, then flip it and roast the other side; cook, then peel, collecting all the juices with the tomato. Add the tomato to the blender, along with the peanuts, bread, chipotles, drained anchos, allspice and cinnamon. Add 2 cups of the broth and blend until smooth, stirring and scraping down the sides of the blender jar, and adding a little more liquid if needed to keep everything moving through the blades. Remove from blender into a bowl.

4. Heat 1 tablespoon of the remaining oil in the pot over medium-high. When hot enough to make a drop of the purée sizzle sharply, add the chicken thighs and sear for about 2-3 minutes. Flip the other side and cook until they color. Remove from the heat and add 1 cup of the mole, the red wine, and the bay leaves. Stir and partially cover and let gently simmer over medium-low heat for roughly 15-20 minutes, stirring regularly for the flavors to harmonize. If necessary, thin the sauce with a little more broth to keep it the consistency of a cream soup. Taste and season with salt if needed.
5. Remove from the heat and shred the chicken with a fork. Add the sugar and apple cider vinegar and mix. Set aside and keep warm.

BLACK GRAPE, TAMARIND AND MINT LEMONADE WITH TRIO OF GRAPE SKEWER

Yield: 8 8 oz. drinks

Ingredients	Amounts
Black grapes	6 cups
Tamarind paste	½ cup
Filtered water	900 ml.
Palm sugar	¼ cup
Mint, stemmed	½ cup
Lemons, juiced	3 ½ TBS.
Red, black and green grapes for skewer	2 cups
Mint, for garnish	as needed

Method

1. Add 300 ml. of the water to a sauce pan and bring to a simmer. Add the tamarind paste and palm sugar, and stir to break apart any chunks as they melt. Bring the mixture to a boil, and add the mint. Turn off the heat and allow the mint to steep for about 5 minutes. Pour the mixture through a sieve and press the pulp to extract all the juice; discard remaining pulp. Pour the strained liquid into a pitcher.
2. Put 6 cups of black grapes into a blender, and blend until smooth. Pour the grape juice through a sieve and press the skins to extract the grape juices and some of the pulp into a container. Discard the leftover skins and pulp, and pour the strained juice into the pitcher with the tamarind base.
3. Add the remainder of the water and the lemon juice into the pitcher and stir well. Taste and adjust acid or sugar if needed.
4. Put ice in a glass and pour in the black grape lemonade. Garnish with a grape skewer and spring of mint. Serve.

Note: You can also serve the drink with a skewer of frozen grapes. For an alcoholic version of this drink, you can add 200 ml. of vodka to the grape lemonade.

MEYER LEMON BUTTERMILK PANNA COTTA WITH SPICED GRAPE COMPOTE

Yield: Twelve ½-cup portions

Ingredients	Amounts
<i>Panna cotta</i>	
Cream	16 oz.
Sugar	5 oz.
Meyer lemon, zest and juice of	1 ea.
Gelatin powder, unflavored, (.25 oz. each)	3 pkg.
Water, cold	6 oz.
Buttermilk	21 oz.
<i>Spiced black grape compote</i>	
Water	4 oz.
Balsamic vinegar	2 oz.
Honey	2 oz.
Salt	½ tsp.
Orange, zest of	1 tsp.
Black grapes	10 oz.
Ground cinnamon	¼ tsp.
Allspice	1/8 tsp.
Ground cloves	1/8 tsp.
Ground cardamom	1/8 tsp.
Ground black pepper	1/8 tsp.
Gelatin sheets, soaked in cold water	2 ea.
<i>Roasted red grapes</i>	
Red grapes	10 oz.
<i>Garnish</i>	
Mint sprigs	8 ea.

Method

For the panna cotta:

1. Combine 8 ounces of the cream, sugar, and lemon zest and juice in a pot and warm the sugar to dissolve.
2. In a separate bowl, add gelatin powder and water, stirring constantly until completely dissolved. When gelatin is dissolved, stir into the cream mixture in the pot. Stir in the buttermilk, Meyer lemon juice, and remaining 8 ounces of cream.
3. Once the gelatin is dissolved, pour the mixture into molds, tap to remove bubbles, and chill for several hours or overnight.

For the spiced black grape compote:

1. Combine water, vinegar, honey, salt, orange zest, black grapes, and all spices in a saucepan. Bring to a simmer. Strain out the orange zest.
2. Pour the black grape compote into a blender and purée until smooth. Slightly cool the mixture.
3. Add 3 sheets of gelatin. Stir until dissolved.

For the roasted red grapes:

1. Roast grapes in a 350°F oven for 10 minutes until blistered and softened. Cool.
2. Add roasted red grapes to compote. Chill thoroughly.
4. To unmold the panna cotta, place in a sauté pan with about an inch of water. Leave for just 30 seconds, then unmold on edges. Turn upside down and shake lightly to unmold.
5. Spoon some of the compote over the panna cotta and garnish with a mint sprig.

GREEN GRAPE AND BELUGA LENTIL SALAD WITH CHARMOULA VINAIGRETTE

Yield: Eight ½-cup portions

Ingredients	Amounts
Beluga lentils	1 cup
Bay leaf	1 ea.
Thyme sprig	1 ea.
Salt	as needed
Red bell pepper	1 ea.
Green grapes, halved	1 cup
Preserved lemons, rind only, ¼ " dice	1 ea.
Almonds, raw, sliced, toasted	¼ cup
Carrot, grated	½ cup
Green onions	2 ea.
<i>Charmoula</i>	
Cumin seeds	1 tsp.
Parsley leaves	½ cup
Cilantro leaves	½ cup
Lemon, juice of	¼ cup
Sweet paprika	½ tsp.
Extra-virgin olive oil	½ cup
Garlic clove	1 ea.
Ground black pepper	as needed
<i>Garnish</i>	
Cilantro leaves	¼ cup

Method

1. Pick through lentils and remove any debris. Rinse lentils well under cold running water.
2. Combine lentils, bay leaf, and thyme sprig in a sauce pot and cover with 2 inches of water.
3. Bring to a boil and turn down to a simmer. Cook for 15 minutes, then add 1 teaspoon of salt. Cook for another 5 minutes or until tender. Drain, rinse under cool water, and remove bay leaf and thyme. Reserve.
4. Char the red bell pepper over an open flame or in a 450°F oven until the skin is blackened. Place in a plastic bag or a bowl, covered, with plastic wrap and allow to steam for 5 minutes. Remove seeds and ribs from the pepper. With a paper towel, clean off as much of the charred skin off the pepper as possible. Dice ¼-inch and combine with the lentils, grapes, preserved lemon, almonds, and carrot. Set aside.
5. Slice the green part of the green onion thinly on the bias and combine with the lentil mixture.
6. *For the charmoula:* Toast the cumin seeds in a dry pan until fragrant. Cool.

7. Place the whites of the green onions, cumin, parsley, cilantro, lemon juice, paprika, garlic, and olive oil in a food processor and process to a coarse consistency. Season with salt and pepper.
8. Combine $\frac{3}{4}$ of the dressing with lentil mixture and adjust seasoning. Divide between 8 plates and garnish with cilantro leaves. Spoon remaining dressing around the plate.

GREEN GRAPE, FENNEL, AND ORANGE SALAD WITH PICKLED KUMQUATS

Yield: 8 portions

Ingredients	Amounts
<i>Pickled kumquats</i>	
White balsamic vinegar	¾ cup
Sugar	½ cup
Salt	1 tsp.
Kumquats, thinly sliced, deseeded	12 ea.
<i>Vinaigrette</i>	
Fennel seed	2 Tbsp.
Lemon, juice and zest of	2 ea.
Extra-virgin olive oil	1 cup
Salt	as needed
Ground black pepper	as needed
<i>Salad</i>	
Green grapes, halved	2 cups
Orange segments	2 cups
Fennel bulb, shaved	2 ea.
Red radishes, thinly sliced	2 cups
Tarragon leaves	½ cup
Parsley leaves	½ cup
Chives, cut into 1" pieces	½ cup
Salt	as needed
Ground black pepper	as needed
<i>Garnish</i>	
Pistachios, toasted, chopped	½ cup

Method

1. *For the pickled kumquats:* Combine the balsamic vinegar, sugar, and salt in a sauce pot and simmer until dissolved. Pour over the kumquats and allow to come to room temperature. Chill.
2. *For the vinaigrette:* Toast the fennel seeds in a dry pan and crush in a spice grinder or with a mortar and pestle. Combine with the lemon juice and whisk in the extra-virgin olive oil. Season with salt and pepper.
3. *For the salad:* Combine the grapes, oranges, shaved fennel, fennel fronds, radishes, and herbs in a bowl. Season with salt and pepper.
4. Gently toss with ¼ cup of the vinaigrette and artfully arrange on plates, about 8 portions.
5. Drizzle with the remaining vinaigrette.
6. Garnish with kumquats and sprinkle with pistachios.

PROVENÇAL ROASTED CHICKEN WITH GRAPES

Yield: 8 portions

Ingredients	Amounts
Dried juniper berries	8 ea.
Bay leaves	4 ea.
Fennel seeds	1 tsp.
Black peppercorns	½ tsp.
Chicken thighs, small	16 ea.
Salt	as needed
Olive oil	2 Tbsp.
Rosemary sprigs, 6" long	16 ea.
Garlic cloves, trimmed	16 ea.
Shallots, small, peeled	16 ea.
Dry white wine	1 cup
Picholine olives, pitted	1 cup
Red grapes, clusters, small	1 lb.
Thyme sprigs	2 ea.

Method

1. Preheat the oven to 350°F.
2. Combine juniper berries, bay leaves, fennel seeds, and black peppercorns in a spice grinder and grind until powdered.
3. Coat chicken thighs with the spice mixture and season with salt.
4. Heat a large cast iron pan with a little olive oil and sear the chicken, skin side down, until the skin is browned and crisp, about 5 to 8 minutes. Remove chicken from the pan. Degrease pan.
5. Skewer each chicken thigh with a rosemary skewer.
6. Add garlic and shallots to the pan and sauté over medium heat until lightly browned, about 5 minutes.
7. Add wine, olives, grapes, and thyme sprigs to the pan and return the chicken back to the pan.
8. Roast for 30 minutes at 350°F until chicken reads 165°F.

NAPOLÉON OF GRAPES, LOBSTER, AVOCADO, AND GREEN GRAPE CRÈME

Yield: 4 napoleons, 8 portions

Ingredients	Amounts
<i>Napoléon</i>	
Avocado	2 ea.
Lime, juice of	2 Tbsp.
Chives, thinly sliced	½ cup
Salt	as needed
Extra-virgin olive oil	¼ cup
Lobster (1½ lb.) cooked, chilled	2 ea.
Aleppo chili pepper flakes	1 tsp.
Red grapes, halved	2 cups
Black grapes, halved	2 cups
 <i>Frisée salad</i>	
Frisée lettuce	1 hd.
Cilantro, leaves and stems separated	½ oz.
Salt	as needed
 <i>Green grape crème</i>	
Green grapes	1 cup
Cilantro stems, minced	¼ cup
Jalapeño, minced	2 tsp.
Crème fraîche	1 cup
Honey	2 Tbsp.
Lime, zest and juice of, reserved	4 ea.
Flaked sea salt	as needed

Method

1. Peel the avocado and cut into small dice and combine with half the lime juice, chives, salt, and half the extra-virgin olive oil. Set aside.
2. Shred or roughly chop the lobster meat. Combine with the salt and Aleppo pepper. Set aside.
3. *For the frisée salad:* Mix frisée, cilantro leaves with salt and remaining lime juice and extra-virgin olive oil. Set aside.
4. *For the green grape crème:* Blend the green grapes, cilantro stems, jalapeño, and crème fraîche in a blender until completely smooth. Strain and combine with honey, lime juice, and zest. Add salt if necessary. Chill.
5. *To assemble the napoléon:* Using a round ring mold about 2-inches high and 2-inches across, place ¼ of the lobster and press to form first layer. Top the lobster with ¼ of the black grapes and fill the mold with ¼ of the avocado and pack down in the mold, smoothing the

top of the mold perfectly straight with a knife. Top with red grape halves arranged in a shingled pattern. Remove ring mold and sprinkle lightly with sea salt, if desired.

6. Place a small amount of the frisée salad next to the napoléon.
7. Drizzle 2 tablespoons of the green grape crème on the plate.

CHARRED GRAPE AND ENDIVE SALAD WITH ROQUEFORT, HAZELNUTS AND BLACK PEPPER HONEY

Yield: 4 portions

Ingredients	Amounts
Honey	½ cup
Black pepper, ground	1 Tbsp.
Endive, red, halved lengthwise	8 ea.
Green grapes, halved	1 cup
Aged Sherry vinegar	3 Tbsp.
Extra virgin olive oil, divided	1/3 cup
Hazelnuts, toasted	¼ cup
Parsley leaves	¼ cup
Thyme leaves	1 tsp.
Roquefort cheese, crumbled	½ cup
Flakey sea salt	1 tsp.
Smoked paprika, sweet	½ tsp.

Method

1. Heat honey and black pepper in a small sauce pan on medium heat until warm.
2. Heat a cast iron griddle or skillet until very hot.
3. Place grapes cut side down onto the pan and char for 1 minute. Remove and set aside.
4. Season and coat the endives with salt and 1 Tbsp. of extra virgin oil. Place endives, cut side down onto the pan and char for 1-2 minutes. Remove and set aside.
5. Arrange the endives and grapes onto a plate, drizzle with sherry vinegar and extra virgin olive oil, and sprinkle the top with hazelnuts, parsley, thyme, Roquefort cheese, sea salt and paprika.
6. Drizzle the warm black pepper honey over the top and serve.

ROASTED CAULIFLOWER STEAK WITH GRAPES, PISTACHIOS, FETA, AND CAPER VINAIGRETTE

Yield: 4 portions

Ingredients	Amounts
Cauliflower, large, whole	1 ea.
Butter, softened	¼ cup
Capers	2 Tbsp.
Golden raisins	2 Tbsp.
Golden balsamic vinegar	¼ cup
Extra virgin olive oil	½ cup plus 2 Tbsp.
Salt	to taste
Black pepper, ground	to taste
Watercress or Arugula or	1 cup
Red grapes, halved	1 cup
Pistachios, toasted and chopped	¼ cup
Feta cheese, crumbled	¼ cup

Method

1. Preheat the oven to 325 degrees F. Do not use convection.
2. Trim the cauliflower of its leaves and clean the base.
3. Rub the butter all over the cauliflower head and season with salt.
4. Place the cauliflower in a roasting pan and into the oven for 1.5 hours until browned all over and tender when a skewer is inserted.
5. Cut the cauliflower into 1-inch-thick steaks.
6. Place capers, raisins and vinegar into a sauce pan and heat to a boil. Simmer for 5 minutes then allow to cool.
7. Puree the vinegar mixture, adding ½ cup olive oil slowly to create an emulsion.
8. Toss watercress in vinaigrette and make a bed of greens on the plate. Season to taste with salt and pepper.
9. Place the cauliflower steak on top of the bed of greens, and top with the vinaigrette, grapes, pistachios and feta.

Note: Alternatively, you can break the cauliflower apart into bite size florets and toss with the vinaigrette, grapes, pistachios, greens, and feta.

GRILLED RED GRAPE AND GORGONZOLA FLATBREAD WITH RED ONIONS AND ROSEMARY

Yield: 4 portions

Ingredients	Amounts
Pizza Dough (recipe follows)	1 lb.
Olive oil	2 Tbsp.
AP Flour	½ cup
Gorgonzola Dulce	1 cup
Red onion, sliced 1/6 th inch	½ cup
Rosemary leaves, minced	2 tsp.
Red grapes, halved	1 cup
Pine nuts, toasted	4 Tbsp.
Parsley, chopped	2 tsp.
Extra virgin olive oil	to garnish

Method

1. Prepare the pizza dough a day ahead.
2. Pull the dough from the refrigerator and allow to double in size, about 1 hour.
3. Dust the table with flour and place a piece of pizza dough on top. Dust the rolling pin and dough with flour and roll into a 9-inch round or oblong shape.
4. Preheat the grill to medium high. Oil the grill with pan spray or a cloth soaked in oil.
5. Place the dough onto the grill and allow to cook for 2 minutes, until grill marks are achieved.
6. Flip the dough over and top with cheese, red onion, rosemary and grapes.
7. Cook until the cheese is melted and the dough is cooked through, about 2 more minutes.
8. Transfer to a plate and top with pine nuts, parsley leaves and a drizzle of olive oil. Serve immediately.

PIZZA DOUGH

Yield: 1 recipe/ 1.75 pounds

Ingredients	Amounts
<u>Pre-ferment</u>	
Bread flour	3 oz.
Water	1 oz.
Yeast, instant	.125 oz.
<u>Final dough using pre-ferment</u>	
Bread flour	8 oz.
Durum flour	7 oz.
Water	10 oz.
Salt	.25 oz.
Yeast, instant	.5 oz.
Extra virgin olive oil	1 oz.
Pre-ferment	total amount

Method:

1. Mix all ingredients for pre-ferment, cover, and ferment 16 to 24 hours between 70 - 80°F.
2. Mix flour, pre-ferment, and water for 1 minute on low speed. Allow to rest for 15 minutes. Add yeast, salt, and oil, and mix on medium speed for 3-5 minutes until well incorporated.
3. Remove dough from the mixer bowl, knead a few times on a cutting board, and put the dough in an oiled bowl and cover. Proof the dough 24 - 48 hours, refrigerated.
4. Divide the dough into 4 pieces and shape into rounds. Place into an oiled pan, cover with plastic and refrigerate until ready to use.

ROASTED BRUSSELS SPROUTS AND RED GRAPES WITH ALMONDS AND BALSAMIC CHILI DRESSING

Yield: 4 portions

Ingredients	Amounts
Brussels sprouts, quartered	1 ½ lbs.
Extra virgin olive oil	¼ cup
Sliced almonds	½ cup
Salt	to taste
Pepper	to taste
Golden Balsamic vinegar	¼ cup
Red grapes	1 cup
Aleppo chili flakes	½ tsp.

Method

1. Preheat convection oven to 400 degrees F.
2. Toss Brussels sprouts, olive oil, almonds, salt, and pepper together in a bowl and place onto a baking sheet lined with parchment paper.
3. Roast until lightly browned, about 15 minutes.
4. Add Golden Balsamic vinegar and red grapes, and continue to roast for 5 more minutes, or until the Brussels sprouts are golden and tender.
5. Sprinkle with Aleppo chili flakes and serve warm or room temperature.

GRILLED LAMB AND GRAPE KEBAB WITH GREEN GRAPE TZATZIKI

Yield: 6 portions

Ingredients	Amounts
Lamb loin, cut into 1" cubes	2 lb.
<i>For the marinade</i>	
Pimentón dulce	1 Tbsp.
Cumin, ground	1 Tbsp.
Coriander, ground	1 Tbsp.
Cinnamon, ground	1 tsp.
Ginger, ground	1 tsp.
Yellow onion, minced	¼ cup
Garlic, minced	1 Tbsp.
Cilantro, chopped	1 Tbsp.
Mint, chopped	1 Tbsp.
Sherry vinegar	2 tsp.
Kosher salt	2 tsp.
Green grapes	48 ea. (4 grapes per skewer)
Green Grape Tzatziki (recipe follows)	

Method

1. Mix all ingredients for the marinade together and toss lamb in the mixture. Allow to sit refrigerated for 2 hours.
2. Prepare the Green Grape Tzatziki (recipe follows).
3. Soak 12 8-inch skewers, and skewer one piece of lamb, one green grape, followed by one piece of lamb and one green grape so that there are 5 pieces of lamb and 4 grapes per skewer.
4. Preheat a grill to medium high and oil the grill.
5. Place lamb and grape skewers on the grill and char evenly on all 4 sides, about 2 minutes per side.
6. Remove and serve hot with the Green Grape Tzatziki.

GREEN GRAPE TZATZIKI

Yield: 2 cups

Ingredients	Amounts
Greek yogurt	1 ½ cups
Green grapes, pureed in a food processor	½ cup
Garlic clove, minced	1 ea.
Lemon, zested	½ ea.
Lemon, juiced	½ ea.
Mint, minced	1/4 bunch
Extra-virgin olive oil	1/4 cup
Salt	to taste
Ground black pepper	to taste

Method

1. Combine all ingredients and blend with a whisk. Adjust seasoning with salt and pepper.

FARRO SALAD WITH RED GRAPES, PISTACHIOS, FETA, AND RED WINE VINAIGRETTE

Yield: 8 Portions

Ingredients	Amounts
Farro, dry	1 cup
Red and green California grapes, halved	2 ½ cups
Pistachios, toasted, chopped	¾ cup
Mint, chiffonade	½ cup
Parsley, chopped	½ cup
Arugula, baby	2 cups
Salt	to taste
Black pepper, ground	to taste
Feta cheese, crumbled	1 cup
<i>Vinaigrette</i>	
Red wine vinegar	½ cup
Dijon mustard	2 Tbsp.
Honey	1 Tbsp.
Salt	to taste
Black pepper, ground	to taste
Extra virgin olive oil	1 ½ cups

Method

1. Rinse the farro. In a medium saucepot, heat the farro and water until boiling. Turn down to a simmer and cook for 45 min-1 hour, until tender. Season water with salt about ½ way through cooking if desired. Drain farro, and set aside to cool.
2. *For the Vinaigrette:* Place all vinaigrette ingredients in a bowl except for the olive oil. Mix with a whisk to combine. Drizzle in the olive oil slowly, whisking constantly, to form an emulsified vinaigrette. Season to taste and set aside.
3. In a large bowl, combine all ingredients for the salad except for the feta cheese. Season with salt and pepper.
4. Mix in the vinaigrette. When combined, add the cheese and toss gently.
5. Serve chilled or room temperature.

MOROCCAN GRAPE AND GRILLED CHICKEN SALAD BOWL WITH PRESERVED LEMON AND GREEN GRAPE VINAIGRETTE

Yield: 4 Portions

Ingredients	Amounts
<i>Bowl</i>	
Israeli couscous	1 cup
Extra virgin olive oil	2 Tbsp.
Carrots, thinly sliced	½ cup
Red California grapes, diced	½ cup
Parsley, leaves only	½ cup
Ras al Hanout	1 ½ tsp.
Salt	1 tsp.
Chicken breast, 8 oz.	2 ea.
Harissa paste	1 Tbsp.
Extra virgin olive oil	1 Tbsp.
Salt	1 tsp.
<i>Vinaigrette</i>	
Green California grapes	¼ cup
Lemon, juice of	1 ea.
Preserved lemon, rind only	1 ea.
Extra virgin olive oil	¼ cup
Cilantro, chopped	2 Tbsp.
Salt	to taste
Black pepper, ground	to taste
Red California grapes, halved	1 cup
Sliced almonds, toasted	½ cup

Method

1. Cook couscous in boiling salted water until done. Drain, rinse with cold water, and combine with olive oil to prevent sticking. Set aside.
2. Combine couscous with carrots, diced grapes, parsley leaves, Ras al Hanout, and salt. Mix well and set aside.
3. In a small bowl, mix the harissa paste, olive oil and salt and coat the chicken with the spice mixture. Grill on both sides until just done. Set aside to cool. Slice into ¼-inch slices.
4. To make the vinaigrette, place all vinaigrette ingredients in a blender and puree until smooth. Adjust seasoning.
5. Toss prepared bowl ingredients with the vinaigrette and portion into four bowls.
6. Top with sliced chicken, toasted almonds, and red grapes.

VEGAN GRAPE MEZZE PLATTER

Yield: 6 Portions

Ingredients	Amounts
<i>Falafel</i>	
Dried chickpeas, soaked overnight	1 cup
Onion, roughly chopped	1 cup
Parsley, chopped	1 cup
Cilantro, chopped	½ cup
Salt	1 tsp.
Garlic cloves	4 ea.
Cumin	1 tsp.
Baking powder	1 tsp.
Flour (if needed)	¼ cup
Red California grapes, halved	12 ea.
Vegetable oil, for frying	as needed
<i>Baba Ganoush</i>	
Eggplants, large	2 ea.
Green California grapes	1 cup
Tahini	½ cup
Garlic cloves, minced	2 ea.
Lemon, juice of	2 ea.
Pure olive oil, not extra-virgin	2 Tbsp.
Salt	to taste
Black pepper, ground	to taste
Yogurt	½ cup
<i>Tabbouleh</i>	
Bulgur wheat, cooked	1 cup
Green California grapes, halved	1 cup
Roma tomatoes, diced	1 cup
Green onions, sliced	4 ea.
Parsley, coarsely chopped	3 cups
Mint, washed, coarsely chopped	½ cup
Extra-virgin olive oil	¼ cup
Lemon, juice of	2 ea.
Salt	to taste
<i>Marinated Black Grapes</i>	
Black California grapes, whole	2 cups
Rosemary, minced	1 Tbsp.
Parsley, minced	2 tsp.
Garlic, slivered	1 Tbsp.
Red pepper flakes	½ tsp

Extra virgin olive oil	¼ cup
Salt	1 tsp.

Garnish

Lettuce, head of, shredded	1 ea.
Whole wheat pita	6 ea.

Method

1. *For the Falafel:* Drain chickpeas.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor. Add the parsley, cilantro, salt, garlic, cumin, and baking powder. Process until blended but not puréed –it should look mealy. Add flour if needed so that the dough forms a small ball and no longer sticks to your hands.
3. Refrigerate, covered, for at least an hour or overnight.
4. Form the chickpea mixture into balls, about the size of walnuts, stuffing two halves of red grapes in the middle, using water to wet hands so the balls don't stick.
5. *For the Baba Ganoush:* Place the eggplants on the top of a pre-heated grill on medium high heat.
6. Char the eggplant on all sides until they are very tender and have lost about half of their original size. Allow eggplants to cool before proceeding.
7. When the eggplant has cooled, scoop the flesh from the charred skin and remove seeds if desired.
8. Place the eggplant, tahini, garlic, grapes, lemon juice, olive oil, salt, pepper, and yogurt in a food processor and purée until smooth.
9. Chill until ready to serve.
10. *For the Tabbouleh:* Combine all ingredients and mix well. Adjust seasoning as necessary with more lemon juice and salt.
11. *For the Marinated Black Grapes:* Heat an oven to 450°F. Place grapes on a sheet pan lined with parchment in the preheated oven for 3 minutes until just starting to soften. Remove and cool to room temperature. Combine all ingredients for the marinated black grapes and mix well.
12. *To Assemble:* Heat 3 inches of oil to 375°F in a deep pot or wok and fry 1 falafel ball to test. If it falls apart, add a little flour.
13. Fry the balls until golden brown; drain on paper towels.
14. Serve all components on a platter with whole wheat pita and lettuce.

GRAPE KOMBUCHA

Yield: 1 Quart

Ingredients	Amounts
Green California grapes, mashed	1 cup
Green California grapes, juiced*	4 cups
Water	1 cup
Green tea leaves	2 Tbsp.
Honey	¼ cup
Kombucha scoby	1 Tbsp.

Method

1. Heat the mashed grapes with the fresh green grape juice, water, green tea leaves, and honey until just simmering.
2. Strain and allow to cool to 95°F.
3. Place into a sterile glass container, add the scoby, and cover with cheesecloth.
4. Allow to sit at room temperature for 2 weeks until the scoby has grown and the kombucha has a sour taste.
5. Carefully decant the liquid off of the scoby and refrigerate. Enjoy the kombucha for up to one month. Keep the scoby for future batches of kombucha.

*Note: To prepare the green grape juice, puree grapes in a blender then pass through a fine mesh sieve.

GRAPE CEVICHE

Yield: 6 portions

Ingredients	Amounts
Red California grapes	1 cup
Green California grapes	1 cup
Fresh corn cob, grilled, shucked	1 ea.
Red bell pepper, seeded, small dice	1 cup
Jalapeño pepper, seeded, brunoise	1 ea.
Cilantro, chopped	½ cup
Oregano, fresh, minced	1 tsp.
Lime juice	½ cup
Extra virgin olive oil	2 Tbsp.
Red onion, brunoise	½ cup
Avocado, medium dice	1 ea.
Tortilla chips	6 cups

Method

1. Slice grapes into rounds, ¼-inch thick.
2. Combine all ingredients in a bowl and adjust seasoning.
3. Serve with tortilla chips.

This course guide was developed using the resources of
The Culinary Institute of America.

Copyright © 2019
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.