An Invitational Culinary Design Experience:
How to Create Healthier Dishes without Sacrificing Deliciousness!

August 24, 2015

WORLDS OF HEALTHY FLAVORS

ASIA®

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WORLDS OF HEALTHY FLAVORS ASIA® OVERVIEW

For over a decade The Culinary Institute of America (CIA) has collaborated with the Harvard T. H. Chan School of Public Health (HSPH) – Department of Nutrition to research, plan and stage the highly acclaimed Worlds of Healthy Flavors leadership conference held each year at the CIA’s California campus (CIA at Greystone). This ground-breaking, by-invitation-only program brings together America’s most influential high-volume foodservice chefs, leading nutrition scientists, and various world cuisines and other culinary experts to advance healthier food choices in American foodservice.

The American chefs and foodservice operators that are invited and attend this event each year—drawn from various high-volume sectors including hotels and resorts, chain restaurants, universities, schools and hospital foodservice—collectively shape the menus that impact the daily food choices for tens of millions of Americans. This initiative has had considerable, positive impact in the United States on increasing presence in the volume foodservice sector of whole grains, fruits and vegetables, fish, nuts and legumes, healthier oils, and other healthy foods. The CIA-Harvard program has been especially effective in educating American foodservice industry leaders on the urgent need to replace trans fats with healthier, unsaturated fats.

With the success of this program and the launch of The Culinary Institute of America and its degree programs in Singapore, the CIA and Harvard T.H. Chan School of Public Health—Department of Nutrition launched Worlds of Healthy Flavors ASIA® in 2012, in partnership with Saw Swee Hock School of Public Health, National University of Singapore and Health Promotion Board (HPB), Singapore.

The program partners recognize the tremendous challenges that lie ahead for chefs and foodservice leaders operating in Singapore and throughout Asia in successfully developing and promoting healthier food choices, and working to avert obesity and the high rates of type II diabetes and other diet-linked chronic diseases for their populations.

At the same time, American, European and other international travelers coming to Asia are increasingly looking for delicious, healthy food—both Asian and Western. This is an opportunity to satisfy a new set of food preferences for international travelers that Singaporean chefs and foodservice leaders cannot afford to ignore.

The 2015 Worlds of Healthy Flavors ASIA program, a collaboration between the CIA and HPB, is designed to be a relatively small, interactive culinary design experience, focused on practical strategies for reducing calories in favorite dishes without sacrificing flavor and appeal, including a hands-on culinary workshop for participating chefs.

The audience for this year is invited Singapore chefs and foodservice decision makers and opinion leaders, primarily in large volume production sectors of the Singaporean foodservice industry.
As with our U.S.-based program, Worlds of Healthy Flavors ASIA will bring together a top nutrition expert with selected chefs to present healthy cooking and menu strategies that can work to preserve the delicious, celebratory aspects of dining at the same time address a host of public health imperatives.

The program partners are confident that we can significantly support and accelerate already existing efforts in Singapore to advance healthier food choices in light of these challenges and opportunities.
ENVISIONING A HEALTHIER NATION WITH THE HEALTH PROMOTION BOARD

Food paradise - Singapore. Known for its culinary delights from Nasi Lemak, Chilli Crabs to Hainanese Chicken Rice, there are restaurants, hawker centres, coffee shops and 24-hour eateries to be found across the island selling an array of different dishes.

However, along with great food comes the issue of tackling obesity in Singapore, which in part, is due to unhealthy diet and eating habits. The Health Promotion Board’s 2010 National Nutrition Survey showed that 60 per cent of Singapore residents eat out at least four times a week. Due to this frequency, it is easy for Singaporeans to exceed their recommended daily energy intake as an eat-out meal contains an average of 700-800 calories.

Singaporeans have not only increased their caloric and fat intake, they are also not consciously consuming enough whole-grains, fruit and vegetables. It is more important now than before for the food services sector in Singapore to work together in improving the dietary quality of food served to the customers.

HEALTH PROMOTION BOARD’S FOOD STRATEGY AIDS TO CHANGE THE WAY SINGAPOREANS EAT AT HOME AND EAT OUT

Launched in 2014, the Food Strategy is one of the key initiatives to realise the vision of the Healthy Living Master Plan, announced in April this year. The accessibility to healthier food is one of the commitments made by HPB and the Ministry of Health to provide Singaporeans with at least three healthy living options near their home, office and schools by 2020.

Through the Food Strategy, people would have more healthier food choices that are affordable and accessible. It comprises three key initiatives which are underpinned by strong partnerships with the Food & Beverage industry –
  a) the Healthier Dining Programme
  b) the “Ask for” Lower Sugar Beverage Initiative
  c) the Healthier Choice Symbol Programme

THE HEALTHIER DINING PROGRAMME

The Healthier Dining Programme marks the first phase of the Food Strategy which aims to make lower calorie meal choices readily available across the island. A Healthier Dining Grant is available for food service providers to draw on for the expansion and promotion of healthier menu offerings. Outlets under the programme can also participate in HPB’s marketing drive to get more people to eat healthy.

In a steady climb since its launch, the Healthier Dining Programme has garnered much support from the industry, with over 1,200 F&B outlets including restaurants, cafes, kiosks, caterers, food courts and hawker stalls serving healthier meals, making healthier choices increasingly accessible for diners. To date, 40 food service providers are on board the programme, more than double the number of partners since its launch in 2014.
There has also been an upward trend in demand for healthier meals at participating eateries. In May 2015, 950,000 healthier meals were sold, a more than 80 per cent month-on-month increase compared to the 525,000 healthier meals sold in June 2014. In total, more than 9.4 million healthier meals have been sold since the launch of the Healthier Dining Programme.

More recently, to encourage Singaporeans to consume a complete healthier meal when dining out, the latest extension of the Healthier Dining Programme sees the pairing together of healthier food and drinks. Healthier Dining Partners can draw on the Healthier Dining Grant to introduce innovative reduced-sugar beverages at their outlets.

**THE “ASK FOR” LOWER SUGAR BEVERAGE INITIATIVE**

The National Nutrition Survey 2010 showed an increase in the proportion of Singaporeans who add sugar to their beverages. Currently, 60 percent of Singaporeans consume two or more sweetened drinks a day. On average, sweetened beverages contributed about 200 calories to Singaporeans’ daily calorie intake, mostly in the form of empty calories, which make them feel hungry more quickly and easily, and hence likely to consume more food than necessary.

To encourage Singaporeans to choose reduced-sugar beverages when they dine out, HPB is working with partners to encourage Singaporeans to consume reduced-sugar or no sugar beverages in food courts, coffee shops, café and kiosks. HPB is also working with major drink manufacturers to increase the availability of reduced-sugar drinks and water products in the community, schools and workplaces.

**THE HEALTHIER CHOICE SYMBOL PROGRAMME**

Products with the Healthier Choice Symbol contain less sodium, saturated fat and sugar. Some products are also higher in calcium, dietary fibre and whole-grains, than others in similar food groups. The National Nutrition Survey 2010 showed that Singaporeans who include Healthier Choice products in their diet have better nutritional profiles, for example lower saturated fat intake and higher calcium intake.

Since the Healthier Choice Symbol was introduced, the number of Healthier Choice Symbol products has grown with the increasing acceptance and demand for healthier products. To date, there are 2,500 Healthier Choice Symbol products available across 70 food categories.

This year, as part of the effort to promote healthy eating at home, HPB has partnered with 4 major supermarkets and 8 food manufacturers to launch the “Shop Healthy. Get More from Life” campaign in 235 supermarket outlets across the island to increase the awareness of healthier choice options and encourage shoppers to choose healthier products.
PRINCIPLES OF HEALTHY MENU RESEARCH & DEVELOPMENT

The Culinary Institute of America-Harvard T.H. Chan School of Public Health
Principles of Healthy Menu Research & Development
SUMMARY

PRINCIPLES OF FOCUS FOR THIS PROGRAM ARE IN GREEN:

1. Think strategically about flavor and world cuisines.
2. Focus on fruits and vegetables first.
3. Increase use of healthy plant-based oils, eliminate trans fats, and substantially reduce saturated fats.
4. Increase options for healthy protein choices, adding fish, nuts, and legumes.
5. Emphasize healthy carbohydrates, increase menu presence of whole grains—especially “intact” whole grains—and increase food and beverage options with no or little added sugars.
6. Reduce salt and sodium in food preparation and choose lower sodium manufactured ingredients.
7. Provide a wider range of calorie and portion-size options.
8. Leverage small measures of indulgence for maximum, creative impact.
9. Share nutrition information with customers as appropriate, but emphasize strategies for selling healthier menu options that rely more on the language of flavor and culinary adventure.
10. Engage colleagues and industry partners in a long-term process of discovery to better understand the art and science of healthy menu R & D.

Americans face an epidemic of diet-linked adverse health conditions and chronic diseases, from obesity and type 2 diabetes to heart disease and various cancers. The USDA’s Economic Research Service estimates that by adopting healthier diets, Americans could save $90 billion dollars a year in health care costs.

Long-term studies by the Harvard School of Public Health have concluded that an optimally nutritious diet combined with regular exercise and not smoking can prevent 80 percent of heart disease, 90 percent of type 2 diabetes, 70 percent of stroke and some cancers, as well as substantially reduce the incidence of a host of other chronic diseases and health ailments.

While it is ultimately up to individuals to make good, healthful food choices for themselves and their families, it is vital to our nation’s public health that the foodservice industry accelerate current efforts to expand healthy menu choices.
Spending on food prepared away from home now represents approximately 50% of the consumer food dollar, and is likely to increase in the years to come. For millions of Americans, foodservice is no longer what it was years ago—just that special, celebratory dining experience, or that very occasional “grab-and-go” fast-food lunch. In the past, the nutrition impact of foodservice meals was less important because most food was consumed in the home.

Today more than ever, many Americans are looking to their favorite restaurants and foodservice outlets for food choices that are at once healthy and delicious.

It is incumbent on our nation’s chefs and foodservice menu development teams to embrace opportunities to create a new generation of healthy, appealing, everyday foods while honoring the historical role of our industry to provide special-occasion foods paired with memorable hospitality.

Foodservice operators and menu R & D teams need to find the right balance—their own balance—between reacting to customers’ past and current expressed interests and anticipating the direction of accelerating trends and mega-issues such as diet-linked chronic diseases, and the likely impacts that such issues will surely have on future business. At a minimum, in responding to our nation’s diet and disease challenges, no operator wants to repeat the many failed attempts of years past to introduce healthier menu items.

In the end, successful healthy menu innovation is about increasing, not decreasing, customer choice. Even here, though, the addition of new, healthier choices must attract a sufficiently large following for these directions to be financially sustainable. Fortunately for our industry, these health imperatives coincide with an unprecedented consumer interest in new flavor horizons and new dining experiences—creating a more favorable environment for menu innovation.

These Principles of Healthy Menu Research & Development, developed in collaboration with leading nutrition researchers at the Harvard School of Public Health’s Department of Nutrition and with input from the 2005 U.S. Dietary Guidelines for Americans, are designed to stimulate discussion, spur ideation and innovation, and help support a more health-oriented foodservice menu research and development process.

Wherever possible, we have used simple, direct language supported by examples to convey information and concepts in developing these guidelines. Our customers order foods and menu choices—not nutrients, not grams, not percentages. The sooner we take the language of nutrition science and translate it into clear and meaningful guidelines and descriptions that foodservice industry professionals and our customers easily grasp, the greater our progress will be.

It is our hope that by adopting these Principles of Healthy Menu Research & Development, we as an industry can more quickly and effectively deliver on the promise of great-tasting, healthy food that delights our customers and secures the financial success of operators across a broad range of sectors.
Principles of Healthy Menu Research and Development

1. Think strategically about flavor, with an emphasis on leveraging long-term flavor trends, the public’s growing interest in world cuisines, and their discovery of “culinary adventure” in order to broaden options and approaches to healthier menu development.

Look to the healthiest elements of Mediterranean, Latin, Asian, and other world culinary traditions for inspiration to support successful, flavor-driven menu innovation. Given customer resistance to tampering with known menu favorites to improve their healthfulness, the introduction of new items inspired by the best of world cuisines rich in fruits, vegetables, whole grains, nuts and legumes, and healthy plant oils may prove to be more successful.

Traditional cultures around the world, including those in many parts of the Mediterranean, Latin America, Asia, and Africa have long had dietary patterns that embrace both celebratory foods and feasting for special occasions, and everyday cooking that was invariably largely plant-based. It is these global traditions of everyday cooking that hold tremendous promise for healthy menu R & D. These latter traditions are mostly found in home cooking, and market or “street food” traditions around the world, and are often underrepresented in restaurant traditions (although they are eminently adaptable in many cases to contemporary American foodservice menus).

The potential health-promoting values of any traditional diets or foods must be evaluated in light of current scientific nutrition research. Be cautioned as well that many of these world food traditions that one finds in the United States today have become Americanized and, as a result, are less healthy. In pursuing world flavors as an inspiration for healthy menu R & D, always begin by going back to the original, traditional cultures to benchmark “gold standards.”

2. Focus on fruits and vegetables first—in a full range of colors and types and in applications across all day and menu parts—knowing that your customers, on average, need to double their consumption of produce to promote good health.

Recognize that current interest in salads is merely scratching the surface of healthy world salad traditions that can be looked to for inspiration.

Envision a new generation of entrée ideas that bring vegetables and fruits to a starring role at the center of the plate, prepared with a range of other healthy ingredients—from unsaturated plant oils to nuts, legumes, whole grains, and small amounts of fish, poultry, eggs, low-fat dairy, and lean meats. Consider other variations of produce-focused entrées that use sparing amounts of either fattier cuts of meat, full-fat dairy, or refined carbohydrates effectively as a condiment. These integrated approaches to plate design—often found in food cultures from Asia and the Mediterranean to Latin America—can complement other parts of the menu where a single, large piece of protein is accompanied
by separate sides of vegetables and grains.

Most important, menu developers should know that if a diverse mix of produce plays a much greater role in their operations, many of the healthy menu innovation challenges we face will be automatically resolved, as a result of what produce both adds and displaces. That is why it is so vital to make doubling produce usage a leading nutrition goal of the foodservice industry.

3. **Highlight the increased use of healthy plant-based oils, eliminate trans fats, and substantially reduce saturated fats.**

Now labeled a “metabolic poison” by leading medical scientists, trans fats (from partially hydrogenated vegetable oils) ultimately have no place in foodservice kitchens. Operators, manufacturers, and leaders in North American agriculture need to collaborate to replace these with healthy, unsaturated fats as quickly as possible.

Understand that scientists consider trans fats to be much worse for human health than saturated fats, with public health experts comparing the need to remove trans fats from the food supply with the imperative, years ago, to get lead out of paint.

Educate your customers that “low fat” is not the goal in healthy menu choices, but rather “low saturated fat/zero trans fat.” Plant oils and other foods high in healthy, unsaturated fats—from canola, soy, peanut, and olive oils to fish, nuts, seeds, avocados, and whole grains—contribute positively to the health profile of a given menu mix.

Understand also that your customers are being urged by medical experts to consume one or more good sources of omega-3 fatty acids every day, which for menu developers could include fish, walnuts, flax seeds (ground and raw), and/or non-hydrogenated soybean oil or canola oil.

Many nutrition researchers consider a recommendation to favor good fats—and stay away from bad fats—as second only to weight control on a list of healthy nutritional strategies.

4. **Increase options for healthy protein choices, adding fish, nuts, and legumes if underrepresented on the menu.**

For special celebratory occasions, many consider a “fully loaded” bacon double cheeseburger; an oversized plate of smokey, barbecued ribs; a perfectly grilled, well-marbled rib-eye steak; or a triple-cheese, extra-large pizza to be difficult to beat. Such dishes, at their best, have earned legions of loyal customers for operators large and small, and deserve to be celebrated and preserved as menu choices.

But unless we want to ignore what nutrition science is advising us about diet and health links, we cannot eat these foods every day.
Menu developers need to accelerate their embrace of the wider use of lean cuts and smaller portions of meat, and explore the increased use of healthy fish and poultry entrées as well as the potential of plant-based proteins throughout the menu. Operators need to look for opportunities to replace whole milk, butter, cream, and other high-fat dairy items with low-fat/non-fat dairy and other healthier alternatives. If used in small amounts, richly flavored full-fat cheeses and other dairy products can be an option in healthy menu development.

Fish, nuts, and legumes and other sources of plant proteins not only avoid the negative health impacts of other protein choices high in saturated fat, they often contribute in other ways to the health profile of a given dish. In addition to the benefits of healthy fats in fish, nuts, and legumes (including soy milk, tofu, and other soy products), and whole grains, plant-based protein sources are rich in phytochemicals.

Nuts deserve special attention as an underutilized protein source, as the Food and Drug Administration (FDA) now permits this health claim on food labels: “Eating 1.5 ounces per day of most nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.”

Eggs, which recently have regained favor with nutrition scientists, can be used in moderation. Just remember to pair them with such healthy ingredients as whole grains, low-fat dairy, vegetables, nuts, legumes, and healthy fats.

Finally, additional menu options that feature plant protein, paired with the high-flavor strategies of various world cuisines, have the potential to contribute to operator costs savings that can offset other healthy initiatives that might have negative cost impacts.

5. **Emphasize healthy carbohydrates, increase menu presence of whole grains—especially “intact” whole grains—and increase food and beverage options with no or little added sugars and other “empty-calorie” sweeteners.**

   Wherever possible, include whole-grain options with all bread offerings—from breakfast breads to sandwich breads to dinner bread baskets and pizzas and pastas. Experiment with a range of percentages of whole grains, favoring applications with 100% whole grain, but knowing that 50% or 75% whole grain is much better than none or a lower percentage.

   Seek ways to highlight whole grains, from toasting and complementary flavor pairings to seductive menu language that make these items irresistible to your customers (e.g., a toasted multi-grain hamburger bun scented with pale ale and caramelized onions, anyone?).

   Again with breads, experiment with the lighter-tasting white whole wheat as an alternative to the more standard red wheat. Look to dried fruit and dried fruit pastes, nuts and nut butters, seeds, vegetables, and healthy oils to add moisture and appeal to whole-grain breads.

   When serving potatoes, offer options that mix them in smaller amounts with a range of vegetables and other healthy ingredients. Consider offering at least one or two whole-grain
pastas dishes on your menu, paired with healthy sauce flavors that complement the whole grains. When preparing regular pasta, cook it “al dente” (versus overcooked and mushy) which helps to prevent unhealthy spikes in blood sugar as the pasta is digested.

Explore legume and nut flours (from chickpea and lentil to peanut and almond) for healthier crackers, breads and flatbreads, and pastas.

At the same time you work to boost the use of healthier flours on menus, also focus on opportunities to include even-better-for-you “intact” (unprocessed or minimally processed) whole grains. Offer brown rice whenever white rice is on the menu. Experiment with mixing white rice with brown and other whole-grain rices, and in the style of pilaf traditions, with legumes, nuts, dried fruit, unsaturated fats, and other healthy ingredients.

Explore a range of other whole grains—from bulgur to quinoa, barley, spelt, kamut, and more—and the world cuisine flavoring traditions that make these grains exciting and seductive to diners in the regions of the world where they are consumed.

Recognize that public health experts warn that sodas and other sugar-sweetened beverages are a major source of empty calories in American diets, and contribute importantly to weight problems and an increased risk of diabetes.

As a result, always offer a range of beverages with little or no sugar or other “empty-calorie” sweeteners. Experiment with healthier, high-margin beverages that pair water with a splash of fresh fruit or vegetable juice and/or other aromatics. Favor whole fruit over fruit juice.

Consider dessert and pastry menu development that focuses on fresh, low-sugar processed and dried fruit; nuts and nut flours; whole grains; unsaturated plant oils; and low- and non-fat dairy. Utilize as little added sugar or other “empty-calorie” sweeteners and refined carbohydrates as possible without compromising flavor. Always include at least one healthy dessert option.

6. **Look for opportunities to reduce salt and sodium in food preparation.**

Our industry has long relied on salt to do a lot of the “heavy lifting” to create high flavor impact and customer satisfaction.

Focus on a range of other strategies to deliver flavor, from sourcing the best-quality, high-flavor produce you can find to working with spices, herbs, and other aromatics and a host of healthy sauce, seasoning, and other flavor-building culinary techniques and ideas from various world cuisines.

7. **Provide a wider range of calorie/portion options, and consider menu concepts that change the value proposition for customers from quantity to a focus on quality and culinary differentiation.**

Understand that medical research now indicates that next to not smoking, maintaining a
healthy weight is the most important predictor of future health. The foodservice industry has an enormous opportunity to meaningfully contribute to the achievement of healthier weight patterns among our customers.

Focus on minimizing “empty calories”—especially those from sugar, other calorie-laden sweeteners, and refined carbohydrates in much of your menus.

Understand that healthy fats, per se, do not make your customers fat—only excess calories over energy expenditure (over time) contribute to weight gain. Do not be distracted by a high percentage of healthy fats in a given menu item such as a vegetable salad or cooked vegetable dish where total fat is even 80% of calories, so long as saturated fat is low to very low. A modest amount of healthy fat may be key in gaining acceptance for a range of healthy menu options among customers. Many operators have created non-fat items high in sugars and other refined carbohydrates under the mistaken notion that they were doing their customers a favor.

Offer a wide range of choices in your menu—from reduced calorie items to half/smaller portions of regular items to sauces on the side—that accommodates a considerable range of calorie needs and interests on the part of your customers.

Explore menu category innovation that allows your customers to eat family-style or in a “small plates” or tasting format, thereby increasing their options to have more limited (versus “all or nothing”) amounts of favorite, less-healthy foods—and a greater variety of more healthful foods—without being locked into an “appetizers-entrée-dessert” menu decision-making track. Depending on the profile of your customer, consider highlighting quality of ingredients over quantity of portion size (e.g., less of a higher-quality, full-flavored cheese) to deliver the same or higher customer satisfaction and operating margins.

Finally, recognize that as an operator, as you work to add healthier options to menus, aiming for the lowest possible calories in your entrées should not be the goal. For most people, a 300- to 400-calorie meal will not be satisfying and they will soon be out scouting for something else to eat which likely won’t be as healthy. Often, whole categories of options labeled as “heart-healthy” on menus are not really enough to be a meal.

The goal for operators in setting portion sizes should be moderation—not supersizing, but also not undersizing. Offering a range of choices in portion sizes, such as through “small plate” concepts and menu formats that emphasize flexibility (e.g., two size options for some or all entrées), will likely yield the best results for customers.

8. **Leverage small measures of indulgence for maximum, creative impact, and create new categories of options for healthy menu choices.**

Our industry’s menus have long pursued a strategy of creating two broad categories: one of “regular” menu items, and the other of items that are altered to meet the health and medical concerns of what was previously considered a minority of diners. The result has often been that diners had to choose between a rich, decadent (and probably delicious) entrée or
dessert high in saturated fat and a choice that is 100% stripped of anything that might ever offend a nutrition scientist.

To win a broader following for healthy flavors, menu developers need to develop a robust third, or “middle,” way that uses small to very small amounts of juicy grilled steak, rich creamery butter, aged full-flavored cheeses, luscious pastry, and other such foods to flavor or accompany larger amounts of fruits, vegetables, and whole grains that need to form the bulk of our diets for optimal health.

In practice, this might mean that all vegetable side dishes, for instance, are cooked in a healthy plant oil, but that the fruit crisp on the dessert menu features fresh and dried fruit, mostly whole grains with some refined grains, and mostly plant oils with a supporting role for butter only in quantities necessary to achieve the desired threshold of customer satisfaction. Or in what some have termed the “pastry flip,” switch the roles for what used to be the rich, decadent dessert—e.g., double fudge cheesecake—accompanied by a modest fruit garnish, so that the fruit is now the star and the cheesecake is the accompanying “garnish.”

In short, instead of a “regular” and “unleaded” approach to menu design, we need a fuller range of choices for customers who are looking to make a corresponding range of different nutrition decisions across a broad spectrum of meals and snacks.

9. **Share nutrition information with customers as appropriate, but emphasize strategies for selling healthier menu options that rely more on the language of flavor and culinary adventure.**

Operators need to find their own best approach to disclosing nutrition information for the benefit of their customers. But menu developers (and policy makers) should understand that designating items on menus as “healthy items” or including nutrition information on menus next to specific menu items often backfires, as customers rightly or wrongly assume that those promoted as the healthiest of these offerings will not meet their taste expectations.

While by no means discouraging full disclosure of nutritional information, increasing experience in our industry suggests that a strategy of “stealth health” — presenting fabulous, full-flavored healthy food not labeled as being healthy — will yield better results with customers than more “healthy menu” segmentation, health symbols, and the like.

10. **Engage colleagues and industry partners in a long-term process of discovery to better understand the art and science of healthy menu R & D, and reimagine the operational designs, technologies, human resource strategies, and marketing innovation necessary to successfully sell and deliver these flavors to customers.**

Chefs, menu developers, and other foodservice leaders need to have a robust, two-tiered focus to stay ahead of the accelerating health and wellness juggernaut that is transforming our industry. Short-term menu changes are essential, and many can be implemented quickly. But longer term, the needs are more varied, complex, and challenging.

Just in the one area of boosting produce consumption, the foodservice industry has an
enormous opportunity to work with the produce industry to develop a wide range of strategies, from what to grow (in order to maximize flavor), when and how to harvest/transport (again, to maximize flavor), and how to add value to the processing of produce to facilitate more innovation, especially given the often tight operational constraints of multi-unit operations.

Manufacturers/suppliers will need to grasp the key role that world flavor traditions, ingredients, and flavor dynamics can play in broadening healthy menu development success—and step up to the plate with better research, better sourcing, more authenticity, and a long-term commitment to support new directions in operator education.

We will need a new generation of restaurant kitchen design—designs that are friendlier to menus rich in fruits, vegetables, and whole grains; that permit a varied range of cooking techniques; and that support healthier approaches to delivering high-impact flavor.

Foodservice operators and their marketing and public relations executives need to embrace the long-term reeducation of their customers, assuring and inspiring them with explicit and/or implicit messages that healthy menus choices can be delicious.

By supporting a strategy that evokes the seductive images of world flavors and culinary adventure, marketing professionals can bring customers along in these healthier menu directions with less of a need to focus on nutrients or medical issues. This must be a long-term commitment that doesn’t get distracted by the latest diet book, or by outdated or incorrect nutrition tenets such as “low-fat” (versus good/bad fats) and “no-carb” (versus good/bad carbs).

Through this kind of sustained marketing strategy that focuses on flavor and consumer interest in new, entertaining dining experiences and by employing these principles of healthy menu research and development, the foodservice industry can enjoy a bright business climate in which health, taste, customer satisfaction, and operator profitability are all mutually supported and fully attainable.
PROGRAM SCHEDULE

7:45 - Breakfast and Registration

8:30 AM The Vista and The Foyer

8:30 AM Welcome & Opening Remarks from the CIA and HPB
   Theater
   Speakers: Greg Drescher, The Culinary Institute of America
             CHOO Lin, Health Promotion Board, Singapore

8:50 AM Welcome & Opening Remarks from the Co-Chairs
   Speakers: Cathy Jörin, The Culinary Institute of America
             Melissa Koh, Health Promotion Board, Singapore

9:00 AM Introductions
   All operator members, corporate members, speakers, and guests will be invited to briefly introduce themselves

9:15 AM General Session I: CONSUMERS
   Sample Topic: Consumer Insights and Information
   Host: Cathy Jörin, The Culinary Institute of America

   We Are What We Eat, Healthy Eating Trends
   What do we know about Singaporeans and their desire for healthier menu options? What motivates them with regards to health and what are they willing to invest in? Are they willing to pay more for premium ingredients? What messages and marketing strategies are most powerful?
   Presenter: Vasha Azoor, Director, Client Business Partner, Singapore and Malaysia, Nielsen

9:45 AM General Session II: CALORIES
   What is Strategic Calorie Design and What Does it Mean to the Volume Foodservice Industry? Guiding Principles for Success and Key Learnings from the US Strategic Calorie Design Working Group
   Presenter: Pam Smith, RDN

10:30 AM Refreshment Break
   The Vista
10:45 AM  General Session III: CALORIE REDUCTION/PORTION CONTROL
Theater

Strategic Calorie Design - Making Dishes Healthier without Sacrificing Flavor
Principles and Techniques to Cut 100 Calories from Any Meal or Dish
Best Practices/Case Studies: US
Presenter: Pam Smith, RDN

Culinary Demonstration – Practical Applications of Principles and Techniques
for Strategic Calorie Design – Western Cuisine
Tuna Three Ways: Tartare, Burger, Carpaccio
Presenter: Toni Sakaguchi ‘84, Associate Dean for Culinary Arts, The
Culinary Institute of America, Greystone

Culinary Demonstration – Practical Applications of Principles and Techniques
for Strategic Calorie Design – Asian Cuisine
White Cauliflower of Chicken
Sambal Petai Prawns
Presenter: Chef Malcolm Lee, Candlenut Restaurant, Singapore

11:45 AM  General Session IV: BEST PRACTICES
Panel Discussion- Healthy and Flavorful Menu Options, Business
Opportunities and How to Leverage Them
Presenter/ Moderator: Pam Smith
Panelists: Edlan Chua, Paradise Group Holdings
Dennis Hipolito, YUM!
Andrew Khoo, ABR Holdings
Anna Lim, The Soup Spoon
Chef Nam Q. Nguyen, NamNam Noodle Bar

12:30 PM  BREAK OUT GUIDED DISCUSSION SESSIONS (All participants)
Classroom Locations
Introduction to Hands-On Kitchen Session:
Strategic Calorie Design Menu Development Challenge

Break out into two larger groups for discussion and planning:
- Western Cuisine Focus – Cumin Classroom
- Asian Cuisine Focus – Dill Classroom

Presenters: Western Cuisine Focus - Toni Sakaguchi ‘84, CIA
Cathy Jörin, CIA
Michael Sanson, CIA Singapore

Asian Cuisine Focus – Malcolm Lee, Candlenut Restaurant,
Singapore
Pam Smith, RDN
Michael Sanson ’96, CIA Singapore
Each group breaks into smaller pre-assigned teams. Specific recipe challenges will be given to each team. Teams will be challenged to create healthy and delicious dishes with reduced calories.

1:00 PM  **Lunch/Team Ideation Sessions**
*Top Table Restaurant*
Teams sit together to discuss how they are going to approach their hands-on kitchen session challenges.

1:45 – 3:45 PM  **For Non-Chef Summit Participants:**
**Innovation in Action, Innovation Practice for Restaurants**
*Theater*
Presenter: Vasha Azoor, Director, Client Business Partner, Singapore and Malaysia, Nielsen

1:45 PM  **For Chefs: Hands-On Kitchen Sessions: Kitchen Orientation**
*Teaching Kitchens*
Chef/Guides: Overall Kitchen – Michael Sanson, CIA Singapore  
Western Cuisine Focus - Toni Sakaguchi, CIA  
Asian Cuisine Focus – Malcolm Lee, Candlenut Restaurant, Singapore

**Strategic Calorie Design Menu Development Challenge**
Teams create new menus items based on the guidelines, discussions and presentations from today.

3:45 PM  **Team Presentations and Reception**
*Teaching Kitchens*

4:25 PM  **Closing Remarks**
Speakers: Greg Drescher, The Culinary Institute of America  
CHOO Lin, Health Promotion Board, Singapore

4:30 PM  **Summit Concludes**
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PRESENTER AND GUEST CHEF BIOGRAPHIES

VASHA AZOOR is director, client business partner, Singapore and Malaysia for Nielsen, working in this position since January 2014. In this time Vasha’s passion for food has seen her devote her energy to understanding the Food and Beverage markets in both countries. She has been the client business partner for Nestlé and Coca-Cola in both markets and works extensively with her clients in their shopper development. Vasha also led the Singapore ‘Food Trips’ study in Singapore which looked at Consumer Trends and Behaviours in all out-of-home dining in Singapore. She has conducted workshops for the Restaurant Association of Singapore in both innovation and share of wallet. Vasha previously worked extensively with food research in her two years at Kraft Foods Australia and also prior to that in Taiwan, China and Australia with many clients. Vasha joined Nielsen Singapore from L’Oreal Consumer Insights. For three years she covered their innovative beauty brands such as Lancôme, L’Oreal, Giorgio Armani, YSL, Garnier, and Maybelline. Reporting to the Managing Director she covered both Australia and New Zealand. She has lectured and tutored in Consumer Behaviour at Monash University where she gained her Masters in Marketing and obtained a Dean’s Honour Award. Vasha has retail in her blood, starting out in the family jewelry business at age 7. She has over 15 years of experience both the client and supplier side, developing consumer insights to capture market opportunities and grow brands. (Singapore)

CHOO LIN is he deputy director, healthy dining, in the obesity prevention and management division of the Health Promotion Board. She is responsible for the policy development and management of the Board’s healthy dining programmes in out-of-home settings. She is passionate about bringing healthy dining options to all diners and believes that partnership with the F&B industry is the key to unlocking the healthy mind-set of diners in Singapore. She is currently driving the Board’s Healthier Dining Programme, Healthier Ingredient Programme and Healthy Meals in Schools Programme. Prior to her current portfolio, Lin was the Deputy Director of the Corporate and Industry Partnership Division. In her 16 years with the Board, she had headed several strategic teams responsible for the formulation of healthy aging and tobacco control policies and programmes. She also led the Singapore regional negotiation delegation for the World Health Organisation’s Framework Convention on Tobacco Control. (Singapore)

GREG DRESCHER is vice president of strategic initiatives & industry leadership at The Culinary Institute of America (CIA), where he oversees the college’s leadership programs for the foodservice industry, including conferences, invitational leadership retreats, digital media, and strategic partnerships. Greg is the creator of the college’s influential Worlds of Flavor International Conference & Festival, the annual Worlds of Healthy Flavors and Menus of Change leadership conferences (both presented in partnership with the Harvard T.H. Chan School of Public Health’s Department of Nutrition), the Healthy Menus R&D Collaborative, and numerous other CIA “think tank” initiatives. In 2005, Greg was inducted into the James Beard Foundation’s Who’s Who of Food & Beverage in America. The following year, he was honored with Food Arts magazine’s Silver Spoon Award. He shared James Beard Awards in 2007 and 2009 for his work in developing the CIA’s “Savoring the Best of World Flavors” webcast series, filmed on location in food cultures around the world. In 2008, he was appointed by the president of the National
Academy of Sciences’ Institute of Medicine to its “Committee on Strategies to Reduce Sodium Intake,” whose final report was published in 2010. Greg travels widely around the world to track flavors, culinary traditions, and inspiration for healthy eating. A 2008 profile in Bon Appetit magazine dubbed him the “Flavor Hunter.” (Napa Valley, CA)

CATHY JÖRIN, MBA is director of special projects and planning for the strategic initiatives division of The Culinary Institute of America (CIA). She began her tenure with the CIA in 1996 and over the years, she has held a variety of positions including Associate Director of Education at Greystone and Director of Business Analysis for Continuing Education for the College. In her current role, Cathy serves as the Strategic Initiatives liaison and project leader in Asia, working with Asia based partners, presenters and sponsors for CIA leadership initiatives. Cathy headed up the planning for the CIA’s 13th Annual Worlds of Flavor Conference 2010, Japan: Flavors of Culture, and is co-planned the 17th Annual Worlds of Flavor Conference for 2015, Asia and the Theater of World Menus. She is responsible for the development of the Asia version of one of CIA’s most influential leadership programs, Worlds of Healthy Flavors ASIA®, based in Singapore. She also works on other CIA Strategic Initiatives projects in long-range planning, business analysis and fundraising. In addition, Cathy currently serves as the Director of Partnership Development for The Food Business School, the CIA’s new center for executive and graduate education. She earned her MBA at the University of San Francisco with Beta Gamma Sigma honors and the award for Highest Academic Achievement in the Executive Program. She holds a Bachelor of Arts Degree from the University of California, Irvine and an Associates Degree in Culinary Arts from the California Culinary Academy. Cathy is a former member of the Board of Directors of Women Chefs & Restaurateurs (WCR) where she was Chair of the WCR Business Development Committee and chair of the WCR 2013 annual conference celebrating WCR’s 20th Anniversary. She is also a member of Les Dames d’Escoffier. (Santa Rosa, CA)

MELISSA KOH is manager at the Health Promotion Board, Obesity Prevention & Management Division. Melissa graduated with a Bachelor of Science in Nutrition and Postgraduate Diploma in Dietetics from the Curtin University of Technology, Australia. Her passion for good food and nutrition education led her to focus her career on promoting health and wellness in the community. In her role with the Health Promotion Board, Melissa works closely with the Singapore Food and Beverage sector to advance nutrition and promote healthier dining. Prior to this, Melissa worked as a clinical and foodservice dietitian at Gleneagles Hospital where she provided consultation on weight loss and chronic disease management for various treatment and life stages. (Singapore)

MALCOLM LEE is the chef-owner of Candlenut, a modern Peranakan restaurant in Singapore focused on serving inspired dishes with authentic flavours. Malcolm found his calling in the kitchen through experiences working in the U.S. and operating Frujch, a café and bar, as an undergraduate at the Singapore Management University (SMU). After becoming the first Singaporean recipient of the Miele Guide Scholarship, Malcolm attended the At-Sunrice Global Chef Academy. Today Malcolm serves authentic Peranakan cuisine with a twist; he uses refined and modern techniques such as sous vide cooking. Candlenut’s menu reflects Malcolm’s simple yet refined cooking style with focus
on flavor and execution. Candlenut has gained significant coverage in the local media, and received publicity in overseas publications in Hong Kong and London. (Singapore)

**TONI SAKAGUCHI** ‘84, CEC, CHE, is associate dean for culinary arts at The Culinary Institute of America (CIA) at Greystone. After graduating with an associate degree from the CIA in 1984, Toni earned a bachelor’s degree in hotel, restaurant, and institutional management from Michigan State University. She then moved to California and served as executive chef in two of the nation’s top restaurants, Border Grill Café and City Restaurant, both in Los Angeles. Toni was the fine dining chef at the Sonoma Mission Inn & Spa in Sonoma, California, prior to joining the faculty at the CIA at Greystone in 1997. (Napa Valley, CA)

**MICHAEL SANSON** ’96, is a lecturing instructor, culinary arts at The Culinary Institute of America, (CIA) Singapore. Michael’s culinary experience includes previous positions as Head Chef at Belcancao Restaurant at the Four Seasons Hotel in Macau, China, and Chef d’Cuisine at Capers Restaurant at the Four Seasons Hotel in Singapore. Michael worked with Four Seasons Hotels and Resorts for sixteen years before joining The Culinary Institute of America, Singapore faculty in 2011. (Singapore)

**PAMELA SMITH, RDN** is a culinary nutritionist, food industry consultant, best-selling author, and radio host. She provides wellness coaching to professional and corporate clients, including executives and culinary development teams at Darden Restaurants, Walt Disney World, Hyatt Hotels and Resorts, Cracker Barrel, and Aramark Business Dining. She is co-creator of Bahama Breeze and Seasons 52, and develops menus and recipes with a focus on Delicious Wellness—great food that is great for you. Pam is the author of 14 published books and many articles and columns for magazines, newspapers and websites. Her best-selling books include Eat Well-Live Well, Food for Life, The Healthy Living Cookbook, The Energy Edge, The Smart Weigh—and her newest, When Your Hormones Go Haywire. She is a frequent speaker for top corporations and associations, and has been the Festival Host for all 17 years of the Epcot International Food and Wine Festival. She has hosted wellness shows for Fox’s The Health Network, and her daily radio spot Living Well may be heard on over 800 stations nationwide. She is the founding principal of Shaping America’s Plate. (Orlando, FL)
BREAKFAST AND REGISTRATION

Bee Hoon with Mushrooms, Bok Choy, and Bean Sprouts

Mixed Grain Congee with Chicken and Mushroom Meatballs
   with garnishes of pickled vegetables, spring onions, soy sauce, Youtiao

Tropical Fruit & Toasted Sunflower Seed Granola Greek Yogurt Parfait

   Banana and Walnut Muffins

Local Fresh Fruit Platter
   Watermelon, Papaya, Mango, Pineapple

Assorted hot and cold beverages provided by Nestlé Foodservice
BEE HOON WITH MUSHROOMS, BOK CHOI, AND BEAN
SPROUTS

Yield: 4 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai bird chiles, seeds removed, sliced</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Boiling water</td>
<td>2 cups</td>
</tr>
<tr>
<td>Rice wine vinegar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Soy sauce, divided</td>
<td>1 tsp. + 2 Tbsp.</td>
</tr>
<tr>
<td>Sugar</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
</tr>
</tbody>
</table>

Stir Fry

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil, divided</td>
<td>6 Tbsp.</td>
</tr>
<tr>
<td>Shallots, peeled and finely sliced</td>
<td>1 cup</td>
</tr>
<tr>
<td>Garlic cloves, sliced thinly</td>
<td>4 ea.</td>
</tr>
<tr>
<td>Shiitake mushrooms, sliced</td>
<td>2 cups</td>
</tr>
<tr>
<td>Baby bok choy leaves</td>
<td>2 cups</td>
</tr>
<tr>
<td>Dried rice vermicelli, soaked in cool water for 30 minutes</td>
<td>5 oz.</td>
</tr>
<tr>
<td>White pepper</td>
<td>1/8 tsp.</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

Method
1. Place sliced chiles in small bowl. Pour boiling water over to cover. Let sit 10 minutes, then drain. Add vinegar, 1 teaspoon soy sauce, sugar, and ½ teaspoon salt and stir to combine. Allow to cool. For best results, refrigerate at least overnight. Chiles can be stored in an airtight container in the refrigerator for up to 1 month.
2. For the stir fry: heat 3 tablespoons oil in wok over medium heat until shimmering. Add shallots, garlic, and mushrooms. Cook until mushrooms have softened and are beginning to brown, about 8 minutes.
3. Increase heat to medium high and stir in bok choy. Cook until beginning to wilt, about 1 minute. Add remaining 3 tablespoons oil. Add softened vermicelli, 2 tablespoons soy sauce, white pepper, and bean sprouts.
4. Cook, stirring, until seasonings are combined with noodles, and the noodles are beginning to brown on bottom of pan (add extra oil if beginning to stick), about 2 minutes. Season to taste with salt and/or soy sauce. Serve immediately with pickled chiles on the side.

Source: www.seriouseats.com

Nutrition Information (per serving/portion)
Calories: 480 / Protein: 7 g / Carbohydrate: 58 g / Fiber: 5 g
Saturated fat: 1.5 g / Polyunsaturated fat: 13.5 g / Monounsaturated fat: 4.5 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 380 mg / Potassium: 270 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 - Increase Use of Healthy Plant-based Oils
#6 - Reduce Salt and Sodium in Food Preparation
#8 – Leverage Small Measures of Indulgence
MULTI-GRAIN CONGEES WITH CHICKEN AND MUSHROOM MEATBALLS, AND PICKLED VEGETABLES

Yield: 8 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Multi-grain Congee</strong></td>
<td></td>
</tr>
<tr>
<td>Lentils</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Chicken stock</td>
<td>10 cups</td>
</tr>
<tr>
<td>Brown rice</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Steel cut oats</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Wheat berries</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td><strong>Chili-raisin Oil</strong></td>
<td></td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>1½ cups</td>
</tr>
<tr>
<td>Shallots, minced</td>
<td>2 ea.</td>
</tr>
<tr>
<td>Dried chile flakes</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Raisins, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp.</td>
</tr>
<tr>
<td><strong>Assembly</strong></td>
<td></td>
</tr>
<tr>
<td>Chicken and Mushroom Meatballs</td>
<td>8 ea.</td>
</tr>
<tr>
<td>(recipe follows)</td>
<td></td>
</tr>
<tr>
<td>Soy sauce</td>
<td>as needed</td>
</tr>
<tr>
<td>Green onions, minced</td>
<td>4-5 Tbsp.</td>
</tr>
<tr>
<td>Cilantro, chopped</td>
<td>4-5 Tbsp.</td>
</tr>
<tr>
<td>Peanuts, roasted, chopped</td>
<td>4-5 Tbsp.</td>
</tr>
<tr>
<td>Pickled vegetables</td>
<td>as needed</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Youtiao (recipe follows)</td>
<td>as needed</td>
</tr>
</tbody>
</table>

**Method**

1. *For the multi-grain congee*: place the lentils in a medium sauce pan. Add stock and bring to a simmer. Cook for 20 minutes or until just tender. Add in remaining grains and bring to a boil, reduce to a bare simmer. Cook for 60 to 70 minutes or until the rice breaks down stirring occasionally. The grains should cook until very soft and porridge like. Season with salt and pepper.

2. *For the chili-raisin oil*: preheat the oil in a sauté pan over high heat. Add the minced shallots and brown. Turn the burner down to low and cook for another 3 minutes. Add the chile flakes and raisins to the oil. Cook the oil until it turns red. Add salt to taste. Reserve.

3. *For the assembly*: fill a bowl with the congee and top it with a meatball. Add 2 teaspoons of chili-raisin oil, and soy sauce to the bowl. Garnish with green onions, cilantro, peanuts, pickled vegetables, and sesame oil. Serve with Youtiao.
Note: This dish can have up to 10 side garnishes on. Anything you wish to use for toppings from kim chee to left over protein, make this your fridge clean-up day!

Source: Alexander Ong, as served at the 2015 Worlds of Healthy Flavors ASIA® conference.

Nutrition Information (per serving/portion, with Youtiao)
Calories: 540 / Protein: 24 g / Carbohydrate: 51 g / Fiber: 4.5 g
Saturated fat: 5 g / Polyunsaturated fat: 10.5 g / Monounsaturated fat: 11 g
Trans fat: 0 g / Cholesterol: 60 mg / Sodium: 1245 mg / Potassium: 880 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#3 – Increase Use of Healthy Plant-based Oils
#5 – Emphasize Healthy Carbohydrates
#8 – Leverage Small Measures of Indulgence
**YOUTIAO**

*Yield: 8 doughnuts*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-rising flour</td>
<td>1 ¼ cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>1 ½ tsp.</td>
</tr>
<tr>
<td>Baking soda</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Water, lukewarm</td>
<td>1/3 cup</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>as needed</td>
</tr>
</tbody>
</table>

**Method**

1. Mix flour, baking powder, baking soda, and salt. Stir in water.
2. Lightly knead dough. Loosely cover for about 20 minutes, or enough time for the dough to rise.
3. On floured surface, roll the dough into 2 inch wide and 14 inch long strips. Twist together in pairs, pinching the ends. Holding each end of twists, pull until 9 inches long.
4. Deep fry each twist in peanut oil until golden brown (about 25 seconds).
5. Let cool and eat.

**Nutrition Information (per serving/portion, based on 2 tsp. oil per portion)**

- Calories: 150
- Protein: 2 g
- Carbohydrate: 15 g
- Fiber: 0.5 g
- Saturated fat: 1.5 g
- Polyunsaturated fat: 3 g
- Monounsaturated fat: 4 g
- Trans fat: 0 g
- Cholesterol: 0 mg
- Sodium: 660 mg
- Potassium: 25 mg
**SPICY CHICKEN AND MUSHROOM MEATBALLS**

*Yield: 40 meatballs*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sesame oil</td>
<td>½ cup</td>
</tr>
<tr>
<td>Ginger, minced</td>
<td>½ cup</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>½ cup</td>
</tr>
<tr>
<td>Mushroom, button finely minced</td>
<td>3 lb.</td>
</tr>
<tr>
<td>Shiitake mushrooms, finely minced</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Ground chicken</td>
<td>4 lb.</td>
</tr>
<tr>
<td>Bread crumbs</td>
<td>2 cups</td>
</tr>
<tr>
<td>Eggs</td>
<td>1 cup</td>
</tr>
<tr>
<td>Salt</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Five spice</td>
<td>3-4 tsp.</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Red pepper flakes</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Green onions, minced</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Lemon zest</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Cilantro</td>
<td>4 tsp.</td>
</tr>
</tbody>
</table>

**Method**

1. Heat a sauté pan over medium heat. Add sesame oil, 3 tablespoons ginger, and 3 tablespoons garlic. Cook until aromatic. Add button mushrooms and sauté until slightly browned. Set aside to cool.
2. Repeat with the shiitake mushrooms, using 1 tablespoon ginger, and 1 tablespoon garlic. Set aside to cool.
3. Place cool mushrooms and meat mixture in a large mixing bowl. Add the bread crumbs, egg, salt, pepper, spices, and remaining ingredients. Mix gently to combine. Check to make sure mixture will hold together.
4. Take ¼ cup of mixture, and shape it into a patty. If it falls apart, add a tablespoon of bread crumbs. Shape mixture into balls about the size of a walnut, and place on a plate. Chill for 30 minutes.
5. When meatballs are chilled, bake in a 400°F oven for 25 minutes until browned and cooked through.

**Nutrition Information (per meatball)**

Calories: 115 / Protein: 10 g / Carbohydrate: 6 g / Fiber: 0.5 g  
Saturated fat: 1.5 g / Polyunsaturated fat: 1.5 g / Monounsaturated fat: 2.5 g  
Trans fat: 0 g / Cholesterol: 60 mg / Sodium: 190 mg / Potassium: 440 mg
Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 – Increase Use of Healthy Plant-based Oils
#6 – Reduce Salt and Sodium in Food Preparation
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
TROPICAL FRUIT AND TOASTED SUNFLOWER SEED GRANOLA AND GREEK YOGURT PARFAIT

Yield: 8 portions

Ingredients | Amounts
--- | ---
Mango, pineapple, kiwi, and papaya | 1 cup
Greek-style yogurt | 4 cups
Tropical Fruit and Toasted Sunflower Seed Granola (recipe follows) | 4 cups
Orange blossom honey | ½ cup

Method
1. Cut fruit into ½-inch cubes.
2. Arrange 8 parfait cups or little glass bowls for making individual parfaits on the counter.
3. Spoon ½ cup of the yogurt into the bottom of each of the 8 parfait cups or little glass bowls.
4. Spoon 3 tablespoons of granola over the yogurt then top each with 2 tablespoons of honey.
5. Top each parfait with 2 tablespoons of fruit. Serve chilled or at room temperature.

Nutrition Information (per serving/portion)
Calories: 450 / Protein: 18 g / Carbohydrate: 53 g / Fiber: 5.5 g
Saturated fat: 6.5 g / Polyunsaturated fat: 4 g / Monounsaturated fat: 6.5 g
Trans fat: 0 g / Cholesterol: 5 mg / Sodium: 65 mg / Potassium: 335 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 - Increase Use of Healthy Plant-based Oils
#6 - Reduce Salt and Sodium in Food Preparation
#7 - Provide a Wide Range of Calorie and Portion-size Options
#8 - Leverage Small Measures of Indulgence
SUNFLOWER SEED GRANOLA

Yield: Approximately 42 (1/2 cup) servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rolled oats</td>
<td>26 oz.</td>
</tr>
<tr>
<td>Rye flakes</td>
<td>½ oz.</td>
</tr>
<tr>
<td>Multigrain flour</td>
<td>8 oz.</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Maple sugar</td>
<td>3 ½ oz.</td>
</tr>
<tr>
<td>Ground ginger</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Cardamom</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Coconut, unsweetened</td>
<td>10½ oz.</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>6 oz.</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td>¾ oz.</td>
</tr>
<tr>
<td>Flax seeds</td>
<td>½ oz.</td>
</tr>
<tr>
<td>Almonds, slivered</td>
<td>5 ½ oz.</td>
</tr>
<tr>
<td>Canola oil</td>
<td>11 oz.</td>
</tr>
<tr>
<td>Honey</td>
<td>15 ½ oz.</td>
</tr>
<tr>
<td>Tropical fruits, dried,</td>
<td>11 ½ oz.</td>
</tr>
<tr>
<td>cut in ¼“ pieces</td>
<td></td>
</tr>
</tbody>
</table>

Method
1. Mix all the dry ingredients together except the dried fruits.
2. Add the oil and the honey.
3. Spread on a sheet pan and bake in a 250°F oven, stirring every 15 minutes. This could take 1 to 2 hours. The nuts and the grains should be toasted and golden in color. Stir in the dried fruit and bake for another 15 minutes.
4. Cool and store in a sealed container.

Note: Use a mixture of dried mango, papaya, pineapple, and kiwi for dried tropical fruits.

Nutrition Information (per ½ cup serving, approximately 2.5 oz.)
Calories: 350 / Protein: 6 g / Carbohydrate: 45 g / Fiber: 5 g
Saturated fat: 5 g / Polyunsaturated fat: 4 g / Monounsaturated fat: 6.5 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 20 mg / Potassium: 125 mg
BANANA AND WALNUT MUFFINS

Yield: 12 muffins

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walnuts, coarsely chopped</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Canola oil</td>
<td>5 Tbsp.</td>
</tr>
<tr>
<td>Walnut oil</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Egg</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Yogurt, plain, low-fat</td>
<td>½ cup</td>
</tr>
<tr>
<td>Bananas, mashed, about 4</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Whole wheat pastry flour</td>
<td>1 ½ cups</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1 ½ tsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>½ tsp.</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>

Method
1. Preheat oven to 350°F. Spray a 12-cup muffin pan with nonstick cooking spray; set aside.
2. When the oven temperature reaches 350°F, place walnuts on a baking sheet and toast in the oven for 5 minutes. Remove from oven and chop.
3. In a medium mixing bowl combine the canola oil, walnut oil, brown sugar, egg, and yogurt. Whisk to combine, and then stir in the mashed banana and the toasted, chopped walnuts.
4. Stir in the flour, baking powder, salt, and cinnamon.
5. Use a ¼ cup measuring cup to portion out the batter into the 12 lined muffin cups.
6. Bake for 23 to 25 minutes, or until the tops of the muffins are nicely browned.
7. Cool in a wire rack.

Nutrition Information (per serving/portion)
Calories: 270  Protein: 5 g  Carbohydrate: 27 g  Fiber: 3 g
Saturated fat: 1.5 g  Polyunsaturated fat: 9.5 g  Monounsaturated fat: 5.5 g
Trans fat: 0 g  Cholesterol: 15 mg  Sodium: 130 mg  Potassium: 205 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#2 - Focus on Fruits and Vegetables first.
#3 - Increase Use of Healthy Plant-based Oils
#5 - Emphasize Healthy Carbohydrates
#6 - Reduce Salt and Sodium in Food Preparation
#7 - Provide a Wide Range of Calorie and Portion-size Options
#8 - Leverage Small Measures of Indulgence
AM REFRESHMENT BREAK

Curried Egg Salad with Red Grapes on Whole Grain Bread

Chilled Mango Coconut Shooter

Assorted hot and cold beverages provided by Nestlé Foodservice
CURRIED EGG SALAD WITH RED GRAPES ON WHOLE GRAIN BREAD

Yield: 8 portions

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs, room temperature</td>
<td>12 ea.</td>
</tr>
</tbody>
</table>

Dressing

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise</td>
<td>½ cups</td>
</tr>
<tr>
<td>Curry powder</td>
<td>1 ½ tsp.</td>
</tr>
<tr>
<td>Dijon mustard</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Orange, zest of</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Ground black or white pepper</td>
<td>1 pinch</td>
</tr>
<tr>
<td>Mango chutney</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Seedless red grapes, cut in half</td>
<td>½ cup</td>
</tr>
<tr>
<td>Celery, peeled, brunoise</td>
<td>½ cup</td>
</tr>
<tr>
<td>Parsley, chopped</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Green onions, including the white and green parts, thinly sliced</td>
<td>1 ea.</td>
</tr>
</tbody>
</table>

Assembly

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter or red leaf lettuce leaves</td>
<td>12 ea. or more</td>
</tr>
<tr>
<td>Whole wheat bread, sliced thin</td>
<td>8 ea.</td>
</tr>
</tbody>
</table>

Method

1. Put the eggs in a large saucepan of cold water and bring to a vigorous boil. Cover, remove from the heat and let stand for 10 minutes. Drain the eggs, place in ice water, tapping lightly to crack the shells. Let stand until completely cold, about 15 minutes. Peel eggs, and finely chopped.

2. For the dressing: in a large bowl whisk together the mayonnaise, curry powder, mustard, orange zest, pepper, and chutney. Add the grapes, celery, parsley, green onion, and eggs. Stir and toss with a large spoon to coat everything evenly with the dressing. Taste the salad, and add more curry powder, and salt to taste, if you wish.

3. For assembly: place a leaf of lettuce on a slice of bread. Top with egg salad.

Nutrition Information (per serving/portion)

Calories: 255 / Protein: 13 g / Carbohydrate: 13 g / Fiber: 2.5 g
Saturated fat: 4 g / Polyunsaturated fat: 8 g / Monounsaturated fat: 5 g
Trans fat: 0 g / Cholesterol: 285 mg / Sodium: 315 mg / Potassium: 185 mg

Recipe Employs Principles of Healthy Menu Research and Development:
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#2 - Focus on Fruits and Vegetables first.
#5 – Emphasize Healthy Carbohydrates
#6 – Reduce Salt and Sodium in Food Preparation
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
CHILLED MANGO COCONUT SHOOTER

Yield: 8 portions

Ingredients

| Mango, peeled and chopped | 3 ½ oz. |
| Honey | 2 Tbsp. |
| Greek yogurt | 1 ¾ oz. |
| Milk | 3 ½ oz. |
| Coconut milk | 3 ½ oz. |
| Ice, a small handful | as needed |
| Lime, juice of | ½ ea. |
| Mint sprigs | 8 ea. |

Method
1. Blend the mango, honey, yogurt, milk, coconut milk, ice, and lime juice in a blender until smooth.
2. Pour into shot glasses and garnish each with a mint sprig.

Nutrition Information (per serving/portion)
Calories: 60 / Protein: 1 g / Carbohydrate: 8 g / Fiber: 0 g
Saturated fat: 2.5 g / Polyunsaturated fat: 0 g / Monounsaturated fat: 0 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 10 mg / Potassium: 85 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 - Increase Use of Healthy Plant-based Oils
#5 - Emphasize Healthy Carbohydrates
#7 - Provide a Wide Range of Calorie and Portion-size Options
#8 - Leverage Small Measures of Indulgence
TUNA THREE WAYS: TARTARE, BURGER, CARPACCIO

Yield: 10 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellowfin tuna, sashimi quality, ¼” dice</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Roasted Shiitake Mushroom Blend</td>
<td>8 oz.</td>
</tr>
<tr>
<td>(recipe follows)</td>
<td></td>
</tr>
<tr>
<td>Shallots, brunoise</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Capers, rinsed, chopped</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Parsley, Italian, chopped coarsely</td>
<td>11/2 Tbsp.</td>
</tr>
<tr>
<td>Horseradish, freshly grated</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Worcestershire sauce</td>
<td>1 ¼ tsp.</td>
</tr>
<tr>
<td>Lemon zest</td>
<td>1/8 tsp.</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>1 pinch</td>
</tr>
<tr>
<td>Lemon juice, no pith</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>1 oz.</td>
</tr>
</tbody>
</table>

Assembly

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poached quail egg</td>
<td>10 each</td>
</tr>
<tr>
<td>Whole wheat crostini, toasted</td>
<td>10 each</td>
</tr>
<tr>
<td>Chive oil</td>
<td>½ Tbsp.</td>
</tr>
<tr>
<td>Dijon Mustard Sauce (recipe follows)</td>
<td>3 oz.</td>
</tr>
<tr>
<td>Chives, cut 1 ½” long pieces</td>
<td>30 each</td>
</tr>
<tr>
<td>Avocado, peeled, sliced</td>
<td>2 each</td>
</tr>
<tr>
<td>Shaved Vegetable Salad (recipe follows)</td>
<td>4 cups</td>
</tr>
<tr>
<td>Black Olive Tapenade (recipe follows)</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Whole grain buns</td>
<td>10 ea.</td>
</tr>
</tbody>
</table>

Method

1. Place tuna in a bowl and then place bowl on top of another bowl filled with ice. Add all other ingredients to tuna except the olive oil and lemon juice. Mix. Gently fold in the lemon juice and olive oil. Adjust the seasoning with salt and pepper.

For tartare:

1. Using a spoon, swipe the mustard mix across the plate in a long arch. Stand the crouton above the left side of the arch. Place the tuna by the end of the crouton. Top with a quail egg and 3 chive spears. Place 5 dots of chive oil next to the tartar.

For sliders or burgers:

1. Form the tuna mixture into 10 4-ounce patties with straight sides and a flat bottom.
2. Coat a large nonstick skillet with cooking spray and heat over medium high heat. Add the patties and cook for 1 minute. Turn and continue to cook until firm and fragrant, another 1 to 2 minutes for rare, 2 to 3 for well done.
Nutrition Information (per serving/portion of Tuna Tartare)
Calories: 215 / Protein: 27 g / Carbohydrate: 14 g / Fiber: 3 g
Saturated fat: 1 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 3 g
Trans fat: 0 g / Cholesterol: 110 mg / Sodium: 380 mg / Potassium: 710 mg

Nutrition Information (per serving/portion of Tuna Slider)
Calories: 480 / Protein: 29 g / Carbohydrate: 34 g / Fiber: 9.5 g
Saturated fat: 3.5 g / Polyunsaturated fat: 3.5 g / Monounsaturated fat: 17.5 g
Trans fat: 0 g / Cholesterol: 35 mg / Sodium: 610 mg / Potassium: 1345 mg

Recipe Employs Principles of Healthy Menu Research and Development:
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#6 - Reduce Salt and Sodium in Food Preparation
#7 - Provide a Wide Range of Calorie and Portion-size Options
#8 - Leverage Small Measures of Indulgence
ROASTED SHIITAKE MUSHROOM BLEND

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiitake mushrooms (or a blend of white, cremini and shiitakes), woody stems removed</td>
<td>3 lb.</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Salt</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>

Method

1. Thoroughly wash mushrooms and air dry. Toss in a bit of olive oil and a sprinkle with salt.
2. Place on a parchment lined sheet tray and bake in a 400°F oven until all the water is removed from the pan and the mushrooms begin to brown slightly. When the mushrooms are 90% cooked, add in the garlic and cook until aromatic. Let cool.
3. Using a grinder, grind the mushrooms in small batches at a time until the mushroom blend resembles coarse ground beef.

Source: adapted from Clifford Pleau, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference. All rights reserved.

Nutrition Information (per recipe)

Calories: 590 / Protein: 32 g / Carbohydrate: 102 g / Fiber: 35 g
Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 7 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 685 mg / Potassium: 4250 mg
**DIJON MUSTARD SAUCE**

*Yield: 1 ½ cups*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dijon mustard</td>
<td>½ cup</td>
</tr>
<tr>
<td>Champagne vinegar</td>
<td>½ cup</td>
</tr>
<tr>
<td>Water</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Salt, or to taste</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>

**Method**

1. Combine all ingredients in a small sauce pot. Bring to a simmer stirring constantly until slightly thick. Remove from heat and cool.

**Nutrition Information (per 3 oz. portion)**

<table>
<thead>
<tr>
<th>Calories: 35</th>
<th>Protein: 0 g</th>
<th>Carbohydrate: 8 g</th>
<th>Fiber: 0 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated fat: 0 g</td>
<td>Polyunsaturated fat: 0 g</td>
<td>Monounsaturated fat: 0 g</td>
<td>Trans fat: 0 g</td>
</tr>
</tbody>
</table>

Source: Toni Sakaguchi, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.

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SHAVED VEGETABLE SALAD

Yield: 10 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon juice, fresh squeezed</td>
<td>3 Tbsp.</td>
</tr>
<tr>
<td>Garlic clove, minced</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Champagne vinegar</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp.</td>
</tr>
<tr>
<td>Italian parsley, chopped</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Extra virgin olive oil</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fennel bulbs, stalks removed and</td>
<td>3 ea.</td>
</tr>
<tr>
<td>split in half from top to bottom</td>
<td></td>
</tr>
<tr>
<td>Celery stalks, trimmed</td>
<td>6 ea.</td>
</tr>
<tr>
<td>Radishes, trimmed</td>
<td>6 ea.</td>
</tr>
<tr>
<td>Summer squash, trimmed</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Red bell pepper (red or yellow)</td>
<td>1 ea.</td>
</tr>
<tr>
<td>seeded, deribbed and julienned</td>
<td></td>
</tr>
</tbody>
</table>

Method
1. In a small bowl combine the lemon juice, garlic, vinegar and salt. Let sit for ½ hour at room temperature. Whisk in oil and check the seasoning.
2. No more than 2 hours before serving, slice the vegetables 1/32-inch thick with a sharp knife, a mandoline, or the 1mm slicing disc on the food processor. Toss the shaved fennel with lemon juice and seal in a plastic bag. Wrap the other shaved vegetables in a damp dishtowel or napkin. Refrigerate all the vegetables until needed.
3. To serve, toss all the shaved vegetables with the olive oil, arrange on serving plates, sprinkle with a little salt and drizzle with the dressing.

Note: Other seasonal vegetables may be used such as whole haricot verts, shaved Romano beans, cucumbers, asparagus or Belgian endive.

Nutrition Information (per serving/portion, based on 10)
Calories: 135 / Protein: 2 g / Carbohydrate: 8 g / Fiber: 3.5 g
Saturated fat: 2 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 8 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 100 mg / Potassium: 490 mg

Source: Toni Sakaguchi, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.
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BLACK OLIVE TAPENADE

Yield: 1 ½ cups

Ingredients | Amounts
--- | ---
Salt-packed anchovy, 3”, rinsed well, backbone removed, finely chopped (about 1 ½ teaspoons) | 1 ea.
Lemon zest, finely chopped | 1 tsp.
Orange zest, finely chopped | ½ tsp.
Garlic clove, peeled | 1 ea.
Capers, preferably salt-packed, rinsed well, and finely chopped | 1 tsp.
Black olives (about 9 oz.) | 1 ¼ cups
Extra virgin olive oil | ¼ cup
Fresh lemon juice | 1-2 tsp.
Fresh basil leaves, large, finely chopped | 1 Tbsp.
Black pepper, freshly cracked | to taste

Method

1. Using a mortar and pestle, pulverize the anchovy, lemon zest, orange zest, garlic, and capers to a smooth paste. (If you don’t have one, finely chop the ingredients and smash with a knife to purée.)
2. Add 1 cup of the olives, and continue to pulverize into a paste. Coarsely chop the remaining olives, and add to the mixture. Stir in the olive oil, lemon juice, and basil. Season with more lemon juice and pepper, to taste. The tapenade will keep for up to 2 weeks in the refrigerator.

Nutrition Information (per ½ cup)
Calories: 415 / Protein: 2 g / Carbohydrate: 9 g / Fiber: 1 g
Saturated fat: 5.5 g / Polyunsaturated fat: 4.5 g / Monounsaturated fat: 31 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 1495 mg / Potassium: 20 mg

Source: Toni Sakaguchi, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.
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# TUNA CARPACCIO WITH CAPERS, PARSLEY, AND LEMON ZEST

**Yield:** 8 servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellowfin tuna, sashimi quality</td>
<td>½ lb.</td>
</tr>
<tr>
<td>Roasted Shiitake Mushroom Blend</td>
<td>½ cup</td>
</tr>
<tr>
<td>(see recipe index)</td>
<td></td>
</tr>
<tr>
<td>Italian parsley, chopped</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Salt packed capers, soaked, drained</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>chopped fine</td>
<td></td>
</tr>
<tr>
<td>Chives, chopped</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Shallots, brunoise</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Kosher salt</td>
<td>to taste</td>
</tr>
<tr>
<td>Cracked black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Lemon, zest and juice</td>
<td>as needed</td>
</tr>
<tr>
<td>Extra-virgin olive oil</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Maldon sea salt</td>
<td>½ tsp.</td>
</tr>
</tbody>
</table>

**Method**

1. Place 8 ounces of tuna mixture on parchment paper and cover with another sheet of paper.
2. Roll extremely thin, cut into strips 2 ounces each—lay on rectangular plate.
3. In a small bowl, combine the mushrooms, parsley, capers, chives, shallots and lemon juice. Season with salt and pepper.
4. Sprinkle the mushroom mixture over the tuna.
5. Sprinkle with lemon zest, lemon juice, extra virgin olive oil and a little of the Maldon salt.

**Nutrition Information (per serving/portion)**

- Calories: 75
- Protein: 8 g
- Carbohydrate: 3 g
- Fiber: 1 g
- Saturated fat: 0.5 g
- Polyunsaturated fat: 0.5 g
- Monounsaturated fat: 2.5 g
- Trans fat: 0 g
- Cholesterol: 10 mg
- Sodium: 175 mg
- Potassium: 235 mg

**Recipe Employs Principles of Healthy Menu Research and Development:**

- #2 - Focus on Fruits and Vegetables first.
- #3 - Increase Use of Healthy Plant-based Oils
- #5 - Emphasize Healthy Carbohydrates
- #6 - Reduce Salt and Sodium in Food Preparation
- #7 - Provide a Wide Range of Calorie and Portion-size Options
- #8 - Leverage Small Measures of Indulgence

Source: Toni Sakaguchi, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.

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TUNA SHIITAKE TARTARE

Yield: 5 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellowfin tuna, sashimi quality, ¼” dice</td>
<td>440 g</td>
</tr>
<tr>
<td>Roasted Shiitake Mushroom Blend (see recipe index)</td>
<td>112 g</td>
</tr>
<tr>
<td>Pickled ginger, chopped fine</td>
<td>36 g</td>
</tr>
<tr>
<td>Chives, cut 1/8” across</td>
<td>8 g</td>
</tr>
<tr>
<td>Sambal oelek</td>
<td>8 g, or as needed</td>
</tr>
<tr>
<td>Cucumbers, peeled, seeded, brunoise</td>
<td>110 g</td>
</tr>
<tr>
<td>Sliced almonds, toasted, minced fine</td>
<td>22 g</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Pickled ginger, juice</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Canola oil</td>
<td>8 g</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>3 g</td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
</tr>
<tr>
<td>Ground Pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Lumpia wrappers</td>
<td>10 ea.</td>
</tr>
<tr>
<td>Green onions, chopped</td>
<td>28 g</td>
</tr>
<tr>
<td>Sesame seeds, toasted</td>
<td>28 g</td>
</tr>
<tr>
<td>Egg white, mixed</td>
<td>1 ea.</td>
</tr>
</tbody>
</table>

Method
1. Place tuna in a bowl and then place bowl on top of another bowl filled with ice. Add all other ingredients to tuna except the oils. Mix. Gently fold oils. Adjust the seasoning with salt and pepper.
2. Brush 5 lumpia wrappers with egg whites. Sprinkle with sesame seeds and green onions. Place another lumpia wrapper on top. Roll with a rolling pin to press out all air. Cut into 1” wide strips or wedges.
3. Fry in the deep fryer until crispy.
4. Top fried lumpia with a small amount of tuna tartare and garnish with sesame seeds and green onions.

Nutrition Information (per serving/portion)
Calories: 400 / Protein: 28 g / Carbohydrate: 36 g / Fiber: 7 g
Saturated fat: 2 g / Polyunsaturated fat: 5 g / Monounsaturated fat: 7 g
Trans fat: 0 g / Cholesterol: 40 mg / Sodium: 925 mg / Potassium: 705 mg

Source: Toni Sakaguchi, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.
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Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 - Increase Use of Healthy Plant-based Oils
#5 - Increase Options for Healthy Protein Choices
#7 - Provide a Wide Range of Calorie and Portion-size Options
#8 - Leverage Small Measures of Indulgence
# WHITE CAULIFLOWER OF CHICKEN

**Ingredients**

<table>
<thead>
<tr>
<th>Rempah</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shallots, peeled</td>
<td>70 g</td>
</tr>
<tr>
<td>Garlic, peeled</td>
<td>30 g</td>
</tr>
<tr>
<td>Shrimp paste, belachan</td>
<td>4 g</td>
</tr>
<tr>
<td>Green chilli padi</td>
<td>18 g</td>
</tr>
<tr>
<td>White peppercorn</td>
<td>5 g</td>
</tr>
<tr>
<td>Lemongrass, chopped</td>
<td>3 g</td>
</tr>
<tr>
<td>Galangal, chopped</td>
<td>3 g</td>
</tr>
<tr>
<td>Kaffir lime leaf</td>
<td>1 g</td>
</tr>
</tbody>
</table>

Cauliflower, boiled until soft and blended to a puree 1 kg

Chicken breast, sliced 1 kg

Salt as needed

Ground Pepper as needed

**Garnish**

Kaffir lime leaves as needed

**Method**

1. **For the rempah**: blend all the rempah ingredients until a smooth consistency is achieved.
2. Add the cauliflower puree to the rempah and bring it to a simmer in a pot.
3. Add the chicken and simmer until cooked.
4. Season as necessary.
5. Serve with finely sliced kaffir lime leaves.

Source: Malcolm Lee, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.

**Nutrition Information (per serving/portion)**

Per Serving (excluding unknown items): 219 Calories; 10g Fat (38.8% calories from fat); 24g Protein; 10g Carbohydrate; 3g Dietary Fiber; 65mg Cholesterol; 103mg Sodium.

Exchanges: 0 Grain(Starch); 3 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat.
SAMBAL PETAI PRAWNS

Yield: 4 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tamarind Water</strong></td>
<td></td>
</tr>
<tr>
<td>Tamarind pulp</td>
<td>50 g</td>
</tr>
<tr>
<td>Water</td>
<td>125 ml</td>
</tr>
<tr>
<td><strong>Sambal Belachan</strong></td>
<td></td>
</tr>
<tr>
<td>Red chile, finger</td>
<td>6 ea.</td>
</tr>
<tr>
<td>Chile padi</td>
<td>6 ea.</td>
</tr>
<tr>
<td>Belachan (toasted)</td>
<td>20 g</td>
</tr>
<tr>
<td>Shallots</td>
<td>3 ea.</td>
</tr>
<tr>
<td>Garlic cloves</td>
<td>3 ea.</td>
</tr>
<tr>
<td>Oil</td>
<td>as needed</td>
</tr>
<tr>
<td>Prawns, large, shelled, except head and tail</td>
<td>250 g</td>
</tr>
<tr>
<td>Petai beans</td>
<td>100 g</td>
</tr>
<tr>
<td>Salt</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 Tbsp.</td>
</tr>
</tbody>
</table>

To serve

Red chile, sliced               | 1 ea.     |
Garlic cloves, sliced, fried    | 2 ea.     |
Shallots, sliced, fried         | 2 ea.     |

Method

1. **For the tamarind water:** To prepare tamarind water, mix pulp with the water and strain.
2. **For the sambal belachan:** Blend the ingredients until a smooth consistency forms.
3. Heat oil in hot pan, pan fry the prawns until half cooked, add in the sambal belachan and petai beans and stir fry for 1 minute. Add in the tamarind water, water, salt, and sugar, and cook further until prawns are cooked.
4. Garnish with sliced red chile, fried garlic, and shallots.

Source: Malcolm Lee, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.
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Nutrition Information (per serving/portion)

Calories: 275 / Protein: 14 g / Carbohydrate: 19 g / Fiber: 2.5 g
Saturated fat: 2.5 g / Polyunsaturated fat: 4.5 g / Monounsaturated fat: 6.5 g
Trans fat: 0 g / Cholesterol: 115 mg / Sodium: 850 mg / Potassium: 295 mg
Recipe Employs Principles of Healthy Menu Research and Development:

#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 – Increase Use of Healthy Plant-based Oils
#4 – Increase Options for Healthy Protein Choices
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
LUNCH

Appetizer
Salad of Lemongrass and Wing Beans
Sambal Petai Prawns – Demonstrated by Chef Malcolm Lee
Tuna Shiitake Tartare in Lumpia Crisp with Micro Greens – Variation on Demonstration by Chef Toni Sakaguchi
Sourdough Multi-grain Bread
Olive Oil

Entrée:
Pan Roasted Snapper with Tomato Broth, Swiss Chard, Fennel, and Chile Flakes

Dessert:
Almond Milk Panna Cotta with Fresh Berry Compote and Pistachio Cookie
Iced Tea
Acqua Panna, San Pellegrino

Additional beverages provided by Nestlé Foodservice available after dessert in The Vista.
# Salad of Lemongrass and Wing Beans

_Yield: 4 portions_

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Dressing</strong></td>
<td></td>
</tr>
<tr>
<td>Limes, juice of</td>
<td>4 ea.</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Green chile, deseeded, chopped</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Red chile, deseeded, chopped</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
</tr>
<tr>
<td><strong>Salad</strong></td>
<td></td>
</tr>
<tr>
<td>Wing beans, blanched, sliced</td>
<td>120 g</td>
</tr>
<tr>
<td>Lemon grass, sliced thin</td>
<td>80 g</td>
</tr>
<tr>
<td>Cucumber, julienned</td>
<td>50 g</td>
</tr>
<tr>
<td>Coriander leaves</td>
<td>8 g</td>
</tr>
<tr>
<td>Mint leaves</td>
<td>8 g</td>
</tr>
<tr>
<td>Laksa leaves</td>
<td>4 g</td>
</tr>
<tr>
<td>Red radish, small, sliced thinly</td>
<td>4 ea.</td>
</tr>
<tr>
<td>Shallots, sliced thinly</td>
<td>4 ea.</td>
</tr>
<tr>
<td>Cashew or pistachio nuts</td>
<td>50 g</td>
</tr>
</tbody>
</table>

**Method**

1. _For the dressing:_ combine all the ingredients.
2. _For the salad:_ mix everything with dressing and serve immediately.

Source: Malcolm Lee, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference. Published with permission of the author. All rights reserved.

**Nutrition Information (per serving/portion)**

Calories: 150 / Protein: 5 g / Carbohydrate: 21 g / Fiber: 1.5 g
Saturated fat: 1 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 3.5 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 10 mg / Potassium: 425 mg

**Recipe Employs Principles of Healthy Menu Research and Development:**

#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#6 – Reduce Salt and Sodium in Food Preparation
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
SAMBAL PETAI PRAWNS

Yield: 4 portions

Ingredients Amounts

Tamarind Water
Tamarind pulp 50 g
Water 125 ml

Sambal Belachan
Red chile, finger 6 ea.
Chile padi 6 ea.
Belachan (toasted) 20 g
Shallots 3 ea.
Garlic cloves 3 ea.

Oil as needed
Prawns, large, shelled, except head and tail 250 g

Petai beans 100 g
Salt 1 tsp.
Sugar 1 Tbsp.

To serve
Red chile, sliced 1 ea.
Garlic cloves, sliced, fried 2 ea.
Shallots, sliced, fried 2 ea.

Method
3. For the tamarind water: to prepare tamarind water, mix pulp with the water and strain.
4. For the sambal belachan: blend the ingredients until a smooth consistency forms.
5. Heat oil in hot pan, pan fry the prawns until half cooked, add in the sambal belachan and petai beans and stir fry for 1 minute. Add in the tamarind water, water, salt, and sugar, and cook further until prawns are cooked.
6. Garnish with sliced red chile, fried garlic, and shallots.

Source: Malcolm Lee, as presented at the 2015 Worlds of Healthy Flavors ASIA® conference.
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Nutrition Information (per serving/portion)
Calories: 275 / Protein: 14 g / Carbohydrate: 19 g / Fiber: 2.5 g
Saturated fat: 2.5 g / Polyunsaturated fat: 4.5 g / Monounsaturated fat: 6.5 g
Trans fat: 0 g / Cholesterol: 115 mg / Sodium: 850 mg / Potassium: 295
Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 – Increase Use of Healthy Plant-based Oils
#4 - Increase Options for Healthy Protein Choices
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
**TUNA SHIITAKE TARTARE**

*Yield: 5 portions*

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellowfin tuna, sashimi quality, ¼” dice</td>
<td>440 g</td>
</tr>
<tr>
<td>Roasted Shiitake Mushroom Blend</td>
<td>112 g</td>
</tr>
<tr>
<td>(recipe follows)</td>
<td></td>
</tr>
<tr>
<td>Pickled ginger, chopped fine</td>
<td>36 g</td>
</tr>
<tr>
<td>Chives, cut 1/8” across</td>
<td>8 g</td>
</tr>
<tr>
<td>Sambal oelek</td>
<td>8 g, or as needed</td>
</tr>
<tr>
<td>Cucumbers, peeled, seeded, brunoise</td>
<td>110 g</td>
</tr>
<tr>
<td>Sliced almonds, toasted, minced fine</td>
<td>22 g</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Pickled ginger, juice</td>
<td>4 tsp.</td>
</tr>
<tr>
<td>Canola oil</td>
<td>8 g</td>
</tr>
<tr>
<td>Sesame oil</td>
<td>3 g</td>
</tr>
<tr>
<td>Salt and pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Lumpia wrappers</td>
<td>10 ea.</td>
</tr>
<tr>
<td>Green onions, chopped</td>
<td>28 g</td>
</tr>
<tr>
<td>Sesame seeds, toasted</td>
<td>28 g</td>
</tr>
<tr>
<td>Egg white, mixed</td>
<td>1 ea.</td>
</tr>
</tbody>
</table>

**Method**

1. Place tuna in a bowl and then place bowl on top of another bowl filled with ice. Add all other ingredients to tuna except the oils. Mix. Gently fold oils. Adjust the seasoning with salt and pepper.
2. Brush 5 lumpia wrappers with egg whites. Sprinkle with sesame seeds and green onions. Place another lumpia wrapper on top. Roll with a rolling pin to press out all air. Cut into 1” wide strips or wedges.
3. Fry in the deep fryer until crispy, or spray with pan spray until crispy.

**Nutrition Information (per serving/portion)**

Calories: 400 / Protein: 28 g / Carbohydrate: 36 g / Fiber: 7 g
Saturated fat: 2 g / Polyunsaturated fat: 5 g / Monounsaturated fat: 7 g
Trans fat: 0 g / Cholesterol: 40 mg / Sodium: 925 mg / Potassium: 705 mg

**Recipe Employs Principles of Healthy Menu Research and Development:**

#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#3 – Increase Use of Healthy Plant-based Oils
#5 – Increase Options for Healthy Protein Choices
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
ROASTED SHIITAKE MUSHROOM BLEND

Ingredients                              Amounts

Shiitake mushrooms (or a blend of white, cremini and shiitakes), woody stems removed  3 lb.
Olive oil                             2 tsp.
Garlic, minced                       1 oz.
Salt                                 ½ tsp.

Method
1. Thoroughly wash mushrooms and air dry. Toss in a bit of olive oil and a sprinkle with salt.
2. Place on a parchment lined sheet tray and bake in a 400°F oven until all the water is removed from the pan and the mushrooms begin to brown slightly. When the mushrooms are 90% cooked, add in the garlic and cook until aromatic. Let cool.
3. Using a grinder, grind the mushrooms in small batches at a time until the mushroom blend resembles coarse ground beef.

Source: adapted from Clifford Pleau, as served at the 2015 Worlds of Healthy Flavors ASIA® conference. All rights reserved.

Nutrition Information (per recipe)
Calories: 590 / Protein: 32 g / Carbohydrate: 102 g / Fiber: 35 g
Saturated fat: 1.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 7 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 685 mg / Potassium: 4250 mg
PAN ROASTED SNAPPER WITH TOMATO BROTH, SWISS CHARD, FENNEL, AND CHILE FLAKES

Yield: 10 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion, peeled, chopped</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Celery rib, chopped</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Carrot, peeled, chopped</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Garlic cloves, sliced</td>
<td>5 ea.</td>
</tr>
<tr>
<td>Roma tomatoes</td>
<td>6-7 ea.</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>1 tsp.</td>
</tr>
<tr>
<td>White wine</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Shrimp stock</td>
<td>10 oz.</td>
</tr>
<tr>
<td>Sachet d’épice</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Rainbow chard</td>
<td>1-2 bu.</td>
</tr>
<tr>
<td>Fennel, large head, julienne</td>
<td>1 ea.</td>
</tr>
<tr>
<td>Garlic heads, roasted peeled</td>
<td>2 ea.</td>
</tr>
</tbody>
</table>

To Finish

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snapper fillets, 4 oz. portions</td>
<td>10 ea.</td>
</tr>
<tr>
<td>Salt</td>
<td>to taste</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>to taste</td>
</tr>
<tr>
<td>Fennel seed, toasted, crushed</td>
<td>1 Tbsp.</td>
</tr>
<tr>
<td>Shallots, peeled and sliced</td>
<td>6 ea.</td>
</tr>
<tr>
<td>Chile flakes</td>
<td>1 tsp.</td>
</tr>
</tbody>
</table>

Method

1. Make a tomato bouillon by sweating the mirepoix vegetables. Add the garlic and cook 30 seconds or so to release its aroma.
2. Add chopped tomatoes and allow to sweat until they begin to release their juices. Add some tomato paste if working with under-ripened tomatoes. Do not caramelize, as the flavor we are shooting for is a clean, clear bouillon flavor.
3. Deglaze with white wine and cook au sec.
4. Add the stock and sachet and cook for about 1 hour until all the vegetables are tender and have released their flavor.
5. Pass the bouillon through a fine sieve lined with cheesecloth, gently allowing the juices to drip through. Adjust seasoning with salt and pepper and hold warm in double boiler for service.
6. Remove stems of chard and cut leaves into ½-inch ribbons. Batonette the colorful stems and set in mise en place. Peel if they are too thick and fibrous.
7. Slice the fennel into 1/8-inch half-moons or similar to a julienne size. Reserve the fronds for garnishes.
8. Roast the garlic in its skin at 400°F until brown and soft. Peel skin and reserve whole cloves.

To Finish:
1. Season the fish with salt, pepper, and crushed fennel seed; pan sear until skin is crisp and flesh is golden.
2. Remove fish from pan and sauté sliced shallots. Add fennel and sauté 1 to 2 minutes, add chard leaves and continue to sauté until just before tender.
3. Add 2 to 3 cloves roasted garlic, batonette chard stems, and deglaze with tomato bouillon. Adjust seasoning and finish with a few chile flakes.
4. Plate with chard leaves propping the fish on the bottom of the bowl. Pour the bouillon over the fish and garnish with chard stems, fennel and roasted garlic.
5. Serve hot.

Nutrition Information (per serving/portion)
Calories: 175 / Protein: 25 g / Carbohydrate: 12 g / Fiber: 3 g
Saturated fat: 0.5 g / Polyunsaturated fat: 0.5 g / Monounsaturated fat: 0.5 g
Trans fat: 0 g / Cholesterol: 40 mg / Sodium: 145 mg / Potassium: 905 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#4 – Increase Options for Healthy Protein Choices
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
ALMOND MILK PANNA COTTA WITH FRESH BERRY
COMPOTE, TOASTED ALMONDS, AND HONEY

Yield: 4 portions

Ingredients | Amounts
---|---
Almond milk, divided | 503 g
Gelatin powder | 12 g
Coconut sugar | 115 g
Cardamom pods | 3 ea.
Vanilla bean | 1 ea.
Raspberries | 1/3 cup
Blueberries | 1/3 cup
Blackberries | 1/3 cup
Lime, juice of | 20 g

Garnish
Honey | as needed
Almonds pieces, toasted | 18 g
Mint, leaves picked | 4 ea. cut into thin ribbons

Method
1. In a mixing bowl, combine ½ cup of the almond milk and the gelatin. Stir and set aside.
2. In a 2-quart saucepan, combine the coconut sugar, the remaining 1 ½ cups almond milk, the cardamom pods, and vanilla bean and bring to a boil. Add the gelatin mixture to the hot almond milk and stir for 1 minute over high heat. Remove the cardamom pods and vanilla bean and pour the mixture into 4 ramekins. Chill in the refrigerator overnight.
3. In a medium bowl, combine the berries and lime juice and allow the mixture to macerate for at least 1 hour. Invert each panna cotta onto a dessert plate and spoon fruit over and drizzle with honey; garnish with toasted almonds and mint leaves.

Source: Franklin Becker, as served at the 2015 World of Healthy Flavors ASIA® conference. All rights reserved.

Nutrition Information (per serving/portion)
Calories: 195 / Protein: 4 g / Carbohydrate: 39 g / Fiber: 2.5 g
Saturated fat: 0 g / Polyunsaturated fat: 0.5 g / Monounsaturated fat: 1.5 g
Trans fat: 0 g / Cholesterol: 0 mg / Sodium: 140 mg / Potassium: 340 mg
Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#2 - Focus on Fruits and Vegetables first.
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
WHOLE WHEAT PISTACHIO SHORTBREAD

Yield: 48 portions

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter, soft</td>
<td>240 g</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>240 g</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>240 g</td>
</tr>
<tr>
<td>All-purpose flour</td>
<td>300 g</td>
</tr>
<tr>
<td>Whole wheat flour, fine</td>
<td>300 g</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>100 g</td>
</tr>
<tr>
<td>Salt</td>
<td>5 g</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>5 g</td>
</tr>
<tr>
<td>Vanilla</td>
<td>10 g</td>
</tr>
<tr>
<td>Pistachios, chopped</td>
<td>240 g</td>
</tr>
<tr>
<td>Total amount</td>
<td>1680 g</td>
</tr>
</tbody>
</table>

Method (preparation time: 30 minutes)
1. Cream butter, oil, and sugar.
2. Sift dry ingredients together and add to the above.
3. Add pistachios and vanilla to the batter, mix just until combined.
4. Shape dough into bricks. Refrigerate until firm.
5. Slice ¼-inch thick, and lay on paper.
6. Bake at 175°C for about 15 to 18 minutes.

Source: Robert Jörin, as served at the 2015 Worlds of Healthy Flavors ASIA conference.
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Nutrition Information (per serving/portion)
Calories: 180 / Protein: 2 g / Carbohydrate: 18 g / Fiber: 1.5 g
Saturated fat: 3 g / Polyunsaturated fat: 4 g / Monounsaturated fat: 3.5 g
Trans fat: 0 g / Cholesterol: 10 mg / Sodium: 40 mg / Potassium: 60 mg

Recipe Employs Principles of Healthy Menu Research and Development:
#1 - Strategic Thinking about Flavor and World Cuisines
#3 – Increase Use of Healthy Plant-based Oils
#5 – Emphasize Healthy Carbohydrates
#7 – Provide a Wide Range of Calorie and Portion-size Options
#8 – Leverage Small Measures of Indulgence
**SOURDOUGH MULTI GRAIN BREAD**

*Yield: 17 pounds 13 ounces*

### Ingredients - Soaker Amounts

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>2 lb.</td>
</tr>
<tr>
<td>Salt</td>
<td>2 ½ oz.</td>
</tr>
<tr>
<td>Cracked rye</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Cracked wheat</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Sunflower seeds</td>
<td>10 oz.</td>
</tr>
<tr>
<td>Oats</td>
<td>10 oz.</td>
</tr>
<tr>
<td><strong>Total soaker amount</strong></td>
<td>5 lb. 14 ½ oz.</td>
</tr>
</tbody>
</table>

### Dough

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>2 lb. 8 oz.</td>
</tr>
<tr>
<td>Pâte Fermente (old baguette dough)</td>
<td>3 lb. 12 oz.</td>
</tr>
<tr>
<td>Bread flour</td>
<td>5 lb.</td>
</tr>
<tr>
<td>Molasses or honey</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Sour (wheat)</td>
<td>1 lb. 8 oz.</td>
</tr>
<tr>
<td>Yeast, Instant Red</td>
<td>½ oz.</td>
</tr>
<tr>
<td>Soaker</td>
<td>5 lb. 14 oz.</td>
</tr>
<tr>
<td><strong>Total dough amount</strong></td>
<td>17 lb. 13 oz.</td>
</tr>
</tbody>
</table>

### Method

1. **Soaker:** Soak ingredients at room temperature for 24 hours.
2. **Dough:** First speed for 1 minute, combine the water and the sour. Add flour, molasses, and yeast. Mix until all ingredients come together. Add the pâte fermenté and mix until combined.
3. On the lowest speed, add the soaker and mix until incorporated and dough is fully developed, 6 to 8 minutes. Dough temperature: 77°F. Intermediate/bulk proof time: 45 minutes.
4. **Scaling:** 1 ½ pound pieces
5. **Bench proof time:** 20 minutes
6. **Shaping:** Round or oblong. Place in bannetons upside down. The bannetons should be dusted with multigrains or oats. Final proof time: 45 to 60 minutes.
7. **Baking:** Temperature: 425°F
   - Steam time: 2 to 5 seconds
   - Baking time: 45 to 60 minutes

### Nutrition Information (per slice, 15 usable slices per loaf)

- Calories: 90
- Protein: 3 g
- Carbohydrate: 17 g
- Fiber: 1.5 g
- Saturated fat: 0 g
- Polyunsaturated fat: 0.5 g
- Monounsaturated fat: 0 g
- Trans fat: 0 g
- Cholesterol: 0 mg
- Sodium: 185 mg
- Potassium: 30 mg

**Recipe Employs Principles of Healthy Menu Research and Development:**
#5 – Emphasize Healthy Carbohydrates  
#7 – Provide a Wide Range of Calorie and Portion-size Options  
#8 – Leverage Small Measures of Indulgence
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