

THE CULINARY INSTITUTE OF AMERICA

&

SUNKIST



**THE WORLD'S PREMIER
CULINARY COLLEGE**

present

**The Professional Chef
Discovers Specialty Citrus**

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

Recipes developed by Chef Robert Danhi.

RECIPES

1. Sunkist Lemon Kimchi with Korean Red Chili Sauce and Charred Scallions. 3
2. Sunkist Pummelo and Shrimp Salad.....5
3. Sunkist Moro Orange, Roasted Kobocho Squash, and Kale Salad.....6
4. Sunkist Grilled Cara Cara Oranges & Rose-ginger Marinated Chicken.....7
5. Sunkist Lemon-basil Margatini.....9
6. Sunkist Meyer Lemon Ice Cream Mini Cone.....11

SUNKIST LEMON KIMCHI WITH KOREAN RED CHILI SAUCE AND CHARRED SCALLIONS

Yield: 30 portions

Ingredients	Amounts
Seedless lemons, sliced 1/8"	1 lb.
Napa cabbage, cut into 1" squares	1 lb.
Salt, kosher or sea salt	3 oz.
Korean coarse red pepper powder	2 Tbsp.
Garlic, minced	2 Tbsp.
Ginger, minced	½ Tbsp.
Scallions, minced	4 ea.
Fish sauce	2 Tbsp.
Sugar	1 Tbsp.
<i>Korean red chili sauce</i>	
Orange zest	1 tsp.
Korean red chili paste	½ cup
Soy sauce	1 Tbsp.
Sugar	1 Tbsp.
Soju or sake	2 Tbsp.
Sesame oil	1 Tbsp.
Garlic, fresh, chopped	1 tsp.
Ginger, fresh, chopped	1 tsp.
<i>Assembly per serving</i>	
Sunkist lemon kimchi	2 Tbsp.
Korean red chili sauce	¼ oz.
Scallions, charred, ½" pieces, primarily white portions (about 240 pcs total)	8 pcs

Method

1. Toss the lemons and the cabbage in salt and transfer into a non-corrosive container. Marinate at room temperature for four hours.
2. Quickly rinse off excess salt with cool running water and drain well.
3. Toss drained lemons and cabbage with pepper powder, garlic, ginger, scallions, fish sauce, and sugar.
4. Place the mixture into a non-corrosive container and weigh down. Store at room temperature for several days until desired cure is achieved, usually three to four days.
5. Remove the weight and store mixture covered in a refrigerator to ferment further for approximately one to three weeks.

6. *For the Korean red chili sauce:* In a blender, puree all ingredients into a smooth sauce and transfer into a squeeze bottle.
7. *For the assembly per serving:* Place the Sunkist Lemon Kimchi in the center of a plate, and arrange the charred scallion pieces around the inside perimeter of the plate. Drizzle the charred scallions with the Korean red chili sauce.

Note: Garnish with Korean red pepper threads (optional).

SUNKIST PUMMELO AND SHRIMP SALAD

Yield: 10 portions

Ingredients	Amounts
Shrimp, small, cooked, peeled, deveined, and cut in half lengthwise	½ lb.
Pork, such as loin, cut into small strips	½ lb.
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Fish sauce	2 Tbsp.
Pummelos, large	2 ea.
Carrots, very fine julienne	1 cup
Mint leaves, roughly chopped	1 cup
Cilantro, roughly chopped	1 cup
Red chilies, long, cut into thin rings	2 ea.
Peanuts, roasted in dry pan, roughly chopped	2 ea.
Shrimp chips, deep-fried	24 pcs

Method

1. *For the dressing:* Combine the sugar, salt, and fish sauce in a small pan. Simmer until the sugar and the salt dissolve; cool.
2. *Prepare the salad:* Break down the pummelo; peel off the membranes that encase each segment. Separate the pulp pods into individual or small bunches of pods, about ¼-inch pieces.
3. Gently combine the pummel with the pork, shrimp, carrots, mint, cilantro, and chilies. Drizzle with the dressing, and toss gently. Taste and adjust seasoning if needed with sugar, salt, and fish sauce.
4. Transfer to a serving bowl, and garnish with peanuts.
5. Serve with shrimp chips on the side. The chips are used to scoop up the salad.

Source: Adapted from Southeast Asian Flavor book exclusively for Sunkist, Chef Robert Danhi

SUNKIST MORO ORANGE, ROASTED KOBOCHA SQUASH, AND KALE SALAD

Yield: 10 portions

Ingredients	Amounts
Kobocha squash, 1" chunks, semi-peeled (substitute butternut or other hard winter squash if desired)	2 lb.
Thyme, leaves	2 tsp.
Garlic, roughly chopped	1 Tbsp.
Black pepper, cracked	1 tsp.
Salt, kosher or sea	1 tsp.
Olive oil	4 Tbsp.
Kale, ½" chiffonade	3 cups
Moro orange, peeled, cut in half top to bottom, then cut into ½" ½ moons	2 cups
Parsley, flat leaf, roughly chopped	½ cup
Pine nuts, toasted	2 Tbsp.

Method

1. Toss the squash with thyme, garlic, pepper, salt, and only two tablespoons of the olive oil.
2. Transfer to ½ sheet pan. Roast in preheated 450°F oven until the edges are brown and cooked through (about 30 minutes). Careful not to overcook or they will mash in the salad.
3. Place the kale in a large bowl, and gently push the hot squash on top of the kale. Let rest for five minutes to allow the kale to wilt and the squash to firm up.
4. Add the remaining two tablespoons of olive oil, Sunkist oranges, and parsley and gently fold into the squash/kale mixture.
5. Transfer to a serving bowl or platter and sprinkle with pine nuts.

GRILLED CARA CARA ORANGES AND ROSE-GINGER MARINATED CHICKEN

Yield: 10 to 12 portions

Ingredients	Amounts
<i>Marinated chicken</i>	
Cara cara orange, zest finely grated	2 ea.
Lemons, juiced	2 ea.
Rose water	¼ cup
Ginger, minced	2 Tbsp.
Five spice powder	1 Tbsp.
Red chili flakes	1 tsp.
Soy sauce	¼ cup
Salt, kosher	2 tsp.
Vegetable oil	2 Tbsp.
Onion, red, ¼" slices "end to end"	2 ea.
Chicken, whole (3.5-4.5 lb.), backbone removed, cut into 8 pieces	
<i>Grilled cara cara oranges</i>	
Orange, cara cara (Sunkist)	3 ea.
Chili sauce, Thai sweet	1 Tbsp.
Fish sauce, Southeast Asian	1 Tbsp.
<i>Assembly of platter</i>	
Cilantro, roughly chopped, tender stems and leaves	¼ cup
Coconut, shaved, toasted	

Method

For the marinated chicken:

1. In a large bowl, whisk together the orange zest, lemon juice, rose water, ginger, chili flakes, five spice, soy sauce, salt, and oil together. Add the red onions and the chicken.
2. Hand massage the marinade into the chicken well, and then refrigerate for a minimum of four hours. Ideally it would marinate for 12-18 hours.
3. Distribute the chicken and the onions in a single layer on a sheet pan, allowing for the chicken and onions to brown during roasting.
4. Place in pre-heated 400°F. oven (350°F. if convection).
5. Roast until it is browning and has an internal temperature of 165°F. (about one hour).
6. Remove from the oven and rest while you grill the oranges

For the grilled cara cara oranges:

1. Peel the entire orange with a knife, and then cut into six large wedges. Trim off the center white pith.
2. Drizzle the cara cara oranges with Thai sweet chili sauce and a douse of fish sauce. Gently toss the oranges until they are coated.
3. Lightly oil a preheated grill (on highest setting), and gently lay one cut side of the orange slices on the grill. Save any orange juice chili sauce remaining in the bowl.
4. As soon as they get significant char marks, remove to a cool tray. This generally takes about 30 seconds; only grill one side.

For the assembly of platter:

1. Drain the drippings and fat from the chicken. Toss the chicken with the onions, and casually arrange the chicken on a platter.
2. Distribute the grilled oranges within the chicken, and then drizzle the remaining Thai sweet chilli fish sauce from the bowl.
3. Sprinkle with cilantro and finish with toasted coconut.
4. Serve the defatted roasting juice on the side as a chicken jus.

SUNKIST LEMON-BASIL MARGATINI

Yield: 1 quart

Ingredients	Amounts
<i>Sunkist orange grand liquor</i>	
Orange, zested	6 ea.
Sugar, granulated	1 cup
Cognac or brandy (1 bottle)	750 ml
 <i>Sunkist sweet-n-sour cocktail mix</i>	
Sugar, granulated	1 cup
Water	1 cup
Zebra lemon juice	1 cup
Lime juice	½ cup
 <i>Assembly of one margatini</i>	
Lime wedge	1 ea.
Salt, kosher	as needed
Zebra lemons slices	2 ea.
Sunkist sweet-n-sour cocktail mix	2 oz.
Sunkist orange grand liquor	½ oz.
Tequila, premium	1 oz.
Ginger, fresh, smashed slices	3 ea.
Basil leaves	2-3 ea.
Ice cubes	6-8 ea.

Method

For the Sunkist orange grand liquor:

1. Wash the oranges well, and remove the zest with a rasp, zester, or vegetable peeler.
2. Transfer to a food processor and combine with sugar. Process until ground finely.
3. Transfer into a non-reactive container (glass, stainless steel, or plastic) and stir in the cognac.
4. Cover and store in a cool, dark place for a minimum of 1 month, stirring weekly. Ideally it would age for about two to six months.
5. Strain the liquor through a fine mesh. Store at room temperature.

For the Sunkist sweet-n-sour cocktail mix:

1. Combine the sugar and water and bring to a boil.
2. Cool to a room temperature.
3. Stir in the lemon and lime juice.
4. Store in the refrigerator for up to one week.

Assembly of one margatini:

1. Rub the outside rim of half of the glass with the lime wedge.
2. Dip the outside rim in the kosher salt.
3. Place the lemon slices in the glass.
4. Combine sweet-n-sour mix, orange liqueur, tequila, ginger, basil and ice in a cocktail shaker. Cover tightly and shake for 15 seconds.
5. Strain into the glass and serve immediately

SUNKIST MEYER LEMON ICE CREAM MINI CONE

Yield: 30 to 40 mini (or 12 regular) cones

Ingredients	Amounts
<i>Meyer lemon ice cream</i>	
Meyer lemon juice	½ cup
Lemon, finely grated zest (about 4 tsp. zest)	4 ea.
Sugar, granulated	1 cup
Milk, whole	2 cups
Milk, non-fat, dried powdered	1 ½ cups
Whipping cream, heavy	2 cups
Milk, condensed	½ cup
Salt, kosher	1/8 tsp.
<i>Meyer lemon-pepper brittle</i>	
Sugar	7 oz.
Water	3 oz.
Corn syrup	5 oz.
Black pepper, coarse, ground	1 Tbsp.
Salt, kosher	1 tsp.
Butter, unsalted	1 Tbsp.
Baking soda	1 tsp.
Meyer lemon zest	2 Tbsp.
Coconut, shaved, toasted	1 cup
<i>Meyer lemon custard:</i>	
Egg yolks, large	9 ea.
Egg, large	3 ea.
Sugar, granulated	1 cup
Meyer lemon zest	1 Tbsp.
Meyer lemon juice	1 cup

Ice cream cones, mini (35) regular (12)

Method

For the Meyer lemon ice cream:

1. Combine the lemon juice and about half of the sugar together and bring to a boil. Simmer for five minutes.
2. Add half of the lemon zest and set aside to cool to room temperature.
3. Add the remaining zest and set aside.
4. Combine the remaining half of the sugar and whole milk and bring to a boil.

5. Remove from heat; whisk in milk powder until dissolved. Whisk in the cream, condensed milk, and salt and cool to room temperature.
6. Freeze in ice cream machine according to manufacturer's instructions. When the mixture begins to thicken, add sugar mixture and continue to freeze. This lemon sugar syrup will slowly incorporate into the creamy ice cream base.
7. Continue to freeze until semi firm, then transfer to covered container and freeze for at least eight hours.

For the Meyer lemon-pepper brittle:

1. Bring the sugar and water to a boil while stirring.
2. Stir in the corn syrup and continue cooking, without stirring to 115°C./239°F.
3. Stir in the pepper and cook to 155°C./311°F over moderate heat, while stirring.
4. Remove from heat and stir in salt, butter, baking soda, lemon zest, and coconut.
5. Pour mixture onto non-stick, heatproof mat.
6. Let cool to room temperature.
7. Break up into small chunks in food processor or mortar and pestle.

Meyer lemon custard:

1. Combine the eggs and sugar and whisk until smooth.
2. Whisk in the lemon juice and zest.
3. Place the mixture over double boiler and cook stirring very often until mixture is thick (when you lift the whisk out the pattern remains for 5 seconds.)
4. Remove and cool to room temperature.
5. Store in the refrigerator.

Assembly of ice cream cone:

1. Fill ice cream cone 75 percent with lemon custard.
2. Top the cone with a scoop of ice cream.
3. Sprinkle the cone with the brittle.

These materials were developed at the Culinary Institute of America.

Copyright © 2013
The Culinary Institute of America
All Rights Reserved

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