

2016-2017 Culinary Arts STAR Events Menu Options

Recipes provided by The Art Institutes



MENU I

Spinach and Arugula Salad with Almond Coated Goat Cheese and Vinaigrette
Herbed Apple Glazed Chicken
Mashed Potatoes and Butternut Squash with Brown Butter

MENU II

Egg, Cucumber, and Tomato Salad
Pork Medallions with Pears and Blue Cheese
Herbed Couscous

MENU III

Endive and Frisse Salad with Apples and Gorgonzola
Teres Major Steak Dijonaise
Potato Parsnip Puree

The following Culinary Arts skills are represented in the menus as presented:

Knife Skills

*Batonette
Julienne*

*Large Dice
Medium Dice*

*Mincing
Rondelle*

*Slice/Thin Slice
Small Dice*

Cooking Techniques

*Boiling
Emulsification
Hard Boil (Eggs)*

*Pan Roasting
Pan Sauce (nappe)
Pan Toasting*

*Sauté
Scalding
Simmering*

Sweating

Spinach and Arugula Salad with Almond Coated Goat Cheese and Vinaigrette

2 Servings

Amount	Ingredient
2 cups	Baby Spinach and arugula leaves, combined
1/8 cup	Sun-dried tomatoes in extra virgin olive oil
1/8 cup	Pine nuts, toasted
3 ounces	Goat cheese, separated and rolled, into balls or cut into discs
½ cup	Almonds, sliced, lightly toasted
2 Tablespoons	Extra virgin olive oil
1 Tablespoon	Balsamic vinegar
½ teaspoon	Dijon mustard
1 teaspoon	Lime juice, freshly squeezed
To taste	Sea salt
To taste	Ground pepper

Procedure:

1. Roll goat cheese in toasted almonds.
2. In a small bowl, whisk together the olive oil, balsamic vinegar, mustard, lime juice, salt and pepper.
3. Plate salad as desired.

Herbed Apple Glazed Chicken	
2 Servings	
Amount	Ingredient
2 teaspoons	Oil
1	Granny Smith apple, peeled, cored, and julienned
½ medium	Onion, sliced thin
½ teaspoons	Fresh thyme, no stems
2	Skinless, boneless chicken breast halves
¾ cup	Apple juice
½ Tablespoon	Cider vinegar
1 ½ teaspoons	Cornstarch
To taste	Salt and Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Break down chicken into 2 boneless breasts. 2. In heavy sauté pan, heat 1 teaspoon oil over medium-high heat; cook apples, onion and thyme until just tender but still a bit crisp. Remove and set aside. 3. Add remaining 1 teaspoon of oil to sauté pan; cook chicken, turning once, until golden brown on both sides. Reduce heat to medium low. 4. Set 1 tablespoon apple juice aside and pour remaining juice into sauté pan along with the cider vinegar. Cover and simmer for 6 to 8 minutes, or until chicken is cooked through and juices run clear. Remove chicken to plate; keep warm. 5. Combine cornstarch with reserved tablespoon apple juice; stir into pan juices and cook over high heat, scraping up any browned bits, for 2 minutes or until thickened. 6. Return apple mixture to pan and heat through, season with salt and pepper. Spoon the apple mixture around, under or on top of cooked chicken. 	

Mashed Potatoes and Butternut Squash with Brown Butter	
2 Servings	
Amount	Ingredient
½ pound	Yukon Gold potatoes, cut into 1” cubes
½ pound	Butternut squash, cut into 1” cubes
½ teaspoon	Kosher salt
2 Tablespoons	Butter, divided
½ Tablespoons	Fresh sage, thinly sliced
¼ cup	Milk
To taste	Salt and Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Bring squash and potatoes to a boil and simmer until tender. 2. In a small sauté pan, heat butter and sage until it is foamy and medium brown in color. Reserve, and keep warm. 3. Drain potatoes and squash thoroughly in a colander 4. Return to pot and mash. 5. Add milk, remaining butter, and salt and pepper to taste. 6. Once plated for service, drizzle browned butter over top of potato mixture. 	

Egg, Cucumber, and Tomato Salad

2 Servings

Amount	Ingredient
½ teaspoon	Black Pepper
1/8 teaspoon	Salt
1 Tablespoon	Garlic Clove, minced
1 ½ ounces	Olive Oil
1 Tablespoon	Red wine vinegar
1 Tablespoon	Lemon juice
¼ cup	Green onions, finely diced
2	Eggs, hard-cooked, sliced
½ cup	Celery, chopped
2 ounces	Cucumber, peeled, seeded, in ¼ inch
¼ cup	Radishes, sliced
1 head	Boston (Bibb) lettuce, shredded
2 each	Tomatoes, ripe, thinly sliced (8 slices)

Procedure:

1. Mix the pepper, salt, garlic, olive oil, vinegar, lemon juice, and green onions for the dressing.
2. Combine the eggs, celery, cucumber, radishes, and lettuce and lightly toss with enough dressing to just coat.
3. Fan 4 tomato slices on each plate and drizzle with remaining dressing.
4. Place an equal amount of lettuce mixture on top of the tomatoes and serve.

Pan Roasted Pork Medallions with Pears and Blue Cheese	
2 Servings	
Amount	Ingredient
10 ounces	Pork tenderloin
	Salt and Pepper
2 Tablespoons	Vegetable oil
2 Tablespoons	Butter
½ cup	Pears, ripe, peeled, in ½ inch dice
½ cup	Apple juice
¼ cup	Heavy cream
1 Tablespoon	Dijon mustard
¼ cup	Bleu cheese
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Season the pork with salt and pepper. 2. Heat a 10- to 12-inch (25.4–30.5 cm) sauté pan over medium heat. 3. Heat the oil and add the pork. Sauté 7-9 minutes or until well browned. Turn the tenderloin and cook 5 minutes more or until browned and juices run clear, 145degrees. Set pork aside. 4. Drain fat from pan and add the butter and pears, then cook over medium-high heat until browned. Remove pears from pan. 5. Deglaze the pan with the apple juice. Add the cream and reduce until thick (nappé). Whisk in the mustard and blue cheese. 6. Return pears to the sauce to heat through and correct the seasoning. 7. Slice the pork on a bias into six medallions. Spoon some sauce onto each dish and plate three medallions. Spoon the remainder of the sauce onto pork. Do not hide the pork with your sauce. 	

Herbed Israeli Couscous	
2 Servings	
Amount	Ingredient
1 Tablespoon	Vegetable oil
1 cup	Israeli (pearl) couscous
2 cups	Chicken stock
1 Tablespoon	Parsley, chopped
1 teaspoon	Fresh tarragon, chopped
1 Tablespoon	Fresh lemon juice
	Salt and Pepper
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Heat the oil in a 1- to 2-quart (1 to 2 L) saucepan over medium heat. 2. Add the couscous and sauté, stirring constantly, until slightly browned and aromatic, 2 to 3 minutes. 3. Add the stock and bring to a boil. Reduce the heat and simmer uncovered until tender, 8 to 10 minutes or until liquid has evaporated. 4. Stir in the parsley, tarragon, lemon juice, and salt and pepper. 5. Plate the couscous with the pork. 	

Frise, Apple and Gorgonzola Salad

2 Servings

Amount	Ingredient
1 head	Belgian endive
1 head	Frise
1	Granny Smith apple
4 ounces	Heavy cream
2 fluid ounces	Red wine vinegar
1 ounce	Gorgonzola, crumbled
1 ounce	Walnuts, toasted

Procedure:

1. Separate the leaves of Belgian endive. Tear the curly Frise into 1-inch pieces.
2. Wash and thoroughly dry the leaves.
3. Core and peel the apples and cut them into thin wedges.
4. Combine the cream, vinegar and Gorgonzola and season to taste with salt and pepper.
5. Add the apple wedges to the cream mixture.
6. Divide the Belgian endive spears among 2 plates, forming a flower pattern. Place a portion of the Frise in the center of each plate on top of the Belgian endive.
7. Spoon a portion of the apple mixture onto each plate, arranging the apple wedges attractively.
8. Garnish with toasted walnuts.

Teres Major Steak Dijonaise

2 Servings

Amount	Ingredient
1 (8-10 ounces, whole)	Teres Major Steaks, trimmed (Shoulder Tender)
2 Tablespoons	Dijon mustard
1 ounce	Onion, small dice
2 ounces	Clarified butter
1 fluid ounce	Heavy cream
3 ounces	Butter, cold
3 ounces	Demi Glace
To Taste	Salt and Pepper

Procedure:

1. Cut the steaks into 4 equal medallions (2 ounces each)
2. Cover one side of each steak first with 1½ teaspoons (8 milliliters) of the mustard and then half of the onion, pressing the onion firmly into the steak.
3. Sauté the steaks in the clarified butter, presentation (onion) side down first. Remove and hold in a warm place.
4. Degrease the pan and add Demi Glace (to be provided by host facility).
5. Add the cream and reduce by half.
6. Add the rest of the mustard.
7. Mount the sauce with cold butter
8. Adjust the seasonings.
9. Serve each portion with some of the sauce and Potato Parsnip Puree

Parsnip and Potato Puree	
2 Servings	
Amount	Ingredient
1 pound	Yukon Gold potatoes
1 pound	Parsnips
	Salt and Pepper
½ cup	Heavy Cream
¼ cup	Butter
1-2 Tablespoons	Chives, chopped
<p>Procedure:</p> <ol style="list-style-type: none"> 1. Peel and cut the potatoes and parsnips into even sized pieces. 2. Sauté the parsnips in ½ the butter over low heat until they start to soften. This will take approximately 10 minutes-do not brown 3. Put them into a pot, cover them with cold water, and add a large pinch of salt. 4. Bring to a boil and simmer until the vegetables are fork tender, about 20 to 30 minutes. 5. Meanwhile, in a small pot gently heat the cream and butter over low heat. 6. When the vegetables are done drain them well. 7. Put the vegetables back into the pot over medium heat. 8. Stir them to remove any excess moisture; be careful not to burn them. 9. While the potatoes and parsnips are still warm, mash them in a bowl with hand masher. 10. Add the warm cream a little at a time and beat with a wooden spoon until the potatoes are fluffy. 11. Season with salt and pepper and gently stir in the chives. Serve immediately. 	