

Culinary Recipes

Chef Katie: Zucchini Bread

1 ½ cup all-purpose flour

1 cup Sugar

¼ cup. Oil

1 egg

1 cup shredded zucchini

1 tsp. cinnamon

¼ tsp. nutmeg

½ tsp. baking soda

¼ tsp. baking powder

¼ tsp. salt

Optional: 1/3 to ½ cup of chopped walnuts

Directions:

1. Combine sugar, egg, and oil.
2. In a separate bowl combine dry ingredients, mix well.
3. Add dry ingredients to sugar and oil mixture. Mix until combined. Do not overmix.
4. Fold in shredded zucchini and walnuts.
5. Bake at 350 F. for 55-60 minutes.

Chef Green: Peanut Sauce

* This a great sauce that will keep for about 7 days and can be drizzled over chicken, fish, vegetables etc. I like to drizzle it over a bowl of rice, vegetables and grilled chicken.

1 Tbsp vegetable oil

1 onion, diced

salt, as needed

2 cloves garlic, minced

1 can (13.5 oz) Coconut milk

1/2 cup peanut butter

1 Tbsp tamari or soy sauce

2 Tbsp brown sugar

1 tsp crushed red pepper flakes

1/2 each lime, juiced

Procedure:

1. Heat a medium size sauce pan over medium-high heat. Add vegetable oil. Add onion and a pinch of salt. Saute onion until soft but not brown. Add garlic.
2. After garlic has sauteed for about 30 seconds add coconut milk, peanut butter, soy sauce/tamari, sugar and red pepper flakes. Bring to a simmer and let cook for about 10 minutes.
3. Add juice from the lime. Puree sauce using a blender or immersion blender until smooth.
4. Serve sauce warm

Chef Maybell: Chili Cheesecake

1 cup crushed tortilla chips

3 Tablespoons butter, melted

16 ounces softened cream cheese

2 large eggs

4 ounce can chopped green chilies

1 jalapeno pepper (seeded, cored, diced)

4 ounces sharp Cheddar cheese, shredded

4 ounces Monterrey Jack cheese, shredded

2 ounces sour cream

Garnishes: pico de gallo, chopped green onion, sliced black olives

Procedure:

- Preheat oven to 325 F.
- Combine tortilla chips with melted butter and press evenly into the bottom of a springform pan.
- Bake for 15 minutes and remove from oven.
- Blend together cream cheese and eggs until smooth.
- Add chilies, jalapeno, and cheeses and mix well.
- Pour on top of crust in springform and bake for 30 minutes.
- Remove from oven. Cool for 5 minutes.
- Rim pan and remove sides.
- Decorate with sour cream, pico, green onion and olives.
- Serve warm with additional tortilla chips

Chef Gerrine: Chicken Roulade and Accompanying Sauces

2 chicken breasts

2 Tbsp minced mushrooms

2 tsp minced garlic

2 tsp minced shallot

2 tsp lemon zest
3 oz cream cheese
1 oz red pepper
Dash of salt/pepper

1. Pre-heat and label oven to 325 degrees.
2. Pound breast to flatten between parchment paper or plastic wrap.
3. Sauté mushrooms, garlic, and shallot. (cool briefly)
4. Season each breast with lemon zest, salt and pepper. Place the mushroom mixture on the breast, then the cream cheese in a cylinder shape(if it were a book that you would open, you would put the cream cheese down the spine) place brunoise of red pepper on top the mushroom filling and roll so that the cream cheese is in the middle.
5. Roll each breast and tie with butchers twine. (3 knots)
6. Place chicken on parchment paper lined ½ sheet pan.
7. Roast until internal temperature of 165 degrees F
8. Rest. Slice into angled pieces. Bury the end piece behind the roulade. Place on Supreme sauce and plate along with the freekah and sautéed spinach

Veloute Sauce:

2 oz butter
2 oz flour
1 quart plus 1 cup chicken stock
Salt and pepper to taste

1. Condition sauce pan. Add butter to melt. Add flour to make a blond roux. Stir and cook for two minutes. Do not brown.
2. Add chicken stock. Stir.
3. Simmer for 20-30 minutes to concentrate flavors. Season to taste.

Supreme Sauce:

2 cups veloute sauce
1 oz mushroom trimmings
½ cup heavy cream
Salt and pepper to taste.

1. Simmer the veloute sauce with the mushroom trimmings until reduced by one- fourth.
2. Gradually whisk in the cream and return to a simmer.
3. Adjust the seasonings.

Chef Rob: Cream Scones

12 oz all-purpose flour

2.4 oz sugar

½ oz baking powder

½ tsp. salt

7 oz nuts, dried fruit

10 oz heavy cream

2.1 oz honey

1. Sift together dry ingredients.
2. Add the nuts, dried fruit or other items until incorporated.
3. Whisk together the cream and honey.
4. Add cream mixture to dry, mix just until the dough comes together.
5. Portion into desired shapes on parchment lined sheet trays.
6. Brush with egg wash and top with sugar or ground nuts.
7. Bake until golden brown and baked through.

Chef Brandon: Chicken & Andouille Jambalaya

2 Tbsp .vegetable oil

1 small yellow onion, diced

12 oz. andouille or other smoked sausage, diced

1 green pepper, diced

1 Tbsp. parsley, minced

½ tsp. garlic powder

1 qt. chicken stock

8 oz. chicken thighs, boneless, skinless, diced

2 cups rice

Salt and pepper, to taste

2 scallions, sliced thin

Directions:

1. Heat oil until hot in a dutch oven or large saucepan.
2. Cook onions in vegetable oil over medium heat until dark brown.
3. Add green pepper, andouille and parsley and cook on medium heat for 10 minutes.
4. Add garlic powder and stock bring to a boil.
5. Stir in chicken and rice and simmer until rice is fully cooked.
6. Season with salt and pepper.

Chef Notes: Top with sliced scallions. To reheat, add chicken stock and heat until 165 degrees.

Chef Mike: Biscuits & Gravy

Biscuits:

2 cups all-purpose flour
1 Tbsp. baking powder
1.5 tsp. sugar
1 tsp. baking soda
1 tsp. salt
3.5 oz. unsalted butter, cold, small cubes.
3 Tbsp. lard, cold
1 cup buttermilk
Butter, melted, as needed.

Procedure:

1. Combine flour, baking powder, sugar, baking soda, and salt in a food processor and pulse until combined.
2. Add cold butter and lard (or all butter if you don't have lard) and pulse a few times, until the mixture resembles a coarse meal.
3. Transfer dough into a mixing bowl. Add buttermilk and stir with a fork until just combined. Dough should be crumbly and pretty wet.
4. Dust hands with flour and work the dough until it just comes together. Turn out onto a floured surface and knead the dough 4 or 5 times, until it becomes slightly smooth.
5. Roll out to $\frac{3}{4}$ " thickness and cut with a 3-in biscuit cutter. Transfer to a sprayed parchment-lined sheet tray, and brush lightly with melted butter.
6. Bake at 400° F for 10-12 min.

Gravy:

8 oz. breakfast sausage
4 oz. onion, finely diced
2 oz. butter
2 oz. all-purpose flour

3 cups whole milk

1.5 tsp. salt

¼ tsp. black pepper

Procedure:

1. Add 1 Tbsp. of the butter to a saucepan and cook sausage and onions until sausage is browned.
2. Add remaining butter and cook until melted. Add flour to make a roux. Cook for 2 min.
3. Vigorously whisk in milk to break up roux and bring to a simmer.
4. Add salt and pepper and simmer for 15-20 min, until sauce has thickened and starchiness is removed. Taste for seasoning and adjust as needed.