



Flavors of the Season

Frederick J. Tiess

Flavors of the Season

The celebration of holidays may take us back to some of our favorite memories. Who can't remember a favorite dish of a past celebration, the aroma of apples and spice, or a plump roasting turkey, the annual anticipation of a culinary tradition? You might even envision a table set with dishes that have more calories than our daily diet allows, that's what makes it a special occasion. The holidays are truly a special time for food, family, and the fellowship of friends.

The Flavors of the Season will take you on a year-round culinary journey, exploring the more popular holiday dishes from around the globe. The purpose of this book is to bring awareness that throughout the year unfortunate events occur; floods, hurricanes, forest fires, and other natural disasters. Mercy Chefs stands ready to feed people, body and soul during these times.

Please consider adding a donation to Mercy Chefs this holiday season to help others during their time of crisis. It is the hope of Le Guild Culinaire Publications that you enjoy and adopt some of our recipes for your holiday table and remember those who are less fortunate. www.mercychefs.com

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Fred Tiess, M.E. W.C.M.C., C.E.C., F.M.P., C.C.A has taught Classical Cuisine, Baking and Pastry, and International Cuisine at Johnson and Wales University since 1995. He was the former Executive Chef at the Founders Inn and Conference Center in Virginia Beach and the Sous Chef at the 5 diamond rated Greenbrier Resort in West Virginia. He has also worked in restaurants, hotels and private clubs in Palm Beach Florida, Hilton Head South Carolina, and New York City, where he began cooking over 40 years ago. As a teenager he earned the rank of Eagle Scout.

Fred holds six national culinary titles, and has earned 3 best in show finishes at culinary competitions along with 18 medals. He is a graduate of Western Carolina University a holds a Masters Degree in Entrepreneurship, B.S in Food Service Management at Johnson and Wales University, the Culinary Institute of America, the State University of New York, and the Greenbrier Apprenticeship Program. Fred earned the designation of Certified Master Chef from the World Association of Chefs in Paris and City and Guild in London.

He has served former President George H.W. Bush, former Vice President Dan Quayle, the late Isaac Rabin, distinguished members of the United States Congress, the late Rose Kennedy, the late John Kennedy Jr., Chuck Norris, Robin Williams, Bill Murray and the Reverend Pat Robertson.

He can be seen on ABC Family on “Living the Life” cooking segments, earning two Telly Awards. In 2002 he appeared on the Food Networks “Master Chef: test of a lifetime” . He is als the author of “The Chefs Reference Guide”.

Fred is a board member of Mercy Chefs, a faith based disaster relief non-profit organization and has served over 1.2 million meals since our founding in 2005. This book has been produced to support the mission of Mercy Chefs and we hope that you can join us in supporting this very important work as you enjoy some of the dishes we prepare on deployment and some of our favorite holiday recipes. The recipes that are noted with the Mercy Chefs Logo are ones that we have prepared during deployment. Please visit mercychefs.com to partner with us to *Feed People, Body and Soul*.

Table of Contents

Seasonal Menus	5
Appetizers and Beverages	26
Salads and Dressings	44
Soups	60
Entrees	70
Side Dishes	110
Grand Finales	126
Basic	160
Terminology	167



Superbowl Party



Black Bean Bake with Chips

Spiced Pecans

Mexican Quesapizza

Buffalo Chicken Fingers

Maytag Blue Cheese Dressing

Virginia Ham and Turkey Wheels

Superbowl Chili

Bourbon Chocolate Pecan Squares

Valentines Dinner Party



Mixed Greens with Raspberry Rose Petal Dressing

Cream of Cauliflower Soup

Pork Chop Virginia

filled with Smithfield Ham and Jack Cheese

Served with a Apple Cream

Potatoes au Gratin

Asparagus with Citrus Butter

Chocolate Pate with Dried Cherries and Pecans

and Served with a Raspberry Coulis



St. Patrick Day Brunch



Scrambled Eggs with Irish Smoked Salmon

Peppercorn Glazed Corned Beef

Brian's Famous Upside Down Pineapple Pancakes

Current Scones with Fig Preserves



EASTER



*Boston Lettuce Salad
with Creamy Mustard Dressing*

Angel Biscuits

*Roasted Breast of Chicken Macon County
with Pecan Wild Rice Stuffing
Georgia Peach Jus*

*Spring Vegetable Ragout
Strawberry Tart with Orange Diplomat Cream*



Memorial Day at the Shore



Chilled Melon Soup with Blackberries

Rocking Rockfish with
Cucumber and Poblano Salsa

Chesapeake Crab and Shrimp Cakes
Spicy Remoulade Sauce

Summer Farfalle Salad
Grilled Summer Squash with Cilantro

Berry Cobbler with Rum Sauce





Sante Fe Bean Salad

Spinach Salad with Crispy Shiitake Bacon

Grilled Sea Scallops with Tomato Relish

Frisco Grilled Pork Chops

Summer Corn on the Cob with Herb Butter

Lemon Posset with Blueberries



Blackberry Iced Tea

Fried Chicken

Chopped Ham Salad

Angel Biscuits

Cucumber Tomato Salad

Potato Salad

Lemon Tarts

Chocolate Chocolate Chocolate Chunk Nut Cookies

Harvest Dinner Party



Cheddar and Port Wine Spread and Crackers

Field Greens with Suffolk Peanut Vinaigrette

Apple Roasted Loin of Pork with a Mulled Cider Sauce

Succotash

Baked Sweet Potatoes

Cornbread Muffins

Peaches and Cream Cobbler with Pecan Crust

A Southern Thanksgiving Dinner



Virginia Plum Tomato Soup

Roasted Shenandoah Valley Turkey
Glazed with a Herbal Honey
Served with a Surry Sausage Stuffing

Brussels Sprouts with Smoked Almonds

Whipped Butternut Squash

Caramel Apple Pie

Sweet Potato Pie

Vanilla Ice Cream



Holiday Reception



Apple Cranberry Punch

Grilled Oysters with Horseradish Slaw

Chesapeake Crab Dip

Warm Brie with Caramelized Pecans

Black Bean and Turkey Salad

*Brown Sugar and Cola Glazed Country Ham with Warm Peach Chutney
Sweet Potato Biscuits*

*Christmas Butter Cookies
Bananas Foster Bread Pudding*



Carolina Christmas Eve Dinner



Ham and Collard Green Soup

Herb and Pepper Basted Duckling with

Pecan Cornbread Dressing

Cherry Jus

Oven Roasted Carrots and Parsnips

Pumpkin Spice Cheesecake



Chanukah Brunch



Salmon Tomato Tartar
Chicken Liver Pate with Bagel Chips

Dad's French Toast with Lemon Sauce

Cheese Blintzes with Strawberries

Peppercorn Glazed Corned Beef

On Sweet Potato Biscuits

Latkes

Cherry Bark

New England Christmas Dinner



Newport Corn and Oyster Chowder

Smoked Prime Rib of Beef with Horseradish Cream

Asparagus with Citrus Butter

Twice Baked Potatoes

Sticky Toffee Apple Pudding

New Years Eve



Brandied Chicken Liver Canapés
Mushroom Gruyere Fillo Triangles

Caesar Salad

Roasted Tenderloin of Beef Hampton
Stuffed with Crabmeat, Baked in Pastry
Served with Chive Hollandaise

Tiny Green Beans with Turnips and Herb Butter

Oven Roasted Potatoes

Cherry Jubilee Brown Betty





Appetizers and Beverages

Fred Nog (Egg Nog)

6	ea	Eggs- Separated
½	cup	Sugar
¼	cup	Rum
1	Tbsp	Vanilla Extract
½	tsp	Ground Nutmeg

½	cup	Sugar
1	pint	Half and Half
1	pint	Heavy Cream
½	cup	Kentucky Bourbon
¼	cup	Grand Marnier

Cinnamon in a Shaker

In a blender puree the egg yolks, ½ cup of sugar, rum, vanilla extract and nutmeg. Place in a container and freeze overnight. In a blender puree the egg mixture, liquors, and half and half. In a mixer whip the egg whites and ½ cup sugar to a soft peak. Fold into the egg nog mixture. Whip the heavy cream to a soft peak, fold into the egg nog. Pour into a punch bowl and garnish with dusted cinnamon.

Yields ½ gallon, 10 – 12 portions

Mulled Apple Cider

1	Gallon	Fresh Apple Cider
1	ea	Oranges
7	ea	Whole Cloves
1	ea	Apple
2	ea	Cinnamon Sticks

Stud the orange with cloves, use the cloves like tacks and stick the long sharp end into the orange. Take the two cinnamon sticks and insert them into the apple. Place the Orange, Apple and Cider in a Crock Pot and simmer with a covered for two hours before serving. You may replenish the crock pot with another gallon of cider and let it steep for an hour. This will fill your house with a wonderful aroma, and flavor of the harvest season.

Yields 16 Portions

Apple Cranberry Punch

1	Gallon	Apple Cider - Pasteurized
½	Gallon	Cranberry Juice
1	Liter	Sprite or 7-up soda

Combine all chilled ingredients just before service in a punch bowl. Garnish with Fresh Cranberries and Orange Slices.

Yields 24 Portions

Ginger Peach Punch

1 Liter Ginger Ale
1 cup Light Rum
1 Liter Peach Cider, Peach Juice, or Peach Nectar
32 oz Ginger Beer or Blenheim Ginger Ale

Combine all chilled ingredients just before service in a punch bowl. Garnish with Fresh Mint Leafs.

Yields 16 Portions

Island Melon and Pineapple “Rum” Punch - (non- alcoholic)

1 ea Cantaloupe -peeled, seeded and cut into 1" cubes
1 ea Pineapple- peeled, cored and cut into 1" cubes
¼ cup Lemon juice
1 cup Sugar
2 Tbsp Rum Extract
2 cup Shaved ice

Chilled lemon lime flavored soda as needed

Maraschino Cherries

Orange Wedges

In a blender, puree the cantaloupe, pineapple, lemon juice, sugar, extract and shaved ice together well. Serve in a tall glass place a stemmed cherry in the bottom of the glass. Fill half full of crushed ice and soda. Pour the punch on top and garnish with a lime wedge on the rim of the glass. Serve with a straw.

Yield: 16 servings

Blackberry Iced Tea

1 cup Frozen Blackberries
1 quart Boiling Water
4 Tbsp Orange Pekoe Tea Leaves
3/4 cup Sugar

1 cup Frozen Blackberries portioned into ice trays and fill with water. Freeze

Place the first four ingredients in pitcher and allow to sit for 15 minutes before straining through a coffee filter. Cool the tea until service. Pour the tea over glasses filled with black berry ice.

Yield: 8, 8 oz servings

Sangria

1 bottle South American Red Wine
1 cup White Rum
1/2 cup Sugar
1 cup Fresh Peaches- Diced
1 cup Orange Juice
1 cup Strawberries – Diced

Combine and refrigerate for 2 hours before serving over ice.

Yields 8 portions

Vermont Cheddar and Port Wine Spread with Walnuts

½ cup Port wine
1 lb Grated sharp cheddar cheese
1 lb Cream cheese
1 cup Walnuts

Method of preparation:

In a medium saucepan, bring the wine to a boil over high heat. Maintain a rapid boil until there is just 2 Tbsp remaining. Cool to room temperature.

Spread whole walnuts on a baking sheet and roast uncovered in oven preheated to 325°F for 10 minutes or until lightly browned. Roasting releases the oils and improves the flavor. Chop the walnuts after roasting.

In food processor, puree grated cheddar cheese until smooth. Add the cream cheese and puree again. Remove half of this cheddar/cream cheese mixture and set aside. Add the ¾ cup of cooked Port wine to the remaining half of the cheese mixture still in the food processor. Puree until wine has totally colored the spread. Remove the wine and cheese mixture, and lightly stir into the reserved half of the cheese. Marbleize the two cheeses without over mixing.

Shape the mixture into 2 balls and roll in the roasted walnuts. Wrap in plastic food wrap and refrigerate until ready to use.

Chefs Notes: This is a delicious, easy-to-make appetizer for holiday gatherings. It may be prepared 2 to 3 days in advance and will keep 1 to 2 weeks in the refrigerator.

You can also use the same method of preparation with Swiss cheese, sherry and almonds or Stilton cheese, Port wine and walnuts.

Makes 2 ea 1 lb cheese balls

Portion size is 1 oz or 2 Tbsp

Virginia Ham and Turkey Wheels

Green Onion Spread

3 oz Cream cheese, soft

1 ea Scallion, sliced

1 Tbsp Basil, chopped

Pinch Horseradish

Cracked pepper to taste

Method of preparation:

Place all ingredients in a small food processor and blend until smooth. This can be served with crackers as a spread. You can also add some vinegar and water to make a vegetable dip. One roll will make ten to twelve slices.

Pinwheels

4 ea Flour or Low Carb tortillas

4 oz Turkey- sliced

2 oz Virginia ham- sliced

4 slices Cheddar cheese

1 ea Roasted red pepper

Method of preparation:

Lightly toast the tortilla wrappers first.

Spread the green onion spread on the tortillas. Layer slices of each of the following over the green onion spread in the following order: cheese, turkey, ham, and turkey. Garnish the center with julienne roasted peppers. Roll the wrappers like a burrito or sushi rolls so that the different layers form a jelly roll appearance. Wrap with plastic and allow the rolls to rest in the refrigerator for about 30 minutes. Slice the pinwheels into 3-4 slices each. Lay on a platter and chill until needed.

Yields 16 pieces

Chesapeake Crab Dip

8	oz	Cream Cheese
1	cup	Heavy Cream
½	tsp	Worcestershire Sauce
¼	cup	Parmesan Cheese
¼	cup	Diced Red Peppers
1	Tbsp	Sliced Chives
1	lb	Lump Crab Meat

Sliced and Toasted French Bread or Crackers

Over a double boiler heat the cream cheese and cream until it is fully melted. Add in the Worcestershire and parmesan. Cover and keep warm until needed. When your guests add the peppers, chives and crab meat to the dip and reheat to about 140°. Serve in a warming dish with crackers or toasted slices of French bread.

Yields 2 lbs

Serves 8

Chefs Note: This recipe can also be used for a hot artichoke dip. Simply substitute sliced artichoke hearts for the crabmeat, and change the chives to fresh basil.

Warm Brie with Caramelized Pecans

2.5	lb	Double Cream Brie, Whole Wheel
1	lb	Whole Shelled Pecans
1/2	cup	Honey
1	ea	Lemon
1	cup	Brown Sugar
1	tsp	Cayenne Pepper
2	tsp	Ground Cumin
1	tsp	Chili Powder

Allow the brie to sit out at room temperature for 3 - 4 hours to soften and ripen. Place on a round silver tray.

To prepare the Caramelized Pecans, in a 2 qt sauce pot combine the honey, juice from 1 lemon, and brown sugar. Mix and bring to a simmer over a medium heat. Bring the mixture up to at least 250 degrees, measure with a thermometer. Add the spices and pecans and hold in a warm oven until service.

At service pour the caramelized pecans over the brie up to the edge of the brie. Place in a warm 125 degrees oven for 10 - 15 minutes before serving. Use a spoon to serve on fruit, French bread, or crackers. The Ginger Peach Punch goes very well with this appetizer.

One wheel of brie will serve 25 people.

Swiss Cheese Fondue

2 cup White Wine- Riesling
2 ea Garlic Clove- split
2 Tbsp Corn Starch
1 jigger Cherry Brandy
24 oz Gruyere Swiss Cheese, Grated
To taste Salt, white pepper and ground nutmeg

Place the wine and garlic in a saucepan and heat to a simmer, cover and allow to steep for 15 minutes. Moisten the corn starch and brandy and add to the sauce gradually to thicken. Bring to a simmer. Remove from the heat and stir in the grated cheese. Place the sauce on low heat and stir until the cheese is completely melted and the sauce is smooth. Strain the sauce through a fine sieve.

Serve in a Fondue Pot with cubes of French bread.

Chefs Note:

It is very important when making a fondue not to boil the cheese in the sauce. If the cheese comes to a boil it will curdle. If this should occur, remove it from the heat. Place in a food processor and puree until smooth. Serve immediately. You may substitute smoked Swiss cheese in place of the gruyere. This is a great dish on a cold winter night. Serve with Oven Roasted Potatoes, and a Caesar Salad.

Grilled Chesapeake Oysters with a Horseradish Slaw

18 slices Smoked Bacon
36 ea Select Oysters
36 ea Toothpicks
2 cups Horseradish Slaw

Cut the bacon slices in half and wrap the oysters with the bacon. Use the toothpicks to secure the bacon around the oysters. Cook the oysters on a charcoal or gas grill with a medium heat. If the heat is too intense the fat from the bacon will cause flames and will burn up the oysters. If the weather is not permitting for an outside grill, the oysters can be cooked in the oven on the broiler setting. Serve over the horseradish slaw, recipe below.

Horseradish Slaw

2 cups Shredded Cabbage
1/2 cup Shredded Carrot
1/4 cup Cider Vinegar
2 Tbsp Sugar
1/2 tsp Salt
1/8 tsp Ground White Pepper

1/2 cup Sour Cream
3 Tbsp Prepared Horseradish
2 Tbsp Sliced Chives

Marinate the cabbage and carrots in the vinegar, salt and pepper for 2 hours. Drain well. Flavor the slaw with the sour cream, horseradish, and chives- mix well and refrigerate.

Summer Rolls with Sweet Chili Dipping Sauce

- 1 packet Rice Sheets
- 2 cups Cooked Somen Noodles
- 1 head Boston Lettuce – Sliced
- 1 bunch Basil- Sliced
- 1 bunch Cilantro – Sliced
- 1 bunch Mint – Sliced
- 1 cup Carrot- Julienne
- 2 ea Chicken Breast – Poached and cut julienne

Arrange a wet disposable towel on a cutting board.

Heat a pan of water to 120°

Slip a rice sheet in the water for 15 to 20 seconds. Carefully remove and place on towel.

Arrange the ingredients on the sheet like making a burrito. Roll like a burrito.

Repeat until the desired amount is prepared.

Serve with the

Sweet Chili Dipping Sauce

- 4 clove Garlic - minced
- 1 cup Sugar
- 1 cup Rice vinegar
- 2 cup Water
- 3 Tbsp Minced ginger
- 3 oz Chili garlic sauce

- ½ cup Chopped peanuts (optional)

Bring all items to a simmer except for peanuts and reduce. Chill and add peanuts when serving

Baked Southwestern Black Bean Dip

- 1 oz Olive Oil
- 1 cup Diced Onions
- ½ cup Diced Green Peppers
- 1 Tbsp Chopped Garlic
- 2 can Black Beans
- ½ tsp Thyme
- 1 Tbsp Chili Powder
- 1 tsp Ground Cumin
- 1 ea Canned Diced Tomato 14.5 oz

- 8 oz Grated Cheddar, Jack Blend



1. Combine the oil, onions, peppers, and garlic in a microwave dish. Cover with plastic wrap and microwave for 2 minutes.
2. Add the beans spiced and tomato and bake for 30 minutes at 350° uncovered
3. Sprinkle with Grated Cheese and place back in a 400° oven until the cheese is melted and begins to brown.

Serve with Tortilla Chips, Salsa and Sour Cream

Brandied Chicken Livers

1 ea Shallot- Finely Minced
5 oz Butter
1 ea Bay Leaf
1 sprig Thyme
8 oz Chicken Liver
2 Tbsp Sherry
3 Tbsp Brandy
2-3 oz Cream
Salt and White Pepper to taste

Place the shallot, butter, bay leaf and thyme in a covered pan and bring to a simmer. Remove and hold covered for 10 minutes. Add the livers and cook for 2 minutes. Add the sherry and flambé. Cook the livers fully. Remove the bay leaf and thyme. Cool for 1 ½ hours. Place the mixture in the food processor with the brandy and puree until smooth. Fold in the cream. Season to taste. Serve with bagel chips, chopped red onion, and chopped boiled eggs. Pipe on Crostini chips for a canapé.

Artichoke Spinach Gratin

1 ½ cups Heavy cream
1 Tbsp Flour
5 ea Garlic cloves
¼ cup Grated Parmesan cheese
2 cup Frozen chopped spinach, cooked in microwave and drained well
1 cup Shredded Asiago cheese
1 (14-ounce) Can artichoke hearts, chopped (be sure they are drained, then rinsed and well drained before chopping)
¼ cup sun-dried tomato – Julienne
In a glass bowl or large glass measuring cup, whisk together cream, flour, garlic parmesan cheese, spinach, artichoke, tomato until well blended. Heat in microwave oven 5 minutes, stirring twice after 2 minutes and 4 minutes, until very hot and thickened slightly. Turn into a 9-inch pie, casserole serving dish, spreading evenly. Sprinkle top evenly with Asiago cheese. Broil uncovered until hot and bubbly. Serve with thinly sliced crisp Crostini or bagel chips.

Makes 6 or more servings.

Smithfield Ham and Cheddar Turnovers

2	oz	Smithfield Ham - Chopped
4	oz	Sharp Cheddar Cheese Grated
2	oz	Cream Cheese
3	drop	Worcestershire Sauce
2	drops	Tabasco
1	Tbsp	Dijon Mustard
1	ea	Egg Yolk
½	tsp	Cracked Black Pepper
1	Tbsp	Thinly Sliced Chives
1	sheet	Frozen Puff Pastry
1	ea	Egg white
2	oz	Milk

Soften the cream cheese and then flavor with the Worcestershire, tabasco, black pepper and Dijon. Mix in the ham, cheese, egg yolk and chives. Portion this mixture into 12 balls. Cut a sheet of puff pastry into 12 squares. Eggwash the squares with the egg white and milk. Portion the balls on the puff pastry and fold in half. Crimp the edges with a fork. Brush the outside with Eggwash, season with additional cracked pepper and sea salt. Place on a parchment lined sheet pan. At service place in a preheated 400° oven and bake until golden brown. Serve immediately.

Yields 12 portions

Smoked Salmon and Tomato Tartar

6 oz Smoked Salmon – small dice
3 oz Peeled, Seeded and small diced tomato
1 ea Egg- Hard Boiled
2 tsp Chopped Caper
1 Tbsp Minced Red Onion
2 tsp Finely Chopped Parsley
1 tsp Dijon Mustard
2 tsp Extra Virgin Olive Oil
2 drop Worcestershire
2 drop Tabasco
½ ea Lemon juiced
Cracked Black Pepper to Taste

Combine all ingredients and serve over buttered toast rounds, bagel chips or Crostini.
Garnish with chives, caviar, or cracked pepper.

Spiced Pecans

4 oz Butter
1 ½ cup Brown Sugar
1 tsp Dry Mustard
½ tsp Kosher Salt
½ tsp Cayenne Pepper
2 tsp Ground Cumin
1 ea Egg White- whipped
8 oz Shelled Pecan Halves

Preheat oven to 300°. Melt butter in a sauté pan and add in the sugar and spice. Stir to dissolve. Toss the pecans with the whipped egg white. Pour the spice mixture over the pecans and toss with a spoon. Spread the mixture on a half sheet pan that is lined with foil. Bake for 20 minutes; mix the pecans in the oven 2 or 3 times while baking. Allow to cool before serving.

Chefs Note.

You may also serve the pecans over camembert or brie. Warm in the oven. Add honey to form syrup is desired

Mexican Quesapizza

4 ea Large Tortillas
½ cup Refried Beans
1 ea Egg
3 Tbsp Salsa
1 Tbsp Olive Oil

12 oz Shredded Jack and Cheddar Cheese
6 oz Chorizo Sausage- cooked and crumbled
¼ cup Pico de Gallo
¼ cup Sliced Olives

Puree the beans, egg, salsa and olive oil until smooth. Spread ¼ of the bean mixture over each tortilla.

Place one tortilla to form two layers. Top each of the two remaining pizzas with cheese, sausage, pico de gallo and olives. Bake in a 450° oven for 10 minutes.

Yields 2 ea 12 inch pizzas- cut into 8 slices each.

Mushroom Swiss Fillo Triangles

- 1 lb Fillo dough
- 8 oz Melted butter

Mushroom Filling

- 1 lb Mushrooms- sliced
- 2 ea Shallots- Brunoise

Salt and pepper

- 2 oz Chopped parsley
- 1 cup Panko- Japanese bread crumbs
- 4 oz Gruyere Cheese Grated- or Swiss Cheese

Heat a large sauté pan and drizzle 2 oz of butter in the pan. Add the shallots and cook over high heat for 20 seconds. Add the sliced mushrooms and cook until the mushrooms are tender and semi dry. Season to taste and finish the filling with chopped parsley and panko bread crumbs. Stir in the cheese once cool.

Assembly

1. Place a sheet of fillo dough on a dry cutting board and lightly brush it with melted butter.
1. Place a second sheet of fillo on top and brush with butter.
2. Portion the fillo into 6 strips.
3. Spoon a tablespoon of the filling on the end of the dough strip and roll into a triangle.
4. Brush with butter.
5. Bake in a preheated 350° oven until golden brown, 8 – 10 minutes.

Chef's note: Various mushrooms can be used in this dish.

Salads and Dressings



French Vinaigrette

1	tsp	Dijon Mustard
2	Tbsp	Fresh Herbs – Chopped-(Chives, Parsley, Basil)
½	cup	Extra Virgin Olive Oil
½	cup	Salad Oil
½	cup	Red Wine Vinegar
½	tsp	Cracked Black Pepper
1	tsp	Kosher Salt

Method of preparation:

Using a whisk and bowl whisk together the mustard and herbs, slowly add the oils and vinegar a little at a time. Season with salt and pepper to taste. Serve at room temperature for optimum flavor. Refrigerate leftover vinaigrette in a sealable plastic container for up to 2 weeks.

Yields 1 ½ cups Portion size 2 Tbsp

Suffolk Peanut Vinaigrette

2	Tbsp	Sliced Chives
½	tsp	Cracked Black Pepper
1	clove	Garlic- Minced
1	Tbsp	Peanut Butter
1	Tbsp	Sugar
¼	cup	Malt Vinegar
½	cup	Roasted Peanut Oil

Method of preparation:

Combine all ingredient in a bowl with a whisk until well blended. This dressing can also be saved for future use by placing in a sealable plastic container under refrigeration. This is a wonderful salad dressing over spring greens. A nice garnish is diced cucumbers and chopped peanuts.

Yields 1 cup Portion size 2 Tbsp

Cracked Pepper Parmesan Dressing

¼	tsp	Ground White Pepper
1	cup	Mayonnaise
2	tsp	Cracked Black Pepper
1	clove	Garlic – Minced
¼	cup	Red Wine Vinegar
¼	cup	Grated Parmesan Cheese
½	cup	Sour Cream

Method of preparation:

Blend all ingredients with a whisk in a bowl. This dressing can also be saved for future use by placing in a sealable plastic container under refrigeration. Cracked pepper parmesan dressing is a wonderful dip for a platter of raw vegetables for a gathering.

Yields 2 cups Portion Size 2 Tbsp

Russian Dressing

1	tsp	Worcestershire Sauce
1	cup	Mayonnaise
½	cup	Ketchup
2	Tbsp	Prepared Horseradish
1	tsp	Tabasco

Method of preparation:

Combine until smooth and refrigerate. A simple lunch is called Eggs ala Russe. Hard Boil two eggs per person, cool and shell the eggs. Slice the eggs in half and lay them over a bed of greens. Spoon the Russian dressing over each egg half and garnish with a slice of green olive.

Yields 1 ½ cups Portion Size 2 Tbsp

Thousand Island Dressing

- 1 recipe Russian Dressing
- ¼ cup Dill Pickle Relish
- 1 ea Hard Boiled Egg – Chopped

Method of preparation:

Combine all the ingredients and allow it to refrigerate overnight before serving. This dressing can also be saved for future use by placing in a sealable plastic container under refrigeration.

Yields 2 cups Portion Size 2 Tbsp

Cole Slaw

- 2 Tbsp Grated Carrot
- 5 cups Cabbage – sliced very thin
- 3 oz Vinegar
- ¾ tsp Salt

- ¼ cup Sour Cream
- 1 Tbsp Sugar
- 1 tsp Celery Seed
- ½ cup Mayonnaise
- Pinch Ground White Pepper



Method of preparation:

Combine the carrots, cabbage, vinegar, and in a large sealable bag and allow it to marinate for at least 3 hours under refrigeration. In a separate bowl combine the remaining ingredients. Drain the liquid from the cabbage and discard. Combine the cole slaw dressing and the marinated cabbage. Season with salt and white pepper to taste. Store in the refrigerator until needed.

Yields 3 cups of Cole Slaw Portion Size ½ cup or 3.75 oz

Creamy Chicken Salad

½ cup Diced Celery
½ cup Mayonnaise
2 tsp Fresh Tarragon- chopped
2 Tbsp Cider Vinegar
¼ cup Sour Cream
Salt and white pepper to taste
1 lb Cooked Chicken – Diced

Method of preparation:

Prepare the dressing first by combining everything except for the chicken. Gently mix in the cooked diced chicken and refrigerate. This chicken salad will stay fresh for 4 days.

Chefs Note: serve over mixed greens with your choice of dressing, or as an open face sandwich over low carb bread or wasa fiber cracker.

Yields 1 ½ pounds Portion Size 3 ounces

Cucumber Tomato Salad

1 ea Cucumber – seeded and sliced thin
2 ea Ripe Tomatoes – diced
2 Tbsp Red Wine Vinegar
¼ cup Olive Oil
¼ cup Sliced Red Onions
¼ cup Fresh Basil

Salt and Cracked Pepper to taste.

Method of preparation:

Combine all ingredients in a bowl and allow to marinate for about 30 minutes before serving. Serve the cucumber tomato salad as is or over mixed greens.

Yields 3 cups Portion Size ½ cup



Egg Salad

½ cup Mayonnaise
1 Tbsp Dill Pickle Relish
1 Tbsp Dijon Mustard
1 Tbsp Minced Red Onion
¼ cup Diced Celery
8 ea Hard Boiled Eggs – peeled and diced
Salt and White Pepper to taste.

Method of preparation:

Prepare the dressing first by combining everything except for the diced eggs. Gently mix in the diced eggs and season to taste. Serve over fresh greens, sandwich between two slices of tomato, or wrap in a lettuce leaf. You can also serve it as an open face sandwich over low carb bread or a wasa fiber cracker.

Yields 3 cups Portion Size 4 ounces

Chopped Ham Salad

½ cup Mayonnaise
1 Tbsp Dill Pickle Relish
1 Tbsp Dijon Mustard
1 Tbsp Minced Red Onion
1 lb Chopped Cooked Ham Scraps

Salt and White Pepper to taste.

Method of preparation:

Combine everything in a bowl and season to taste. Serve with freshly baked biscuits or crackers.

Yields 3 cups Portion Size 4 ounces

Summer Farfalle Salad

1 ea Yellow Squash
1 ea Zucchini
1 ea Red Pepper- Roasted
1 bunch Scallions
1/3cup Olive Oil
1/4 cup Red Wine Vinegar
2 cloves Garlic- Minced
1 Tbsp Pesto



16 oz Bowtie (Farfalle) Pasta

Slice the yellow squash and zucchini into round slices. Grill until well caramelized and remove from grill. Cut the slices of squash into quarters. Place in a large bowl. After the pepper is roasted remove the charred skin and the seeds. Dice the pepper and add it to the bowl. Slice the scallions and combine with the olive oil, vinegar, garlic, and pesto with the cooked vegetables.

Bring a one gallon pot of salted water to a boil and add in the pasta. Boil the pasta for 6 – 8 minutes or until al dente, firm to the bite. Drain the pasta and combine with the marinated vegetables.

Chef's Note: Serve this pasta salad with grilled chicken or fish.

Yields 10 portions – about 1 cup each

Shrimp Salad

¼ cup Ketchup
1 Tbsp Prepared Horseradish
½ cup Mayonnaise
1 ea Scallion- slice thin
1 lb Cooked Shrimp
¼ cup Diced Celery

Method of preparation:

Prepare the dressing first by combining everything except for the cooked shrimp. Gently mix in the shrimp and season to taste. Serve over fresh greens with a wedge of avocado which has been fanned out.

Yields 3 cups Portion Size 4 oz

Tuna Salad

¼ tsp Worcestershire sauce
½ cup Mayonnaise
½ ea Lemon- Juiced
1 Tbsp Minced Onion
¼ cup Chopped Celery
2 cup Cooked Yellow Fin Tuna
Salt and Pepper to taste



Method of preparation:

Prepare the dressing first by combining everything except for the tuna. Gently mix in the tuna and season to taste. Serve over fresh greens, sandwich between two slices of tomato, or wrap in a lettuce leaf. You can also serve it as an open face sandwich over low carb bread.

Chefs Note: A great tuna melt is prepared by spooning 1/3 cup of the tuna salad over cheddar English muffin, top with a slice of avocado and sliced jack cheese. Place the open face sandwich under a broiler to melt.

Yields 3 cups Portion Size 4 oz

Baltimore Crab Salad

½	cup	Mayonnaise	1	lb.	Jumbo Lump crabmeat
¼	cup	Sour cream	¼	cup	Green pepper diced
1	Tbsp	Lemon juice	¼	cup	Pimento, diced
Dash		Worcestershire sauce			salt and pepper
Dash		Tabasco sauce			

Method of preparation:

In a medium bowl, combine mayonnaise, sour cream, lemon juice, Worcestershire sauce and Tabasco. Pick through the crab meat to remove any pieces of shell. Then gently mix in crabmeat, green pepper and pimento. Season to taste with salt and pepper.

Transfer to an attractive serving bowl with your favorite crackers on the side.

Chef's Note: It is best to wear plastic gloves when handling seafood because the bacteria on your hands can hasten spoilage.

Waldorf Salad

2	cups	Granny Smith Apples– diced small
½	cup	Celery – diced small
½	ea	Lemon - Juiced
¼	cup	Sour Cream
¼	cup	Mayonnaise
¼	cup	Chopped Walnuts

Combine all ingredients in a bowl and season with sugar, salt and pepper to taste.

Method of preparation:

Yields 2 cups Portion Size ¼ cup

Maytag Blue Cheese Salad Dressing

1	cup Mayonnaise	½ tsp	Salt
½	cup Sour Cream	Dash	Tabasco sauce
1	Lemon, juiced	Dash	Worcestershire sauce
1	tsp Granulated garlic	1 cup	Maytag blue cheese
1	tsp Cracked black pepper		

Method of preparation:

In a blender, combine all ingredients, except blue cheese. Blend on high speed until smooth.

Pour into a small bowl and stir in the blue cheese. Refrigerate at least 2 hours to allow the flavor to develop.

Serve over your favorite salad greens.

Yields 2 ½ cups Portion Size 2 Tbsp

Red Bliss Potato Salad

½	cup	Mayonnaise
1	Tbsp	Yellow Mustard
3	Tbsp	Cider Vinegar
1	Tbsp	Sugar
2	Tbsp	Minced Onion
2	lb	Red Bliss Potatoes – Cooked and Sliced

Salt and Pepper to taste

Method of preparation:

Prepare the dressing first by combining everything except for the potatoes. Gently mix in the potatoes and season to taste. Yields 8 – ½ cup portions

Options

1. You can substitute 1 head of cooked, chopped, and chilled cauliflower for the potatoes as a low carb option.
2. Use leftover baked potatoes in the salad, eliminate the yellow mustard and substitute 2 oz of sour cream. Garnish with chives.



Baby Spinach Salad with Crispy Shiitake Bacon

16 oz Shiitake Mushrooms
2 oz Extra Virgin Olive Oil
1 ½ tsp Kosher Salt
½ tsp Cracked Black Pepper
1 lb Baby Spinach- cleaned
1 pint Grape Tomatoes
4 oz Shaved Parmesan Cheese

Dressing

½ cup Extra Virgin Olive Oil
¼ cup Sherry Vinegar
¼ cup Finely Chopped Red Onion
1 clove Garlic - minced

1. Preheat an oven to 350°
2. Quarter the mushrooms. Place them on a baking sheet and season them with the 2 oz of olive oil, kosher salt and cracked black pepper.
3. Toss the mushrooms together to distribute the seasonings evenly.
4. Bake the mushrooms for 10 - 15 minutes until the mushrooms begin to dry out and get crispy like bacon.
5. At the time of service combine the ingredients for the salad dressing in a salad bowl and mix.
6. Add the spinach, tomatoes and crispy mushrooms. Toss the salad in the dressing.
7. Season the salad to taste with kosher salt and cracked black pepper.
8. Garnish the salad with the shaved cheese and serve.

Yields 6 large portions portion size 2 ¾ cups

10 appetizer portions portion size 1 ½ cups

Sante Fe Bean Salad

- 1 can Black beans (14 oz) - Drain
- 1 can Chick peas (14 oz)- Drain
- 1 can Kidney beans (14 oz)- Drain
- ½ cup Scallions, sliced
- ½ cup Extra-virgin olive oil
- 2 Tbsp Fresh cilantro, chopped
- 1 Tbsp Garlic, peeled and crushed
- 1 ea Jalapeno peppers, finely diced
- 1 ea Green chilies (Anaheim peppers), seeded and finely diced
- 2 ea Lemons, juiced
- 1 Tbsp Cumin
- 1 Tbsp Ground chili powder
- 1 tsp Salt



Method of preparation:

In a large bowl, toss beans with all other ingredients. Be careful not to mash the beans.

Refrigerate until ready to serve.

This salad may be prepared the day before serving. Leftover salad will keep 3 to 4 days in the refrigerator.

Chefs Note: You may use either canned or dried beans. To prepare dried beans, soak in water overnight the following day, rinse and cook according to package directions. Drain, rinse and cool. This is a great salad for a large dinner party.

Yields 12 ¼ cup recipes

Black Bean and Turkey Salad

- ¼ cup Red wine vinegar
- ½ cup Safflower oil
- ¼ cup Dijon-style mustard
- 1 tsp Garlic, peeled and mashed
- 1 can Black beans (14 oz)-Drained
- 1 ½ cup Cooked turkey breast, diced
- ¼ cup Purple onion, peeled and diced
- 1 ea Tomato, diced
- 1 ea Red pepper, seeded and diced
- 2 ea Green chilies (Anaheim pepper), seeded and diced
- 2 ea Jalapeños - minced
- ½ cup Corn kernels
- 1 ea Avocado, diced
- ¼ cup Scallions, sliced
- ¼ tsp Fresh thyme, chopped
- ½ cup Fresh cilantro, chopped
- Dash cayenne pepper

Method of preparation:

In a small bowl, mix together a sauce of vinegar, oil, mustard, jalapeños and garlic.

In a medium bowl, mix together all other ingredients and toss with the sauce. Refrigerate for 1 hour before serving.

Yields 10 5 oz portions



Boston Lettuce Salad with Creamy Mustard Dressing

- 2 head Boston, Bibb or butter lettuce
- 1 head Radicchio, julienne
- 1 bunch Watercress with 3/4 of stem removed
- 1 cup Grape Tomatoes

Method of preparation:

Cut Bibb lettuce into quarters. Wash all the lettuce and watercress. Spin dry or pat dry with paper towels. Cut tomatoes in half.

Arrange lettuce on serving plates. Garnish with radicchio, watercress and tomatoes. Serve with Creamy Mustard Dressing.

Mix all ingredients in a bowl. Refrigerate in a covered container until needed.

Serves 8

Creamy Mustard Dressing

- 1/4 cup Pommeray or stone ground mustard
- 1/2 cup Mayonnaise
- 2 Tbsp White wine vinegar
- 1 tsp Cracked black pepper
- 1 Tbsp Water

Method of preparation:

Place all ingredients in a blender for 30 seconds.

Yields 8 - 2 Tbsp portions or 1 cup

Caesar Salad

1 head Romaine lettuce, torn or cut into 1-inch strips
2 clove Garlic, peeled and chopped fine
2 ea Anchovy filets
2 Tbsp Dijon mustard
¼ cup Extra-virgin olive oil
1 Tbsp Champagne vinegar
1 ea Lemon, juiced
½ cup Parmesan cheese, shaved very fine
1 cup Croutons
Sea Salt and Cracked Black Pepper

Method of preparation:

In a large salad bowl, using a fork and knife rub the chopped garlic with a pinch of sea salt. Add the anchovy and break apart into a fine paste. Add the mustard, oil, vinegar and lemon juice. Mix gently with the fork to form a type of vinaigrette.

At the time of service toss the romaine lettuce in the dressing. Add the cheese and croutons. Season to taste.

Yields 4 portions

Raspberry Rose Petal Dressing

1 cup Frozen raspberries
1/4 cup White wine vinegar
1 ea Organic Red Rose Buds
1/2 cup Sour cream
1/4 cup Heavy cream
2 Tbsp Sugar
Salt and pepper

Method of preparation:

Make fresh raspberry vinegar by combining the raspberries and white wine vinegar in a glass jar or bottle. Marinate overnight.

Combine the raspberry vinegar with all other, ingredients in a blender, and mix until smooth. Strain the dressing and allow to refrigerate at least 1 hour before serving. Serve with mixed greens.

Yields 1 pint or 16- 2 Tbsp portions



Soups

Virginia Plum Tomato Soup

¼ lb Bacon, cut into small strips
1 ea Shallot, chopped fine
3 clove Garlic, chopped fine
1 ea Small leek, white part only, diced
2 ½ lb Italian Plum Tomatoes, very ripe, chopped coarsely
½ cup Chopped onion
2 quart Chicken Stock
1 Tbsp Basil
1 Tbsp Oregano
1 Tbsp Thyme
½ cup Tomato Paste
1 pint Heavy Cream
¼ cup All Purpose Flour

In a 4 quart saucepan cook the bacon until the fat starts to melt. Add the shallots, onions, garlic and leeks and cook until the onions become transparent. Add the chopped tomatoes, tomato paste, chicken stock, oregano, thyme, basil and 1 cup of the heavy cream.

Bring to a boil, reduce the heat and simmer covered for one hour.

Place the soup in a blender or food processor and puree. Put the pureed soup back into the saucepan and bring to a simmer. Put the remaining heavy cream and the flour in a blender or food processor and mix until thickened. With the soup simmering, add the cream mixture, stirring constantly, until the soup thickens. Let the soup simmer for another 30 minutes and then strain it through a fine sieve. Season to taste with salt and pepper.

Serve with a dollop of sour cream on top.

Yields 12 1 cup portions

Ham and Collard Green Soup

¼	lb	Bacon- Diced
1	cup	Diced Onion
½	cup	Celery
1	tsp	Cracked Black Pepper
2	ea	Ham Hock- meaty
2	lb	Collard Greens- washed and chopped
2	qt	Chicken Stock or broth
2	cup	Diced Potato
1	cup	Heavy Cream



Method of Preparation:

In a 1 gallon stock pot render the bacon over low heat until crispy. Add the onion, celery, pepper, ham hocks and collards Stir and sweet the mixture until the onions become translucent. Add the stock and simmer covered for 45 minutes. Add the diced potatoes and cream simmer for 15 minutes. Remove the ham hocks and discard the outer layer of fat. Remove the ham from the bones and dice small. Add back to soup and season with salt and black pepper to taste.

Chefs note: this makes a great meal with Angel Biscuits.

Yields 8 - 1 cup portions

Summer Cantaloupe Soup with Blackberries

1 ea Ripe Cantaloupe- 18 – 20 oz average
1 cup Orange Juice
1 ½ cup Sour Cream
1 ea Lime- Juiced
Pinch Salt

1 cup Blackberries

Peel, seed and dice the cantaloupe. Place the cantaloupe in a food processor and pulse it for a few minutes. Add the sour cream, juices, and salt. Puree until smooth. Chill until needed.

At the time of service portion the soup into chilled soup bowls and garnish with 2 Tbsp of blackberries per serving.

Yields 6 portions $\frac{3}{4}$ of a cup per portion

Cream of Cauliflower

3 Tbsp Butter
1 cup Diced Onion
½ cup Diced Celery
1 head Cauliflower- Chopped
1 qt Chicken Stock or broth

1 cup Heavy Cream

Salt and white pepper to taste

2 Tbsp Fresh Parsley

Method of Preparation:

In a 1 gallon stock melt the butter and add the onion, celery, and cauliflower. Stir and swet the mixture until the onions become translucent. Add the stock and simmer covered for 30 minutes. Strain and reserve the liquid. Puree the vegetables in a food processor until very smooth. Combine the liquid, cream and puree back in the pot and bring back to a second simmer. Season with salt and pepper to taste.

Serve in warm soup bowls and garnish with chopped parsley.

Yields 8 - 1 cup portions.

Pumpkin Bisque

2	lb	Fresh pumpkin, peeled, seeded and cut into chunks
1	cup	Onions, peeled and chopped
½	cup	Celery, chopped
½	cup	Carrots, peeled and chopped
8	oz	Smoked ham hock
2	qt	Chicken Broth (recipe on page)
1	ea	Bay leaf
1	ea	Cinnamon stick
2	cup	Heavy cream
2	Tbsp	Fresh parsley, chopped

Method of preparation:

In a 2-gallon soup pot, combine all ingredients except heavy cream and parsley. Bring to a boil and simmer, covered, for 1 hour or until the pumpkin is soft. Remove the ham hock, bay leaf and cinnamon stick. Drain the broth from the vegetables and set aside.

Place the vegetables in a food processor, and blend until they are pureed. Strain the puree so that soup will be very smooth. Stir in the cream and reserved broth.

Simmer for 15-20 minutes, stirring periodically.

Remove meat from the ham hock and mince. When ready to serve, stir in parsley and ham. Reserve a little ham and parsley for garnish.

Chefs Note: For variety, substitute carrots, butternut squash or parsnips for the pumpkin.

Yields 12 1 cup portions

Key Largo Shrimp Bisque

3 Tbsp Butter
3/4 pound Small shrimp, shelled, peeled, deveined (save shells)
2 cups Mirepoix-carrots, onion, celery- chopped fine
1/4 cup Flour
1/2 cup Tomato paste
1/4 cup White Wine
4 cups Fish bouillon (fresh or made with fish bouillon cubes)
1 ea Bay leaf
1/2 tsp Thyme
1 clove Garlic, peeled and minced
1 ea Lime, juiced
1 cup Heavy cream
2 oz Rum
2 Tbsp Cilantro, chopped
Salt and pepper

Method of preparation:

In a 2-quart pot, melt half of the butter. When it begins to brown, add shrimp shells and sauté until the shells are pink.

Add the mirepoix and cook with the shells until vegetables begin to soften. Add the flour and then the tomato paste and stir until the bottom of pot begins to brown. Pour in the wine and bring to a boil. Add the fish bouillon, bay leaf, thyme and garlic, and simmer, uncovered, for 1 hour. Remove from heat and strain. Set mixture aside.

In a second pot, melt the other half of the butter and add the diced shrimp. Sauté for a minute or two, then add the lime juice and shrimp broth. Stir in the heavy cream and rum, and simmer for 15 to 20 minutes. Stir in the chopped cilantro and season with salt and pepper to taste. Serve immediately.

Serves 6 1 cup portions

Chilled Georgia Peach Soup

1 cup Fresh Squeeze Orange Juice
1 quart Frozen Sliced Peaches
½ cup Sour Cream
½ cup Yogurt
1 oz Fresh Squeezed Lemon Juice
¼ cup Pineapple Juice
½ cup Heavy Cream
2 TBSP Honey

In a food processor blend the peaches into a puree. Add orange juice and pass through fine strainer. Combine the finished juice with all the ingredients and blend until consistent. Chill for at least 2 hours before service.

Yields 3.5 pints or 8 portions

Newport Corn and Oyster Chowder

½	cup	Diced Smoked Bacon
½	stick	Butter
½	cup	Onions - fine diced
½	cup	Celery - fine diced
½	cup	Carrots - fine diced
½	cup	Flour
2	qt	Fish Broth- use bouillon cubes
1	lb	Potatoes - peeled and medium diced
1	ea	Bay Leafs
¼	tsp	Dried Thyme Leafs
¼	tsp	Cracked Black Pepper
1	pint	Half and Half Cream
1	lb	Whole Corn Kernels
1	pint	Heavy Cream
1	pint	Oysters - Shucked
½	cup	Dry Sherry

In a 3 gal stock pot melt the butter and bacon over a medium heat, render the bacon until crisp. Add the carrots, onions, celery sauté for 2 minutes over medium heat. Add the flour and cook while stirring for 1 more minute. Add the stock, bay leaf, and thyme and simmer for 10 minutes. Add the potatoes, simmer for 15 minutes. Add the half and half, corn and cream. Simmer for 10 minutes. Remove the bay leafs and add the oysters and sherry simmer for 5 minutes and serve.

Yields ¾ gal or 12 8 oz portions.

Chefs Note: This recipe also works well with clams, crab or diced cod.

If you have left over soup it is very important to chill the soup properly. Pour the soup into another pot which has been placed in a sink full of ice water. Stir the soup occasionally until it is cool.

This should be done for all soups and stews so that it will not spoil. Never put a hot soup or stew directly into the refrigerator without doing this. The heat from the soup will cause the temperature in the refrigerator to rise which can cause other items to spoil.

Superbowl Chili

2	tblsp	Olive Oil
8	oz	Chorizo Sausage
4	oz	Chopped Bacon – raw
2	lbs	Ground Sirloin
1/2	cup	Diced Onion
2	Tbsp	Chopped Garlic
1/2	cup	Dark Chili Powder
2	tblsp	Ground Cumin
2	ea	Diced Jalapenos
3	cans	Diced Tomatoes and Green Chilies
4	oz	Tomato Paste
1	can	Black Beans – drained
1	can	Dark Red Kidney Beans- drained
1	can	Pinto Beans- drained



Salt and additional Chili Powder to taste

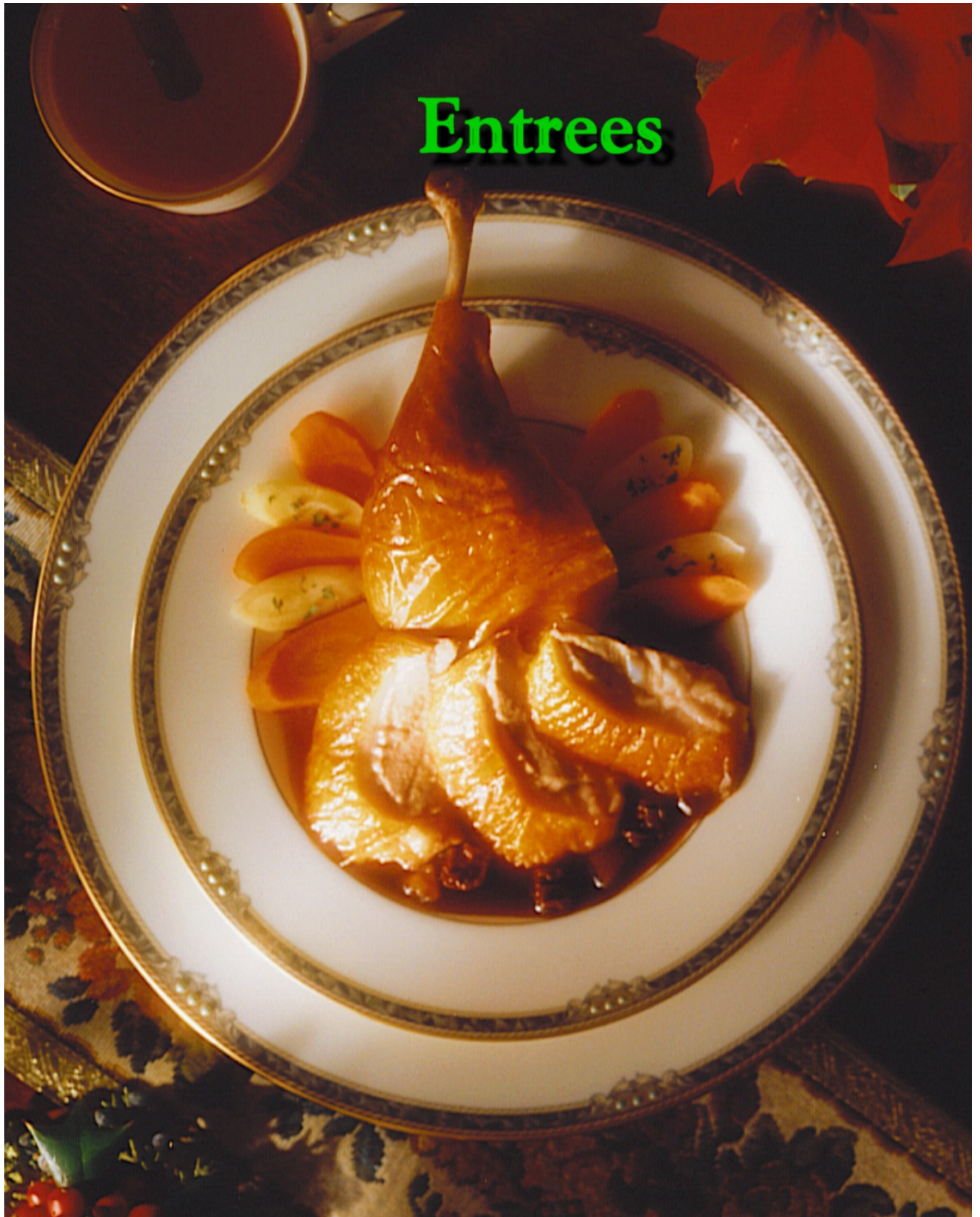
Method of Preparation:

In a 4 qt sauce pot heat the oil and sauté the chorizo and bacon, add the beef then onions and the garlic. Add the spices, chilies and diced tomatoes. Simmer for 20 minutes. Add the beans and tomato paste. Simmer for 15 minutes.

Serves 8 portions 1 ½ cup each

Accompaniments: This version of chili is wonderful with sour cream and grated jack or cheddar cheese with Tortilla Chips.

Entrees



Fish and Seafood

Fresh Catch of the Day

Fish cookery is still the most challenging aspect of cooking at home. Here are a few tried and true methods that work well at home.

When working with fish it is always important to look for the freshest catch available. The following list is what you should look for.

Whole fish

- ❖ A clean fish shop – should not smell like ammonia or bleach.
- ❖ Clean fresh ice that is surrounding the fish
- ❖ Fish that has clear eyes – not cloudy
- ❖ Fish gills that are red and clean
- ❖ The texture of the fish should be firm to the touch
- ❖ Scales should not be falling out
- ❖ The fish belly should smell like seawater

Filet or Steak Fish

- ❖ Cut fish should not touch the ice, and then should be placed over the ice and have a plastic underline.
- ❖ The color of the fish flesh should be bright, not a dull luster
- ❖ Steaks and fillets should look moist, not wet.
- ❖ Smell is your best indication of freshness. The fish should smell like water that it came from, fresh or sea.

Fish Cookery

In this section we will discuss a few ways to properly cook certain types of fish along with various ways to enhance their flavor. Flavors and recipes for these recipes can be found in other parts of the book. The dish will give the flavoring and accompaniment to go with the item.

Grilled Sea Scallops with Tomato Relish

1 ½ lb Sea scallops
2 ea Lime, juiced
1 ea Jalapeno, minced
sea salt to taste
cracked pepper to taste
1 clove Garlic rubbed into the mixing bowl
2 oz Olive oil

Method of preparation:

Prepare all of the items - to marinate, rub the bowl with the garlic to impart its flavor. Add the oil, lime, jalapeno and season to taste.

Gently toss the scallops with the marinade and allow them to marinate for 30 minutes.

At the time of service, heat the grill. Drain off any excess marinade and sear the scallops on both sides.

Tomato Relish

4 ea Ripe tomatoes - peeled, seeded, diced
2 oz Extra virgin olive oil
1 Tbsp Fresh basil- chopped
¼ cup Minced red onion
salt and pepper to taste

Method of preparation:

Combine all ingredients together and allow them to marinate for 30 minutes.

This relish is great with fresh mozzarella, grilled chicken and grilled vegetables.

Yields 6 servings – each serving is about 6.5 ounces

Rocking Rockfish with Cucumber and Poblano Salsa

1 lb Rockfish filet cut into 8- 2 oz pieces
1 ea Lemon, juiced
2 tsp Chopped parsley
2 tsp Cilantro
sea salt
cracked pepper
1 ½ oz Olive oil

Method of preparation:

Marinate the fish for about 30 minutes. In a very hot seasoned skillet or non-stick pan, at the time of service, sear the rockfish on both sides until brown, place in a 300 degree oven for about 2 minutes to finish cooking. Serve with the cucumber and poblano salsa.

Cucumber and Poblano Salsa

1 ea Cucumber- peeled, seeded and diced
1 ea Roasted poblano chili
2 Tbsp Minced red onion
1 Tbsp Chopped cilantro
2 tsp Rice vinegar

Method of preparation:

Combine the diced cucumbers with the diced roasted chilies and marinate in the rest of the ingredients for at least two hours. Serve with grilled, broiled and pan seared items.

Yields 4 portions

Pan Seared Sea Scallops with Avocado Salsa

1 ½ lb Fresh Sea Scallops
2 ea. Limes
1 ½ tsp. Sea Salt
½ tsp. Cracked Black Pepper
2 tbs. Olive Oil

Method of Preparation:

Place the scallops in a glass dish and season with the lime juice, salt, pepper, and olive oil. All the scallops to marinate for about 15 minutes before searing. At the time of service preheat a non stick pan to a medium high heat. Drain the scallops and arrange on the pan and sear on both sides for 2 minutes. Remove from the pan and serve over a bed of the Avocado Salsa.

Yields 6 portions

Avocado Salsa

2 ea Avocado – Diced
1 ea Lime – Juiced
1 Tbsp Chopped Cilantro
1 ea Jalapeño- Minced
¼ cup Minced Red Onion
2 ea Ripe Tomatoes – Diced

Method of preparation:

Simply dice the avocado and season with salt and lime juice. Add the rest of the ingredients and mix. This salsa will last about 3 or 4 hours in the refrigerator, the avocados tend to oxidize fairly quickly.

Avocadoes have only 5 net carbs each and add a great balance to grilled seafood and steaks.

Yields 2.5 cups Portion Size ¼ cup

Chesapeake Crab and Shrimp Cakes with Spicy Remoulade Sauce

1 lb Jumbo Lump crab meat
2 ea Eggs
¾ cup Mayonnaise
¾ cup Panko Bread crumbs
1 Tbsp Old Bay seasoning
1 tsp Dry English mustard
½ cup Green onions, sliced
dash Tabasco sauce
dash Worcestershire sauce
½ lb Baby (salad) shrimp
unsalted butter

Method of preparation:

Pick through the crabmeat to be sure there are no pieces of shell mixed in. Set aside.

Combine all other ingredients, except for the shrimp, and mix thoroughly. Toss in the crabmeat and shrimp and mix well. Shape into patties using ¼ cup for each patty. Yields 8 patties.

Sauté the crab cakes over medium heat with a little bit of butter until golden brown. Serve on a crispy Kaiser roll with lettuce and tomato; spread the Spicy Remoulade Sauce on the toasted roll.

Yields 10 4 oz patties

Spicy Remoulade Sauce

1/2	cup	Mayonnaise
3	Tbsp	Cocktail Sauce
2	Tbsp	Capers
2	Tbsp	Chopped Dill Pickles
1	Tbsp	Shallots, peeled and chopped
1	Tbsp	Lemon juice
1	tsp	Anchovy paste
1	Tbsp	Fresh parsley, chopped
1	tsp	Blackened Fish Seasoning
1/4	tsp	Cayenne pepper
1/4	tsp	Tabasco Sauce

Method of preparation:

In a medium bowl, combine all ingredients and mix thoroughly. If too thick, thin with one or two tablespoons of water.

Yields 10- 1 oz portions

Smoked Almond Cod

4 ea Cod filets – 6 oz each
1 ea Egg
2 Tbsp Water

Smoked Almond Breading

¼ cup Flour
¼ cup Ground Smoked Almonds
¼ tsp Ground White Pepper

Peanut oil as needed.

Method of preparation:

Prepare the Smoked Almond Breading by mixing the ingredients together. Prepared the egg wash by combining the egg and water, whisk together. Dip the cod filets in the egg wash. Dip the fish in the breading and allow it to sit in the refrigerator covered for 5 minutes.

Heat a non stick pan to a medium heat and add a few tablespoons of peanut oil. Pan fry the fish on both sides until golden brown.

Bake in a 350° oven for 5 – 7 minutes or until the fish reaches an internal temperature of 145°.

Yields 4 portions

Bourbon Catfish with Pecans

8 ea Catfish– 4 oz each
½ ea Lemon- juiced
2 Tbsp Water
1 dash Worcestershire Sauce

Breading

½ cup Flour
¼ cup Ground Pecans
½ tsp Salt
¼ tsp Ground White Pepper

½ cup Melted Butter

2 oz Bourbon
1 oz Lemon Juice
3 oz Butter - diced

Method of preparation:

Prepare the breading by mixing the ingredients together. Prepared the fish marinade by combining the water, lemon, and Worcestershire whisk together. Marinate the fish filets for 30 minutes. Dip the fish in the breading and allow it to sit in the refrigerator covered for 5 minutes. Dip the fish again and repeat the process.

Heat a non stick pan to a medium heat and add a few tablespoons of clarified butter. Pan fry the fish on both sides until golden brown.

Bake in a 350° oven for 3- 4 minutes or until the fish reaches an internal temperature of 145°.

In the same pan add the rest of the breading, about 2 tbsp, and lightly brown. Deglaze the pan with the bourbon and flambé, take care. Add the lemon juice and whisk in the butter. Serve sauce over the fish.

Yields 8 filets

Pan Seared Salmon with Country Ham and Cabbage

4	ea	Salmon Filets – 6 oz each
1	Tbsp	Cracked Black Pepper
1	tsp	Kosher Salt
1	tsp	Sugar
2	Tbsp	Butter
2	oz	Country Ham – Cooked and julienne
4	cups	Savoy Cabbage- cut very fine into strips
¾	cup	Heavy Cream
½	cup	Green Onions- sliced

Season the salmon filets with the cracked black pepper, sugar and salt and allow them to cure for 30 minutes in the refrigerator.

To prepare the country ham and cabbage heat the butter in a medium sized sauté pan and lightly sauté the ham for about 20 seconds. Add in the cabbage and cover for 1 minute on medium heat. Add in the heavy cream and simmer uncovered for 4 – 5 minutes. In the last two minutes of simmering add in the sliced scallions and then season the mixture with salt and pepper to taste. Hold warm while you cook the salmon.

To sear the salmon lightly oil a large non stick pan and heat it to a high heat. You will know when it is hot enough because the oil in the pan will begin to smoke. Add the salmon to the pan and sear for 3 minutes per side. Cover the pan with a lid for the last minute of cooking. The total cooking time is 6 minutes. Remove the salmon and lay over a bed of the ham and cabbage cream.

Yields 4 portions

Chefs Note: If you are a lover of mushrooms add up to 1 cup of sliced wild mushrooms in with the cabbage for a wonderful addition.

Gulf Shrimp with Angel Hair Pasta

1 ½ lb Jumbo Shrimp- Peeled and deveined

Salt and pepper to taste

2 Tbsp olive oil

16 oz Angel hair pasta

2 ea Ripe tomatoes- diced

1/4 cup Fresh basil- chopped

¼ cup Olive oil

3 clove Garlic- minced

Method of preparation:

Boil the pasta, drain and hold. Heat a sauté pan over medium high heat. Season the shrimp with salt and pepper. In the same pot you cooked the pasta, heat the 2 oz. of olive oil and sauté the garlic and shrimp, until cooked; add the basil and tomatoes. Toss in the hot pasta. Season to taste. Serve with lemon wedges.

(Yields 6 portions).

Pan Fried Mountain Trout with Walnuts, Shiitakes, and Scallions

8	ea	Trout filets – 4 oz each- boneless
½	ea	Lemon- juiced
2	Tbsp	Water
1	dash	Worcestershire Sauce
½	cup	Whole Wheat Flour
½	tsp	Salt
¼	tsp	Ground White Pepper
½	cup	Clarified Butter
8	oz	Shiitake Mushrooms – Sliced
2	bn	Scallions- Sliced Thin
½	cup	Toasted Walnuts

Method of preparation:

Prepare the breading by seasoning the flour. Prepared the fish marinade by combining the water, lemon, and Worcestershire whisk together. Marinate the fish filets for 30 minutes. Dip the fish in the breading and allow it to sit in the refrigerator covered for 5 minutes. Dip the fish again and repeat the process an additional time for a total of three dips.

Heat a non stick pan to a medium heat and add a few tablespoons of clarified butter. Pan fry the fish on both sides until golden brown, about 3 minutes per side. Remove from the pan.

Sauté the shiitake mushrooms in the leftover clarified butter that is in the pan. Once cooked add in the scallions and stir for about 20 seconds over medium heat. Add the walnuts in last. Season the mushrooms with salt and pepper to taste and serve over the trout filets.

Yields 8 portions

Smithfield Fettuccine

1 Tbsp Olive Oil
1 ea Red Pepper – Diced
½ lb Smoked Turkey Breast- Diced
¼ lb Cooked Virginia Ham- Diced
1 Tbsp Cracked Black Pepper
1 ½ cups Heavy Cream.
¼ cup Parmesan Cheese
1 bunch Scallions - Sliced
1 lb Fettuccine



Bring a one gallon pot of salted water to a boil and pasta. Boil the pasta for 8 – 10 minutes or until al dente, firm to the bite. Drain the pasta.

In a large sauté pan heat the oil and sauté the diced red pepper. Add in the diced turkey and ham and sauté for 30 seconds. Add in the cracked pepper and cream and bring to boil. Add in the grated parmesan cheese and combine with the Smithfield pasta sauce, pasta and sliced scallions. Simmer for an additional minute and serve.

Yields 6 portions- 1 ½ cup each

Chef's note: This recipe can also be adapted to for those that prefer smoked salmon. Substitute smoked salmon slices for the smoked turkey. Omit the ham; replace the diced red peppers with sliced asparagus

Apple Roasted Loin of Pork with a Mulled Cider Sauce

Loin of Pork

3 lb Loin of Pork, Center Cut

1 ½ cup Apple Butter

½ cup Brown Sugar

1 ea Egg



Preheat the oven to 350 Degrees

Brown the loin of pork in a roasting pan on top of the stove on high heat. This helps to sear all the juices in. Combine the Apple Butter, Brown Sugar, and Egg in a bowl. Mix well. Brush the loin of pork with the apple spread. Place the loin of pork back in the roasting pan and into the oven for 30 - 45 minutes. Measure the internal temperature of the roast with a meat thermometer. Remove from the oven when it reads 150 °. Let the roast sit for 15 minutes before slicing.

Yields about 8 ea 5 oz portions

Chefs Note:

Any time you plan on slicing a roasted piece of meat you need to let it sit for at least 15 minutes out of the oven before carving. If you carve the meat too quickly it will be tough and all the juices will run out. It is better to let it sit so the meat fibers can relax.

Side Hints: serve with baked sweet potatoes, and green beans with turnips and herb butter.

Mulled Cider Sauce



- 1 cup Apple Butter
- 1 cup Fresh Apple Cider
- 2 cup Chicken Broth
- 1 ea Cinnamon Stick
- ¼ cup Onions - puree
- 1 stick Butter

Combine all the ingredients in a 2 qt sauce pan and bring to a simmer over medium heat. Allow the sauce to simmer until about 2 cups of sauce are left. Add the juice from the roasted pork that is left in the pan to the sauce. Strain the sauce through a fine strainer into another sauce pan. At service cut the butter into patties and warm the sauce over a medium heat. Gradually add the butter to the sauce and whisk with a wire whip. Whisk until all the butter is added. Season with Salt and Pepper to taste. Serve Immediately.

Yields 2 1/2 cups or 8 2 1/2 oz portions

Smoked Prime Rib of Beef with Horseradish Cream

10	lb	Prime Rib of Beef- Oven Ready
3	Tbsp	Cracked Black Pepper
6	Tbsp	Kosher Salt
1	Tbsp	Rosemary- Fresh Chopped
1	Tbsp	Thyme- Fresh Chopped
3	Tbsp	Chopped Fresh Garlic
3	lb	Hard Wood Chips
1	ea	Small Disposable Roasting Pan

Preheat an Outdoor Gas Grill that has a lid to a Medium High Temperature. Place the Wood chips in the disposable pan with a little water.

Rub the out side of the prime rib with the Pepper, Salt, Rosemary, Thyme and Garlic. Place the Wood Chip Pan directly on the Coals and Place the Prime Rib on the Rack directly above it.

Close the lid of the Grill and Turn the Temperature on the grill to low.

Allow the Prime Rib to Smoke about 30 minutes. Remove the

Prime Rib and Place a 325 Degree oven for about 1 Hour or until the internal temperature reaches the desired degree of doneness.

the following is the temperatures you should pull the prime rib out at for the corresponding degree of doneness.

Rare is 120 °

Medium well is 140 °

Medium Rare is 130 °

Well Done is 150 °

Medium is 135°

Allow the Prime Rib to sit at least 20 minutes before carving.

Portion into 12 slices. Chef Note: When purchasing a prime rib the

butcher may also call it rib roast. Look for a well marbled eye of the

beef, that is the center of the roast. The bones should be red and white,

if they are a brownish red or grayish red the prime rib is not fresh.

Horseradish Cream

1 pint Sour Cream
3 Tbsp Prepared Horseradish
1 tsp Worcestershire Sauce

Combine and refrigerate for 1 hour before needed.

Herb and Pepper Basted Duckling with Pecan Cornbread Dressing Cherry Jus

Herb and Pepper Basted Duckling

2 ea Duckling 4# each
1 Tbsp Fresh Chopped Rosemary
4 oz Red Pepper Jelly
Salt and Pepper to Season

Preheat the oven to 450°

Remove the Wings, giblets and neck, save for sauce.

Season the Ducks with salt and pepper. Rub the Ducklings with rosemary and place on racks in a roasting pan. Roast the ducks for 30 minutes. Then remove the ducks and turn the oven down to 350 °. Drain off the fat from the pan and save about one cup. Roast for and additional 30 minutes.

Glaze the ducks with the pepper jelly and place back in the oven, roast for 45 minutes to an hour. Glaze the ducks every 15 minutes. The ducks should read 175° in the thickest part of the thigh. Once the ducks are roasted allow them to cool for 30 minutes before carving. Carve the legs and thighs first then slices of the breast meat.

Yields 8 portions

Pecan Corn Bread Dressing

1	lb	Cornbread - use your favorite recipe or mix
2	oz	Chopped Pecans
1	tsp	Poultry Seasoning
¼	cup	Chopped Celery
½	cup	Chopped Onions
½	cup	Duck Drippings
½	cup	Chicken Stock
½	tsp	Rubbed Sage

Sauté the celery, onions, sage and seasoning in the duck drippings until the vegetables become soft. Add the chicken stock and simmer for 10 minutes. Crumble the cornbread and toss together with the vegetables and stock. Add the chopped pecans last and place in a baking dish. Bake for 15 - 20 minutes with the duck.

Yields 24 oz or 8 3 oz portions

Side Hint: serve with maple glazed carrots and parsnips

Cherry Jus

2	cup	Chicken Stock
4	cup	Brown Veal Sauce
1	ea	Duck Neck
¼	cup	Chopped Onions
1	cup	Red Wine
¼	cup	Red Wine Vinegar
3	tbsp	Honey
½	cup	Dried Cherries
4	oz	Brandy

In a 4 qt stock pot brown the duck bones, giblet, and neck until they are dark brown. Drain off the fat. Add the onion and Red Wine, and vinegar. Simmer for 10 minutes. Add the Chicken Stock, Brown Veal Jus and bring to a boil. Simmer for 30 minutes and strain through a fine strainer into a 2 qt sauce pan. Add the honey, cherries and brandy simmer for 10 - 15 minutes.

The sauce should coat the back of a spoon.

Yields 16 oz of sauce or 8- 2 oz portions.

Old Fashioned Chicken Pot Pie

Chicken

- 1 ea Whole Chicken, 3- 4 lbs
- 3 qts Chicken Broth
- 1 ½ Cup Celery, small diced
- ¾ cup Onion, small dice
- ¾ cup Carrot. small dice
- 2 ea Bay Leaves
- 1 Tbsp Dried Thyme
- 3 clove Garlic, chop
- 1 cup Leeks, small diced



Combine all the ingredients in 6 qt stock pot and bring to a boil for 10 minutes. Remove the foam or impurities from the stock and reduce to simmer for 1 hour. Remove the chicken and allow to cool for 15 - 20 minutes. Strain off the broth and bring to a rapid boil over high heat. Reserve the vegetables for later. Pick all the meat from the chicken. Medium dice the chicken meat. Reduce the broth until 2 cups are left.

Pot Pie Filling

- 1 cup Heavy Cream
- 4 slices Bacon, cut into small strips
- ¼ cup Flour
- 1 Tbsp Black Pepper
- 2 oz Butter
- 2 cups Reduced Chicken Broth
- 2 cups Cooked Vegetables from the Chicken.
- ¼ cup Lima Beans
- ½ cup Whole Kernel Corn
- ¼ cup Green Peas
- ½ cup Green Beans

Melt the butter and render the bacon fat in a 3 qt sauce pot. Add in the flour and stir in to form a roux. Add the hot chicken broth and mix well with a wire whisk. Bring to a boil and add the rest of the ingredients. Simmer for 30 minutes to cook out the flour. Season with salt and pepper to taste. Add in the diced chicken and mix well.

Pastry Lid

1 sheet Puff Pastry

The pot pie can be served individually or in one large serving dish. Cut the puff pastry dough into the size and shape of the dish(es) that you are using. Brush the dough with one egg beaten with 1 TBSP of water. Place the dough on a lightly greased baking sheet and bake in a 375° oven until it puffs and is golden brown.

Pour the hot chicken cream mixture into the serving dish(es) and place the pastry shell(s) on top and serve immediately.

Chef's Note: Puff pastry dough can be found at your local grocery store in the freezer section.

Herb Biscuit Crust

4 ½ cups Biscuit Mix
1 ¼ cup Buttermilk
4 Tbsp Chopped Fresh Parsley
4 Tbsp Sliced Fresh Chives
1 tsp Dried Thyme
1 tsp Ground Black Pepper



Combine ingredients and mix until the dough forms a ball. The dough should be dry and firm. If the dough is too wet add some more Biscuit Mix. Roll out 1/2 inch thick and cut into individual 3 inch circles or squares. Place on a cookie sheet and bake at 350 degrees until golden brown, about 10 minutes. Serve on top of Chicken Pot Pie.

Roasted Shenandoah Valley Turkey

Glazed with a Herbal Honey

Served with a Surry Sausage Stuffing

Shenandoah Valley Turkey

116 - 18 lb Fresh Turkey
Salt and Pepper
½ cup Melted Butter



Glaze

1 cup Clover Honey
2 Tbsp Rosemary, Chopped
2 tsp Dried Thyme

Preheat the oven to 325°. Remove the giblets and neck, reserve for giblet gravy. Season the turkey with Salt and Pepper and brush with butter. Wrap the turkey with aluminum foil, shiny side in. Place on rack in a roasting pan. Place in oven and roast for 3 1/2 hours. Boil the ingredients for the glaze for 1 minute. Drain the foil and baste the turkey with the Herbal Honey Glaze. Baste every half hour for 2 more hours or until the internal temperature is 165°. Allow the turkey to rest 30 minutes before carving.

Yields 20 Portions

Giblet Gravy

- 1 Gal Unseasoned Poultry Stock
- 2 Lb Turkey Giblet and Neck
- 1 Cup Diced Onion
- 1 Cup Diced Celery
- 2 Tsp Poultry Seasoning
- 2 cups Turkey Drippings
- 1/4 cup Flour
- 2 Tbsp Turkey fat
- Salt and Pepper to season



In 6 qt stock pot brown the neck, giblets, and vegetables over a medium heat until the vegetables begin to turn brown. Add the Chicken Broth and Poultry Seasoning. Bring to a boil and reduce to a simmer for 3 hours. Add the Turkey Drippings to the giblet broth and strain out the liquid. Save the giblets for garnish. Allow the gravy to sit for 15 minutes. Remove the fat from the gravy and add to flour. Throw away the excess fat. Adjust the color of the gravy with Caramel Coloring. Mix the turkey fat and flour together well. Mix in a little giblet broth to make a paste.

Add the paste to the rest of the giblet broth and bring to a simmer. Simmer for 30 minutes, in the mean time chop the giblets fine. Add the chopped giblets to the gravy, season to taste.

Yields 1 ½ qts of Giblet Gravy .

Surry Sausage Dressing

2	1 lb	Loaves of White Bread
2	cup	Chicken Broth
1	cup	Milk
3	Tbsp	Poultry Seasoning
1	Tbsp	Fresh Thyme Leaves
4	oz	Bacon Fat
2	cup	Chopped Onions
3	cup	Chopped Celery
1	Lb	Surry (Breakfast) Sausage
5	ea	Eggs
1	tsp	Baking Powder



Toast the slices of bread. In a medium sauté pan brown the Sausage with the onions and celery. Dice the bread into quarter size pieces. Toss in a bowl with all the ingredients. Place in a baking dish and bake for 1 hour before serving. At service take the rest of the turkey drippings and remove the fat. Add the juice to the dressing and mix in.

Chef Note:

I always cook the dressing separate from the turkey. This will allow the turkey to cook more evenly and quicker. It also prevents the turkey from over cooking.

Side Hint: serve with your favorite recipe of mashed potatoes, cranberry relish, maple glazed carrots and parsnips, Brussels sprouts with smoked almonds.

Frisco Grilled Pork Chops

- 8 ea 6 oz Pork Chops
- 2 packet Goya Sazon™
- 1 tbsp Granulated Garlic
- 2 tbsp Sea Salt
- 1 ea Jalapeño chili - sliced
- 4 clove Garlic-minced
- 2 tsp Paprika
- 2 tbsp Olive oil
- 1 ea Lemon, juiced
- salt and pepper to taste



Puree everything except for the pork until smooth. Rub the mixture on the pork chops, cover and refrigerate for 3 hours. Preheat a char grill on high heat. Turn to medium heat and place chops on grill. Grill for 6-8 minutes on each side, or until the chops reach an internal temperature of 155° next to the bone. Allow to rest for 5 minutes before serving with the chili orange butter.

Yields 8 portions

Chili Orange Butter

- ½ ea Orange, juice and zest
- ½ ea Lemon, juice and zest
- 1 tsp Sea Salt
- 2 tsp Chili Powder- Chipotle is preferred
- 6 Tbsp Unsalted butter

In a small saucepan, simmer the juice and zest of the orange and lemon to reduce the volume of liquid and intensify the flavors, add in the chili and salt. Add butter. When the butter melts, mix thoroughly with the citrus juice and zest. Season with salt and pepper to taste.

Serves 8 portions

Brown Sugar and Cola Glazed Country Ham with Warm Peach Chutney

Cola Glazed Ham

15 lb Smoked Sugar Cured Ham
1 lb Brown Sugar
25 - 30 Whole Cloves
1 can Cola



Soak the ham in cold water overnight. Make sure to place the ham in a large enough container with 10 gallons of water. Once soaked with a brush scrub the outer skin of the ham and rinse well. Remove any rind or skin from the ham.

Preheat the oven to 300°. To prepare the ham score the outside layer very lightly forming little diamonds. In each diamond insert a whole clove. Sprinkle the ham with Brown Sugar. Place the ham in a roasting pan and pour the cola in bottom of the pan. Roast the ham for 3 hours. Baste the ham every 30 minutes with the cola. Make sure that it does not dry out, if necessary add some more cola to the glaze when basting.

Carve the Ham at service and serve with the warm peach chutney.

Yields 20 8 oz portions

Warm Peach Chutney

1 ½ cup Major Grey Chutney
1 cup Apricot or Peach Preserves
1 cup Diced Peaches - Frozen or Fresh
½ cup Ham and Cola Liquid
1 tsp Minced Fresh Ginger

Combine all the ingredients and warm in a sauce pan for service.

Yields 20 1 1/2 oz portions

Side Hints: serve with sweet potatoes with maple walnut butter or spicy southwestern spoon bread, whipped butternut squash or spring vegetable ragout.

Pork Chop Virginia
filled with Smithfield Ham and Jack Cheese
Served with a Apple Cream

Pork Chop Virginia

6	ea	8 oz Pork Chops – center cut
4	oz	Julienne Smithfield Ham
4	oz	Aged Jack Cheese
1	oz	Chopped Onions
1	Tbsp	Chopped Fresh Parsley
1	oz	Butter

In a sauté pan brown the butter lightly and sauté the Onions with the Julienne Ham, toss in the chopped parsley and grated cheese and chill. Make a slit in the pork chop and fill with the mixture. At service grill the pork chops to mark them then transfer to a broiler pan. Bake in a 375° oven for 12 - 15 minutes or until the reach an internal temperature of 155° . Serve with the Apple Cream Sauce.

Side Hints: serve with asparagus with citrus butter and potatoes au gratin.

Apple Cream Sauce

2	ea	Granny Smith Apples - Peeled, Cored, Slice Thin
1	quart	Apple Juice
12	oz	Heavy Cream
3	oz	Apple Brandy
4	oz	Brown Gravy
1	oz	Butter
dash		Cracked Black Pepper

In a sauce pan reduce the apple juice and scraps to a thick syrup. Strain and save the liquid, combine with the cream, brandy, brown gravy, and cracked pepper. Bring to a boil and reduce to simmer until the sauce reduces by half. Remove from heat.

Sauté until the apples become semi soft and brown. Add to the cream sauce and serve warm.

Yields 6 2.5 Portions

Tenderloin of Beef Hampton

Stuffed with Chesapeake Crab in Pastry

Served with Chive Hollandaise

Chesapeake Crab Filling

- 2 oz Chopped Shallots
- 4 oz Diced Raw Bacon
- 1 Lb Fresh Lump Crab Meat - Picked
- 2 Tbsp Chopped Parsley
- 2 ea Eggs

Render the bacon in a sauté pan and add in the shallots, cook until tender. Remove from heat. In a bowl add the crabmeat, parsley, and egg and toss together.

Beef Tenderloin Hampton

- 1 ea Chesapeake Crab Filling
- 4 lb Trimmed Beef Tenderloin - Center Cut
- 1 Sheet Puff Pastry
- 1 ea Egg, for eggwash

Preheat the oven to 375°. Season the beef with salt and cracked black pepper.

In a large skillet brown the beef tenderloin on all sides. With a sharp knife make a ½ inch cut lengthwise into the tenderloin. Place the crab filling on top and into the incision.

Roll out the puff pastry so that it may totally encase the tenderloin, about an 8" by 12" rectangle. Brush the edges of the pastry with an egg wash made from eggs whipped with a little water. Wrap the tenderloin with the puff pastry, the crab should be on top. Brush the entire pastry wrapped tenderloin with the egg wash. Place the beef on a sheet pan, and place in the oven. Bake the beef for 20 - 30 minutes or until it reaches an internal temperature of 130 degrees. Allow to rest before carving into 16 slices.

Serve with 2 cups of Hollandaise, which has been flavored with 2 Tbsp of Chives

Yields 8 8 oz portions

Side Hints: serve with oven roasted potatoes, asparagus with citrus butter, tiny green beans with turnips and herb butter.

Roasted Breast of Chicken Macon County with Pecan Wild Rice Stuffing Georgia Peach Jus

4 ea Whole Chickens – 2 # ea

1 cup Pecan Wild Rice
2 cups Chicken Broth
¼ cup Onions, finely diced
½ cup Diced Peaches
2 Tbsp Chopped Fresh Parsley
2 ea Eggs
Salt and Pepper to taste

Prepare the filling first . Sauté the onions in a 2 qt sauce pot until tender. Add the Pecan Wild Rice and Chicken Broth. Bring to a simmer, cover and reduce heat. Cook the rice for 15 - 20 minutes. Remove and spread on sheet pan and refrigerate until cool. Mix in the Peaches, Parsley, Eggs and Seasoning.

Remove the leg and thigh from the chicken and use for chicken pot pie, chicken salad etc. Stuff the breast of the chicken under the skin with a pastry bag. Poke a hole through the membrane between the skin and breast meat. Fill the breast with about 3 ounces of filling.

Preheat an oven to 350°. Place the chickens on a roasting pan, season with salt and pepper. Roast in the oven for 30 - 40 minutes or until the breast reaches 160°. Remove from oven and allow to rest 15 minutes before carving.

This can be held up to an hour before service in a warm oven, before carving. To serve slice the breast along the breast bone and down to the wing bone. Simply pull the meat off the carcass. Serve with Georgia Peach Jus.

Yields 8 portions

Side Hints:

Serve with Whipped Butternut Squash, and Tiny Green Beans with Turnips and Herb Butter.

Georgia Peach Jus

1 Tbsp Butter
½ cup Chopped Vidalia Onions
2 Tbsp Sugar
½ ea Lemon
½ cup White Wine
2 cup Brown Gravy
1 cup Peach Jelly
1 cup Diced Fresh or Frozen Peaches
1 Tbsp Chopped Parsley
Salt and Pepper to Taste



Sauté the onions first in the butter until tender. Remove from pan. Caramelize the sugar in the pan and slowly add in the lemon juice and wine. Bring to a simmer and reduce for two minutes. Add in the jelly and gravy and reduce until thick. At service add the Peaches and Parsley. Season to taste.

Southern Style Pan Fried Chicken

8 ea Chicken Breasts
4 oz Buttermilk
1 ½ tsp Salt
3 tsp Black Pepper
¼ tsp White Pepper
1 ea Egg
½ tsp Garlic Powder
2 tsp Lawry's™ Seasoning

1 cup Flour

Frying oil as needed.

Method of preparation:

Prepare the chicken by mixing the first 8 ingredients together. Allow the chicken to marinate in the refrigerator for 30 minutes. Rub the flour into the chicken and marinade to create a batter on the outside of the chicken

Heat a non stick pan to a medium heat and add a few tablespoons of safflower oil. Pan fry the chicken breast on both sides until golden brown.

Bake in a 350° oven for 10 minutes or until the chicken breast reaches and internal temperature of 165°. This can also be chilled for a nice addition to a picnic basket.

Yields 8 portions

Chefs Note: This recipe can also be used with chicken tenders. Toss them in Franks Hot sauce and Butter for Buffalo Style Chicken Tenders, serve with Maytag Blue Cheese Dressing.



Asian Peanut Chicken

4	ea	Chicken Breasts – Sliced in half lengthwise
1	ea	Egg
2	tsp	Grated Ginger
2	tsp	Soy Sauce

Peanut Breading

½	cup	Flour
¼	cup	Ground Peanuts
½	tsp	Granulated Garlic
¼	tsp	Salt
1	ea	Sliced Scallion
¼	tsp	Ground White Pepper

Peanut oil as needed.

Method of preparation:

Prepare the Peanut Breading by mixing the ingredients together.

Prepared the egg wash by combining the egg, ginger and soy sauce, whisk together. Dip the chicken breasts in the egg wash. Dip the chicken breast in the breading and allow it to sit in the refrigerator covered for 5 minutes. Dip the chicken breasts again and repeat the process an additional time for a total of three dips.

Heat a non stick pan to a medium heat and add a few tablespoons of peanut oil. Pan fry the chicken breast on both sides until golden brown.

Bake in a 350° oven for 10 minutes or until the chicken breast reaches and internal temperature of 155°.

Yields 8 cutlets

Scrambled Eggs with Irish Smoked Salmon

12	ea	Fresh Eggs
¼	cup	Sour Cream
4	oz	Irish Smoked Salmon
4	tsp	Chopped Fresh Dill
2	tsp	Sliced Fresh Chives
¼	cup	Melted Butter

In a medium bowl whip together the eggs with sour cream until the sour cream is fully incorporated. Julienne the Smoked Salmon. Heat the butter in a non-stick pan. Add the remaining ingredients and stir gently until the eggs are cooked to your preference. It is better to scramble eggs slowly over a medium heat to prevent scorching and to keep the eggs soft.

Yields 4 servings

Peppercorn Glazed Corned Beef

3	lb	Corned Beef Brisket
¼	cup	Cracked Black Pepper
1	cup	Dark Brown Sugar
¼	cup	Honey

Simmer the corned beef in a 6 qt pot filled with 3 quarts of water, covered, for about 1 hour. Prepare the glaze by mixing the ingredients together and heating over a slow heat until it comes to a simmer. Remove the corned beef and place on roasting pan that is lined with foil. Glaze and roast at 350 degrees for 1 hour. Glaze the corned beef every 15 minutes. Remove from oven and slice at service, drizzle the excess glaze over the beef.

Yields 4 - 6 Servings

Poached Eggs on Cornbread Rusks with Surry Sausage Gravy

Cornbread Rusks

1 ¼ cups Milk
1 cup Yellow Cornmeal
1 cup Melted Butter
1 ½ cups All Purpose Flour
1 tsp Baking Powder
1/2 tsp Baking Soda
1/2 tsp Salt
2 Tbsp Sugar
2 ea Eggs

Preheat the oven to 375 °. Combine the milk and cornmeal and allow to sit about 15 minutes. Add in the Sifted dry ingredients, mix until blended. Add the eggs and mix again. Add the butter last and mix well. Pour on to a greased sheet pan and bake for 20 - 25 minutes until golden brown. Remove from oven and allow to cool. This is a simple recipe for cornbread. Cut the cornbread into 3 inch squares
At service toast the rusks to reheat.

Yields: 16 - 20 rusks

Surry Sausage Gravy

1 lb Surry Sausage or your favorite Sage Breakfast Sausage
1 ea Medium Onion - Finely Diced
1 qt Milk
1 cup All Purpose Flour
1 Tbsp Ground Black Pepper
Salt to taste



Heat up a large sauté pan, Crumble in the sausage. Brown the sausage with the diced onions until they are fully cooked. Add the flour to the pan and mix until incorporated. Cook the mixture over medium heat for about 5 minutes, stirring constantly. Add the milk and stir until thickened. Add the seasonings, and simmer for 15 - 20 minutes.
Yields 1 qt of sauce

Chefs Note: This sauce is great over biscuits.

Poached Eggs

16	ea	Fresh Large Eggs
1	qt	Simmering Water
2	oz	Cider Vinegar

To poach eggs bring the water and vinegar to a simmer, about 180°, in 2 qt sauce pan. Crack the eggs into the water and allow to poach 5 - 8 minutes until the yolks begin to coagulate. The yolks should still be a little runny when served.

Remove the eggs from the pan with a slotted or perforated spoon. Place them on the cornbread rusks on a plate. You may either pour the gravy over the eggs or place the sauce on the plate and the rusks and eggs on top. Garnish with chopped fresh parsley. If you are preparing this dish in a Chaffing Dish place the sauce in the pan first and the rusks and eggs on top. This will add to the presentation and be easier for the guest to handle.

Scrambled Eggs with Mushrooms and Bacon

8 ea Large eggs
2 Tbsp Sour cream
2 tsp Fresh chives, sliced
1 Tbsp Unsalted butter
¼ lb Bacon, diced
¼ lb Mushrooms, sliced
Salt and pepper to taste



Method of preparation:

In a medium bowl, beat the eggs with the sour cream until well blended. Stir in chives and seasonings.

Melt butter in a large, non-stick skillet and slowly cook the bacon until crisp. Remove and sauté the mushrooms until they are fully cooked.

Pour in egg-and-salmon mixture. Stir gently over medium heat until eggs are cooked to your taste. Add the bacon back into the eggs.

Serves 4

Dad's French Toast

- 1 cup Milk
- 2 ea Eggs
- 1 Tbsp Sugar
- ½ tsp Vanilla Extract
- 8 slices Challah or French Bread
- 2 oz. Melted butter



Lemon Sauce

- 3 oz. Sugar
- 2 oz. Butter
- 2 ea Lemons
- 1 tsp Cinnamon - Ground

Method of preparation:

Prepare the custard by mixing the eggs, milk, vanilla and sugar. Heat the sauté pan and melt the butter. Dip the sliced bread in the custard then place them in the sauté pan. Lightly brown the toast on both sides. Then bake the toast on a sheet pan in a 350° oven until light and puffy. To prepare the sauce, add the sugar to the pan and dissolve with the lemon and add the nutmeg. Simmer and stir in the butter, serve over the French toast. Yields 4 portions

Cheese Blintzes with Strawberries

- 6 ea Crepes
- 1 cup Ricotta Cheese
- 1 Tbsp Splenda or 2 Tbsp of Sugar
- 1 Tbsp Orange Zest
- 2 ea Eggs

Combine the ricotta, Splenda, orange and eggs. Portion 2 oz of ricotta mixture into the center of the crepe. Fold the ends into the center first then the two longer ends in to make a square stuffed crepe. Place the stuffed crepes on a buttered glass dish and bake in a 325° preheated oven for 15 minutes or until the crepes a little crispy on the outside. Portion 2 blintzes per plate and top with ¼ cup marinated fresh strawberries and serve warm.

Yields 3 Breakfast portions – 2 blintzes per portion

Breakfast Fiesta Quiche



8	oz	Pie Dough
6	ea	Eggs
½	cup	Sour Cream
4	oz	Cheddar Cheeses- grated
6	oz	Chorizo Sausage- cooked and crumbled
½	cup	Salsa
2	ea	Scallions - Sliced

Grease a 10 inch glass pie dish with butter. Roll out the pie dough to 12 inches and place in the pie dish. Mix the eggs and sour cream then add in the cheddar cheese and sausage. Pour the mixture into the dough lined pan and bake in a preheated 350° oven for 20 minutes until the crust is a deep golden brown color and the egg mixture is fully cooked. Slice into 6 portions and top with salsa and sliced scallions.

The sausage can be eliminated to suit your dietary needs.

Yields 6 portions

Upside Down Pineapple Pancakes

Coconut Syrup

- ¾ cup Brown Sugar
- ¾ cup Butter
- 12 Fresh Golden Pineapple Rings
- 6 cups Pancake Batter (either made from a mix or the recipe in (Basic))

In a non-stick pan heat 1 Tbsp of butter and sprinkle 1 Tbsp of brown sugar over the melted butter. Place a slice of pineapple in the brown sugar butter, and lightly caramelize the pineapple. Ladle ½ cup of the batter over the pineapple. Once the pancake is cooked on one side flip the pancake over and continue cooking until done. Place on a plate and top with ¼ cup, 2 oz, of the coconut syrup. Garnish the middle of the pineapple ring with a strawberry, or even a maraschino cherry. Yields 12 pancakes.

Coconut Syrup

- 14 oz Coconut Lopez- Cream of Coconut
- 2 cup Light Corn Syrup
- 1 jigger Coconut Rum

Bring the ingredients to a boil and reduce over medium heat for 5 minutes.

Yields 24 oz or 3 cups.

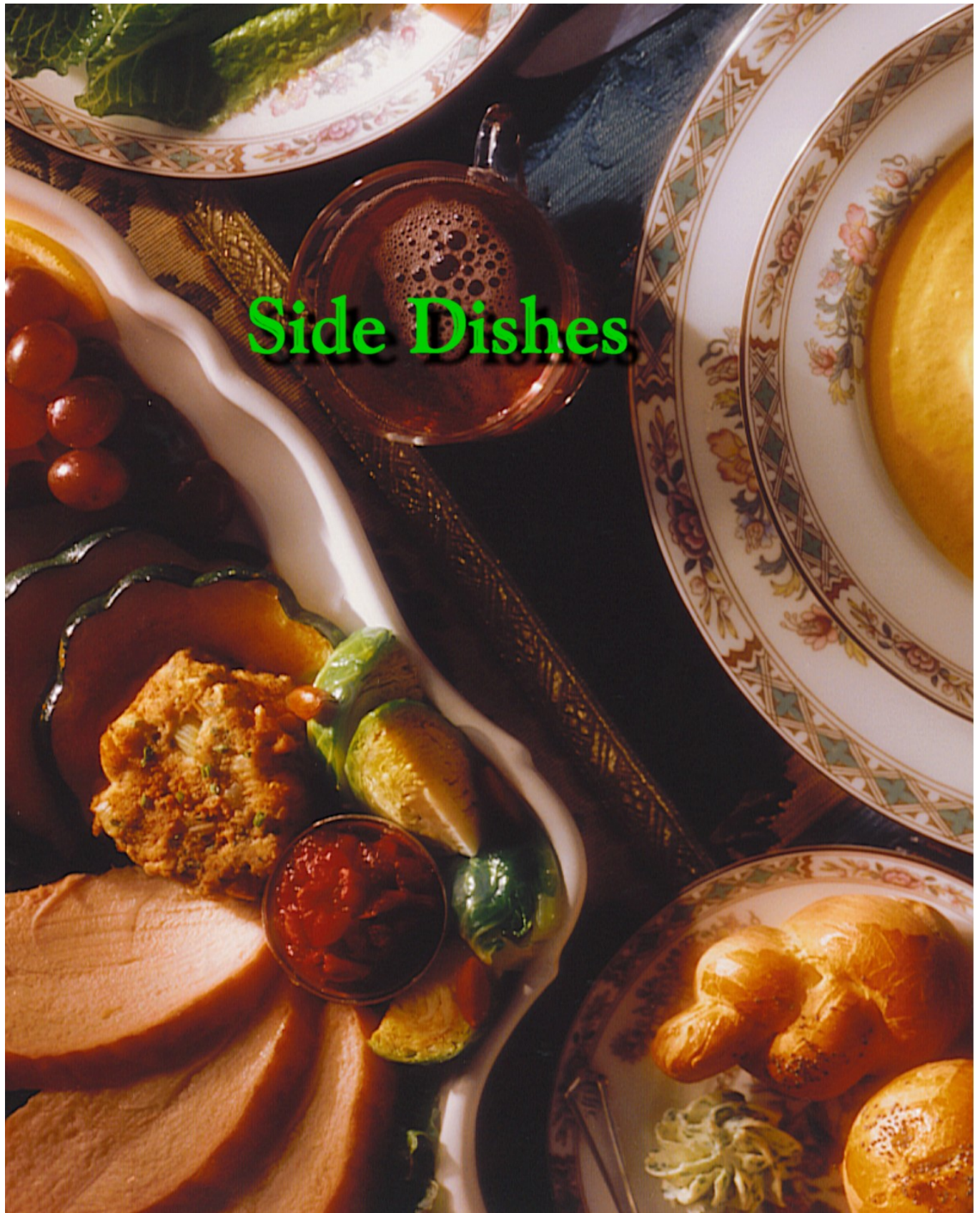
Chefs Note: This is a wonderful brunch dish created by one of my best friends. The pancakes can be made up to 30 minutes before service then reheated in the oven.

Breakfast Crepes with Lemon Cream

6 ea Crepes
1 Tbsp Lemon Juice
2 Tbsp Sugar
1/3 cup Heavy Cream

Blend the lemon juice, Splenda and cream in bowl and allow it to firm up at room temperature for 15 minutes. Roll the crepes and keep them warm. Place three crepes on each plate and drizzle half of the lemon cream over each of the plates.

Yields 2 breakfast portions



Brussels Sprouts with Smoked Almonds

- 1 pint Brussels sprouts
- ¼ cup Hickory-smoked almonds
- 2 Tbsp Unsalted butter
- Salt and pepper

Method of preparation:

To prepare the sprouts, cut out the stems and remove any brown leaves. Rinse well. In a 2-quart sauce pan, boil 6 cups of water. Add the Brussels sprouts and simmer 8 to 10 minutes or until tender. Drain and place in a bowl.

In a sauté pan, lightly brown the butter. Add the smoked almonds; sauté" 3 to 4 minutes to release the flavor. Gently mix the butter-and-almond mixture with the Brussels sprouts. Season with salt and pepper to taste.

Serves 4

Oven Roasted Carrots and Parsnips

- 1 lb Carrots – Peeled and Sliced on an Angle
- 1 lb Parsnips – Peeled and Sliced on an Angle
- 3 Tbsp Melted Butter
- 3 Tbsp Sugar
- salt and white pepper to taste



Combine all of the ingredients in a bowl and spread on a baking dish. Bake in a preheated 325° until tender and lightly caramelized, about 40 minutes.

Yields 8 portions

Tiny Green Beans with Turnips and Herb Butter

1 cup White turnips, peeled and cut batonnet or diced
1 pound Tiny French green beans- Haricot Vert
1 tsp salt
Herb Butter (recipe follows)



Method of preparation:

To batonnet the turnips, slice them about 1/4 inch thick with a sharp knife. Lay the slices flat and slice again to form little matchstick shapes.

The green beans should be the smallest you can find. If tiny green beans are not available, use regular-size beans and French, cut in half lengthwise.

In a 2-quart saucepan, bring hot water and salt to a boil. Add turnips and beans to the water; cook for five to eight minutes. The beans should be tender but still bright green. Drain the vegetables. Toss to coat with the Herb Butter.

Yields 6 portions 1/2 cup each

Oven Roasted Potatoes

2 lb Red Bliss Potatoes- washed and quartered
1 tbsp Kosher Salt
1 tbsp Chopped Garlic
1/2 tsp Black Pepper
1/4 cup Extra Virgin Olive Oil
2 tsp Chopped Fresh Rosemary

Toss all in ingredients in a bowl to coat the potatoes. Place in an ovenproof casserole, spread evenly. Bake in a preheated 375° oven for 45 minutes or until tender.

Yields 8 portions 1/2 cup each

Herb Butter

- 3 Tbsp Unsalted butter, room temperature
- 1 Tbsp Fresh parsley, chopped
- 1 tsp Fresh chives, sliced
- 1 tsp Fresh basil, chopped
- ¼ ea Lemon, juiced



Method of preparation:

In a small bowl, mix the herbs with the butter. Add the lemon juice. Mix well.

Chef's Note: The challenge to preparing a special meal is to make sure everything is ready at the same time, with nothing overcooked or cold.

Yields 8 portion size- 2 teaspoons each

Chefs Note: Vegetables can be pre-blanching, shocked and the reheated at service time. To blanch means to bring to a boil. You then drain off the hot water and shock them by pouring on ice water to stop the cooking process. Be sure to pour off the water as soon as the vegetables are chilled. The longer vegetables stand in water, the more vitamins they lose. To reheat (in this recipe), you may sauté the vegetables in the herb butter. To reheat in a microwave oven, transfer the vegetables to a microwave-safe bowl; spread the herb butter on top. Cover with plastic wrap. Heat the vegetables for five minutes on a high setting. Serve with baked potatoes for an interesting twist. This butter is a great compliment to grilled corn on the cob.

Potatoes au Gratin

- 4 ea Baking Potatoes – Peeled, Cooked, and Sliced
- 1 cup Heavy Cream
- 2 clove Garlic- Minced
- 1 cup Shredded Gruyere Cheese
- salt and white pepper to taste

Arrange the potatoes in a greased casserole.

Heat the cream in a sauce pot and add the minced garlic. Stir and simmer for 5 minutes. Season with a little salt and pepper. Pour the hot cream mixture over the potatoes and top with the shredded gruyere cheese. Cover and bake in a preheated 325° for 45 minutes or until the cheese turns golden brown.

Yields 8 portions

Grilled Summer Squash with Cilantro Vinaigrette

- 2 ea Summer Squash – small
- 2 ea Zucchini Squash- small
- 2 Tbsp Olive Oil

- ¼ cup Olive Oil
- 3 Tbsp Cilantro – Chopped
- 1 ea Tomato – Diced
- 2 ea Limes –Juiced
- 2 tsp Cracked Black Pepper
- 1 tsp Kosher Salt

Method of preparation:

Trim the ends of the squash and slice them in half. Preheat a grill to medium high heat. Prepare the vinaigrette by marinating the tomatoes, oil, juice and seasoning. Grill the squash just before the time of service and arrange on a platter. Add the cilantro to the vinaigrette and mix well. Spoon the vinaigrette over the grilled squash and serve.

Yields 8 ½ cup portions



Twice Baked Potatoes

- 4 ea Russet Potatoes – large
- 1 cup Sharp Cheddar Cheese- Shredded
- ¼ cup Cooked Chopped Bacon
- 2 ea Eggs
- ½ cup Sour Cream
- salt and white pepper to taste
- 3 Tbsp Sliced Chives
- ½ cup Parmesan Cheese
- 1 tsp Paprika



Clean and bake the potatoes for 1 to 1 ½ hours. Cool the potatoes for at least 30 minutes. Split the potatoes in half and scoop out the cooked potatoes. Mash the potatoes and mix in the eggs, cheddar cheese, bacon, chives and sour cream. Using a pastry bag fill the potato skins with the mixture. Mix the parmesan and paprika and sprinkle over the top of the potato. Bake in a preheated 350° oven for 20 – 30 minutes or until golden brown.

Yields 8 portions

Chefs Note. For a low carb option substitute the potatoes with 1 large head of mashed cauliflower. Pour the mixture in a casserole pan, top with the cheese and paprika and bake in a 350° oven for 20 minutes.

Spring Vegetable Ragout

- 1 ea Zucchini
- 1 ea Yellow squash
- 1 ea Carrot, peeled
- 4 ea Scallions
- 1 ea Red pepper, seeded
- 1 ea Turnip, peeled
- 1 recipe Herb Butter



Method of preparation:

Wash the vegetables in cold water. Cut the zucchini, yellow squash and turnip into baton-net shapes (sticks about 1/4 x 1/4 x 2-1/2 to 3 inches). Cut the carrots and the red pepper into julienne strips (sticks about 1/8 x 1/8 x 2-1/2 inches). Slice the scallions thin.

Blanch the vegetables in a pot of boiling, salted water. Pour off the boiling water and cool in ice water.

When ready to serve, heat the Herb Butter in a medium sauté pan; add the vegetables. Sauté until vegetables are hot. Serve immediately.

Serves 8

Latkes - Potato Pancakes

1 lb Grated Yukon Gold Potatoes
1 ea Eggs
¼ cup Flour
Salt and White Pepper to taste
Pinch Nutmeg
2 Tbsp Sliced Chives Chopped Parsley

Combine all the ingredients in a bowl and mix well.

½ cup Clarified Butter or Oil

Heat a fry pan to a medium high heat. Add some of the clarified butter to the pan. With a 1/4 cup measure or 2 oz ladle pour the potatoes into small pancakes. Brown on both sides and remove, place on baking sheet. Bake the pancakes for 5 – 8 minutes just before service.

Yields 8 – 10 pancakes

Asparagus with Citrus Butter

2 lb Fresh asparagus
Citrus Butter

Method of preparation:

Wash asparagus and cut off tough part of the stalks (the whitish part). Place asparagus in a steamer. If a steamer is not available, substitute a covered colander over boiling water. Steam 3 to 5 minutes or until tender and still bright green in color. Do not overcook. Remove from heat and arrange asparagus on a serving platter. Drizzle the citrus butter over the top.

Citrus Butter

4 Tbsp Unsalted butter
¼ ea Orange, juice and zest
1 ea Lemon, juice and zest
Salt and pepper

Method of preparation:

In a small saucepan, simmer the juice and zest of the orange and lemon to reduce the volume of liquid and intensify the flavors. Add butter. When the butter melts, mix thoroughly with the citrus juice and zest. Season with salt and pepper to taste.

Serves 8 portions

Whipped Butternut Squash

2 lb Butternut squash, peeled and seeded
½ stick Unsalted butter, room temperature
2 tablespoons sugar
pinch of nutmeg
salt and pepper

Method of preparation:

Cut squash into small chunks. Steam 15 to 20 minutes or until soft. Set aside for five minutes.

In an electric mixer, whip the squash; beat in the butter and Splenda. Season to taste with nutmeg, salt and pepper.

Chef's Note: For variety, substitute pumpkin for the butternut squash. Acorn squash is slightly higher in net carbs than butternut.

Yields 10 ½ cup portions

Microwave Wild Rice Pilaf

½ cup Wild Rice
4 ½ cups Chicken Stock or Broth
1 cup Brown Rice
½ cup Diced Onion
1 Tbsp Butter
1 ea Bay Leaf
2 Tbsp Chopped Parsley or chives

In a coverable casserole dish combine the wild rice and chicken broth. Wrap the casserole with plastic wrap. Place the glass lid on top. Microwave for 7 minutes and allow the rice and stock to stay in the microwave for 20 minutes. Add the white rice, onion, butter and bay leaf. Cover with plastic and the glass lid and microwave for another 15 minutes. Allow the rice to rest for 10 minutes. Remove and fluff in the chopped herbs. Season to taste.

Yields 8 ½ cup portions

Cheddar Mashed Cauliflower

- 1 head Cauliflower
- 1 cup Sharp Cheddar Cheese- Shredded
- salt and white pepper to taste
- 3 Tbsp Sour Cream

Cut the cauliflower into large pieces and boil in salted water for 10 minutes or until tender. Drain well and return to the same pot. Mash the cauliflower and season with a little salt and pepper. Mix in the cheddar cheese and sour cream and place in a microwave proof bowl. At the time of service reheat for 1 minute.

Yields 8 portions

Succotash

- 2 Tbsp Butter
- 2 cup Frozen Baby Lima Beans
- 1 ea Zucchini – Diced Small
- ¼ ea Red Pepper- Diced
- ¼ cup Cooked Hominy
- 2 cup Fresh Corn Kernels
- 3 ea Green Onions – Sliced
- 1 tsp Cracked Black Pepper



In a medium sized skillet heat the butter and add in all of the ingredients. Simmer until the yellow squash is cooked and season with salt and additional black pepper.

Yields 6 ½ cup servings

Angel Biscuits

1	packet	Dry Yeast
¼	cup	Warm Water
3	Tbsp	Sugar
2	Tbsp	Bread Flour



2 ¾	cup	Self Rising Flour
¼	cup	Shortening
3	Tbsp	Butter
1	cup	Buttermilk

Combine the first four ingredients and allow to rest for 30 minutes. Break up the shortening and butter in the self rising flour until it resembles corn meal. Add all of the ingredients together and mix until the dough is consistent. Roll the dough out on to a floured surface , about ½ inch thick and cut into 3 inch circles. Place the biscuits on a greased pan and cover with a damp cloth. Allow the biscuits to rise for 30 minutes. Bake the biscuits in a 385° oven until golden brown. Brush with additional butter if desired.

Yields 1 dozen biscuits

Chefs Note: To prepare cheddar biscuits simply mix in 4 oz of grated sharp cheddar cheese when you add the buttermilk.

Sweet Potato Biscuits

4	cups	Self Rising Flour
1/3	cup	Brown Sugar
1/4	tsp	Ground Allspice
1/2	tsp	Ground Cinnamon
1	Tbsp	Baking Powder
1/2	cup	Butter
1/3	cup	Shortening
2	cup	Sweet potatoes- cooked and diced
2	cups	Milk

Combine first 5 ingredients in a bowl. Cut in the butter and shortening with a knife then rub the mixture with your hands until it looks like cornmeal. Fold in the sweet potatoes and milk and mix until all of the flour is absorbed. Scoop the biscuits on to greased pan. Sprinkle up to 1 cup of light brown sugar over the top of the biscuits as desired for a sweeter biscuit. Bake at 375° for 12 – 15 minutes.

Chefs Note: These biscuits are great for breakfast and for holiday gatherings when you serve baked sliced ham.

Cornbread Muffins

1/3	cup	Yellow Cornmeal
2/3	cup	Sugar
1 1/4	cup	All Purpose Flour
1 1/2	Tbsp	Baking Powder
3	oz	Corn Oil
2/3	cup	Milk
1	ea	Eggs
2	tsp	Honey
1/4	tsp	Vanilla Extract



Blend the ingredients together for 30 – 40 seconds or until smooth. Grease a 12 x 8 glass baking dish, or use 12 muffin cups. Preheat the oven to 375°. Pour the batter in the greased pan and bake for 15 – 18 minutes for the cornbread or 10 minutes for the muffins. Remove when fully cooked and golden brown. Cool before slicing into 2 inch squares.

Yields 12 squares.

Chefs Note: This batter can be used for corn muffins and cornpone sticks.

Spicy Southwestern Spoon Bread

- 1 lb Yellow Corn Meal
- 3/4 Tbsp Salt
- 4 Tbsp Sugar
- 3 pints Boiling Water
- 1 ½ sticks Unsalted Butter
- 4 ½ cups Milk
- 2 ¼ cups Fresh Eggs
- 1 oz Baking Powder
- 1 cup Whole Kernel Corn
- ½ cup Diced Green Chilies
- 2 ea Diced Jalapenos
- 3 Tbsp Chopped Cilantro
- 1 lb Monterey Jack Cheese, Grated



Preheat the oven to 400 degrees. Blend together the corn meal, salt and sugar. In a 4 quart sauce pan boil the water and add in the corn meal mix, stirring constantly. Add in the butter and remove from the heat. Allow the mixture to cool for 30 minutes. With a wire whisk, combine the remaining ingredients, except the cheese, together and add to the cooked cornmeal mixture. Place in a greased 4 quart casserole dish and bake for 30-40 minutes. Test with a toothpick for doneness, and remove from oven. Top with the grated cheese, allow it to melt and serve.

Yields 16, 6 oz portions

Currant Scones

4	cup	Self Rising Flour
1	Tbsp	Baking Powder
1	stick	Butter
4	Tbsp	Sugar
1	tsp	Salt
1	cup	Dried Currant
1	ea	Orange - Grated Rind
1	ea	Lemon - Grated Rind
1	pint	Milk

Preheat oven to 375 Degrees

Sift all dry ingredients together. Soak currants, rinds and milk. Add the butter to the dry ingredients, rub the butter into pea size pieces. Add in the currants, grated rind, and milk and mix together until the dough is consistent. Allow the dough to rest 15 minutes, roll out onto a floured surface about 1 inch thick. Cut into 2 oz pieces with a round cutter. Place on baking pan and brush the scones with a sweet milk wash. The Sweet wash is 1/2 cup milk with 2 TBSP of honey mixed in.

Yields 24 2 oz Scones

Serve with Fig Preserves and Whipped Butter

Cheddar English Muffins

2	tsp	Dry Yeast
2 ½	tsp	Sugar
½	cup	Warm Water
2/3	cup	Buttermilk
2	ea	Eggs
2	Tbsp	Melted Butter
2	cup	All Purpose Flour
1	tsp	Salt
½	cup	Grated Cheddar Cheese
½	cup	Melted Butter

Combine the yeast and the sugar in a bowl. Add in the warm water, it should be about 110 degrees, and mix well. Allow a sponge to form, about 3 minutes. Combine the eggs, buttermilk, and 2 TBSP of butter, and mix into the yeast water. Sift in the flour and salt and blend until the mixture forms a batter. Add the Cheddar Cheese and mix together. Cover with a towel and allow to double in volume.

On a medium heat griddle or Frying Pan place 4 buttered biscuit cutters, or egg rings. Portion 3 TBSP of batter in each ring. Griddle until bubbles form on the top of the muffin. Remove the ring and flip over. Griddle an additional minute until the muffin is lightly brown.

Yields about 16 muffins.



Ice Cream Base

1	cup	Milk
1 ½	cups	Heavy Cream
½	cup	Sugar
1	tsp	Vanilla extract
4	ea	Egg Yolks

Heat the milk and cream to 180°. Whisk the mixture slowly into the eggs and vanilla. Cool over ice immediately and refrigerate overnight before churning.

Ice Cream -American Style

1 ½	cup	Milk
¼	cup	Sugar
½	tsp.	Vanilla extract
1	cup	Heavy cream

Method of Preparation:

Combine the milk, sugar, vanilla and cream in a bowl. Pour into the ice cream maker and follow the manufactures directions. Once the ice cream is frozen add in any garnishes and place in a clean sealable plastic container and freeze until needed.

Yields 4 cups by volume- 8 portions

Portion size is ½ cup

Amaretto Ice Cream

1 recipe Ice Cream Base

½ tsp Almond Extract

Garnish:

½ cup Toasted and Chopped Almonds

Combine the extract with the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe. Add in the garnish once the ice cream is frozen.

Chefs Note: You can also add in ¼ cup of chopped sugar free chocolate.

Yields 8 -½ cup portions

Blueberry Ice Cream

1 recipe Ice Cream Base

½ cup Blueberries – lightly crushed

Combine the extract with the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe. Add the blueberries to the ice cream when you combine the whipped heavy cream and the ice cream base.

Chefs Note: You can substitute strawberries, raspberries, or blackberries with 2 more tablespoons of Splenda in place of the blueberries.

Yields 8 -½ cup portions

Cappuccino Ice Cream

1 recipe Ice Cream Base

1 shot Espresso

¼ tsp Ground Cinnamon

½ tsp Vanilla Extract.

Combine the espresso, cinnamon, and extract with the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe.

Chefs Note: You can also add in ¼ cup of chopped sugar free chocolate or 1 Tbsp of crushed espresso beans to the mix for an interesting twist.

Yields 8 -½ cup portions

Chocolate Ice Cream

- 1 recipe Ice Cream Base
- 2 Tbsp Dutch Cocoa Powder
- ½ tsp Vanilla Extract

Combine the cocoa powder and vanilla extract with the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe.

Chefs Note: You can also add in ¼ cup of chopped sugar free chocolate and or ½ cup of chopped toasted nuts.

Yields 8 -½ cup portions

Cinnamon Ice Cream

- 1 recipe Ice Cream Base
- 2 tsp Ground Cinnamon
- ½ tsp Rum Extract

Combine the rum extract and the cinnamon to the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe.

Yields 6 -½ cup portions

Macadamia Ice Cream

- 1 recipe Ice Cream Base
- ½ tsp Almond Extract
- ½ tsp Rum Extract
- Pinch Nutmeg

Garnish:

- ½ cup Toasted and Finely Chopped Macadamia Nuts

Combine the extracts and nutmeg to the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe. Add the nuts to the mixture once the ice cream is frozen.

Yields 6 -½ cup portions

Mint Chocolate Chip Ice Cream

1 recipe Ice Cream Base
½ tsp Mint Extract

Garnish:

½ cup Chocolate – Chopped fine

Combine the extract with the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe. Add in the chocolate once the ice cream is frozen.

Yields 6 -½ cup portions

Pistachio Ice Cream

1 recipe Ice Cream Base
½ tsp Almond Extract
2 drops Green Food Coloring

Garnish:

½ cup Toasted and Chopped Pistachios

Combine the extract and color with the ice cream base before it is cooked. Follow the same procedure as described in the Ice Cream base recipe. Add in the nuts once the ice cream is frozen.

Yields 6 -½ cup portions

Vanilla Ice Cream

1 recipe Ice Cream Base
1 ea Vanilla Bean

Split the vanilla bean and add it to the ice cream base before it is cooked. Once cooked scrap the seeds into the base and discard the bean skin. Follow the same procedure as described in the Ice Cream base recipe.

Chefs Note: You can also add in ¼ cup of chopped sugar free chocolate and or ½ cup of toasted and chopped nuts to the ice cream.

Yields 6 - ½ cup portions

Key Lime Parfait

1 ½ cup Cream Cheese
¼ cup Key Lime Juice
½ cup Powdered Sugar
1 drop Green Food Coloring
½ cup Sour Cream
1 ea Lime- zested

Soften the cream cheese in a mixer with a paddle. Once soft switch to a whip and whip the cream cheese lightly. Add in the lime juice and sugar and whip on slow speed until incorporated. Add in the green food and sour cream. Whip on high speed for 1 minute until light and fluffy.

Portion ½ cup of the mixture into 4 parfait glasses. Garnish the top of the parfait with strips of lime zest. Chill until needed.

Sugar Free Panna Cotta

4	Tbsp Cold Water	1	tsp	Vanilla Extract
2	packet Gelatin Powder	½	tsp	Orange Extract
1	cup Half and Half	2	tsp	Orange Zest
1	cup Milk	1	cup	Heavy cream
½	cup Splenda			

In a glass bowl sprinkle gelatin powder over the bowl of water. Stir to incorporate the gelatin in the water. The bloomed gelatin should look like applesauce. Bring the half and half ,extracts, zest and Splenda to 160°. Add in the bloomed gelatin and stir until it reaches your body temperature. Lightly whip the heavy cream and add the panna cotta mixture to it.

Portion the mixture into 8 - ½ cup glass or ceramic custard dishes. Refrigerate for 3 hours.

Either serve in the dish or un-mold the panna cotta. This can be done by running a small knife around the edge of the dish and place the dish in a larger bowl of hot water for a few seconds. Turn out on to a plate.

Top the panna cotta with fresh berries to serve. You can also serve a sugar free chocolate sauce with the panna cotta.

Sticky Toffee Apple Pudding

Serves 12- use an electric food scale to weigh the ingredients

10	oz	Dates, pitted and chopped
10	oz	Apple Juice
4	oz	Softened unsalted butter
10	oz	Brown sugar
13	oz	Flour
2	tsp	Baking powder
5	ea	Eggs
1	cup	Diced Dried Apples

For the sauce

8	oz	Sugar
8	oz	Unsalted butter
juice of 1 lemon		
8	oz	Heavy cream

1. Place the dates and water in a pan and bring to the boil. Cook for 5min, then allow to cool and puree.
2. Add the butter and sugar. Add the eggs and puree.
3. Sieve the flour and baking powder together, and stir into the mixture, add in the apples.
4. Pre-heat the oven to 320°F. Butter and flour 12 moulds. Fill each one three-quarter full of the mixture, and place in the oven for about 10 min.
5. For the sauce, boil the sugar and butter until it starts to caramelize, remove from the heat add the lemon juice and stir in the cream.
6. Turn out the cooked puddings onto the plates, and spoon over the sticky toffee sauce. Serve with a scoop of vanilla ice-cream.

Cheesecake with Almond Crust

2 1/2 lbs Cream cheese, at room temperature
1/2 cup Sugar
1/2 cup Sour cream
1/2 ea Lemon –juiced and zested
2 tsp Vanilla extract
2 ea Egg yolks
6 ea Eggs
2 Tbsp Sugar

pinch of salt

Nut Crust

1 1/2 cup Toasted Almonds- ground
1/4 cup Flour
2 ea Egg whites
4 Tbsp Butter- unsalted
2 Tbsp Sugar
1/4 tsp Ground cinnamon
Pinch Nutmeg

Butter the inside of a 10-inch spring pan then line the bottom of the mold with a piece of parchment paper cut to a 10 inch circle.

Prepare the crust first by melting the butter; add in the ground almonds an then the rest of the crust ingredients. Place in a food processor and grind to a finer paste, add in the egg whites last. Save the egg yolks for the batter. Press the crust mixture into the bottom and 1 inch up on the sides of the 10-inch spring form pan. Refrigerate for 30 minutes.

Preheat and oven to 400°F. In an electric mixer cream the cream cheese and sugar until smooth on low speed. Add in the vanilla, sour cream, lemon juice and zest. Mix the batter on low speed to avoid too much air in the batter. Scrape the bowl.

In a separate bowl crack the eggs in one at time and inspect them for egg shell fragments and blood spots. Add the 2 Tbsp of Sugar and mix to combine without adding and air. On low speed add the egg mixture to the batter a little at a time. Scrape the bottom and sides of the bowl for consistent mixing.

Place the spring form on a sheet pan, in case the pan leaks. Pour the cream cheese filling into the spring form pan and bake for 10 minutes. Place a pie plate with water in it on a

lower rack in the oven. This will prevent cracking or over browning of the cake. Reduce the temperature of the oven to 200°F and bake for 1 1/2 hours. The cheesecake will look a little soft in the center. Remove from oven and cool for 30 minutes at room temperature. Then place the cheesecake in a refrigerator overnight.

Slice into 16 portions

Chef's note: serve with sliced fresh strawberries.

Pumpkin Spice Cheesecake

2 ½	lb	Cream cheese, at room temperature
1 ¼	cup	Sugar
½	cup	Sour Cream
½	cup	Heavy Cream
¼	cup	Cornstarch
2	cup	Canned Pumpkin
1	tsp	Ground Cinnamon
¼	tsp	Ground Nutmeg
½	ea	Lemon –juiced and zested
2	tsp	Vanilla extract
4	ea	Egg yolks
6	ea	Eggs
2	Tbsp	Sugar



Ginger Pecan Crust

1	cup	Toasted Pecans- ground
1	cup	Ginger Snap Crumbs
5	Tbsp	Butter- unsalted
4	Tbsp	Brown Sugar

Butter the inside of a 10 inch spring pan then line the bottom of the mold with a piece of parchment paper cut to a 10 inch circle.

Prepare the crust first by melting the butter add in the rest of the crust ingredients. Place in a food processor and grind to a finer paste, add in the egg whites last. Save the egg yolks for the batter. Press the crust mixture into the bottom and 1 inch up on the sides of the 10 inch spring form pan. Refrigerate for 30 minutes.

Preheat and oven to 500°F. In an electric mixer cream the cream cheese and sugar until smooth on low speed. Add in the vanilla, pumpkin, lemon juice and zest. Mix the batter on low speed to avoid too much air in the batter. Scrape the bowl.

In a separate bowl crack the eggs in one at time and inspect them for egg shell fragments and blood spots. Add the 2 Tbsp of sugar and mix to combine without adding and air. On low speed add the egg mixture to the batter a little at a time. Scrape the bottom and sides of the bowl for consistent mixing.

Place the spring form on a sheet pan, in case the pan leaks. Pour the cream cheese filling into the spring form pan and bake for 10 minutes. Place a pie plate with water in it on a lower rack in the oven. This will prevent cracking or over browning of the cake. Reduce the temperature of the oven to 200°F and bake for 1 1/2 hours. The cheesecake will look a little soft in the center. Remove from oven and cool for 30 minutes at room temperature. Then place the cheesecake in a refrigerator overnight.

Slice into 16 portions

Sugar Free Low Carb Hazelnut Sponge Cake

4 oz. Finely ground hazelnuts
1 tsp Baking powder
¼ tsp Ground cinnamon
¼ tsp Salt
½ cup Splenda
6 ea Eggs
1 tsp. Vanilla extract
2 Tbsp Melted butter

Butter a non stick inch cake pan and line the bottom with parchment paper. Rub butter over the paper, and butter the sides of the pan. Lightly dust with cake flour. Preheat the oven to 350°F. Combine the hazelnuts, cinnamon, baking powder and salt in bowl.

In a metal mixer bowl combine the eggs and Splenda with the vanilla extract. Heat over warm water until the mixture reaches about 110°. Whip the mixture with an electric mix on high speed until the foamy mixture is tripled in size.

Fold the hazelnut mixture into the whipped eggs. Fold in the melted butter last. Bake for 30-35 minutes until the cake pulls away from the side of the pan. Remove from the cake from the pan and cool overnight.

Yields 12 portions

Strawberry Almond Torte- no sugar added

This sponge is terrific for a Strawberry Almond Torte. First substitute the hazelnuts with almonds; prepare the sponge cake just like for the hazelnuts. After the cake is cooled overnight prepare the whipped cream topping with 2 cups of heavy cream, 3 Tbsp of Splenda and ½ tsp of vanilla. Slice 1 lb fresh strawberries. Split the cake in half lengthwise to form two layers. Spread half of the whipped cream on the first layer; put a layer of sliced strawberries on top. Repeat the process with a second layer. Smooth out the sides of the torte with the excess cream. Coat the sides with sliced toasted almonds. Serves 10 portions.

Chef's note: You can also portion the batter into lined muffin tins and bake for 20 minutes. These petite cakes, gateaux, can be used for individual portions and also freeze very well for future use.

Sugar Free Orange Ricotta Mousse

8 oz Ricotta cheese – whole milk
1 Tbsp Orange zest
¼ cup Splenda
1 tsp Vanilla extract
½ cup Heavy cream

Place the ricotta cheese, vanilla extract and Splenda in a food processor and puree until smooth. Chill the heavy cream and a bowl. Hand whip the cream until soft peaks form. Fold the cream into the ricotta base and pour into mousse containers or glasses. Chill until needed.

Yields 6 portions about 1/3 of a cup each

Basic Crepe Recipe

1 cup Milk
2 ea Eggs
½ cup Flour
1 Tbsp Sugar
1 oz Melted Butter

Combine the milk and eggs. Whisk in the flour and sugar until smooth. Whisk in the melted butter. Portion 2 oz of crepe batter into a lightly buttered 10 inch non stick pan and brown the crepes on both sides. Remove and cool until needed.

Yields 6 – 8 crepes

Wheat Free Crepe Recipe

1/4 cup Almond Flour
3 ea Eggs
1 Tbsp Sugar
3/4 cup Milk

1 Tbsp Unsalted Butter

Place the eggs, sugar, and milk and blend until smooth with a whisk. Sprinkle the flour over the liquid and whisk in. Refrigerate the mixture for 30 minutes.

Heat a 10 inch non stick pan and add a teaspoon of melted butter to the pan. Ladle in 2 oz of the crepe batter into the pan and spread out evenly. Brown on both sides and place on non stick sheet pan to cool.

Yields 6 crepes

Fresh Berry Crepes

1 cup Sliced Strawberries
1/2 cup Blueberries
2 Tbsp Sugar

1 cup Heavy Cream
1/2 tsp Vanilla Extract
2 Tbsp Sugar

6 ea Crepes

In a glass bowl combine the strawberries, blueberries and sugar and allow the berries to marinate in the refrigerator for 1 hour.

In a cold bowl combine the cream, vanilla, and sugar and whip to a medium peak.

Spoon 2 Tbsp of whipped cream on a crepe and top with 2 Tbsp of the marinated berries. Roll the crepes and place on a plate. Drizzle the crepes with the leftover liquid from the berries.

Berry Cobbler

2/3 cup Sugar
1 stick Butter
2 ea Eggs
3/4 cup Cake Flour
1 tsp Vanilla Extract
1 Tbsp Orange Zest
1/4 tsp Ground Nutmeg

1 pint Blackberries or Blueberries
1/4 cup Sugar



Prepare the batter by blending all of the ingredients together. Combine the blackberries and sugar in a bowl and mix lightly until some juice is released. Pour the blackberries into an 8 inch oblong casserole dish and spread out the batter over the top. Bake in a preheated 350° oven for 30 minutes. The cobbler should be golden brown.

Rum Sauce

1 ea Egg Yolk
2 Tbsp Sugar
1 oz Spiced Rum
1 cup Heavy Cream

Combine half of the cream with the rest of the ingredients and place over a double boiler. Heat and whisk until the sauce base reaches an internal temperature of 150°. Cool and whisk over an ice bath.

Whip the other 1/2 cup of cream until it reaches soft peaks. Once the rum cream sauce has cooled fold in the whipped cream. Serve cold.

Yields 1 3/4 cups or 10 - 1 oz portions

Chefs Note: Peaches or apples can be substituted for the berries. Brown sugar can be substituted to flavor these fruits. Other liqueurs like Grand Marnier or Amaretto can be used to flavor the sauce.

Lemon Tarts

Tart Dough

¼ cup Sugar
1 stick Butter
Pinch Salt
1 ea Egg
½ tsp Vanilla
1 cup All Purpose Flour

In a food processor with a dough blade cream the sugar and butter until smooth. Add the egg, salt, vanilla and blend. Add the flour and pulse the processor until a dough ball forms. Remove and wrap in plastic wrap. Chill for 1 hour. Roll the dough on a lightly floured surface until it becomes a 12 inch circle. Place the dough in a greased 10 inch tart pan. Dock the bottom of the tart with a fork to prevent rising. Bake the tart shell in a 325° oven until golden brown. Remove and cool for 1 hour before filling.
Yields 1 10 inch tart shell.

Lemon Filling

2 ea Eggs
2 ea Egg Yolk
¼ cup Sugar
3 ea Lemons – Zested and Juiced

1 ½ sticks Butter

Roll out the tart dough and portion into greased tartlet or a 10 inch tart pan. Bake the dough at 350° until golden brown. In a double boiler combine the first 4 ingredients and whip over medium heat until the mixture reaches 165°. Remove from heat and stir in the butter. When the butter is mixed in pour the filling into the tart shells and allow them to cool for 2 hours before serving. Garnish the top of the tarts with whipped cream and candied flowers.
Yields 8 portions

Bourbon Chocolate Pecan Squares

1 ½ cup Sugar
2 Tbsp Bourbon
4 ea Eggs

½ cup Cocoa Powder
1 pinch Salt
3 Tbsp Flour

1 ¼ cup Dark Corn Syrup
6 oz Bittersweet Chocolate – finely chopped

1 cup Pecan Pieces
1 tsp Vanilla Extract

1 recipe Tart Dough

Roll the dough into a 13 x 9 glass dish.

Combine the eggs, sugar and bourbon and warm to 115° whip in a mixer until light and fluffy. Fold the cocoa powder, salt and flour into the eggs and mix lightly. Combine the corn syrup and chocolate and place in a microwave just until the chocolate is melted. Mix then together then add to the mixer. Turn the mixer back on a whip for about 15 seconds. Scrape down the sides of the bowl and add the pecan and vanilla extract. Pour the batter into the dough lined dish. Bake in a preheated 350° for 40 to 45 minutes. Remove and cool before slicing.

Bananas Foster Bread Pudding

6 cups French bread, 1 inch cubes, Toasted
1 qt Half and Half Cream
1 cup Sugar
1/2 cup Banana Puree
1 ea Grated Orange Rind
1/4 cup Banana Liquor
1/4 cup Dark Rum or 2 TBSP Rum Extract
8 ea Whole Eggs



1/2 cup Sliced Ripe Bananas

Preheat the oven to 350 degrees. In a medium mixing bowl combine the cream, sugar, puree, liquors, orange rind, and eggs. Mix well. Toss together with the French bread and bananas.

Place in a 2 qt casserole dish and bake for 30 - 45 minutes or until the custard has set and the crust is golden brown.

Serve warm with sauce Anglaise

Yields 10 5 oz Portions

Chefs Note:

The alcohol in any of the items we use is evaporated out because alcohol evaporates at 180°. If you want to make sure that there is no alcohol in a product simply boil it until the volume is 30 % of the original volume before adding it to a recipe. You may also want to use other extracts or flavorings.

To make a simple bread pudding omit the Liquors and Bananas and substitute 3 TBSP of Vanilla.

When a bread pudding is prepared on deployment we do not use alcohol

Lemon Posset with Blueberries

Lemon Posset

1 ½ pint Heavy cream
9 oz Sugar
juice of 3 lemons

Boil the cream and sugar together in a pan and cook for 2-3 minutes.
Add the lemon juice and mix in well. Leave to cool slightly then
pour into six glasses and leave to set in the fridge.

1 cup Blueberries
2 Tbsp Sugar
1 Tbsp White Wine

Combine and Microwave for 1 minute

Granny Smith Apple Cake with Caramel Sauce

Cake Batter

3	cups	All Purpose Flour
2	cups	Sugar
3	tsp	Baking Powder
1	cup	Melted Butter
4	ea	Eggs
2 ½	tsp	Vanilla Extract
½	cup	Fresh Orange Juice
2	tsp	Ground Cinnamon
6	ea	Peeled and Diced Granny Smith Apples
5	Tbsp	Brown Sugar



Preheat the oven to 350°. Sift together the flour, sugar, baking powder into a bowl. In a blender combine the eggs, extract orange juice. Pour into the dry ingredients with the melted butter. Mix until smooth and consistent. Pour the batter into a greased bundt pan.

In a medium bowl combine the apples, cinnamon, and brown sugar. Pour the apples in to the bundt pan in a circle and slightly mix in with a spoon.

Place the apple cake in the oven and bake for an hour and twenty minutes. Remove from the oven and let cool for 1 hour before un-molding. In the meantime prepare the caramel sauce. At service slice the cake, spoon about an ounce of sauce on the plate and place the cake on top of the sauce. Serve immediately

Yields 1 bundt cake about 18 - 20 slices

Caramel Sauce

1	cup	Sugar
½	cup	Corn Syrup
2	cups	Heavy Cream
2	Tbsp	Vanilla

In a candy pot or copper pot bring the sugar and corn syrup up to 350 degrees, stir with wooden spoon. Measure with a candy thermometer. Remove from the heat and gradually add the heavy cream to the caramel. If the candy solidifies place the pot back on the heat and stir and simmer until dissolved. Add in the vanilla extract. Keep warm until service.

Yields 3 cups of Caramel Sauce

Mom's Christmas Butter Cookies

2	stick	Soft Butter
1	cup	Confectionery Sugar
1	ea	Egg
¾	cup	Chopped Walnuts
2	cups	All Purpose Flour
1	tsp	Vanilla Extract
1	tsp	Baking Powder
1	cup	Red Candied Cherries, Cut into quarters

Preheat the oven to 375°. In a mixing bowl cream together the soft butter, sugar, and extract with an electric mixer and paddle attachment. Sift the dry ingredients and add to the butter and sugar. Add the walnuts and mix on slow speed until the nuts become part of the dough.

You can either drop the cookies onto a grease cookie pan or scoop them out with a 1/2 ounce scoop. Garnish the top of the cookies with a sliver of green and sliver of red candied cherries. Place in the oven and bake for 10 - 15 minutes or until they turn a light golden brown.

Yields 2 dozen Cookies

Chocolate Chocolate Chocolate Chunk Nut Cookies

- ½ cup Brown Sugar
- 1 tsp Vanilla Extract
- 1 ea Egg
- 1 stick Soft Butter
- 2 Tbsp Peanut Butter

- 1 ¼ cup All Purpose Flour
- ½ tsp Baking Powder
- ½ tsp Salt
- ½ cup Walnut Halves
- ½ cup Pecan Halves
- 3 oz White Chocolate Chunks
- 4 oz Dark Chocolate Chunks
- 3 oz Milk Chocolate Chunks



Preheat the oven to 350°. In a mixing bowl cream together the butter and sugar until it is light and fluffy. Add in the peanut butter, egg, and extract, cream again until smooth. Sift in the flour, baking powder, and salt. Mix again until smooth. Fold in the remaining ingredients. Spoon the batter into an 8" by 8" baking pan and spread evenly, the batter should be about an inch thick.

Place the pan in the oven and bake the cookies for 20 - 30 minutes, test it with a toothpick in an area that is only batter.

Allow to cool 30 - 40 minutes, cut into 1 ½ squares and Serve immediately.

Yields 2 dozen cookies

Apple and Cherry Cobbler with Cinnamon Whipped Cream

2 cup Diced Granny Smith Apples
1 cup Dark Sweet Pitted Cherries

1 tsp Ground Cinnamon
¼ tsp Nutmeg
2 cup Flour
4 tsp Baking Powder
1 cup Sugar
1 cup Brown Sugar

4 ea Eggs
1 ½ cup Milk
2 tsp Almond Extract
1 ea Lemon, Grated Rind



Preheat the oven to 350°. Sift the dry ingredients into a mixing bowl and add the eggs, milk, extract, and lemon rind. Mix until the batter is smooth.

Grease a 2 qt casserole dish and place the fruit into the casserole. Pour the batter on top and place in the oven. Bake for 45 minutes to an hour, or until the cobbler is golden brown and tests clean with a toothpick.

While the cobbler is baking prepare the cinnamon whipped cream.

Yields 16 1/2 cup portions

Cinnamon Whipped Cream

16	oz	Heavy Cream
¼	cup	Sugar
1	tsp	Vanilla
4	tsp	Cinnamon

Place the cream in the freezer for 30 minutes before whipping. Whip the heavy cream until it begins to thicken, add the sugar, vanilla, and cinnamon and whip until the cream is semi firm. Serve a 1 oz portion of the cinnamon whipped cream with the cobbler.

Peaches and Cream Pecan Cobbler

2	cups	Fresh or Frozen Peach Slices
1	tsp	Ground Cinnamon
2	tsp	Corn Starch
2	oz	Peach Brandy
	dash	Nutmeg
½	cup	Sugar



Combine all the ingredients ,except the peaches, in a 2 qt sauce pan and bring to a boil. Add in the peaches, stir and allow to cool.

2	cups	Pastry Cream or Vanilla Pudding
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Spread the pastry cream on the bottom of a 9" x 13" rectangle baking pan. Layer in the peaches. Chill until the pecan crust is made.

Pecan Crust

1	stick	Butter, Cold and cut into 8 pieces
5	Tbsp	Cold Water
2	Tbsp	Sugar
3	Tbsp	Chopped Pecans
1	ea	Egg Yolk
1/2	tsp	Salt
1 ½	cup	Flour

Preheat the oven to 375°. In a food processor chop the butter coarsely, add the water, sugar, pecans, salt, and egg yolk. Blend with 5 or 6 pulses of electricity. Add the flour and mix until the dough comes together, do not allow the dough to form a ball.

Remove the dough and form a ball by hand. Flatten the ball into a disk. Wrap the dough in plastic and refrigerate for 2 hours. Roll the dough into a 9" x 13" rectangle. Let refrigerate for 30 minutes. Place on the peaches and cream. Cut a few holes in the crust to allow the steam to escape.

Bake in the oven for 30 - 40 minutes or until the crust is golden brown. Dust with Confectionery Sugar to Garnish

Yields 12 portions

Chefs Note:

You may also bake this in a 11" glass deep dish pie pan.

Cherry Jubilee Brown Betty

1 ½	cups	Dark Sweet Pitted Cherries
½	cup	Sugar
¼	cup	Cherry Brandy
1	ea	Cinnamon Stick
2	ea	Lemons - Juice and Rind
1	oz	Corn Starch



In a 2 qt sauce pan combine the cherry juice, brandy, sugar, and cinnamon stick. Bring to a boil for 2 - 3 minutes to cook out the alcohol. Be careful of the simmering alcohol and a open flame, It may ignite. Grate the lemon rind, juice the lemon, and add both to the cornstarch. Drizzle the corn starch slurry into the boiling sugar. Allow it to thicken. Add in the cherries. Stir until the cherries are warm. Hold in a warm spot until needed. (We do not use alcohol on deployment for this recipe)

1 qt Vanilla Ice Cream
4 oz Graham Cracker Crumbs warmed in the microwave with 2 Tbsp of butter, 2 Tbsp of sugar, and 1 tsp of cinnamon.

Portion the ice cream into 8 wine glasses. Portion 2 oz of cherries jubilee on top of the ice cream. Top the cherries with 2 TBSP of warm cracker crust. Serve Immediately.

Yields 8 portions.

Sweet Potato Pie

1 recipe of Pecan Crust Page

Place the pecan crust into a 10 “pie pan and bake for 10 minutes at 375 degrees. Remove from the oven and pour in the following filling.

Sweet Potato Filling

2	lb	Sweet Potatoes
2	oz	Butter
$\frac{3}{4}$	cup	Heavy Cream
4	ea	Eggs
$\frac{1}{4}$	cup	Brown Sugar
1 $\frac{1}{2}$	tsp	Cinnamon
$\frac{1}{4}$	tsp	Nutmeg
	dash	Allspice
$\frac{1}{2}$	tsp	Salt



Microwave the sweet potatoes for twenty minutes or until they are soft. Remove the skin and puree in a food processor with the butter until the butter has melted. Add in the rest of the ingredients and blend until smooth. Pour into the pie shell and bake at 325 degrees for 30 minutes.

Allow to cool to room temperature until cool. Serve with cinnamon whipped cream.

Chocolate Pate with Dried Cherries and Pecans

Served with a Raspberry Coulis

1	lb	Dark Chocolate - Chopped
3/4	cup	Heavy Cream
2	oz	Unsalted Butter
1/4	cup	Sugar
3	ea	Egg Yolks
1/4	cup	Dried Cherries
1/2	tsp	Orange Extract
1/2	cup	Pecan Pieces

Bring the heavy cream and butter to a boil. Place the chocolate in a medium bowl. Pour the heavy cream on top of the chocolate and stir.

In a small bowl combine the sugar and eggs. Whip the egg yolks over a double boiler very briskly until the yolks are foamy and hot. The yolks need to reach 128 ° to cook.

Add the hot chocolate into the eggs and fold together with the rest of the ingredients. Pour into a plastic wrap lined loaf pan or mold.

Refrigerate for 3 - 4 hours before slicing. Serve with raspberry coulis.

Yields 1 1/4 lb Pates or 4 portions

Raspberry Coulis

1	pint	Frozen Unsweetened Raspberries
1/4	cup	Sugar
2	Tbsp	Lemon Juice

Blend the ingredients until they are liquefied. Strain through a fine strainer. Adjust the flavor with sugar to your taste.

Strawberry Tart with Orange Diplomat Cream

Almond Crust

¾	cup	All Purpose flour
2	oz	Almond paste
2	Tbsp	Sugar
1	stick	Unsalted butter, cut into small cubes
2	oz	ice cold water

Place the flour, almond paste and sugar in the bowl on and electric mixer. Using the paddle attachment mix the butter into the flour until the butter pieces about the size of rice grains. Add the water to the mixture and allow it to absorb into the mixture without stirring. Turn the dough out of the bowl onto a floured surface. Roll and cut into a 13" circle. Place the dough into a greased and floured tart shell with a removable bottom. The easiest way to place the dough into a tart mold is to roll the dough onto a rolling pin like a spindle of paper, and then roll it out onto the mold. Push the dough into the corner lightly, being careful not to cause the dough to break.

Preheat the oven to 325°. Cover the tart shell with aluminum foil, pressing it down so that it contacts the dough. Fill the shell with dried beans or rice. The beans will help to bake the shell in place. Bake in the oven for 15-20 minutes until golden brown. Allow to cool for 20-30 minutes before removing the beans and foil.

Orange Diplomat Cream

8	oz	Cream Cheese, room temperature
6	oz	Pastry Cream
8	oz	Whipping Cream
2	oz	Orange Juice Concentrate
¼	cup	Sugar

In an electric mixer blend the cream cheese and pastry cream until it is smooth. Add the orange juice and sugar and blend. Remove from the bowl and scrape out all the cream and pastry mixture. Whip the whipping cream in the electric mixer until it is firm. Add the pastry cream back to the bowl and fold together with a rubber spatula until the pastry cream and the whipped cream are combined. Spread the diplomat cream evenly in the tart shell. Place in a freezer for 10 - 20 minutes to chill and set.

- 2 pints Strawberry hulled and halved
- 1 cup Apple Jelly, Apricot Glaze, or Strawberry Glaze

Place the strawberries on top of the diplomat cream tart in an even circular pattern with the tips towards the center of the tart. Melt the apple jelly or glaze, and brush the strawberries evenly with the glaze to coat. Chill in a refrigerator for 30 minutes before removing from the shell. To remove the shell hold the tart up with your hand under the metal plate. Ease the metal ring off the shell; ease the tart off of the metal plate on to a cake platter for service. Cut the tart into 8 - 10 portions.

Yields 8 - 10 portions

Caramel Apple Pie

Pie Filling

- | | | |
|----|--------|---------------------|
| 10 | medium | Granny Smith Apples |
| 1 | cup | Sugar |
| ½ | cup | Honey |
| ¼ | lb | Butter |
| 1 | cup | Heavy Cream |
| 1 | Tbsp | Ground Cinnamon |
| ½ | tsp | Ground Nutmeg |
| ¼ | cup | Cornstarch |
| 1 | Tbsp | Vanilla Extract |
| 1 | ea | Orange |
| 1 | ea | Egg White |



Peel the apples and slice into thin wedges. In a large sauté pan caramelize the sugar over a medium high heat, stirring with a wooden spoon. Once the sugar is melted and light brown add the honey.

Add the apples and sauté to coat them with the sugar. Add the butter, cream and spices, cook the apples until tender. Combine the extract, the juice from 1 orange, and the cornstarch in a small bowl. Remove the apples from the sauté pan and reserve. Thicken the caramel juices of the apples and sugar with the cornstarch mixture. Add the cornstarch slowly and stir constantly. Allow the thickened juice to simmer 5 minutes before adding

the apples. Place the apple filling in a shallow dish and refrigerate 2 - 3 hours before filling pie. Just before filling the pie, mix the egg white into the filling.

Pie Dough

10	oz	All Purpose Flour – by weight
1	Tbsp	Sugar
½	Tsp	Salt
6	oz	Sweet Butter cubes
3	oz	Cold Milk
1	ea	Egg Yolk

Prepare the dough by combining the flour sugar and salt. Rub in the flour until the butter is the size of peas. Add the cold milk and egg yolk and fold together until all the liquid is absorbed into the flour. Don't over mix. Place the dough in the refrigerator covered in a bowl for 1 hour.

Remove from the refrigerator and divide the dough into two balls. Grease a 9 inch pie pan. Roll the two pieces dough on to a flour surface until each piece is about a 1/2 inch larger than the pan. Place a layer of pie dough in the pan. Fill with the above filling recipe. Place the second piece of dough on top of the pie and seal the edges. Cut 4 - 5 holes into the top crust layer to allow steam to escape. Brush the pie with milk and sprinkle with sugar. Bake in a 350° oven for 40 minutes or until the crust is golden brown. Remove from oven and allow to cool for 1 hour before serving.

Yields 8 Portions

Truffles

1 cup Heavy cream
1 lb Chocolate
1 tsp Extract
Milk chocolate to coat

Chop the chocolate, heat the cream and pour over the chocolate. Stir to melt add the extract or liquor flavoring of choice. Chill overnight. Portion into 1 tbs. balls and roll them up like meat balls. Dip them in tempered chocolate. Yields 2 dozen

Cherry Bark

1 lb Melted Chocolate
1 cup Dried Cherries
1 cup Hazelnuts
1 cup Milk chocolate chunks
1 cup White chocolate chunks

Add the cherries, hazelnuts, milk chocolate and white chocolate to the tempered dark chocolate and pour over a textured clean rubber mat. Allow the bark to set for 30 minutes before portioning

White Chocolate Coconut Balls

1	cup	Shredded sweetened coconut
1	cup	White chocolate
½	cup	Heavy cream
1	tsp	Rum extract

Heat the cream and pour over the finely chopped white chocolate. Add in the rum extract and shredded coconut. Chill overnight. Portion into 1-tbs. size balls and roll. Dip in tempered dark chocolate.

The way to temper chocolate is to chop it small, heat the chocolate over a double boiler until it reaches 110°. Cool by stirring until the chocolate comes down to 85° then reheat to 87°

Cranberry and Walnut Chocolate Biscotti

Dough by weight

18 oz Sugar

8 oz Butter

1 $\frac{3}{4}$ # Cake Flour

4 oz Cocoa powder

$\frac{3}{4}$ oz Baking powder

$\frac{1}{2}$ tsp. Vanilla

2 oz Egg yolks

4 oz Whole eggs

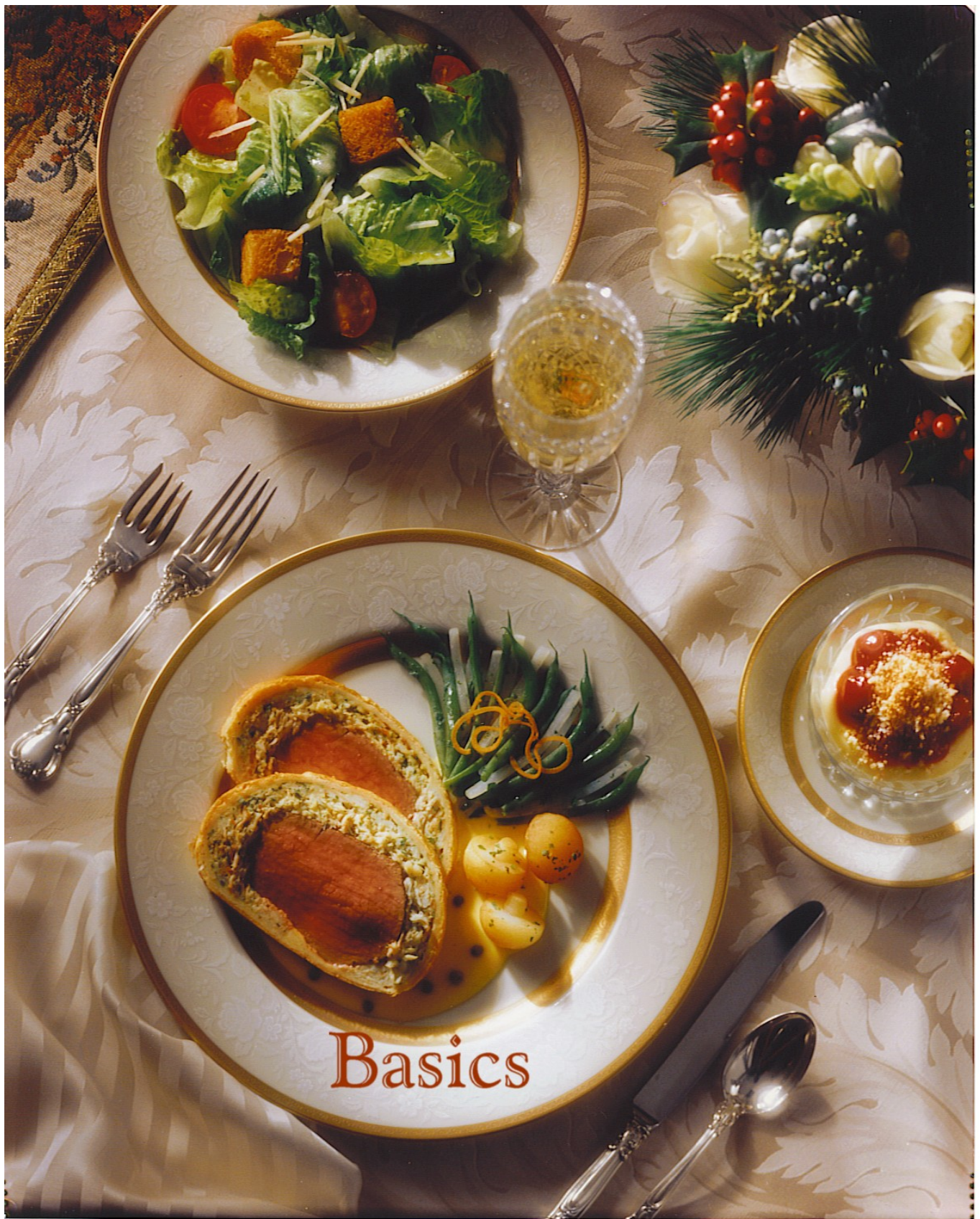
2 oz Milk

8 oz Chopped walnut

8 oz Dried cranberries

Cream the butter and sugar, add the dry ingredients, and mix. Add the wet ingredients and mix until the batter is the same consistency. Add in the cranberries and walnuts. Form into 3 loaves and bake on parchment lined pans for 30 minutes at 325°. Allow the loaves to cool then slice them into toast pieces. Toast in the oven and cool.

Finish the biscotti by dipping them partially in chocolate



Pastry Cream

1	pint	Whole Milk
4 ½	oz	Sugar
¾	tsp	Vanilla Extract
1 ½	oz	Cornstarch
4	ea	Egg Yolks
2	oz	Butter

Warm half of the milk and half of the sugar to 180°. Combine the other half of milk with the vanilla and cornstarch and whisk. Combine the egg yolks and the other half of sugar. Remove hot milk from heat and gradually pour in the cornstarch thickening liquid, combining with a whisk. Place over the heat and bring to a simmer to thicken. Temper the hot mixture into the egg yolks gradually. Once incorporated make sure that the mixture has reached 165°. Stir in the butter and mix well. Pour into a shallow dish, cover with plastic directly on the mixture and chill for 3 hours before using. Discard if not used in 3 days. Yields 3 cups

Buttermilk Pancake Batter

3	cups	All Purpose Flour
1 ½	tsp	Salt
½	cup	Sugar
1 ½	tsp	Baking Soda
1	Tbsp	Baking Powder
2	ea	Eggs
1 ½	cup	Milk
1	cup	Buttermilk
¼	cup	Melted Butter

1. Combine the dry ingredients in a bowl and whisk to blend.
2. Combine the wet ingredients in a separate bowl and blend.
3. Slowly add the wet ingredients, milk and eggs, into the dry ingredients until the batter is smooth. Add the melted butter last with a whisk.
4. Allow the batter to rest for 15 minutes.

Tart Dough

5	oz	Butter
3	oz	Sugar
1	ea	Egg White
¼	tsp	Vanilla Extract
8	oz	All Purpose Flour
Pinch		Salt

Place the first 4 ingredients in a food processor and blend until smooth. Remove and place in a bowl. Add the flour and salt and work into the butter mixture to make the dough. Once all of the flour is absorbed then wrap with plastic wrap and refrigerate for 4 hours.

Brown Veal Sauce

4	pounds	Veal bones, rinsed
3	cups	Mirepoix
1/2	cup	Tomato paste
1/2	cup	Shallots, peeled and chopped
1	cup	Red wine
2	ea	Bay leaves
1	tsp	Dried thyme
6	ea	Black peppercorns
8	ea	Beef bouillon cubes
2	gallons	Water

Method of preparation:

Place veal bones in roasting pan, and roast for 30 minutes in oven preheated to 350°F.

Remove pan from oven and transfer bones to a plate. Drain fat from pan and add mirepoix. Then put bones back in the pan on top of the mirepoix. Brush tops of bones with tomato paste. Return to oven and roast for 30 minutes.

Remove bones from oven and transfer with vegetables to a 3-gallon soup pot. Add seasonings, bouillon cubes and water. Set aside.

Place roasting pan on top of stove over medium heat. Add shallots and brown. Stir in red wine to color sauce and to loosen bits of vegetables and meat in bottom of pan.

Add the shallot mixture to the soup pot. Bring to a boil, then reduce heat and simmer uncovered for 6 hours. Skim periodically to remove foam. Remove and discard the bones and vegetables. Strain broth and simmer, uncovered, until 4 cups of sauce remain.

Makes 4 cups

Mirepoix

Ingredients:

1 pound onions, peeled
1/2 pound celery
1/2 pound carrots, peeled

Method of preparation:

Finely chop the vegetables in a food processor or by hand. Use immediately. Recipe can be increased or decreased, depending on quantity required.

Chef's Note: Be sure to wash all fruits and vegetables before using.

20 servings

Boursin Cheese

8	ounces	Cream cheese
4	ounces	Ricotta Salata cheese
1	Tbsp	Garlic, peeled and minced
1	Tbsp	Chives, finely sliced
1	Tbsp	Fresh dill, chopped
1	Tbsp	Parsley, chopped
2	Tbsp	White wine
Salt and pepper		

Method of preparation:

Combine ingredients in small bowl of electric mixer. Whip until light and fluffy. Refrigerate in a covered container until needed.

Blender Hollandaise Sauce

3 ea Egg yolks
1 1/2 sticks Unsalted butter, clarified
1/2 ea Lemons, juiced
2 Tbsp White wine
Dash Tabasco sauce
Dash Worcestershire sauce
Salt and pepper

Method of preparation:

Making hollandaise in a blender is far easier than the traditional double-boiler method. To make a successful blender hollandaise, follow the directions precisely.

Make the sauce no sooner than 30 minutes before it will be used. Discard any sauce not used after 2 hours. •

To prepare blender hollandaise you will need a thermometer and aluminum foil.

Step One Place egg yolks in blender and turn motor on medium speed.

Step Two Heat clarified butter to 175°F. (Butter should be reduced to 1 cup after clarification.)

Step Three In small saucepan, heat wine to a simmer.

Step Four Turn on blender and add wine to eggs yolks.

Step Five Place aluminum foil over top of blender and pierce holes in it with a fork.

Step Six With blender on medium-high speed, gradually pour in the hot clarified butter.

Step seven with blender still running; add the lemon juice, Tabasco and Worcestershire.

Step Eight Mix in salt and pepper to taste. Serve immediately.

Chefs Note: Keep a close eye on the sauce, if it begins to look too thick, like prepared mayonnaise, add a few teaspoons of warm water before adding in more butter.

Yields 10 1 oz portions

Pesto

½ cup Pinenuts
¾ cup Extra Virgin Olive Oil
1 cup Parmesan Cheese
1 tsp Black Pepper
2 cup Fresh Basil Leaves
8 cloves Garlic

Place all of the ingredients in a food processor and blend until smooth.
Yields 1 pint of Pesto.

Yields 40 - 1 Tbsp portions

Chef's Note: Pesto can be made ahead and frozen in smaller containers.

Tomato Sauce

¼ cup Olive Oil
4 clove Garlic
1 qt Crushed Tomatoes-Low sugar content
1 Tbsp Fresh Oregano- Chopped
2 Tbsp Fresh Basil - Chopped
1 tsp Salt
¼ tsp Crushed Red Pepper Flakes

In a 2 qt sauce pan heat the olive oil and lightly fry the garlic, do not brown. Add in the rest of the ingredients and simmer for 30 minutes. Season with salt and pepper to taste.

1 portion is ½ cup

Glossary of Common Culinary Terms

A

Aging- The holding of meat at temperatures of 34° to 36°F to increase its tenderness.

Au gratin-Fr. To brown on top, food covered with a sauce, sprinkled with bread crumbs and baked or placed in a salamander. *Pomme de terre au gratin*

Au four-Fr. Baked in an oven. *Pates au four*

Au jus-Fr. Served with natural juices and drippings from a roast. *Prime rib au jus*

Au naturel- simply cooked. *Haricot vert au naturel*

Al dente -It. "To the teeth." Used to describe food, typically pasta so that it is firm to the bite.

A la- Fr. In the style of. *A la Normande*

A la carte- Fr. priced separately

B

Barbecue- To cook over an open fire, above direct flame.

Baste- The process of using liquid or drippings from a roasted item to add flavor and to moisten while cooking.

Batonnet- A vegetable cut which looks like a French-fry.
1/4 " x 1/4 " x 2 - 3 ".

Batter: A combination of liquids bound with flour, used for cakes and for coating foods.

Beat-to bring mixture to smooth texture by constant motion.

Bisque- A thick cream soup made from the puree of shellfish or vegetables.

Blanquette-Fr. A white stew, typically veal or fowl that has been blanched. *Blanquette de Veau Allemande*

Blanch-To cook food in a solution by bringing it back to a second boil.

Blend- The combination of two or more ingredients which are mixed until they are consistent.

Boil-To cook in liquid at the boiling point. 212° at sea level.

Bouquet garni-Fr. Parsley, thyme, bay leaf, garlic tied into a bundle and added to stocks for flavoring.

Boucheé-Fr. Small patty shells made from puff pastry. *Bouchee a la Reine*

Bouillon-Fr. Broth made of veal, beef or chicken.
Bouillon Milanaise

Braise- brown meat and vegetables in a small amount of fat to keep juices and caramelize. Cooking is continued with a moderate amount of liquid in a covered marmite in the oven until the item is fork tender.

Breading-The process of coating a food item in flour, eggs, and bread crumbs before frying or baking.

Brioche-Fr. A rich egg and yeast bread.

Brochette-Fr. Served on a skewer. *Brochette de Crevettes*

Brine-A curing liquid flavored with salt, aromatics, sugar.

Broil-To cook with direct heat over the food item so that it browns on top.

Brunoise-A fine dice either 1/8" square or 1/16" square.

C

Concassé-Fr. peel, seed and rough chop.

Condiment-Various types of alternate sauces or flavors to enhance a dish.

Consommé-A rich clarified stock, used as soup.

Consommé Julienne

Canapé-a small open face sandwich made of a base, spread, nourishing element, garnish served as an appetizer

Capers- The unopened flower bud of a plant grown in the Mediterranean. The buds are preserved in salt and vinegar and used in dressings, sauces, and as a condiment.

Caramel-boiled sugar that has been allowed to brown

Caramelize-Fr. To melt sugar until it turns to a brown liquid.

To heat an item so that its natural sugar turns brown.

Chop-To roughly cut into small pieces with a knife. A sliced portion of meat on the bone from the loin.

Chow-chow-A relish consisting of a combination of vegetables preserved in a mustard sauce, seasoned with spices and sugar.

Chutney- Highly flavored cooked relish, made from fruits and or vegetables, with vinegar, sugar and spices.

Clarify -To remove the impurities

Clarified butter- Whole butter melted on low heat until it separates from the milk solids. The fat is removed and strained.

Cobbler- A hot dessert, made with fruit, and is baked. The two varieties of cobbler we have are a batter based or a crust based.

Combine-To mix ingredients to a homogenous product.

Compote- cooked fruits with syrup or sugar.

Court bouillon-Fr. A solution of white wine or vinegar, water and aromatics in which food is poached.

Crème Fraîché- Fr. A Heavy Cream based sour cream. May be purchased or made by combining 1 part heavy cream to 1 part sour cream and allowing it to develop under refrigeration 2 - 3 days before using.

Crepe-Fr. Small thin pancakes.

Croquette-Fr. Molded or shaped food preparation, breaded and deep fat fried until it becomes golden brown.

Crouton- Seasoned and toasted bread cubes or slices.

D

Deep Fat Fry- The process of cooking a product submerged in hot fat. The frying oil should be a consistent 350°. After the item is fried it needs time to drain off any excess oil.

Deglaze: To dilute pan juices with stock, or wine and to release the caramelized particles from the pan.

Demi-Glace: Brown stock that is reduced by half with a brown sauce known as an Espagnole.

Dice- Square cuts of vegetables, meat or fruit.

small: 1/4"

medium: 1/2"

large: 3/4"

Disjoint-To segment poultry into pieces at the joints.

Dissolve-To put into a solution so that the item is no longer visible.

Dredge-To dust or coat with flour. When the item is cooked in fat it will not stick, and a crust develops.

Drippings-Fat and juice which are collected from roasting meat.

Du jour-Fr. Of the day, *Potage du jour*.

Dust-To lightly coat with either flour or sugar.

E

Émincer-Fr. To cut into very thin slices for the purpose of sautéing. *Emince de Veau a la Suisse*

Emulsify- The process of combining a fat into another product which allows the fat to be suspended in the product. The fat will coat the products cells, the smaller the cells the stronger the emulsification.

Entrée-Fr. The main course or dish, usually protein based.
Common term is the C.O.P. or center of the plate item.

Extract- A concentrated liquid flavoring (almond, orange, vanilla). To remove a component.

F

Farce-Fr. Stuffing of forcemeat.

Filet- boneless cut of fish. To cut meat away from the bone. A portion of the tenderloin.

Fine herbs-Chopped mixed herbs, usually includes chervil, tarragon, and chive.

Fish fumet-Reduced fish stock lightly flavored with white wine.

Fleurons-Fr. Small crescent shapes of puff pastry.

Forcemeat. -Chopped or pureed meat, fat and seasoning used for stuffing or dumplings.

Foie gras-Fr. " Liver Fat" Liver from force-fed ducks or geese.

Fond-Fr. Lightly concentrated meat stock.

Fondant-Boiled icing for cakes, petite fours and Danish.

Fondue- A Swiss cheese appetizer sauce, served with bread.

Fricassee- Fr. A white stew of chicken or veal. Usually the meat is dusted and lightly browned first

Fruit de mer-"Fruits of the Sea" Shellfish. *Pates au Fruit de Mer*.

G-L

Galantine-A boned and stuffed poultry filled with forcemeat, and variety meats, wrapped and shaped into a log, poached and chilled in stock. The item is served cold as an appetizer. *Galantine de Volaille*

Garnish-to accent the presentation of an item

Garniture-a garnishing ingredient in soup or sauce.

Genoise- sponge cake.

Glace de Viande- Stock reduced to a very thick consistency, used to flavor sauces.

Grill-The food item is cooked over a grid; the heat is from under the grid so that browning occurs in lines.

Hors d'oeuvres-Fr. Small bite size appetizers.

Julienne-Fr. To cut into thin sticks. 1/8 " x 1/8 " x 2"

Liaison-A rich binder, consisting of cream and egg yolk.

M N

Macaroon-A sweet cookie made of nuts or coconut, sugar and egg whites.

Macedoine-A 1/2" dice or a mixture of dried fruits or vegetables.

Marinate-To flavor raw meat, poultry fish or vegetables in a liquid, to prevent excess drying during the cooking process. A marinade is usually made of oil, acid and aromatics.

Marzipan-almond paste, sugar and egg whites shaped as fruits or vegetables or figurines

Medallion-Small cuts of beef or veal tenderloin.

Melt-To to liquefy a solid by heating

Meringue- whipped egg white and sugar.

Minute-Fr. Cooked at the last possible moment.

Mignon-Fr. Small. *Filet Mignon*

Mirepoix- A mixture of Carrots, Onions and Celery, used to enhance the flavor of meats and sauces. The ratio is twice as much onion as carrots and celery. A white mirepoix substitutes the carrots with leeks.

Monte au Beurre - Fr. To finish by whisking butter into a preparation." To lift with butter"

Napper-Fr. Completely covering and item with a sauce.

P

Panada-Bread or starch soaked in liquid. Used in forcemeat or as a binder.

Pan Sear- The process of cooking in an uncovered pan, with little or no fat, to caramelize the item.

Paring- Peeling off the outside layer of fruits and vegetables.

Patisserie-Fr. Pastry.

Paupiette- Fr. Pieces of meat or fish which are rolled into a jelly roll like shape. *Paupiettes de Sole Duglere*

Petite Fours-Fr. Small cakes. Topped with fruit or glazed with fondant

Piquant-highly seasoned.

Pilaf-braised rice dish flavored with onions, bay leaf and stock.

Poach-To slowly cook in a liquid that is between 150° - 165°.

Pôeler- butter covered roast. Tender cuts of meat or poultry.

Poivrade-Fr. Peppercorn based sauce.

Polenta - An Italian dish made from finely milled corn meal cooked in stock or milk and sometimes finished with cheese.

Potage-A thick soup.

Puree-A smooth paste of fruits or vegetables.
To liquefy a product.

Quenelles-Three sided forcemeat dumplings of fish, poultry or starch.

Quickbread - bread that is generally leavened without yeast
served at breakfast. IE Muffins

R

Ragout-Fr. Stew. *Ragout de Poisson*

Reduction- The process used to increase the flavor and richness of sauces. Liquids are thickened by simmering for a long time, the evaporation process causes the liquid to be reduced until about one half the original volume.

Remoulade- Fr. A highly seasoned sauce made of mayonnaise, capers, lemon juice, anchovies, and herbs.

Render-To change solid fat to liquid fat slowly with heat.

Roast-To cook in an oven, using a dry heat method on a rack.

Roux-A thickening agent made of equal parts of fat and flour.

Royal-An egg custard garnish.

Rub – a spice blend that is rubbed into a protein.

S- W

Salamander-A broiler, to change the color of an item by browning it.

Salpicon-Fr. Diced cooked meat or seafood bound in a white sauce or mousse.

Sauté-Fr. v. To cook quickly, in a small amount of hot fat. "to jump". The process of tossing the product within the pan to cook on all sides.

Sear- To brown the surface of meat at a high temperature.

Scald-To quickly bring milk to a temperature just under the boiling point.

Score-To cut thin lines into an item.

Shallot- A strong flavored onion. Becomes sweet when cooked.

Shock- To stop the cooking process quickly by immersing in an ice bath.

Simmer-To cook a liquid under the boiling point at 185- 200°.

Slurry- A thickening agent used for hot liquids. Use 1 part of cornstarch dissolved in 2 parts of cool liquid.

Spoon Bread- A southern corn bread custard

Stage Method - Items are combined in parts or stages, mixing wet ingredients into dry ingredients.

Steam -To cook utilizing the vapor produced by boiling water or in a pressurized cabinet above 215°.

Stock-A liquid that has been flavored by simmering bones, vegetables and aromatics in water.

Straight Method - everything goes right into the process of bowl before the process begins

Strain-To pass a liquid through a china cap, sieve, or cheese cloth to remove or separated the solid items

Timbale-Fr. Baked mold of starch, forcemeat, or vegetable.

Tournedos-Fr. Small trimmed filets. *Tournedos Rossini*

Tranche-Fr. To carve . Eng. A carved plate or bread bowl that food is served in.

Truffle-A fungus that grows under the ground used as a flavoring agent and garnish.

Veloute - Fr. A velvety cream sauce or soup.
Veloute Agnes Sorel.

Vol-au vent-Fr. Hollow, puff-pastry shell, filled with a salpicon of shellfish or chicken.

Whip-Rapid beating to increase the volume by incorporating air into eggs or fat.



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