

UNITED WE COOK



**A CULINARY JOURNEY THROUGH
100 RESTAURANTS FROM ACROSS THE US**

BY NADIA MASHAR & OUR FRIENDS IN THE RESTAURANT INDUSTRY



Sincere, special and heartfelt gratitude & appreciation for all participating restaurants who have contributed greatly to making of this book. THANK YOU!!!! ♥

Thank you: 10 Degrees South, 12@ Madison, Acadia, American Cut, Aya Pastry, Bar Biscay/mfk, Black Bull/Beatnik, Blackbelly, Bourbon House, Bowl & Barrel, Butcher & Bee, Café Robey, Canoe Restaurant, Chartreuse Kitchen & Cocktails, Chaval/Piccolo, Bing Bing Dim Sum, Cornbread, Cowbell, Daisies, David's Café NYC, Dickie Brennan's Steakhouse, Dock Local, Dolce Italian, Domenica, Dos Urban Cantina, El Che Steakhouse & Bar, Ellen's, Eunice, Fooq's, Funkenhausen, Gadabout, Gemini/Old Pueblo, GT Prime Steakhouse, Herb & Wood, High Hat Café, Intero, Juliet Somerville, Kachka, Knead Bakehouse, Lahaina Grill, Lazy Betty, Lula Café, Lusardi's Manoli's, Manuela, Maple & Ash/etta, Mission Ceviche, Mix Mix Kitchen Bar, Momocho, Mother's Bistro, Mott Street, Mustards Grill, Nai Tapas, Nico Osteria, Nine-Ten, Nopalito, Olivetta, One Market, Palace Café, Porta Via, Reata Fort Worth, Red Feather Kitchen, Rioja, ROOH, Santo, Satterfield's, Scarpetta, Socalo, Spacca Napoli, Superkhana International, Tableau, Tesse, The Atlantic on Pacific, The Bindery, The Dearborn, The Draycott, The Fat Radish, The Garret, The General Public, The Loyal, The Loyalist, The Osprey Tavern, The Porter's House, The Rustic, The Trident, The Whitney, Tony's Pizza Napoletana, Trattoria Ponte Vecchio, Turkey and the Wolf, Twisted Soul, Urbanbelly, Uva, Veritas, Voyager Ferndale, Within the Wild, Yopparai, Zeppelin South End.

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Like many of you, I am going stir-crazy sitting at home. I miss my favorite restaurants and traveling. Not knowing when all of this will pass, and it will be safe again to venture outside and enjoy the many things we used to take for granted. As a single gal I am not used to cooking at home. Not to say that I am not good at it, I am just much better at picking restaurants and meals on the menu! But given the current environment my boredom has led me to cooking as well. Ok...only a few times but that's already my annual limit!

I am not a writer either.... just a small business owner who likes to travel and eat! Given the current environment, my mind shifts to those who have been affected the most by losing their jobs or revenue. I decided to do my part to help and put together this book to help the struggling employees who work in the restaurant industry.



This initiative-book features recipes from 100 independent restaurants from 37 US cities, representing 24 states and features 23 various cuisines and a few cocktail recipes. Restaurants featured in this book range from fine dining to small mom & pop's cafes. Some of these recipes are coming from chefs who are former contestants and winners of Top Chef and other cooking shows, restaurants who have won and/or have been nominated for James Beard Award, Jean Banchet and Julia Child awards, seven restaurants with Michelin stars and even one with a number of Guinness Records.

Enjoy this culinary "virtual" travel from Coast to Coast until we are once again able to go to these marvelously delicious restaurants! Eat up, drink up and Cook United!

P.S. No need to get dressed for this restaurant outing!

XOXO

Nadia Mashar



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ALASKA

WITHIN THE WILD

“We are what we repeatedly do. Excellence, then, is not an act, but a habit” - Aristotle

Within The Wild is a luxury Alaskan adventure travel company with two remote lodges deep in the backcountry of Southcentral Alaska and a firm focus on sustainability. Within The Wild operates two full-service lodges –Winterlake Lodge at the entrance to the Alaska Range, and Tutka Bay Lodge at the edge of Kachemak Bay State Park – treating travelers to unparalleled experiences in relaxation, wellness, creative culinary experiences, and adventure. Mother- daughter chef duo Kirsten and Mandy Dixon run the lodge kitchens, in addition to a cooking school at Tutka Bay, and have co-written several cookbooks together.

Withinthewild.com
Alaska
T: 907.274.2710

Sockeye Salmon Burgers

Ingredients:

- 1-pound boneless, skinless Alaska sockeye salmon
- 2 tablespoons minced cilantro
- 2 tablespoons green onion, thinly sliced
- 1 clove garlic, peeled and finely minced
- Juice of half a lime
- 1 tablespoon soy sauce
- 1/2 teaspoon sesame oil
- 1 pinch smoked paprika





Salt and freshly ground pepper to taste

Instructions:

- 1). Dice half of the salmon into 1/8-inch cubes. Puree the other half in a food processor. Combine both the salmons together in a medium bowl.
- 2). Combine together the cilantro, green onion, garlic, lime juice, soy sauce, sesame oil, and smoked paprika. Add this mixture into the salmon, stirring to gently combine. Season the salmon with salt and pepper.
- 3). Shape the salmon into 4 patties and chill until ready to grill or sauté.

Alaska King Crab Beignets

Ingredients:

Canola oil for frying

6 tablespoons unsalted butter

1 cup chicken stock

Pinch of salt

1 cup bread flour

1/4 teaspoon freshly grated nutmeg

4 eggs

3/4 cup Gruyere cheese, grated

1/4 cup Parmigiano-Reggiano cheese, grated (plus extra for dusting the finished beignets)

Freshly ground pepper





1 ½ tablespoons fresh chives

½ pound Alaska crabmeat

Method:

- 1). Add the canola oil to an electric deep fryer or deep-sided saucepan about halfway up. Bring the oil to 350 degrees.
- 2). In a heavy bottomed saucepan, combine the butter, chicken stock, and salt and bring this mixture to a boil. Remove the saucepan from the heat and add in the bread flour and ground nutmeg. Using a sturdy wooden spoon, stir until the dough is formed and is smooth and shiny. Return the pan to the heat and stir constantly until the mixture comes away from the sides of the pan, about 2 minutes.
- 3). Add in the eggs, one at a time, mixing thoroughly after each addition. Add in the grated cheese, pepper to taste, and the minced chives. Fold in the crabmeat.
- 4). Drop the dough by tablespoons into a small deep fryer (or a saucepan filled half-way with oil). Remove the beignet with a slotted mesh spoon after 2-3 minutes and golden brown. Drain the beignets on paper toweling. Sprinkle with medium-grain sea salt and the extra Parmigiano-Reggiano.

FFF: The oldest evidence for soup is from 6,000 BC and was made from hippopotamus and sparrow meat.

ATLANTA, GA

10 DEGREES SOUTH

“Sometimes you win, sometimes you learn.” — John Maxwell

Located in Atlanta’s Buckhead neighborhood, 10 Degrees South opened in 1998 as the first South African restaurant in the United States. The eatery, founded by esteemed restaurateur and entrepreneur Justin Anthony, was inspired by the lifestyle, decor and cuisine of South Africa.



The concept is deeply rooted in family tradition with an explorative menu crafted by Anthony's parents and executive chefs, Derek and Diane Anthony.

Born and raised in South Africa, Anthony took a leap of faith in 1998 and opened 10 Degrees South, the nation's first restaurant committed to sharing a true South African culinary experience. Alongside his parents, Derek and Diane Anthony who serve as the restaurant's executive chefs, Justin created a space that transports guests, through food and atmosphere, to South Africa. Today, Anthony's True Story Brands has three unique concepts across Atlanta, all inspired by the South African fare he grew up enjoying.

<https://10degreessouth.com/>
4183 Roswell Rd.
Atlanta, GA
404-705-8870

10 Degrees South Beef Bobotie

By: Executive Chef Diane Anthony

Yields: 6 Servings

Average prep time is 30 minutes

Cooking time: approx. 35 minutes

Ingredients for the Bobotie:

2lbs of ground beef
4 tablespoons of olive oil
1 ½ cup of chopped onion
1 heaped tablespoon of minced garlic
Salt and pepper to taste
1 large or 2 small Granny Smith apples grated
¾ cup of apricot preserve
½ cup of brown sugar
1 cup of raisins
2 tablespoons curry powder of your choice
1 tablespoon of turmeric

For the topping:

2 large eggs
1 cup of milk and a ½ cup of cream
Salt and pepper to taste and a sprinkle of cinnamon

Method:

Preheat oven to 375 degrees





For the Bobotie:

- 1). Sautee onions in olive oil until translucent
- 2). Add garlic, ground beef, salt and pepper and sauté until it changes color
- 3). Add the curry powder, turmeric, brown sugar and apricot jam, stir until incorporated then add grated apples
- 4). Cook for 5 minutes then add the raisins. Once raisins are soft and plump transfer to a quart pan, press it down and let it cool to room temperature

For the topping:

In a bowl combine all of the ingredients and whisk until well incorporated, pour over the meat, bake uncovered for 35-40 minutes until the topping is set and golden brown

Garnish/finish: serve over white and/or yellow Basmati rice and top with diced tomato, red onion, and chutney

10 Degrees South Sosatie Recipe

By: Executive Chef Diane Anthony

Ingredients:

3 ½ lb. of beef filet cut into approx. 3cm cubes
Diced apricots
Onions

Milk Marinade Ingredients:

¼ gallon milk
Salt and pepper to taste
1 tablespoon crushed garlic
2 tablespoons turmeric
2 Bay Leaves
4oz brown sugar
¼ large onion

Method for milk marinade:

- 1). Place meat in container and marinate overnight in the milk marinade.
- 2). Remove meat from marinade and set aside until you have made the curry marinade.

Curry Marinade Ingredients:

3 Tablespoons of curry powder
4 Tablespoons of white sugar
4 Tablespoons of apricot jam
1 Tablespoon turmeric





½ gallon of white vinegar + water
1 tablespoon of crushed garlic
1 Bay Leaf
1 cup of diced dried apricots

Method:

- 1). Once the curry marinade is prepared, put the meat onto skewers and leave them in the marinade until ready to grill.
- 2). Grill the skewers on a hot grill, turning to cook on all sides. Cook for about 8 minutes for medium-rare and up to 15 minutes for well-done.
- 3). While the skewers are grilling, bring the marinade to a boil in a saucepan and simmer for 3 or 4 minutes. Serve over the sosaties.

FFF: Adding salt to a pineapple will actually cause it to taste sweeter. It reduces the bitterness of the fruit.

CANOE

“Life is like riding a bicycle. To keep your balance, you must keep moving-.” Albert Einstein

Since opening in 1995, Canoe has established its reputation as Atlanta’s classic, quintessential fine dining restaurant set in a historic, relaxed location. Not only have locals recognized Canoe’s distinct charm and appeal, but the restaurant has been featured in notable publications such as Bon Appétit, Food and Wine, Gourmet, The Wine Spectator and the New York Times as well as being named The Most Romantic Restaurant in Georgia by The Daily Meal.

Canoe rests on the banks of the Chattahoochee River, nestled in the neighborhood between Vinings, Buckhead and Smyrna, and offers guests a unique, comfortable atmosphere. With a passionate staff, Canoe provides diners with exceptional service, a welcoming ambiance, and personal attention to every dish. Executive Chef Matthew Basford delivers high-end seasonal cuisine prepared with the finest ingredients and innovative techniques. Canoe offers over 300 quality selections, 40 available by the glass. With a large manicured garden that backs up to an outdoor patio and special event tents, Canoe is the ideal, intimate setting for celebrations, receptions, and private parties.

<https://www.canoeatl.com/>
4199 Paces Ferry Road, SE
Atlanta, GA
(770) 432-2663



Canoe House Smoked Salmon

By: Chef Matthew Basford

Ingredients:

1ea side Atlantic Salmon Bones Removed
1# Kosher Salt
8oz Brown Sugar
2oz Cracked Black Pepper
2oz Fennel Seed crushed
1 ea Garlic Clove crushed
2oz Coriander Seed crushed
2 ea Bay leaf

Method:

- 1). Mix all except salmon together and set aside.
- 2). Liberally apply salt cure atop salmon flesh side and lay in perforated container and place in cooler for 3 days
- 3). Rinse salmon under cold water and remove salt cure, return back to cooler and leave over night
Cold smoke salmon for 1 hour using hickory wood chips. Do not let temperature get above 75F
- 4). Return salmon to cooler overnight and slice thinly when ready



Goat Cheese Cream:

1# Vermont Butter and Creamery Goat Cheese
2oz Cream Cheese
Whip Goats cheese in kitchen aid mixer on medium speed till soft. Carefully add cream cheese and mix on high for 5 minutes
Set Aside

Caper Dill Cream:

2 oz Non-Peril Capers
8oz Crème Fraiche
¼ Bunch Chopped Dill
1 shallot finely minced
Salt and Pepper to taste
Mix all in mixing bowl till incorporated
Set Aside

**Potato Pancake:**

4 ea Yukon Gold Potatoes Peeled

Deep Fryer set to 300F

6-inch Frying Pan

Method:

Julienne Potatoes and season with salt and pepper. One cut you must get cooked quickly

In the fry pan place enough oil to cover bottom and set flame to medium. Gently place approx 2oz potato in pan and press down till flat. Be careful the oil is hot.

Cook for 4 minutes to set on side, gently flip the potato over and cook for another 4 minutes. Then gently slide the pancake into the fryer and cook till crispy. Set Aside

To Assemble:

1 ea Shallot finely diced

4 Sprigs Chive Finely Chopped

Spread small amount goat cheese mixture atop the potato pancake. You only want a thin layer.

Next lay the sliced smoked salmon atop the goat's cheese and top with finely diced chive and shallot. Cut into quarters

Place a small amount of caper dill cream on plate and place the potato salmon cake atop

FFF: An Art professor created a tree that can produce 40 different fruits, including peaches, apricots and cherries.

LAZY BETTY

Success is not final; failure is not fatal: it is the courage that counts. " - Winston Churchill

Lazy Betty opened February of 2019, inspired by and named after Chef Ron Hsu's mother who was the opposite of lazy. The food represents the culinary team's cross-cultural influence in a tasting menu format but in a relaxed and comfortable setting. We invite you to dine with world class food, service, and beverages but in an atmosphere that makes you feel at home.

<https://www.lazybettyatl.com/>
1530 DeKalb Avenue NE Ste F
Atlanta, GA
T: 404.975.3692



Grilled Spanish Octopus, Bartlett Pears, Fermented Black Bean Vierge

Yields: 4 servings (as an appetizer)

Ingredients:

For the Octopus Braise:

- 4 Octopus Tentacles (raw)
- ½ cup Paprika
- 1 cup Spanish Onion, large dice
- 1 cup Carrot, large dice
- ½ cup Celery, large dice
- ½ head Garlic, roughly cut
- 1 gallon of water

For the Marinade:

- 3 TBSP Paprika
- 2 Cloves of Garlic
- 1 Lemon, peel only (no pith), juice reserved
- 1/3 cup Canola Oil
- 1 tsp Sugar
- 1/3 Red Onion
- 1 TBSP of water

For the Vierge:

- ¼ cup Chinese Fermented Black Beans, soaked in water for 5 minutes and drained.
- 2 tbsp Red Bell Peppers, small dice
- 2 tbsp Ginger, small dice
- 2 tbsp Garlic, small dice
- 2 tbsp Shallots, small dice
- 1 tbsp Jalapeno, small dice
- 2 tbsp Chives
- 2 tbsp Bartlett Pears, peeled and small dice
- 1 Lemon, juiced (reserved from marinade list)
- 1 ¼ cup of canola oil

For the Squid Ink Vinaigrette:

- ¼ cup Canola Oil
- ½ tsp Squid ink
- 1 tsp Balsamic

Photo Credit: Andrew Thomas Lee





½ clove Garlic

Final Garnishes:

Bartlett Pears, cored, halved and thinly sliced

¼ Red Bell Peppers, julienne reserved in ice water

Arugula leaves

Method:

Step 1 Octopus Braise:

Make the octopus braise. In pot large enough to cook the octopus, bring the water along with the onions, carrot, paprika, garlic, and celery up to a quick boil. Let the aromatics steep for 30 minutes or up to 2 hours. Meanwhile in a separate pot bring the 4 raw Octopus tentacles up to a very quick boil in water. Remove the octopus from the water and set aside. Discard the water. Once the octopus braise is done steeping, place the boiled octopus into the braise and simmer for about 1.5-3 hours, or until the octopus is tender. Remove from the liquid and allow to cool. Reserve the liquid for another batch of octopus (you can use this liquid up to 3 times).

Step 2:

Make the Marinade. Place all the ingredients except the oil into a blender. Start to blend the ingredients and slowly drizzle in all the oil. Next, lightly coat the braised and cooled octopus with the marinade. Reserve the rest of the marinade for your next batch of octopus. Marinate the octopus for at least 2 hours or overnight.

Step 3: Make the fermented black bean vierge. Place the canola in a medium size pot and gently warm the oil over low heat for 4-5 minutes. Place the black beans in the pot and allow the beans to bloom in the oil, about 2 minutes. With the heat still on low, place the red bell peppers, jalapenos, garlic, ginger, and shallots into the oil and allow to bloom with the beans, another 6-8 minutes. Turn the heat off and allow to cool. Once cool add the pear, chives, and the lemon juice and reserve until ready to eat.

Step 4: Make the squid ink vinaigrette. Place all the ingredients in a pot, except the oil. Give the mixture a quick whisk and bring up to a quick boil and remove from the heat. Once cool add the oil and remove the garlic clove. Reserve the vinaigrette until ready to eat.

Step 5: Finish the dish. In an oiled sauté pan or grill over high heat, char the octopus tentacles until all sides have been browned, about 1-2 minute per side. Once browned slice each tentacle into 1 ½ inch lengths, discarding the tips of the tentacles. Place a small amount of the squid ink vinaigrette on each plate and with the back of a spoon spread it into an oval about 4 inches wide. Stack the sliced octopus across the oval of the vinaigrette. Spoon about 1 ½ tbsp of the vierge over each plate of octopus. Then arrange 2 slices of the pear, 2 pieces of the red pepper julienne, and 2 arugula leaves as the final garnish. Serve immediately.

FFF: Watermelons contain an ingredient called citrulline that can trigger production of a compound that helps relax the body's blood vessels.



TWISTED SOUL COOKHOUSE & POURS

“Nothing is impossible, the word itself says ‘I’m possible!’” - Audrey Hepburn

Chef Deborah VanTrece began her culinary career in 1994 when she graduated as the valedictorian of her class at the Art Institute. Working as Executive Chef for a catering company by 1996, Chef VanTrece enjoyed great success during the Centennial Olympics in Atlanta. She was hired to cook for several foreign dignitaries and executives and won acclaim for her mastery of delicious globally informed cuisine. After the Olympics, Chef VanTrece opened Edible Art, a small restaurant and catering operation, where her thoughtful take on soul food was a fresh reminder of the virtue of purity in cooking and eating. At Twisted Soul, Chef VanTrece continues to serve the concept of global soul food – the soul food of different cultures around the globe as she has experienced them.

Opened in late 2014, and transitioning locations in 2016, Twisted Soul Cookhouse & Pours’ was voted best new restaurant in Atlanta by the Georgia Voice, ranked among the best new openings in Atlanta by Thrillist and has been featured on the Cooking Channel’s ‘Late Nite Eats’ and Genius Kitchen’s ‘Carnivorous’.ut? What makes it interesting? Write a catchy description to grab your audience's attention...

Chef Deborah VanTrece, owner-chef, Twisted Soul is contributing this great recipe for Oxtail Rilette. According to Chef VanTrece, these are indispensable around the holidays, when unexpected guest drop by, and they are a great way to use leftover oxtails. It is a dish that goes from humble to fancy depending upon the occasion.

www.twistedsoulscookhouseandpours.com
1133 Huff Rd NW #D
Atlanta, GA
T: 404.350.5500

Oxtail Rilette

Ingredients:

- 4-5 lbs cooked oxtails
- 2 shallots chopped
- 8 tablespoons butter, divided
- 2 teaspoons orange peel
- 2 tablespoons cognac





2 teaspoons drained green peppercorns

1 teaspoon finely chopped fresh thyme

¼ teaspoon allspice

½ cup oxtail gravy, reserved from cooking oxtails

Salt 'T'

Method:

- 1). Pull the meat from the cooked oxtails, discarding fat and bones. Place oxtail meat in a food processor. In a small pan melt 3 tablespoons of butter over medium heat.
- 2). Add the shallots and sauté for 5 minutes to 7 minutes or until shallots just begin to caramelize.
- 3). Remove from heat and place cooked shallots with butter, the remaining 5 tablespoons butter, orange peel, cognac, peppercorns, thyme, allspice and oxtail gravy in the food processor.
- 4). Pulse mixture until it is finely minced but not completely smooth. You want to have some texture in the mix.
- 5). Empty mix into a medium-size bowl and add salt as needed. Press mixture into crock or mold of your choice and refrigerate.

The rillettes will store up to 7 days in the refrigerator. For serving slightly warm or bring to room temperature and serve with crusty bread, hoecakes or crackers. Makes 3 to 3 ½ cups.

FFF: There is a tree called Fruit Salad Tree that sprouts 3 to 7 different fruits in the same tree.

AUSTIN, TX

INTERO RESTAURANT

*“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.” —
Earl Nightingale*

At its core, the idea behind Italian cooking stems from necessity and gratitude of fresh, regionally available ingredients. Translating to “entire” in Italian, Intero embraces this concept by utilizing the "whole" ingredient in combination with exercising traditional cooking



techniques practiced throughout Italy. By fabricating solely locally raised whole animals and locally farmed whole produce, Intero prides itself in practicing the art of being a sustainable, zero food-waste kitchen, meaning every bit of food serves a purpose. To add an authentic nod to Italy's sweeter side, Intero offers hand-crafted, specialty artisan chocolates including sipping chocolate, truffles and barks and Italian desserts.

Born and raised in Austin, husband and wife duo, Executive Chef Ian Thurwachter & Chocolatier/Executive Pastry Chef Krystal Craig sought to share their love of Italian cuisine in combination with their knowledge of savory and sweet. Both self-taught in their professions, each attributes the inspiration of their work to influences they had growing up. Bringing together over 35 years of collective experience in the food and restaurant industry, along with the talents of many friends and family to help build their space, the couple opened Intero together in 2018.

Interorestaurant.com
2612 E Cesar Chavez
Austin, TX
T: 512.599.4052

Charred Cabbage Salad

Yields: 4 servings

Cabbage Ingredients & Preparation:

- 1 Large Red Cabbage (Cut into eighths)
- 2 Tbsp. Olive Oil
- 2 tsp Salt

Method:

- 1). Place cabbage, olive oil and salt together in a deep baking pan.
- 2). Cover with foil and bake at 350 for 30-45min OR until tender.
- 3). Prep the Dijon sauce and toppings while cabbage is cooking.
- 4). Once cabbage is out of the oven, either grill or broil to charred.

Dijon Sauce Ingredients & Preparation:

- 4 Tbsp. Dijon Mustard of Choice *Recommend Edmond Fallot Seed Style Mustard
- 2 Tbsp. Olive Oil
- 1 Tbsp. Honey
- 1 Tbsp. Sherry Vinegar

Topping Ingredients:

- 1/4 lb. Ricotta Salada
- 1 Bunch Chives Chopped





To Serve: Spread Dijon sauce on bottom of plate and place warm, charred cabbage on top. To finish, grate the ricotta salad over the cabbage and evenly add the chives.

Ricotta

Ingredients:

- 2qt whole milk
- 1pint cream
- 1pint cultured buttermilk (first part of recipe)
- 1 cup cultured buttermilk (last part of recipe)
- *Cheesecloth & fine sieve

Method:

- 1). Mix ingredients in a heavy bottomed pot and put on medium low heat.
- 2). Gently scrape the bottom of the pot every 5 minutes until the liquid comes to a simmer.
- 3). Remove from the heat and let sit for 30 min.
- 4). Using a mesh strainer, remove any curd from the liquid.
- 5). Transfer to a colander lined with cheesecloth and let drain for 30 minutes to form the ricotta.
- 6). Press the ricotta through a fine sieve, then transfer to a bowl.
- 7). Season with salt (a pinch to start, then to preference) and whisk in 1 cup buttermilk.

To serve: Try with different breads, herbs and spices or use in any recipe calling for ricotta.



FFF: Loud music makes you drink more, and faster.



BIRMINGHAM, AL

SATTERFIELD'S

“Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.” – Dale Carnegie

Located in the heart of Cahaba Heights, Satterfield's Restaurant is one of Birmingham's finest culinary destinations. They offer the freshest and best ingredients, a friendly and knowledgeable staff, and elegant ambiance. An evening at Satterfield's takes you to that place where the family dinner table and fine dining meet. Satterfield's specializes in a global dining with a local (Southern!) twist.

Becky Satterfield opened the restaurant in 2005 with the idea that fine dining doesn't have to be pretentious but can be relaxing and comfortable. While the menu changes daily, guests will always find Old-World flavors married with New-World sensibilities. Favorites include wood-grilled steaks, fresh seafood, veal, rabbit, and quail — each with noticeable French, Italian, Spanish, or Mediterranean influences. And don't miss Becky's famous corn muffins, baked fresh and served at each table.

www.satterfieldsrestaurant.com
3161 Cahaba Heights Road
Birmingham, AL
T: 205.969.9690

Becky Satterfield's Corn Muffins

Yields: approx. 2 dozen mini muffins

Ingredients:

2/3 cup yellow enriched cornmeal
1 ½ cups all-purpose flour
1 1/4 cup granulated sugar
1 tablespoon baking powder
1 teaspoon kosher salt
2¾ cups buttermilk
8 large eggs
¾ cup vegetable or peanut oil
3 ears yellow corn, shucked and kernels removed
3 green onions, finely chopped





Method:

- 1). Preheat oven to 400 degrees.
 - 2). Add the cornmeal, flour, sugar, baking powder and salt to a large mixing bowl. Gently mix to combine. Add the buttermilk, eggs and oil.
 - 3). Whisk until incorporated. Scrape the sides of the bowl and whisk for another 30 seconds. Stir in the corn and green onion.
- Spray a small muffin pan with release spray. Spoon the batter into the muffin wells. Place in the oven and cook for 17-20 minutes, until browned.

FFF: German chocolate cake has nothing to do with Germany. German chocolate cake was invented by a Texan who used “German’s Chocolate” which is simply baking chocolate named after the creator, Sam German.

BOULDER, CO

BLACKBELLY

“The secret of getting ahead is getting started.” - Mark Twain

Exceptional foods must come from exceptional sources. The food at Blackbelly will always start with seasonal, local ingredients, and pasture raised sustainable animals. In 2014, Chef Hosea Rosenberg’s esteemed Boulder, Colorado-based catering business evolved into a brick-and-mortar restaurant, adding its stand-alone butcher shop next door a year later. Blackbelly is the first and only independent, whole animal butchery in Boulder, and the first licensed to make and sell its own cured meats. Its close personal relationships with ranchers, farmers, and suppliers, ensures only superior products are offered on its menus. The team goes steps beyond simply receiving animals for butchery.

Top 25 Restaurants in Denver, 2015, 2016, 2017, 2018, 2019 – by 5280 Magazine

Best New Restaurants 2015 – 5280 Magazine

Award recipient, inspiring the entrepreneurial spirit of the nation 2016 – U.S. Small Business Administration

Best Chef 2015 – DiningOut Prime Picks

Chef Hosea Rosenberg, Winner, Season 5 – Bravo TV’s Top Chef

<http://www.blackbelly.com/>
1606 Conestoga Street #3

Boulder, CO
T: 303.247.1000



Chef Hosea's Skirt Steak a la Plancha with Chimichurri

Serves: 4

Ingredients:

2 lbs	cleaned and trimmed skirt steak
4 Tbsp	olive oil
2	sprigs rosemary
2	cloves garlic
	fresh cracked black pepper
1 bunch	parsley chopped
1 bunch	cilantro chopped
1 large	clove garlic minced
1/2 tsp	salt
1/2 tsp	fresh cracked pepper
1/2 tsp	red chile flake
1 C	olive oil
1/4 C	lemon juice

Method:

For steak:

- 1). Combine first five ingredients and let steak marinate overnight in refrigerator.
- 2). Prior to cooking, remove steak and set out for at least 20 minutes to come to room temp
- 3). Season to with salt and pepper and cook (on grill or cast-iron pan) to desired temp

For chimichurri:

- 1). Combine remaining ingredients except lemon juice
- 2). Just before serving, stir in lemon juice



FFF: Eating kiwi helps your body process protein.



SANTO

Fall seven times, stand up eight.” — Japanese Proverb

Santo opened in 2017 by award-winning Chef/Owner Hosea Rosenberg. Sister to the critically acclaimed, Blackbelly, Santo is inspired by Rosenberg’s childhood home of Taos, New Mexico. An eatery and bar, serving his spin on seasonal, modern Northern New Mexican fare, Santo brings to life the vibrant food culture of the region. A vast outdoor patio lines the exterior of the south facing windows, giving diners unobstructed views of the majestic Boulder Flatirons.

A large rectangular bar is situated at the center of the interior creating a lively and welcoming scene. The menu combines classic New Mexican cuisine, techniques, and ingredients, like red and green chiles and blue corn; with a local Colorado approach to sourcing all-natural, non-GMO meats and produce. Pro tip: Weekday breakfast burritos have a cult-like following.

santoboulder.com
1265 Alpine Avenue
Boulder, CO
T: 303.442.6100

Chef Hosea’s Smoked Pork Green Chile Posole

Yields: 1.5 Gallons or approx. 10 portions)

Ingredients:

1 C	canola oil
3 C	yellow onion, diced
1/4 C	garlic, minced
1 Tbsp	red chile powder
1 Tbsp	ground cumin
3 Tbsp	salt
1 Tbsp	black pepper
1 1/2 C	ap flour
1 Gal	smoked pork stock (or chicken)
3 C	canned diced tomatoes
1/4 C	oregano, chopped
1/4 C	jalapeño, diced
1/4 C	cilantro chopped
1/4 C	lime juice
1 1/2 lb	green chiles, chopped (medium)
1 1/2 lb	green chiles, chopped (hot)
3 C	hominy corn (posole), pre-cooked, rinsed
1 1/2 lb	pork shoulder, smoked or unsmoked



Method for the pork stock:

- 1). Smoke pork shoulder (cut into large chunks) in smoker for about 2 hours, or until very smoky and cooked through



- 2). Add to pot with 1-gallon water, one onion (cut in half), one carrot (cut in half), and a few bay leaves.
- 3). Simmer for 3 hours. Strain stock, and reserve meat for stew

For the posole:

- 1). Sweat onions and garlic in oil until soft
- 2). Add spices and toast over medium high heat for about 2 minutes
- 3). Add flour to pot and stir constantly until paste forms. Cook over medium heat for about 2 minutes
- 4). Slowly stir in pork stock, whisking constantly. Bring to simmer, stirring, making sure no lumps form
- 5). Add tomatoes, oregano, jalapeño, cilantro, lime, and green chile. Bring back to simmer
- 6). Cook over low heat for about 30 minutes, stirring occasionally.
- 7). Add posole and pork.
- 8). Season with salt and pepper
- 9). Serve immediately or chill to use later

FFF: Corn is one of the most versatile crops out there. In fact, there are over 4,000 different uses for corn. It can be found in anything from your pet's food to fireworks.

CHARLOTTE, NC

THE PORTER'S HOUSE

Go confidently in the direction of your dreams. Live the life you have imagined.”—Henry David Thoreau

Their roots are firmly established in the Carolinas. They are family-owned and family-run, and they strive to work with those who can say the same. Their restaurants are inspired by the seasons and by the ever-evolving traditions that make up Southern cuisine. Most of all, they are inspired by their guests. At The Porter's House their people are the heartbeat; Serving others well fills their souls. Rooted in the generous hospitality made legendary by porters of the past, they pay homage to the timeless traditions of quality, care, richness, and warmth. That legacy of personal service, humble elegance and legendary experiences drives them. It extends into the ingredients they source, the fine spirits that fill their bourbon room, and the thickness, tenderness and marbling of signature porterhouse steaks.

<http://theportershous.com/>
7417 Waverly Walk Avenue
Charlotte, NC
T: 704.930.7878



Seared Scallops over Polenta Cakes with Pepper Jelly

Photo Credit: The Plaid Penguin

Ingredients:

6 Polenta Cakes
6 dry packed U-10 Scallops
Salt, pepper

Olive Oil
¼ Cup White wine
1 Tbsp. Unsalted Butter
¼ Cup Pepper Jelly

For pepper Jelly:

1 Cup Apple cider vinegar
1 Jalapeno, seeded and finely chopped
4 red bell peppers, seeded and finely chopped
2 cups sugar
1 tsp. kosher salt
1 Tbsp. pectin



Method:

1). In a food processor, combine the vinegar and peppers, and pulse until the peppers are finely chopped, speckled throughout the liquid. Transfer to a medium saucepan and add the sugar and salt. Bring to a boil over medium-high heat and let cook until the sugar fully dissolves, stirring occasionally for about 5 mins.
2). Sprinkle the pectin over the mixture and continue to cook until fully incorporated, 1 to 2 minutes more. Cool Completely. Will hold in fridge, (without canning) for up to two weeks.

For polenta cakes:

1 Cup milk
2 Cups water
1 tsp Cayenne pepper
1 tsp black pepper
1 Cup Polenta, preferably a freshly milled polenta
¼ cup Mascarpone
¼ cup Parmigiano-Reggiano
Salt

Method: In a saucepan combine milk, water, black pepper and cayenne. Bring the mixture to a boil over low heat and season generously with salt.

Note: This should border on the edge of too salty, as polenta will soak up most of the salt.



- 1). Add in the polenta whisking constantly. Once the polenta is combined, switch over to a wooden spoon and stir frequently until the polenta has become thick. Cook until the polenta feels smooth- about 30 mins. If it is still grainy, add more milk and cook a few mins longer. Remove from heat and stir in the cheeses.
- 2). Line a square pan with plastic wrap or parchment paper. Por the polenta into the prepared pan. Cover the top with more plastic smoothed onto the surface of the polenta. Chill in the refrigerator overnight until needed.
- 3), Remove the polenta from the pan and cut into desired shapes. Coat a nonstick sauté pan with olive oil and bring to medium-high heat. Once the pan is hot and starting to smoke just a little, add the polenta shapes. Cook the polenta on both sides until a golden-brown crust form. Set aside while you cook Scallops.
- 4). Heat a separate sauté pan to medium high heat.
- 5). Pat dry scallops and season liberally with salt and pepper.
- 6). Add 1 tablespoon of oil to pan and heat until it nearly smokes. Carefully add Scallops to pan, being careful not to move them around. Cook until scallops move with a gentle shake, about 2-3 minutes. Flip and cook for an additional 90 seconds. Remove Scallops from heat.
- 7). Deglaze pan with white wine. Reduce heat to medium low and add pepper jelly to pan, add butter and stir to emulsify.
- 8). Serve scallops on top of polenta cakes with pepper jelly sauce on top.

Pimento Cheese Beignets with Bacon Fat Aioli

Pimento Cheese Beignets:

1 ½ Cups Whole Milk
1 Stick of Unsalted Butter
1 tsp. Kosher salt
1 ½ Cups AP Flour
1 cup pimento cheese

Method:

1). In a large saucepan, combine the water, butter, sugar and salt and bring to a boil.

Reduce the heat to moderate.

Add the flour all at once and stir vigorously with a wooden spoon until a tight dough forms and pulls away from the side of the pan, 2 minutes. Remove the pan from the heat.

2). Transfer Dough to a stand mixer with a paddle attachment. Turn on mixer to medium low speed, adding in eggs one at a time until fully incorporated. Add pimento cheese and Cajun seasoning and mix until combined.

Photo credit: The Plaid Penguin





- 3). In a Deep Pot, heat oil to 325 degrees.
 - 4). Dough can be fried now or allowed to rest in refrigerator overnight.
 - 5). Using a small ice cream scoop, portion out dough directly into the fryer. With a metal spider, flip each ball once, cooking approximately 2-3 minutes total until golden brown. Place on a paper towel to drain, sprinkle with salt.
 - 6). Serve with Bacon Fat Aioli (Recipe Follows) and thin sliced chives.
- Note: When served hot, the cheese inside is like molten lava! Enjoy carefully!

Bacon Fat Aioli:

3 Egg Yolks
2 Tbsp. Lemon Juice
½ Cup Rendered Bacon Fat (Extra Smoky, like Benton's is preferred)
½ Cup Olive Oil
1 tsp. salt

Method:

- 1). Warm bacon fat until it is the consistency of oil.
- 2). In a food processor, buzz together egg yolks and lemon juice. Keep blade running and slowly drizzle in all bacon fat, then slowly add oil until you achieve mayonnaise consistency. Add salt and taste for seasoning. Can be stored in refrigerator for up to 5 days. Bring to room temperature before serving.

FFF: White chocolate isn't chocolate. Its name is deceiving, because white chocolate doesn't have any components of regular chocolate. It's really just a mixture of sugar, milk, vanilla, lecithin, and cocoa butter.

ZEPPELIN SOUTH END

"When everything seems to be going against you, remember that the airplane takes off against the wind, not with it." – Henry Ford

Zeppelin in South End, Charlotte North Carolina is an ingredient driven cocktail bar and restaurant serving modern interpretations of classic southern dishes paired with forward thinking cocktails where the ingredients are allowed to determine our menus and approach.

<http://zeppelinsouthend.com/>
235 W Tremont Avenue
Charlotte, NC
T: 980.209.0008



Brunswick Stew

Yields: 4 quarts

Ingredients:

½ lb Bacon, small dice
¼ lb Smoked Sausage, small diced or ground
¼ lb fresh beef, diced our ground
1 cup Yellow Onion, small dice
2 tsp Fresh Garlic, minced
½ cup Red bell pepper, small dice
¼ cup celery, small dice
1/2 cup carrot, peeled & small dice
½ tbsp dark chili powder
1.5 tsp Smoked Paprika
1/2 tsp cayenne pepper, ground
1 tsp cumin, ground
1.5 cups peas or beans, soaked and blanched al dente
2 cups sweet potato, peeled, diced, blanched
2 cups white potato, peeled, diced, blanched
½ lb Chicken Breast, roasted and pulled

Photo credit: Steven Key @keyvisionphotography



Method:

In a medium stock pot, heat ¼ cup cooking oil over medium heat. Add diced bacon to the pot and render until mostly cooked. Next, turn the heat to high and add the sausage and beef. Sauté the meats until just browned then add onion, garlic, pepper, celery and carrot, stir. Continue to sauté, stirring frequently until the vegetables are lightly cooked and aromatic. Next add the chili powder, cayenne, paprika and cumin and toast the dry ingredients until very aromatic. Now, deglaze the pot with chicken stock (you can substitute any kind of stock or broth). Lower the heat to medium low and bring the pot to a simmer. Allow the stew to simmer for at least two hours, stirring occasionally. After the stew has simmered add the pulled chicken, potatoes and peas or beans and stir gently to incorporate all ingredients. Now season with salt and pepper to taste and serve immediately, garnished with fresh herbs and bread or grilled cheese, or transfer the stew to a storage container and allow to cool. Stew is better each time it is reheated!

Farm & Sparrow Roasted Corn Hushpuppies

Yields: 1.5 quarts or about 25 hushpuppies

Ingredients:

2 cups Farm & Sparrow, yellow hushpuppy cornmeal
1 cup White Lilly Flour, All Purpose
1 tbsp Baking Powder
1 tbsp Kosher Salt
2 each Whole Eggs
1.5 cups Whole Milk

Photo credit: Steven Key @keyvisionphotography





1 cup Yellow Onion, minced
2 ears Sweet Corn, roasted, cooled and cut from the cobb

Method:

In a medium mixing bowl stir together a ½ cup flour with the cornmeal, salt and baking powder. In a separate medium bowl, stir together the eggs, and milk. Whisk until smooth, then slowly add the wet mixture to the dry mixture stirring until all ingredients are evenly incorporated. Now add the roasted corn and onions to the bowl and stir again. Finally, add the other ½ cup of flour a bit at a time until the batter is no longer sticky. Allow the batter to sit for 1 hour in the refrigerator, covered.

To serve, scoop 1 ounce of batter individually into a deep fryer at 350 degrees, do not fry more than 5 hushpuppies at a time to avoid sticking. Fry until golden brown on all sides, roughly 5 minutes. Transfer the hushpuppies to a bowl and sprinkle with salt, then transfer to a dish and serve with barbecue sauce, butter or tartar sauce.

FFF: The most expensive pizza in the world costs \$12,000 dollars. It's called Louis XIII pizza and it's topped with three types of caviar, organic buffalo mozzarella & 7 other cheese varieties, Australian pink salt from Murray River, prawns, mantis shrimp and lobster. It takes 72 hours to make.

CHICAGO, IL

ACADIA

We have to do the best we are capable of. This is our sacred human responsibility. " - Albert Einstein

In 2010, Chef Ryan McCaskey began planning on fulfilling his lifelong dream of opening his own restaurant. In 2011, this dream became a reality and has since garnered accolades locally and nationally, including a Michelin One Star-rating after just 10 months, a Michelin Two Star-rating in 2015, a 2012 Jean Banchet Best New Restaurant Award, and Four Stars by Chicago Tribune's Dining Critic Phil Vettel in 2016. Inspired by his time spent in Maine since childhood, Chef McCaskey pays homage to the serenity and abundance found across the state. Many of the subtle nuances and details within the restaurant have touches of Maine throughout. Chef also sources much of the products found on Acadia's tasting menus directly from the Deer Isle area, specifically Penobscot Bay and islands surrounding.

<https://acadiachicago.com/>
1639 S Wabash Avenue
Chicago, IL
T: 312.360.9500



The Acadia Burger

Yield: enough for approx. 6-8 8oz burgers

Bacon onion jam:

- 4 C. ground bacon
- 4 C. diced yellow onions
- 1/3 C. chopped garlic
- 2 C. apple cider
- 1 C. dark brown sugar
- 1 C. brewed coffee
- 1/2 C. whole grain mustard
- 3 T. smoked paprika
- Salt

Method:

- 1). Sweat onions and garlic in a little oil. Add bacon. As the bacon releases some fat, skim off excess fat.
- 2). After 15 or 20 minutes of cooking, add rest of ingredients. Cook on a low simmer until almost all of the liquid is cooked off and gone. It should be damp to the touch, but not overly wet or greasy.
- 3). Reserve and keep warm.

Other Ingredients:

- Bread and butter pickles
- Per 10# of pickles
- 10# Kirby cucumbers, sliced
- 1 gal distilled vinegar
- 1 gal white wine vinegar

Photo Credit: Anthony Tahlier





4 C. sugar
6 sliced yellow onions
2# dark brown sugar
2 T. chili flakes
3 T. whole allspice
1 C. celery seed
3 whole sliced yellow peppers

Method: Put all liquids, spices, and sugar into a pot. Boil and simmer for 15 min. Cool. Pour over rest of ingredients. Let sit at least 3 days in the refrigerator. Jar to keep longer. Or store in refrigerator up to a month.

Truffle cheese mornay:

1 gal of whole milk
2 qts of shredded truffle fontina
1 T. truffle oil
1 # roux (equal parts flour and butter by weight)
½# melted butter, salt
1/2 onion
1 bay leaf
3 pieces cloves

Method: Cut onion in half and char one side. Stick cloves in it. Make a slit in the onion and add bay leaf. Bring milk just to boil with onion pique. Once boiled, turn down to low simmer and add ½ of roux. Whisk in and cook till thickened. If still loose, add more roux. Add grated cheese. Melt. Add butter, truffle oil and salt to taste. Once emulsified, pass through a sieve or chinoise. Keep warm.



To assemble: Cook your favorite 6-8 oz burger with a couple slices of gruyere cheese. Toast buttered brioche bun. On the bottom add warmed bacon jam, then pickles. Then burger with the cheese. Then a tablespoon or so of warmed mornay. Add top bun. Slice and eat!

FFF: The French used to refer to the tomato as the “apple of love.”

AYA PASTRY

“The question isn’t who is going to let me; it’s who is going to stop me. –Ayn Rand

Located in West Town Chicago, Aya Pastry celebrates the best seasonal ingredients, with products crafted with precision and love by Pastry Chef Aya Fukai. Aya Pastry offers a creative take on signature breads along with celebratory cakes, whimsical sweets and breakfast pastries.

Their mission is to spread smiles by sharing their crave-worthy treats. They would love to be able to bring Michelin star quality to your table.

Aya won Eater’s National Pastry Chef of the Year in 2016, was nominated in 2017 for James Beard Outstanding Pastry Chef and won the Chicago Tribune’s Pastry Chef of the Year in 2018.

<https://www.ayapastry.com/>
1332 W Grand Avenue
Chicago, IL
T: 312.846.6186

Cinnamon Cashew Cookies

Ingredients:

1/4 cup unsalted butter (1 stick)
2/3 cup light brown sugar
3/4 cup cashew butter
1 egg
1/2 tsp. vanilla extract
1 1/2 cup AP Flour
1/2 tsp. salt
1/2 tsp. baking powder
3/4 tsp. cinnamon, ground
1 cup chopped cashews
1/2 cup sugar in the raw





Method:

- 1). Preheat oven to 350°F.
- 2). Cream together butter, light brown sugar and cashew butter with a paddle until light and fluffy.
- 3). Add eggs, one at a time, scraping down the bowl after each addition, and mix until incorporated.
- 4). Add in vanilla extract.
- 5). Mix together dry ingredients and add dry ingredients into the butter mixture. Mix until just incorporated.
- 6). Stir in cashews.
- 7). Scoop cookies into 1 oz balls. Roll in sugar in the raw
- 8). Place cookies onto a parchment paper lined sheet tray and bake for 14 minutes, rotating halfway through.

Apple Galette and Caramel Sauce

Method:

- 1). Heat our galette in a 375F oven for 4 min.
- 2). Grab a scoop of your favorite vanilla ice cream
- 3). Cover it with caramel or butterscotch sauce

Caramel Sauce:

Yield: 1 cup

Ingredients:

1 cup Granulated Sugar
 $\frac{1}{3}$ cup Water
 $\frac{3}{4}$ cup Heavy Cream
2 tbsp Salted Butter
1 tsp Vanilla Extract

Method:

- 1). Combine sugar and water in a saucepan and stir
- 2). Cook until it is a deep amber color



- 3). Turn heat off and immediately add heavy cream (Be Careful: It will be hot and bubbly)
- 4). Add the butter and stir everything together until it is smooth. If it's clumpy, turn the heat back on to medium and stir until smooth.
- 5). Cool to room temperature and add vanilla extract

FFF: The Mayan and Aztec cultures were the first to make “hot chocolate” and it was used for religious ceremonies such as coming of age celebrations as well as weddings.

BAR BISCAY & MFK. RESTAURANT

“Turn your wounds into wisdom.” — Oprah Winfrey

Bar Biscay is a buoyant restaurant in Chicago’s West Town neighborhood, named for the Atlantic coastline along the Bay of Biscay where France and Spain converge. Chef Alisha Elenz’s cooking is rooted in the simple, rustic style of the region, which is renowned for its pastoral richness. Equal parts joy and vermouth on tap, Bar Biscay is from the husband-and-wife team of Scott Worsham and Sari Zernich Worsham, who own and operate East Lakeview’s critically acclaimed mfk. along with their friend and partner, Joe Campagna. Chef Elenz, a James Beard Award nominee, also leads the kitchen at mfk.

Taking inspiration from the coastal regions of the Catalanian and Basque countries of Spain, **mfk.** packs a lot of punch into its tiny subterranean space. Husband-and-wife partners Scott Worsham and Sari Zernich Worsham channel a breezy seaside eatery where the simply prepared food, easy-drinking beverages and relaxed ambiance never fail to charm those lucky enough to stumble upon them. In other words: mfk. is a restaurant its namesake, famed food writer M.F.K. Fisher, known for her straightforward approach, would have loved.

<https://www.barbiscay.com/>
1450 W Chicago Avenue
Chicago, IL
T: 312.455.8900

<https://mfkrestaurant.com/>
432 W Diversey Pkwy
Chicago, IL
T: 773.857.2540



Smoked Trout Salad

by Chef Alisha Elenz, mfk. Restaurant

Ingredients:

Sourdough bread, sliced
Butter
Almonds, slivered
Frisée lettuce, chopped
Radishes, sliced
Haricot Verts (*French green beans*), sliced
Garlic Relish (recipe below)
Lemon oil (recipe below)
Parsley, chopped
Chives, chopped
Smoked Trout (recipe below to make at home, or buy in-store)
Olive Chimi (recipe below)
Green Goddess dressing (recipe below)

Method:

- 1). Combine salad ingredients of Frisée, Radish, Haricot Verts, Garlic Relish, parsley, chives and Smoked Trout. Toss with enough lemon oil to cover all ingredients lightly in dressing.
- 2). Toast bread in a pan with butter and slivered almonds.
- 3). Put both pieces of bread on the plate, and top generously with the mixed salad. Finish plate with green goddess dressing and olive chimichurri.

Supplemental Recipes:

Garlic Relish:

1/2 C minced garlic
Pinch of lemon zest
2 T lemon juice
1 cup white vinegar
1 t. salt & pinch of black pepper

Start by bringing the vinegar up to a hard boil in a small saute pan. Combine all the other ingredients in a bowl and pour the hot vinegar over it. Cover and let it sit out till it cools down completely.





Lemon Oil (Yields 30 oz):

1 cup lemon juice
3 cups blend oil

Measure the lemon juice and then put it in a quart container and add the three cups of oil.

Green Goddess dressing (Yields 29 oz):

3 egg yolks
6 brown anchovies
2 T. lemon juice
2 T. creme fraiche
2 T. Dijon mustard
2 T. garlic confit
2 T. of sherry vinegar
1 t. minced shallot
1 t. minced garlic
2 t. herb mix (chopped parsley and chives)
1.5 T. dill, chopped
2 t. salt
Pinch of black pepper

Combine all the ingredients, then blend thoroughly with the stick blender and slowly emulsify with oil. Shouldn't be super thick, but also not a loose consistency.

Olive Chimi (Yields 13.80 oz):

½ C. marinated olives
¼ C. liquid from olives
2 T. pickled shallots, drained of liquid and minced
4 T. shallots, minced
1 t. herb mix (parsley and chives)
2 T. sherry vinegar
4 T. extra virgin olive oil

Start by slicing your olives into fours, then combine with the rest of your ingredients and mix evenly. Make sure your mixture is full submerged with liquid.

Sherry Aioli (Yields 22 oz):

2 egg yolks
4 T. sherry vinegar
2 T. + 2 t. lemon juice
5 T. garlic confit
1 T. minced garlic
2 T. Dijon mustard



3 T. water
½ T. salt
¾ C. oil
Pinch of black pepper

Combine all the ingredients except for the oil in a bane and use the stick blender to emulsify with oil. Make sure to adjust to taste and until it achieves a nice thick consistency.

Dry Cure (Yields 39 oz):

3 C. kosher salt
1 ½ C. brown sugar
5 T. pink salt

Combine all ingredients in a bowl and store in a quart. Make sure to sift the brown sugar if it seems clumpy or super dense at all.

Basque Style Burnt Cheesecake

By Chef Alisha Elenz of Bar Biscay

Yields: 2 each

Ingredients:

4 lbs Philadelphia cream cheese
3 cups sugar
12 eggs
4 cups heavy cream
2 tsp. Vanilla extract
¾ cups All-Purpose flour, sifted

Method:

- 1). Preheat the oven to 500°. Use pan spray to grease pans, then line each of them with 2 overlapping 16x12" sheets of parchment, making sure parchment comes at least 2" above top of the pans on all sides. Because the parchment needs to be pleated and creased in some areas to fit in the pan, you won't end up with a clean, smooth outer edge to the cake. Place pans on a sheet tray.
- 2). Use the large mixer to beat cream cheese and sugar on medium-low speed, scraping down sides of the bowl, until very smooth, no lumps remain, and sugar has dissolved, about 2 minutes.
- 3). Increase speed to medium and add eggs one at a time, beating each egg 15 seconds before adding the next. Scrape down the sides of the bowl, then reduce mixer speed to medium-low.
- 4). Add cream, salt, and vanilla and beat until combined, about 30 seconds.





- 5). Turn off mixer and sift flour evenly over cream cheese mixture. Beat on low speed until incorporated, about 15 seconds. Scrape down the sides of the bowl (yet again) and continue to beat until the batter is very smooth, homogenous, and silky, about 10 seconds.
- 6). Pour batter into prepared pans. Make sure to weigh out each pan as you pour your batter in to make sure you get the same amount of batter in each pan.
- 7). Bake cheesecake until deeply golden brown on top and still very jiggly in the center, 40 minutes. Let cool slightly (it will fall drastically as it cools), then unmold.
- 8). Let cool completely. Carefully peel away parchment from sides of cheesecake.
- 9). Serve with a cherry compote as topping.

FFF: Chocolate was once used as currency.

BLACK BULL & BEATNIK ON THE RIVER

“If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.”—Oprah Winfrey

Black Bull is an ingredient-driven, modern take on Spanish home cooking that draws upon the native background of its culinary team and founders to transport guests to Spain, a country close to their hearts. Since 2012, the Wicker Park restaurant has been exploring the exquisite products and flavors of Spain while embracing the country's constant culinary evolution and creativity. Menu is carefully curated by the executive Chef Marcos Campos.

Named after the bohemian freethinkers of the '60s, **Beatnik On The River** offers guests an exotic escape with progressive, globetrotting food and cocktails paired with a boho-chic interior and breathtaking views of the Chicago River.

<https://www.blackbullchicago.com/>
1721 W Division Street
Chicago, IL
T: 773.227.8600

<https://www.beatnikontheriver.com/>
180 N Upper Wacker Drive
Chicago, IL
T: 312.526.3345



Paella Valenciana

by Chef Marcos Campos of Black Bull

Ingredients:

Calasparra Bomba Rice
Boneless Organic Chicken Thighs
Boneless Rabbit
Roasted Chicken & Rabbit Stock
Pimentón De La Vera
Grated Tomato
Spanish Extra Virgin Olive Oil
Green Beans
Spanish Saffron
Lemons
Rosemary

Method:

- 1). Heat a paella pan over medium-high heat. Start with the olive oil and the salt into the pan (putting the salt in the pan will help to absorb the water from the protein and have a faster caramelization). Add the boneless chicken & rabbit into the pan and cook, stirring frequently, until all the juices evaporate, about seven/nine minutes.
- 2). Reduce the heat to medium and add the green beans, once the green beans are getting a nice golden color, add the Pimentón De La Vera. Right after cooking the Pimentón for a few seconds (no more than that because if not will burnt it and will taste bitter) have to add the grated tomato and cook, stirring occasionally, for 10 minutes until we get a caramelized tomato “paste”.
- 3). Meanwhile, heat the roasted chicken & rabbit stock in a soup pan and once the stock is boiling, add the saffron - previously toasted - and stir to combine.
- 4). Add the hot stock (2.5 qt of stock for every 1 qt of rice) to the chicken, rabbit & green beans and bring it to boil, once the stock is boiling add the rice and start cooking it to a medium heat for about 17 minutes without stirring. Given the size of the pan, will need to move it periodically over the burner so that the rice cooks evenly. In the last 2 minutes of the process will turn up the heat to medium-high to get the crispy rice layer in the bottom of the pan and will also add the rosemary to add some aroma to the rice.
- 5). Remove the pan from the heat, cover with a clean tea towel or lid and set aside for about 8 minutes.

Rosemary Herb Rub:

1 cup extra-virgin olive oil





1/2 cup minced rosemary
8 garlic cloves, grated
One 3 1/2-pound boneless lamb shoulder
Salt
Freshly ground black pepper
Freshly ground cumin
1 cup white wine

Method:

- 1). Preheat the oven to 400°. In a small bowl, whisk 1/4 cup of the olive oil with the wild rosemary, garlic and cumin. Season the lamb all over with salt and pepper. Rub half of the herb oil all over the inside of the lamb, then roll up the meat and tie with kitchen string to form a neat roast. Spread the remaining herb oil all over the roast and set it on a rimmed baking sheet. Once the lamb is on the baking sheet add the water and the white wine, just to add some moisture to the lamb and that way doesn't get dry.
- 2). Cover it all with aluminum foil and bake it for 45 minutes at 385F. You can bake it in advance that way the meat can rest and absorb all the juices and flavor from the braising. And in the meantime, you can prep the garnish that are going with. Once you are ready with the garnish, flip the lamb shoulder to put the skin upside up without the aluminum foil. Put it back in the oven at 415F for about 15 minutes to get a golden & crispy skin
- 3). Meanwhile, boil some Yukon potatoes with garlic and a piece of rosemary to make a mashed potato to garnish the lamb. Once the potatoes are soft, strain them and put them in a bowl with the garlic (you can add some more fresh garlic pureé if you want to get a more garlic flavor). Mash the potatoes with the garlic and add extra virgin olive oil to the mix.
- 4). Untie the lamb roast and slice the meat against the grain. Serve it with the garlic & olive oil mashed potatoes.

Curry Meatballs

from Beatnik On The River

Ingredients:

For the Curry Sauce:

4 qt. Chicken Stock
8 carrots, chopped
4 Spanish onions, chopped
10 garlic cloves, minced
1/3 C. blended oil
5 T. Curry Powder

For the Meatballs:

2 lb. Ground Pork
1/2 lb Ground Beef
5 Garlic Cloves
1 bunch Italian Parsley
1/2 T. Curry Powder
2 Eggs



1 T. Salt
1 t. Black Pepper

For the Avocado Hummus:

1 qt. Garbanzo Beans, Cooked
3 Avocados
1 Garlic Cloves
½ bunch Cilantro
3 T. Lime Juice
2 T. Olive Oil

Garnish:

Micro Cilantro
Grilled Sourdough Bread
Marinated Sun-Dried Tomatoes with Harissa

Method:

- 1). To make the curry sauce, cook all the vegetables with the blended oil until they get a little color. Add the chicken stock and the curry powder and let it boil until the vegetables are soft. Then put mixture in a blender until smooth and reserve to cook the meatballs.
- 2). For the meatballs: Make a paste with the herbs, spices & eggs. Add it to the mix of ground pork & ground beef, mix everything together and leave it overnight.
- 3). Portion the meat into balls and then fry them.
- 4). To make the avocado hummus, blend everything together until smooth.
- 5). Serve the meatballs with curry sauce and avocado hummus. Garnish with micro cilantro and serve with grilled sourdough bread and marinated sun-dried tomatoes.

FFF: The first food ever to be microwaved was popcorn. The second was an egg which exploded in the face of the experimenter.



CAFÉ ROBEY

"I believe in being strong when everything seems to be going wrong... I believe that tomorrow is another day and I believe in miracles." — Audrey Hepburn

Neighborhood restaurant located in the Wicker Park Bucktown neighborhood. Chef Kevin McAllister serves up seasonal comfort food, great for dinner dates and families alike.

The dinner menu has been recently updated to become more approachable, which is inspired by the changes Wicker Park has undergone in the last few years, including the trend of young families moving to the neighborhood.

<https://www.caferobey.com/>
1616 N Milwaukee Avenue
Chicago, IL
T: 872.315.3084

Avocado Toast

Ingredients:

2 avocados
2 slices country style sourdough
1 jalapeno
1 bunch cilantro
1-2 limes
Chives
Salt and pepper
Pickled onions
Chili flakes
Jumbo lump Crabmeat

Method:

- 1). Using a spoon scoop out the avocado and place in a mixing bowl. Squeeze the lime juice over the avocado to prevent it from discoloring.
- 2). Chop the jalapeno, cilantro and chives.
- 3). Mix the avocado mash but do not turn it into a puree.

Photo credit: Mistey Nguyen





- 4). Add as much or little of the chopped jalapeno, cilantro, chive, and lime juice as you would like to your taste. Season with salt and pepper. Set the avocado mash aside.
- 5). Toast your slices of bread, and place on a cutting board. Place the avocado mash on the toast and garnish with pickled onions, chives, chili flakes and crabmeat.

Fettuccine Egg Pasta

Ingredients:

2 cups type “00” flour
(AP flour will work just as well)
4 egg yolks
2 whole eggs
1 tbsp. olive oil
1 tbsp. salt

Method:

- 1). Place 1 ½ cups of flour in a bowl; keep ½ cup reserved off to the side
- 2). Make a well in the middle of the flour then crack eggs into the center
- 3). Add egg yolks, olive oil and salt
- 4). With one hand, slowly incorporate the flour; the slower you work, the cleaner this process will be
- 5). Once the flour and egg mixture come together, knead dough for 10 minutes. At first, the dough will want to fall apart. If dough is too soft and starts to stick to the bowl, add some of the flour you reserved in Step 1.
- 6). After kneading, wrap the dough in plastic wrap and let rest for at least 1 hour
- 7). Using a pasta roller, gradually roll sheets of dough to form ribbons. Remember to dust with flour; avoid large clumps by using your hand to remove excess flour
- 8). The pasta should measure approximately 1 millimeter thick. Once at the right thickness, cut ribbons into 10-inch long segments, flour well and stack segments three high on cutting board
- 9). Take the stacks and roll them into a tube. Using a sharp knife, cut into 1-centimeter long strips; be sure to slice the pasta to avoid noodles sticking together – do not push the knife down into the pasta



10). Toss once more with a touch of flour and portion the pasta into small nests, about 3 oz. each.

*The pasta can be stored in the freezer in a sealed container for months.

For the Pasta:

4 Portions

4 Portions of fresh egg fettuccine *or* 8 oz store bought fettuccine

10 oz brussels sprouts

8 oz mushrooms (chef's choice is Hanjamangi or Shiitake)

1/2 stick of butter

1/8 cup white wine

2 tbsp. fresh parsley, chopped

1 lemon, juiced

Olive oil, as needed

Salt & black pepper to taste.

Method:

1). Place large pot of water on the stove and bring to boil

2). Preheat large sauté pan to medium heat.

3). Cut brussels sprouts in half and place in a lightly oiled skillet. Season with salt & pepper, let cook

4). If using shitake mushrooms, remove the stem and cut into quarters. If using Hanjamangi, simply break them apart from the bundle.

5). Add cut mushrooms to pan with brussels sprouts then add a hint of olive oil, salt and pepper.

6). Roast mushrooms and sprouts in sauté pan about 15-20 minutes

7). Add butter and let it get nice and brown

8). Add white wine and cook the alcohol out, turning the temperature down to allow the pasta to cook.

9). At this point, the water should be boiling. Season the boiling water with salt then add the pasta; this should only take a minute or two if using fresh pasta. For store bought, follow directions on the box.

10). Once pasta is cooked, place in the sauté pan and finish the pasta with fresh parsley and lemon juice; add a touch of salt and pepper to taste.



FFF: Weirdly enough, cotton candy was actually invented in 1897 by a dentist. He partnered with a confectioner and they created cotton candy, which at the time was called "Fairy Floss." Eventually, another dentist created a similar fairy floss machine in 1921 and called the confection "cotton candy," which stuck better than the previous name.

DAISIES

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” — Thomas Edison

Located in Chicago’s flourishing Logan Square, Daisies restaurant is truly a family endeavor. Executive chef/owner Joe Frillman works closely with his brother, Tim Frillman of Frillman Farms, to source sustainably and locally grown ingredients. This close partnership allows for the line between farm and table to be blurred. Frillman Farms was created to ultimately become a dedicated farm and grow produce specifically for Daisies’ vegetable driven and pasta-focused menu. Drawing inspiration from the Midwest and embracing a root-to-fruit philosophy, the restaurant exudes a genuine, honest atmosphere with a menu that is simple and rustic. Daisies embodies a comfortable and progressive design aesthetic that is both polished and inviting. Natural elements such as reclaimed wood and exposed brick contrast clean white tile and mid-century light fixtures in an airy and bright dining room. With a refined, yet casual design, Daisies’ interior is full of warmth and approachability.

<https://www.daisieschicago.com/>
2523 N Milwaukee Avenue
Chicago, IL
T: 773.661.1671

Black Truffle Soft Scrambled Bruschetta

Ingredients:

- 3 whole eggs, cracked and beaten with a fork or whisk
- 1 tablespoon butter
- 2 tablespoons Black Truffle Robiola or freshly made cheese
such as ricotta
- 1 teaspoon minced chives
- 1 slice of sourdough bread sliced thick like Texas Toast
- 1 tablespoon parmesan cheese to grate

Method:

Photo Credit: Neil Burger





- 1). Place a nonstick pan over medium heat. Butter both sides of the sourdough toast and place in the pan to toast.
- 2). Once the toast has a golden-brown color, flip and repeat. Remove from pan and set on cutting board. Cut in half diagonally.
- 3). Place toast on plate
- 4). In a nonstick sauté pan, set it over low/medium heat and add butter
- 5). Once butter melts and begins to foam, add in eggs and using a rubber spatula, continuously stir until eggs begin to curdle
- 6). Add in soft cheese and continue to stir overheat, stirring the entire time. Season with salt.
- 7). Spoon eggs over the toast mounding them high.
- 8). Grate Parmigiano Reggiano over the eggs, and sprinkle with chives.

Shaved Heirloom Butternut Squash salad

Yields: yields 4-6 salads

Prep time – 35 mins., Cook time – 3 mins.

Ingredients:

Heirloom Butternut Squash

(peeled, seeded cut into 4" blocks) - 1/2 ea

Pecans toasted and rough chopped - 1/2 C

Parmigiano reggiano, peeled with peeler into parm flakes -1/4 C

Chive Batons cut into 1/2-inch pieces - 2 tbsp

Pumpkin Seeds - 2 tbsp

Parsley Leaves Picked - 1 bunch

Brown Butter Vinaigrette -1/4 C

Kosher Salt - 1 tsp

Brown Butter Vinaigrette:

Brown Butter 300 grams

Lemon Juice 75 grams

Salt 1 tsp

Method:

- 1). Using a mandoline with the fine teeth attachment or a vegetable grater, shred the squash into short thin ribbons





2). Place in mixing bowl, add remaining ingredients, and thoroughly mix

3). Adjust seasoning with more salt or lemon

For the Vinaigrette:

1). In a saucepan place butter in cold pan and set on medium high heat.

2). Butter will melt and color will change from light blond to a deep golden brown.

3). Remove from heat and pour into metal mixing bowl. Allow to sit for five min

4). Mix in lemon juice and salt. Will store for two days.

FFF: Pineapples were very expensive in the 1700s, so American colonists would rent a pineapple and carry it around a party to show their wealth.

DOS URBAN CANTINA

“Everything has beauty, but not everyone can see. “–Confucius

Located in Logan Square, Dos is the partnership of husband and wife chef team Brian Enyart and Jennifer Jones Enyart. The couple met while working under master chefs Rick Bayless and Charlie Trotter, respectively, and soon developed a mutual love of food and travel.

Their menu is an original interpretation of cuisine that embraces contemporary flavors and ingredients inspired by the boldness and bounty of Mexico.

Jennifer Jones Enyart’s has received many honors for her desserts including best chocolate cake by Chicago Tribune and 2018 James Beard nomination for Outstanding Pastry Chef.

<https://dosurbancantina.com/>
2829 W Armitage Avenue
Chicago, IL
T: 773.661.6452



Street Style Corn

By Chef Brian Enyart

Yields: 1 portion

Ingredients:

6 oz. of sweet corn kernels
1 oz. cooked hominy, rinsed if canned
2 Tablespoons mayo
4 Tablespoons ground queso cotija (Mexican aged cheese)
1 teaspoon arbol chili powder
½ cup masa pudding
1 Tablespoon Unsalted butter
Cilantro leaves

Arbol chile powder:

5 arbol chiles
1 Tablespoon smoked paprika

Masa pudding: Yields approx. 1 cup

2 oz. of smooth masa for tortillas (you can buy prepared masa at a Mexican market or you can buy masa flour and make your own).
4 oz. water
1 oz. cubed butter

Method for arbol chile powder:

Preheat oven to 325 degrees

Place arbol chiles on a sheet pan and toast until aromatic, about 10 minutes. When cool to the touch, remove stem and pulverize in a blender with the smoked paprika

Method for masa pudding:

In a blender, combine the masa and water, puree until smooth. Over a medium heat add the masa water to pan and cook stirring constantly. The mixture will begin to thicken and will resemble a pudding in about 10-15 minutes. At this point add the butter and salt as needed. Reserve warm in the pan and cover with plastic wrap.

To complete the dish:

Over medium heat melt butter and add corn and hominy. When warm and cooked through add salt to taste

In a medium bowl add a ½ c of masa pudding to the bottom of the bowl and cover with the cooked corn mixture. With a squeeze bottle drizzle the mayo over the corn. Sprinkle the cheese over the corn, then finish with some of the arbol chile and torn cilantro leaves.



Shaved Brussels Sprouts Salad

Serves 2 as an app or 1 as an entree



2 cups Brussels sprouts, thinly sliced
6 Tablespoons ginger jalapeno chimichurri
4 Tablespoons toasted and sliced almonds
4 Tablespoons apples, cut into julienne
salt to taste
½ c ricotta cheese

mix brussels sprouts, chimichurri, apple, and salt
spread ricotta on base of salad plate
top with shaved salad
garnish with toasted almonds

Ginger Jalapeno Chimichurri:

1-quart jalapeno, seeded and diced
1 c ginger, peeled and minced
2 bunches cilantro, chopped
2 cups olive oil
½ c lime juice
salt to taste
1 ½ Tablespoons sugar
mix all to together

FFF: One of the most popular pizza toppings in Brazil is green peas.

EL CHE STEAKHOUSE & BAR

"The human capacity for burden is like bamboo- far more flexible than you'd ever believe at first glance." - Jodi Picoult

El Che Steakhouse & Bar is Executive Chef & Partner John Manion's homage to Argentina's beloved asados, those traditional backyard barbecues featuring platters of rustic flame-finished grilled beef. Located on the edge of Chicago's West Loop neighborhood's famed "restaurant row," El Che has built a reputation as Chicago's go-to destination for beef, wine and live-fire cooking with a 12-foot custom-built hearth serving as inspiration.

<https://elchechicago.com/>
845 W Washington Blvd
Chicago, IL
T: 312.265.1130



Beef Tenderloin with Chimichurri

Ingredients:

1 whole beef tenderloin
*trimmed of silver-skin and tied into a roast
salt and cracked black pepper
extra virgin olive oil

Method:

- 1). Preheat your oven to 475 degrees.
- 2). Rub liberally with kosher salt and cracked black pepper then massage the whole thing with some nice quality olive oil.
- 3). Place the tenderloin on a roasting rack and roast for 20-25 minutes to an internal temperature of 120-25 for medium-rare. Remove, douse with chimichurri and let rest, covered, for 10 minutes.



Tio's Chimichurri

Ingredients:

3 cups flat-leaf parsley leaves (from about 3 bunches), very finely chopped (no stems!!)
6 garlic cloves, very finely chopped
1 ½ teaspoons finely chopped fresh oregano leaves
¼ cup distilled white vinegar
1 teaspoon kosher salt
1 teaspoon freshly ground black pepper
¾ teaspoon dried red pepper flakes
1 bay leaf
¾ cup extra-virgin olive oil

Method: In a medium-size airtight container, stir together the parsley, garlic, oregano, vinegar, salt, the black pepper, the bay leaf and red pepper flakes. Stir in the olive oil, cover and refrigerate the chimichurri sauce overnight.

Note: When I'm pressed for time, you can throw everything in the food processor and pulse it a few times instead of doing all that fine chopping.

FFF: Many foreign-named dishes were invented in America. Cuban sandwiches, English muffins, French dressing and German chocolate cake. Despite the deceiving names, these surprising foods were all invented in the USA.



FUNKENHAUSEN

"The only person you are destined to become is the person you decide to be." –Ralph Waldo Emerson

Funkenhausen serves a soulful mash-up of Southern and Bavarian flavors in Chicago's West Town neighborhood. Chef Mark Steuer draws on his German heritage and Charleston, South Carolina upbringing to create a menu with a modern bier-hall sensibility that reimagines his fondest meals and memories from childhood. The wine program focuses on food-friendly, under-the-radar gems from the world's German-speaking regions, and the on-tap German beer selection offers a full expression of styles.

Funkenhausen is a 2020 Michelin Bib Gourmand winner and one of Chicago Magazine's Best New Restaurants of 2019.

<https://www.funkenhausen.com/>
1709 W Chicago Avenue
Chicago, IL
T: 312.929.4727

Surfenturfen

Ingredients:

3 sea scallops, we use 10-20 count
3 1oz chunks of braised pork belly
2 oz sauerkraut puree
3 oz marinated stone fruit: plums, but peaches,
apricot, nectarine, cherry
1 oz stone ground mustard
Salt
Pepper
Canola oil
1 oz butter

Method:

- 1). In a hot saucepan, add canola oil until it begins to smoke, turn down slightly
- 2). Season scallops with salt and add to hot pan
- 3). Cook over medium high heat until scallops begin to caramelize, then add pork belly to pan
- 4). Cook until belly begins to caramelize, then flip belly (not scallops) and add butter
- 5). Cook until butter is melted, then flip the scallops and using a spoon, baste scallops and belly for about 30 seconds
- 6). Transfer scallops and pork to a paper towel while you begin to plate
- 7). Put down 3 dollops of kraut puree on the plate, and three small dots of the mustard all in a circle





- 8). Place belly on the mustard, and scallops on the kraut puree
- 9). Toss your sliced fruit in a bowl with sea salt, chopped parsley and thyme, olive oil and a splash of lemon juice, stir lightly to combine flavors, then plate the fruit almost haphazardly around the scallops and pork
- 10). Garnish with chives or microgreens (but they are not absolutely necessary)

Maultaschen

Pasta dough:

2 g salt
500g “00” flour
250g egg yolk
1 whole egg
25g milk
25g EVOO
Extra flour for dusting
Semolina for dusting

Method:

- 1). In a mixing bowl or kitchen aid stand mixer, make a well in the center of the flour
- 2). In a separate bowl, whisk together all remaining ingredients and pour into the well
- 3). If using kitchen aid, use dough attachment and start on low, slowly allowing the flour to incorporate
- 4). Once incorporated, knead for about 4 minutes on a floured cutting board, then place in a well-oiled bowl and cover with plastic wrap and allow to sit for at least an hour, preferably overnight

Filling:

3 lb spinach, blanched, moisture squeezed out using a kitchen towel, and chopped
1 lb ricotta cheese
1 C grated parmesan cheese (you can use pre-grated, but it's better to use freshly and finely micro planed parmesan - save the rinds)
1 T salt
1 T black pepper

Method:

Mix all ingredients together in a bowl and set aside

Parmesan broth:

1 lb parmesan rinds or cheese
6 c water
1 onion
4 clove garlic
2 T cream
2 T butter
1 T white wine vinegar





Salt TT

Method:

- 1). Sweat onion and garlic in butter until soft, then add water, cheese, rinds and cream
- 2). Bring to a simmer and stir often until cheese is soft (do not allow cheese to stick to bottom and scorch, you can wrap cheese in cheesecloth and tie to a handle so its is submerged but not on the bottom of pot)
- 3). Reduce by half, then puree all ingredients, season with a pinch of salt and vinegar and pass through a chinois or sieve

To assemble Maultaschen:

Pasta roller
Egg wash and brush
Flour and semolina for dusting
5" round cutter
Fork for crimping
Separated egg yolks (optional)

Method:

- 1). Using a kitchen aid pasta attachment or hand pasta roller, taking the time to make sure the dough is well floured, start on number 1 and roll on each number until you are at #5
- 2). The dough should be in a long sheet, about 6" wide, transfer to a sheet tray dusted with flour and semolina
- 3). Continue until all pasta has been rolled out
- 4). On a floured table, lay out one sheet of pasta and spoon a silver dollar sized portion of the filling, repeat this about every 7 inches
- 5). If using egg yolks inside the pasta, make a little indentation with the back of a spoon on top of each filling and carefully place the yolk on top, being careful not to break it
- 6). Brush the egg wash around each filling, and then carefully place another sheet of pasta on top
- 7). Use your hands to make sure the two sheets of dough are touching and there are as few air pockets as possible
- 8). Now, using the circular cutter, cut out each individual portion and discard remaining dough
- 9). Now, using the fork, crimp all the way around the maultaschen to ensure that the pocket is sealed, if you notice any air pockets, you can use a cake tester or needle to gently pierce the dough
- 10). Transfer to a sheet tray dusted with flour and semolina

Putting it all together:

Assembled maultaschen
Freshly grated parmesan
2 T butter
Chives

Method:

- 1). Bring a small pot of well salted water to a boil, then reduce to a simmer
- 2). Drop in the maultaschen no more than 3 at a time and simmer for about 5-6 minutes, stir the water right before you drop them in, to help ensure they don't stick together



- 3). While they are cooking, add 6 ounces of the parmesan broth to a saucepan and bring to a simmer
- 4). Add a tablespoon of fresh black pepper, reduce by half then reduce heat to low and add 2 tablespoons butter
- 5). Turn burner off and add a tablespoon freshly grated parmesan and swirl the pan to incorporate it into the sauce, add the maultashen to the sauce and swirl again to coat them in the sauce
- 6). Using a spoon, transfer them to a bowl and garnish with more grated parmesan and a ton of thinly sliced chives

FFF: Potatoes first appeared in Europe in 1586; they made it to North America in 1719.

GADABOUT

“Life is very interesting. In the end, some of your greatest pains become your greatest strengths.” — Drew Barrymore

Gadabout is a restaurant rooted in the notion that street food is the culinary embodiment of a city’s culture. Heading up the kitchen, husband and wife team Rolf and Meagan Pedersen draw inspiration from around the world to create elevated, non-traditional street food.

The word “gadabout,” meaning a habitual, pleasure-seeking world traveler, is the essence of our menu that reflects a thoughtful convergence of cultures, a celebration of Chicago's rich diversity and a sense of approachable adventure. Their cuisine aims to evoke a feeling of playful nostalgia through the use of bold flavors and local produce. The beverage menu highlights small-batch spirits in vibrant cocktails, while also offering a selection of vintage sodas.

<https://gadaboutchicago.com/>
5212 N Clark Street
Chicago, IL
T: 773.944.0429



Gadabout's Pumpkin Hummus

Ingredients:

1 quart cooked/canned chickpeas, drained
1-quart pumpkin puree
1 ½ cups tahini/sesame paste
Juice of 1 lemon
1 tablespoon garlic powder
1 tablespoon smoked, sweet paprika
½ teaspoon ground cinnamon
½ teaspoon ground allspice
3 cups grapeseed/blended oil
1 tablespoon sesame oil
Kosher salt to taste
Sugar to taste

Photo credit: Mistey Nguyen



Because chickpeas will blend easier if slightly heated, place chickpeas in the microwave and heat until warm. Add the chickpeas, pumpkin puree, tahini, garlic powder, cinnamon, allspice, and lemon juice to a food processor. If the batch is too large to fit, then blend in multiple batches. Blend until a puree forms, adding water if it is too thick. Add the sesame oil and continue blending. While the machine is running, slowly add the grapeseed or blended oil in a slow steady stream. The oil will make the consistency of the hummus smoother. Season to taste with salt, sugar, and additional lemon if needed. It should taste balanced between salty, sweet, spiced, and slightly acidic all bringing out the flavor of pumpkin with no note overpowering another one. Enjoy with pita or flatbread.

Red Adobo Chicken

Marinade:

2 teaspoons ground cumin
2 tablespoons ground coriander seed
1 teaspoon ground yellow mustard seed
1 tablespoon chile powder
4 tablespoons sweet, smoked paprika
3 tablespoons onion powder
1 tablespoon dried oregano
1 -14oz. Package of achiote paste
4 tablespoons garlic powder
½ cup lime juice
3 cups blended oil
Salt to taste

Any quantity of boneless, skinless or skin-on chicken thighs



Method: Mix everything except the chicken in a bowl and adjust seasoning with more salt or lime if necessary. Marinate chicken thighs overnight in a zip sealed bag. If time is an issue, simply season chicken with salt and pepper prior to coating with marinade. Grill to an internal temperature of 165 degrees starting with medium-high heat for that initial sear and finishing on a slightly cooler area of the grill. Let chicken rest for 5 minutes and enjoy with finishing salt and additional lime if needed.

FFF: The average person eats eight pounds of grapes each year.

GAIJIN

“It may sound strange, but many champions are made champions by setbacks.” — Bob Richards

Gaijin, by award-winning chef Paul Virant, is Chicago’s first okonomiyaki restaurant, offering both Hiroshima and Osaka styles of the savory Japanese pancake. A self-described gaijin, or “outsider” in Japanese, Virant playfully embraces this perspective and honors traditional preparations and techniques, as well as his well-known passion for pickling and preserving. Designed to deliver a lively and interactive culinary experience, the 60-seat space is anchored by a custom 12-foot griddle and chef’s counter and offers individual Hiroshima teppan griddles for table service.

Pastry chef Angelyne Canicosa (Vie, Vistro) brings her dessert prowess to Gaijin with a menu featuring kakigori, a shaved ice dessert, along with mochi donuts and other Japanese-inspired treats. The bar program, led by beverage director Julius White (Vie), showcases highballs and a focused selection of beer – including a Moody Tongue-Gaijin collaboration house lager, sake, Japanese whisky, and wine.

<https://gaijinchicago.com/>
950 W Lake Street
Chicago, IL
T: 312.265.1348

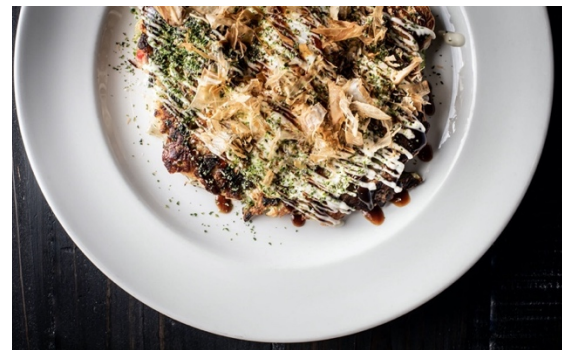
Make-at-Home Okonomiyaki, Osaka-Style Savory Japanese pancake

Ingredients:

1 C dashi
2/3 C AP flour
tsp baking powder
eggs
1 T pickled ginger, minced
3 1/2 C cabbage, chopped
1 C scallions, sliced
1/2 C yam, finely grated

Note: traditional nagaimo is preferred

Photo Credit: Regan Baroni





1/2 C tempura flakes (tenkatsu)

3 slices bacon, cut in half

Salt

Vegetable oil

Kewpie mayonnaise

Okonomiyaki sauce

Aonori

Katsuobushi (bonito flakes)

Method:

- 1). Preheat griddle to medium-high heat.
- 2). In a mixing bowl, combine dashi, yam and eggs; whisk well to combine.
- 3). Add flour and baking powder; mix well.
- 4). Add cabbage, scallions and pickled ginger; mix well. Season with salt.
- 5). Fold in tempura flakes.
- 6). Brush vegetable oil on griddle and divide batter into 2 portions on the griddle.
- 7). Spread out to form an even circle, place 3 halves of bacon on each, and cover each with a lid.
- 8). Cook for 4 minutes.
- 9). Uncover and flip over. Cook another 4 minutes until pancakes are done.
- 10). Brush with okonomiyaki sauce and garnish with Kewpie.
- 11). Sprinkle with aonori and finish with flakes of bonito.

Note: If you don't have a griddle at home, you can use a large skillet.

Kombu Veggies

A Perfect Japanese-Inspired Party Appetizer

Ingredients:

1c celery, washed, peeled and cut into batonnettes

1c carrots, peeled, cut in half lengthwise, sliced thinly on a bias

1c radishes, washed, trimmed, sliced thinly

4x4 inch piece of kombu (kelp)

1T kosher salt, plus more if needed

1-pint water

Photo Credit: Paul Virant





2T sesame oil

1T sesame seeds

1T furikake (rice seasoning, dealer's choice)

1T soy sauce

1t aonori (ground nori)

Method:

- 1). The night before serving, combine all the veggies with 1T kosher salt, 1-pint water and the kombu.
- 2). The next day, drain the veggies and mix in the remaining ingredients; marinate for at least 1 hour before serving.
- 3). Season with more salt if needed.
- 4). Serve with a cold Japanese lager and enjoy!

FFF: Vegetables and fruits don't die the moment they are harvested. They respond to their environment for days.

GEMINI & OLD PUEBLO CANTINA

You never know how strong you are, until being strong is your only choice. — **Bob Marley**

Founded in 2018 after a combined 35 years in the business by husband-and-wife partners Ryan and Anna O'Donnell—he's a veteran restaurateur and chef, she's the operations director, and between them they have worked just about every restaurant position there is—Ballyhoo Hospitality champions the qualities that make a neighborhood restaurant great. The heartfelt greeting when you walk in the door, service that makes you feel cared for and a warm ambiance that encourages you to relax. Whether it's the American-inspired cuisine at Gemini, the southern Italian favorites at Coda di Volpe, the refined nostalgic American at Walton Street Kitchen + Bar or the neighborhood Mexican cantina that is Old Pueblo, Ballyhoo restaurants offer thoughtful, inspired food and drinks that satisfy in memorable ways again and again. We don't have customers at Ballyhoo Hospitality restaurants, we have guests. Welcome to our home.

Gemini

<http://www.geminichicago.com/>
2075 N Lincoln Avenue
Chicago, IL
T: 773.525.2522

Old Pueblo Cantina

<http://oldpueblochicago.com/>
1200 W Webster Avenue
Chicago, IL
T: 773.697.3727



Swordfish Chop

From Gemini

Ingredients:

Swordfish Chop

Olive oil

Minced garlic

Chili flake

Oregano

Parsley

Thyme

Shallot

Serano pepper

White wine

Butter

Salt & pepper

Lemon juice

Parsley



Method:

- 1). Mix a marinade of the olive oil, minced garlic, chili flake, oregano, parsley and thyme. Allow the chop to marinate.
- 2). For the sauce, sauté chopped shallots and serano pepper.
- 3). Add the white wine and reduce with butter, salt & pepper.
- 4). Finish the sauce with lemon juice and parsley.
- 5). Grill the marinated swordfish and top with sauce.

Breakfast Burrito Recipe

By Old Pueblo Cantina

Ingredients:

10" flour tortilla

3 tsp. frijoles charros (pinto beans)

2 large eggs (scrambled)

2 oz. hash brown potatoes (shredded)

4 oz. green chile tomatillo sauce

1 oz. longhorn cheddar cheese (shredded)

1 oz. chihuahua cheese (shredded)

1 tsp. lime crema

1 tsp. pico de Gallo salsa





Method for Pinto Beans:

- 1). Add rinsed beans (16 oz.) to large pot with plenty of water, salt, and a small piece of onion
- 2). Let boil on stove top for 1.5 hours, checking often to make sure there is still enough water

Method for Charro Beans:

- 1). Add 16 oz. chorizo to a large pot and cook for about 5 minutes until cooked through
- 2). Next, add 1/2 onion, diced, 1 jalapeño, diced, and cook for 2 additional minutes
- 3). Finally, add the cooked pinto beans and the water that they were cooked in
- 4). Let boil for 10 minutes so that all of flavors combine
- 5). Finish with 1/2 bunch of chopped cilantros

Method for Scrambled Eggs:

- 1). Whisk together two large eggs and pinch of salt
- 2). In a large skillet, over medium heat, melt butter until foaming
- 3). Add eggs and cook, stirring occasionally, until mostly set, but still moist, which should be about 3-4 minutes
- 4). Remove from heat

Method for Hash Browns:

- 1). Shred two peeled Russet potatoes in a large bowl filled with cold water
- 2). Stir until water is cloudy, then drain, and cover potatoes with fresh cold water.
- 3). Stir again to dissolve excess starch, then drain, pat dry with paper towels, and squeeze out all excess moisture
- 4). Heat clarified butter in a large non-stick pan over medium heat
- 5). Sprinkle shredded potatoes into hot butter and season with salt and pepper
- 6). Cook potatoes until a brown crust forms on the bottom, about five minutes
- 7). Continue to cook and stir until potatoes are browned all over

Method for Arabe Pork:

- 1). Thinly slice 1 pound of pork into strips
- 2). Marinade the meat
 - 2 tbsp. oregano (dried)
 - 2 tbsp. thyme (dried)
 - 2 tbsp. bay leaves (powder)
 - 2 tbsp. Chopped garlic
 - A handful of finely chopped parsley
 - Generous pinch of salt
 - 1 large Spanish onion, sliced in thin wedges
- 3). Mix all ingredients in a bowl and make sure the meat is evenly covered in the marinade and leave to rest for at least 2 hours in the refrigerator all night preferred if possible



- 4). To cook, first drain the excess liquid from the meat
- 5). Heat oil in a large pan and fry gently until cooked, about 15 minutes on medium heat

Method for Green Chile Tomatillo Sauce:

- 1 lb. tomatillos, husked
- 1/2 cup Spanish onion
- 2 pieces whole garlic
- 1 jalapeño
- 1 cup cilantro
- 2 cups water
 - 1 cup diced green chiles

Place tomatillos, onion, garlic, jalapenos, and water into saucepan.

Season with salt and cilantro

Bring to a boil over medium heat and simmer until tomatillos are soft, about 10-15 minutes

Using blender, carefully puree the tomatillos and water in batches, until smooth, then add the green chiles

Method for Lime Crema:

- 8 oz. sour cream
- Lime
- 1/4 tsp. salt

Zest the lime, then squeeze the juice into a small bowl

Add about 1 tsp. of the zest, 1 tbsp. of juice, and salt to the sour cream and stir to combine

Method for Pico de Gallo Salsa:

- 6 Roma tomatoes, diced
- 1/2 Spanish onion, minced
- 3 tbsp. chopped fresh cilantro
- 1/2 jalapeno, seeded and minced
- 1/2 lime, juiced
- Salt and Pepper to taste

Stir the tomatoes, onion, cilantro, jalapeño, lime juice, salt, and pepper together in a bowl

To Assemble the Burrito:



Preheat oven to 350 degrees

Lay a tortilla flat and add the frijoles charros, scrambled eggs, hash brown potatoes, and arabe pork onto the center of the tortilla

Fold in the left and right side of the tortilla by one inch to prevent the filling from falling out

Roll up the burrito from top to bottom

Place the burrito seam down on to an oven safe plate that has been sprayed with non-stick spray

Smother with green chile sauce and sprinkle with a generous amount of cheese

Bake until cheese is melted, and sauce is bubbling, about 5-10 minutes

Remove from oven and garnish with lime crema and pico de gallo

FFF: Chimichanga, considered to be Mexican food, actually originated from Tucson, Arizona.

GT PRIME STEAKHOUSE

“Why worry? If you’ve done the very best you can, worrying won’t make it any better.” – Walt Disney

With an emphasis on sourcing from local farms and cuisine highlighted by seasonal ingredients, GT Prime is a classic steakhouse that showcases a curated menu indicative of Executive Chef/Partner Giuseppe Tentori’s signature sharable plates at sister restaurant, GT Fish & Oyster.

<https://gtprimerestaurant.com/>
707 N Wells Street
Chicago, IL
T: 312.600.6305

Veal Heart Bolognese

Yields: 10 servings

Ingredients:

3# ground beef

3# ground pork

1# ground veal heart (ask your local butcher ahead of time)

2 cups celery small diced

2 cups onion small diced

2 cups carrot small diced

6 cloves garlic chopped

1 btl red wine 750mL – _cabernet sauvignon is best

2 cans crushed tomatoes

Photo credit: <https://www.anthonytahlier.com/>





1.5 Tbsp kosher salt
2 ea bay leaf
½ cup olive oil
1tsp sugar, granulated

Method:

- 1). In a large pot brown, the ground meat in 2 or 3 batches depending on the size of your pan. Try to caramelize the meat instead of steaming it or boiling
- 2). Break up the meat as it brown with a whisk or with a large spoon
- 3). When the meat is fully browned add the onion, celery, carrot, and garlic and cook for five additional minutes
- 4). Deglaze with red wine and cook down until mostly dry
- 5). Add the tomatoes, bay leaf and salt
- 6). Cook until reduced by ½ - about 1.5 hours – _making sure to stir so not to burn the bottom
- 7). When finished, add sugar and freshly cracked pepper to taste
- 8). Serve with your favorite pasta, dried or fresh

FFF: There is an “Edible Park” in Asheville, North Carolina. It has over 40 different varieties fruit and nut trees that the public is allowed to go and pick fresh fruits from.

LULA CAFÉ

Logic will get you from A to Be. Imagination will take you everywhere.” - Albert Einstein

On September 2, 1999 Lula Cafe opened in a small storefront on Kedzie Boulevard with a four-burner home stove and a dented collection of thrifted pots and pans. Today, stretching three storefronts, it is the founding member of the nationally recognized Logan Square culinary community and a celebrated forerunner of the ‘farm to table’ movement in Chicago.

They have been featured on NPR’s “This American Life,” in *The New York Times*, *Food and Wine*, *Bon Appetit*, and in Chicago press where Lula has been named an LTH Forum Great Neighborhood Restaurant, a Michelin Bib Gourmande, Jean Banchet Best Neighborhood Restaurant, and a proud member of the “Eater Essential 38.”



Recipes provided by Pastry chef Emily Spurlin and Beverage Director Matthew Clark

<http://lulacafe.com/>
2537 North Kedzie Blvd, Chicago, IL
Tel: 773-489-9554

Rhubarb and Sweet Pea Semifreddo

Yields: 8-10 servings

Ingredients:

8 oz sweet peas
8 oz rhubarb, stalks and stems removed
1 cup sugar
1/4 teaspoon salt
4 eggs whites
400 ml heavy cream
1/2 teaspoon vanilla extract or paste

Method:

- 1). Preheat oven to 375, and line a 9 x 5" loaf pan with plastic wrap.
- 2). Make pea puree - bring a pot of water to a boil and add peas.
- 3). Cook until just tender, 3-5 minutes. Strain and let cool a few minutes. Blend with just enough cream to make a puree, until completely smooth. Chill until cold.
- 4). Roast the rhubarb: cut rhubarb into 2-inch pieces, then toss with 3/4 cup of the sugar and salt in a roasting dish. Roast in a 375-degree oven, stirring every 10 minutes, until rhubarb has released its juice and is very tender. Place in a food processor and pulse until smooth. Chill until cold.
- 5). Divide pea and rhubarb purees into separate bowls.
- 6). Place egg whites in the bowl of a stand mixer with whisk attachment. Whip until frothy, then start adding remaining 1/4 sugar little by little. Once all sugar is added, beat on medium-high until stiff and glossy. Scoop meringue into another bowl and set aside.
- 7). In the same stand mixer bowl, whip cream and vanilla to medium peaks. Gently fold half of the whipped cream into the pea puree until combined, and the other half into the rhubarb puree. Then gently but thoroughly fold half of the meringue into the pea mixture, and half of the meringue into the rhubarb mixture.
- 8). Using a large cookie scoop or a spatula, dollop alternating semifreddos into the loaf pan until full. Use an offset spatula or a butter knife to gently swirl the semifreddos together a few times.





9). Careful not to overdo it or the colors won't remain separate. Smooth the top with a spatula, and cover with plastic wrap. Freeze until completely firm, at least 6 hours or overnight.

To serve: unwrap the plastic from the top of the loaf pan. Invert semifreddo onto a cutting board or platter and remove remaining plastic. Use a knife dipped in warm water to slice semifreddo into 1" slices. Serve immediately.

Guadalajara (Cocktail)

2 oz. reposado tequila (preferably Elvelo)

0.25 oz. fernet (preferably Letherbee)

0.25 oz. caramelized agave syrup

2 d. Bittermans Xocolatl Mole Bitters (or any chocolate bitters, or skip it)

Combine ingredients in a yarai (or pint glass, or your french press pitcher, whatever you got really) add ice and give it a quick, five-second stir before pouring it over ice in a rocks glass (bonus points if you've got a single, large cube). Express a grapefruit peel (or orange) over the top and discard.

For caramelized agave syrup:

1). Stir together 1/2 cup agave syrup and 1/4 water in a small saucepan and bring to a simmer over a medium-low heat. Attend to it carefully, bringing the syrup to a med-high heat. The water will evaporate, making the syrup thicker and bubbles bigger.

2). Allow syrup to lightly caramelize, so that it has a slightly darker complexion and smells of toasted sugar. Lower the heat, and carefully add a 1/2 cup of warm water, whisking together to incorporate. Remove from heat and allow to cool to room temperature. Store in fridge for up to 30 days.

"You can do a lot with a little, and this tequila-based Toronto cocktail shows how you can add depth of flavor to your drinks by using ordinary sweeteners in your cupboard. The backbone of this drink is the caramelized agave syrup.

FFF: You can hear rhubarb grow

MAPLE & ASH /etta

"You may have to fight a battle more than once to win it." — Margaret Thatcher

An innovative take on the traditional steakhouse – mixing a modern aesthetic with authentic service to deliver classic wood-fired dishes. With a sumptuous menu crafted by two-Michelin-star Chef Danny Grant and a wine list named "one of the most outstanding in the world," Maple & Ash finds a way to celebrate every moment.



ETTA

Award winning chef Danny Grant's (Maple & Ash) opened July 2018 in Chicago's bustling Bucktown neighborhood. Meaning "keeper of the hearth," etta celebrates the best of rustic cuisine with seasonally driven dishes cooked over a wood-fired grill. With a daily-changing menu of wood-fired pizzas, house-made pastas and farm fresh salads as well as weekend brunch, etta is a celebration of rustic cuisine. etta's concept is straightforward and honest: to serve simple, seasonal and expertly crafted food — all done within a favorite neighborhood setting.

Named one of Chicago magazines best new restaurants of 2018

Maple & Ash

<https://www.mapleandash.com/>
8 W Maple Street
Chicago, IL
T: 312.944.8888

etta

<https://www.ettarestaurant.com/>
1840 W North Avenue
Chicago, IL
T: 312.757.4444

Chef Danny Grant's Dry-Aged Meatballs

Ingredients:

1 lb Dry-aged ground beef

(a mixture of chuck, brisket, Tri-tip)

1 egg

1/2 onion, chopped

2 cloves garlic, chopped

1/4 cup bread, cubed

1/8 cup milk

1/4 cup fontina, cubed

1/8 cup parmesan, grated

1/8 cup ricotta





3/4 cup cheese curds

1/2 tsp red wine

1/4 tsp red pepper flakes

1/2 sprig thyme, stem discarded

1/2 sprig oregano, stem discarded

1/2 tbsp salt

1/2 tbsp pepper

Method:

- 1). Combine ground beef with onions, garlic, fontina, and salt in a large bowl.
- 2). In a blender, combine egg, bread, milk, parmesan, red pepper flakes, thyme, oregano, and pepper, and blend on low power until smooth.
- 3). Add contents of blender to the beef mixture and fold, adding red wine and ricotta as you go.
- 4). Roll into 1.5in meatballs on a cast iron skillet and bake at 400 degrees until crispy (usually 8-10 minutes). Top with marinara sauce and cheese curds. Bake for another 3-4 minutes until cheese is partially melted.

Marinara Sauce Recipe:

Ingredients:

2 28oz cans peeled, chopped tomatoes

1 onion, chopped

3 cloves garlic, minced

1 tbsp extra virgin olive oil

1 tsp red chili flakes

2 sprigs basil, whole

1 tsp salt



Method:

- 1). Crush the canned tomatoes in a bowl using your hands, reserving the liquid.
- 2). Heat a pan over med-high heat. Add olive oil. Once oil is shimmering, add onion and garlic. Sauté for 4-5 mins, or until onion is translucent.
- 3). Add crushed tomatoes with the reserved liquid, reduce the heat to low, and simmer for 45 mins.
- 4). Add the whole basil, salt, and chili flakes. Cook for another 20 mins on low.
- 5). Remove basil and pour the sauce over the dry-aged meatballs.

Cognac Queen

By Bar Director Eric Simmons

Ingredients:

- 2 oz Hennessy VS
- .5 oz lemon juice
- .5 oz Giffard rhubarb liqueur
- .75 oz strawberry lavender syrup*
- 1 sage leaf garnish



Add all ingredients into a cocktail shaker, add ice, and shake. Strain into a martini glass. If you don't have a cocktail shaker, stir for 30-45 seconds for proper dilution. Can also be enjoyed over ice.

Lavender syrup:

- 1 cup sugar
- 1 cup water
- 1 cup fresh strawberries
- .5 cup fresh lavender

Method:

- 1). Bring water to boil, add sugar and dissolve, add sliced strawberries and lavender. Reduce to a simmering boil until the color is dark red, stirring occasionally. Strain into container and cool.
- 2). The syrup makes a great addition to lemonade and club soda for a non-alcoholic option.

"Homemade pie" inspired blend of strawberry lavender, rhubarb, and lemon.

FFF: The pumpkin originated in Mexico about 9,000 years ago.



MOTT ST

Man is fond of counting his troubles, but he does not count his joys. If he counted them up, as he ought to, he would see that every lot has enough happiness provided for it." - Fyodor Dostoevsky

Mott St serves Asian American feast-style dining in Chicago's Wicker Park neighborhood. Pairing Eastern cooking techniques with an eclectic beverage program, Chef Edward Kim juxtaposes the flavors of his childhood with the textures of his wide-ranging training for a vividly imaginative menu. The lively communal dining room and bar is anchored by an open pantry and butcher block tables, offering a view behind the scenes.

<https://www.mottstreetchicago.com/>
1401 N Ashland Avenue
Chicago, IL
T: 773.687.9977

Mott St's Pork Dumplings

Yields: approx. 25 dumplings

Pork Seasoning:

1 ea	Green Onion, thinly chopped
¼ C	Soy Sauce
¼ C	Sugar
2 oz	Shaoxing Wine
1/4 tsp	Salt
1 tsp	Sesame Oil
1 ea	Ginger, thumb size piece, peeled grated
1 #	Ground Pork
1 ea	Dumpling wrappers (3 ½" diameter)

Method:

- 1). Combine all the ingredients for the pork seasoning in a bowl large enough to contain all the Pork Seasoning ingredients as well as leaving room to mix the ground pork easily.
- 2). Mix the ingredients for the Pork Seasoning thoroughly so that their fullycombined

Photo Credit: Nathan Michael





3). Add the ground pork and make sure that this is thoroughly mixed as well

Assembly:

- 1). Layout a sheet tray that can fit easily in your freezer or refrigerator (depends on how soon you plan on eating your dumplings) and flour the bottom of your tray, also have a small cup of water set along your workstation.
- 2). Layout dumpling wrappers a few at a time so that they don't dry out, cover the remaining wrappers with a moist paper towel
- 3). With a spoon place as much of the seasoned pork mix into each wrapper as you can, while still able to comfortably fold (approx. 2 Teaspoons)
- 4). Dab your index finger in the cup of water and run it along the edges of each layer out dumpling wrapper (don't make the wrappers wet, just slightly moist)
- 5). Fold the wrappers in $\frac{1}{2}$ so that they make a half moon (if your wrappers are circular) or triangle (if your wrappers are square), pinch the edges to make a nice seal
- 6). Place dumplings on floured sheet tray and space them apart so that they don't touch each other, otherwise they will stick to one another.
- 7). Repeat steps 5-9 until filling or wrappers run out.

Steamed:

- 1). Line steamer basket with cabbage leaves or a wet paper towel that has been wrung out.
- 2). Place dumplings in a steamer basket
- 3). Place basket into a pot with enough water that it can steam, but not so much that the dumplings are directly touching the water
- 4). Bring steamer pot to a boil cover and cook for 8-10 minutes, until dumplings are slightly translucent and cooked all the way through

Fried:

- 1). Bring Sauté Pan to high heat, and tsp of vegetable oil
- 2). Add dumplings to the pan and sauté each side until golden brown, about 1 minute each side
- 3). Turn down heat to medium, add a splash of water (2 oz) and cover the pan
- 4). Dumplings should be done in about 3 mins

Boiled:

- 1). Bring a pot of water to boil
- 2). Add dumplings to the boiling water (you can add as many as will comfortably fit in a rolling boil, you have to give them room to roll around and not be squished against one another)
- 3). When the dumplings float, they are ready to be strained and served.



Mott Street Korean Chili-Kansas City style Dry Rub Tri-tip with Chinese Hot Mustard & White Nectarine Dip

Photo Credit: Vicki Kim

Ingredients:

1 Whole Tri-Tip

Dry Rub:

1/2 Cup Brown Sugar
 2 Tbsp Dry Mustard
 2 Tbsp Paprika
 Tsp Black Pepper
 2 Tsp Ground Korean Chili 1 Tsp Garlic Powder
 Tsp Onion Powder 2 Tsp Kosher
 Salt

Dipping Sauce:

1/2 Cup Dry Mustard
 1/2 Cup Cold Water
 ea White Nectarines Pinch; Salt



Tri-tip Method:

- 1). Combine Dry Rub ingredients, mix thoroughly together and rub into the tri-tip generously and place in the refrigerator to marinate overnight.
- 2). Pull out the meat to room temperature and let it come to temperature for about 30-45 minutes before grilling.
- 3). Set up BBQ grill and bring the BBQ grill to 350 F, and then place the tri-tip directly on the grill, maintaining a temperature of 350 F.
- 4). Grill the meat for roughly 10 minutes per side making sure you get a nice dark crust on both sides and pull the meat when internal temperature reaches 130 F on the thickest part of the meat with an internal meat probe.
- 5). Pull the meat and let it rest for at least 15 minutes before slicing, cut against the grain into 1/4" slices and serve with your dipping sauce.

Chinese Hot Mustard & White Nectarine Dip

- 1). Cut the White Nectarines in half, pit them and place into a roasting pan at 350F for 1 hour.
- 2). Pull the nectarines and scoop out the "meat" of the fruit and discard the skin.
- 3). Puree the nectarine "meat" in a blender, combine with dry mustard and water, mix well to make your dipping sauce, season with salt to your liking.

FFF: Mageiropophobia is the fear of cooking



NICO OSTERIA

“Either you run the day, or the day runs you.”—Jim Rohn

Nico Osteria brings Italian seafood to Chicago’s Gold Coast neighborhood. At the Thompson Chicago, the restaurant delivers a warm and inviting dining experience for hotel guests and local diners alike, offering breakfast, lunch and dinner, daily.

The daily changing menu utilizes pristine product prepared to showcase the farmers and fishermen’s bounty, and carries over to private dining, catering, banquets and in-room dining.

<https://www.nicoosteria.com/>
1015 N Rush Street
Located in the Thompson Hotel
Chicago, IL
T: 312.994.7100

Asiago Black Pepper Cheese Puffs

Makes 80 puffs

Ingredients:

- | | |
|-------------------------|----------------------|
| 2 cups | Water |
| 1 ¼ cup | Butter |
| 2 tsp. | Sugar |
| 2 1/8 c. | Flour |
| 8 ea. | Eggs |
| 1 1/2 c. | Asiago, grated |
| 4 tsp. | Black Pepper, ground |
| 4 ea. | Egg Yolk |
| 1 ¾ tsp. | Salt |
| Black pepper to garnish | |

Method:

- 1). Bring the water and butter to a boil.
- 2). Add the flour and reduce heat to low. Stir constantly for 4-6 minutes at low heat, until a film forms on the bottom of the pan. Add the Asiago and stir until melted and incorporated.





- 3). Remove from heat and let rest 5 minutes.
- 4). Add the eggs 2 at a time and mix until dough is smooth, and the eggs are fully incorporated after each addition. Once all eggs are in add the black pepper.
- 5). Place into a piping bag with 1/2" tip (tip #808). Pipe appropriately sized puffs onto a sheet tray lined with greased parchment paper.
- 6). Smooth nipple with wet finger.
- 7). Bake at 400F for 10 minutes.
- 8). Reduce heat to 350F and bake for 8 minutes. Add a sprinkle of asiago to each puff, and a pinch of black pepper.
- 9). Bake at 350F for 8 more minutes.
- 10). Cool on wire racks.

Green Farro Risotto with Roasted Peaches

Farro:

- | | |
|---------|------------------------------|
| 1 ea. | Fennel Bulb, small dice |
| 1 ea. | Yellow Onion, small dice |
| 2 ea. | Garlic Clove, minced |
| 1 pinch | Red Chili Flake |
| 4 Tbls. | Extra Virgin Olive Oil |
| 1 qt. | Green Farro |
| 4 qt. | Chicken Broth, hot |
| 1 ea. | Lemon, just the zest grated |
| 1 ea. | Orange, just the zest grated |

Peaches:

- | | |
|----------|------------------------|
| 4 ea. | Peaches |
| 1 Tbls. | Extra Virgin Olive Oil |
| 1/2 tsp. | Black Pepper, Ground |

Preparation:

- 1). Sweat the fennel and onion in with the extra virgin olive oil in a sauce pot. Cook on low heat until soft.
- 2). Add the garlic and chili flake to the sweated vegetables and cook for 3 more minutes.
- 3). Add the green farro to the vegetable mixture. Stir to combine.
- 4). Add the chicken broth 2 cups at a time to the green farro. Stirring constantly. Once the liquid has been absorbed, add 2 more cups and continue until the chicken broth is gone. The farro should be tender at this point.
- 5). Add the lemon and orange zest and season with salt.

Peaches:

- 1). Cut the peaches into halves, and then each half into 6 pieces.
- 2). Toss with the olive oil and ground black pepper.



3). lace on a parchment lined baking tray and roast at 350F for 6-8 minutes until soft.

Serving: Place the risotto onto 6 plates and top with roasted peaches scattered over.

FFF: Hawaiian pizza was invented in Canada.

SPACCA NAPOLI PIZZERIA

“We May Encounter Many Defeats, but We Must Not Be Defeated.” – Maya Angelou

For over 14 years, Spacca Napoli has made pizza faithful to the authentic Neapolitan style. Dough is tended daily as a blend of love and craft and baked in an oven built by third and fourth-generation artisans from Napoli. Ingredients are carefully sourced from trusted vendors, many of which are unavailable anywhere else in Chicago. Wines and music are selected to create just the right experience and mood.

That Neapolitan style is about more than what you’re eating. It’s about a way of life. An abundant Italy. The spirited markets, robust street scene, enticing aromas and tastes that transport you to the heart of Naples. Spacca Napoli preserves and elevates hearty, rustic dishes in a beautiful space, while showcasing the essence of our family's Italian experience.

<https://www.spaccanapolipizzeria.com/>
1769 W Sunnyside Avenue
Chicago, IL
T: 773.878.2420

“Ben Essere” Pizza

Ingredients:

Multigrain dough with mozzarella

Beets

Kale

Feta

Walnuts

Balsamic vinegar

Dough mix for six 270-gram pizza:

950 grams (95%) Molino Caputo Blue flour.

50 grams (5%) Molino Caputo Cuor di Cereali flour.

635 grams Water – ambient temperature





30 grams fine sea salt

4 grams fresh baker's yeast

*20 grams diastatic malt yeast may be added (for color) if baking in a home oven

Making the Pizza Dough:

- 1). Dissolve yeast in water.
- 2). Add both flours, malt if using, mix by hand 30 mins
- 3). Let rest, 30 minutes, covered with damp cloth.
- 4). Add salt, mix by hand an additional 10 mins
- 5). Let rest two hours, covered with damp cloth, before dividing into six 270-gram dough balls.
- 6). Place dough balls) in an airtight covered container, allow to rise in a 65 to 70-degree Fahrenheit environment.
- 7). Allow dough balls to rise sufficiently (6 to 8 hours) before extending dough, making pizza.

Ingredients preparation for six pizza:

12 cups shredded dinosaur kale, messaged with olive oil

6 small yellow beets, peeled, thinly sliced

6 small red beets, peeled, thinly sliced

3 teaspoons salt

1 ½ teaspoons fresh ground black pepper

360 grams crumbled goat cheese

6 tablespoons balsamic vinegar

12 tbsp chopped toasted walnuts

Baking the Pie:

- 1). Place pizza stone in oven
- 2). Preheat the oven to 500 degrees.
- 3). Extend the dough ball, 12 inches diameter, be gentle with the border of the pie.
- 4). Brush dough with olive oil, place on stone, bake until edges are golden, and dough is puffed. 8-9 mins; maybe less.
- 5). Remove from oven, reduce heat to 450 degrees Fahrenheit.
- 6). Combine kale, beets and remaining oil, salt and pepper in a large bowl.
- 7). Arrange evenly over pizza crust, then top with goat cheese.
- 8). Return to oven to oven and bake until kale is wilted, beets are softened slightly, and cheese is melted. 9-10 minutes; maybe less.
- 9). Remove from oven, drizzle with balsamic vinegar and top with walnuts.



Focaccia with Porchetta, burrata & black winter truffle

Dough mix for two 750-gram focaccia:

** Two speed mixer required.

600 grams Molino Caputo Red flour.

160 grams Molino Caputo Tipo Uno flour.

625 grams ice cold water, set aside 85 grams of the water

Olive Oil – 100 grams

Sugar – 16 grams

Sea Salt (fine) – 20 grams

Fresh baker's yeast – 8 grams

Making the Focaccia dough:

- 1). Mix 540 grams cold water, flour and sugar at first speed till incorporated, let rest 20 mins
- 2). Add yeast, mix first speed 1 min
- 3). Add salt, mix first speed 2 mins.
- 4). Move to second speed. As dough comes together, add remaining 85 grams water slowly. Once incorporated, add olive oil slowly.
- 5). Continue mixing at second speed until olive oil is fully incorporated and dough is developed.
- 6). Bulk ferment one hour with folds at 20 & 40 mins.
- 7). Divide dough in half, place in two airtight containers, retard in fridge 3 days. Containers should be large enough in volume for the dough to double/triple in bulk over the three days.

Baking the Focaccia:

- 1). Remove focaccia dough from fridge, place the divided dough into two well-seasoned, oiled baking pans.
- 2). Allow room in each pan for the dough to rise covered at room temperature for 6-8 hours.
- 3). Every couple of hours while dough is rising, gently dimple down.
- 4). Prior to bake, drizzle with olive oil and lightly sprinkle with Malden Sea Salt.
- 5). Preheat oven to 400 degrees, bake each focaccia at same temperature for 30 mins.
- 6). Remove focaccia from oven, let rest minimum one hour before cutting.
- 7). Top as desired with Porchetta, burrata and sliced truffle. Drizzle again with olive oil.



FFF: Mushrooms have their own immune system.



SUPERKHANA INTERNATIONAL

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.” - Winston Churchill

Superkhana International is a unique restaurant celebrating Indian flavors, local cooking and the delicious culinary connections between India and America. A joint venture between chefs Yoshi Yamada and Jason Hammel. Located on Diversey Ave., in one of Chicago’s newest burgeoning pockets of eclectic shops and restaurants emerging in the Logan Square neighborhood.

The restaurant emphasizes beverages with bubbles, a beautiful pairing with Indian-ish food and will serve a variety of beverages from champagne to cider, natural wines to beer and highballs to sparkling punch. Designed by Charlie Vinz - the restaurant features a Haveli style courtyard inside the restaurant and open to the sky. Traditional Indian colors are used with a surprising, joyful touch, with patterns and palettes inspiring the modern, yet warm interior with an intimate private dining room.

<https://www.superkhanachicago.com/>
3059 W Diversey Avenue
Chicago, IL
T: 773.661.9028

Daal

Yields: 1

Ingredients:

800g	Onion, diced
46g	Ginger puree
64g	Garlic puree
2 ea	Jalapeno, diced
80g	Black mustard seed
14g	Curry leaves
4g	Turmeric
86g	Tomato paste
450g	Tomato product
4g	Kashmiri Chili powder
7g	Hing (Asafoetida)
15g	Cumin, toasted & ground
14g	Coriander, toasted & ground
	Oil
4.5 qt	Water
To taste	Salt
1 qt	Chana daal, dry
1 qt	Masoor daal dry
To taste	Sherry vinegar



Method:

- 1). Rinse and soak lentils (daal) ahead of time. Make sure there's enough water to cover twice the number of lentils in the container.
- 2). Sauté onion and jalapeno; add garlic and ginger purees. Cook until just barely caramelized and fragrant. Add tomato products, stir in dry spices, strain and add daals, mix in well.
- 3). Add water to cover, bring up to a simmer. Stir occasionally, adding water as needed to cook daal until tender. There should be a looseness to the dish, not soupy but more like a sauce. Once daal is cooked through.
- 4). Remove from heat and season with salt to taste, add a few splashes of vinegar to balance out the richness.

No Frills Only Thrills

By Beverage Director Colleen Malone

Ingredients:

1 very cold 12oz can of flavored (or not!) sparkling water.

- Simple Truth organic tangerine lemongrass flavor was decidedly better as a cocktail than on its own

2oz clear spirit (a London dry gin is Colleen's favorite)

1oz fruit liqueur (apologue Aronia was great in this application)

Citrus swath (optional: lemon)

Method:

- 1). Remove 3 to 3.5 oz of water from the can. (about 9 -11 normal human sized sips)
- 2). Carefully pour the spirits into the mouth of the can and swirl gently until incorporated.
- 3). Pour into a nice glass with ice and garnish with an expressed and inserted citrus peel.



FFF: India has the lowest meat consumption in the world. Per capita, Indians only consume 7 pounds of meat per person per year.



THE DEARBORN

"If you don't like something change it; if you can't change it, change the way you think about it." - Mary Engelbreit

Anchoring the southeast corner of Dearborn and Randolph streets in downtown Chicago, The Dearborn is an urban American tavern by sisters and proprietors Amy Lawless and Clodagh Lawless. They combine 40 years of hospitality experience—both here in Chicago and in their native Ireland—to create a restaurant that unites their passion for heart-felt service, a welcoming ambiance and classically rooted food that isn't afraid to take culinary risks. Inspiration for the cuisine starts with traditional American taverns and from there Executive Chef Aaron Cuschieri taps into his passion for seasonal ingredients, farmers markets and contemporary culinary techniques to create dishes that lean towards the Midwest as well as those with a more global influence. Chicagoans and tourists alike can meet at the bar, dine in the restaurant, or grab a post-theater night cap at The Dearborn.

<https://www.thedearborntavern.com/>
145 N Dearborn Street
Chicago, IL
T: 312.384.1242

Midwest Fried Chicken

Yield: 20 pieces chicken

Serves: 6-8 people

Ingredients:

2 whole chickens

4 qt pickle brine (see recipe below)

1 qt buttermilk

1 qt seasoned flour (see recipe below)

3 C maple mustard glaze (see recipe below)



Method: preheat deep fryer to 275 F. Break down chickens into 10 pieces, each chicken will produce 2 wings, 2 thighs, 2 legs and 2 breast pieces each cut in half. Brine chicken overnight in Pickle brine. The following day remove chicken from brine and place into buttermilk, soak in buttermilk for 4 hours. Remove chicken from buttermilk and toss into seasoned flour. Lightly place chicken in deep fryer and let cook for 15-20 minutes, until cooked through and a thermometer placed in the center of the chicken reads 155F. Remove chicken from deep fryer and toss in maple mustard sauce. Serve chicken with pickles and hot sauce of your choice.

Pickle Brine:

4 qt water



2 C salt
1 C sugar
20 black peppercorns
2T coriander seeds
1 bunch dill
4 lemons cut in half

Method: bring all ingredients to a boil, chill until cold. Then add chicken.

Maple Mustard Glaze:

4 C maple syrup
1 C Dijon mustard
½ C honey
2T apple cider vinegar

Method: stir all ingredients together

Seasoned flour:

4C AP Flour
2T salt
2T smoked paprika
1T garlic powder
1T onion powder
1t black pepper
1t cayenne pepper

Method: combine all ingredient together.

Halibut Fish & Chips

For the Fish & Batter:

2.5 lbs Halibut filets – fresh never frozen – Wild Alaskan
½ C salt kosher – diamond crystal brand
½ C black peppercorns w/ a pepper grinder
3 C AP Flour +1 C for dredging
1 C Cake Flour
1 Egg
1 T baking powder – clabber girl brand
2 QT soda water
2 C ice





Method: to make the batter, combine ap flour, cake flour, and baking powder together and stir. Add the egg slowly add in soda water and mix with your hand until the batter is just thinner than pancake batter, place in cooler in an ice bath to get a cold as possible. Cut the fish into 6 (6-7oz) portions. Season both sides with salt and black pepper. Lightly dredge the fish in flour, then dip into the batter, place fish into a deep fryer set to 325F and cook for 10-12 minutes until golden and very crispy. Remove from fryer, season again with salt and rest on a dry paper towel to remove any access grease.

For the Chips (Fries):

6 russet potatoes
½ C salt
½ C black pepper
1 bunch Italian flat leaf parsley

Method: cut fries into 3/8-inch-thick batons. Rinse in cold water to release any access starch on the outside. Pull from water and blanch fries in water at about 160 F for 3-4 minutes until just soft. Cool fries entirely. Once fries are cold. Place fries in a deep fryer set to 250 F for 3-4 minutes. Cool fries entirely. Once fries are chilled. Turn deep fryer 325 F. place fries in fryer and cook for 3-4 minutes. This method should allow the fries to have a very soft and soufflé center and a crunchy crispy outside. Chop parsley very fine. Once fries come out of the 325 F oil. Season liberally with salt and black pepper and toss with chopped parsley.

For the tartar sauce:

1C mayo
1T lemon juice
1T capers - chopped
1T cornichons - chopped
1 hard-boiled egg - chopped
1T malt vinegar
½ t dill – fine chopped
½ t tarragon – fine chopped
½ t parsley – fine chopped
2-3 drops tabasco sauce

Method: mix all ingredients together and chill.

For the Rainbow Slaw:

3 C napa cabbage shaved paper thin
1 C purple cabbage
1 red bell peper
1 red onion
1 carrot
TT salt and black pepper
1 C mayo
¼ C rice vinegar
1T celery salt
½ t black pepper



1 C chives – chopped very thinly.

Method: shave all vegetables as thinly as possible. Mix together mayo, vinegar, celery salt, black pepper, and chives. Toss all vegetables with 3T of sauce and chill.

To finish:

6 charred lemon halves

1 bunch whole leaf parsley

6 small bottles malt vinegar

Method: On a serving plate, place down an old piece of newspaper, place fries on top of newspaper and fish on top of fries. next to the fries place a dollop of rainbow slaw. place 2 T of tartar sauce in a cup next to the plate and garnish with 1/2 charred lemon wedge. Garnish the top of the fish with a few sprigs of whole leaf parsley. And serve with malt vinegar on the side.

FFF: The Kaldi, a 9th century Ethiopian Sufi goatherd in Ethiopia, is credited with discovering coffee when he observed his goats got excited after eating beans from a coffee plant.

THE LOYALIST

“The most common way people give up their power is by thinking they don’t have any. –Alice Walker

The Loyalist is John Shields and Karen Urie Shields’ neighborhood restaurant and bar. Located underneath Smyth, their unique vision of a fine-dining restaurant, The Loyalist features an ambiance that is casual and warm. The menu is comforting, shareable and seasonally inspired, and, like its more sophisticated sibling upstairs, The Loyalist works with The Farm, a 20-acre farm in Bourbonnais, Ill., which supplies produce and products exclusively to the restaurants. The cocktails follow a similar playful and familiar approach as the cuisine, encouraging guests to return often. Whether you’re looking for something light or hearty, sweet or savory, The Loyalist offers fare captured at the peak of its quality as well as ingredient-driven cocktails, craft beers and hand-selected wines. Recipes provided by Chefs John & Karen Shields

<https://www.smythandtheloyalist.com/the-loyalist/>
177 N Ada Street #001
Chicago, IL
T: 773.913.3774



Pop-Over

Yields: 4 large cakepan-style pop-overs

Ingredients:

300g all-purpose flour
675g milk
9 whole eggs
Salt to taste
2 tbsp. high smoke point oil or beef fat

Method:

- 1). Warm cast iron skillet or cake pan on stove until oil is almost smoking.
- 2). Add batter.
- 3). Bake in 425 deg. F oven for 12 minutes.
- 4). We serve ours over beef jus or oyster mushroom cream for dipping, or it's great to tear and share on its own.

Photos credit: Galdones Photography



Chocolate Blackout Cake

Ingredients:

2 C. plus 2 T. Cake Flour
1 $\frac{3}{4}$ C. Dutch Cocoa
1 t. salt
1 T. Baking Powder
1 T. Baking Soda
3 C. Granulated Sugar
5 Eggs
1 $\frac{1}{2}$ C. Buttermilk
1 T. vanilla extract
1 $\frac{1}{2}$ C. Hot water, tea or coffee
 $\frac{3}{4}$ C. Butter, melted

Method:

- 1). Sift the dry ingredients together. Whisk the eggs, vanilla and buttermilk together, add to dry ingredients, mix. Add hot water, mix. Add butter, mix.

Photos credit: Galdones Photography





- 2). Portion based off 9” round cake pan: Use 2 cups of batter for a 2” deep, or 4 cups for a 4” deep. Bake three cakes to create a three-layer cake.
- 3). Bake: 350* F for about 50 min for the 2” deep or 60 min for the 4”.
- 4). Allow cakes to cool. Use buttercream frosting in between layers and around cake.

Buttercream recipe

Yield: about 4 C., or one 9”, 3-layer cakes

Ingredients:

3 C. sugar
¾ C egg whites
2 C. butter, cubed, room temp
Salt to taste

Method:

1). Whisk whites and sugar over a double boiler until sugar is dissolved, and mixture is warmed to 2). 140F. Whip in standing mixer at full volume. Add butter, use paddle to bring together.
Optional Chocolate: Add ¼ C. melted and cooled 64%-72% dark chocolate. Or vanilla paste. Generous salt to taste.

FFF: The flavor “Blackcurrant” is largely unknown to people in United States due to a ban on the berry in the early 1900s

URBANBELLY

“Every day may not be good... but there’s something good in every day.” - Alice Morse Earle

Dumplings, booze and bowls are the draw at urbanbelly. Established in 2008 by award-winning Chef Bill Kim, the restaurant is Asian and American. Joyously creative yet curiously familiar.

Neighborhood comfort with Kim’s Seoul-to-Chicago soul. Part of the Cornerstone Restaurant Group, urbanbelly is in the heart of Chicago’s Wicker Park neighborhood. Kim’s debut cookbook, *Korean BBQ: Master Your Grill in Seven Sauces*, was a 2019 James Beard Award finalist. Kim is also the chef at Crate and Barrel’s first in-store restaurant in collaboration with CRG, The Table at Crate, and at the recently opened Time Out Market Chicago.

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<http://urbanbellychicago.com/>
1542 N Damen Avenue
Chicago, IL
T: 773.904.8606

Korean Pesto for Korean BBQ

Ingredients:

- 1/4 cup Nuoc Cham Sauce (page 42)
- 1/4 cup Lemongrass Chili Sauce (page 36)
- 1 chipotle chili in adobo sauce, plus 1 tablespoon adobo sauce
- 1/4 cup kimchi, homemade (page 166) or store-bought
- 1/4 cup dry-roasted peanuts
- 1/2 cup fresh basil leaves, firmly packed
- 1/4 cup olive oil

Prep Time: 10 minutes

Makes: 1 cup

Method:

- 1). Place the Nuoc Cham Sauce, Lemongrass Chili Sauce, chipotle chili and adobo sauce, kimchi, peanuts, basil, and oil in a food processor and process for about 1 minute, until coarsely blended.
- 2). Transfer to an airtight container and refrigerate for up to 2 weeks or freeze for up to 2 months. Or freeze in standard ice-cube trays, then transfer the cubes (about 2 tablespoons each) to plastic freezer bags and freeze for up to 2 months.

Lemongrass Chili Sauce:

- 1 teaspoon minced garlic
- 1 teaspoon minced, peeled fresh ginger
- 1/4 cup minced lemongrass
- 1 cup sweet chili sauce
- 1/4 cup fish sauce
- 1/4 cup sambal oelek
- 2 tablespoons toasted sesame oil





Prep Time: 10 minutes

Makes: 2¼ cups

Method: Combine the garlic, ginger, lemongrass, chili sauce, fish sauce, *sambal oelek*, and oil in a bowl and whisk until blended. Transfer to an airtight container and refrigerate for up to 2 weeks or freeze for up to 2 months (see note).

Note: This sauce won't fully harden when frozen, so you can spoon out as much as you need whenever you want to use it.

Nuoc Cham Sauce:

¼ cup dark brown sugar, firmly packed

¼ cup fresh lime juice

¼ cup fish sauce

½ cup water

1 clove garlic, minced

2 green Thai chilies, minced, with seeds

Prep Time: 10 minutes

Makes: 1 cup

Method: Combine the brown sugar, lime juice, fish sauce, water, garlic, and chilies in a small bowl and whisk until the sugar dissolves. Transfer to an airtight container and refrigerate for up to 2 weeks or freeze for up to 2 months. Or freeze in standard ice-cube trays, then transfer the cubes (2 tablespoons each) to plastic freezer bags and freeze for up to 2 months.

Lemongrass Chicken Bowl

Ingredients:

1 lb. ground chicken

1 T. lemongrass, finely chopped

5 cloves garlic, minced

2 tablespoon ginger, skin off and minced

¼ teaspoon crushed red chili flakes

1 tablespoon toasted sesame oil

1/3 cup light brown sugar

½ cup fish sauce (Three crab brand if available)

4 cups hot cooked white Jasmine rice

2 tablespoon olive oil





Optional garnishes: ¼ cup scallion, ¼ cup cilantro and 2 pcs ripe avocado

Method:

- 1). Heat a large skillet over medium heat add olive oil, add lemongrass, garlic, ginger and crushed red chili. Stir until fragrant about 1 minute.
- 2). Add ground chicken and cook, stirring and crumbling into small pieces.
- 3). Add sesame oil, fish sauce and brown sugar; stir to combine.
- 4). Cook until some of the sauce absorbs into the chicken, about 6 minutes.
- 5). Serve with hot Jasmine rice and garnish with scallion, cilantro and avocado pieces.

FFF: The biggest cashew tree in the world covers an area of about 80,000 square feet and produces over 60,000 fruits each year.

CINCINNATI, OH

RED FEATHER KITCHEN

“The only time you fail is when you fall down and stay down” - Stephen Richards

The Red Feather is a contemporary American farm to table restaurant located in the Oakley neighborhood of Greater Cincinnati. They offer an upscale casual dining experience with an emphasis on classic culinary techniques and slow, careful preparations. Enjoy forty wines by the glass, 200+ by the bottle, house made craft cocktails and a comprehensive list of micro-brewed beers. Warm woodwork surrounds their three separate dining areas each with its own personality, from cozy and intimate to bright and airy. They also offer an up close and intimate Chef's Table where one can watch the preparation of our cuisine and interact with our Chefs/Owners. The Red Feather stands for innovation, rough luxury, and honoring those who worked to bring them the products that they are proud to serve and enjoy. Red Feather Kitchen opened in 2013 in Cincinnati, Ohio.

<https://redfeatherkitchen.com/>
3200 Madison Road
Cincinnati, OH
T: 513.407.3631



Potato Gnocchi

Truffle Marsala Cream, Pecorino Tartufo

Potato Gnocchi:

1362g	Russel Potato
600g	All-purpose flour (approx. ¾ cup)
174g	Egg yolks (approx. 2 yolks)
60g	Salt (1 tbsp)

Method:

Bake potatoes in a convection oven at 350-degree Fahrenheit for 45 minutes until cooked. Scoop potato out of skins and rice with a potato ricer or food mill. Add egg yolks and mix in flour and salt, careful not to over work dough. Roll dough out into a long cylinder about the thickness of your thumb. Cut cylinder into 1-inch pieces and roll out on a lightly floured gnocchi board. Cook gnocchi in a large pot of boiling heavily salted water for 3 minutes (gnocchi will float when they are ready). Rapidly cool gnocchi in ice water and transfer to a plate to hold until ready to pick-up with the rest of the dish.

Truffle Marsala Cream:

2 tbsp	Shallot (minced)
1 tbsp	Blended oil
2 oz	Marsala wine
½ tbsp	Truffle pate
4 oz	Heavy cream
2 tbsp	Butter
To taste	salt & pepper

Method:

In a small sauce pot sweat shallots with blended oil over medium heat. Deglaze with marsala wine and reduce to au sec. Add heavy cream and bring to a boil. When cream begin to reduce in volume add truffle pate, and mount with butter. Sauce should coat the back of a spoon. Season with salt and fresh cracked black pepper. Reserve warm for pick-up

Potato Gnocchi, Truffle Marsala Cream, Pecorino Tartufo:

24 each	Gnocchi (patted dry w/paper towel)
1 tbsp	Blended oil
2 oz	Marsala wine

Photo credit: Sybilka Storie





- | | |
|--------|--|
| 1 tbsp | Shallot (minced) |
| 4 oz | Mushrooms (minced) |
| | Truffle Marsala cream (reserved) |
| 1 tbsp | Butter |
| 4 oz | Pecorino Tartufo Cheese (thin sliced w/peeler) |
| 1 tbsp | Chives (cut into small rings) |

Method:

Heat oil in a sauté pan over medium flame. Lightly brown gnocchi add mushrooms and shallots. Season with salt and pepper. Deglaze pan with Marsala wine and reduce by half. Turn heat to low and mount with butter to create a glaze on gnocchi. Plate 6 gnocchi in each bowl with mushrooms. Top each plate with Truffle marsala cream and garnish each dish with sliced pecorino tratufo and chives. Serve immediately.

Shrimp and Grits: poached egg, baby arugula, chorizo nage

Photo credit: Sybilka Storie

Grits:

Yields: 2 cups; 4 servings

- | | |
|--------|----------------------------|
| ½ cup | White Grits |
| 1 tbsp | Kosher salt |
| 1 tbsp | Clarified butter |
| ½ cup | Milk |
| 1 cup | Chicken stock (low sodium) |
| ¼ cup | Heavy cream |



Method: In a medium sauce pot bring chicken stock, milk, and salt to a boil. Begin whisking vigorously while adding grits. Continue to whisk vigorously while grits cook for 10 minutes. At this point grits can be cooled and reserved until needed. When ready to serve, heat cream and butter to a boil and add grits. Stir grits until hot and adjust seasoning with salt.

Shrimp with Chorizo Nage:

- | | |
|-------|---|
| 12 ea | Shrimp (16/20) peeled, cleaned, tail-on |
| ¼ cup | Mild Spanish chorizo- small diced |
| 1 cup | Chicken stock- room temperature or hot |



1 tbsp Kosher salt
¼ cup Unsalted butter

Method: Season shrimp with salt. In a sauté pan over medium heat add chorizo. Cook for 1 minute and add shrimp. Cook shrimp for 3 minutes until color develops and become opaque. Turn shrimp over and add stock. Bring to a boil and reduce by half. Reduce heat to low and mount with butter 1 Tbsp. at a time. Once butter is incorporated and emulsified, sauce is ready. Taste and adjust seasoning with salt.

Arugula Salad:

8 oz Baby arugula- washed & dried
1 pinch Kosher salt
1 tbsp Extra virgin olive oil

Method: In a small mixing bowl season arugula with salt and toss with EVOO.

Poached Eggs:

4 ea Eggs
2 qts Water
1 tbsp White distilled vinegar
¼ cup Kosher salt

Method: In a large sauce pot bring water, vinegar and salt to a boil. Reduce heat to just under a boil. Crack eggs into a small cup. Whisk water gently to create swirling motion. Add eggs and poach for 5 minutes for soft poached eggs. Eggs can be cooled rapidly in ice water and reserved for later pick-up. Reheat for one minute in boiling water.

To Plate: Spoon grits into the bottom of a wide bowl or coup dish. Place three shrimp on grits with sauce. Top with arugula, and poached egg. Garnish egg with Sea salt and EVOO to finish

FFF: John Montagu, fourth Earl of Sandwich invented the sandwich. He was a British statesman and notorious gambler, who is said to have invented it so that he would not have to leave his gambling table to take supper.



CLEVELAND, OH

MOMOCHO

“When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.” - Confucius

Innovative, hip + exciting Ohio city restaurant highlighting Mexican cuisine. Momocho focuses on seasonal + local ingredients combined with unique presentations that capture the spirit of Mexico. Menu is carefully crafted by executive chef Eric William – 2010 & 2011 James Beard Foundation Best Chef nominee for Great Lakes region.

<http://www.momocho.com/>
1835 Fulton Road
Cleveland, OH
T: 216.694.2122

Machaca

Ingredients:

5-6 lb piece beef brisket - do not trim fat

step #1

½ cup kosher salt

¼ cup ground coffee (ground Mexican Chiapas beans preferred)

¼ cup Ancho Chile powder

Method:

Step #1

1. combine ground coffee, ancho powder and salt into a “rub mix” and season brisket
2. grill-sear brisket 4-5 minutes per side to caramelize
3. cut rubbed-grilled brisket into 4 similar size pieces and place into a large braising pan or crock pot

step #2

16 oz dry red wine or burgundy wine

12 oz tomato juice

2 oz lime juice

8 oz red wine vinegar

¼ cup ground coffee (ground Mexican Chiapas beans preferred)





¼ cup Ancho Chile powder
¼ cup kosher salt
½ cup chopped garlic
½ tbl black pepper
½ tbl cinnamon
2 bay leaves
1 large Spanish onion cut into quarters

Method:

- 1). add ingredients to brisket pan/pot and add enough water to cover brisket
- 2). cover with foil and place in 300-degree oven for 3-4 hours or simmer in crock pot until tender
- 3). remove from oven and discard whole onions and bay leaves; remove brisket from liquid
- 4.) reserve liquid to serve or re-heat; pull or shred brisket by hand or by using kitchen tongs
- 5.) serve with corn or flour tortillas, sautéed peppers and onions and sides of salsa verde and guacamole

Goat Cheese Guacamole

Base:

four haas or calavo avocados
remove flesh from avocados | discard skins
place following ingredients in mixing bowl with avocado
1 tbl kosher salt
1 tbl minced garlic
1 tbl minced seeded jalapeno chile
juice from 1 lime

Prep: using a spoon or potato masher begin to incorporate ingredients

Seasoning:

1/2 minced spanish onion
1/2 bunch minced cilantro
pinch of black pepper
2 tbl goat cheese
1 minced roma tomato

Prep:

fold in seasoning ingredients
serve with corn tortilla chips



FFF: Australians eat the most meat. Coming in at a whopping 200 pounds per person every year, Australians take first place, but are still closely followed by Americans.



COLUMBUS, OH

VERITAS

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact." - Les Brown

Veritas is a modern American restaurant focusing on the elevated and the exciting, with a range of evolving small plates and tasting menus. It opened in 2012 in the town of Delaware north of Columbus in 2012, where it was named Columbus' Best Restaurant for several years in a row, before it relocated to downtown Columbus in December 2017, where it was again recognized as the Best Restaurant in Columbus by local press and as one of America's 100 Best Wine Restaurants of 2019 by Wine Enthusiast Magazine.

<https://veritasrestaurant.com/>
11 W Gay Street
Columbus, OH
T: 614.745.3864

Confit Chicken Wings

Ingredients:

5 lbs of wings
1 cup kosher salt
1 cup brown sugar
4 cups duck fat

Buffalo Sauce:

1 cup distilled vinegar
1 cup rice wine vinegar
1 cup of balsamic Vinegar
1.5 cup franks hot sauce
1 cup diced shallots
.5 cup minced garlic
1 cup sun roasted tomatoes
1 lbs of butter

Celery ribbon
5 stalks of celery





Peanut Oil

Wings - mix the salt and sugar together and toss wings in the mixture. Cover and allow to sit for 24 hours in the fridge. Rinse wings and pat dry.

In a large stock pot on medium-low, melt the duck fat and add wings. Adjust the stove temperature as needed — The key is slow cook the wings in the fat. With the fat never coming to bubble. This can take 45 min to 1.5 hours. You are looking for the meat to fully cooked and to fall off the bone with a little resistance. Once done, remove the wings and let rest on wire rack until cool. Refrigerate until needed.

Sauce - Mix all ingredients except the butter in a blender and blend until smooth. Place in a saucepan and bring a simmer. Let cook for thirty minutes. Place back in blender. Melt the butter. With the blender running slowly drizzle in the butter. Salt and pepper to taste.

Celery ribbon - wash and clean the celery. Place the celery flat on a cutting board with the back rib of the celery facing up. With vegetable peeler start to peel in long even strokes. Place peels in ice water for an hour to overnight.

To finish: Fry the cold wings in peanut oil at 350 for 4-5 minutes. You want the wing extra crispy. Put sauce and wings in a large mixing bowl and toss to coat. If cooked just right some of the wings will fall apart as you toss them. That's a good thing. Garnish with celery ribbon.

Lobster

Ingredients:

4 cold-water lobster tails
4 tablespoon brown butter
1 vanilla bean
1 star anise

Labneh

1 cup labneh
Half a red onion
Salt and Pepper

Herb Powder:

1/4 lb tarragon
1/4 lb chervil
1/4 lb parsley
1/4 lb dill

Photo credit: Gregory Stokes





Vegetables
White asparagus
Fennel bulb
Pearl onion
Watermelon radish
Olive oil
Rice wine vinegar

Garnish:

Your choice of leafy greens and herb and flowers
We used:
Pea Tendril
Pea blossoms
Frisee
Begonia leaf
Baby Red spinach

Lobster - Melt the brown butter, add the vanilla bean and star anise and keep warm for thirty minutes to infuse. Strain and cool the butter. Pull the lobster from the shell and vacuum seal with the infused butter. Cook at 125 Fahrenheit for 25 minutes then cool in ice water.

Labneh- Fine dice the red onion and mix with labneh. Let rest for at least one hour but no longer than three. Pass the mixture through a fine mesh strainer to remove all the onion. Salt and pepper to taste.

Herb powder - dehydrate all herbs in dehydrator set at 125 Fahrenheit for 24 hours or until completely dry.
Once dry, place in a vitamix and blend on high until it is a fine dust.

For the vegetables: cut the pearl onion in half, cut the asparagus into half sticks, and fennel bulb into bit size triangles. Bring a pot of salted water to a boil and blanch vegetables for 45 seconds, then shock them immediately high-quality extra virgin olive oil. For the watermelon radish slice as thin as possible with a mandolin and place in ice water.

To Finish: Remove the lobster tail from the bag and take the butter and melt again, Grill the lobster over high heat (we use a yakatori grill) for 1 min each side and baste with the butter and slice into 4 pieces. Remove the vegetables from the bag and mist with rice wine vinegar using an atomizer, and season with salt and pepper. To begin plating place a dollop of labneh in the center of the plate. Building from both sides begin to add the vegetables, then the lobster and lastly the garnishes. Dust with herb powder and enjoy!

FFF: One of the most hydrating foods to eat is cucumber, which is 96% water.



DALLAS, TX

BOWEN HOUSE

“Always wake up with a smile knowing that today you are going to have fun accomplishing what others are too afraid to do.” - Mark Cuban

In 1861, Tennessee-born Ahab Bowen (1807 - 1900) moved to Dallas, where he was a farmer and feed dealer. He owned and cultivated the surrounding Uptown Dallas area, including the site where Bowen House is currently located (2614 Boll Street). The house was built for the Bowen family in 1874. It is one of the few remaining examples of the simple, wood frame, vernacular farmhouse prevalent in Dallas County during the latter part of the 19th century. The Ahab Bowen home was converted into a vintage store in 1976 and was owned and operated for 35 years before closing its doors in 2011. In March 2014, Bowen House, a cocktails house concept was created. Guests can enjoy original cocktails, local beers and wine every day. Nibble on the Fried Brie, Lemon Chive Deviled Eggs or the ever so popular Tuna Tacos while cleansing your palate with a specialty.

www.bowenhousetx.com/
2614 Boll Street #1002
Dallas, TX
T: 214.484.1385

Tony's Snake Oil

Ingredients:

1.5oz Averna Amaro
.75oz Amaro Montenegro
.75oz Violet Crown Spirits, Midnight Marigold Bitter Cordial
2 Dashes Regan's Orange Bitters

Method:

- 1). Stir all ingredients in mixing glass with ice 20-30 revolutions
- 2). Strain into snifter and garnish with angostura, soaked dehydrated lime wheel.

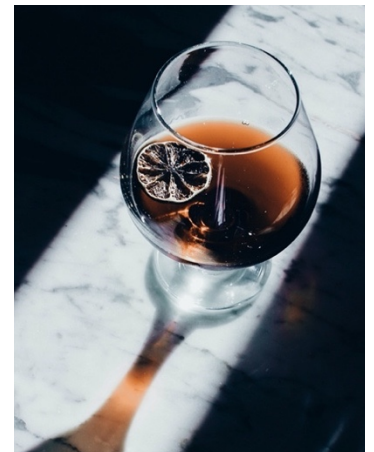


Photo credit: Susie Oszustowicz



Cool Runnings

- Ingredients:
- 1.5oz Heirloom Genepy
 - .75oz Fresh Lime Juice
 - .5oz Rosemary Syrup
 - .5oz Coco Real Cream of Coconut

- Method:
- 1). Add ingredients to shaker tin with ice and shake for 15-20 seconds.
 - 2). Double strain into Collins glass with ice and top with Topo Chico mineral water.
 - 3). Garnish with a rosemary sprig and dehydrated lime wheel.

Photo credit: Tony Martinez, Jr.



FFF: The world’s most popular fruit is the tomato.

BOWL & BARREL

“We can’t help everyone, but everyone can help someone.” - Ronald Reagan

A full-service restaurant with an upscale 15 lane boutique bowling alley, in the Shops at Park Lane. Bowl & Barrel is a modern American tavern designed to delight the most discerning foodies and cocktail connoisseurs — while offering a bowling experience unparalleled in the DFW Metroplex.

<http://www.bowlandbarrel.com/>
The Shops @
8084 Park Ln #145
Dallas, TX
T: 214.363.2695
Additional locations in Houston & San Antonio



Butterscotch Pie

Gingersnap Cookies:

2 cups all-purpose flour
2 tsp baking soda
½ tsp kosher salt
1 TBSP ground ginger
½ tsp cayenne pepper
6 oz unsalted butter
1 cup granulated sugar
1 each large egg
¼ cup molasses

Photo credit: James Coreas



Feel free to purchase gingersnap cookies and/or the graham cracker crust to save yourself some time.

Method:

- 1). Whisk together the flour baking soda, salt, ginger, and cayenne pepper. In a separate bowl cream, the butter until pale yellow and smooth. Stir in the sugar completely then stir in the molasses and finally the eggs.
- 2). Add the flour mixture to the wet ingredients and mix with a wooden spoon or clean hands until the cookie dough forms.
- 3). Portion the dough into 1 oz balls and bake on a line baking sheet at 350 degrees for 8 – 12 minutes, until the cookie is fully cooked and crisp and brittle once cooled. Crush into crumbs in a food processor to garnish the pie.

The Crust:

1 ½ cups finely ground graham crackers
1/3 cup granulated sugar
6 TBSP melted butter
½ tsp ground cinnamon

Method:

- 1). Mix the graham cracker crumbs, sugar, melted butter, and cinnamon until well blended. Press into a 10” pie pan, making sure the crust is tightly compressed and even.
- 2). Bake at 375 degrees for about 7 minutes then allow to cool before use.

FFF: Pound cake got its name from its recipe. The early recipes of pound cake called for one pound of butter, one pound of eggs, and one pound of sugar.



DOCK LOCAL

"Tough times never last but tough people do." - Dr. Robert Schuller

The Dock offers consumers a fresh food experience with a unique coastal flare. Their goal is to bring the coastal experience to customers through exceptional, quality food with superior hospitality. Whether you identify as a millennial, student, young professional, or a foodie, they think you'll enjoy the entire Dock experience. Their menu is centered on fresh starters, unbelievable sandwiches, tacos, salads, and creative sides that will delight your senses.

<https://www.thedocktexas.com/>
3839 McKinney Avenue #150
Dallas, TX
T: 972.373.4587

Sliders

Crab Cake Mix:

Portion to 3 oz.
Yields: 11 cakes

Ingredients

1T	Garlic
1T	Parsley/Cilantro
1T	Green Onion finely chopped
1T	Old Bay
1T	Mustard
1 ea.	Lemon juice
1 T.	Worcestershire sauce
1 T.	Tabasco
4T	mayo
2ea	Egg
2#	Crab meat Special Lump
1 c.	Breadcrumbs
½ t.	Garlic Salt
1 t.	Pepper
½ c.	Corn meal/Flour mixture
1 sl.	Bacon, smoked
1	sl. Tomato, sliced
1 oz.	Pesto sauce, your favorite.

Proprietary to Dock Local





- 1oz. Ranch Dressing, your favorite.
- 1 ea. Slider Bun
- 1 oz. Greens, lettuce or spring mix

Crab Cake Assembly:

- 1). Mix all ingredients together in a bowl up to the Crab meat.
- 2). Fold Crab Meat not to mash or break up the meat.
- 3). Add Garlic Salt and breadcrumbs
- 4). Taste. Adjust seasoning as needed.

Method:

- 1). To prepare crab cake for cooking: Lightly coat outside of a formed cake in seasoned corn meal/flour 50/50 mixture before cooking.
- 2). Cook Crab Cake to internal temperature of 165 degrees. Two ways to do so. Use a Skillet in light oil approx. 2 oz. of oil and brown crab cake on both sides for approx. 3-4 minutes on both sides. Or drop in a fry daddy for 4 minutes at 350 degrees.
- 3). Place Crab Cake on a paper towel to take off excess oil.
- 4). Item Assembly: Bottom Roll, Add 1 oz. Pesto, Tomato, Cake, Bacon, Greens, Sauce Slider Roll

Lobster Mac n Cheese

Ingredients:

- 8-10 oz. Pasta w/ your favorite cheese (white) sauce
 - ¼ c. Lobster meat, cooked
 - 1/8 c. Bacon crumble
 - ¼ ea. Potato Chips, crumbled
 - ¼ c. Cheese, cotija or parmesan
 - ¼ c. Pico de Gallo
- Garnish with chives, rough chopped cilantro and lime.

Proprietary to Dock Local





Method:

- 1). Heat your favorite cheese sauce in a skillet. Add hot pasta and coat the noodles. Add a touch of salt pepper if you like more flavor.
- 2). Add Lobster to the skillet and heat for 2-3 minutes.
- 3). Place in your favorite pasta bowls.
- 4). Place crumbled chips and bacon on top generously.
- 5). Finish with Pico de gallo on top with cotija cheese.
- 6). Add cilantro if you like more of a southwest flavor.

FFF: Before the English-speaking world was exposed to the fruit, the color orange was referred to as “geoluhread” which is the old English term for red-yellow.

ELLEN’S

“After every storm the sun will smile; for every problem there is a solution, and the soul’s indefeasible duty is to be of good cheer.” – William R. Alger

Ellen's was founded in 2012 by Joe Groves, Chef Russell Mertz and partner Andrew Chooljian. The restaurant was named Ellen's in honor of Joe's mother Ellen Groves Corlee of Fort Worth.

From the very beginning, their goal has been to provide exceptional, homemade comfort food inspired by the rich traditions of Southern cuisine. All our dishes are made with fresh ingredients that are sourced locally whenever possible and delivered to the kitchen several times each week.

They love the idea of having breakfast for dinner, so they offer brunch all day every day. Brunch is America's favorite meal, and Ellen's has become the local favorite place to get it. Recipes were provided by Executive Chef Russell Mertz.

<https://www.gritsrule.com/>
1790 N Record Street
Dallas, TX
T: 469. 206.3339



Ellen’s Shrimp & Grits

Photo credit: Monika Normand Photography

Ingredients:

- 1 cup Quick Grits
- 3 cups Chicken Stock
- 1 tbl Salt
- 2 cups Cheeses of choice
- 1 lb 10 - 15 Shrimp
- 2 tbl Blackening seasoning of choice
- 1 tbl Olive Oil
- 3 cups Cleaned baby spinach
- 1/2 cup Diced tomato
- 1/2 cup Bacon pieces - cooked
- 1 Minced Garlic - Fresh
- 1 Kosher Salt and Pepper
- 1 tbl Olive Oil

Method:

- 1). Bring chicken stock to a boil. Slowly add and continually stir in the grits and salt. Cook on med-low for about 30 minutes. Remove from heat and stir in cheese. Keep Warm.
- 2). Heat a sauté pan to medium and add oil. Season raw shrimp with the blackening seasoning. Gently place shrimp in the pan and sauté for about 4 minutes or until cooked. Keep warm and set aside
- 3). Heat a sauté pan to medium and add oil. Add bacon, garlic tomatoes to pan and sauté for 1 minute. Add spinach to tomato mixture and cook until spinach is half wilted.
- 4). Place grits on a plate, add spinach mixture to the grits. Place shrimp over the top.



Ellen’s Prime Meatloaf

Photo credit: Monika Normand Photography

Ingredients:

- 1 tbl Olive Oil
- 3/4 Cup Red Onion - Diced
- 1 cup ea Red and Green Bell Pepper
- 1/4 cup Garlic - Minced
- 5 ea Eggs
- 1 tsp Dry Thyme
- 1 tbl Salt - Kosher
- 2 tbl Black Pepper
- 1 1/4 tbl Mustard - Whole Grain
- 1 1/4 tbl Worcestershire Sauce





- 1 tsp Tabasco
- 1/4 cup Ketchup
- 1 cup Milk - Whole
- 2 1/2 cups Tomatoes - Canned with Juice
- 1 3/4 cups Breadcrumbs
- 5 lbs Burger Meat - 73/27

Method:

- 1). Preheat oven to 350 degrees. Add oil to a pan and sauté onions and peppers for 4 minutes over medium heat. Chill onions and peppers until they are cool enough to handle.
- 2). Place all ingredients except the ground beef in a large bowl and mix well. Put mixed ingredients into an ungreased pan. Add ground beef to mixture in pan and just combine. Do not over mix! Cook for 1 hour in preheated oven. Check to make sure it is cooked all the way through - 160 degrees internal temperature.

FFF: If you need to speed up the ripening process of an avocado, put a banana or apple around it.

THE RUSTIC

“We have nothing to fear but fear itself.” – Franklin D. Roosevelt

For years, they’ve kept our focus simple at The Rustic — Kitchen. Backyard. Bar. Live Music — and we wouldn’t change it for anything. Enjoy home style meals made with farm-to-table ingredients, sip local craft beers and cocktails under the stars or catch a performance nightly by local and national artists.

<http://therustic.com/>
3656 Howell Street
Dallas, TX
T: 214.730.0596

1836 Pol Street
Houston, TX
T: 832.321.7799

17619 La Cabrera Pkwy Ste 204
San Antonio, TX
T: 210.245.7500



Cedar Plank Salmon with Ancho Lime Butter

Ancho Lime Butter:

Ingredients:

8 oz whole butter, room temperature
1/2 tsp ancho chile powder
1/2 bunch cilantro, chiffonade
1 1/2 TBSP freshly squeezed lime juice
1/4 tsp kosher salt

Method:

- 1). In an electric mixer, with paddle attachment, mix the butter until smooth.
- 2). Add the ancho powder, cilantro and salt and continue to mix until fully combined.
- 3). Finally, add the lime juice in a thin stream as you run the mixer until all of the lime juice has been emulsified into the butter. Set aside at room temperature until use.
- 4). Wrap the leftovers, tightly with parchment paper, then wrap with foil and store in the freezer for up to a month.

Dry Brined Salmon:

4 ea 8 oz salmon portions
3 tsp kosher salt
1 1/2 tsp granulated sugar
1/2 tsp fresh cracked black pepper

Mix the salt, sugar and pepper. Season each portion of salmon evenly on all sides with the dry brine, using 1 tsp of brine per portion. Allow the salmon to brine for a minimum of 1 hour at room temperature or up to 6 in the refrigerator.

Cooking the Salmon:

1/4 cup melted butter
4 ea dry brined salmon portions
4 ea cedar planks, fully submerged in water over night
1 ea charcoal, gas, or wood grill

Method:

- 1). Drain the cedar planks and pat them dry. Pat the salmon dry. Brush each salmon portion on all sides with melted butter. Brush the side of the cedar plank on which you will place the salmon with melted butter.
- 2). Place one salmon portion on each plank. Place the cedar plank salmon wood plank side down on a grill and close the lid. You want your grill cooking (with the lid down) at 350 – 400 degrees.
- 3). Depending on the exact temperature of your grill, the salmon should take 7 – 10 minutes to cook to a nice medium rare. If you like yours cooked longer, cook it longer. Check the salmon after the first two or three minutes.

Photo credit: James Coreas





- 4). You want the wood plank to smolder and smoke, not fully catch fire. You may have to move the planks around to place them in a hotter or cooler spot before the remainder of the cook time.
- 5). Plate the salmon and top with Ancho Lime Butter and serve with your favorite vegetable or salad.

Tortilla Soup

Photo credit: James Coreas

Cooking the Chicken and Making the Stock:

1 Whole Chicken
2 Medium Onions, roughly chopped
2 Carrots, roughly chopped
2 Ribs of Celery, roughly copped
1 Clove of Garlic, peeled, whole
½ tsp ground cumin
8 Whole Black Peppercorns
2 Sprigs Fresh Oregano
2 tsp Kosher Salt
As needed Tap Water



Method:

- 1). Place all of the ingredients in a stock pot and bring the liquid to a gentle simmer. Allow the chicken to cook in the hot broth at a simmer for 25 – 30 minutes, until the chicken is fully cooked.
- 2). Remove the chicken from the broth and allow it to cool until the meat can be pulled. Store the pulled meat in the refrigerator until needed.
- 3). Return the bones to the broth and bring it to a gentle simmer and allow it to simmer for at least 4 hours but no longer than 6 hours. Strain the broth and return it to the pot and now you're ready to make your soup.

Making the Soup:

Reserved Chicken Stock
½ cup tomato juice
2 Medium Tomatillos, peeled, finely diced
3 Roma Tomatoes, finely diced
1 Fresh Poblano Chile, seeded, finely diced
1 Fresh Jalapeno, seeded, finely diced *leave the seeds in if you like it extra spicy
1 Medium Yellow Onion, finely diced



Reserved Cooked Chicken, in 1 inch pulled chunks
1 Large Avocado, medium dice
Cotija Cheese as needed
Fresh Cilantro as needed
Fried Corn Tortilla Strips or broken Tortilla Chips

Method:

1). Add the tomato juice and all of the vegetables to the stock and bring to a simmer. Allow to simmer for 15 – 20 minutes until all of the vegetables are fully cooked.
2). Add the pulled chicken and return to a simmer for another 5 minutes, until the chicken is fully heated. Taste the soup and adjust the flavor with additional salt if needed.
Portion the soup into each bowl and garnish them with Avocado, Cotija, Fresh Cilantro and Fried Tortillas.

FFF: The hottest part of the chili pepper is not the seeds, but the flesh.

DEL MAR, CA

TRATTORIA PONTE VECCHIO

“Don’t spend time beating on a wall, hoping to transform it into a door.” — Coco Chanel

Trattoria Ponte Vecchio offers a robust selection of Northern Italian, Sicilian and authentic rustic Italian dishes. PV offers excellent daily specials like risotto, Osso Buco, pork chop and fresh fish of the day. In addition to the authentic, traditional Italian dishes, Chef Rob brings the true and authentic New York style Italian cooking to Del Mar.

Head Chef, Rob Zakir, attended culinary school in New York City, and has worked in family owned restaurants in various cities for over 20 years. After working on Wall Street, and in the real estate and fashion industry, he finally decided to pursue his life-long passion in owning his own small and intimate Trattoria.

Chef Rob loves to create classical dishes inspired by Marcella Hazan and his own creations. His mission is to create a warm and humble restaurant setting where every customer is treated like family. Rob takes pride in the food quality at Trattoria Ponte Vecchio and has deep respect for each customer who walks through the door.



<https://pvdelmar.com/>
2334 Carmel Valley Rd
Del Mar, CA
T: 858.259.9063

Chicken Piccata

1 lb of chicken breast.

2 Tbsp of capers

2 Oz butter

4 Tb Olive oil

¼ cup chicken broth

1 Garlic Clove

1 Lemon

¼ tsp kosher salt

¼ tsp black pepper

½ cup wine

½ cup Plus 1 Tbsp Flour

¼ cup water

Method:

1). Butterfly chicken breast by slicing a bagel. Use a knife or scissors to cut the top off the freezer bag. Then cut the sides of the bag, so as to form a large rectangle when opened. Place meat on one side of the plastic and use the other side to cover it and form a barrier between the meat and the mallet. You can also use a few layers of plastic wrap for this if you don't have a plastic freezer bag on hand. Pound the meat repeatedly with the flat side of the mallet until desired thickness is reached. You could also use a large, heavy pan, which has a larger surface area for larger pieces of meat. When pounding the meat, angle the blows slightly outwards, so that the meat spreads out evenly.





- 2). Place $\frac{1}{2}$ cup flour on a plate and dredge the chicken pieces lightly in the flour. Do both sides.
- 3). Melt the butter and mix olive oil in a pan. Use medium heat.
- 4). Once the oil and butter are heated, carefully add the minced garlic and Cook for 30 seconds.
- 5). Add chicken pieces in the pan and cook slightly brown on both sides.
- 6). Add wine and cook for about 1 minute turning the chicken after 30 seconds so both sides absorb the wine.
- 7). Add capers, chicken broth, salt, pepper and the juice from the lemon. Toss the chicken and mix all ingredients in the pan.
- 8). Cover and cook for about 2 minutes in medium heat until the chicken is white inside and the temperature is 160 degrees.
- 9). If the sauce is watery and you prefer it to be thicker, add 1Tbsp flour to $\frac{1}{4}$ cup of water and stir until fully mixed and add to the sauce after removing the chicken. Let it simmer for 30 seconds and remove from heat. If the sauce is too thick you can add a little chicken broth or hot water to get the desired consistency.

Place the chicken breasts and top with the sauce. Garnish with chopped parsley and serve with your favorite vegetable or pasta.

FFF: Grape growing is the largest food industry in the world as there are more than 60 species and 8000 varieties of grapes.

DENVER, CO

12 @ MADISON

"Wherever you go, go with all your heart" - Confucius

Born in Los Angeles, where the food is as diverse as the city's culture, chef and visionary Jeff Osaka has always been fascinated by the restaurant industry and has garnered praise from critics and peers alike for his indelible contributions to the culinary world. In November of 2008, Osaka brought his experience and passion to Denver, Colo. where he opened twelve, a restaurant intensely inspired by the changing seasons as the restaurant's entire menu changed every month. By the time twelve closed in August 2014, Osaka had featured more than 70 different menus and 1,000 different dishes during the restaurant's highly successful six-year reign.



In 2014, Chef Jeff Osaka received a James Beard Foundation Best Chef Southwest semifinalist nomination. Chef Osaka also opened Osaka Ramen, Sushi-Rama, Denver Central Market- all in the Denver area.

<https://www.12atmadison.com/>
 1160 Madison Street
 Denver, CO
 T: 720.216.0190

Spring Pea & Vanilla Soup

Serves: 4

Ingredients:

1 tablespoon	butter
1 medium	onion – thinly sliced
1 stalk	garlic – minced
½ teaspoon	thyme – chopped
6 cups	frozen peas
8 cups	vegetable or chicken broth
1 ea	vanilla bean – seeds removed,
	<i>or 1 teaspoon vanilla extract</i>
½ cup	half-and-half (optional)
	kosher salt
	fresh ground black pepper

Method:

- 1). Heat butter in large pot over medium heat until the butter melts. Add onion, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme, cook, stirring until fragrant, about 2 mins.
- 2). Add broth, bring to a boil over high heat. Maintain boil and cook until very onions are very tender, about 5 minutes. Add peas and vanilla seeds or extract, bring back to a boil for 3 minutes, just until peas are hot throughout, but not dulling their bright green color.
- 3). Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), season with salt and pepper to taste. Serve immediately or cool and refrigerate up to 3 days.

Photo credit: "Pig & Chicken Hospitality"





Grilled Ratatouille

Ingredients:

- 1/4 cup, plus 2 tablespoons extra-virgin olive oil, divided
- 3 teaspoons freshly minced garlic (about 3 medium cloves)
- 1 tablespoon finely chopped fresh basil leaves
- 2 teaspoons finely chopped fresh marjoram leaves
- 1 teaspoon finely chopped fresh thyme leaves
- 2 heirloom tomatoes, halved lengthwise
- 1 large zucchini, cut lengthwise 1/2" thick
- 1 large yellow squash, cut lengthwise 1/2" thick
- 1 medium globe eggplant, cut into 1/2-inch rounds
- 1 large yellow onion,
cut into 1/2-inch rounds and skewered horizontally
- 1 red bell pepper, stemmed, seeded, and quartered
- 1 yellow bell pepper, stemmed, seeded, and quartered
- Kosher salt and freshly ground black pepper

Method:

- 1). In a small bowl whisk together 2 tablespoons oil, vinegar, garlic, basil, marjoram, and thyme. Season with salt and pepper to taste; set aside.
- 2). Place tomatoes, zucchini, yellow squash, eggplant, onion, and bell peppers on a large rimmed baking sheet. Drizzle remaining 1/4 cup oil over vegetables and season with salt and pepper to taste. Toss to thoroughly coat vegetables in oil and seasoning.
- 3). Preheat grill on medium-high setting. Clean and oil the grilling grates. Place vegetable slices on grill and cooked until browned on both sides, about 3 minutes per side for zucchini, squash, and eggplant, about 5 minutes per side for tomatoes, onion, and peppers. Transfer vegetables to serving platter, pour in herb/oil mixture over top. Serve immediately while warm or at room temperature.

Photo credit: "Pig & Chicken Hospitality



FFF: There are over 3,000 varieties of pears in the world and America produces 84 % of them!

RIOJA

When you have exhausted all possibilities, remember this: you haven't. – Thomas Edison

Rioja is James Beard Foundation Best Chef Southwest Jennifer Jasinski's much-acclaimed restaurant in Denver's Historic Larimer Square. Jasinski and partner Beth Gruitch opened the Mediterranean-influenced eatery in 2004. Chef/Owner Jennifer Jasinski has created a cuisine all her own with an emphasis on handmade pastas and local ingredients. The wine list authored by front-of-the-house partner Beth Gruitch complements Chef Jen's cuisine featuring bottles from around the globe with a heavy emphasis on Spain.



<http://www.riojadenver.com/>
1431 Larimer Street
Denver, CO
T: 303.820.2282

Goat Cheese Rosemary Biscuits

Yields: 14 large biscuits

Ingredients:

- 1 1/2 pounds all-purpose flour
- 2 tablespoons baking powder
- 1 teaspoon kosher salt
- 1/4 cup sugar
- 1 1/2 tablespoons chopped rosemary
- 6 ounces butter, diced, very cold
- 8 ounces goat cheese, crumbled small
- 1 1/4 cups buttermilk
- 3/4 cup whole milk

Method:

- 1). In a bowl, mix together the dry ingredients, including rosemary.
- 2). Add the diced butter to the bowl, rubbing it into the flour with your hands so it is in pea-sized specks. Do the same with the goat cheese.
- 3). Add the buttermilk and milk all at once, mixing enough just to make the dough come together. Do not overmix.
- 4). Preheat oven to 400 degrees.
- 5). Turn the dough out onto a lightly floured work surface and roll it out about 1 inch thick. Make a 4-fold by turning the 2 outside edges together into the center and then folding the entire piece of dough up like a book. Roll out again to 1 inch thick. Next, do a 3-fold (folding like a trifold wallet).
- 6). Roll out the dough about 1 inch thick. Using a 3-inch cutter, cut the biscuits. Transfer them to a parchment paper-lined baking pan and brush the dough with a bit of buttermilk; sprinkle the top of each biscuit with salt. Bake them in the 400-degree oven until puffed and golden brown (about 18 minutes). Depending on your oven, you may need to turn the tray once for even browning.

Chef's Notes: Don't toss your scraps. Press them together and use them again. They won't rise quite as much, but they'll still be delicious. To work ahead, you can prepare the dough, refrigerate it or freeze it, storing it for over a week. Just cut and bake.





Apricot Sage Bread Pudding

Serves: 8

Ingredients:

1/4 cup pure olive oil
1 cup diced white onion
1/2 cup diced carrot
1/2 cup diced celery
1 1/2 tablespoons chopped garlic
1/4 cup chopped sage
3 cups heavy cream
3 quarts diced honey wheat bread
(or another nice crusty whole wheat bread)
1 1/2 cups dried apricots cut into 1/4-inch dice
1 cup sliced almonds, toasted
1 1/2 tablespoons chopped parsley
1/2 tablespoon chopped thyme
1 cup chicken stock (use vegetable stock if you want to make a vegetarian dish)
Kosher salt and black pepper, to taste
2 eggs, whisked

Method:

- 1). Preheat oven to 325 degrees.
- 2). In a large sauté pan over medium heat, add olive oil and sauté the onion, carrot and celery until golden. When tender, add the garlic. (Adding the garlic too soon will cause it to burn.) Stir in the sage and let the flavors come out.
- 3). Add the cream and bring to a boil. Remove from heat, transfer to a large stainless-steel bowl and set aside.
- 4). Place all remaining ingredients into the cream mixture, adding the whisked eggs last, and stir well to combine.
- 5). Spray 8 ramekins (6-8 ounces each, for individual bread puddings) or an 8-by-10-inch glass baking dish with nonstick cooking spray. Line the bottoms of the ramekins with parchment paper. Place them on a sheet pan and fill past the top with the bread pudding mixture so it is brimming. Place in the preheated oven and bake until they are brown on top and reach an internal temperature of 135 degrees. This is the temperature at which the eggs are cooked and the custard set. (If you are using 1 baking dish, your cook time will be longer.)
- 6). Remove from the oven and rest a few minutes before trying to remove them from the cups or they will fall apart. If preparing 1 large pudding, simply serve from the baking dish. Make sure to remove the paper from the bottom of each individual ramekin before serving.



FFF: Blueberries were called "Star Berries" by Native Americans because at the blossom end of the berries looks like a five-pointed star.



THE BINDERY

“He who has a “why” to live can bear almost any “how.” - Friedrich Nietzsche

Linda Hampsten Fox is the creative force and mind behind the Bindery- an all-day bakery, market and eatery in the Lower Highlands neighborhood of Denver. The Colorado Restaurant Association named her Chef of the Year in 2018.

They are proud to be a Certifiably Green business through the City of Denver. The design of the restaurant helped the LoHi neighborhood receive its designation as a sustainable neighborhood. Their scratch kitchen is inspired by Italy, Mexico and the Mediterranean, but their cultural landscape is broad and borderless. Menus shift and change with the seasons and with what's fresh and available. They cook with a European sensibility, and an American spirit, and their menu is rooted in their personal history and heritage. The Bindery represents a collaboration of craft and artisanship, making high quality foods by hand in small batches, each dish representing a marriage between creativity and old-fashioned goodness. And above all, The Bindery is about a love of what can bewe are musicians, artists, dancers, mothers, fathers, mathematicians, gardeners...

Thebinderydenver.com
1817 Central Street
Denver, CO
T: 303.993.2364

Stracciatella

Serves: 6

Ingredients:

1 large, whole chicken
2 stalks celery
3 large carrots
1 large yellow onion
8 cups water
½ tsp black peppercorns
Whole 6 large eggs
1 ½ cups grated parmesan cheese
1 cup fresh Italian parsley (finely chopped)
1 large pinch ground nutmeg
½ tbs cognac sea salt
Frsh cracked black pepper

Photo credit: Marianne Martin of Real-Life Portraits





Method:

- 1). For the broth, rinse the chicken and place it in a deep, heavy pot. Cut the celery, carrots, and onions into large chunks and add to the same pot. Pour 6 cups of water over the chicken and vegetables, then toss in the peppercorns.
- 2). Heat the pot until the water is boiling, then reduce the heat to low and simmer for one hour, partially covered.
- 3). Strain the broth and set aside to cool. Place a paper towel directly on top of the cooled broth, let it absorb a layer of fat, and then discard the towel. Continue this process until the towel comes off clean and all the fat has been removed.
- 4). To make the soup, start by whisking the eggs in a small bowl until well beaten. Add the cognac, parsley, and parmesan, whisking to combine. Heat the clarified stock over medium heat until boiling. Stir rapidly while slowly adding the egg mixture in a thin steady stream.
- 5). Remove the soup from the heat and let stand for a few minutes.
- 6). Season to taste with sea salt and fresh cracked black pepper. Serve immediately.

Excerpt from the Bindery: A Collection of Recipes by Chef Linda Hampsten Fox of the Bindery

Roasted Poblano and Smoked Cheddar Chicken Breast

Serves: 4

Photo credit: Marianne Martin of Real-Life Portraits

Ingredients:

4 whole chicken breasts (deboned)
Skin on 4 large poblano peppers
Cut smoked white cheddar cheese (grated)
1 cup flour
Olive oil
2 tbsp butter
Sea salt
Black pepper

Method:

- 1). Set oven to broil and place the rack at the top
- 2). Broil the poblanos on a foil lined cookie sheet under high heat, turning every few mins as they blacken. Once the peppers are charred and blistered on all sides, remove from the oven and seal them in a heavy, zip-lock bag. The trapped steam loosens the skin and continues to cook the peppers.
- 3). When cool, peel away the blacked skin with your fingers. Do not rinse the peppers in water! Doing so will wash away all the smoky flavors from the charring. Slit the poblanos down the center and remove the seeds. Try to keep the peppers as intact as possible. If they break apart, the recipe will still work fine, but it is easier to work with the poblanos when whole. When clean, set aside.
- 4). Preheat oven to 375°F.
- 5). Place each chicken breast between two pieces of parchment paper and pound with the flat bottom of small pot. Splay the chicken breasts flat on a cookie sheet, skin down. Season with salt and little pepper.





- 6). Take large pieces of roasted peppers and lay them over the center of each chicken breast. Place about a half cup of smoked cheddar on the pepper, roll the chicken breast in half, tucking in the ends as you go. Tie the bundle securely with butcher twine and season the outside with salt.
- 7). In a large saucepan, heat a $\frac{1}{4}$ cup of olive oil over a medium flame. Roll the chicken breast bundles in 1 cup of flour and shake off the excess. Place each bundle in the hot oil open side down. This creates a crust that seals the chicken breast and keeps the filling inside. Once the crust is golden, turn to brown on all sides then remove to a glass baking dish.
- 8). Top each breast with $\frac{1}{2}$ tbsp of butter and roast in the oven for about 25 minutes. They are done when the juices run clear from the chicken and the bundles are crispy on the outside. Cut the strings and slice on the bias so the smoked cheese and roasted poblanos ooze from the inside. Serve immediately.

Excerpt from the Bindery: A Collection of Recipes by Chef Linda Hampsten Fox of the Bindery

FFF: The number of hot dogs eaten on 4th of July could stretch from Washington, D.C. to LA 5 times over.

DETROIT, MI

CHARTREUSE KITCHEN & COCKTAILS

“In the midst of chaos, there is also opportunity.” - Sun Tzu

A fresh, bright, vibrant farm-to-table restaurant in the arts district of Midtown Detroit, Chartreuse features local ingredients from independent farmers, wine made with organic and biodynamic practices, and thoughtful, seasonal craft cocktails. Chartreuse has been recognized for its warm and gracious hospitality, was named Detroit Free Press' 2016 Restaurant of the Year and was the top-rated Detroit restaurant on Yelp in 2017 and 2018.

<https://chartreusekc.com/>
15 E Kirby Street # D
Detroit, MI
T: 313.818.3915



Basil Panna Cotta: Mint/Basil/Cucumber

Yields: 8 portions

Cream	175 g
Basil Syrup	125 g
Sheet Gelatin	8 g

Basil Syrup & Basil Oil

Basil	250 g
Grapeseed Oil	250 g
Simple Syrup (50/50)	250 g

Mint Cake

Mint	90 g
------	------

Mint Cake Chips

Grapeseed Oil	90 g
Mint Cake	reserved
Eggs	100 g
Sugar	150 g

Lime Puree

AP Flour	145 g
Cornstarch	7.5 g
Baking Powder	4 g
Salt	4 g

Cucumber Yogurt

Cucumber Juice	150 g
Yogurt	300 g
Powdered Sugar	15 g
Lime Juice	5 g
Salt	5 g

Garnish

Cucumber Balls
Oxalis

Photo credit: Ben Robison



Lime Peels	6 ea
Water	as needed
Lime Juice	80 g
Sugar	80 g
Water	to cover
Butter	10 g



For the panna cotta:

Soak sheet gelatin in ice water. Scald cream and add bloomed gelatin. Stir until gelatin has completely dissolved. Strain over basil syrup and portion into hemisphere molds.

For the basil syrup and basil oil:

Blanch basil and shock in ice water. Divide basil in half. Puree half the basil with grapeseed oil and puree the other half with simple syrup. Strain both separately and reserve.

For the mint cake:

Blanch mint and shock in ice water. Puree with grapeseed oil. Whip eggs and sugar until light and airy. Whip in eggs until just combined followed by all the dry ingredients. Fold in mint puree and transfer to a cake pan. Bake at 350 until done. Once cooled, cut 1/3 of the cake and freeze. Reserve the remaining cake for plate up.

For the mint chips:

Remove mint cake from the freezer and slice with a slicer at the thinnest setting possible without the cake breaking. Lay the slices on a sheet tray and cut circles out of each. Dehydrate cake circles at 120 until dry and crispy.

For the lime puree:

Place lime peels in a pot and cover with cold water. Bring water to a boil. Once boiling strain out all of the water and return the peels to the pot. Repeat this process two more times. After blanching 3 times, return the peels to the pot, add lime juice, sugar, and top with water. Simmer lime peels until tender. Strain peels into the blender. Puree with enough of the cooking liquid to make a smooth thick puree. Blend in butter and strain.

For the cucumber yogurt:

Gently whisk together all ingredients

Peanut Butter Bavarian

Peanut | Milk Chocolate | Coconut

Yields: 8 Portions

Ingredients:

Milk	170 g
Cream	85 g
Sheet Gelatin	6 g
Peanut Butter	200 g
Cream	255 g
Powdered Sugar	45 g

Milk Chocolate Cremeux

Photo credit: Ben Robison





Cream	300 g
Sugar	30 g
Egg Yolks	60 g
Valrhona Jivara 40%	200 g

Chocolate Sponge Cake

Valrhona Manjari 68%	100 g
Sugar	50 g
Eggs	200 g
Wondra Flour	20 g
Salt	2 g

Ginger Milk Curd

Milk	100 g
Cream	100 g
Ginger Juice	25 g
Sugar	25 g
High Acyl Gellan Gum	2.5 g

Coconut Sorbet

Water	500 g
Sugar	170 g
Sorbet Stabilizer	6 g
Invert Sugar	20 g
Glucose Powder	60 g
Coconut Puree	500 g

Chocolate Ginger Froth

Water	200 g
Valrhona Jivara 40%	65 g
Soy Lecithin	2.5 g
Ginger Juice	15 g

Garnish: Peanuts (Toasted & Chopped)

For the peanut butter Bavarian:

Soak sheet gelatin in ice water. Scald milk and cream and add bloomed gelatin. Stir until gelatin has completely dissolves. Mix in peanut butter until smooth. Allow to cool slowly. Meanwhile whip cream and powdered sugar to soft peaks. When peanut butter mixture has cooled and thickened slightly (not set) gently fold in whipped cream. Divide into cylindrical molds and refrigerate until set



For the milk chocolate creme:

Bring cream and half the sugar to a boil. Mix the remaining sugar into the egg yolks and temper the yolks into the cream. Slowly cook to 178 while constantly stirring. Pour over chocolate and allow to melt slightly. Mix until smooth with an immersion blender. Strain and cool rapidly.

For the milk chocolate sponge cake:

Melt chocolate and whisk together all ingredients. Strain into an ISI container and charge with 2 CO2 cartridges. Fill paper cups halfway with batter and microwave for 45 – 60 seconds.

For the ginger milk curd:

Combine all ingredients and boil for 30 seconds. Allow to cool and set, then puree in a blender.

For the coconut sorbet:

Heat the water to just below a simmer. Mix together sugar and sorbet stabilizer and slowly incorporate into the water. Bring water to a boil and add the invert sugar and glucose powder. Return to a boil for 30 seconds. Strain and allow syrup to mature for 24 hours. Combine together syrup and coconut puree. Process according to your ice cream makers instructions.

For chocolate ginger froth:

Bring water to a boil and pour over chocolate. Add soy lecithin and ginger juice. Blend with an immersion blender until frothy.

FFF: Surprising foods that are technically berries: bananas, avocado, pumpkin, tomato, watermelon, kiwi

THE WHITNEY

“Keep your face to the sunshine and you cannot see a shadow” - Helen Keller

In 1894 “The Whitney” became home to the family of lumber baron, David Whitney Jr., the wealthiest man in Detroit at the time. Today this iconic turn of the century, Romanesque revival mansion, turned restaurant, retains all of its charm and refinement while appealing to contemporary tastes. You will find award-winning Classic American cuisine, unique presentation and flavors to never be forgotten. Plan to visit The Ghostbar, Katherine McGregor Dessert Parlor and the beautiful Whitney Gardens when dining with them.

<https://www.thewhitney.com/>
4421 Woodward Ave
Detroit, MI
T: 313.832.5700



Beef Wellington

Yield: 4 each

Ingredients:

8 tbsp of duxelle
4 5 oz filets
2 pieces of puff pastry
2 tbsp steak seasoning
Pan spray
2 eggs
Half sheet tray

Instructions:

Pre heat the oven to 450 degrees
Break 2 eggs in a small bowl and whisk together
Lay puff pastry on a clean sanitized counter or cutting board.
Cut puff pastry evenly in half
Season filets with steak seasoning evenly on both sides
Place 2 tbsp of duxelle on each steak
Place each steak slightly off center of each puff pastry half
Fold longer side of puff pastry toward you, then squeeze the puff pastry together with your fingers
Securing the sides of the of dough around the filet
Spray the pan spray on a half sheet pan
Lay the wrapped Wellington's on the sheet pan
Brush each filet with egg wash

Cook for 18 minutes for medium rare

Mushroom Duxelle:

2 tbsp chopped garlic
1 tbsp chopped shallots
2 cups roughly chopped wild mushrooms
1/2 tbsp truffle oil
1/2 tbsp chopped thyme
1 tbsp cooking oil





Heat a large skillet. Add oil, sweat garlic and shallots. Add mushrooms once they have been to release aroma, and cook down, finish with truffle oil and thyme. Remove from pan and allow to cool.

FFF: Black pepper was a luxury in the Middle Ages and was so expensive it was sometimes used to pay rent and taxes.

FERNDALE, MI

VOYAGER

“It always seems impossible until it is done.” - Nelson Mandela

Voyager is a little neighborhood seafood restaurant with an oyster obsession.

Food & Wine Magazine 2018 Restaurant of the Year.

Esquire’s Best New Restaurants in America, 2018.

<https://www.voyagerferndale.com/>
600 Vester Street
Ferndale, MI
T: 248.658.4999

Chilled Shrimp:

Ingredients:

Comeback: 1 qt
2 c mayo (we prefer Duke's or homemade)
1 c ketchup
2 tbsp horseradish, prepared
2 tbsp Dijon mustard
2 tbsp Worcestershire
2 celery stalks, peeled, minced
1 tbsp shallot, minced
1 lemon, zest and juice

Photo credit: Cedric Angeles





1 garlic clove, zested
2 tbsp parsley, minced
2 tbsp cornichon, minced
1 tbsp capers, minced
3/4 tsp salt
3/4 tsp black pepper
3/4 tsp cayenne
3/4 tsp celery seeds

Put all in a bowl, check for seasoning. You'll have more than you need, but you'll want to put it on everything. Burgers, Sandwiches, Everything.

Grill marinade:

1 c vegetable oil
6 cloves garlic
2 TBSP old bay
Blend, pour on raw shrimp.

Chilled:

Poaching liquid

Fill a pot with water, add a handful of crushed garlic, 1 lemon quartered, 2 bays leaves, 1/4 c old bay, 1 onion quartered

Bring to a simmer, add shrimp. Cook 3:15 min. Sprinkle with Old Bay. Lay out on a sheet try to cool.

They use 1/2 lb of shrimp per order.

26/30 Wild Brown Gulf Shrimp, no head.

Serve with ramekin of Comeback and a lemon.

Chili Crab Spaghetti

Yields: 8 servings

Spaghetti Sauce:

1.5 white onion, medium dice
1 celery stalk, medium dice
8 cloves garlic, smashed
3 each dried red chili, whole
1 tsp Prickly ash
1 bay leaf
1 lb high quality whole canned tomatoes

Photo credit: Cedric Angeles





Toast prickly ash and chilis in oil until fragrant. Add white onion, garlic and celery and sweat until tender and translucent. Add tomatoes. Simmer 45 min. Buzz everything up in the blender. Adjust with salt.

1 lb picked Jonah Crab

Chili oil:

1 clove garlic
1 stick cinnamon
1 tsp prickly ash
1/4 cup whole dried red chili (We use Wise Wife brand from China.)
1 cup vegetable oil
1 tbs Chinese vinegar (Koon Chun sauce factory, Red Vinegar)

Add first 4 ingredients to pot, toast, add oil, bring up slowly, add vinegar.

Remove cinnamon, buzz everything else in blender.
Add the cooled chili oil to crab, mix and let marinate for at least 30 mins

Fried Garlic: 1/2 c garlic

Put in food processor until, pulse a few times.
Fry until golden brown and crisp.

Noodles, 8 servings high quality dried spaghetti.

Cook per directions on the box.
Have a sheet pan lined with a towel ready to put the noodles on.
Cool noodles. Add a little oil so they don't stick together.

Method:

- 1). Get a pan extremely hot (the noodles will stick to the pan if it's not hot enough)
- 2). Add a squirt of oil and drop 4 oz cooked spaghetti noodles to the pan. Let sit in pan for a second before moving.
- 3). Add 2 oz spaghetti sauce, toss.
- 4). Last add, 2 oz marinated Jonah crab, toss.
- 5). Add salt, and a squeeze of lime.

FFF: Ketchup used to be used as a medicine. Back in the early 1800's, people thought tomatoes had medicinal qualities.



FORT WORTH, TX

REATA RESTAURANT

"For every minute you are angry you lose sixty seconds of happiness." - Ralph Waldo Emerson

Reata, Spanish for "rope", is named for the majestic ranch in the 1950's epic movie "Giant," starring James Dean, Rock Hudson and Elizabeth Taylor. Based upon the famous novel by Edna Ferber, this legendary movie uniquely symbolizes the strength, spirit and excitement of the legendary days of the wide-open west. Simply put, the first Reata Restaurant started when a hungry west Texas rancher had a hankerin' for some really great food. Al Micallef, owner of the CF Ranch, took his hunger into his own hands and partnered with Fort Worth businessman Mike Evans in 1995 and opened the first Reata Restaurant in Alpine, Texas. From Alpine grew the nationally renowned original Fort Worth location – survivor of one of the most destructive tornadoes in U.S. history. Our crowning glory, Reata at Sundance, opened in the heart of downtown Fort Worth in May 2002.

<https://www.reata.net/>
310 Houston Street
Fort Worth, TX
T: 817.336.1009

Jalapeno Cheddar Grits

Serves: 6-8

Ingredients:

3 cups water

3 cups heavy cream

2 fresh jalapenos, seeded and minced

1 tablespoon kosher salt, or to taste

1 teaspoon freshly ground black pepper, or to taste

2½ cups dry grits

Photo credit: Laurie Smith





4 tablespoons unsalted butter

2 cups sharp cheddar cheese, grated

Method:

- 1). Combine the water, cream, jalapenos, salt and pepper into a large saucepan and cook on high until the liquid reaches a rapid boil.
- 2). At boiling point, slowly whisk in grits, stirring constantly to avoid getting lumps. Lower heat to medium and continue to stir.
- 3). Stirring frequently, cook until grits are soft and creamy – usually about 30 to 40 minutes. If you feel like they are getting too thick or you’re planning on holding them for a couple hours, feel free to add more water.
- 4). Remove from heat and add butter and grated cheese.
- 5). Season with more salt and pepper if necessary.
- 6). Let cool slightly before serving so the grits are “moundable” like the consistency of mashed potatoes.

Apple Crisp

Serves: 6

Ingredients:

4 Large Granny Smith apples, peeled and cored

1/2 cup heavy cream

1/2 cup sugar

2 TBS cup all-purpose flour

2 tsp ground cinnamon

1 tsp lemon juice

Photo credit: Laurie Smith





¼ tsp kosher salt

1 1/2 cups Crisp Topping

Method:

- 1). Preheat the oven to 350 degrees F.
- 2). Slice the apples into thin wedges. In a large bowl, toss the apple slices with the cream, sugar, flour, cinnamon, lemon juice, and salt.
- 3). Layer the dressed apples in the 9” round pan and generously spread the Crisp Topping over the apples. Bake for 45 to 60 minutes, or until the apples are soft and the mixture is bubbling.
- 4). Serve with Vanilla Ice Cream.

Crisp Topping:

Yields: About 1 1/2 cups

Ingredients:

¾ cups flour

1/2 cup light brown sugar, packed

1 teaspoons ground cinnamon

Sprinkle of kosher salt (1/8 tsp)

6 tablespoons (¾ cup) unsalted butter

Method: Combine the flour, brown sugar, cinnamon, and salt in a bowl. Cut the cold butter into small pieces and mix into the dry mixture with a fork, being careful not to overwork the mixture; it should appear crumbly.

FFF: Spam wasn't invented in Hawaii. Although Hawaii consumed the most Spam per capita than any other state, it was invented in Minnesota. There's even a spam museum in Minnesota.



HOUSTON, TX

EUNICE

“Act as if what you do makes a difference. It does.” - William James

Executive Chef Drake Leonards brings Eunice to Houston, Texas. Named affectionately after Leonards’ South Louisiana hometown, Eunice offers a modern Cajun-Creole brasserie-style menu inspired by the flavors of his childhood. The seasonally inspired menus marry European influences with the ingredients and foodways of the Gulf Coast and the restaurant boasts extensive beer and wine lists alongside a seasonally curated cocktail menu.

<https://www.eunicerestaurant.com/>
3737 Buffalo Speedway Suite 100
Houston, TX
T: 832.491.1717

Cajun Duck Poppers

Yields: 5 poppers

For 1 popper:

0.5 slice of bacon

1 duck breast is 21 slices

Pickled jalapeno sliced into batons

Gastrique:

1pt Sherry vinegar

1pt cane syrup

Reduce by ½

Herb Cream cheese:

1qt cream cheese

0.5c Thyme

0.5c Parsley

Salt and pepper



FFF: The first wedding cake was actually savory. Records of wedding cakes go back to ancient Rome when a groom sealed his marriage by smashing a barley cake over the bride's head.



THE GENERAL PUBLIC

“Learn how to be happy with what you have while you pursue all that you want.” - Jim Rohn

The General Public is a spirited neighborhood restaurant and bar committed to wholesome food and warm hospitality. We are devoted to rewriting familiar recipes using only the freshest ingredients from farmers and suppliers we know personally. And we are committed to always keeping you in good spirits.

<http://thegenpublic.com/>
797 Sorella Ct Ste 118
Located in Citycentre
Houston, TX
T: 832.690.4450

17619 La Cantera Pkwy Ste 102

San Antonio, TX
T: 210.920.1101

Burrata & Pistachio Toast

Ingredients:

1 baguette, cut in ¼ inch thick X 5-inch oval slices
4 oz toasted pistachios, shells removed
½ tsp kosher salt
3 ½ oz parmesan cheese, grated
4 ½ oz butter, room temperature

Method:

- 1). Preheat your oven to 400 degrees. In a food processor, crush the pistachios until they are finely ground but stop before they begin to form a paste. Reserve about 1 TBSP of crushed pistachios for garnish.
- 2). Add the salt and parmesan cheese and pulse repeatedly to thoroughly combine the ingredients. Transfer the contents of the food processor to a mixing bowl and fold it together with the softened butter.
- 3). Spread the pistachio butter on one side each baguette slice, making sure to cover each slice end to end with no bare spots. You should have a layer about 1/8-inch-thick on each baguette slice.
- 4). Place the pistachio toast on a sheet pan with no parchment paper and cook in the 400-degree oven for 8 – 12 minutes until the toast is crisp on the outside edges and slightly chewy in the center and the pistachio butter has set and formed a golden-brown melty crust.

Serve the pistachio toast with your favorite burrata cheese, garnished with crushed pistachios.

Photo credit: James Coreas



FFF: Bananas are berries, but strawberries aren't.



LA JOLLA, CA

NINE-TEN RESTAURANT & BAR

"The starting point of all achievement is desire." - Napoleon Hill

Led by award-winning, nationally recognized chef Jason Knibb, NINE-TEN offers the perfect combination of sophistication and casual elegance and an ideal location along lively Prospect Street. Recognized with a Michelin "Plate Distinction", NINE-TEN's globally inspired, locally sourced cuisine features the best of the harvest from local artisans where products are selected daily for the restaurant's seasonal menus. Special prix fixe menus are available nightly and feature matching wines from an extensive Wine Spectator-awarded cellar. Dine indoors or al fresco on our sidewalk patio or back terrace with views of the ocean. Breakfast, lunch and dinner served daily. Opened in July of 2001, the restaurant continues to celebrate nearly two decades as one of San Diego's pioneer 'farm-to-table' restaurants.

2020 Awards & Accolades: "Best Hotel Restaurant", "Best Wine List", thirteen awards/accolades in 2019, eight in 2018, thirteen in 2017, fourteen in 2016, nine in 2015.

www.nine-ten.com
910 Prospect Street
Located in Grande Colonial
La Jolla, CA
T: 858.964.5400

Jamaican Jerk Pork Belly

Yields: 4 servings

Prep Time: Up to 4 hours

Equipment: Food Processor;
Blender; Coffee Filter; Chinois;
Hand-Held Emersion Blender;
1/9 Pan; Deep Fryer; Salamander; Japanese Slicer

Ingredients:

1 cup black-eyed peas, cooked
1 cup plantains, diced and fried
4 Thumbelina carrots, braised and halved
1 Tbsp. thyme leaves, picked
2 oz. micro Swiss chard





Jerk Pork Belly

1 side pork belly
3 cups jerk marinade
2 whole medium yellow onions, diced
3 carrots, peeled and diced
4 stalks celery, diced
1-gallon chicken stock
2 quarts veal stock

Jerk Marinade:

3 whole medium sized yellow onions, chopped
1½ cups fine chopped scallions
6 tsp. thyme, minced
3 tsp. kosher salt and black pepper
3 tsp. brown sugar
3 tsp. allspice, ground
1½ tsp. nutmeg and cinnamon, ground
3 whole scotch bonnet peppers or habaneras
9 Tbsp. soy sauce
3 Tbsp. canola oil
3 Tbsp. cider vinegar

Pepper Jellies

3 Scotch bonnet peppers fresh or habaneras
2 cups water
2 oz. sugar
2.6 grams gellan
.7 grams gellan LT-100
1.5 grams fine sea salt
15 grams or 4 sheets gelatin silver

Garnet Yam *Purée*

4 cups yams, peeled and diced
1 oz. olive oil
6 cups water
1 Tbsp. glucose powder

Method:

Jerk Pork Belly: Marinate pork over night with 4 cups of the jerk marinade. Remove the pork from marinade and scrape off excess marinade and reserve. Cut pork belly in half and season with salt and pepper. In a large sauté pan, sear pork on both sides until golden brown. Place pork into a 4-inch hotel pan. Add onions, carrots and celery to the same sauté pan and caramelize vegetables. Add remaining marinade and stocks and bring to a boil and pour over pork. Place a piece of parchment onto pork and cover with foil. Preheat oven to 325 degrees. Place



pork in oven and cook for 3-4 hours or until fork tender. Remove from oven and let cool to room temperature. Remove the pork from the braising liquid, strain the liquid into a large sauce pot. Skimming the fat from the pot, place on medium high heat and let reduce by half. Reserve braising liquid for later. Place the belly into the fridge and let cool until firm. Once firm, cut the belly into 3 inches by 3-inch rectangles. Reserve for later.

Jerk Marinade: Place all ingredients into a food processor and *purée*. The mixture should be slightly chunky and smooth. Makes 1½ quarts of marinade.

Pepper Jellies: Place scotch bonnet pepper in a blender with water and *purée* on high speed. Using a coffee filter and chinois, strain the liquid into a small sauce pot. Bloom gelatin sheets in ice water and reserve. Add sugar, gellan, gellan LT-100 and salt. Hydrate liquid with a hand-held emersion blender for 30 seconds. Bring mixture to a boil stirring often with a whisk. Let boil for 30 seconds and remove from heat and whisk in gelatin sheets. Working quickly, pour mixture into two shallow 1/9 pans and let cool in refrigerator for two hours. Remove jellies from mold. Cut the end and side of the jellies creating a 1½ inch by 4-inch-long rectangle. Using a Japanese slicer, slice the jellies as thin as possible, creating thin rectangular pieces. To store, layer the jellies on acetate sheets and reserve.

Yam Purée: In a medium sauté pan, add water, olive oil and yams. Sauté for 2-3 minutes and add a pinch of salt and water. Reduce heat to medium high and simmer until yams are soft and the liquid is just about dry. You may need to add more water if yams are not cooked. Once the yams are cooked, add to blender and *purée* until silky smooth. Once the *purée* is smooth, add glucose powder and blend for one minute. The *purée* should be nice and glassy. Season with salt to taste. Strain through a chinois and place into an ice bath to cool. Make certain to stir often while cooling, so a skin does not form on the *purée*. Reserve for later.

Finish/Garnish/Serve:

Deep fry 4 rectangular cubes of pork belly in a deep fryer until golden brown and crispy. Glaze the belly with braising liquid. Sauté the black-eyed peas, plantains, Thumbelina carrots and deglaze with braising liquid and butter. Season to taste with thyme, salt and pepper. Warm the yam *purée*. Dollop the yam *purée* off-center of the bottom of the middle of a plate, creating a “swoosh”. Place one pork belly cube at the top of swoosh. Spoon the black-eyed pea mixture on top of pork. Place a thin slice of the pepper jelly on top of the pork cube and place under a salamander for thirty seconds to let jelly warm and adhere to the pork. Garnish with micro Swiss chard. Repeat for other dishes.

Hamachi Sashimi

marinated baby shiitake mushroom, scallion vinaigrette

Yields: 4 servings

1-pound Hamachi, sashimi grade

1 bunch Upland crest

24 Marinated baby shiitake mushrooms

(see recipe below)

4 tsp. Scallion vinaigrette (see recipe below)

To taste Sea salt





Marinated Mushrooms:

1-pound	Baby shiitake mushrooms
2	Shallots, sliced into rings
1	Garlic clove
1	Bay leaf
1 tsp.	Black peppercorns, whole
1 bunch	Thyme
2 cups	Dry white wine, vermouth
2 cups	White wine vinegar
2 cups	Rice wine vinegar, seasoned
¼ cup	Soy sauce
1-ounce	Extra virgin olive oil

In a medium sized sauté pan on medium high heat, add one ounce of olive oil, garlic, shallots and spices. Sauté for 3-5 minutes, stirring often. Add mushrooms and cook for 1 minute. Add vermouth and vinegars. Bring to a boil and let cook for 1 minute. Place mixture into a container to cool at room temperature. Reserve for later.

Scallion Vinaigrette:

1 cup	Scallion, sliced thin
¼ cup	Rice wine vinegar
1 tsp	Sesame oil
½ cup	Extra virgin olive oil
½ cup	Soy sauce

Combine all ingredients and let stand for 15 minutes. Reserve for later.

To Assemble:

Slice Hamachi into 1/8-inch thickness, about 24 slices. Using a glass tile, arrange 6 slices vertically creating a long line. Place the shiitake in and around the Hamachi. Spoon the scallion vinaigrette over the Hamachi and horizontally around the fish. Place the rest on the Hamachi and the plate. Season with sea salt. Repeat for four servings.

FFF: California produces almost all of the broccoli sold in the United States.



LAHAINA, MAUI, HI

LAHAINA GRILL

“There is no path to happiness: Happiness is the path.” – Gautama Buddha

Lahaina Grill feature innovative, New American cuisine, using techniques and flavors from around the world, all perfectly blended with the freshest ingredients cultivated by Maui’s local farms, dairies and surrounding waters.

Top 10 Fine Dining Restaurants in the U.S. (#4) 2019- Trip Advisor

100 Best Restaurants in American for 2016, 2017, 2019- Open Table

Top 100 Places to Treat Yourself in the U.S> 2019- Yelp

Lahainagrill.com

127 Lahainaluna Road

Lahaina, Maui, HI

T: 808.667.5117

Maui Onion & Sesame Seed Crusted Seared Ahi

Serves: 4

Ingredients:

4-6 oz Premium Ahi Tuna Steaks

“sashimi grade”, fillets fully trimmed

And cut like “center cut” filet steak, about 2” thick





12 oz Maui onions, sliced thin, then dehydrated and crushed

16 oz Maui onions, sliced & caramelized

3 tbsp Olive oil

1 tbsp Sesame seeds, not toasted

Salt & pepper

Method:

For caramelized onions, over medium high heat, cook sliced onions with 2 tbsp olive oil in a heavy bottom brasier or saucepan, constantly stirring until onions caramelize, then set aside.

For Ahi, heat 1 tbsp olive oil in a large skillet. Roll Ahi filet in dehydrated crushed onions and sesame seeds. Sear on all sides until browned, rare to medium rare is preferred temperature.

Ingredients (Vanilla Bean Jasmine Rice):

1 tbsp Shallots, finely chopped

1 tbsp Unsalted Butter

1 cup Premium Jasmine Rice

2 cups Clam or Fish broth

1 ea Tahitian Vanilla bean, split

Method: Cook rice over medium heat with vanilla bean, shallots, butter and clam broth. Bring to a boil, reduce heat, and cover. Simmer until all liquid is absorbed. Remove from heat and fluff.

Ingredients (Apple Cider Butter Vinaigrette):

2 cups Filtered Apple Cider

2 cups Apple Cider Vinegar



- | | |
|-------|------------------------------------|
| 1 cup | White Balsamic Vinegar |
| 6 oz | Unsalted butter, chilled and cubed |
| 1 oz | Chives, finely chopped |

Method:

- 1). Mix the vinegar and cider in a saucepan over medium heat. Reduce to $\frac{1}{2}$ cup.
- 2). Just before serving, add cold butter in small quantities while mixing over medium heat.
- 3). Place in blender and pulse for just a second or two.
- 4). Season to taste

Kula Lime Tart

Makes: 4 Tarts

Ingredients (Crust):

- | | |
|----------------------------|---------------------------------|
| $\frac{1}{2}$ cup & 2 tbsp | Graham Cracker Crumbs |
| $\frac{1}{8}$ cup | Toasted Macadamia Nuts (minced) |
| $\frac{1}{8}$ cup | Sugar |

Method:

- 1). Mix all ingredients together. Mixture should come together in your fist. If it doesn't, add more melted butter.
- 2). Place mixture in tart shells and bake for about 5 mins at 350°F.
- 3). Remove from oven and press crust down with the back of a large spoon.





4). Allow to cool.

Ingredients (Filling):

¾ oz	Cornstarch
4 ½	Sugar
¼ tsp	Salt
¾ cup	Water
1 ¼ oz	Unsalted butter
3	Egg yolks
2 tbsp & 1 tsp	Lime Juice
1 tsp	Lime Zest

Method:

- 1). Place cornstarch, sugar and salt in a saucepan and mix until combined. Incorporate water with whisk. Cook over low heat stirring constantly until it comes to a boil. Boil gently for 3 minutes.
- 2). Add butter and stir until melted and incorporated. Remove from heat. Add a portion of cornstarch to the egg yolks and add back to the remaining cornstarch and stir until combined.
- 3). Add lime juice and lime zest.
- 4). Place the saucepan back on the stove over low heat and cook the filling, stirring constantly, until it has boiled for 2 mins. Allow to cool slightly and pour into tarts. Allow tarts to firm in fridge for 2 hours before topping with meringue.

Ingredients (Meringue):

¼ cup	Egg whites
-------	------------



1 drop Lemon juice

4 oz Sugar, superfine

Method:

- 1). Beat egg whites and lemon juice in mixer with whisk over high speed for 1-2 mins
- 2). Add sugar gradually and continue to whip for 3 mins
- 3). Pipe meringue over tart and brown with blowtorch.

FFF: We are eating 900% more broccoli than we did 20 years ago.

LOS ANGELES, CA

MANUELA

“Remember that not getting what you want is sometimes a wonderful stroke of luck.” - Dalai Lama

Located in the Arts District, Manuela unites chef, farmer, and artist to create an authentic and original dining experience. Under the direction of Executive Chef Kris Tominaga, the menu celebrates seasonal ingredients sourced from the best farms and producers in Southern California. Serving a wide range of vegetables, grains, fish, and game, Manuela also features an exemplary bar program, which serves classic cocktails using house-made bitters and tonics, alongside wine and local beers. Designed by Los Angeles native Matt Winter and named for Manuela Wirth, the restaurant is illuminated and animated by specially commissioned works from artists Paul McCarthy, Mark Bradford and Raymond Pettibon.

www.manuela-la.com

907 E 3rd Street

Los Angeles, CA

T: 323.849.0480



Blistered snap peas

Ingredients:

- 1# snap peas, strings removed
- 2 tbsp olive oil
- Pinch kosher salt
- Juice of 1 lemon
- Pinch of crushed red chili flakes
- 1 bunch of mint (chop half & pick the rest)
- 2 oz crushed feta
- ¼ cup honey quinoa (recipe follows)
- ¼ cup sesame date butter (recipe follows)

Method:

- 1). Heat the olive oil in a saucepan to just before it starts to smoke
- 2). Place the snap peas in the pan with the olive oil, salt, and allow to blister on one side (about 30 secs). Gently toss the snap peas and let them blister on the other side.
- 3). Pour the snap peas and olive oil into a mixing bowl, toss with the lemon juice, chili flakes, chopped mint.
- 4). Spoon the sesame date butter on the plate, top with the finished snap peas, and top with quinoa, feta, and picked mint.

Honey quinoa:

- ½ cup Black quinoa
- 1 ¼ cups water





Pinch salt

2 cups grape seed oil

2 tbsp honey

Method:

- 1). Rinse the quinoa, add the water, season the water with salt to taste.
- 2). Bring the water to gentle boil, cover, and reduce to a simmer. Cook for roughly 15 mins or until plump and soft but not bursting.
- 3). Lay out quinoa flat on a plate or baking sheet on a piece of parchment paper and allow to cool uncovered overnight.
- 4). Bring frying oil to 350°F and fry quinoa while stirring until bubbles slow (1-2 mins). Immediately drain with a fine mesh strainer, lay out crisp quinoa on a sheet tray to cool, and season with salt to taste.
- 5). When quinoa has cooled to room temperature, season with honey in a mixing bowl, stirring to evenly coat.
- 6). Store tightly sealed

BBQ oysters

Ingredients:

2 frozen oysters

1 recipe Calabrian chili butter

¼ cup breadcrumbs

1 oz Parmesan

1 bag rock salt





Method:

- 1). Suck the oysters and place them on a baking sheet lined with the rock salt
- 2). Cover each oyster with a generous nub of Calabrian chili butter, a sprinkle of breadcrumbs, and micro planed Parmesan over each oyster.
- 3). Bake at 450° F for roughly 5 mins or until the Parmesan has a golden-brown color and the oysters are bubbling.

Calabrian chili butter:

1# room temperature butter

¼ c finely chopped Calabrian chili

2 cloves chopped garlic

1 cup finely grated Parmesan

Method:

- 1). Puree Calabrian chili, garlic, and Parmesan in food processor
- 2). Whip the butter with the paddle attachment in a stand mixer until white and fluffy
- 3). Add the chili mixture and mix until combined

Sesame date butter:

Ingredients:

16 oz Tahini

1 ½ cups Cold water

2 pitted dates

½ clove garlic



Pinch Salt

Juice of 1 lemon

Method:

- 1). Puree garlic, lemon juice, salt, and dates in food processor until smooth
- 2). Add tahini and continue mixing
- 3). Slowly stream in cold water until light and smooth

FFF: There are more than 10,000 varieties of tomatoes.

MIX MIX KITCHEN BAR

Everything negative - pressure, challenges - is all an opportunity for me to rise.” - Kobe Bryant

Chef Ross Pangilinan’s culinary journey began upon graduating from the Le Cordon Bleu in Pasadena when he traveled to France to work in the two Michelin-starred Les Trois Marches in Versailles. At the age of 21, Patina Restaurant Group made him sous chef at Pinot Provence, which led to Patina’s founder, chef Joachim Splichal, appointing him sous chef at the Michelin-starred flagship Patina at the Walt Disney Concert Hall.

Pangilinan later left to open the fine-dining Italian restaurant Sinatra at the Encore at Wynn, Las Vegas. He returned to Patina as executive chef at Leatherby's Cafe Rouge at Segerstrom Center for the Arts, where he created innovative Broadway-themed menus for seven years. At the age of 28, Pangilinan was recognized on Zagat’s “30 under 30” Los Angeles list of trailblazers under the age of 30 helping to define the next wave of culinary greatness.

Since the opening of his first restaurant in 2016 in downtown Santa Ana, Mix Mix Kitchen Bar was named the 2017 Restaurant of the Year by Orange Coast Magazine and has garnered praise from Los Angeles Times, Orange County Register, NBC, and Modern Luxury. In 2019 Mix Mix Kitchen Bar was awarded the prestigious Bib Gourmand from the Michelin Guide. Also, in 2019 Pangilinan was named Chef of the Year by the Orange County Business Journal. His second restaurant Terrace by Mix Mix, at South Coast Plaza was named one of the best new restaurants of 2019 by Orange Coast Magazine. Today he is working on his third restaurant in Long Beach slated to open early 2020.



<http://www.mixmixkitchenbar.com/>
300 N Main Street
Santa Ana, CA
T: 714.836.5158

Pork Adobo with garlic fried rice

2 lbs. pork shoulder
(chef may use pork cheeks or pork belly)
1 ½ cups Filipino soy
(available in most Asian markets)
1 ½ cups Filipino vinegar
2 heads garlic, halved
2 tablespoons whole black peppercorn
8 bay leaves

Mix all ingredients together and marinate in fridge for 2 hours to overnight.
Remove from fridge, place all ingredients in a pot and simmer till tender (2-3 hours). Remove pork from braising liquid (save liquid) and pad dry, sear in a nonstick pan till golden and re-add braising liquid to pork and reduce to taste.



1 cup jasmine rice
Salt to taste
Water
To fry rice:
6 medium sized garlic cloves, chopped
2 tablespoons canola oil

Cook rice using chef's finger measuring method. Fluff when completely cooked.
Separately, in nonstick pot fry garlic in oil till golden brown, add cooked rice and fry.

Garnish: Crispy shallots: slice shallots thinly on mandolin, lightly dredge in flour and fry until golden brown. Drain on paper towels to absorb oil.

To serve: plate rice, top with braised pork adobo and sauce. Garnish with micro cilantro and crispy shallots. Serves four.



Coconut Panna Cotta, tropical fruit, macadamia nuts

Yields: 6 servings

Ingredients:

16 oz. coconut milk
8 oz. sweetened condensed milk
6 gelatin sheets (available online)
2 cups assorted tropical fresh fruit,
diced (mango, pineapple, Asian pear)

Method:

- 1). Mix coconut milk and condensed milk, bloom gelatin, carefully melt on low heat and add to milk mixture, set in desired vessel and refrigerate to set.
- 2). Gently mix diced fruit together.

Garnish:

- ½ cup chopped macadamia nuts
½ cup sweetened shredded coconut
- 1). Lightly toast both nuts and coconut in the oven, watching carefully.
 - 2). Remove panna cotta from fridge, top with diced tropical fruit and garnish with toasted nuts and coconut.



FFF: The tall chef's hat is called a toque.

OLIVETTA

Light tomorrow with today. - Elizabeth Barrett Browning

Olivetta, created by Matt and Marissa Hermer and helmed by Executive Chef Michael Fiorelli, is a coastal European restaurant open for fine dining and late-night cocktails 7 days a week.

Tucked away on WeHo's Restaurant Row, the incredibly stylish 150 seat bungalow boasts an atmosphere of carefree sophistication by combining the whimsical elegance of the western Mediterranean with the theatrical exuberance of West Hollywood

<https://www.olivetta.la/>
9010 Melrose Avenue
West Hollywood, CA
T: 310.307.3932



Arugula cashew pesto pasta

Yields: 4 Servings

Ingredients:

1.5 cups arugula loosely packed
½ cup basil leaves packed tightly
¼ cup roasted garlic cloves
¼ cup toasted cashews
½ cup grated parmesan plus more for garnish
½ cup extra virgin olive oil
2 ice cubes
1 tsp Kosher salt
½ tsp Black pepper
½ tsp Red pepper flakes



For the pesto: Add all of the ingredients to a food processor and process until smooth and combined. About one minute. Add the ice cubes and process for 1-2 more minutes until emulsified and almost “creamy” looking.

For the pasta:

1-pound bucatini or your favorite pasta

- 1). Bring a large pot of boiling salted water to a boil
- 2). Cook the pasta in the boiling water for one minute less than the directions on the package instruct. You will finish cooking for the last minute in the sauce

3). To finish: Heat the pesto very gently in a pan that can easily hold the pasta. Add 2 ounces of the pasta water. Add the pasta and cook for the final minute adding more pasta water to adjust the consistency to your preference if necessary. Using tongs, stir the pasta in the sauce making sure it's all coated. Distribute the pasta evenly onto four plates and sprinkle each with a little extra parmesan.

FFF: In the United States, lettuce is the second most popular fresh vegetable.



PORTA VIA

“Don’t wait. The time will never be just right.” - Napoleon Hill

Porta Via’s menu is designed to be both classic and creative, with just the right amount of imagination to always give our patrons the feeling they’re at a “special” place. With restaurants in Beverly Hills, Pacific Palisades & Calabasas, owner Peter Garland and staff are found regularly at many of Southern California’s Farmer’s Markets to hand-pick produce to ensure that only the finest food is served at his restaurants. The menus at Porta Via are inspired by Peter’s personal cooking philosophy – – to combine the best seasonal organic and natural ingredients simply prepare.

portaviarestaurants.com
424 N Canon Drive
Beverly Hills, CA
T: 310.274.6534

1063 N Swarthmore Avenue
Pacific Palisades, CA
T: 310.499.2989

Kale Salad

- 1 Grilled Red Onion, chopped
- 1/2 Cup Oven-Roasted Tomato, chopped
- 1/2 Cup Cooked Quinoa*
- 1 Fried Leek, julienned; white part only
- Shaved Parmigiano (garnish)
- Pine Nuts (garnish)
- *Quinoa (Preparation):
 - 1/2 Cup Uncooked Quinoa
 - 3/4 Cup Water
 - 1/2 Tablespoon Fresh Lemon Juice





1/2 Cup Broccolini, blanched & chopped

1 teaspoon Extra Virgin Olive Oil

Salt & Pepper to Taste

Prepare Quinoa with Water in Rice Cooker or on Stovetop as You Would Prepare Rice.

After Quinoa is Fully Cooked Fold in Broccolini, Fresh Lemon Juice & Extra Virgin Olive Oil.

Combine Thoroughly.

Add Salt & Pepper to Taste

Dressing:

3 Tablespoons Dijon Mustard

1 Tablespoon Whole Grain Mustard

3 Cups Extra Virgin Olive Oil

1 Cup Champagne Vinegar

1/2 Cup Rice Vine Vinegar

2 Teaspoons Honey

Salt & Pepper to Taste

In a Bowl, Whisk Together Dijon Mustard, Whole Grain Mustard, Champagne Vinegar,

Rice Wine Vinegar and Honey Until Thoroughly Combined.

Gradually Whisk In Extra Virgin Olive Oil.

Add Salt & Pepper to Taste.



French Toast

Ingredients:

- 3 Cups Milk
- 8 Eggs
- ½ Cup Orange Juice
- ½ Cup Sugar
- Pinch of Salt
- 2 Tablespoons Vanilla Extract
- 4 Tablespoons Grand Marnier Liqueur
- 2 ounces clarified butter
- 6 1 lb. Loaves Ciabatta Bread cut into 1” Slices

Method:

- 1). In a large bowl whisk together milk, eggs, orange juice, sugar, salt, vanilla extract and Grand Marnier liqueur until smooth.
- 2). Add light amount of clarified butter to griddle or frying pan.
- 3). Heat pan over medium heat.
- 4). Soak bread in mixture for 1 minute.
- 5). Gently squeeze excess mixture from the bread.
- 6). Cook bread 1 – 2 minutes on each side until golden brown.



FFF: The fear of vegetables is called Lachanophobia.

SOCALO

“I will go anywhere as long as it is forward.” - David Livingston

James Beard and Julia Child Award-winning chefs Susan Feniger and Mary Sue Milliken return to Santa Monica with Socalo, an all-day California canteen and Mexican pub serving conscientiously sourced, seasonal SoCal Mexican fare served alongside a curated selection of Mexican craft beers, wines and spirits. Combining inspiration from the Spanish word Zócalo, meaning a central gathering place in Mexican cities, and the restaurant’s home in SoCal, Socalo provides diners with a sociable neighborhood eatery open for breakfast through dinner.

Bravo’s “Top Chef Masters” and Food Network’s “Too Hot Tamales”.



<https://www.socalo.com/>
1920 Santa Monica Blvd
Santa Monica, CA
T: 310.451.1655

Steak and Shrimp Vampiro Tacos

Yields: 2-4 servings

8 4-inch corn tortillas
1 ½ lbs marinated skirt steak
¾ lbs shrimp
1 cup grated Mexican manchego cheese
1 cup grated panela cheese
1 cup grated cotija cheese
Salsa Macha (recipe below)
Guacamole, optional
Pickled onions, optional

Photo credit: Anne Fishbein



At Socalo, the chefs use a super simple marinade of diced garlic, splash of fresh lime juice, diced jalapeno and extra virgin olive oil; this can be adjusted at home to be even simpler with olive oil, salt, pepper and smoked paprika

Method:

- 1). About 30 minutes before cooking, remove marinated steak and shrimp from refrigerator. Unroll steaks and place on a platter. Heat the grill or broiler to very hot.
- 2). Cook steak and shrimp just until seared on both sides, 3 to 4 minutes per side for medium rare. (Or pan fry in a hot cast-iron skillet lightly coated with oil.) Transfer cooked steak and shrimp to a cutting board and let rest for 3 to 5 minutes. Then slice steak across the grain into diagonal strips and then dice.

Build the Tacos: In a bowl, mix together the cheeses. Place a handful of cheese on the comal (or grill) and add the corn tortilla on top.

Once the cheese is golden brown flip the tortilla, place the diced steak and shrimp, and top with salsa, Guacamole and pickled onions if desired. Serve immediately.

Salsa Macha:

1 guajillo chile, seeded
1 chipotle chile, seeded



1 arbol chile, seeded
1 cup olive oil
1/4 cup almonds
1/4 cup pepitas
1 tablespoon sesame seeds
4 garlic cloves, sliced in half
1 1/2 teaspoons apple cider vinegar
2 teaspoons Mexican oregano, dried
2 teaspoons salt, to taste

Method:

- 1). Remove the stems from the chiles, then cut or break them open and remove most of the seeds. You can scrape them out with a knife or just roll them in your hands and let them fall out. Then cut the chiles into roughly 1/4-inch pieces.
- 2). In a large saucepan, combine the almonds, pepitas, sesame seeds, garlic and oil. Set over medium-high heat and cook until garlic and sesame seeds are highly golden but not browned, about 5 minutes. Add the chiles, vinegar, salt and oregano to the pan, turn to low heat and cook gently for an hour.
- 3). When the mixture has cooled to room temperature, pour it into a blender and pulse until everything is chopped into very fine pieces. Pour into a tight sealing glass jar and store the leftover salsa in the refrigerator.

FFF: A row of corn always has an even number.

TESSE

Follow your bliss and the universe will open doors where there were only walls. ”-Joseph Campbell

Tesse is a French restaurant featuring the dynamic, continental-inspired cuisine of Chef Raphael Francois and Pastry Chef Sally Camacho Mueller, served in a chic dining room on Sunset Boulevard in the heart of West Hollywood. An extensive wine program from Jordan Ogron is supplemented by Boutellier, an exclusive wine store adjacent to the restaurant. A French-leaning craft cocktail program designed by Nick Meyer and Julian Cox is offered at the bar.

<https://www.tesserestaurant.com/>
8500 Sunset Blvd Suite B
West Hollywood, CA
T: 310.360.3866



Sardine, salsa verde, toasted bread

For the Salsa Verde:

20gr	capers in vinegar
30gr	pine nuts
200gr	arugula
70gr	olive oil
50gr	parmesan
30gr	water
20gr	anchovies in oil
1 pinch	chili pepper or Aleppo pepper



Combine all together and chopped finely with a knife or in a mortar

this will be the sauce; it will be served cold or room temperature

For the fish use Sardines, if you can't find any fresh sardine, any blue fish or finely sliced cut raw organic salmon will work well

For the sardines:

4 filets or two fish

Method:

- 1). Put on a tray or a pan, 2 spoons of white wine, 1 spoon of olive oil, drop the filet, flesh down
- 2). Put in salamander or broiler for 10 seconds.
- 2). Remove fish, season with molding salt and fresh ground pepper
- 3). Toast a slice of bread, spread the Salsa Verde, put the filets of sardines or blue fish

Bone Marrow & Pasta

Ingredients:

1 bone marrow 6 inch long
 10 leaves of parsley
 1 spoon of fresh shallot
 1 garlic head
 1 spoon olive oil
 2 spoons fresh parmesan cheese grated
 1 spoon balsamic
 Salt pepper

This recipe can be made with fresh or dry bucatini, spaghetti.





Method:

- 1). Roast the bone marrow on the grill, when bone marrow almost done, add crushed pepper and balsamic, finish with the broiler
- 2). In a pan or a bowl, add the fat of the marrow that has melted, shallot, garlic crushed then add the pasta cooked, don't drain it too much as the water will bring the seasoning and the consistency
- 3). Finish with the parmesan, parsley and olive oil

To serve: Remove the marrow from the bone and mix with the pasta all together

FFF: Brussels sprouts, broccoli, cabbage, cauliflower, and kohlrabi all come from the same plant.

THE DRAYCOTT

"Believe you can and you're halfway there." - Theodore Roosevelt

The Draycott is a California-inspired family-friendly Brasserie, created by Matt and Marissa Hermer. Named as a homage to London's Draycott Avenue, where the husband-and-wife restaurateur duo first met. The Draycott features wholesome and classic dishes using locally sourced ingredients. The restaurant-café melds the ambiance of Europe with a convivial all-day environment, featuring seasonal lunch and dinner menus served with a British twist.

<https://www.thedraycott.com/>
15255 Palisades Village Ln
Pacific Palisades, CA
T: 310.573.8938

English Pea Dip

Yields: 2 cups

Ingredients:

- 3 cups peas (frozen)
- 1 lemon, zested and juiced
- 3 tablespoons extra virgin olive oil
- 2/3 cup fresh mint
- 2 tablespoons Tahini
- 1 glove garlic
- 1 teaspoon dill chopped
- Kosher salt and pepper





Method:

1. Prepare an ice-water bath in a medium bowl and set aside.
2. Bring a small pot of water to boil and add a large pinch of salt.
3. Add frozen peas to boiling water and cook for 1 minute. Transfer peas to ice bath for 2 minutes and drain the water.
4. Place peas, mint, lemon zest, lemon juice, garlic, olive oil, dill and tahini into food processor - and pulse until creamy.
5. Taste, season with salt and pepper.

At The Draycott, it is served this with both crudités as well as toasted bread.

FFF: The most expensive fruit in the world is the Japanese Yubari cantaloupe, and two melons once sold at auction for \$23,500.

MAPLEWOOD, NJ

CORNBREAD

"Just when the caterpillar thought the world was ending, he turned into a butterfly." -Proverb

Fast-casual, farm-to-table restaurant specializing in authentic soul food. Their food is always fresh because they prepare their meals around the clock with great love and care. They're proud to source their ingredients from local farmers and shops and they're even more proud to provide a unique, family-friendly dining experience.

<https://cornbread soul.com/>
1565 Springfield Avenue
Maplewood, NJ
T: 973.313.0328

Sautéed Cabbage

Ingredients:

- 1 large green cabbage about 3 pounds
- 1 large yellow bell pepper sliced
- 2 large red bell peppers sliced
- 2 large green bell peppers sliced
- 2 large onions sliced





2 cups of celery sliced
3 tablespoons salt
3 tablespoons black pepper
3 tablespoons sugar
1/3 cup vegetables oil
Dash of crushed red peppers (optional)

Method:

1. Discard the outer leaves of the cabbage then wash cabbage thoroughly.
2. Cut cabbage into quarters and discard the core of the cabbage.
3. Slice each cabbage quarter coarsely.
4. Wash the coarsely cut cabbage and drain in a colander.
5. Add oil to your pot and turn up the heat.
6. When the oil is hot, place cabbage, peppers, onions, and celery in the pot. Toss and mix thoroughly. Place the lid on the pot and lower your heat to allow cabbage to steam.
7. For 10-15 minutes tossing every 3-5 minutes. Remove the lid and add all of your seasoning. Add water if needed.
8. Replace the lid and cook for another 15 minutes or until the cabbage is tender but still have a crunch.

Braised Oxtails

Ingredients:

3 lbs of oxtails
1/4 cup brown sugar
2 Tbsp soy sauce
2 Tbsp Worcestershire sauce
2 Tbsp salt
4 Tbsp garlic powder
2 Tbsp black pepper
4 Tsp vegetable oil
2 Tbsp dried thyme
4 Tbsp ketchup
2 Tsp cornstarch
2 Large onions chopped
4 Green onions chopped
2 cups beef broth
2 Tbsp browning sauce
2 Tbsp fresh garlic
4 Tbsp water





1 large lemon
2 Large carrots chopped
1 cup vinegar
2 Large white potatoes

Method:

1. Rinses oxtails with water, lemon and vinegar, and pat dry.
2. Cover oxtails with brown sugar, Worcestershire sauce, soy sauce, salt, garlic powder, black pepper, browning. Massage into oxtails well.
3. Allow oxtails to marinate for 3 hours in the refrigerator.
4. Place vegetable oil in a large pot, place oxtails 1/4 inch apart and brown on each side.
5. Remove oxtails after browning and place in a bowl.
6. Deglazed the pot by adding 2 Tbsp of beef broth to help remove the brown bits at the bottom of the pot.
7. Add yellow onions, green onions, and garlic.
8. Stir and sauté for about 5 minutes or until the onions have softened.
9. Add dried thyme, oxtails, remaining beef broth, 2 cups of water and ketchup to the pot.
10. Cook on medium heat for 2 or 3 hours until tender.
11. Add potatoes and carrots.
12. Mix cornstarch with 2 teaspoon of water and add to the oxtails.
13. Let simmer for 15 minutes.

FFF: There's no answer to how many licks it takes to get to the center of tootsie pop. It can take anywhere from 144 to 411 licks.

MIAMI, FL

DOLCE ITALIAN

"Life is not a problem to be solved but a reality to be experienced" - Soren Kierkegaard

Capturing the timeless spirit of Fellini's 1960's Rome, Dolce Italian truly brings 'la dolce vita' to life with its effortless charm and approachable sophistication. In 2015 Dolce Italian took national stage winning Bravo TV's newest culinary competition series, 'Best New Restaurant. Signature Dolce classics range from handcrafted pastas, to meatballs over creamy polenta, fresh salads, and a selection of specialty Neapolitan pizzas, all handcrafted and curated by Executive Chef Paolo Dorigato.



<https://www.dolceitalianrestaurant.com/>
1690 Collins Avenue
@ The Gate South Beach
Miami Beach, FL
T: 786.975.2550

Additional locations in Atlantic City, NJ & Philadelphia (coming soon)

Rigatoncini Con Ragu' Alla Bolognese

Yields: 4 servings

Note: Ragu' alla Bolognese is good with any pasta, but Rigatoncini and Pappardelle are the best

For the ragu:

½ lb. ground beef shoulder

¼ lb. ground pork butt

¼ lb. ground veal shoulder

2 cloves garlic chopped

1 medium Spanish onion chopped

2 celery ribs diced small

1 medium carrot diced small

10g dry porcini mushroom (optional)

2 oz. butter

1 bay leaf

2 tablespoons all-purpose flour

½ cup extra virgin olive oil

½ lb. plum peeled tomatoes blended (in a Vitamix blender or a kitchen aid) or crushed by hand

½ cup tomato paste





½ cup red wine

1 qt. light chicken stock or water

Salt and pepper

Sprig of rosemary

Few sprigs of thyme

Method:

- 1). IF USING the dried mushrooms- (Revive the porcini in warm water for 10 minutes, then drain them and finely chop them). Heat half the oil and the butter in a skillet. Add the diced vegetables and chopped onion to the skillet, then add the garlic and cook for 5-7 minutes over medium heat. Add the porcini mushrooms if using them. Cook for 3-4 minutes longer. Set aside.
- 2). In a separate large pot heat the remaining oil on medium heat. On a tray lay all the meats and season lightly. Dust the meat with flour. Add the meat to the skillet and stir occasionally in order to break up the meat, but still roast it uniformly. Cook until the meat is evenly browned.
- 3). Add the vegetables to the meat and roast until it sticks to the bottom of the pot. Keep on stirring and scraping the proteins from the bottom of the pot.
- 4). Add the wine and reduce until almost evaporated.
- 5). Add the tomato paste, roast well, scraping the brown bits from the bottom of the pan, then add the blended peeled plum tomatoes. Add the herbs tied in a bundle with some kitchen twine and the bay leaf.
- 6). Cook on low heat until reduced, and then add the chicken stock or water little at the time. Gently simmer for 1 and ½ hours stirring from time to time. Bring the sauce to the right consistency. The sauce should stick to the back of a wooden spoon but should not be too thick.
- 7). Taste the ragu and adjust seasoning, remove the herbs and set aside to rest until warm before using it.

SAME RECIPE CAN BE USED WITH DIFFERENT KINDS OF MEAT. VEAL ONLY, PORK ONLY, BEEF ONLY, LAMB (if using veal or pork only substitute the red wine for white wine)

For the fresh pappardelle (variation to the rigatoncini)

(Pappardelle can be made fresh with the ingredients below. If you prefer to buy either the rigatoncini or pappardelle)

1-cup flour 00 (or white flour)

1/2-cup semolina flour

1/2-cup durum flour

4 eggs

2 egg yolks



6 grams salt

8 grams evoo

Method:

- 1). Pour the flours in the bowl of the kitchen aid with the hook attachment. In a separate bowl break the eggs and lightly whisk them with the evoo.
- 2). With the motor running add the eggs to the flours then add the salt. Stir for 6/7 minutes or until the dough comes together and looks smooth and stops sticking to the sides of the bowl.
- 3). Remove the dough from the bowl and work it with your hands for a couple minutes.
- 4). Wrap the dough in plastic wrap and refrigerate for 20 minutes.
- 5). Cut the dough in 4 pieces
- 6). Set the rollers of a pasta machine as far apart as possible. Put a little flour on your work surface. Knead the dough for 1 minute then pass it through the rollers of the pasta machine. Fold the dough in half and repeat 3 to 4 times. Turn the distance between rollers down and pass the dough through the rollers. Fold the dough without folding anymore till the desired thickness. Should be around mark 1 ½ -2. The dough sheet should be 7-8 inches long.
- 7). Repeat with the rest of the pieces of dough.
- 8). Pass the sheets of dough through the cutting roller to form the pappardelle.
- 9). Dry the pasta for 1-2 hours before cooking it.

To assemble:

- 1). 1lb rigatoncini or ¾lb. pappardelle
- 2). 1 recipe ragu' Bolognese
- 3). 1 oz. butter
- 4). 2 oz. grated grana padano or parmigiano Reggiano
- 5). 1 oz. evoo
- 6). 1 tablespoon freshly chopped parsley

Method:

- 1). Bring a large pot of water to the boil, add salt. You can follow this simple rule: For 1 lb. of pasta you need 5 qt. of water, to this you add 2 oz. of salt.
- 2). Add the rigatoncini and cook for 9/10 minutes. Follow the instruction on the box, it's always accurate, you can then customize the cooking time to your liking.
- 3). In another pot gently warm up the ragu' Bolognese. Add the butter.



4). Drain the pasta and add it to the sauce. Toss the pasta in the sauce and bring the sauce to the right consistency adding some of the cooking water. Taste and adjust seasoning. Remove from the stove and finish with the evoo, the grated grana padano and chopped parsley. Gently stir and serve. (If using the Pappardelle proceed in the same way, been careful to cook the Pappardelle in the water for only about 3 minutes, as fresh pasta cooks faster).

Rosemary & Sea Salt Focaccia

Ingredients:

1059g. high gluten flour

12g. sugar

748g. water 87F

36g. EVOO + 8g. for finishing

24g. fresh yeast

24g. fine sea salt

1 sprig rosemary chopped

3g. maldon sea salt

Equipment:

Kitchen aid with hook attachment

Mixing bowl metal 10qt. or other same size container

Steam table pan, stainless steel full size 12" x 20" x 4"h

1 bottle PAM non sticking spray

1 rack about 12" x 20" in size

Plastic wrap

Method:

Sprinkle the yeast over a container with the lukewarm water and mix until dissolved, let sit for 5 minutes. Place the flour, sugar, water mixture, olive oil (36g. only) in the mixing bowl of kitchen aid and mix with the hook attachment for 5 minutes. Add the fine sea salt and continue mixing.



FFF: Thomas Jefferson made pasta popular in the US. He was responsible for bringing first macaroni machine over to the US after spending time in France. He was also the one who introduced mac and cheese to Americans.



FOOQ'S

“And one has to understand that braveness is not the absence of fear but rather the strength to keep on going forward despite the fear.” — Paulo Coelho

The concept was created by restaurateur and two-time Michelin star recipient, David Foulquier, to bring a new definition of comfort food to the table. Fooq's is an eclectic, vibe-driven eatery in an urban, yet cozy setting in the heart of Downtown Miami. Created by restaurateur David Foulquier. Fooq's philosophy of “Feel Good Food” features an international menu selection inspired by Foulquier's global travels and Persian-French heritage, including an extensive wine and champagne menus with both by-the-glass and by-the-bottle options, with a dinner and brunch menu. The restaurant's belief in the sentiment of feeling right at home is being led by Executive Chef Clark Bowen, where the farm-to-kitchen fare is being brought to life.

<https://fooqsmiami.com/>
1035 N Miami Ave
Miami, FL
T: 786.536.2749

Bucatini Amatriciana

Ingredients:

Yellow onion- 2 each- medium dice

Peeled garlic- 2 cloves- thinly sliced

Tomato Juice- 4 ounces

Crushed tomato- 10 ounces

fresh tomato- 2 each- large diced

Basil-1 bunch picked leaves

parmesan cheese- 4 ounces

pecorino cheese- 4 ounces





unsalted butter- 8 ounces

1 pack dry buccatini rustichella pasta- we use buccatini, which comes in 17.6oz bags

8 oz pancetta (optional for vegetarian) 1/2-inch dice (sub bacon ok)

red chili flakes

salt

water

olive oil

Method:

Sauce:

- 1). caramelize onion and garlic in olive oil on medium high heat 15-20 minutes, add tomato stir -5 minutes
- 2). bring to a boil, stir and reduced heat to simmer.
- 3). cover with lid and cook in oven at 300 for 1-2 hours, stirring every half hour
- 4). in a separate pan render pork on medium heat until crispy
- 5). stir in chili flakes to desired amount of spiciness
- 6). add tomato sauce to pork
- 7). add cooked pasta with 2oz of water used to cook pasta
- 8). add butter and cheese with constant stirring
- 9). adjust with salt and add basil.



Ghormeh Sabzi

Ingredients:

1080g	Parsley #3
720g	Cilantro #2
600g	Mint #2
910g	Scallions #3
280g	Advieh
20g	Chili flakes
2730g	Onions
113g	Garlic
1137g	Red Beans
2 bags	Spinach
910g	Butter
25g	Ground Fenugreek



Method: In pan clarify #2 of butter, add onions and caramelize. Then add garlic, brown garlic, then add spices and cook until fragrant. Add herbs in small bunches to wilt them off and release moisture. After all herbs are added, add spinach and repeat. Add beans and enough water to cover, bring to boil and simmer until beans are soft.

FFF: The creation of the first modern chocolate bar is credited to Joseph Fry, who in 1847 discovered that he could make a moldable chocolate paste by adding melted cacao butter back into Dutch cocoa.

NASHVILLE, TN

BUTCHER & BEE

“The Only Limit to Our Realization of Tomorrow Will Be Our Doubts of Today.” –Franklin D. Roosevelt

In December 2015, the team from beloved Charleston restaurant Butcher & Bee opened their first project outside of Charleston, Butcher & Bee Nashville. The restaurant is rooted in its commitment to providing a dining experience and menu that is sourced from the freshest local, seasonally available items, creating a marriage of spectacular flavors. With an eclectic, rotating menu of vegetable forward, Middle Eastern



leaning food, standout favorites include mezze and shared plates like whipped feta with fermented honey, avocado crispy rice, seared wild mushroom and turnip cacio e pepe. The seasonal dinner, lunch and brunch menus are market driven, eclectic and inventive, and the restaurant is routinely recognized for its vegetarian and vegan-friendly fare.

www.butcherandbee.com
902 Main Street
Nashville, TN
615.226.3322

Shakshuka

Photo Credit: Tess Spratlin

2 (28oz) can	San Marzano peeled tomatoes
2 Cups	red onion, fine diced
2 Cups	fennel bulb, fine diced
1/4tsp	cumin, toasted and ground
1 ¼ tsp	Caraway, toasted and ground
1/2tsp	allspice, toasted and ground
1 Tbs.	black pepper
¼ Cup	White cooking wine
3 each	Jalapenos, chopped (keep seeds if want spicier)
5 each	garlic cloves, chopped
3 Tbs	fresh dill, chopped
1 each	Black lime, holes poked in (optional)
To Taste Salt	



Shakshuka Base:

- 1). Combine the jalapenos, garlic and dill and mince finely together and press with a knife to form a paste. Place in blender or food processor if desired.
- 2). In a pot that has pre-heated, put in enough blend oil to coat the bottom of the pan and quickly add fennel and salt, stirring to begin sweating (approx. 3 minutes).
- 3). Add the red onion, stirring continuously to coat with oil. Add the cumin, caraway, black pepper, allspice and finish sweating the vegetables until they are translucent without browning.
- 4). When almost all of the water is gone from the vegetables, deglaze the pan with white wine and let it reduce 3-5 minutes.
- 5). Add the canned tomatoes and the pierced black limes (optional) and stir together well.
- 6). Add HALF of the jalapeno/garlic/dill mixture and let simmer for 20 minutes. Add the remainder of the mix and stir together. Adjust seasoning with salt if desired.

Shaved Fennel Salad_mix all together

1each	Fennel bulb, shaved thin
1 each	small cucumber, sliced thin



1-2 each Lemons, zest and juice
1 Tbs parsley, chopped
1 tsp chives, chopped
To Taste Salt

Serving Shakshuka

- 1). In a shallow skillet, heat up the spicy tomato base until bubbling. Crack 1-2 eggs on top of the boiling sauce and let simmer 1 minute to where you can see the egg whites cooking.
- 2). Place a lid on top of the pan and continue simmering, checking for your desired doneness of the eggs...we like the yolks still running!
- 3). Top with a drizzle of extra virgin olive oil, a squeeze of lemon juice and a plug of shaved fennel salad.
- 4). We recommend serving with toasted pita bread, sourdough toast or sliced veggies for dipping.

Turkish Hummus

Yield: 3-4 Cups

Turkish Hummus is a version of hummus where whole butter is used in place of tahini and is served warm

700 g cooked chickpeas (or canned)
15g Salt
40g roasted garlic puree
112g melted butter
50g lemon juice
100g room temp water

Photo Credit: Michelle Berry



Method:

- 1). For best results, overcook the chickpeas in water to where they are breaking apart. Save the cooking water and reserve. Prepare while the chickpeas are warm.
- 2). In a food processor, put half of the chickpeas along with the salt, lemon juice and roasted garlic puree. Turn on and blend to smooth, adding some of the reserved water if needed.
- 3). Add in the remainder of the chickpeas and a little bit of the melted butter and blend to smooth. Continue to stream-in the rest of the melted butter until all the butter is used; adding more of the reserved water until desired consistency.
- 4). Serve immediately; or cool and heat in the oven or stovetop before serving. We recommend serving with toasted pine nuts, extra virgin olive oil, and hot sauce.

FFF: Potatoes are 80% water.



NEW ORLEANS, LA

BOURBON HOUSE

“Be loving towards yourself, then you will be able to love others too.” -Osho

New Orleans’ premier oyster bar and seafood restaurant is all about local seafood. If it’s not in season, you won’t find it on the menu. The restaurant boasts a lively atmosphere with huge picture windows overlooking Bourbon Street. And, Bourbon House is more than just a name – the restaurant offers the city’s most extensive and impressive list of small batch and single barrel bourbons and is home to the famed New Orleans Bourbon Society.

<https://www.bourbonhouse.com/>
144 Bourbon Street
New Orleans, LA
T: 504.522.0111

Bourbon House’s Bourbon BBQ Shrimp

Serves 2 (*but can easily be doubled or tripled*)

Prep Time: 15 minutes

Cook Time: 5 minutes

Ingredients:

- 1 t garlic, chopped
- 1 T butter
- 1 lb peeled shrimp
- 3 T Worcestershire sauce
- 1 T Crystal hot sauce
- 1 lemon, juice only
- 1 T cane vinegar
- 1 T cane syrup
- 2 t Creole seasoning
- 2 t cracked black pepper
- 1 t bourbon
- 1 C, Butter, chilled and chopped
- 1 fresh rosemary, minced





Method:

- 1). Lightly sauté the garlic in 1 T of butter in a medium sauté pan. Add the shrimp and cook for 1 minute on each side. Increase the heat to high and add the Worcestershire sauce, hot sauce, lemon juice, cane vinegar, cane syrup, Creole seasoning and cracked pepper. Add the bourbon and stir to deglaze the sauté pan. Cook until reduced by half.
- 2). Reduce the heat to medium and add the remaining butter one piece at a time, mixing until completely incorporated after each addition and cooking until the sauce is thickened enough to coat the spoon. Stir in the rosemary.

Frozen Bourbon Milk Punch

Yields: 4 servings

Ingredients:

- 4 cups vanilla ice cream
- 1 cup Old Forester bourbon
- ½ tsp. vanilla
- 1 tsp. simple syrup
- Dash of Nutmeg

Method:

- 1). Combine all ingredients and blend until smooth.
- 2). Garnish with nutmeg.

Photo credit: Randy Schmidt



FFF: An average person in the U.S. eats 35 tons of food in a lifetime.

COWBELL

You yourself, as much as anybody in the entire universe, deserve your love and affection.” – Buddha

Cowbell is a local neighborhood restaurant that was opened in a renovated gas station in New Orleans in 2010. They use locally raised grass-fed beef, heirloom pork and wild caught Louisiana seafood in many of their dishes. While they are famous for their burgers, they consider themselves to be an American Bistro in the form of an upscale truck stop, serving fine dining food “in the style of delicious” and hand-crafted cocktails in a casual setting.



<http://www.cowbell-nola.com/>
 8801 Oak Street
 New Orleans, LA
 T: 504.866.4222

Cowbell's Low Country "Bacon and Eggs" (Shrimp and Grits with Eggs)

Photo credit: Sara Essex Bradley

For the grits:

- 1 cup course stone ground grits
 (white is best but yellow is fine too)
- 1 cup heavy cream
- 4 cups water or light chicken broth
- 2 tablespoons butter
- Salt and white pepper to taste
- ½ cup sharp white cheddar grated
- ½ cup gruyere, grated
- ¼ cup thinly sliced scallions
- 1 tbsp. fresh thyme leaves

Method:

- 1). In a large pot (at least 4 quarts) bring the liquid to a boil. As the liquid is coming up make the liquid taste decent almost like you would a soup.
- 2). Start with a tablespoon of salt and a half teaspoon of the white pepper added to the liquid as it gets hot and keep going till it at least tastes pretty good, but not overly salted, you will get some more of that from the cheese.
- 3). When the liquid comes up turn it down to a simmer and slowly add in the grits have softened completely. Pull off the heat and keep stirring.
- 4). Add the cheese and the herbs off heat. Taste to check if the grits need to be re-seasoned, including the addition of cheese, this is your call.
- 5). Set aside: Grits will thicken as they cool, but you can thin with milk or water. They should not be clumpy or runny when you plate.

For the shrimp:

- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 tablespoon bacon fat
- 1 shallot, minced
- 2 cloves garlic, sliced
- 30 peeled & deveined #12-15 shrimp seasoned on both sides with salt and pepper
- Note: Save the shells for stock
- ½ cup applewood smoked slab bacon, diced small & partially rendered; Neuske, Usinger's, Benton's or home cured.





¼ cup white wine
1 oz bourbon
1 ½ cup roasted garlic shrimp broth:
 -made with water, saved shrimp shells, white wine, mire poix, roasted garlic, fresh parsley, thyme leaves, a touch of tomato paste,
 salt, pepper and sugar at the end
1 tablespoon roasted garlic puree
12-15 slices of overnight tomatoes (seasoned, dried on a rack in the oven with just the pilot light)
½ cup fresh grape tomatoes, sliced
Zest & juice of ½ a lemon
Kosher salt & pepper to taste
2 tablespoons of butter to mount the sauce

Method:

- 1). Heat butter, olive oil and bacon fat in your widest pan, over medium-high heat. When fat begins to shimmer, begin to cook the shrimp on the first side—you want to cook them evenly so make sure they are not piled upon each other—if you need to perform this step twice, or in halves, do so as it is better not to crown the pan.
- 2). As you begin to turn the shrimp over, add the shallot and garlic in an open spot where they can be in direct contact with the pan. Add the partially rendered bacon. Stir for 1-2 minutes, pull the pan slightly off heat, and add wine and bourbon, cooking for an additional minute or so. The pan should be hot enough for the liquid to evaporate rapidly.
- 3). Add the shrimp broth and cook for 2 minutes. Remove the shrimp, which should be just undercooked at this point. Add the roasted garlic, herbs, lemon juice and zest, tomatoes, and 2 shots of hot sauce. At this point, you can cook your eggs in buttered Teflon pans, 2 pans at a time, and keep them on a sheet pan in the oven until you are ready to plate. Add the shrimp and warm back up and finish cooking. Mount the butter, salt and pepper to taste.
- 4). Place a large spoonful of grits on a plate. Top with 5 shrimp and enough sauce to coat the grits. Place two eggs slightly to the side shrimp & grits, season the eggs with salt and pepper, and top the shrimp & grits with fresh scallions.

Cowbell Apple Pie Filling...small batch

Ingredients:

For 6 small pies
¼ cup white sugar
¼ cup dark brown sugar
1 Tablespoon Bourbon
3 Tablespoons Butter
2 Tablespoons tapioca starch or 3 tablespoons potato starch
½ tsp ground cinnamon
½ tsp freshly micro planed nutmeg
Pinch kosher salt

Photo credit: Sara Essex Bradley





1-pound golden delicious apples, 2 ½ pounds granny smith apples, peeled, seeded, cut into ½ inch slices and then halved (like a quarter moon cut in half)
1 tablespoon lemon juice

Method:

- 1). Place butter in a large pot and melt over medium heat. Turn the flame up and add the apples, sugar, lemon juice, spices and bourbon.
- 2). Cook for 5 minutes or so, until some liquid begins to come out of the apples. (golden delicious may start to break down and that is ok) Fold in the starch of your choice and cook for 3 more minutes. Cool and reserve.
- 3). Roll dough out to a 6-inch circle, about 1/8th inch thick and place ½ cup of filling in the center. Egg wash (1 egg, 2 tbsp water, pinch salt) the outside of the circle and fold the outside of the dough over itself repeatedly every 2 inches, until you form a “free-form” pie.
- 4). Wash outside of the pie with heavy cream and dust with turbinado sugar and bake at 375 for 25-30 minutes, rotating the pan at least twice.
- 5). Cool them on a rack and then reheat for 8 minutes at 350 for service, excellent with vanilla ice cream!

Pie Dough:

¾ pound (3 sticks) cold unsalted butter
3 cups ap flour
1/3 cup sugar
½ tsp kosher salt
1/3 cup ice water (you may not need all of it, so add a little at a time)

Method:

- 1). Cut the butter up into small dice (¼ inch by ¼ inch) and place in the freezer for 6-8 minutes.
- 2). Bring out of the freezer and combine in a bowl with all of the other dry ingredients. Rub the butter and flour in your hands to separate the butter pieces. Place in a food processor and pulse about 6 times.
- 3). Slowly add enough water for the dough to ball up. Place on a floured surface and get all of the ingredients to come together without overworking the dough. Wrap in plastic wrap and allow to rest for an hour in refrigeration.
- 4). Cut into 3-ounce portions and ball up and roll out on a floured surface into 5 -6-inch disks about ¼ of an inch thick. Put into the fridge till ready to assemble.

FFF: Pumpkin pie was introduced at the 2nd Thanksgiving in 1623.



DICKIE BRENNAN'S STEAKHOUSE

"A loving heart is the truest wisdom." - Charles Dickens

The Brennan family has been perfecting the art of beef preparation in their family of restaurants for decades. That's why at Dickie Brennan's Steakhouse they grill their chops, sear their strips, over-roast their prime rib and broil their filets.

Accolades include Travel + Leisure's Best Steakhouses in the US, The Daily Meal's America's 20 Best Steakhouses, Maxim Magazine's 10 Best Steakhouses in America and Playboy's Top 12 Steakhouses in America.

<https://www.dickiebrennanssteakhouse.com/>
716 Iberville Street
New Orleans, LA
T: 504.522.2467

Creole Seasoning

Makes about 1 Cup

Ingredients:

½ C Kosher Salt
¼ C Granulated Garlic
¼ C Granulated Onion
2 T Paprika
4 t Cayenne Pepper

1 t Fresh Cracked Black Pepper

Blend together all ingredients. Store in an airtight container.

**A Note on Marinades:* Resist the temptation to marinate for too long. Too much marinating can adversely affect the flavor of your meat, and actually start to cook it.

Prime beef is tender and flavorful – it doesn't need marinating. Lesser grades often benefit from a short soak. An hour in good Italian Dressing does wonders for a porterhouse. Or, try a blend of soy sauce, fresh garlic and crushed red pepper.

4. *Ready, Set, Grill.* They recommend grilling steaks medium-rare to medium; but, this is a matter of taste. Experienced grillers can tell temperatures by the touch. A medium steak should bounce back when you touch it. Those with less experience may prefer to use one of the many digital thermometers now on the market.

5. *Let the meat rest.* 10 minutes between the grill and the table will help seal in the juices. Avoid piercing the meat to check for doneness. Too much flavor is lost this way.

6. *The Sides* – There's no need to pull out pots and pans. Throw all of it on the grill! Toss mushrooms, thick sliced Vidalia onion, spears of summer squash, pepper rings and quartered potatoes (*just par-boil them first*) with olive oil, salt, pepper and fresh herbs. Use a grill basket if you have one. If not, a foil pouch will do. Dessert can also be done on the grill. Grilled Ruston peaches over vanilla ice cream are a quick, delicious crowd pleaser.



FFF: Honey is the only food that will never rot, it can last 3000 years.



DOMENICA

“Experience is the teacher of all things.” - Julius Caesar

Domenica translates to “Sunday,” in Italian, it is the day of the week to explore and cook leisurely, abundant meals. At Domenica restaurant, chefs seek to transport guests to those coveted moments, offering passionately prepared dishes that marry pure, local ingredients with revered techniques.

While the menu is rooted in tradition, their chefs focus on elevating Italian ingredients and classic flavors to create modern classics, adapted for the contemporary palate of New Orleans.

<https://www.domenicarestaurant.com/>
123 Baronne Street
New Orleans, LA
T: 504.648.6020

Spring Pea & Basil Ravioli

Ingredients:

Pea filling:

2 tablespoons extra virgin olive oil
2 cloves garlic, sliced
1/2 shallot, sliced
1 cup spring peas
1/2 cup mascarpone
1/4 cup gently packed basil
1/2 cup ricotta
1 lemon, zested
1 teaspoon salt

Pasta Dough:

2 cups all-purpose flour, plus 1 cup for work surface
4 egg yolks
1 egg
1 tablespoon extra-virgin olive oil
1 t salt

To make the filling:

1). Sweat garlic and shallots in EVOO





- 2). Add peas and gently heat for 3 minutes
- 3). Transfer to a blender and puree with basil and mascarpone
- 4). Fold puree into the ricotta with lemon zest and salt to taste

For the pasta dough:

- 1). In a stand mixer with the hook attachment, mix flour and salt then slowly add eggs. Drizzle in olive oil and continue to mix until a ball of dough forms. On a lightly floured surface, knead the dough for five minutes. Cover in plastic wrap and refrigerate for at least 30 minutes (this can be done a day in advance).

To make pasta:

- 1). Make an egg wash using one egg and 1 teaspoon of cold water.
- 2). Remove dough from refrigerator and cut in half. Flatten with a rolling pin and then run through a pasta machine developing gluten and working until you reach the thinnest setting. You should be able to see your hand through the dough.
- 3). Place the dough sheet on a lightly floured surface and cut in half. On one of the halves, place quarter-sized dollops of filling on 1.5" squares of dough, then brush surrounding edges with egg wash.
- 4). Place the second sheet of pasta over the first and press air out of pockets of filling. Cut squares with a paring knife and separate raviolis. Pressed edges with a fork to ensure they are sealed. Make sure there's enough flour on the working surface so the ravioli doesn't stick!
- 5). Drop ravioli in a large pot of salted water at a rolling boil for approximately 3 minutes. They'll float when they're ready.
- 6). Remove pasta from water with a slotted spoon and transfer to a sauté pan with a couple of tablespoons of pasta water. This starchy goodness will ensure a beautiful pan sauce.
- 7). Return pasta water and ravioli to a boil in the saucepan, shaking constantly, then add butter and season to taste.
- 8). Transfer to plates and top with freshly grated Parmigiano Reggiano.

FFF: Vanilla beans are the product of the world's only fruit-producing orchid, the *Vanilla plan folia*.

HIGH HAT CAFÉ

“Learn to value yourself, which means fight for your happiness.” – Ayn Rand

High Hat Cafe is a neighborhood New Orleans Restaurant that specializes in Southern cuisine from the Delta to the Bayou.

<http://highhatcafe.com/>
4500 Freret Street
New Orleans, LA
T: 504.754.1336



Black Bottom Peanut Pie

Ingredients:

1c Chocolate Chips
1/4c Heavy Cream

- 1). In a double boiler, melt the chocolate chips in the heavy cream.
- 2). In two partially baked pie shells, distribute and spread the ganache evenly.
- 3). Chill

Ingredients:

1 ½ sticks Butter
9 ea Eggs
4 c Dark Corn Syrup
1 tsp Vanilla Extract
2 scant tsp Salt
1 qt Peanuts, dry roasted

Method:

- 1). Brown the butter in a sauté pan. Be careful because this butter burns fast!
- 2). Place the butter in a heat resistant container and add the corn syrup, vanilla extract, and salt. Mix well.
- 3). Beat the eggs in a 6 qt. KitchenAid stand mixer with paddle attachment, slowly. Little by little, add the corn syrup/brown butter mixture. Mix fully.
- 4). Add in 2/3 of the peanuts. Distribute filling evenly between 2 partially baked shells.
- 5). Shake the rest of the nuts over the top of the 2 pies.
- 6). Bake at 350F for 1 hour with 1 rotation (350F; 30min/30min).
- 7). Leave out at room temperature for 2 hours to set.

The black bottom peanut pie has a chocolatey bottom.



High Hat Red Beans

Ingredients:

1 qt Onion
2c Celery
2c Bell pepper
1 ea Smoked ham hock
¼ # Pickled pork
2 T Bacon fat
3 T Chili powder
3 T Salt



3 T	Thyme, dry
1.5 T	Paprika
2 ea	Bay leaf
6 ea	Garlic clove, whole
½ T	Cayenne
1 tsp	Mustard powder
½ c	Woozy
½ c	Hot saz
2 ½ qt	Red beans, dry
1 gal	Chicken stock

Method:

- 1). To start, get your favorite heavy bottomed pot on the stove over medium high heat.
- 2). Add Bacon fat. Once fat is bubbly and delicious (don't taste – too hot), put in HALF of the onions, bell pepper and celery. Caramelize.
- 3). You can lower the heat, so the veggies don't burn. Just make sure they caramelize. Then add in the rest of the veggies and the pickled pork and the hocks. SWEAT. The liquid from the second batch of veggies will help to deglaze the bottom of the pot.
- 4). Have all your seasonings ready to go. Add 'em in (wet and dry). If they get stuck to the container you contained them in, use water to get it ALL in the pot. Simmer for a minute while you get ready to add the stock and beans.
- 5). Add beans and stock.
- 6). Bring to a Boil. Lower to a simmer.
- 7). Simmer for about 4 hours or until creamy. Water or more stock may be added to adjust consistency. Serve hot over rice.

FFF: The kiwi fruit used to be called “melonettes”.

PALACE CAFÉ

“I have found that if you love life, life will love you back.” – Arthur Rubinstein

Palace Cafe serves contemporary Creole food in an upbeat and lively grand café. As bearers of the torch keeping Creole cuisine alive and vital, Dickie Brennan and Palace Café's culinary team are constantly evolving traditional Creole dishes and creating a few new favorites.

The restaurant, housed in the historic Werlein's music building in downtown New Orleans, has won a number of local and national awards since it opened in 1991 including Best New Restaurant from Esquire Magazine and USA Today, the prestigious Ivy Award from Restaurants and Institutions Magazine, and Wine Spectator's Award of Excellence.

There are a few dishes that have become signature items on their menu, with the recipes being requested from guests around the globe. Two of the favorites are crabmeat cheesecake and white chocolate bread pudding, provided below.



<https://www.palacecafe.com/>
605 Canal Street
New Orleans, LA
T: 504.523.1661

Crabmeat Cheesecake

Ingredients:

Pecan Crust

$\frac{3}{4}$ C pecans

1 C all-purpose flour

$\frac{1}{4}$ t salt

5 T butter, chilled

3 T ice water

Filling:

$\frac{1}{2}$ C finely chopped onion

1 T butter

4 oz. crabmeat

8 oz. cream cheese, softened

$\frac{1}{3}$ C Creole cream cheese (or sour cream)

2 eggs

1 T Crystal hot sauce

kosher salt and white pepper to taste

Meuniere Sauce with mushrooms

1 lemon, peeled, cut into quarters

$\frac{1}{2}$ C Worcestershire sauce

$\frac{1}{2}$ C Crystal hot sauce

$\frac{1}{4}$ C heavy whipping cream

1 LB butter, chopped

kosher salt and white pepper to taste

2 C sliced mixed mushrooms

2 T butter

Garnish: Sautéed crab claws

Method for the crust:

- 1). Preheat the oven to 350 degrees. Grind the pecans fine in a food processor. Add the flour and salt and process to mix.
- 2). Remove to a large mixing bowl and cut in the butter with 2 knives until the mixture resembles small peas. Add the ice water and mix just until the dough holds together.





3). Roll the dough 1/8-inch-thick on a lightly floured surface. Press into a lightly greased 9-inch tart pan, starting with the side and then the bottom. Bake for 20 minutes or until golden brown.

Method for the filling:

- 1). Reduce the oven temperature to 300 degrees. Sauté the onion in butter in a sauté pan until translucent. Add the crabmeat and cook just until heated through; remove from heat.
- 2). Beat the cream cheese in a mixer fitted with a paddle or with a wooden spoon until smooth. Add the Creole cream cheese and mix well. Mix in the eggs on at a time. Fold in the crabmeat mixture gently.
- 3). Stir in the hot sauce and season with kosher salt and white pepper. Spoon the filling into the prepared crust and bake for 30 to 40 minutes or until firm to the touch.

Method for the sauce:

- 1). Combine the lemon, Worcestershire sauce, and hot sauce in a heavy saucepot. Cook over medium heat until thick and syrupy, stirring constantly with a wire whisk. Whisk in the cream.
- 2). Reduce the heat to low and add 1-pound butter one piece at a time, mixing until completely incorporated before adding more butter. Remove from the heat and stir until completely smooth. Season with kosher salt and white pepper. Strain through a fine strainer and keep warm.
- 3). Sauté the mushrooms in 2 tablespoons butter in a skillet until the mushrooms are tender and the moisture has completely evaporated; excess moisture from the mushrooms may cause the sauce to break when the mushrooms are added. Stir the mushrooms into the sauce.

To serve: Slice the cheesecake and place on serving plates. Top each serving with the warm sauce and garnish with 3 sautéed crab claw fingers.

Notes: If the dough for the pecan crust is made in advance, wrap it in plastic wrap and store it in a refrigerator. Allow it to return to room temperature before rolling it.
Also great as an hor d'oeuvre when cut and served in bite-sized pieces.

White Chocolate Bread Pudding

Ingredients:

- 6 C Whipping cream
 - 2 C Milk
 - 1 C Sugar
 - 20 oz. White Chocolate
(broken into small pieces)
 - 4 Whole Eggs
 - 15 Egg Yolks
 - 24" Loaf French bread (use stale bread)
- For White Chocolate Sauce:





8 oz. White Chocolate (broken into small pieces)
½ C Whipping Cream
1 oz. Dark Chocolate (grated for garnish)

Method for Bread Pudding:

- 1). Preheat oven to 350 degrees. In a large saucepan, heat the whipping cream, milk, and sugar over medium heat.
- 2). When hot, take off the heat and add the white chocolate pieces; stir until melted. Combine the whole eggs and egg yolks in a large bowl. Slowly pour the hot cream mixture into the eggs in a steady stream, whipping the eggs as you pour. Place the stale sliced bread in the pan.
- 3). Pour ½ the bread pudding mix over the bread. Use your fingers to press the mix into the bread so that it absorbs the liquid and becomes soggy. Pour in the remaining mix. Cover the pan with aluminum foil and continue to bake for ½ hour until it is set and golden brown.

Method for sauce: Bring the cream to a boil in a small saucepan. Take off the heat and add white chocolate; stir until smooth and completely melted. Spoon over bread pudding.

To serve: Serve the bread pudding warm, spooned right out of the pan with the sauce and chocolate sprinkles on top.

White Chocolate Bread Pudding has been Palace Cafe's signature dessert since opening in 1991. In fact, Palace Café has purchased more white chocolate than any other restaurant in the United States.

FFF: Lobsters & oysters used to be working class food because they were so plentiful.

TABLEAU

“If you’re going through hell, keep going.” — Winston Churchill

Dickie Brennan’s latest production opened in the spring of 2013. Located on Jackson Square adjacent to the country's most historic community theatre - Le Petit Theatre. Tableau showcases regional ingredients and classic French Creole dishes with a modern approach. A grand staircase spans three stories of the restaurant, connecting private dining rooms as well as courtyard and balcony dining with a view of Jackson Square for an authentic New Orleans dining experience.

<https://www.tableaufrenchquarter.com/>
616 St Peter
New Orleans, LA
T: 504.934.3463



Truffled Crab Claws

Serves 4 as an appetizer

Ingredients:

- 1 lb. fresh blue crab cocktail fingers
- 1 garlic clove, crushed
- 1 Tbsp shallot, minced
- 1 Tbsp Dijon mustard
- ½ tsp fresh thyme
- ¼ cup seasoned rice wine vinegar
- ½ Tbsp red bell pepper, diced
- 1 cup salad oil
- 3 Tbsp white truffle oil

Method:

- 1). In a blender, combine the garlic, shallots, Dijon mustard, thyme, rice wine vinegar and red bell pepper, and puree until smooth.
- 2). In a slow steady stream, add the salad oil and then the truffle oil. Season to taste with salt and fresh-ground pepper. This vinaigrette can be made several days in advance and will keep refrigerated in an air-tight jar for up to one week.
- 3). To serve, place crab fingers in a glass bowl and add the vinaigrette, tossing gently. Cover, refrigerate and allow to marinate for at least one hour, tossing every 15 minutes or so. Serve in individual bowls or family style, if you like. It also wouldn't hurt to have some crusty bread around for when all the crab fingers are gone, but you still have a little vinaigrette left at the bottom of the bowl!



FFF: Pollia condensata or marble berry is the world's shiniest living thing.

TURKEY & THE WOLF

"If you can't fly then run. If you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." — Martin Luther King Jr.

Turkey & the Wolf opened its doors in August of 2016. The focus was always to have a really good time as a team and still is. In its first year the restaurant was a James Beard semifinalist for Best New Restaurant, a Food and Wine Restaurant of the Year, a Best New Restaurant in America by *Eater*, and #1 Best New Restaurant in America by *Bon Appetit*. Later Turkey and the Wolf was named on the most important restaurants of the decade in *Food and Wine* and *GQ*.

<http://www.turkeyandthewolf.com/>
 739 Jackson Avenue
 New Orleans, LA
 T: 504.218.7428



Bologna Sandwich

Makes 4

Ingredients:

6 tablespoons unsalted butter, room temperature
8 thick (about 1½ inches) slices of soft white bread
(such as pan de mie or pullman from a bakery)
12 thick (about ⅛ inch) slices of bologna
8 slices American cheese
Mayo, preferably Duke's
Tay's Mustard (recipe follows) or sweet-hot mustard
2 cups lightly packed shrettuce
(aka shredded iceberg lettuce)
4 big handfuls Salt & Vinegar potato chips

Tay's Mustard:

1 cup distilled white vinegar
1 cup white sugar
A 4-ounce tin of Colman's mustard powder
1 tablespoon kosher salt
3 large eggs

Method:

- 1). Combine the vinegar, sugar, mustard powder, salt, and eggs in a heatproof bowl. Put the bowl over a pot of boiling water to create a double boiler (google it).
- 2). Start stirring right away using a rubber spatula, scraping the sides so it doesn't stick too much, until the mixture thickens to a consistency that's a bit looser than your average Dijon mustard, about 15 minutes.
- 3). Let the mustard cool in the fridge for an hour or so until it's cool. Use it right way or keep it in an airtight container in the fridge for up to 3 weeks.
- 4). Preheat the oven to 350 F.
- 5). Heat a nonstick skillet or griddle over medium heat until hot. Swipe the butter on each side of the bread slices. Toast all the bread in the skillet until both sides are golden brown, 1 to 2 minutes per side, then transfer them to a wire rack so then can cool for a minute without getting soft and steamy.
- 6). Throw the skillet back on medium high heat and cook the bologna slices, in batches if necessary, until nice and brown on both sides which'll take about 2 minutes per side. As they're done, transfer them to a sheet pan in slightly overlapping groups of three and top each group with two slices of the cheese. When they're all ready, transfer the pan to the oven until the cheese has fully melted, about 3 minutes. If you're feeling like a pro, feel free to melt the cheese on the bologna while it's in the pan.
- 7). While the cheese is melting, swipe an unreasonable amount of mayo on four of the bread slices and swipe a similarly generous amount of mustard on the other four. Top each mayo-slathered slice with a pile of shrettuce, then top the shrettuce with the cheesy bologna, then top that with a handful of chips so big that half of them fall off.

Photo credit: William Hereford





8). Top the sandwich piled high with chips with top piece of mustardy bread.

Turkey and the Wolf Wedge Salad

Serves 3 or 4 people

Ingredients:

3 ounces slab bacon, cut into 1/2-inch pieces
 2 tablespoons cup sesame seeds
 2 tablespoons poppy seeds
 2 tablespoons dried minced garlic
 2 tablespoons dried minced onion
 1 big head of iceberg lettuce
 Kosher salt
 Coarsely cracked black pepper
 1/2 cup cherry tomatoes, halved
 2 cups Blue Cheese Dressing (recipe follows)
 A splash of extra-virgin olive oil
 1/2 lemon's worth of juice
 1/4 cup sprigs of fresh dill

For the blue cheese dressing:

10 ounces blue cheese, crumbled (about 1 1/4 cups)
 1 cup mayo, preferably Duke's
 1/2 cup sour cream
 1/4 cup buttermilk
 1 tablespoon (or more) fresh lemon juice
 1 tablespoon poppy seeds
 1 1/2 teaspoons garlic powder
 1 1/2 teaspoons Louisiana-style hot sauce, preferably Crystal
 1 1/4 teaspoons onion powder
 1 teaspoon freshly ground black pepper
 1/2 teaspoon celery salt
 1/2 teaspoon celery seed
 Kosher salt

Method:

- 1). Mix everything together in a bowl. Season with more salt and lemon to taste if necessary. Refrigerate until ready to eat. This can be done up to a week ahead of time.
- 2). Put the bacon into a medium heavy skillet over medium heat and cook, stirring intermittently, until golden brown, about 10 minutes. Transfer to a paper towel lined plate and reserve until ready to serve the salad. This can be done a few hours ahead of time.

Photo credit: William Hereford





- 3). Combine the sesame seeds, poppy seeds, dried minced garlic, and dried minced onion in a medium nonstick pan and cook over medium-high heat, shaking and stirring the contents constantly, until the ingredients turn golden brown, 3 to 5 minutes. Transfer to a plate and spread out evenly to cool quickly.
- 4). Cut each head into three or four wedges. Season each one with a pinch of kosher salt and freshly cracked. Cover them liberally with the dressing and sprinkle a ton of the toasted everything bagel crunchy stuff on top.
- 5). Season the cherry tomatoes with a splash of olive oil, a squeeze of lemon juice, and salt and pepper to taste. Garnish the salad with the tomatoes, dill, and bacon.

FFF: 49% of Americans over 20 eat a sandwich every day.

NEW YORK, NY

AMERICAN CUT STEAKHOUSE

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.” - Socrates

American Cut Steakhouse pays homage to the best original and aspirational New York dining experience, the steakhouse. It captures the nostalgic glamour of yesteryear and adapt this ambiance to today’s modern social life through these restaurants.

In 2015, American Cut Tribeca ranked #1 in the Fox News round-up of “Top 5 Steakhouses in America”

In 2013, Travel + Leisure awarded American Cut Tribeca as one of the “Best Steakhouses in the US”

The restaurant was also a finalist in the “International Best Designed Fine Dining Restaurant” by Hospitality Design.

<https://www.americancutsteakhouse.com/>

Tribeca: 363 Greenwich Street

T: 212.226.4736

Midtown: 109 E 56th Street

T: 212.388.5277

Additional locations: Atlantic City, NJ, Atlanta



Steak

For the steak:

Ingredients:

1 ribeye or porterhouse steak

1 cast iron pan

2 clove of garlic

2 TBSP olive oil

2 TBSP butter

3 sprig thyme

Method:

- 1). Remove steak from refrigeration and bring to room temperature before cooking
- 2). Season both sides well with salt and black pepper
- 3). Bring cast iron pan to high heat, making the pan very hot before adding oil
- 4). Add oil, coating the bottom of the pan
- 5). Add steak to pan...PRO-TIP: tilt pan forward as you lay the steak down in the pan to help ease the steak into the pan.

VERY IMPORTANT: Once steak is in pan, let sit and do not touch, allowing it to cook for about 2 minutes

- 6). After 2 minutes, flip steak to cook other side
- 7). Add butter and garlic to pan and begin to baste
- 8). Add thyme for flavor and add sprigs on top of steak.
- 9). Continue to baste, allowing to cook for about 2 more minutes.
- 10). Remove from heat and set steak aside, allowing to rest for about 5 minutes.





Chimichurri Sauce – One of American Cut's Signature Sauces

Ingredients:

- 1 bunch parsley
- 1 bunch cilantro
- 1 cup olive oil
- 1 red onion minced
- ½ tsp red pepper flakes
- 3 tsp sherry vinegar

Method:

- 1). Set aside a large mixing bowl and put over ice water to keep the bowl very cold in an “ice bath.”
- 2). Add olive oil, chopped parsley, chopped cilantro and pinch of salt to a blender and blend for one minute.
- 3). Pour mixture in to the "ice bath" mixing bowl. keep over ice water to preserve color
- 4). add onion and chili flakes; mix until smooth
- 5). Pro-tip: add sherry vinegar only to the portion of the sauce that you are using for the steak. Do not add the vinegar to the rest of the batch until you're ready to use it. This will help preserve the sauce for later.



FFF: Sound can influence the taste of your food. High-frequency sounds enhance the sweetness in food, while low frequencies bring out bitterness.



DAVID'S CAFÉ

"The secret of happiness, you see is not found in seeking more, but in developing the capacity to enjoy less." - Socrates

Frenchy Does American.

David's Café, in the heart of the East Village, serves French-American food in a casual environment. Opened by Chef David Malbequi (Les Enfants de Bohème, BLT, Alum of Daniel Boulud) and Daniel Rivera (Crooked Tree, Les Enfants de Bohème), the restaurant is designed to be a comforting way-post/eatery for neighbors and visitors alike.

Winners of Burger Bash 2016

<http://www.davidscafenyc.com/>
110 Saint Marks Place
New York, NY
T: 646.678.3206

Tagliatelles au beurre

Pasta Recipe for Tagliolini and Tagliatelle:

94 Grams of Semolina
200 Grams of Durum Flour
125 Grams of A P Flour
4 Whole Eggs
12 Grams of Salt

Method:

- 1). Combine all of the ingredients. You can do this by hand or with a stand-up mixer. If you do it with the mixer use the hook attachment until all of the ingredients are fully combined, then remove the dough from the mixer to a floured surface, knead by hand for 5-10 minutes until it is elastic, roll it into a ball and cover the dough with a damp cloth.
- 2). Let the pasta rest for 30 minutes to an hour. Cut the ball of pasta into quarters and flour your dough before you roll it through your pasta machine. Make the pasta go through each setting at least one time flouring it every time your dough goes through the machine so that it does not dry, and it is nice and thin.
- 3). Finally attach the tagliatelle adjustment to your pasta machine and roll it out smoothly. you can either cook it right away in salted boiling water for 3-4 minutes. We personally like to dry our pasta on a drying rack, here you will do the same steps as I said before when they weren't dry. Keep in mind that fresh pasta does cook faster than pasta from the box.





Classic Beef Bourguignon

Ingredients:

3# beef chuck cut into 1 ½ inch cubes
4 sprigs of thyme
2 bay leaves
2 celery stalks cut 1-inch cube
3 oz Bacon
4 tablespoon vegetable oil
3 carrots cut 1-inch piece
1 medium onion cut 1-inch piece
4 shallots peeled and diced
10 crack black peppercorn
1 garlic head
3 tbs tomato paste
3 tbs all-purpose flour
2 cup ruby port
cabernet sauvignon to cover
4 cup veal stock
2 cup chicken stock
Kosher salt and ground black pepper



Method:

- 1). Season the diced beef chuck with salt and pepper sauté them in a medium rondeau with the vegetable oil, until brown color. Set aside.
- 2). Add the carrots, onion, garlic, shallots, celery, black peppercorn and sauté until light brown, stir tomato paste, cook for 2 minutes, add the flour stir well, add the bouquet garni, port and wine, reduce to 1/3.
- 3). Return the beef to the pot, add the stock. Bring to simmer and cook in 325F oven for about 1 ½ hours to 2 hours. Remove the beef, keep the vegetables. Reduce the liquid until you obtain the sauce. Season to taste

For the garnish cook some fingerling potatoes a l'anglaise

FFF: Margherita pizza is named after a queen. When King Umberto I and Queen Margherita visited Naples, they wanted a change from their fancy food and asked for pizza, which was food for the poor back then. The queen loved it so much that it ended up being named after her.



LUSARDI'S

"The power of imagination makes us infinite." - John Muir

This family-owned and operated Northern Italian restaurant has been serving a loyal clientele since 1982. It's delicious fare, gracious staff and classic European decor have made it a NYC institution.

Chef: Claudio Meneghini

www.lusardis.com
1494 Second Avenue
New York, NY
T: 212 .249 .2020

Black Truffle Chicken

Yields: 2 servings

2 chicken breasts
1 small butternut squash
5 Brussels sprouts
3 tbsls extra virgin olive oil
1/2 cup dry marsala wine
1 oz butter
salt

white pepper

Preparing the Vegetables:

Peel the butternut squash,
cut 10 large and equal cubes and set aside (save the trimmings for soup).
Wash the brussels sprouts, cut them in half and boil in water and salt, then set aside.

Method:

- 1). Make some incisions on the skin of the chicken breasts and season with salt and pepper.
 - 2). Warm up a nonstick pan at medium heat, add 2 tbsls of extra virgin olive oil, place in the breasts skin down, add the butternut squash cubes and pan roast for 5 minutes turning the cubes on each side but NOT the breast.
 - 3). When the cubes are nicely colored, remove them and keep warm adding some salt and pepper.
 - 4). Turn the chicken breast over (skin up) and continue to cook for another few minutes.
- Dispose of the excessive grease and deglaze with the Marsala wine.





- 5). Reduce the wine at low heat for 1 minute, add the black truffle purée and the butter.
- 6). Warm up the Brussels sprouts with 1 spoon of extra virgin olive oil and re heat the butternut squash.

Assembling the Dish:

- 1). Warm up two plates and place one chicken breast in the center of each plate, skin up.
Thicken the sauce if it needs to be reduced a bit more and pour it on the chicken and around the breast.
- 2). Decorate using 5 butternut squash cubes and 5 pieces of Brussels sprouts on each dish.

Chef Notes: If available use white truffle butter for extra flavor.
Also, when in season white truffle purée can be used to make this dish extra fancy.

Red Beet Carpaccio

Yields: 2 servings

Ingredients:

2 large red beets
6 asparagus
2 hand-fuls of baby arugula
1 oz pistachios, chopped
1 log of cream cheese
3 tbsls balsamic vinegar
1/4 cup of extra virgin olive oil
1 pinch of salt
1 tbsls orange juice

ground white pepper

Method:

Wash the fresh red beets, place them in a pot, fill up with plenty of water and cook at medium heat until tender, (about 2 hours).
Remove from fire and drain in a colander catching the water (which can be refrigerated to make a nice and healthy drink for the next day, especially if mixed with some orange juice).
Trim the asparagus, boil them in water and set aside.
With the 2 tbsls of balsamic vinegar, the 1/4 cup of extra virgin olive oil, salt, and pepper, prepare a vinaigrette by whipping all the ingredients in a mixing bowl and adding 1 tbsls of orange juice.

Composing the Dish:





Peel the red beets and cut into round, thin slices,
Arrange them on two plates overlapping one another and brush with some vinaigrette.
Place the baby arugula in a mixing bowl, cut the tips of the asparagus and set aside, slice the rest, add to the arugula and dress with the balsamic vinaigrette.
Place the arugula nicely at the center of each plate.

To Garnish: Cut the goat cheese log into six equal medallions and place 3 on each dish over the red beets.

Place 3 asparagus tips on each dish between the medallions.
Sprinkle with the chopped pistachios.

Chef notes: Red beets take a while to cook, but once cooked they can easily last for up to one week in the refrigerator, so don't be afraid to cook half a pot at the time and save them for later.

FFF: During the 17th century, pretzels came to symbolize undying love. According to lore in 1614, a Swiss royal couple used a pretzel in their wedding to seal their bond and some historians believe this is where "tying the knot" came from.

MISSION CEVICHE- RESTAURANT & BAR

"Everything you've ever wanted is on the other side of fear." - George Adair

At Mission Ceviche restaurant in the Upper East Side, Chef José Luis Chavez has brought the best of Peruvian cuisine to New York City by combining traditional flavors, modern techniques and unexpected twists to create an exciting menu that is just as healthy as it is flavorful.

<https://missionceviche.com/>
1400 2nd Avenue
New York, NY
T: 212.650.0014

Peruvian Classic Ceviche

Yields: 4 servings
Prep Time: 35 minutes
Cook Time: 5 minutes



Ingredients:

600 gr ocean white fish filet (i.e. flounder, striped bass, fluke, red snapper)
1 cup cancha (Peruvian dried corn)
1 cup tiger milk
1½ medium red onion
2 medium sweet potatoes
4 tbsp Peruvian yellow chili pepper
1½ cup fresh squeezed lime juice (10 to 12 limes)
1 tbsp whole milk (can also use skim, almond, or coconut)
1 tsp red habanero or jalapeño (remove veins)
1 tsp peeled ginger
1¼ bunch coriander
4 garlic cloves
¼ cup celery
¼ cup vegetable oil
Salt to flavor

Method:

Cancha: Heat the vegetable oil in a pot and add the cancha. Roast it until it is a gold color and begins to pop. Remove and strain on a plate over a paper towel. Once it is cold, add salt to taste then set to the side.

Choclo: In a pot, bring water to a boil, Add the choclo and cook for 15 minutes. Then set to the side uncovered, in the boiled water, adding a splash of lemon.

Sweet potatoes: Boil the sweet potatoes for 30 minutes until they are soft. Remove the skin, cut into slices, and set to the side.

Tiger milk: In a blender, place the milk, remaining celery, coriander, garlic, ginger, red habanero or jalapeno, lime juice, and salt. Blend at high speed and reserve in the fridge.

1. Cut the fish into approximately 2 x 2 cm cubes and place in a bowl.
2. Cut half an onion in julienne and place in cold water.
3. To the bowl with the fish, add 4 teaspoons of salt and the chopped red habanero or jalapeno to taste. Mixing with a spoon in circular movements, add the Peruvian yellow chili pepper mix and the tiger milk.

Serve over a cold plate and garnish with corn, sweet potatoes, red onions, and coriander.

Photo credit: @the.delicious.life





Arroz Con Mariscos

Yields: 4 servings

Prep Time: 2 hours

Cook Time: 25 minutes

Ingredients:

500 gr ocean white fish filet (i.e. flounder, striped bass, fluke, red snapper)
16 jumbo shrimp
16 mussels
140 gr cooked octopus
4 cups cooked white rice
1 cup finely chopped coriander
1 red peppers cut in julienne (roasted optional)
1 cup green peas
2 stalks celery
5 tbsp Peruvian panca chili pepper
1 tbsp Peruvian yellow chili pepper
1 cup fish stock
½ cup white wine
1 chopped medium red onion
6 chopped garlic cloves
2 tbsp tomato paste
1 cup heavy cream
¼ cup grated parmesan cheese
1 tsp Peruvian cumin
1 tsp dried oregano (optional)
2 tbsp vegetable oil
Salt to flavor

Method:

Octopus: In a pot, boil water, half the garlic, the celery, red onion, and salt. Once boiling, take the octopus by the head and immerse it for a second and take it out. Repeat these three times. On the fourth time, put the whole octopus in the water and cook for 50 minutes. Remove the octopus and let it cool in a container of water with ice. After cooling, cut the tentacles and set to the side.

Rice: In a large pot, fry two garlic cloves over medium heat in one tablespoon of vegetable oil. Add the rice, mix with salt, and add 3½ cups of water. Let it come to a boil and then lower the temperature to simmer and cook covered for 15 minutes. Set to the side.

Photo credit: @the.delicious.life





1. In a medium sized frying pan, that is sufficiently deep to also prepare a sauce, add the oil and saute the onions and garlic over medium-low heat until they're totally soft.
2. Higher the heat and then add the white wine, Peruvian aji panca, and yellow chili pepper and cook for a few minutes.
3. Next, add the cream and fish stock, allowing them to mix with the sauce, forming a consistent texture.
4. From there, every two minutes, add in the seafood in this order: mussels, octopus, shrimp, and fish.
5. Next, add the peas, cilantro, cumin, oregano, and salt to flavor, mixing all the ingredients carefully.
6. Once plated, add parmesan cheese to taste and coriander garnish. Serve with a slice of fresh lime on the side that people can squeeze in the moment they're eating.

FFF: The tea bag was created by accident, as tea bags were originally sent as samples.

NAI TAPAS

"Do not let the behavior of other destroy your inner peace." - Dalai Lama

Nai, offers an innovative and humbling understanding of traditional Spanish cuisine, originating from Galicia, Spain. In the Gallego language, "Nai" is the word for "Mother". Born and raised in a small town of Galicia, Chef Ruben Rodriguez has honed Nai's boldly flavored culinary creations from his grandmother, Emilia Arias, and significantly from his mother, Ana Maria Gonzalez Arias.

<https://www.naitapas.nyc/>
85 2nd Avenue
New York, NY
T: 212.677.1030

Crujiente De Rabo Con Trucha Ahumada (ox-tail toast with smoked trout)

For the Ox-tail Stew:

1-pound beef ox-tail
all-purpose flour to dredge
salt and pepper
2 cups red wine (we love to use Tempranillo)
1 cup well concentrated chicken stock
1 chopped Spanish onion
1 chopped carrot
1 chopped leek

Photo credit: Heami Lee





1 whole peeled shallot
1 red apple
2 chopped plum tomato
bayleaf / black pepper corn / cloves / olive oil

Method:

pre-heat rondeau with olive oil, season oxtail with salt and white pepper
dredge oxtail in flour and brown oxtail in preheated oil. remove oxtail and reserve
in the same oil add garlic and onions, sweat for 5 minutes. Then add carrots, leeks and whole shallot with clove inserts. Once all vegetables are translucent add tomato, apple, black pepper corns and bayleaf for another 15 minutes at low to medium heat.
add the oxtail to the mix and deglaze with red wine. Reduce wine by half and add chicken stock to cover.
bring to a boil and cook for 2 hours and 350 degrees or until tender
separate the oxtail from sauce and let cool. Reserve

For smoked rainbow trout:

1 whole trout fillet
1 liter cold water
1 1/4 cup sugar
1 1/4 cup salt
hickory chips

Method:

Mix salt and sugar into water making a brine
place trout fillets into a glass dish and pour brine to cover
refrigerate for 8 hours
remove trout and rinse in cold water. pat dry
in a stove top smoker place hickory chips on bottom and trout on smoke racks above, smoke for 20 minutes or until desired smokiness

For the black ink aioli:

1 egg
1 crushed garlic clove
1/2 cup olive oil
1 tsP of black squid ink
salt and pepper to taste

Method:

Mix egg and garlic in blender
with blender on low speed drip in olive oil slowly
when starts to thicken add black ink
season creamy mixture with salt and pepper to taste and chill.

For the crujiente (toast):

thin sliced white bread



salted pork rind (white bacon)
400 grams of braised oxtail
1 whole egg
olive oil

Method:

- 1). debone and shred oxtail / whisk one egg in a bowl
- 2). combine egg with oxtail and mix thoroughly
- 3). place mixture in a shallow pan and press for 24 hours (this will turn into a hard block). Remove from pan and cut into rectangles
- 4). wrap a thin slice of white bacon around the rectangle then roll the rectangle into a thin slice white bread from end to end
- 5). In a preheated Teflon pan with very little olive oil toast the bread on all sides until golden brown

Assembly:

place the crujiente (toast) on desired plate
gentle slice the trout into strips and place on top of crujiente (toast)
add squid ink aioli on top.

Barriga De Cerdo

(pork belly)

For the pork Belly:
1 piece of pork belly

Marinade:

1 cup white wine
1 cup olive oil
15 cloves of garlic - crushed
1 bunch curly parsley
1 1/4 cup sweet paprika

Roasting:

1 sliced bulb of fennel
olive oil
star anise
white wine
2 cups chicken stock
sea salt

Method:

- 1). Score the pork belly and season with salt

Photo credit: Heami Lee





- 2). In a blender mix wine, parsley, garlic and set aside
- 3). blend olive oil and sweet paprika
- 4). rub in the wine, parsley and garlic mix. Then rub in paprika olive oil mix. Marinate over night
- 5). Preheat oven 350 degrees. In a baking pan add olive oil, fennel and cook for 2 minutes on stove top. add pork belly skin down to brown the skin
- 6). turn pork belly skin up and deglaze with white wine. reduce by half and add chicken stock just beneath the skin. cover with aluminum foil
- 7). roast in oven for 2 1/2 hours.
- 8). remove from baking pan and let it cool. cut into desired size

For the Carrot Cream Sauce:

water for boiling
salt and pepper
bay leaf
2 medium carrots chopped
3-4 minced garlic cloves
3 sprigs of thyme
2 tbsp salted butter
8 oz 35% heavy cream

Method:

- 1). place chopped carrots into salted boiling water with bay leaf. Boil until fork tender
- 2). strain carrots from water and reserve
- 3). in a sauté pan heat the butter with garlic and thyme
- 4). add carrots, season with salt and pepper to taste. Roast carrots for 15 minutes
- 5). remove thyme from the carrot mix. in a blender add carrot mix and reserved stock from carrots (look for wanted consistency)
- 6). add heavy cream carefully and slowly until creamy.

For the candied pecans:

1/2 cup brown sugar
1/4 tsp. salt
2 tbsp water
cup raw pecans

- 1). pour salt, sugar and water into a pan. bring to a bubble
- 2). add the pecans stirring constantly for 3 minutes
- 3). remove from pan and cool on parchment paper to separate them

For the Yuca Chips:

1 whole yuca
canola oil or soybean oil
boiling water



- 1). Peel yuca and blanch in boiling water for 1-2 minutes
- 2). slice thin round cuts - allow to cool and fry them in pan until golden brown. add salt

Assemble:

In a warm teflon pan give it a light sear on both sides add sea salt
serve with warm cream carrot sauce, candied pecans and yuca chips

FFF: A ridiculous amount of Nutella is sold every year. It could cover the Great Wall of China 8 times, you could circle the world 1.8 times, and the amount weighs the same as the Empire State Building.

SCARPETTA

"Believe and act as if it were impossible to fail." - Charles Kettering

The restaurant's name is derived from the Italian expression, "fare la scarpetta," which means to savor a meal to the last bite. The philosophy of Scarpetta's kitchen is one of creating bold flavors by amplifying the essence of seasonal ingredients. The signature pastas are made in-house daily and are paired with the highest quality, locally sourced ingredients. Scarpetta's famous Spaghetti Tomato & Basil is nothing short of classic simplicity in both taste and preparation. In 2008, Scarpetta received a James Beard nomination for 'Best New Restaurant in America' as well as a coveted three-star review from the New York Times.

www.scarpettarestaurants.com
88 Madison Avenue
New York, NY
T: 212.691.0555

Additional Locations: The Hamptons, Philadelphia, Newport, Miami, Las Vegas, London

Spaghetti Tomato Basil

For the fresh spaghetti:

Ingredients:

5 Egg Yolks





1 whole egg

2 cups of “00” Flour

1 TBSP olive oil

1/2 Cup water

1/2 cup semolina

Pinch salt

Items Needed:

Mixer (recommend KitchenAid mixer with dough hook attachment)

Plastic Bag and Plastic Wrap

Knife

Ruler (optional)

Rolling attachment piece

Spaghetti attachment piece

Method:

- 1). Add the 00 flour, pinch of salt and the semolina to the mixing bowl. Set mixer to level 2 and begin to mix the four together. Slowly add in the egg yolks and egg, let fold in and then add the water and olive oil.
- 2). Mix for about 10 minute or until fully blended in to one uniform dough. Can add extra water by the TBSP as needed throughout the mixing process.
- 3). Remove the dough from the mixer and knead with your hands on a floured surface to create one round ball.
- 4). Place dough into plastic bag and keep kneading to push out any air bubbles.
- 5). Remove dough from the bag and place tightly in plastic wrap.
- 6). Allow dough to rest in the refrigerator over-night. We suggest about 12 hours of resting.
- 7). After the resting period, remove dough from plastic wrap and cut ½ slices from the dough. Roll by hand on a lightly floured surface to create an elongated piece, then place this piece through the roller attachment.
- 8). On setting 1, fold the dough over and roll through the attachment again, 2 or 3 times.
- 9). After dough is rolled, cut the length in to 9” pieces. Sprinkle flour on to the dough to keep it from sticking.



10). Add spaghetti attachment piece to the mixer and begin to place on 9” sheet of dough through at a time, gently pulling the spaghetti out on the other rise and then put it on a sheet tray. Sprinkle with flour.

11). Repeat until all of the dough has been used (or the desired amount). This recipe will give about 5 servings of spaghetti. Set aside until ready to cook.

For the tomato basil sauce:

Ingredients:

15 Plum Tomatoes

1 Cup EVOO

2 TBSP salt

2 TBSP grated parmigiano

Pinch of pepperoncino

2 TBSP butter (optional)

10 cloves garlic (peeled)

5 basil leaves (whole)

2 basil leaves (chopped) 1/2 Cup water

Items Needed:

Large pot to boil the spaghetti

Large pot to boil the tomatoes and then cook the sauce

Large mixing bowl of ice-cold water

Small pot for the garlic and basil infused olive oil

Hand masher – recommend round potato masher

Small strainer



Large Skillet

Method – making the sauce:

- 1.) bring water to boil. while cutting tomatoes & have a separate bowl of ice water ready on the side.
- 2.) With a small knife, begin by cutting out the stem and carving a small "x" at the bottom of each tomato.
- 3.) Once cut, place in to boiling water for about 10 seconds or until skin wrinkles.
- 4.) Remove from boiling water; immediately place in bowl of ice water.
- 5.) Begin to peel skin off of each tomato, and then gently break tomato with hands to remove the seeds. add the blanched peeled tomatoes to a new pot on stove; set to medium heat. Do not add oil or water to pot – just the tomatoes to begin mashing.
- 6.) Add 1 tbsp of salt to the pot to help to release the liquid of the tomatoes.
- 7.) Begin to press the tomatoes with potato masher. Look out for seeds as you mash tomatoes - remove once turned to sauce.
- 8.) Continue the process over medium heat - tomatoes will take about 1 hour.
- 9.) Start the garlic oil while cooking the tomatoes, continuing to mash and stir until sauce is smooth.
- 10.) Add 10 cloves of peeled garlic to separate pot.
- 11.) Pour 2 cups extra virgin olive oil in to pot with garlic
- 12.) Place pot on stove and begin to cook on low heat. The low heat cooking process will infuse the garlic flavor in to the oil. Leave for about 30 minutes or until garlic turns golden brown.
- 13.) Add the whole pieces of basil to the simmering olive oil and garlic.
- 14.) Continue to cook on low heat, stirring occasionally.
- 15.) Let basil flavor soak in to the oil for about 15 minutes.
- 16.) Once olive oil is ready, remove from heat. Using a strainer, pour the basil & garlic infused olive oil in to the pot of cooking tomatoes (do not mix in the basil and garlic).
- 17.) Continue to stir until sauce is smooth and light red. take spoon and remove any foam or seeds from the sauce. Let sauce simmer on low heat.

Method– cooking the pasta:

- 1.) Set aside the pasta, chopped basil, pepperoncino, parmesan cheese and butter.
- 2.) On stove top, bring water to a boil in separate pot.
- 3.) Add spaghetti to the water once water comes to a boil (*fresh pasta takes 6 mins to cook / dry pasta 10 mins*).
- 4.) Put a new skillet on stove top and use sauce ladle to add 6 oz. of the tomato sauce - simmering over medium heat.
- 5.) Cook pasta in boiling water for 4 or 8 minutes (*depending on which pasta you're using*) and then transfer to sauce skillet.
- 6.) Add a little bit of the cooked pasta water into the skillet.
- 7.) *Optional* - for the creamy Scarpetta sauce texture, melt butter in to the skillet, mixing constantly.
- 8.) Remove skillet from heat; add chopped basil, parmigiano cheese and a dash of olive oil.
- 9.) Plate, serve, and **enjoy!**



Cauliflower Romanesco

The Cauliflower Puree:

Ingredients:

Portion 40g

300g shallots

1 kg cauliflower cleaned and chopped

300g water

35 g extra virgin olive oil

100g olive oil for blending

Method:

- 1). In a rondeau pot, sweat shallots in 35g evo
- 2). Add the cauliflower, add water and bring to the boil
- 3). cover with a parchment paper cartouche and cook until soft
- 4). blend with extra virgin olive oil, salt, pass through a chinois and cool in an ice bath

Salmoriglio sauce:

Ingredients

Portion 10g

250g evo

200g capers

200g Preserve lemon, chopped

250g preserved lemon oil

150g Fresh oregano

150g Blanched parsley

100g Lemon juice

10g salt

Method:

- 1). Simmer olive oil with capers for 20 minutes
- 2). Cold them down
- 3). Drain the oil and chopped capers fine
- 4). Chop the blanched parsley, then combine remaining ingredients

Parsley & basil breadcrumbs

Ingredients:

300g panko

50g parsley

50g basil





10g olive oi

Method:

- 1). blend the panko first in a food processor then add the parsley
- 2). add the olive oil and basil, pulsing just to incorporate

FFF: There are more than 600 pasta shapes produced worldwide.

THE FAT RADISH

“A journey of a thousand miles begins with a single step.” - Confucius

The Fat Radish restaurant group was born at 17 Orchard Street in New York City. Driven by hospitality with a commitment to small production farmers, seasonal eating and a passion for making its like-minded guest feel at home.

<https://www.thefatradish.com/>

17 Orchard Street
New York, NY
T: 212.300.4053

36 Martin Luther King Jr. Blvd
Savannah, GA
T: 912.298.0499

Miso Glazed Turnips:

1/4 cup Kirin
1/4 cup sake or dry vermouth
1/2 cup sweet white miso paste
1/2 cup sugar
1/2 cup vegetable stock (or water)
2 lbs turnips, peeled and roughly chopped
Turnip greens set aside from cleaned turnips



Whisk together Kirin, sake, miso, and sugar in a large skillet set over high heat. Bring to boil. Turn the heat to low and simmer until the sauce is thick and a bit glossy, about 10 minutes. Whisk in the vegetable stock (or water) and add the turnips to the skillet. Bring the mixture back to a boil and lower the heat once again. Simmer until the turnips are tender, about 20 minutes. Server note or at room temperature topped with the raw greens from the tops of the turnips



Kale and Goat Cheese Muffins

Ingredients:

2 tblsp butter, plus extra to line the tin
2 cups milk
1/2 lb kale, roughly chopped
2 eggs
2 tsp baking soda
2 tsp baking powder
1 tsp salt
Pinch of cayenne
2 c flour
1/4 cup soft goat cheese
1/4 cup coarsely grated parmesan

Method:

- 1). Preheat oven to 350 and butter a standard 12 cup muffin tin or line with paper liners.
- 2). Place butter in a medium pot set over medium heat along with the milk. Once the mixture comes barely to a boil, add the kale and turn the heat down. Simmer until the kale is totally softened, about 5 minutes. Place mixtures in a food processor and blender and puree. Set aside to cool.
- 3). Once cool, place the kale mixture into a large bowl and whisk in the eggs, baking soda, baking powder, salt and cayenne. Stir in flour. Fill the muffin tins halfway with half of the batter. Evenly divide the goat cheese among the muffins and then top each bit of goat cheese with the rest of the muffin batter. Top each muffin with a bit of parmesan.
- 4). Bake about 25 minutes or until risen, browned and firm to the touch.
- 5). Let cool before serving.



FFF: There are more than 7,000 varieties of apples grown in the world.

THE GARRET

“It does not matter how slowly you go as long as you do not stop.” – Confucius

The Garret is a bar brand based in downtown New York City with venues inspired by the lifestyles of the interesting, the quirky, and the creative. Head to one of their locations in the West Village, East Village, or Nolita for craft cocktails and quality bites in a no-frills environment.



<http://www.thegarretwest.com/>
296 Bleecker Street
New York, NY
T: 212.675.6157

The Swinging Cygnet

Ingredients:

1-ounce Mezcal
1/2 ounce Svöl Danish Aquavit
1/2 ounce Aperol
1/4 ounce Amontillado Sherry

3/4 ounce of fresh lime juice
1/4 ounce of pure cane syrup or a 4:1 simple syrup
using the granulated sugar of your choice

Method: Add all the ingredients to a shaker, add ice to the shaker, and shake really hard like you're making a daiquiri, and strain into a coupe that is preferably chilled. No garnish.



The Cobra Clutch

Ingredients:

1 1/2 ounce Citadelle Gin
1/2 oz Cappelletti
1/4 oz St. Germain
1/8 oz Giffard Mint Pastille
3/4 oz Coconut Cream
3/4 oz Lime Juice

Method: Add all ingredients to a shaker, add ice to the shaker, and give a brief but vigorous shake to mix everything together and dilute a little bit, and then strain over crushed ice into





the glass of your choice. Garnish with a mint sprig. If you are lacking the mint pastille, substitute a generous portion of fresh mint (5-10) leaves and 1/2 an oz of simple syrup, or just a 1/4 oz of whatever syrup you used or would use for The Swinging Cygnet.

FFF: Russia took a long time to classify beer as being alcoholic. Until 2013, beer and other alcohol under 10% ABV was classified as a soft drink.

THE LOYAL

“An ounce of action is worth a ton of theory.” - Ralph Waldo Emerson

The Loyal is Restaurateur & Michelin-starred Chef John Fraser’s signature West Village brasserie, inspired by the high energy of downtown Manhattan and the romance of European bistros. Designed for comfort and indulgence, The Loyal's menu is seasonal, shareable, and crave-able. Recognized as one of the world's leading vegetable chefs, Fraser elevates classic dishes with his signature technique and commitment to seasonal produce. Since opening in 2017, The Loyal has become a neighborhood institution. Dishes are seasonal, shareable and highly flavorful. The menu changes seasonally, but regulars know they can depend on finding favorites like the ½ pound Piedmontese burger, decadent Sundae Set & Candy shop and late-night fried chicken sandwich year-round.

<http://www.loyalrestaurant.com/>
289 Bleecker Street
New York, NY
T: 212.488.5800

Spicy Pork Rigatoni with Fresh Ricotta and Basil

Yields: 1 serving

Ingredients:

100g rigatoni (purchased fresh or dry)
100g braised pork ragu
10g tiny dice mirepoix (equal parts carrot, onion, celery)
25g butter
15g Parmesan, grated

Bring a large pot of salted water to a boil. Cook rigatoni according to packaging instruction.





While pasta is cooking, heat a medium sized sauté pan, add the ragu, butter, and mirepoix. Once the pasta is cooked, add to heated sauce. Add a little water from the pasta pot. Add Parmesan.

Plate pasta in a bowl. Garnish with seasoned ricotta, chili flakes, fresh basil, and drizzle of olive oil.

Braised Pork Ragu:

Yield: 10 Servings

5lbs pork spareribs
130g vegetable oil
50g carrot, diced
50g celery, diced
50g onion, diced
10g garlic, minced
450g chicken stock
1 bay leaf
350g canned plum tomato, buzzed with hand blender
20g Calabrian chili paste
100g nduja
125g sweet Italian sausage, par cooked
125g reduced pork braising liquid
Salt to taste

- 1). Pat ribs dry and season with salt. Heat the vegetable oil in a large rondeau. Sear ribs cover with chicken stock, mirepoix, garlic, and bay leaf. Bring to a simmer and allow to cook on the stove top for 3 hours or in a low oven (275F). Allow to cool.
- 2). Remove ribs from braising liquid. Strain the liquid back into a pot and reduce to a quarter of its original volume. Pick meat off of the bones.
- 3). Combine ribs, tomato sauce, nduja, Calabrian chili, and reduced pork stock in a large pot. Bring to a simmer. Add sausage. Season with salt to taste. Cool down and store until ready to use.

Seasoned Ricotta:

Yields: 10 Servings

600g whole milk ricotta
3 each lemon zest
Salt to taste

Gently combine all ingredients.



Poultry liver mousse with Port Wine Gelee & Glass

Yields: Approx. .10 Portions

Ingredients:

100g bacon, diced
200g shallots, diced
100g garlic, roughly chopped
500g chicken liver (cleaned and then soaked in milk for 2 hours)
10g kosher salt
250g cognac
4 sheets gelatin, bloomed
250g foie gras trim
250g cold butter, diced

Method:

1). Line a half hotel pan with plastic wrap and spray with vegalene or PAM.

2). Slowly render the bacon in a stainless-steel pan.

Remove the bacon, leave the fat in the pan. The bacon can be reserved for other uses (breakfast, a salad, or baked potato topper).

3). Sweat the shallot and garlic in the bacon fat. Remove the aromatics and reserve for later use in this recipe.

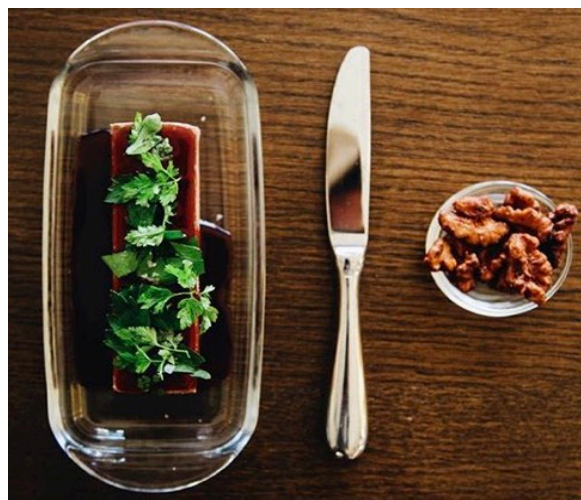
4). Increase the heat to high and sear the livers plus 100g of the foie gras.

5). Once nicely seared, deglaze with cognac, and season with salt.

6). Transfer the livers, shallot and garlic to a blender. Blend until smooth. Add gelatin sheets, followed by cold butter and remaining foie gras. Once fully incorporated, transfer to lined hotel pan. Cover with plastic wrap and allow to cool completely.

7). Once fully set, invert into cutting board and cut into desired portion size.

8). Serve with port wine gelee, glass walnuts, and toasted bread



Port Wine Gelee:

Yields: 10 Servings

250g Smart Juice, Super 7

45g tawny port

1 cinnamon stick

3 cloves

2 star anise

50g sugar

12g pectin

Method:

1). Combine the juice and port in a small pot.



- 2). Make a sachet with the spices.
- 3). Bring the juice to a simmer and allow the spice sachet to steep for 15 minutes. Discard the sachet.
- 4). Combine the sugar and pectin.
- 5). Bring the juice to a boil. Add the sugar/pectin mix. Whisk until thoroughly combined and allow to hard boil for 1 minute.
- 6). Strain and chill.

Glass Walnuts:

Yields: 10 Servings

80g walnut halves
25g powdered sugar
5g togarashi
Pinch of salt

Method:

- 1). Blanch walnuts in water for 10 minutes.
- 2). Toss in powdered sugar.
- 3). Toast in 350F oven until golden brown.
- 4). Season with togarashi and salt.

FFF: Almonds are seeds, not nuts.

UVA

“Life is like a piano. What you get out of it depends on how you play it.” - Albert Einstein

Uva is one of NYC's most-loved wine-bar restaurants. Its rustic and relaxed vibe is the perfect complement to its menu, which ranges from small, tapas-style plates to classic and updated entrees. A NYC staple for over 15 years.

Chef: Claudio Meneghini

<http://www.uvanyc.com/>
@uvanyc
1486 Second Avenue
New York, NY 10075
T: 212.472.4552



Shrimp Skewers on a Tropical Salad

(serves 2)

For the shrimp skewers:

10 med size shrimp, peeled and deveined
1 clove of garlic, chopped
1 spring of parsley, chopped
1 tsp chopped ginger
2 tbs ex virgin olive oil
Salt and pepper
2 medium size bamboo skewers

For the tropical salad:

2 hearts of palm
1 med size avocado, peeled
1 heirloom tomato
1/2 mango peeled
1 sprig of mint, chopped
3 tbs of extra virgin olive oil
1 lemon juice and grated zest
Salt and white pepper

Method:

- 1). Place the shrimp in a bowl, add the garlic, ginger, parsley, extra virgin olive oil.
- 2). Season with salt and pepper, cover and marinate for 15 min in the refrigerator.
- 3). Cut hearts of palm, avocado, heirloom tomato, and mango into equally sized small cubes, and place them in a mixing bowl.
- 4). Add the extra virgin olive oil, lemon zest, lemon juice, chopped mint.
- 5). Season with salt and pepper, mix well and set aside.
- 6). Retrieve shrimp from the refrigerator and place 5 pieces on each skewer.
- 7). Warm up at medium heat a cast iron grill or frying pan. When hot, place the shrimp skewers and cook them for 2 minutes on each side.
- 8). Place the salad on the center of the two plates and top it with the shrimp skewers.

Decorate them with *infused basil oil and drops of tomato sauce.

Note: *In absence of infused basil oil use extra virgin olive oil





Roasted Plum Tomatoes with aromatic Ricotta

(serves 2)

Ingredients:

3 med. size ripe plum tomatoes
2 tbs extra Virgin olive oil
2 tbs dry oregano
1 cup fresh ricotta
1/2 cup Parmesan cheese, grated
1 orange peel, shaved
1 lemon peel, shaved
2 tbs chives, chopped
2 cups baby arugula, chopped
1/2 cup extra virgin olive oil
2 tbs balsamic vinegar
4 tbs balsamic glaze
Salt & pepper

Method:

Cut the plum tomatoes in half lengthwise and use a spoon to remove the seeds.

Place tomatoes on a baking tray and sprinkle with the two table spoons of olive oil and the oregano.

Season with salt and pepper and set aside.

Place the ricotta in a medium size bowl, add the Parmesan cheese, the lemon and orange peel, the chopped chives, season with salt and pepper and mix well.

Using a table spoon fill up the tomatoes with the ricotta mix, sprinkle them with some olive oil and dust them some grated Parmesan cheese.

Bake at 400 F for 15 min.

Remove the tomatoes from the oven and let them cool down for a few minutes.

In a mixing bowl combine the remaining extra virgin olive oil with the balsamic vinegar and some salt and pepper.

Mix well, add the chopped baby arugula, toss it well and divide it equally in two plates.

Place 3 tomatoes on top of the arugula on each plate and decorate with some balsamic glaze.



FFF: Marshmallows date back to as early as 2000 BC and were considered a delicacy deemed worthy only for gods and royalty. During those times, Egyptians made individual marshmallows by hand by extracting sap from a mallow plant and mixing it with nuts and honey.



YOPPARAI JAPANESE RESTAURANT & SAKE BAR

“Make each day your masterpiece.” - John Wooden

Yopparai is an intimate Japanese sake bar and restaurant in NYC, founded in 2012 by husband and wife team, Gaku & Christy Shibata. Yopparai features a wide variety of sake along with traditional foods and snacks that pair well with sake. With high-quality ingredients selected daily, Yopparai offers fresh sashimi, seasonal vegetables, and an assortment of fish and meats prepared on an open grill. Homemade specialties include tsukune chicken meatballs, fresh tofu, and Tokyo style oden.

www.yopparainyc.com
151 Rivington Street
New York, NY 10002
T: 212.777.7253

“Tsukune” Grilled Chicken Meatball

Ingredients:

- 1.5 lbs ground chicken
- 1 Japanese leek (naga negi)
- ½ onion
- ½ bunch greens (e.g., spinach, bok choy, water cress)
- ¼ cup mayonnaise
- 1.5 tbsp soy sauce
- 1.5 tbsp mirin (Japanese rice wine for cooking)
- 1 cup breadcrumbs

Method:

- Use a food processor to chop the leek, onion, and greens altogether.
- Mix chopped vegetables together with ground chicken.
- Add the wet ingredients and mix well.





Add breadcrumbs and mix all ingredients together very well.

Form the ground meat mixture into patties or small meatballs.

Grill for around 5 minutes or until cooked thoroughly.

For extra flavor, glaze the meatballs with homemade teriyaki sauce (made with equal parts soy sauce, mirin, and sugar) while grilling.

Serve with Japanese red pepper and/or raw egg yolk on the side for dipping.

“Kakuni” Braised Pork Belly

Ingredients:

1 lb pork belly

1/3 cup soy sauce

1/3 cup mirin (Japanese rice wine for cooking)

3 tbsp Japanese sake

1/3 cup sugar

1 small knob or ~2 tsp ground ginger



Method:

Chop pork belly into bite size pieces. Boil in at least 3 cups of water for around 1 hour or until the pork becomes tender.

Allow pork broth to cool and remove oil that collects at the surface. Set aside 1.5 cups of the remaining pork broth.

Stir all of the above ingredients into 1.5 cups of pork broth.

Add the pork belly into the broth mixture, and simmer over medium heat for at least 30 minutes. (This can also be done in a slow cooker.)

Serve the pork in the broth, garnished with chopped scallions and spicy Japanese mustard (optional).

FFF: Alliumphobia is the fear of garlic.



OMAHA, NE

KITCHEN TABLE OMAHA

“In the middle of difficulty lies opportunity” — Albert Einstein

Your home away from home - a place to enjoy carefully crafted food in a relaxed environment - with a major focus on supporting community! For local, seasonal, from-scratch, made-with-love breakfast, lunch, brunch, dinner and specialty boxes in downtown Omaha! Real food made from scratch using the best local ingredients we can find!

www.kitchentableomaha.com

1415 Farnam Street

Omaha, NE

T: 402.933.2810

Pickle Brine

Ingredients:

1 qt	white vinegar
2 qt	water
4 oz	kosher salt
3 oz	sugar



This is a very basic quick pickle recipe that works for almost any kind of vegetable that you want to preserve. The method is simply to combine all ingredients in a pot and bring to a boil to completely dissolve the salt and sugar. The brine can be made in bulk and stored in an airtight container at room temperature until you're ready to use it. To make pickles, prepare your vegetables first...smaller cuts work best as it will retain heat longer allowing for a more thorough absorption. Add any seasonings and aromatics that you like to the raw vegetables, this is where you can get creative and really make this recipe your own. Bring the brine to a boil and immediately pour the hot brine over the prepared vegetables making sure all is completely immersed in the brine. Cover and allow to cool at room temperature overnight. Store refrigerated for 2-3 months.



Meatloaf Sandwich:

Ingredients:

5 lbs 90% lean ground beef
1/4 c kosher salt

Panade:

1.5 lbs dense, rustic bread like levain, ciabatta or focaccia,
cubed
5 ea eggs
1/2 c milk
1/4 c Worcestershire sauce
1/2 c ketchup

2 tblsp Dijon mustard

Veggies:

1 ea large yellow onion, fine diced
2 ea small green bell peppers, fine diced
1 ea jalapeno, fine diced

If you use a food processor for the veggies, strain the extra liquid into the panade mix to absorb into the bread

1 tblsp garlic, minced
1/2 cup chopped Italian parsley, loosely packed
1/4 lb fine grated parmesan, or other hard cheese
sliced bacon for barding

Try to prepare the panade for this meatloaf at least 24 hours in advance to give the bread plenty of time to absorb and break down. For a smoother texture, run the soaked panade through a food processor before mixing the remaining ingredients. When you're ready to mix, but not before, combine the ground beef and salt and work it in completely like you're kneading dough, for about 5 minutes. This step helps to create a firmer, more consistent structure in the finished meatloaf.

Work in the remaining ingredients making sure that everything is uniformly combined.
Line a large Pyrex or 2 loaf pans with sliced bacon leaving enough hanging over the side to fold back over the top of the meatloaf. Pack the meatloaf mix as tightly as you can into the pans and cover with parchment paper and aluminum foil.
Bake at 350 for 45 minutes or to an internal temperature of 165 degrees.

To make the Kitchen Table meatloaf sandwich, melt some cheddar on toasted bread, top it with a thick slice of meatloaf, your favorite steak sauce, garlic aioli, and some quick pickled carrots and celery with caraway and dill.



Photo Credit: Adam Casey

FFF: McDonalds sells 2.5 billion hamburgers every year. That equates to 75 hamburgers sold every second, every day, or 6.5 million hamburgers each day.



ORLANDO, FL

THE OSPREY TAVERN

"The happiness of your life depends upon the quality of your thoughts." - Marcus Aurelius

The Osprey Tavern serves New American Fare in the heart of Baldwin Park Orlando, FL. The cuisine at Osprey reflects a love of brilliant ingredients showcased at their simplest and most exuberant. Our kitchen loves to capture vibrant flavors that express themselves in creative spins on old favorites.

Chef Elek Kovacs & Chef Kristy Carlucci have prepared recipes of our savory scones and our brilliant bronzino. Some local favorites!

<https://www.ospreytavern.com/>
4899 New Broad Street
Orlando, FL
T: 407.960.7700

Whole Grilled Bronzino

Bronzino:

1.5# whole bronzino (scaled and dressed)

Lemon Slices

Thyme bundle

2T butter

Cut off all the fins and trim the tail with kitchen shears.

Score bronzino 3 times on both sides of fish.

Stuff bronzino with lemon slices, thyme bundle, and butter.

Brush lightly with canola oil and season with salt and pepper.

Sauce Bagnet Vert:

90g Parsley (washed, dried, and chopped fine)

25g Champagne Vinegar

10g White Anchovy (drained and minced)

25g Dijon

50g Garlic (mince and rinsed well)

360g Extra Virgin Olive Oil





Salt to taste

Mix everything together and check seasoning.

Pickled Red Onions

1 medium red onion

20g Dry White Wine

200g Red Wine Vinegar

150g Water

80g Sugar

28g Salt

Cut onions into matchstick size and rinse thoroughly. Dissolve salt and sugar into liquid and pour over cut onions.

Black Pepper Mayo Slaw:

1 egg yolk

10g Champagne Vinegar

15g Water

2g Black Pepper

5g Salt

300g Canola

1 Small Head White Cabbage

In a food processor blend egg yolk, champagne vinegar, water, black pepper and salt until frothy. Slowly stream in canola oil to form emulsion and make mayonnaise. Shave Cabbage thinly on mandolin or with chef knife and season with mayonnaise.

Assemble:

If you do not have a wood burning Spanish Josper oven you can use any grill preheated over medium high heat with a hot zone and a cooler zone. The grill basket definitely helps with flipping and moving the fish around but is not necessary. Start the fish in the hot zone until it gets nice color on the fish and move it to the cooler zone to finish cooking it through. To plate- make a bed of the slaw and place the fish on top. Spoon the bagnet vert over the fish. Then drain the pickled red onions and spread over the top.

Blueberry Earl Grey Scones

Yield: about 10 3-inch scones

Cake Flour	13 oz
Bread Flour	13 oz
Salt	2 tsp
Baking Powder	1 oz
Sugar	3 oz
Butter, cubed, cold	12 oz
Eggs	1 ea
Yolks	2 ea





Heavy Cream 1 lb
Blueberries 12 oz
Lemon Zest 2 ea
Earl Grey Tea, ground 1 ½ tsp

Method:

1. Blend dry ingredients, cut in butter to quarter sized pieces.
2. Add eggs and yolks, followed by cream. Mix just to combine.
3. Roll out dough to ½” thick, sprinkle 3 oz of the blueberries and some of the zest over the dough. Fold in thirds, like folding a letter. Repeat this process 3 more times. Roll out dough to about ¾” thick. Using a biscuit cutter, cut out rounds and place on a parchment lined sheet pan. Chill at least 1 hour before baking.
4. To bake, brush with cream, bake at 375F 20-24 mins.

FFF: The Netherland drinks the most coffee per person. Finland and Sweden trail behind them.

PHILADELPHIA, PA

CHEU NOODLE BAR & BING BING DIM SUM

Every adversity, every failure, and every heartache, carries with it the seed of an equivalent or greater benefit.”— Napoleon Hill

They are a small restaurant group located in Philadelphia with four brick and mortars all with their own unique take on Asian comfort food. Cheu Noodle Bar (Brisket Ramen Recipe) was their first location and this dish is a mainstay on their small menu of Japanese inspired Ramens. Bing Bing Dim Sum (Hot Lamb Dumplings) is their second location and is focused on sharable Chinese inspired dishes like dumplings, breads and noodles.



www.cheunoodlebar.com
255 S 10th Street
Philadelphia, PA
267.639.4136

www.bingbingdimsum.com
1648 E. Passyunk Avenue
Philadelphia, PA
215.279.7702

Brisket Ramen

matzo ball, kimchi, sesame chili broth

Serves 6

Ingredients:

Broth (makes about 4qts):

5qts water

2lbs trimmed brisket cut into ~ four 4" squares

1pc 4" sheet kombu (rinsed)

½ cup dried shiitake mushrooms

1 onion (rough chopped)

¼ cup mirin

4T light soy sauce

3T sesame oil

3T tomato paste

1/8 cup siamang

1/8 cup gochujang

5pc small dried shrimp

2pc dried anchovy

3T sugar

Salt to taste

Photo credit: Jessica Kourkounis



Method:

Add all ingredients to a large pot and bring up to a boil. Turn the burner down and simmer for 2.5 hours. Strain broth through a fine mesh colander and save the pieces of brisket for slicing. The rest of the debris can be thrown away. Let the brisket cool down before you slice it. Slice brisket against the grain.

Once broth sits for 20 minutes or so, a layer of oily fat will form on top of the broth. Discard the fat as best you can using a ladle. Taste broth and add salt if needed. Return broth to a clean pot and heat up when ready to plate.



Matzo Balls:

1 pack streitz matzo ball mix (there are 2 packs in each box)
2 Eggs
4g Schmaltz
50g Oil
1g Salt
2qts chicken stock

Crack eggs into a mixing bowl and add matzo ball mix, oil, schmaltz and salt. Mix until combined with a fork. Cover with plastic wrap and let sit at room temp for 12 minutes. While the dough is resting, heat chicken stock in a wide pot. Lightly mix dough again and divide into 6 equal balls. Drop into simmering chicken stock. Cover and cook for 12 minutes. The balls should double in size. Remove from heat. Leave in cooking liquid until you are ready to plate.

Plating:

6 bowls
6 portions fresh ramen noodles (150g/portion)
2-3qts hot broth (simmering on the stove)
6 portions thinly sliced brisket (about 2.5oz ea)
6ea hot matzo balls
2 cups kimchi (store bought)
1 cup sliced scallion

Method: Set a large size pot on the burner with about 6qts of salted water and bring to a boil. Cook ramen for 1 minute or follow directions on the package. Drain noodles and divide between the 6 bowls. Ladle about 12oz of hot broth over each bowl of noodles. Top the soups with 1 matzo ball, sliced brisket, kimchi and sliced scallions.

Hot Lamb Dumplings

Chili oil and tahini
Yields: 30 dumplings

You can use store bought dumpling wrappers,
but homemade wrappers are superior

Dough:

10oz AP Flour
6oz boiling Water
1t Salt
Use KitchenAid mixer set with the dough hook, add flour and salt.
While the mixer is running, slowly add hot water until fully incorporated.

Photo credit: Jessica Kourkounis





Mix dough for 3 minutes. Pull the dough ball out and knead on a clean surface for 30 seconds or until smooth. Wrap with plastic wrap and let rest for at least an hour before rolling out.

Using a rolling pin and some extra flour, roll dough into a thin sheet about 1/16" thick. Cut circles using a 2.5" ring mold.

Fill each disc with about 20g of filling and fold into pouches.

It doesn't matter what shape you choose as long as they are sealed. They shape theirs like tortellini. Set dumplings on a tray sprinkled with flour and set aside until you're ready to cook.

Lamb Filling:

2lbs ground lamb

150g chopped pickled mustard greens (store bought)

8g ground cumin

4g ground cayenne pepper

3g ground Sichuan peppercorn

30g sliced scallion

50g Shaoxing wine

50g soy sauce

10g potassium bicarbonate (alkaline water)

30g minced garlic

30g minced ginger

Mix by hand in mixing bowl until fully incorporated

Sesame Sauce:

150g Oil

10g Spicy Chili Crisp (store bought)

45g Tahini

100g Chinkiang Vinegar

2g Salt

6g Sugar

Place all ingredients into a mixing bowl and whisk together until emulsified.

Serving:

30 lamb dumplings

1/4 cup Sesame sauce

3T Sichuan chili oil (store bought)

3T crispy shallot (store bought) (can sub sesame seeds here as well)

1 cup sliced scallion



Set a large size pot on the burner with about 6qts of salted water. Once water is boiling, cook dumplings for 4 minutes. Drain dumplings and transfer them to a serving dish. Drizzle sesame sauce and chili oil over top and garnish with crispy shallot and sliced scallions.

FFF: One in four hazelnuts end up in the Nutella. Since they're in such high demand, some universities are trying to grow them in labs in order to negate global shortages.

PORTLAND, ME

CHAVAL

“The grass is greener where you water it.” — Neil Barringham

Chaval is a neighborhood Bistro tucked in the West End of Portland that celebrates Spanish and French flavors. In chefs Ilma Lopez & Damian Sansonetti's own modern style, working with Maine's beautiful seasonal ingredients you'll find dishes such as our popular Coq au Vin, to Squid ink Fideos and Maine Urchin, to our Spanish Sundae Dessert made with Iberico Ham. In addition, they boast a great Craft Cocktail and Bar program, and a well selected mostly French and Spanish small producer wine list and many local beers. The Name of the restaurant is slang Spanish for "Little Kid" and is named because of their young daughter.

<https://www.chavalmaine.com/>
58 Pine Street
Portland, ME
T: 207.772.1110

PICCOLO

Piccolo is inspired by the culinary roots of Executive Chef Damian Sansonetti Family from Abruzzi and Calabria. Their menu is seasonally driven incorporating select Italian imported ingredients, along with local Maine produce, seafood, meat and grains. Our Pastry Chef, Ilma Lopez utilizes the local bounty to create sublime and elegant desserts. All of their pastas and breads are made daily in house, sauces are slow simmered and cooked "old school" Style, and they have a well selected all Italian wine list featuring many small vintners and farmers.

<https://piccolomaine.com/>
111 Middle Street
Portland, ME
T: 207.747.5307



Coq Au Vin Lyonnaise (Red Wine Braised Chicken)

By Chef/ Owner Damian Sansonetti

Yields: 6 servings

Ingredients:

*requires some advance preparation

- 9 chicken legs
- 9 chicken thighs
- 2 stalks celery, sliced in chunks
- 1 bulb garlic, sliced in half horizontally
- 1 med. Spanish onion, sliced in quarters
- 1 med. carrot, peeled and sliced in 3
- 1 sachet (4 sprigs thyme, 2 bay leaf, 1 tsp. cracked black pepper tied in cheesecloth)
- 1 lb. Smoked North Country slab bacon, cut into 1/4" pieces
- 1 cup pearl onions, peeled
- 4 cups small button or crimini mushrooms, cleaned and trimmed
- 2-3 carrots, cut into thick rounds
- 3-4 cups dry red wine
- 4-6 cups unsalted chicken/veal/beef stock (heat up warm and reserve)

Method:

- 1). Place chicken, celery, garlic, onion, carrot, and sachet in large container; cover; reserve in refrigerator.
- 2). Cook bacon in large skillet set over medium-high heat until crisp; place bacon on paper towels to drain.
- 3). Add pearl onions to the skillet; cook, stirring occasionally, 6 minutes; remove using slotted spoon.
- 4). Wrap bacon, pearl onions, carrots and mushrooms separately in cheesecloth; tie into bundles using kitchen twine; add to pot with chicken; pour in wine and Port; marinate in refrigerator 24 hours.

For the Assembly:

- 1/4 cup all-purpose flour
- salt
- black pepper, freshly ground
- 1/4 cup olive oil

Method:

- 1). Heat oven to 325°F.
- 2). Drain the wine from chicken into nonreactive saucepan set over medium heat; reduce by 50 percent; reserve.
- 3). Place flour in shallow bowl; pat chicken dry; dredge in flour; season; reserve.

Photo credit: Zack Bowen





4). Heat oil in large Dutch oven set over medium-high heat; add chicken in single layer, cooking in batches if needed; cook until browned on all sides; remove from vessel; reserve.

5). Add marinated celery, garlic, onion, and carrot to pot; reduce heat to medium; cook until softened (about 6 minutes); add reduced wine, chicken, sachet, mushroom bundle, bacon bundle, pearl onion bundle and Carrot bundle; add stocks; bring to a boil; cover with parchment paper round; place in oven; braise until tender (about 1 hour); remove from oven; let stand 20 minutes.

6). Strain sauce into clean saucepan; reserve chicken and bundles; discard vegetables.

7). Reduce sauce until it coats the back of a spoon; add chicken to the sauce; undo bacon, onion, and mushroom bundles; add to the sauce; season; cook over medium heat until warmed through.

To serve: place three pieces of chicken in each serving bowl; cover with sauce, bacon, onions, carrots, and mushrooms; serve with baked fingerling potatoes cut into pieces and tossed with butter and parsley

This can be made a full day or two ahead of time and reserved and will be better to let the flavors come together and marry well.

Chocolate Budino & Black Pepper Meringues

By Chef/Owner Ilma Lopez

Serves: 4

Ingredients:

Budino

2 C Half and half
¾ C Bittersweet Chocolate
3 T Sugar ,white
¼ C Egg Yolks

MerIngue:

¼ C Egg Whites
½ C Sugar ,White
¼ tsp Black pepper fine/medium ground

Garnishes:

Extra Virgin Olive Oil
Vin Cotto / Saba(optional) – or nice aged Balsamic Vinegar

Special Tools Needed:

Whisk
Mesh strainer or chinois

Method for the Budino:

- 1). Place half and half in a sauce pot and bring to a simmer. Mix the egg yolks and sugar together in a bowl.
- 2). Temper some of the warm half & half with the egg mixture and stir well. Then whisk

Photo credit: Zack Bowen





that mixture back into the hot liquid and place back on stove and cook over high heat whisking it until it gets thick 2-3 min (do not boil it), then pour thorough a strainer over the chocolate.

3). Stir the mixture around until all the chocolate is dissolved and cover the top with plastic wrap to avoid a “skin” and store in fridge.

Method for Meringues:

1). Pre-heat oven to 200F. Place all ingredients in the mixer, with the whisk attachment and beat on high until shiny and glossy.

2). Place mixture in a piping bag. Pipe onto a sheet tray with parchment paper and place in oven for about 3 hours (time will depend on size)

Assemble with a scoop of Budino, and arrange the meringue around, a pinch of sea salt and light drizzle of Extra Virgin Olive oil, and the Vin Cotto if you are using.

FFF: Chocolate has been used as a currency in Ancient civilization of Mexico and South America.

PORTLAND, OR

KACHKA

“There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.” – Albert Einstein

Kachka sparked a Russian food revolution when Bonnie and Israel Morales opened their Portland restaurant in 2014. James Beard Award nominated Chef/Co-Owner Bonnie Morales cooks the food of the former Soviet Union, including many dishes inspired by those she grew up eating in her Belarusian family.

Kachka is considered by many to be the best Russian restaurant in the country and is the only Portland restaurant to be included in America’s Essential Restaurants of 2015, 2016, 2017 and 2018 by Eater, inducted into their restaurant “Hall of Fame.” Kachka was named one of GQ’s Most Outstanding Restaurants of 2015 and Bon Appétit’s Best New Restaurant nominees in 2015 and was a semifinalist for 2015’s James Beard Award for Best New Restaurant. In fall of 2019, the Morales’ opened Kachka Lavka, a deli and grocery upstairs from Kachka, which Eater National called one of the most anticipated openings of the season. Recipes provided by Chef/Co-Owner Bonnie Morales.

<https://www.kachkapdx.com/>
960 SE 11th Avenue
Portland, OR
T: 503.235.0059



Ajvar

Ingredients:

2.5 oz garlic cloves
 4 oz neutral sunflower oil
 1# red bell peppers
 1.5# eggplant, destemmed, peeled and large diced
 1 oz lemon juice
 1 tbsp smoked paprika
 Salt to taste

Method:

- 1). Roast garlic in oil at 350 degrees or until golden brown and soft. Strain and store oil and garlic separately.
- 2). Toss cubed eggplant in enough roasted garlic oil to coat and season with salt.
- 3). Cut the tops off the peppers. Remove seeds and membranes from the cavity and place peppers open side down on a sheet tray lined with parchment. Don't crowd peppers or they will steam not roast.
- 4). Roast vegetables at 375F for 30-45 minutes until peppers are charred and eggplant is deep caramel brown.
- 5). Put peppers in a bowl and cover with plastic to keep in steam until cool enough to handle. Remove and discard skins from peppers, reserving flesh.
- 6). Place cooked eggplant, peppers, garlic, lemon juice and smoked paprika in a food processor and blend until smooth. Season with salt generously.

Photos credit: Carly Diaz



Chicken Tsimmes

Ingredients:

3# chicken thighs
 Salt
 2-4 oz cooking oil
 3# carrots, 1/2" thick sliced.
 (larger than 1" diameter should be halved or quartered before slicing.)
 75g flour
 1 - 2 qt chicken stock
 3/4 cup prunes
 6 ea garlic cloves
 4 ea bay leaves
 1 recipe of dumpling, see below
 1/4 cup fresh parsley, minced

Photos credit: Carly Diaz





Method:

- 1). Generously season chicken thighs with salt. Get a cast iron skillet or heavy bottomed saucepan very hot and add a slick of cooking oil. Brown thighs on both sides.
- 2). While browning, toss carrots with flour to coat carrots in an even layer of flour. Place half the carrots in the bottom of an appropriately sized rondeau or Dutch oven (the rondeau should be just wide enough to lay all of the chicken snugly in one layer).
- 3). After chicken is browned, arrange it on top of carrots, snugly in one layer. Scatter prunes, garlic and bay leaves on top of chicken. Place remaining carrots evenly on top. Add just enough chicken stock to cover. Add salt, keeping in mind reduction.
- 4). Bring to boil and immediately drop to a simmer. Cover with parchment cartouche. Simmer for about three hours. Check for seasoning. Remove cartouche and discard. Place finished dumplings all over the top of the tsimmes and baste with some of the braising liquid. Place everything back in the oven for ten more minutes or until dumplings are hot. Garnish with chopped parsley and serve immediately.

Tsimmes Dumplings (Sub recipe)

- 4 tbsp butter
- 1 cup milk
- 1 cup (4.6 oz) ap flour
- 4 ea egg
- 2 tbsp chopped parsley
- 2 tbsp chive
- 1 ½ tsp diamond crystal kosher salt

Method:

- 1). Melt butter in a pot. Add milk. Bring to a simmer and add flour, stirring vigorously to combine. Mixture will pull away from the sides of the pan. Continue to cook over a very low flame while mixing continuously. Do this for about 10 minutes to remove excess moisture from dough.
- 2). Transfer mixture to bowl of stand mixer. Beat with paddle attachment on low for about 5 minutes to cool slightly. Increase speed to medium and add one of the eggs at a time. Mixture will break and come back together. Stop and mix in sides and bottom of the bowl that might not be incorporated. Continue to mix until it is uniform. Stop and scrape sides/bottom if needed. Final batter should resemble smooth peanut butter in thickness. Add salt and herbs and mix until just combined.
- 3). Transfer to a piping bag.
- 4). Fill a large stockpot $\frac{2}{3}$ full with water and bring to a boil and season with salt. Drop water to a simmer. Pipe 1” sections of batter into the simmering water, cutting with a knife to separate. Poach for 5 minutes. Remove cooked dumplings with a spider and toss with oil. Lay out on a parchment lined tray to cool. Store in an airtight container in the refrigerator until using. Can be made up to 48 hours in advance.

FFF: An Oregon farmer successfully grew a “tomacco” (tobacco + tomato) plant that bore fruits for 18 months.



MOTHER'S BISTRO

"We must accept finite disappointment, but we must never lose infinite hope." - Martin Luther King

Mother's Bistro & Bar is a restaurant inspired by home-cooked foods from mothers around the world. Using classic cooking techniques combined with years of international experience, owner and award-winning Chef Lisa Schroeder creates a menu that offers refined versions of traditional home-cooked dishes made with love. Much more than simply comfort food, this "mother food" is based on made-from scratch, slow-cooked recipes, utilizing the best available ingredients. In addition to the regular menu, Schroeder celebrates the cuisine of a different mother each month, lovingly referred to as the "Mother of the Month" (or "M.O.M.") menu.

<https://www.mothersbistro.com/>
121 SW 3rd Avenue
Portland, OR
T: 503.464.1122

Mother's Cioppino

Yields: 4 servings

¼ cup	olive oil
1 teaspoon	red pepper flakes
2 teaspoons	garlic, chopped fine
1 quart	homemade or jarred tomato sauce
1 quart	fish stock or clam juice
¼ teaspoon	dry thyme
½ teaspoon	dry basil
½ cup	chopped fresh parsley
16 ea.	clams, rinsed
16 ea.	mussels, cleaned and debearded
1 lb	Fish fillets (cod, red snapper, flounder), cut into strips
12 each	shrimp, peeled & deveined
½ cup	white wine
3 cups	spinach leaves, clean and dry, tightly packed
	salt & freshly ground pepper to taste

Photo credit: Ellen Silverman



Method:

1. Heat large sauté pan with olive oil.
2. Add garlic and crushed red pepper and cook to just until the garlic softens a bit, but do not let brown.



3. Add tomato sauce, fish stock, thyme, basil and parsley.
4. Add clams and mussels, cover and cook until they open, about 5-10 minutes.
5. Add the fish, shrimp, white wine, salt and pepper; simmer 5-10 more minutes, or just until all the seafood is cooked through.
6. Add spinach. Stir, and cook just enough to heat thoroughly.
7. Arrange seafood in the bowl. Pour sauce over. Garnish with crostini and serve.

Crostini:

- | | |
|-------|--|
| 1 | French baguette, cut diagonally into long slices |
| ¼ cup | olive oil |
| | salt, to taste |

1. Preheat oven to 350 degrees.
2. Place bread slices on a cookie sheet. Brush with olive oil and sprinkle with a little salt.
3. Bake until lightly browned, about 20 minutes.

Note: you can use any variety of seafood you enjoy – if you don't like clams, leave them out; if you love squid, feel free to add it!

Pot Roast

10 servings

Photo credit: Ellen Silverman

- 4 pounds beef chuck
- salt and freshly ground black pepper to taste
- ¼ cup vegetable oil
- 2 onions, peeled and chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 3 cloves garlic, peeled
- ¾ cup tomato puree
- ¼ cup all-purpose flour
- 1 cup red wine
- 2 ½ quarts beef or veal stock
- 1 bouquet garni (thyme, parsley sprigs, bay leaf)



Method:

- 1). Preheat oven to 350 degrees.
- 2). Trim beef of excess fat and sinew and season very well with salt and pepper.
- 3). Heat a Dutch oven or other large heavy casserole until very hot. Add oil, then beef, and sear until browned on all sides.
- 4). Remove beef and place it on a large plate. Don't worry about keeping it warm – you'll be putting it back into the pot to cook for many more hours. Add chopped onion, carrot, celery and garlic (by the way, don't worry about chopping these vegetables too fine. They are



going to cook for a few hours, so they can be cut into half inch pieces). Sauté over high heat until slightly browned, turn down heat to medium, and continue to cook the vegetables until they are very soft, about 7 minutes.

- 5). Add the tomato puree and cook until slightly browned, about 5 minutes.
- 6). Add flour, stir and cook for 3-4 minutes.
- 7). Add wine and bouquet garni and stir well, scraping to release anything stuck to the bottom of the pan. Return the meat to the pan and add the stock little by little mixing well with a wooden spoon, adding only enough to cover up two-thirds of the meat. The amount of stock necessary varies and depends on what size and type of pot you are using. If too much stock is added, the final flavors of the dish will be diluted and less intense. Bring to a boil, cover with lid or aluminum foil and place in the oven until the beef is fork-tender, about two hours.
- 8). If serving immediately, lift the beef out of the pot using tongs or a spatula and keep warm on a plate tented with foil. Strain the sauce through a sieve into another pot. Degrease the sauce by dragging a ladle over the top of the sauce to catch any fat that has risen and discard. Repeat until most of the fat is removed. If the sauce is too thin, cook over medium high heat, stirring occasionally, until slightly thicker. Adjust seasoning with salt and pepper.
- 9). Slice beef and serve with the sauce. Don't worry about getting beautiful slices – chunks of this tender meat are fine and just as delicious.
- 10). If making this ahead of time, (it keeps well in the refrigerator for 3-4 days), remove the meat from pan and let cool. Strain the sauce into another container and refrigerate. Once cool, wrap the meat in plastic and refrigerate. One hour before serving, remove the sauce from the refrigerator, scrape off any fat that has congealed on the top and discard. Slice the beef and put in an ovenproof serving dish, pour sauce over meat, cover, place in a 350-degree oven for 30-45 minutes and serve.

FFF: The mushroom capital of the world is located in Kennett, Square, Pennsylvania. They are the largest exporters of mushrooms, followed by California.

SALT LAKE CITY, UT

MANOLI'S

"What seems to us as bitter trials are often blessings in disguise." -Oscar Wilde

Manoli's reinterprets Greek cuisine by using fresh, local and seasonal products. All dishes are prepared from scratch, allowing a variation of styles and techniques to emphasize the importance of seasonal and local bounty. As a neighborhood restaurant, they believe a small plates menu allow customers a greater variety and an elevated sense of community through sharing. Restaurant is owned by Manoli Katsanevas and his wife Katrina Cutrubus.



<https://www.manolison9th.com/>
402 E 900 Street #2
Salt Lake City, UT
T: 801.532.3760

Charred Lamb Riblets

Yields: 4 servings

Ingredients:

2# lamb riblets cut into 4 bone racks

1 ½ tbsp kosher salt

1 tbsp dried oregano

1 tbsp granulated garlic

2 tbsp cracked black pepper

Method:

1. Combine all your spices together in a bowl and mix well
2. Place your riblets in a full hotel pan and season both sides with spice mixture; then place riblets meat side up.
3. Fill the pan with enough water to submerge the riblets and cover with foil and bake for 3 hours at 350 degrees or until the lamb is fork tender.
4. Place lamb riblets on a sheet pan and let chill for 2 hours or up to overnight so they can firm up for grilling.
5. Toss your lamb riblets with 1/3 CUP of chimichurri and place on a hot grill meat side down.
6. Cook for about 3-4 min or until charred and then flip them and cook an additional 3 mins.
7. Toss the lamb with an additional ½ CUP of chimichurri and serve.



CAPER CHIMICHURRI

Yields: 1 pint

Ingredients:

¼ cup capers

2 cups parsley roughly chopped



2 cloves garlic roughly chopped

1 teaspoon dried oregano

½ teaspoon dried chili flake

½ cup pomace olive oil

¼ cup extra virgin olive oil

1/3 cup red wine vinegar

3 tbsp cold water

1 teaspoon kosher salt

Combine everything in a food processor and pulse until you have a course mixture. About 8-10 pulses.

Smoked feta stuffed piquillo peppers

Yields: 4 servings

Ingredients:

8 oz. cow's milk feta

8 oz. cream cheese

½ cup scallions, thinly sliced

¼ cup pomace olive oil

¼ heavy cream

12 oz. J jar piquillo peppers rinsed and drained



Smoking feta:

- 1). In a bowl crumble feta and cut cream cheese into 1-inch cubes. Place cheese in a 4-inch-deep 12x12 baking pan. Make sure to place the cheese on one side of the pan.
- 2). Place wood chips in a metal pan and place on a hot grill or gas stovetop and cook until the chips smoke vigorously.
- 3). Pour the chips in a 12X12 inch baking pan and wrap 6 times with plastic wrap so the smoke can't escape.
- 4). Place the pan in the fridge and let sit for 2 hours so the cheese can absorb the smoke.



Cheese Mixture & Assembly:

- 1). In a food processor combine smoked cheese, cream, and oil. Blend until smooth. Then fold in green onions.
- 2). Place cheese mixture into a piping bag and pipe piquillo peppers about 2/3 full and place on a parchment lined sheet pan.
- 3). Bake stuffed piquillo peppers in a 375 degree oven for 5 mins or until cheese is soft. Serve while hot.

FFF: Cheese is the most stolen food in the world. About 4% of all cheese made around the globe ends up being stolen.

SAN DIEGO, CA

HERB & WOOD

"The purpose of our lives is to be happy." - Dalai Lama

Herb & Wood is a timeless, sought-after dining escape that features seasonal California and Mediterranean wood-fired dishes in a space that combines the elegance of the 1920s with an industrial-feel. Chef: Brian Malarkey

<https://www.herbandwood.com/>
2210 Kettner Blvd
San Diego, CA
T: 619.955.8495

Blistered Tomato and Burrata

Ingredients:

1 pint basket cherry heirloom tomatoes
1/2 cup Kalamata olives, pitted
1 ea shallot, shaved thin
4 ea cloves garlic, roughly chopped
1/2 tsp red pepper flake
1/4c white balsamic vinegar
1/4c extra virgin olive oil
1/2 bunch parsley, chopped
5 leaves basil, torn
Salt to taste

Photo credit: Puffer Malarkey Collective





Method:

- 1). Cut half of the tomatoes into halves and keep the remainder whole.
- 2). Combine all tomatoes with the olives and chopped garlic on a baking sheet.
- 3). Broil the tomato mixture in oven about 5 minutes, until tomatoes are blistered, and the skin is bursting.
- 4). Let mixture cool slightly, transfer to large bowl.
- 5). In large bowl, add remaining ingredients and toss gently, seasoning with salt to taste.
- 6). Serve with fresh burrata cheese and grilled bread, finish with a drizzle of extra virgin olive oil, a little lemon zest, and some flakey sea salt.

Roasted carrots with Aleppo pepper yogurt

Photo credit: Puffer Malarkey Collective

Ingredients:

1 bunch baby carrots with greens
½ c. Greek yogurt “fage”
½ c. olive oil
1 tbsp. lemon juice
1 tbsp. minced shallots
½ tbsp. Aleppo pepper
Salt and pepper to taste

Method:

Aleppo yogurt: whisk together ½ tbsp. lemon juice, Aleppo pepper, and salt to taste. Reserve until ready to use.

Carrot top pesto: in a blender place blanched carrot top. ½ tbsp. lemon juice, ¼ c. water, and turn on to blend. Add ¼ c. olive oil until blended and season with salt and pepper. Fold in the minced shallot and reserve until plating.

Remove the greens from the carrots and cut the carrots in half. Pre heat your oven to 400 degrees, in a medium hot pan roast your carrots in the pan until they start to brown and caramelize, 3-5 minutes. Place in the oven for 5-10 minutes until tender and remove.

To plate the carrots put the Aleppo yogurt on the plate and place the carrots over the yogurt, top with the carrot top pesto and enjoy. Serves 2-3 people as a side.



FFF: Baby carrots are just regular carrots that have been shaved down to the bite-size pieces.



SAN FRANCISCO, CA

NOPALITO

“Don’t count the days, make the days count.” - Muhammad Ali

Nopalito is an organic, sustainable Mexican restaurant with two locations in San Francisco. It was started by chef Gonzalo Guzman as a way to honor the traditional cookery of his home country of Mexico.

Winner of James Beard Foundation Award.

<http://www.nopalitosf.com/>
306 Broderick Street
San Francisco, CA
T: 415.437.0303

1224 9th Avenue
San Francisco, CA
T: 415.233.9966

Pollo al Pibil with Salsa Habanero

Salsa Habanero:

1 small white onion, finely chopped
1 cup freshly squeezed lime juice (from about 6 limes)
1 cup freshly squeezed orange juice (from 3 to 4 oranges)
3 to 4 small habanero chiles, finely diced
Leaved from 1/2 bunch cilantro, chopped
Salt

Method:

1). In a medium bowl, combine the onions and lime juice;
2). Let sit for at least 5 minutes, allowing the onions to start picking.
Stir in the orange juice, habaneros, cilantro and a pinch of salt.
Add more salt as needed to taste.





Chicken:

1 whole. Chicken

½ c. achiote paste

1 c. canned diced tomatoes and their juices

¼ c. freshly squeezed lime juice (from about 3 limes)

½ c. freshly squeezed orange juice (from 1 to 2 oranges)

2 T. k

Method:

1). Place the chicken in a large pot or Dutch oven. Add the achiote paste, the tomatoes and their juices, lime juice, orange juice, salt and enough water to cover the chicken. Bring it to a boil over high heat, then reduce to a simmer. Let it cook for about 45 minutes.

2). Remove the chicken (reserve the liquid) and let rest until cool enough to handle. Discard the skin and pick the meat from the bones; discard the bones.

3). Meanwhile, bring the chicken cooking liquid back to a boil and cook until reduced by half. Transfer the liquid to a blender and blend until smooth. Add back to the pot, then add the chicken.

Serve with rice, beans, salsa habanero and warm tortillas.

Vegetables Con Aceite De Chile Cascabel

Yields: Serves 6

Vegetables:

Kosher salt

3 cups diced broccoli florets

2 cups peeled and diced carrots

2 cups diced white onions

2 cups peeled, seeded, and cubed butternut squash

3 cups skin-on cubed potatoes

4 tablespoons Cascabel Chile Oil (recipe follows),
or more as needed

Photo credit: Eva Kolenko.





Method:

- 1). Preheat the oven to 400°F. Meanwhile, bring a medium pot of water to a boil, and season generously with salt (it should taste like the sea). Set a bowl of ice water next to the stove and season that with salt as well. Add the broccoli to the boiling water and cook until bright green and slightly tenderized, 2-3 minutes. Remove with a slotted spoon and transfer to the ice bath to cool; remove and let dry.
- 2). In a large bowl, mix the carrots, onions, squash, and potatoes with all but 1 tablespoon of the cascabel oil, and season generously with salt. Spread the vegetables onto two large baking sheets and roast in the oven for 10 minutes. Remove and stir.
- 3). Toss the reserved broccoli with the remaining tablespoon of the chile oil, then add the broccoli to the baking sheets. Return to the oven (rotate the location of the pans for more even cooking) and cook until the vegetables are al dente and lightly browned, 10 to 20 minutes more. Taste and adjust the seasoning as necessary.

Cascabel Chile Oil:

Yields: about 2 cups

- 6 dried cascabel chiles, stemmed and seeded
- 1 dried guajillo chile, stemmed and seeded
- 1 1/2 cups rice bran oil or canola oil
- 1 small clove garlic, peeled

Method:

- 1). Preheat the oven to 350°F. Meanwhile, bring a small pot of water to a boil.
- 2). Place the cascabel and guajillo chiles on a baking sheet and roast until the guajillos darken, about 2 minutes; remove from, but do not turn off the oven.
- 3). Transfer the chiles to a medium heatproof bowl and cover with the boiling water; let sit until the chiles are soft, about 20 minutes.
- 4). Drain the chiles and add them to a blender, along with the oil and garlic; blend thoroughly, until you see a clear red oil. It will keep for up to a few weeks refrigerated in an airtight container.

Pollo al Pibil with Salsa Habanero:

Salsa Habanero:

- 1 small white onion, finely chopped
- 1 cup freshly squeezed lime juice (from about 6 limes)



1 cup freshly squeezed orange juice (from 3 to 4 oranges)
3 to 4 small habanero chiles, finely diced
Leaved from 1/2 bunch cilantro, chopped
Salt

In a medium bowl, combine the onions and lime juice; let sit for at least 5 minutes, allowing the onions to start picking. Stir in the orange juice, habaneros, cilantro and a pinch of salt. Add more salt as needed to taste.

Chicken:

1 whole. chicken

½ c. achiote paste
1 c. canned diced tomatoes and their juices
¼ c. freshly squeezed lime juice (from about 3 limes)
½ c. freshly squeezed orange juice (from 1 to 2 oranges)
2 T. k

Method:

- 1). Place the chicken in a large pot or Dutch oven. Add the achiote paste, the tomatoes and their juices, lime juice, orange juice, salt and enough water to cover the chicken. Bring it to a boil over high heat, then reduce to a simmer. Let it cook for about 45 minutes.
- 2). Remove the chicken (reserve)
- 3). Meanwhile, bring the chicken cooking liquid back to a boil and cook until reduced by half. Transfer the liquid to a blender and blend until smooth. Add back to the pot, then add the chicken.
- 4). Serve with rice, beans, salsa habanero and warm tortillas.

FFF: The Caesar salad started in a Mexican city called Tijuana.

ONE MARKET RESTAURANT

“Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you’ve ever imagined.” - Dr. Seuss.

Created by Chef Bradley Ogden and restaurateur, and still Managing Partner, Michael Dellar in 1993, One Market Restaurant has become a standard for sophisticated dining in San Francisco. For the past 14 years One Market has offered the award-winning farm-to-table cuisine of



Chef/Partner Mark Dommen. The restaurant sports views of the Ferry Building, F-Line Trolley and Bay Bridge. Featured are an open exhibition kitchen with a special “Chef’s Table”, a wood-fired grill and rotisserie, several private dining rooms, a vibrant bar, and caring professional service directed by General Manager/Partner Lorenzo Bouchard.

<https://onemarket.com/>
1 Market Street
San Francisco, CA
T: 415.777.5577

Apple Wood Smoked Bacon Wrapped Pork Tenderloins with Fuji Apples and Dandelion "Persillade"

By: Chef/Partner Mark Dommen
Yields: 4 servings

Ingredients:

2 pork tenderloins about 16 oz. each.
8 oz. apple wood smoked bacon (thinly sliced)
sea salt to taste
fresh ground pepper
2 fuji apples
1/4 cup grapeseed oil
2 teaspoons butter, plus 1 tablespoon
4 cloves garlic
1/4 cup cream
1/2 bunch of dandelions
1/2 bunch of mustard greens
1 large shallot
1/2-gallon apple cider
cider vinegar to taste
2 tablespoons butter

Method:

1). Put a half gallon of apple cider in a large pot and reduce it down to about 1 cup. Set aside.
2). Trim the pork tenderloins and by removing any fat and all of the silver skin. About 1/3 of the way up the tenderloin, starting at the tail make a cut about 3/4 of the way through the filet and then fold the tail part under. This should give you a nice even filet. Spread a large piece of plastic wrap out on a cutting board and lay the thinly sliced apple wood smoked bacon in a shingle pattern slightly overlapping the previous piece. Season the pork tenderloin with salt and pepper and place at the beginning of the prepared bacon. Using the plastic wrap to help fold the bacon over the filet, wrap it tightly covering the entire tenderloin. Leave the plastic wrap on the filet until you are ready to cook the pork. Do the same with the second pork tenderloin.





- 3). Peel the garlic and blanch it three times in clean water each time.
- 4). Heat a small sauté pan with 1 tablespoon of grapeseed oil and sauté the garlic until lightly brown. Add the cream and reduce by half. Put the garlic and cream into a blender and blend to a fine puree. Set aside.
- 5). Peel the apples and cut into 12 nice round disks. Remove the core with a round cutter. In a hot sauté pan add 1/4 cup of grapeseed oil and add the apple rings. Sauté until nicely caramelized.

Remove onto a plate lined with a paper towel and set aside until you're ready to serve the dish.

- 6). Put a large pot of water on the stove and add enough salt to make is salty as the sea. Meanwhile, wash the dandelion greens to remove any dirt or sand. When the water is boiling, blanch the dandelion greens and remove from the boiling water into ice water in order to stop the cooking.
- 7). Drain the dandelions and squeeze out as much water as possible. Chop into smaller pieces. Do the same thing with the mustard greens. Wash, blanch, shock, squeeze and chop them. Peel the shallot and chop as finely as possible, set aside.
- 8). Heat the oven to 400 degrees. Season the outside of the pork tenderloins with salt and pepper and sear in a hot sauté pan with some grapeseed oil. Be sure to sear the seam where the apple wood smoked bacon ends on the wrap. This will seal the bacon and prevent it from unraveling as you cook it. After searing the seam, continue to sear the rest of the bacon wrapped tenderloin. As you sear the rest, the bacon it will shrink wrap around the pork tenderloin preventing it from falling off.
- 10). When the pork is nicely browned all the way around, remove it from the pan onto a roasting pan with a rack and roast in the oven for 18-20 minutes until medium. Remove from the oven and keep in a warm place but allow to rest for at least 10 minutes.
- 11). While the meat is resting put the apples into the oven to warm them. In another sauté pan, sweat the chopped shallots in a tablespoon of butter. Add the chopped dandelion greens and chopped mustard greens and continue to sauté, add the roasted garlic and combine. Season to taste with salt and pepper. Heat the cider reduction, whisk in the 2 tablespoons of butter and season to taste with salt and pepper. If needed, add a couple drops of cider vinegar to balance the sweetness of the sauce.

To plate: Put 3 apple rings down on each plate. Top each apple rings with some of the dandelion mustard green mixture. Slice each pork tenderloin into six pieces and put one slice of the pork on top of each apple. Spoon the cider reduction around the place. Serve.

Grilled Zuckerman Farms Asparagus Salad with a 62-degree Hen Egg and Guanciale

Yields: 4 servings

Ingredients:

- 20 jumbo asparagus
- 4 organic chicken eggs
- 4 large shallots, chopped
- ¼ cup banyuls vinegar
- ¾ cup Arbequina extra virgin olive oil
- ¼ cup vegetable stock
- 2 tablespoon chopped fresh tarragon
- 1 tablespoon sugar
- 6 slices guanciale, thin





¼ # peppercress or watercress
Squeeze of lemon
Sea salt
Fresh ground black pepper
Malden sea salt

Method:

- 1). Place the chicken eggs into a 62-degree Celsius water bath 45 minutes prior to serving the salad. It takes 45 minutes to cook the egg at 62 degree Celsius or 143.5 degrees Fahrenheit. It will result in a beautifully cooked egg with perfect consistency.
- 2). Put 4 asparagus aside for later use. Place a large pot of boiling water on the stove. Take the other 16 asparagus and remove the fibrous portion from the root end. Next, using a vegetable peeler, peel the lower half of the asparagus all the way around. When the water has come to a boil, season with enough sea salt so that it tastes like the sea. Add the asparagus and cook until they are still slightly crunchy. Place into ice water to immediately stop the cooking. Remove from the water and dry on paper towels.
- 3). Heat a grill and preheat your oven to 325 degrees Fahrenheit.
- 4). Lay the guanciale on a baking sheet and place in the oven for 8-10 minutes depending on how crispy you like it. Remove from the oven and break into 2-inch pieces. Set aside on paper towel to absorb the excess fat and keep warm.
- 5). Take the other four asparagus and remove the fibrous portion of the root end and shave them using a mandolin as thin as possible.
- 6). Heat half a cup of the extra virgin olive oil in a medium sized saucepan and add the shallots. Sweat the shallots without giving them any color until they are soft. Add the banyuls vinegar, vegetables stock, sugar, and season with salt and a healthy amount of fresh ground black pepper. Keep warm.
- 7). Brush the asparagus very lightly with oil; you don't want them to flare up when you place them on to the grill. Season with salt and pepper and place them on the grill. Turn them once they've acquired a bit of color 3-5 minutes. Remove from grill and divide among four plates.
- 8). Remove the egg from the water and crack the shell as you would normally do with a raw egg and gently place the egg on top of the asparagus.
- 9). Add the tarragon to the vinaigrette and spoon the vinaigrette around the asparagus.
- 10). Take the shaved asparagus and the pepper cress and place them into a bowl. Dress with a drizzle of the extra virgin olive oil and a squeeze of Meyer lemon. Toss and place around each egg creating a nest effect. Divide it equally among the four plates.



11). Drizzle with the remaining extra virgin olive oil, top the egg with a sprinkle of Malden sea salt, fresh ground black pepper, and evenly distribute the guanciale between all the plates.

FFF: Fortune cookies are not Chinese. They were invented in the early 1900's in San Francisco.

ROOH

“The best way to predict the future is to invent it.” - Alan Kay

Translating to “soul,” ROOH brings the spirit of India and progressive Indian cuisine helmed by Chef Sujan Sarkar and co-founders Anu and Vikram Bhambri. Chef Sujan brings together the best of California produce with regional Indian flavors and modern gastronomic techniques in the kitchen. ROOH’s newest location, ROOH Palo Alto, further expands the concept by bringing a first-of-its-kind Indian wood-fire grill restaurant in celebration of the ancient live-fire cooking tradition.

Recipient of various awards and accolades, including Zagat’s “10 Sexiest Restaurants and Bars in San Francisco”.

<https://www.roohsf.com/>
333 Brannan Street #150
San Francisco, CA
T: 415.525.4174

<https://www.roohpaloalto.com/>
473 University Avenue
Palo Alto, CA
T: 650.800.7090

Tuna Bhel Recipe

With Avocado, Tamarind Chutney, Puffed Black Rice and Baby Radish

Yields: 5 servings (6 oz. each portion)
By: Chef Sujan Sarkar, ROOH San Francisco

Prep time: 30 mins
Cook time: 25 mins



Ingredients:

3 oz. Boiled potatoes
3 oz. Green Apple
3 oz. Green Mango
8 oz. Yellowfin Tuna
2 oz. Shallot
2 oz. Coriander
1 Large Indian Green Chilli
1 Teaspoon Chaat Masala
2 oz. Baby radish
¼ cup Puffed black rice
2 oz. Nylon Sev
1 Large avocado
1 Lemon (Juice)
1.5 oz. Tamarind Chutney
Wood Sorrel for garnish

Photo credit: Marc Fiorito



Prep:

1. Dice Yellowfin Tuna into fine pieces and place it into a bowl.
2. Separate coriander top and stem chop separately then set aside.
3. Peel and finely chop shallot.
4. Thinly slice the baby radish with a mandolin and store in ice cold water.
5. Juice lemon into a small bowl and set aside.
6. Peel and dice avocado, boiled potato, green apple and green mango.
7. Deseed and finely chop the green chili.

Method:

- 1). Boil potatoes for 15 minutes until tender. Let it cool down, then peel and set aside in chiller for later use.
- 2). Next make puffed black rice:

Puffed Black Rice:

Yield: ¾ cup puffed black rice

Cook time: 1 minute

Ingredients:

2 cups of canola or vegetable oil
¼ cup raw California black rice
Salt to season



Method:

- 1). In a medium saucepan, heat the oil over medium-high heat until it is 350° (or test the oil by dropping a few grains into the pan; the rice should sizzle immediately and quickly rise to the surface).
- 2). Add the black rice to the pan.
- 3). Cook until the rice is crispy, some grains start to puff and you can see a bit of white inside the grains, 15 to 30 seconds.
- 4). Use a frying spider or slotted spoon to transfer the rice to a paper-towel-lined rimmed sheet pan.
- 5). Sprinkle salt to season the puffed rice.

Tamarind Chutney

Serves 10

Ingredients:

- 1/2 cup Jaggery
- 1 cup Tamarind Pulp
- 2 teaspoon Dry ginger root
- 4 tablespoons Red chili powder
- 2 oz. whole Cumin (roasted)
- 1 cup water

Method:

- 1). Boil water in a pot
- 2). Add tamarind pulp, sugar and let boil for 10 minutes
- 3). Add rest of spices and boil for another 5 to 7 minutes on low heat
- 4). Pass it through a fine strainer and store in a container to cool

Final Plating Method:

- 1). In a medium bowl mix tuna, boiled potatoes, shallot, coriander stem, chopped green chili, chaat masala, avocado and lemon juice.
- 2). Spread the tuna bhel mixture on a deep plate.
- 3). Next layer with 1 teaspoon of tamarind chutney.
- 4). Sprinkle nylon sev and puffed black rice.
- 5). Garnish with wood sorrel and thinly sliced baby radish.



Tandoori Spiced Maitake Recipe with Polenta Upma and Parmesan

By: Chef Sujan Sarkar, ROOH Palo Alto

Yields: 4 servings

Tandoori Marinade:

Ingredients:

Mustard Oil, 3 tbsp.
Madras Curry Powder, 1 tsp.
Ginger Paste, 1 tsp.
Garlic Paste, 1 tsp.
Kitchen King Masala, 1/2 tsp.
Salt to taste
Lemon Juice, 1 tsp.
Greek Yoghurt, 1 cup
Organic Maitake Mushroom – 4 heads (4 oz. each)

Method:

1. Warm the mustard oil
2. Then add the madras curry powder, ginger and garlic paste, kitchen king masala and salt
3. Add the yoghurt and mix really well.
4. Cut mushrooms into halves and rub the marinade gently over the mushrooms.

Polenta Upma:

Ingredients:

Canola Oil, 3 tbsp.
Onion, 2 oz. (chopped)
Garlic, 2 tsp. (finely chopped)
Curry Leaves, 1 sprig
Polenta, 4 oz.
Milk, 1 cup
Water, 1 cup
Salt to taste
Cilantro chopped, 2 tsp.
Butter, 4 oz.
Parmesan Cheese, 3 tbsp. grated
Truffle to finish (optional)





Method:

1. Heat the oil and add the chopped garlic and curry leaves. Cook until they splatter.
2. Add the onions and cook for a few minutes. Then add the polenta and cook for 2-3 minutes.
3. Add warm milk and water. Then cook until polenta is soft and creamy.
4. Add cold butter, grated parmesan cheese, lemon juice and chopped cilantro to finish.

To finish:

1. Place maitake halves on a grill and cook for few minutes. Then place it on a baking pan and cook in a pre-heated (350 F) oven for another 5 minutes.
2. Remove from the oven and place each mushroom halves on polenta upma.
3. Grate some extra parmesan cheese and fresh truffle (optional) on top and serve.

FFF: There are more Indian restaurants in London than in Mumbai or Delhi.

TONY'S PIZZA NAPOLETANA

"I am the greatest, I said that even before I knew I was." - Muhammad Ali

Tony's Pizza Napoletana recently celebrated its 10-year anniversary in 2019. Tony Gemignani opened Tony's Pizza Napoletana in 2009, in San Francisco's North Beach neighborhood. He focuses on authentic, hand-crafted dishes and a casual ambiance that provides guests a memorable experience combined with the flavors of the Bay Area. Led with his personal motto of "Respect the Craft," Gemignani has devoted himself to learning everything there is to know about pizza and showcases his knowledge in a menu with thirteen regional styles of pizza offered at his flagship restaurant.

Tony Gemignani has four Guinness World Records, the most recent of which he received on June 10, 2017, for the World's Longest Pizza. He is also the author of The Pizza Bible, a comprehensive guide to making pizza, covering nine different regional styles--including Neapolitan, Roman, Chicago, and Californian. Since 1991, Gemignani has been involved in the pizza industry, winning numerous awards including Best Pizza Margherita at the World Pizza Cup in Naples, Italy, and Best Pizza Romana at the World Championship of Pizza Makers in 2011. Tony was the first American and non-Neapolitan to win this coveted honor in Naples, bringing several styles of pizzas and other Italian dishes to the San Francisco area.

He is the first and only Triple Crown winner for baking at the International Pizza Championships in Lecce, Italy; He is proprietor of the International School of Pizza in San Francisco, where he certifies chefs from around the world, and is an official U.S. Ambassador of Neapolitan Pizza by the city of Naples, a prestigious title only given to three people in the entire world.



<https://tonyspizzanapoletana.com/>
1570 Stockton Street
San Francisco, CA
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Cal-Italia

Makes one 13-inch pizza; 6 slices

Ingredients:

1 (13 ounce/370 gram) ball Master Dough
3 parts flour mixed with 1-part semolina, for dusting
2-ounce (55-gram) piece Asiago cheese, cold, for shaving
6-ounce (170 grams) whole-milk mozzarella cheese, shredded (1 ½ cups)
1 ½ ounces (45 grams) Gorgonzola cheese, broken into small pieces
2-3 tbsp (40-60 grams) fig jam, pref. Dalmatia brand
3 ounces (85 grams) thinly sliced prosciutto (about 6 slices)
Balsamic Glaze

Method:

- 1). Remove the dough ball from the refrigerator and leave wrapped at room temperature until the dough warms to 60°F to 65°F. Meanwhile, set up the oven with two pizza stones or baking steels and preheat to 500°F for 1 hour
- 2). Dust the work surface with the dusting mixture, then move the dough to the surface and dust the top
- 3). Sprinkle a wooden peel with dusting mixture.
- 4). Roll out the dough into a round 15 inches in diameter. Using a pizza wheel, trim the dough to a 13-inch round, flatten the edge, then dock the surface of the dough.
- 5). Move the dough to the peel. As you work shake the peel forward and backward to ensure the dough isn't sticking.
- 6). Using a vegetable peeler, shave the Asiago over the surface of the dough, leaving a ¾-inch border. Mound the mozzarella in the center of the pizza and use your fingertips to spread it out evenly over the Asiago.
- 7). Slide the pizza onto the top stone
- 8). Bake for 7 minutes. Lift the pizza onto the peel and distribute the Gorgonzola pieces evenly over the top. Rotate the pizza 180 degrees, transfer it to the bottom stone, and bake for 3-4 minutes, until the bottom is browned and crisp and the top is golden brown.

Photo credit: Sarah Inloes photography





9). Transfer the pizza to a cutting board and cut into 6 wedges. Spoon small dollops of fig jam (about $\frac{1}{4}$ teaspoon each) around the pizza. Tear the prosciutto slices lengthwise into 2 or 3 strips and drape the pieces over the pizza slices. To finish, squeeze a thin spiral of balsamic glaze onto the pizza.

Multigrain Dough:

Makes: 28 ounces (795 grams) dough

This dough is made with white flour, whole wheat flour, and a hint of rye in the Poolish starter (check online). That combination gives it a slightly nutty flavor that works particularly well with sweet-savory topping combos.

Ingredients:

2.5 grams (1 teaspoon) active dry yeast

75 grams ($\frac{1}{4}$ cup plus 1 tbsp) warm water (80°F to 85°F)

408 grams (3 cups) flour with 12-13 % protein, preferably Harvest King or Central Milling Organic High Mountain Hi-Protein

45 grams ($\frac{1}{4}$ cup plus 1 tbsp) whole wheat flour, preferably Central Milling Organic Whole Wheat Medium

9 grams (1 tbsp) diastatic malt

23 grams Rye Poolish

225 grams ($\frac{3}{4}$ cups plus 3 tbsp) ice water

14 grams (1 tbsp) fine sea salt

5 grams (1 tsp) extra virgin olive oil

Method:

1). Put the yeast in a small bowl, add the warm water, and whisk vigorously for 30 seconds. The yeast should dissolve in the water and the mixture should foam. If it doesn't and the yeast granules float, the yeast is "dead" and should be discarded. Begin again with a fresh amount of yeast and water.

2). Combine both flours and the malt in the bowl of a stand fitted with the dough hook. With the mixer running on the lowest speed, pour in most of the ice water, reserving about 2 tbsp, followed by the yeast-water mixture. Pour the reserved water into the yeast bowl, swirl it around to dislodge any bits of yeast stuck to the bowl, and add it to the mixer. Mix for about 15 seconds, stop the mixer, and add the poolish.

3). Continue to mix the dough at the lowest speed for about 1 minute, until most of the dough comes together around the hook. Stop the mixer. Use your fingers to pull away any dough clinging to the hook and scrape the sides and bottom of the bowl with a bowl scraper or rubber spatula.

4). Add the salt and mix on the lowest speed for 1 minute to combine. Check the bottom of the bowl for any unincorporated flour. Turn the dough over and press it into the bottom of the bowl to pick up any stray pieces. If there is still unincorporated flour, add a small amount of water (about $\frac{1}{2}$ tsp to start) and mix until the dough is no longer dry and holds together.



- 5). Stop the mixer, pull the dough off the hook, and add the oil. Mix the dough for 1-2 minutes, stopping the mixer from time to time to pull the dough off the hook and scrape down the sides of the bowl, until all the oil is absorbed. The dough won't look completely smooth.
- 6). Use the bowl scrape to transfer the dough to an unfloored work surface. The dough is sticky, so dust with just enough flour to allow you to knead it, then knead for 2-3 minutes, until smooth. Cover the dough with a damp dish towel and let rest at room temperature for 20 minutes.
- 7). Use a dough cutter to loosen the dough and to cut it into halves or thirds (depending on the weight called for in the recipe). Weigh each piece adjusting the quantity.
- 8). Set the balls on half of sheet pan, spacing them about 3 inches apart. Or, if you will be baking the balls on different days, place each ball on quarter sheet pan. Wrap the pan(s) airtight with a double layer of plastic wrap, sealing the wrap well under the sheet pan(s). Put the pan(s) in a level spot in the refrigerator and refrigerate for 24-48 hours.

Reprinted with permission from The Pizza Bible: The World's Favorite Pizza Styles, from Neapolitan, Deep-Dish, Wood-Fired, Sicilian, Calzones and Focaccia to New York, New Haven, Detroit, and more by Tony Gemignani, copyright (c) 2014. Published by Ten Speed Press, a division of Penguin Random House

FFF: Some produce in the US is too ugly to sell. Around 40% of produce grown is never sold just because it's too ugly.

SAUSALITO, CA

THE TRIDENT

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover." - Mark Twain

Today's Trident - Still Groovy After All These Years In 1980 The Trident closed its doors and became the popular Horizons restaurant. Now they've come full circle once again to The Trident, where you can enjoy the original decor from the 1960s, including the famous wall (and ceiling) art and rich, warm woodwork featuring voluptuously flowing curves. And following its original philosophy, The Trident offers satisfying and sophisticated fare showcasing local, organic and sustainably produced ingredients. Peace, love and bon appétit!



<https://www.thetrident.net/>
558 Bridgeway
Sausalito, CA
T: 415.331.3232

Béchamel

Yields: 2 quarts

Ingredients:

Butter		1lbs
Roasted Garlic		75g
Bay Leaf	1.5g	
Pepper Corn		20g
AP Flour		125g
Yellow Onion		250g
Piment D'Espelette		7g
Nutmeg	3g	
Caraway	5g	
Cream		1400g
Milk		400g
Salt		15g/TT

Method:

Toast and grind caraway

Brown butter on medium low heat in a large rondo; add roasted garlic, bay leaf, and pepper corn, lightly sweat until oils release and flavors merry.

Gradually add flour to make roux

Add onion, dried spices, and salt cook until golden brown.

Reduce heat to low, gradually add cream and milk, cook till smooth, pass through a medium mesh chinois.

Mornay:

Béchamel	1 x recipe
Aged Smoked Goats Milk Cheddar	375g
Aged DOP Parmigiano Reggiano	335g
Gruyere	450g

Cook on double boiler or very low heat being careful not to burn; gradually add cheese; after all cheese is added cook for up to 30 min on very low heat to make sure all cheese is fully melted and incorporated, and sauce is smooth and consistent.

Lobster Mac N' Cheese





Yields: 2 servings

Shell Pasta	280g
Extra Virgin Olive Oil	100g
Large Live Main Lobster	One Each 2# (about 150g deshelled)
Milk or Heavy Cream	200g
Panko	30g
Fine Herbs	20g
Mornay Sauce	450g
Salt	TT

Method:

- 1). Toast panko; Finley chop fines herbs
- 2). Cook pasta in salted boiling water until al dente (the water should taste like the ocean); strain pasta and immediately toss with extra virgin olive oil; cover sheet tray with parchment paper, lay pasta on top, and cool in refrigerator (do not cool pasta in ice water, this will negatively impact the taste and starch content of the pasta).
- 3). Lightly simmer lobster in court bouillon (onion, parsley, lemon [juice and zest], salt, whole peppercorn, bay leaf; roughly) for 5 minutes*. Immediately cool lobster in ice bath; deshell reserving tail, claw, and knuckle meat for Mac N' Cheese (you can use the shell/body for a nice lobster stock/lobster bisque). Roughly chop lobster into large bitesize pieces. Set aside.
- 4). Add Mornay, Milk/Cream, and Pasta to a small or medium sized saucepot. Lightly heat, stirring vigorously (think risotto) with wooden spoon, until sauce is incorporated, and pasta is hot. Add lobster and bring to temperature.
- 5). Grab your favorite shallow porcelain bowl, add Lobster Mac N' Cheese, top with toasted panko and fines herbs and serve! There you have exquisite mac n' cheese!!

*It is ok to undercook the lobster a bit here; we just want to briefly cook the lobster so it will release from its shell; most seafood, lobster in particular, goes from perfect to overcooked in about 30 seconds; we can finish cooking the lobster in the mornay sauce; the fat from the mornay will protect the lobster from over cooking and becoming rubbery.

* Best to use shell pasta to capture the maximum amount of sauce in each pasta shell so when you take a bite, the sauce “explodes” in your mouth. You may change the pasta to your preference.

*Milk or cream can be used here, its preference depending on how rich you would like the dish to be.

*Fines Herbs is a French mixture of herbs typically equal parts tarragon, parsley, chives, and chervil; this can vary depending on preference and, in France, region.



Guajillo Sauce

Guajillo	100g
Arbol	10g
Garlic	60g
Yellow Onion	2 large onion (about 535g)
Mexican Oregano*	10g
Stock/Water	560g
Lime Juice	1ea lime
Honey	45g
Cumin	6g
Salt	TT

Method:

1). Deseed and destem the Guajillo chili, then weigh out 100g, add 10g Arbol chili. Lightly coat a Dutch Oven, or medium sauce pot, with oil. Toast the chilies over medium-low heat until dark, but not burnt (we want to build deep flavors here but be careful not to over toast the chilies or they will burn and become bitter).

2). Remove the chilies from the oil leaving most of the oil in the pot. Place chilies in a separate container and cover with water; rehydrate/soak chilies for 30 min (you may need to weigh chilies down in order to completely submerge them, a kitchen towel works well).

Add Yellow Onion, salt, and caramelize deeply, add Garlic, cook until golden brown, remove from flame and add Mexican Oregano and Cumin (we want to retain heat in order for the essential oils from the oregano and cumin to release.

Note: Do not add cumin & oregano while on heat

3). Deglaze with stock/water.

4). Add cooked ingredients (chilies, onions, garlic, oregano, cumin, stock) to VitaPrep (or blender of your choice), puree until smooth, pass through fine chinois. Add Honey, Juice of one Lime, and Salt to taste. Mix sauce thoroughly, set in ice bath to cool; Store sauce in quart containers with label and date.

FFF: Large groups of pistachios can spontaneously combust



SOMERVILLE, MA

JULIET SOMERVILLE

*“Life is not measured by the number of breaths we take, but by the moments that take our breath away.” –
Maya Angelou*

Juliet + Company operates two restaurants in the Boston area, owned by Katrina Jazayeri and Joshua Lewin. Juliet is an experiment in culinary storytelling and immersive experiences driven by a shared meal. Casual by day, their flagship, Juliet, transforms into something quite different by night, sharing wide ranging cuisine influenced by personal experiences and travel, to be shared with neighbors and culinary travelers alike. Peregrine, the company's newest project, is "of here and of there," celebrating the cuisines and cultures of Sardinia, Sicily, and Catalana, as well as Corsica and New England.

<http://www.julietsoverville.com/>
21 Union Square, Somerville, MA
T: 617.718.0958

Catalan Beef Stew

Ingredients:

1/2 lb bacon, diced
olive oil
2 lb beef chuck, cut into 3" squares
1 onion, medium dice
1 cup red wine
1 strip of orange peel
2 bay leaves
4 cloves garlic, minced
3 Tablespoons chopped parsley
1 cup oil cured black olives, pitted

Method:

- 1). Season the beef very liberally with salt and pepper and brown thoroughly in cast iron pan and remove. In the same pan, lightly brown bacon, remove
- 2). In the same pan, add onions, pinch of salt, and cover. First sweat, then uncover and allow to lightly but evenly brown.
- 3). Add all ingredients except olives and parsley, bring to boil. Cover with tight fitting lid, braise at 325 or simmer on stovetop until beef is very tender



4). Add olives after 2 hours (check for doneness every hour). Adjust seasoning to taste

When done, meat should be falling apart, and this is a very thick stew

Serve with chopped parsley

Choucroute Garni

Ingredients:

2 pounds pork sausage
1/4-pound bacon
1 onion, sliced
Lard or olive oil for sweating
1 cup white wine
1cup pork or chicken stock
2 garlic cloves
3 black peppercorns
1 sprig rosemary
2 juniper berries (optional)
32 oz jar sauerkraut

Method:

- 1). Brown sausage thoroughly and reserve
- 2). Render bacon, reserve
- 3). Add onion to pot w/ rendered fat (add additional fat if not rendering bacon/pork), sweat (pinch of salt, low heat, tight lid, avoid browning)
- 4). When onion is fully softened, add all pork back to pot, with wine. Bring to boil, Reduce by half.
- 5). Add stock and sauerkraut, bring to boil. Braise at 325 (or on stovetop), one hour.

FFF: American cheese is not American. Processes cheese is thought of as an American product, but it was actually invented in Switzerland. It was created by Waltz Gerber and Fritz Stettler in 1911 to lengthen the shelf-life before it was shipped overseas.



ST. LOUIS, MO

KNEAD BAKEHOUSE & PROVISIONS

“The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it.” - Thucydides

Built on the idea that value is brought to food when human hands are involved in the work, KNEAD evokes an intimacy and connection that begins with the handcrafted process of kneading bread. Bread is at the very heart of KNEAD, where their original Sourdough starter is the foundation for everything they make. From shortbread sugar cookies and cinnamon rolls, savory kolaches to pop-tarts and sandwiches served on their signature Rustic and Brioche loaves, they are passionate – some may say obsessive – about making the best dough you’ve ever tasted. They’ve been perfecting their bread since 2012, when they began selling it in local farmer’s markets throughout the St. Louis area, and take pride in every loaf they make.

www.kneadbakehouse.com
3467 Hampton Ave
St. Louis, MO
314.376.4361

Sourdough Starter Feeding

- Ingredients:
Sourdough Starter
(Purchase Sourdough Starter from your local bakery.)
Water
Rye Flour
Whole Wheat Flour

1.Feed Starter with fresh flour + water.

100g starter

50g whole wheat flour

Photo credit: Emily Dusenberry





50g rye flour
100g room temp. water

Mix together in a mason jar so it is smooth with no clumps of dry flour.
Use a dry erase marker or rubber band mark the initial level of the starter to track progress.

2. After 2 hours, you will see slight activity and the starter beginning to rise above your mark.

3. At 4 hours, the level of the starter should have significant change!
You'll see a few bubbles with a domed top trapping the gas produced by the starter.

4. At this point you can either use half of your starter in a recipe (keeping the remaining half for future feedings} or store your starter in the fridge for 1-2 weeks before feeding in again.

Croque Madame Sandwich

Photo credit: Emily Dusenberry

Ingredients:

2 Slices of Sourdough Brioche
4 Slices of Country Ham
2 Slices of Gruyere Cheese
1/2 tablespoons of whole grain mustard
1/2 tablespoons of aioli or mayonnaise
1 fresh egg
4 oz of bechamel (ingredients and recipe below)
Fresh herbs
2 tablespoons of Butter

1. Make Bechamel

75g unsalted butter
50g flour
1000ml milk
50ml vinegar
20g salt

Method:

1). Heat butter and flour to create a roux (ready when looks like wet sand)





- 2). Slowly whisk in milk until all milk has been added
- 3). Continue to whisk until it thickens; medium heat being careful not to scorch the milk
- 4). Add vinegar and salt
- 5). Assemble sandwich- Smear aioli and mustard on to brioche, add ham and gruyere.
- 6). Warm pan to medium heat. Add 2 tablespoons of butter. Place sandwich in middle of pan toasting each side until they are golden brown, cheese is melted, and ham is warmed. Remove from heat.
- 7). Top sandwich with Bechamel. Put in warm oven for 350 degrees for 5-10 minutes.
- 8). While sandwich is warming in oven, on medium-low heat skillet, add tablespoon of butter and crack egg and cook sunny side up until whites have fully set.
- 9). When sandwich is warm and egg is fully set, top sandwich with egg. Sprinkle with salt and pepper.
- 10). Serve with lightly dressed greens and fresh herbs. Enjoy!

FFF: Food tastes different when you're flying. Altitude changes your body chemistry, making certain flavors taste different than how they taste when you're on the ground.

VIRGINIA BEACH, VA

THE ATLANTIC ON PACIFIC

"Make the best use of what's in your power and take the rest as it happens." - Epictetus

The Atlantic on Pacific is a quaint raw bar, eatery and craft cocktail bar nestled in the heart of the Virginia Beach Oceanfront. Their menu celebrates seafoods from the East Coast and beyond, and they strive to support local and regional fishermen, crabbers, oystermen, farmers and producers.

theatlanticvb.com
3004 Pacific Avenue
Virginia Beach, VA
T: 757.422.2122



Crab Toast

3oz Mashed avocado
5ea Cherry tomatoes, halved
1oz Red wine vinaigrette
Radish, thin sliced
Celery leaves (for garnish)
Thick cut brioche bread

Red wine vinaigrette:

2 oz shallots
2 oz Dijon
1 T Sugar
1/2 T salt
1/2 T pepper
1 1/2 C red wine vinegar
3 C EVOO

Add all ingredients into blender & puree until thickened

For Crab Toast:

Toss tomatoes in vinaigrette & set aside

Toast bread & set aside to cool, once cool- spread mashed avocado on

Photo credit: Josh Malbon @malboncreative



Deviled Eggs

12 ea eggs boiled & yolks separated from whites
1/2 cups mayonnaise
3 tbsp Dijon mustard
1 tbsp chives, chopped
Store- bought pre-sliced smoked salmon slices
Everything bagel seasoning for garnish

Blend all ingredients but eggs whites in blender until desired consistency

Photo credit: Josh Malbon @malboncreative





“Everything Seasoning”:

2 Tbsp poppy seeds

1 Tbsp white sesame seeds

1 Tbsp black sesame seeds

4 tsp dried minced garlic

4 tsp dried minced onion

2 tsp flake sea salt or coarse salt

Fill eggs with desired amount of filling

Top with salmon slices

Sprinkle “everything seasoning” for garnish
bread, season with salt

Add crabmeat on top of avocado

Add marinated tomatoes onto crab

Garnish with radish & celery leaves

FFF: Ripe cranberries will bounce.

YOUNTVILLE, CA

MUSTARDS GRILL

“Don’t judge each day by the harvest you reap but by the seeds that you plant.” - Robert Louis Stevenson

Mustards Grill was named for the wild mustard flowers that bloom in the vineyards every spring, which help to nourish the soil. Mustard is an integral part of Napa Valley's wine growing diversity, makes for one heck of a condiment, and doesn't look too shabby in the springtime either! After 30 years of feeding Napa Valley and its visitors, Mustards Grill is still the hub of the food and wine community where winemakers lunch with truckers and chefs come to dine on their night off. Alternately known as the fancy rib joint with way too many wines, Mustards is still the place to go for a heaping plate of honest American fare with worldly sophistication, washed down with a glass of the valley's finest.

<https://mustardsgrill.com/>
7399 St Helena Hwy
Yountville, CA
T: 707.944.2424



Morel Mushroom and Goat Cheese Toasts

Yields: 6 servings

Photo credit: Laurie Smith

Ingredients:

2 tablespoons extra virgin olive oil
4 teaspoons butter
2 shallots, thinly sliced into rounds
4 cups fresh morel mushrooms, quartered
lengthwise and carefully cleaned
Salt and freshly ground black pepper
2 teaspoons chopped fresh thyme
1/4 cup Calvados, Madeira, or Cognac
1/4-pound fresh goat cheese
2 tablespoons heavy whipping cream or half-and-half

6 slices rustic country bread, each 1/3-inch thick
1/4 cup chopped fresh parsley



Morel mushrooms are smallish, look like cone-shaped sponges, and have honeycomblike caps that suck up sauces and pan juices wonderfully. They are fairly plentiful in spring, at least in certain areas, such as the Midwest and parts of the Northwest. Always buy dry, clean-looking morels, and when you get them home, look for hidden insects and shake out any forest debris. Do not wash them, however. If you can't find morels, you can use other wild mushrooms—porcini in the fall and chanterelles later in the year—or if all else fails, purchase a nice combination of cultivated mushrooms, such as button mushrooms, shiitakes, and portobellos, from the market. A combination of dried and fresh mushrooms also works well. Figure on one-eighth to one-fourth the weight of the fresh mushrooms when computing the amount of dried mushrooms.

Method:

- 1). Heat the olive oil and 2 teaspoons of the butter in a sauté pan over medium heat. Add the shallots and cook, stirring, for 3 to 5 minutes, until they begin to caramelize. Add the morels and sauté, stirring occasionally for 8 to 10 minutes, until tender. Sprinkle to taste with salt and pepper.
- 2). When the mushrooms start to caramelize and give off their juices, add the thyme and sauté for 1 minute more. Then stir in the Calvados and the remaining 2 teaspoons butter and keep warm over low heat until you are ready to serve.
- 3). In a bowl, mix the goat cheese together with the whipping cream to make it spreadable. Toast or grill the bread, smear each slice with a nice layer of the creamy goat cheese and place on serving plates. Pour the mushroom sauce over, sprinkle with parsley, and serve at once.



Chocolate Pecan Jack Daniel's Cake with Jack Daniel's Chocolate Sauce

Makes one 10-inch cake (10 to 12 normal servings or 6 really big ones)

Ingredients:

2 cups pecan pieces
6 tablespoons unsalted butter
6 ounces semisweet chocolate
1/4 cup Jack Daniel's whiskey
8 large eggs, separated
1 cup sugar

Jack Daniel's Chocolate Sauce:

8 ounces good-quality semisweet chocolate,
chopped or broken into small pieces
1/2 cup unsalted butter
3 tablespoons Jack Daniel's whiskey
3/4 cup corn syrup
3/4 cup heavy whipping cream
Optional Garnishes
Confectioners' sugar
Mint Julep Ice Cream (page 246)
Whipped cream, flavored with vanilla extract

Method:

- 1). Preheat the oven to 325°. Butter and flour a 10-inch springform pan.
- 2). Spread the pecans on a baking sheet and toast for about 12 minutes, until very fragrant. Let cool, then grind the nuts in a food processor or chop finely.
- 3). Combine the butter, chocolate, and whiskey in a large, heatproof bowl. Place over a saucepan of simmering water and stir occasionally until melted and uniform. Remove from the heat.
- 4). Put the egg yolks and 3/4 cup of the sugar in an electric mixer fitted with the whip attachment. Beat on high speed until very thick and pale. Stir the ground pecans into the chocolate mixture, then fold in the whipped yolks.

Photo credit Laurie Smith Mustards Cookbook





5). In a clean bowl, with a clean whip attachment, beat the egg whites on high speed until foamy. Slowly add the remaining 1/4 cup sugar and the salt, and whip on high speed until soft peaks form. In three batches, quickly but gently fold the egg whites into the chocolate mixture, maintaining as much volume as possible. Pour the batter into the prepared pan and bake for 40 to 45 minutes, until the cake springs back when pressed gently in the center. Cool completely on a rack, then remove the sides of the pan.

6). To make the sauce, combine the chocolate, butter, whiskey, and corn syrup in a heatproof bowl and set over barely simmering water. Cook, stirring occasionally, until the chocolate and butter are melted. Remove from the heat and stir in the cream. Now, see if you can keep from eating it all before it's time to serve it!

To serve: Cut the cake into the desired number of portions. Place each slice on a pool of warm chocolate sauce and dust liberally with confectioners' sugar. Place a big scoop of ice cream alongside and a dollop of whipped cream on top (why diet now?).

FFF: California is the world's 5th largest supplier of food.

And lastly one from me...

"Be yourself; everyone else is already taken." - Oscar Wilde

"MY GUILTY PLEASURE" Coffee Milkshake

Ingredients

Milk

Instant coffee granules

Drinking cocoa powder

Vanilla ice cream

Method:

1). Add all of the ingredients to a blender or food processor, and blend until smooth and combined. Add more ice cream for thicker milkshake. Serve immediately.

2). Add caramel or chocolate sauce on top if you are feeling extra generous ☺

#Coffee #Dessert

FFF: Coffee is the main source of antioxidants for Americans.