

# Cooking Basics Lesson Recipes

## Slicing, Dicing, and Chopping

### Pickled Vegetables

1 lb. white turnip, peeled  
8 oz. cucumber, peeled  
8 oz. carrot, peeled  
8 oz. green pepper  
2 oz. ginger, minced  
2 each red pepper, hot, dried  
1 lb. red bell pepper  
12 oz. sugar  
12 oz. vinegar  
Salt to taste

Julienne all vegetables. Mix everything together except sugar and vinegar. Rinse vegetables and drain. Combine sugar and vinegar and pour over vegetables. Marinate for 6 hours.

Prep time: 1 ½ hours  
Marinate time: 6 hours  
Cooking Time: none  
Yield: 20 – 3 oz. portions

# Cooking Basics Lesson Recipes

## Slicing, Dicing, and Chopping

### Ratatouille Creole Style

32 oz. eggplant, 1 inch diced  
2 Tbs. salt  
4 oz. vegetable oil  
16 oz. onion, minced  
1 tsp. garlic, minced  
6 oz. green pepper, julienne  
16 oz. zucchini, large dice  
3 oz. chili sauce  
½ tsp. pepper  
1 tsp. basil, dry  
16 oz. mushroom, sliced  
6 oz. ripe black olives, sliced  
2 Tbs. parsley, chopped  
16 oz. tomatoes, chopped

Mix salt with eggplant. Set aside for one hour. Rinse, dry, and reserve. Sauté onion and garlic in 4 oz. of vegetable oil for 3 minutes. Add eggplant, green pepper, and zucchini. Simmer for 15 minutes. Add chili sauce, salt, pepper, and basil. Simmer for 10 minutes. Add mushrooms, olives, and parsley. Cook until hot and serve.

Prep time: 30-45 minutes  
Cooking Time: 30 minutes  
Yield: 20 – 4 oz. portions

# Cooking Basics Lesson Recipes

## Slicing, Dicing, and Chopping

### Waldorf Salad

3 lbs. Red Delicious apples  
4 oz. lemon juice  
12 oz. celery, diced  
1 pt. mayonnaise  
1 oz. sugar  
1 tsp. salt  
6 oz. walnuts

Core and dice apples. Mix with lemon juice and add celery. Mix with mayonnaise, sugar, and salt. Garnish with chopped walnuts.

For a creamy salad, you may want to replace 1 cup of mayonnaise with heavy whipping cream. Another variation would be to add pineapple chunks and raisins.

Prep time: 25 minutes  
Cooking Time: none  
Yield: 25-40 portions

# Cooking Basics Lesson Recipes

## Moist Heat Cooking Methods

### BBQ Pork Baby Backribs

1/30 lb case of backribs, 1 ¼- 1 ½

Your favorite barbecue sauce as needed

First step: Making a high quality, consistent rib is in the braising process. The backribs are already peeled, so lightly overlap the ribs in a large roasting pan, placing the large end of the rib bone up and the small end down. Fill with water  $\frac{3}{4}$  of the way up the bone. Cover tightly with foil and place a 350-degree oven. Let the ribs braise until tender; usually about 3-3 ½ hours. An easy way to test the ribs for doneness is to place your finger between the rib bones and push. When your finger goes through the meat without a lot of resistance, it's done. Drain ribs and let cool.

Second step: When an order comes into the kitchen, place the slab of ribs on a ½ sheet tray and top with sauce. Place in a very hot oven (450° or higher) until the sauce bubbles to the top. Serve.

Prep time: 3-3 ½ hours

Cooking Time: 5-7 minutes

Yield: 22-24 portions

# Cooking Basics Lesson Recipes

## Moist Heat Cooking Methods

### Steamed Haddock with Tomato Zucchini Coulis

3 lbs. tomatoes, peeled, seeded, and diced  
¼ tsp. saffron  
8 oz. zucchini, thinly sliced or matchstick  
2 Tbs. Parmesan cheese  
6 each 6 oz. haddock filets  
2 oz. lemon juice  
2 green onions, chopped  
Water as needed  
Salt to taste  
Pepper to taste

Coulis sauce: Simmer tomatoes until most of the juice is evaporated. Add saffron and mix. Add zucchini and cook one minute. Season with the salt and pepper to taste, remove from heat and add cheese. If necessary, puree the sauce to remove lumps.

Poach: Place water, lemon juice, and onion in pan and bring to a boil. Reduce to a simmer and place bamboo steamer over top. Add fish, and steam about 10 minutes. Serve hot and top with coulis.

Prep time: 45 minutes  
Cooking Time: 15 minutes  
Yield: 6 – 6 oz. portions

# Cooking Basics Lesson Recipes

## Moist Heat Cooking Methods

### Hamburger Stew

5 lbs. hamburger meat  
2 ¼ gal. beef stock  
3 lbs. onion, chopped  
2 lbs. celery, sliced  
3 lbs. peas, frozen  
3 lbs. carrots, frozen  
1 C barley  
1 tsp. thyme, dry  
1 tsp. pepper  
2 Tbs. salt  
2 C instant potatoes

Cook ground beef. When brown, drain off fat and add stock and onion. Simmer for 15 minutes. Add all other ingredients (except instant potatoes). Cook 30 minutes and add instant potatoes. Simmer 5 minutes. You may substitute 2 lbs. diced potatoes for instant and add when all other vegetables are added.

Prep time: 15 minutes  
Cooking Time: 50 minutes  
Yield: 40-50

# Cooking Basics Lesson Recipes

## Dry Heat Cooking Methods

### Broiled Salmon with Ginger Sauce

12 each 6-8 oz. Salmon filets

**Sauce:**

10 oz. pineapple juice

6 oz. vegetable oil

4 oz. saké

5 oz. light soy

2 oz. brown sugar

4 Tbs. ginger root, grated

¼ tsp. hot red pepper

5 Tbs. cornstarch

Water as needed

Mix all ingredients except water and cornstarch. Pour over salmon and marinate for 2 hours under refrigeration. Remove salmon.

Heat the sauce and thicken with cornstarch. Broil salmon while sauce is cooking.

Prep time: 10 minutes

Marinate time: 2 hours

Cooking Time: 15 minutes

Yield: 12 portions

# Cooking Basics Lesson Recipes

## Dry Heat Cooking Methods

### Baked Herb Chicken

4 cloves garlic  
1 tsp. margarine  
1 Tbs. vegetable oil  
3 lbs. roasting chicken without skin  
2 Tbs. minced rosemary (fresh)  
1 Tbs. oregano  
½ C dry white wine

Preheat oven to 350° Fahrenheit. Peel and halve garlic cloves. In a large ovenproof skillet over medium high heat, heat margarine and oil and sauté garlic cloves for 2 minutes. Quarter chicken. Add to pan and brown lightly on both sides. Add rosemary and oregano to pan.

Cover skillet and place in oven. Bake until internal temperature reaches 180°F. Remove bird from pan and keep warm on a platter in oven.

In the same skillet over medium-high heat, pour in wine. Cook rapidly for 2-3 minutes, scraping pan to loosen browned bits. Pour sauce over chicken and serve.

Prep time: 15 mins.

Cooking Time: 45 mins

Yield: 4 portions



# Cooking Basics Lesson Recipes

## Dry Heat Cooking Methods

### T-Bone Steak

1 - 24 oz. T-bone Steak (700g)  
1 oz. margarine, melted  
Seasoned salt and pepper to taste  
Chopped fresh parsley to taste

Season both sides of the steak with the seasoned salt and pepper. Broil the steak to the desired degree of doneness on a very hot serving platter. Pour melted margarine over the steak and sprinkle with parsley.

Prep time: 10 minutes

Cooking time: To desired degree of doneness

Yield: 1

# Cooking Basics Lesson Recipes

## Dry Heat Methods with Fat

### Stir Fry Chicken

1 oz. salad oil

5 oz. skinless chicken thigh meat, sliced into strips

6 oz. stir fry vegetables

1 oz. soy sauce

Sauté chicken in oil until almost done. Add stir fry vegetables and toss until very hot. Add soy sauce until hot or cooked through. Serve over rice.

Prep time: 1 minute

Cooking Time: 5 minutes

Yield: 1 portion

# Cooking Basics Lesson Recipes

## Dry Heat Methods with Fat

### Quick Veal Parmesan

12 each 4 oz. veal cutlet  
36 oz. spaghetti sauce  
12 slices mozzarella cheese  
3 lbs. spaghetti, cooked

Prepare egg wash and seasoned flour (see recipes, below).

Bread cutlets in egg wash and seasoned flour. Deep fry cutlets until done, about 5 minutes. Serve over 4 oz. of cooked, hot spaghetti. Top with 3 oz. of spaghetti sauce and one slice of mozzarella. Bake until cheese is melted.

Prep time: 15 minutes  
Cooking Time: 10 minutes  
Yield: 12 portions

### Seasoned Flour Mix

50 lbs. All-Purpose flour  
52 ounces salt (2 salt rounds)  
6 oz. garlic powder  
4 oz. black pepper

Mix all ingredients together. This seasoned flour is good for fried chicken, sautéed items, and breading for deep fried foods.

Prep time: 10 minutes  
Cooking Time: none  
Yield: 52 pounds

## **Egg Wash**

12 eggs

$\frac{3}{4}$  gal. milk

Beat eggs. Add milk and mix. Ready for any use needing egg wash (i.e.: breaded deep-fried food, bread wash, etc.)

Yield: 1 gallon

# Cooking Basics Lesson Recipes

## Dry Heat Methods with Fat

### Tenderloin Steak Salad with Steak Salad Dressing

#### Salad:

1 ½ lbs. lettuce, torn  
18 each endive leaves  
18 sprigs watercress  
12 slices avocado, ½ inch thick  
2 tomatoes, cut into 6 slices each  
1 lb. tenderloin, sautéed to medium rare, sliced thin, and julienned into 4 oz. portions  
Salt and pepper to taste

Place a bed of lettuce on each plate, with endive and watercress. Salt and pepper to taste. Add tenderloin. Top with salad and garnish with avocado and tomato. Top with dressing (see following recipe) and serve.

Prep time: 20 minutes

Cooking Time: none

Yield: 6 portions

#### Dressing:

1 C mayonnaise  
1 C tartar sauce  
1 tsp. Dijon mustard  
1 tsp. sugar  
1 tsp. lemon juice  
2 oz. white wine  
2 oz. spinach, cooked and finely chopped  
2 each egg yolks

Mix all ingredients together and place in cooler until chilled.

# Cooking Basics Lesson Recipes

## Microwave Cooking

### Hot Turkey Salad

2 C diced, cooked turkey  
1 C thinly sliced celery  
½ tsp. salt  
2 tsp. grated onion  
1 C mayonnaise  
2 Tbs. lemon juice  
1/2 C shredded Jack cheese  
1 C crushed potato chips

Combine turkey, celery, salt, onion, mayonnaise, and lemon juice. Spoon lightly into 1 quart microwave dish. Sprinkle with cheese and potato chips. Bake in microwave for 4 ½ to 5 minutes, or until mixture is well heated. Serve with assorted crackers.

Prep time: 30 minutes  
Cooking Time: 4 ½ -5 minutes  
Yield: 2 portions

# Cooking Basics Lesson Recipes

## Microwave Cooking

### Microwave Veal Loaf

1 ½ lbs. ground veal  
1 – 2 ¼ oz. package of onion soup mix  
1 ½ C water  
¾ C herb-seasoned stuffing mix  
½ C ketchup  
¼ C brown sugar  
2 tsp. Dijon mustard

Mix veal, soup mix, water, and stuffing mix and press into 8 x 4 inch microwavable loaf dish. Top with waxed paper. Microwave 10 minutes on high. Drain off juices.

Combine ketchup, brown sugar, and mustard, and spoon over veal loaf. Microwave uncovered for 3-4 minutes, or until loaf is cooked in the center. Let stand for a few minutes before serving.

Prep time: 5 minutes  
Cooking time: 16 minutes  
Yield: 6 servings

# Cooking Basics Lesson Recipes

## Microwave Cooking

### Stuffed Seasoned Mushrooms

- 18 large mushrooms
- 5 Tbs. olive oil
- 1 Tbs. lemon juice
- 1 C coarse dry breadcrumbs
- 2 Tbs. finely chopped fresh oregano
- 2 Tbs. finely chopped onion

Wipe mushrooms with damp paper towel. Remove stems. Chop and set aside. Combine 1 Tbs. olive oil and lemon juice. Brush mushrooms with mixture. Combine chopped mushroom stems, breadcrumbs, remaining olive oil, onion, and chopped oregano. Spoon mixture into mushrooms. Arrange filled mushrooms in a circle on a plate suitable for microwaving.

Microwave on high for 3-4 minutes, rotating plate  $\frac{1}{2}$  turn after 2 minutes.

NOTE: May bake in oven for 10 minutes at 350°.

Prep time: 45 minutes

Cooking time: 3-4 minutes

Yield: 18 pieces



# Cooking Basics Lesson Recipes

## Sauces

### Beef Tenderloin with Bordelaise Sauce

Sauce:

- 1 pt. demi glace, prepared
- 1 C red wine/bordeaux wine
- 1 Tbs. chopped shallots
- Pinch fresh thyme
- 2 Tsp. butter

Beef Tenderloin:

- 1 each beef filet, 6 oz. portion

Prepare the sauce: place wine, shallots, and thyme into a sauce pan. Reduce to  $\frac{2}{3}$  of a cup. Add to demi glace and cook for 10 minutes on low heat. Whip in butter and strain through a cloth.

Prepare the beef tenderloin: broil the tenderloin to proper doneness. Slice tenderloin into 4 or 5 slices. Put 3 oz. of hot bordelaise sauce on a plate. Fan tenderloin onto the sauce. Serve with potato and buttered asparagus.

Prep time: 5 minutes

Cooking Time: 15 minutes

Yield: 1

# Cooking Basics Lesson Recipes

## Sauces

### Salmon with Dill Chablis Sauce

8 each 6-8 oz. salmon fillets  
6 Tbs. unsalted butter  
2 tsp. salt  
6 Tbs. chopped shallots  
3/4 C chablis  
1 Tbs. lemon juice, fresh  
2 1/2 C fish stock  
1 1/4 C heavy cream  
4 each egg yolks  
2 Tbs. Worcestershire sauce  
2 Tbs. freshly chopped dill  
16 each lemon wedges  
White pepper to taste

Combine the salt and pepper in a small bowl. Sprinkle half the premixed salt and pepper plus half the shallots on bottom of a buttered pan. Place salmon side by side in pan. Brush with melted butter. Add wine and lemon juice, sprinkle with the rest of salt and pepper mixture. Cover with greased paper and bake in a pre-heated oven at 450° for 10 minutes.

#### Dill Chablis Sauce:

In another pan, with the rest of the butter, sauté remaining shallots until soft. Add all the liquid from salmon pan, and mix in fish stock. Reduce to half its original volume and strain through a fine strainer.

Whip egg yolks and heavy cream in a double boiler for 8-10 minutes or until firm and foamy. Blend this mixture into the reduced sauce for binding. Add dill and Worcestershire sauce and season to taste. To serve, cover each fillet with about 2 1/2 Tbs. of sauce and glaze for 10 seconds under broiler. Place 2 Tbs. of sauce in the center of a hot dinner plate and place salmon on the sauce. Garnish with 2 lemon wedges and chopped dill.

Prep time: 15 minutes

Cooking Time: 10 minutes

Yield: 8 portions

# Cooking Basics Lesson Recipes

## Sauces

### Shrimp Dijon

60 pieces 16-20 count Tail-On Cooked Shrimp, thawed  
½ C butter  
3 C fresh mushrooms, sliced  
1 C onion, finely chopped  
¼ C flour  
2 C chicken stock  
¾ C dry white wine  
2 Tbs. Dijon mustard  
2 Tbs. dry crushed tarragon  
¾ tsp. salt  
½ tsp. pepper  
½ tsp. paprika  
¾ C heavy cream

In a large sauté pan, melt butter. Add mushrooms and onions; sauté until limp. Stir in flour. Add stock and white wine while stirring. Stir in mustard and seasonings; cook until mixture thickens and bubbles. Reduce heat; stir in cream and cooked shrimp. Toss and cook 2 minutes or until heated through. Serve over rice or noodles.

Prep time: 10 minutes

Cooking time: 20 minutes

Yield: 12 portions

# Cooking Basics Lesson Recipes

## Cooking Meats

### Roast Pork Loin

1 – 3 lb. boneless pork loin roast  
Salt and pepper to taste  
2 onions, coarsely chopped  
2 carrots, coarsely chopped  
4 garlic cloves, chopped  
3 sprigs fresh sage  
2 bay leaves  
1 pt. beef stock

Tie the pork loin with butcher's twine. Season meat with salt and pepper and place it in a roasting pan. Scatter the onions, carrots, sage, and bay leaves around it. Roast at 425° F (220° C) until the roast reaches an internal temperature of 145°, approximately 45 minutes. Remove the meat from the roasting pan and cut away the twine. Hold in a warm place for service.

Deglaze the roasting pan with the stock. Strain the vegetables and liquid through a chinois into a small saucepan. Discard the solids. Bring sauce to a boil and skim as much fat as possible from the surface. Season with salt and pepper. Spoon a portion of the sauce over the pork; serve the remainder on the side.

Prep time: 30 minutes

Cooking time: Approximately 45 minutes

Yield: 6 servings

# Cooking Basics Lesson Recipes

## Cooking Meats

### Grilled Pork Chops with Herb Butter

6 – 1 inch (2.5 cm) thick pork chops, loin or rib

Salt and pepper to taste

Oil, as needed

6 thin slices or 6 small rosettes herb butter

Season the pork chops with salt and pepper, brush with oil. Place the pork chops on a hot grill, turning as necessary to produce proper crosshatching. Cook to an internal temperature of 155°F. Remove the pork chops from the grill and place a slice of herb butter on each chop. Serve immediately as butter melts. The plate can be placed under the broiler for a few seconds to help melt the butter.

Prep time: 15 minutes

Cooking time: 6-8 minutes

Yield: 2 servings

# Cooking Basics Lesson Recipes

## Cooking Meats

### Roast Prime Rib of Beef

16 lb oven-ready rib roast IMPS #109

Salt and pepper to taste

Chopped garlic, to taste

½ lb. onion, coarsely chopped

¼ lb. carrots, coarsely chopped

¼ lb. celery, coarsely chopped

2 qt. beef broth

Pull back the netting, fold back the fat cap and season the roast well with the salt, pepper, and chopped garlic. Replace the fat cap and netting; place the roast in an appropriately-sized roasting pan. Roast at 300-325° F (160-165° C).

Add the onion, carrot, and celery to the pan approximately 45 minutes before the roast is finished cooking. Continue cooking until the internal temperature reaches 125° F (52° C); approximately 3 to 4 hours. Carryover cooking will raise the internal temperature of the roast to approximately 138° F (59° C). Remove the roast from the pan and allow it to rest in a warm place for 30 minutes.

Drain the excess fat from the roasting pan, reserving the vegetables and any drippings in the roasting pan. Caramelize the vegetables on the stovetop; allow the liquids to evaporate. Deglaze pan drippings with beef broth. Stir to loosen all the drippings. Add caramelized vegetables and simmer in the jus, reducing it slightly and allowing the vegetables to release their flavor. Season with salt and pepper if necessary. Strain the jus through a china cap lined with cheesecloth. Skim any remaining fat from the surface with a ladle.

Remove the netting from the roast. Trim and slice the roast as described below and serve with approximately 1 to 2 ounces (30 to 60 milliliters) jus per person.

**Carving Prime Rib:**

1. Remove the netting, fat cap, and chine bones
2. Trim the excess fat from the eye muscle
3. Slice the rib in long, smooth strokes; the first cut (end cut) without a rib bone, the second with a rib bone, the third without, and so on.

Prep time: 30 minutes

Cooking time: 3-4 hours

Yield: 8 servings

# Cooking Basics Lesson Recipes

## Poultry

### Roast Turkey

1 – 12-15 lb. young turkey with giblets (5.5-6.5 kg)  
Salt and pepper to taste  
20 oz. mirepoix  
8 oz. onion, small dice  
6 oz. celery, small dice  
4 oz. margarine  
2 lbs. dried bread cubes  
2 eggs, beaten  
1 Tbs. fresh parsley, chopped  
2 ¼ qt. chicken stock

Remove the giblets from the turkey's cavity and set aside. Season the turkey inside and out with salt and pepper. Truss the turkey.

Place the turkey in a roasting pan. Roast at 400° F (200° C) for 30 minutes. Reduce the temperature to 325° F (160° C) and continue cooking the turkey to an internal temperature of 160° F (71° C) , approximately 2 ½ to 3 hours. Baste the turkey often during cooking. If the turkey begins to overbrown, cover it loosely with aluminum foil.

To make the dressing, sauté the diced onion and celery in the margarine until tender. In a large bowl, toss together the bread cubes, salt, pepper, eggs, parsley, sautéed onions and celery, and 4 ounces (120 ml) of chicken broth. Place this mixture in a large greased hotel pan and cover with aluminum foil or buttered parchment paper. Bake at 350° F (180° C) until done, approximately 45 minutes.

As the turkey roasts, simmer the giblets (heart, neck, and gizzard) in 1 quart (1 liter) of the chicken stock until tender, approximately 1 ½ hours.



When the turkey is done, remove it from the roasting pan and set it aside. Pour off the fat in the roasting pan, reserving 3 ounces (90 grams) to make a roux.

Place the roasting pan on the stovetop and brown the mirepoix. Deglaze the pan with a small amount of chicken stock. Transfer the mirepoix and stock to a saucepot, and add the remaining stock and the broth from the giblets. Bring to a simmer and pour off fat.

Make a blonde roux with the reserved fat and flour. Add the roux to the liquid, whisking well to prevent lumps. Simmer 15 minutes. Strain the gravy through a china cap lined with cheesecloth.

Remove meat from the turkey neck. Trim the gizzard. Finely chop the neck meat, heart, and gizzard and add to the gravy. Adjust the seasonings.

Carve the turkey and serve with a portion of the dressing and gravy.

Prep time: 45-60 minutes

Cooking time: 2 ½-3 hours

Yield: 6

# Cooking Basics Lesson Recipes

## Poultry

### Grilled Chicken Breast with Tarragon and Shallot Marinade

4 lbs. chicken breast (1 large breast), skinned  
½ C tarragon vinegar  
2 Tbs. minced shallots  
½ C nonfat plain yogurt  
1 tsp. curry powder

Place chicken breasts in a large, shallow pan. Mix together vinegar and shallots and pour over chicken. Cover with plastic wrap and marinate for 8 to 10 hours in the refrigerator.

Combine yogurt and curry powder. Set aside.

Place chicken breasts on the grill and cook for 4 minutes. Turn 90° to achieve crosshatching and cook for 2 minutes. Turn chicken over and finish cooking, approximately 4 to 8 minutes. Serve with curried yogurt as a spicy sauce.

Prep time: 15 minutes

Marinate time: 8-10 hours

Cooking time: 10 minutes

Yield: 2-4

# Cooking Basics Lesson Recipes

## Poultry

### Roast Cornish Game Hen with Wild Rice Stuffing

6 Rock Cornish Game hens  
6 oz. margarine, melted  
3 oz. shallots, fine dice  
6 oz. mushrooms, chopped  
1 ½ C wild rice, cooked  
1 Tbs. fresh thyme, crushed  
1 Tbs. fresh marjoram, crushed  
Salt and pepper to taste

Prepare dressing separately: Sauté the mushrooms and onions in 2 ounces (60 grams) of melted margarine until tender. Cool. Stir in the rice and herbs, and season to taste with salt and pepper. Place dressing in a baking pan.

Place hens in a roasting pan. Brush the hens with the remaining margarine and season with salt and pepper. Roast hens and dressing at 400° F (200° C) for 15 minutes.

Reduce the oven temperature to 300° F (150° C) and roast until the internal temperature is 180° F (approximately 30 minutes.) Baste two or three times with melted margarine. Serve the hens with a pan gravy or a sauce made separately.

Prep time: 30 minutes  
Cooking time: 45 minutes  
Yield: 6 servings

# Cooking Basics Lesson Recipes

## Shellfish

### Deviled Crab Patties

8 oz. shortening  
4 oz. onion, minced  
8 oz. flour, All-Purpose  
48 oz. milk, heated  
¾ oz. salt  
½ tsp. pepper  
½ tsp. dry mustard  
1 ½ tsp. Worcestershire Sauce  
Dash hot pepper sauce  
1 oz. parsley, chopped  
1 whole egg  
1 Tbs. lemon juice  
2 ½ lbs. crab meat  
4 C Japanese bread crumbs

Cook onion in shortening until semi-clear. Add flour. Blend and add milk. Cook 10 minutes until thick and add all other ingredients except the crumbs. Mix gently and refrigerate. Shape into 2 oz. patties. Chill patties. Bread crab patties and deep-fry 3-4 minutes. Great for breakfast.

Prep time: 20 minutes

Cooking Time: 20 minutes

Yield: 25 portions

# Cooking Basics Lesson Recipes

## Shellfish

### Sautéed Shrimp Magenta

2 oz. celery, julienne  
2 oz. carrot, julienne  
1 oz. leek, thinly sliced  
1 Tbs. olive oil  
4 oz. shrimp 21-25 count, P&D, no tail  
2 oz. white wine  
4 oz. diced tomatoes  
2 each basil leaves, fresh

Cook to order: Add olive oil to hot sauté pan. Quickly sauté vegetables and cook until tender. Add shrimp, cook 2 minutes and add white wine and tomato. Let simmer and season with salt and pepper. Add basil leaves and serve over rice.

Prep time: 15-20 minutes  
Cooking Time: 5 minutes  
Yield: 1 portion

# Cooking Basics Lesson Recipes

## Shellfish

### Steamed Scallops with Ginger, Tarragon, and Grapefruit

1 grapefruit  
1 lime  
1 - 8 inch flour tortilla (20 cm)  
3 large scallops  
1 tsp. ginger, grated  
2 oz. carrots, julienne  
1 oz. celery, julienne  
2 Tbs. tomato, small dice  
1 Tbs. fresh tarragon, chopped  
1 Tbs. olive oil  
Salt and pepper to taste  
8 oz. white wine  
1 tsp. shallot, chopped

Zest the grapefruit, and then cut it into ½ inch (1.2 cm) slices. Peel the lime and cut into ¼ inch (6 mm) slices.

Line a small bamboo steamer with the flour tortilla. Place the scallops on top of the tortilla. Add the grapefruit zest, ginger, carrot, celery, tomato, tarragon, olive oil, two slices of lime, and a dash of salt and pepper. Cover.

Place the white wine, chopped shallots, grapefruit slices, and remaining lime slices in the bottom of the steamer pan. Steam the scallops over the seasoned wine until done, approximately 5 minutes.

Prep time: 45 minutes

Cooking Time: 5 minutes

Yield: 1 portion

# Cooking Basics Lesson Recipes

## Fin Fish

### Orange Roughy with Lobster Sauce

10 lbs. orange roughy fillets  
1 lb. butter  
Salt and pepper to taste

For Lobster Sauce:

1 qt. milk  
1 ½ oz. flour  
1 ½ oz. butter  
1 oz. lobster base

Lobster Sauce: In a sauce pot, make a roux with butter and flour. Add the milk, stirring constantly. Let simmer for 3 minutes. Add lobster base. Keep hot until needed.

Orange Roughy: Cut roughy into 2 oz. strips. Roll up the strips and place in a buttered steam table pan. Sprinkle with salt and pepper. Top with melted butter. Bake in a 350° oven for 20 minutes. Top with lobster sauce (requires about 20 oz.).

Prep time: 30 minutes  
Cooking Time: 20 minutes  
Yield: 25 – 6 oz. portions

# Cooking Basics Lesson Recipes

## Fin Fish

### Whole Poached Salmon

4 to 5 lb. salmon, drawn  
Fish stock, as needed  
1 bunch fresh dill

Place the fish on a freshly oiled rack or screen and secure with butcher's twine. Place the rack or screen in a pot and cover with cold fish stock. Add dill and bring to a simmer over moderate heat. Reduce the heat and poach the fish at 175-180° F (79-85° C) until done, approximately 30-45 minutes.

If the fish is to be served hot, remove it from the stock, drain well, and serve immediately with an appropriate garnish. If it is to be served cold, remove it from the stock, drain well, and cool and refrigerate for several hours before decorating and garnishing as desired.

Prep time: none  
Cooking Time: 30-45 minutes  
Yield: 18-20 servings



# Cooking Basics Lesson Recipes

## Fin Fish

### Fish Fumet

2 oz. vegetable oil  
1 lb onion, small dice  
12 parsley stems  
10 lbs. fish bones  
1 ½ pt. dry white wine  
2 oz. lemon juice  
7 qt. cold water or fish stock  
1 sprig fresh thyme  
10 lemon slices

Heat the oil in a stockpot. Add the onions, parsley stems, and fish bones. Cover the pot and lightly sauté the bones and vegetables over low heat.

Sprinkle the bones with the white wine and lemon juice. Add the cold water or fish stock, thyme, and lemon slices. Bring to a boil, reduce to a simmer and cook approximately 30 minutes, skimming frequently.

Strain, cool, and refrigerate.

Prep time: 45 minutes

Cooking Time: 1 ½ hours

Yield: 2 gal.

# Cooking Basics Lesson Recipes

## Seasoning and Plate Presentation

### Curried Chicken Salad

3 C salad dressing  
Juice from one fresh lemon  
3 Tbs. curry powder  
3 lbs. diced chicken, cooked  
3 C fresh celery, thinly sliced  
1 C almonds, toasted  
1 C fresh apples, diced  
1 C coconut, toasted

Mix salad dressing, lemon juice, and curry powder. Add remaining ingredients and mix well. Serve on croissant or salad plate.

Prep time: 30 minutes  
Cooking Time: none  
Yield: 20 – 4 oz. portions

# Cooking Basics Lesson Recipes

## Seasoning and Plate Presentation

### Oriental Chicken Salad

5 lbs. diced chicken  
16 oz. soy sauce  
4 oz. sesame oil  
6 oz. rice wine vinegar  
4 oz. rice wine  
1 tsp. ginger root, peeled and minced  
½ tsp. fresh garlic, minced  
4 oz. sugar  
Salt to taste

Optional Garnishes: tomato, avocado, pineapple and orange slices, and snow peas.

Mix all ingredients well, except chicken. Add diced chicken and let marinate two hours in cooler. Serve over rice. Garnish with tomato, avocado, snow peas, orange, and pineapple. Top chicken with finely sliced green onion.

Prep time: 10 minutes  
Marinate Time: 2 hours  
Yield: 20 – 4 oz. portions

# Cooking Basics Lesson Recipes

## Seasoning and Plate Presentation

### Quick Shrimp Creole

4 lbs. salad shrimp, 300 count  
48 oz. chicken or seafood stock  
6 oz. margarine  
2 lbs. onion, diced  
1 ½ lbs. celery, diced  
1 ½ lbs. green pepper, diced  
1 Tbs. garlic, minced  
1 ½ Tbs. salt  
2 each whole bay leaves, dried  
1 Tbs. white pepper  
2 tsp. Cayenne pepper  
1 tsp. black pepper  
1 Tbs. Tabasco sauce  
2 Tbs. thyme, dried  
1 Tbs. basil, dried  
1 ½ qt. tomatoes, diced  
1 ½ pt. tomato Sauce  
1-2 Tbs. sugar

Melt margarine in large, heavy pot. Add half the onion and let brown. Then add remaining onion, celery, and green pepper. Cook until tender (about 5 minutes). Add spices and mix well. Add 1 cup stock and let cook for 5 minutes. Add tomatoes and simmer for 10 minutes. Add sauce and the remaining stock, simmer for 20 minutes. Add shrimp and cook for 3-5 minutes. Serve with rice.

Prep time: 45 minutes

Cooking Time: 45 minutes

Yield: 20 portions

# Cooking Basics Lesson Recipes

## Blanching and Marinating

### Seasoned Flour Mix

50 lbs. All- purpose flour

52 oz. salt (2 salt rounds)

6 oz. garlic powder

4 oz. black pepper

Mix all ingredients together. This seasoned flour is good for fried chicken, sautéed items, and breading for deep fried foods.

Prep time: 10 minutes

Cooking Time: none

Yield: 52 pounds

# Cooking Basics Lesson Recipes

## Seasoning and Plate Presentation

### Egg Wash

12 eggs

$\frac{3}{4}$  gal. milk

Beat eggs. Add milk and mix. Ready for any use needing egg wash (i.e.: breaded deep-fried food, bread wash, etc.)

Yield: 1 gallon

# Cooking Basics Lesson Recipes

## Seasoning and Plate Presentation

### Marinated London Broil

2 to 3 lb. beef flank steak (1-1 ½ kg)

Marinade:

4 oz. olive oil

2 oz. balsamic vinegar

1 Tbs. fresh rosemary, chopped

1 Tbs. fresh oregano

2 oz. garlic, minced

2 oz. red wine

1 tsp. pepper

Combine the marinade ingredients in a hotel pan. Add the flank steak and coat completely. Allow the meat to marinate for at least 4 hours.

Grill the steak rare to medium rare. If cooked further, the meat will become extremely tough. Carve into ¼ inch (6 mm) thick slices, cutting diagonally across the grain.

Prep time: 20 minutes

Marinate time: 4 hours

Cooking Time: 6-8 minutes

Yield: 6 – 8 oz. servings