

Welcome!

This is where you will find pretty much everything we have made in class. Below is a list of the hashtags you should photograph and definitions on your IG account. Beyond that is the table of contents for the recipes.

### Hashtags

#120 #dangerzone #macedoine #brunoise # BainMarie # MiseEnPlace #creaming  
#panéed #MotherSauce #chiffonade #julienne #folding #165 #pastrycream (*senior classes only*) #broiling

### WEEK 1

[Pico de Gallo \(Salsa Fresca\)](#)

### WEEK 2

[Blueberry Scones](#)

[Eggs 4 ways](#)

[Potato Pancakes](#)

[PAIN RUSTIQUE](#)

[Molten Chocolate Lava Cake \(Chocolate Fondant Cakes\)](#)

### WEEK 3

[Choco Chip cookies](#)

[Pan Pizza](#)

[Tortilla de Patata EGG AND POTATO FRITATA](#)

[Raspberry Pudding Cake \(from Lapin Saute\)](#)

[Crepes](#)

[www.laurainthekitchen.com/recipes/nutella-and-strawberry-filled-crepes/](http://www.laurainthekitchen.com/recipes/nutella-and-strawberry-filled-crepes/)

[Pancakes](#)

[Wiener Schnitzel VEALCUTLETS](#)

[Homemade Mayo](#)

[Cream of Cauliflower Soup](#)

### WEEK 4

[Crepes](#)

[Curried Chicken Crepe filling](#)

[Pumpkin Spice Muffins with Crumb topping and Cream Cheese Icing](#)

[Fettuccine Alfredo](#)

[Alfredo Sauce](#)

[Individual Cheesecake](#)

[Macaroni and Cheese](#)

#### [WEEK 5](#)

[Jamaican Patties](#)

[Special Fried Noodles 2.0](#)

[Churros FRIED CRULLERS](#)

#### [WEEK 6](#)

[Avogolemono Soup CHICKEN AND LEMON SOUP](#)

[Pasta Carbonara](#)

[Mini Cheesecake Swirl Browniesf](#)

[Swirl Brownies](#)

[Sweet and Sour Sauce](#)

#### [WEEK 7](#)

[Bagels](#)

[Cupcakes](#)

[Buttercream 2](#)

[Pastry Cream](#)

#### [WEEK 8](#)

[Puff pastry](#)

[Simple Green Salad with Champagne Vinaigrette](#)

[AApple Crisp](#)

[Pineapple Pork](#)

#### [WEEK 9](#)

[Apple Fritters 1](#)

[Enriched Straight Dough/Loaf](#)

[Oatmeal Cookies](#)

#### [WEEK 10](#)

[Scallion Pancakes:](#)

[Creme Brulee](#)

[Swiss Meringue Buttercream](#)

[Quick Mac and Cheese](#)

[Pierogi](#)

[BBQ Sauce](#)

#### [WEEK 11](#)

[Gougeres](#)

[Double Chocolate chip cookies](#)

[Biscotti](#)

[Coq au Vin](#)

[Meatballs](#)

#### WEEK 12

[Chocolate Mousse MOUSSE AU CHOCOLAT](#)

[Spice cookies](#)

[Soft Philly Pretzels](#)

[Parmesan Pomodoro Sauce...the one tomato sauce you need](#)

[Butterscotch Pudding](#)

#### WEEK 13

[At Home Neapolitan Pizza](#)

[Minestrone](#)

[Stella Parks' Brownie modified for classes](#)

[Chocolate Frosting](#)

[Potsticker 2018](#)

#### WEEK 14

[Risotto](#)

[Meatballs](#)

[BBQ Sauce](#)

[Flourless chocolate cake](#)

[Sugar Cookies](#)

[Royal icing](#)

[Chocolate Mint Thumbprint Cookies](#)

#### Week 15

[Pate Brisee](#)

[Quiche](#)

[Polenta with cheese and balsamic glaze](#)

[Reverse chocolate-chip cookies](#)

[Chocolate-Hazelnut Tart](#)

#### WEEK 16

[Sourdough](#)



Bread Master recipe

For 6 foccacia or 8 loaves

X 3 for loaves x 4 for focc

2666 g flour

2000 g water

260 g starter

60 g salt

For foccacia

In am make dough with 4 s+f

Final s+f at 3 and leave in greased hotel pan overnight.

In am. Oil  $\frac{3}{4}$  sheet pan and pour onto sheet pan and trim, oil, salt and bake F425 for 25 min.

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# WEEK 1

## Pico de Gallo (Salsa Fresca)

#BRUNOISE #MACEDOINE

Start to finish: 50 minutes. Hands-on time: 20 minutes

You will demonstrate proper and safe care/use of a knife and cutting board.

Success Criteria: cleanly diced tomatoes (not crushed) with fingers safely tucked behind the knuckle.

Almost a salad, this colorful, uncooked salsa is often found as a side on almost any Mexican restaurant platter. Pico de Gallo translates to beak of the rooster.

YIELD: ABOUT 2 CUPS

1 pound ripe tomatoes, seeded and chopped to a macedoine

1/2 medium red or white onion, brunoised

1 cup chopped fresh cilantro

2 tablespoons fresh lime juice

½ serrano or 1/4 jalapeno chile, minced

Salt

Combine all the ingredients in a medium bowl and toss to blend well. Season with salt to taste.

Let stand at room temperature for at least 30 minutes to allow the flavors to develop

#Fraisage

You will:

Demonstrate fraisage, double tray baking, eggwash.

Following recipes, success in ovens, preheat oven, biscuit method, baking powder vs baking soda, measurement. Double tray, Rotate pans.

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Ingredients:

4 oz unsalted butter, grated on the large holes of a box grater and frozen  
1/2 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)  
4 oz whole milk  
4 oz. sour cream (may substitute milk or 10 % cream)  
10.6 oz flour  
100 g sugar  
2 t. baking powder  
1/4 t. baking soda  
1/2 t. salt  
1 t. grated lemon zest (optional)  
eggwash  
1 T. coarse sugar

Instructions: dry and butter 534 g for 8 oz liquid

1. Pre-heat oven to 425 degrees F; line a baking sheet with parchment paper. Whisk milk and sour cream in a small bowl; refrigerate till ready to use. Whisk flour, sugar, baking powder, baking soda, salt, and lemon zest if using in a bowl. Add grated butter and toss with fingers till well coated.
2. Fold in milk/sour cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour. Work gently 6-8 times, adding flour as needed.
3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x12 rectangle..
4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press into a 16" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.
5. Bake for 18-25 minutes, or till golden brown. Cool on wire racks for 10 minutes prior to serving.





# WEEK 2

## Blueberry Scones

You will:

Demonstrate fraisage, double tray baking, eggwash.

Following recipes, success in ovens, preheat oven, biscuit method, baking powder vs baking soda, measurement. Double tray, Rotate pans.

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Ingredients:

4 oz unsalted butter, grated on the large holes of a box grater and frozen

1 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)

4 oz whole milk

4 oz. sour cream (may substitute milk or 10 % cream)

10.6 oz flour

100 g sugar

2 t. baking powder

1/4 t. baking soda

1/2 t. salt

1 t. grated lemon zest (optional)

eggwash

1 T. coarse sugar

Instructions: dry and butter 534 g for 8 oz liquid

1. Pre-heat oven to 425 degrees F; line a baking sheet with parchment paper. Whisk milk and sour cream in a small bowl; refrigerate till ready to use. Whisk flour, sugar, baking powder, baking soda, salt, and lemon zest if using in a bowl. Add grated butter and toss with fingers till well coated.

2. Fold in milk/sour cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour. Work gently 6-8 times, adding flour as needed.
3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x12 rectangle..
4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press into a rough 12" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.
5. Bake for 18-25 minutes, or till golden brown. Cool on wire racks for 10 minutes prior to serving.

## Eggs 4 ways

One cannot learn this from a recipe

<https://www.youtube.com/watch?v=aIZNHQC01K4>

### Potato Pancakes

Potato pancakes, Reibekuchen, Kartoffelpuffer, Latkes, Hashbrowns, Pakoras...all cultures have some sort of delicious potato fritter. And rightfully so.

You will demonstrate:

panfrying-controlling temperatures, preheat pan, golden colour and cooked through  
Stove safety-preheating pan, tipping pan away for flipping

3 potatoes, peeled and grated

1/2 small onion, diced

1 large eggs, lightly beaten

1 T flour (more or less, depending on how dry your potatoes are)

1 teaspoon salt and ground black pepper

Vegetable oil, for frying

Using a box grater, grate the potatoes. Add the potatoes, onion, eggs, flour; salt, and pepper.  
Toss to combine.

Line a baking sheet with paper towels.

In a large skillet, heat 1/2 inch of oil over medium-high heat. Drop 1/4 c measures of the potato mixture into the skillet, flatten them slightly And panfry until golden brown, about 3 to 4 minutes a side. Drain on paper towels.

## PAIN RUSTIQUE

You will demonstrate :accurate measurements, proper and safe use of the kitchen aid stand mixer, developing gluten via the stretch and fold technique, judging doneness of bread,

Success criteria: tender well risen interior with a crusty thin exterior.

18 oz warm water

24 oz Flour

1 ½ t yeast

1T salt

Mix all but salt with paddle on low for 30 second to make a shaggy dough. Add salt and beat on high for 90 seconds. Cover and let rise 40 mins. Pull and fold from corners and allow to rise 45 min more. Set oven at F425. Cut in 4 and place in oven. Turn oven down to 400 and bake 23 mins.(Internal temp of F200)

## Molten Chocolate Lava Cake (Chocolate Fondant Cakes)

Start to finish: 75 minutes · Hands-on time: 25 minutes

You will demonstrate

Appropriate use of Bain Marie, judging doneness of cake,

Success Criteria: 5 equal sized cakes, liquid centre encased in cooked outer cake, turned out properly on a plate.

Easy, delicious, molten...

For 5

Ingredients

2 tbsp cocoa powder, for dusting

165g/5¾oz semi sweet chocolate, chopped into small pieces

165g/5¾oz unsalted butter, cut into small pieces, plus extra for greasing

3 medium free-range eggs'

3 medium free-range egg yolks

1 tbsp sugar

2 tbsp plain flour, sifted

Method

Grease five ramekins

Melt the chocolate and butter in a bain marie Set aside to cool slightly.

Using a whisk, whisk the eggs, egg yolks and sugar together until smooth.

Carefully fold the cooled melted chocolate and butter into the egg and sugar mix. Finally sift the flour over the batter and fold in the flour carefully so as not to knock any air out of the mixture.

Divide the mixture equally between the prepared moulds. You can make the puddings up to 24 hours in advance and leave them in the fridge until you are ready to cook them.

Preheat the oven to 200C (180C fan)/400F/Gas 6. Place the puddings on a baking tray and bake for eight minutes, or until the puddings are risen but not cracked. The centre of the cake should have a jello like jiggle about the size of a quarter.

Run a knife around the edge of the ramekin.

Turn out the puddings on to individual plates and serve, with the lightly whipped cream.

# WEEK 3

## Choco Chip cookies

By the end of this class you will demonstrate:

Careful volume measurement, creaming method, judging doneness of cookies, restraint as you allow your cookies to cool

Success criteria: Golden, evenly baked separated cookies

½ c assorted dark, milk, or white chocolate (not commercial chips), roughly chopped (120g)

12 1/2 ounces all-purpose flour ( 355g), such as Gold Medal

8 ounces unsalted butter ( 225g), soft but cool, about 65°F (18°C)

7 1/4 ounces white sugar ( 205g)

8 ounces light brown sugar ( gently packed; 225g)

1/2 ounce vanilla extract ( 15g)

2 teaspoons (8g) Diamond Crystal kosher salt, plus more for sprinkling; for table salt, use about half as much by volume or the same weight

1 teaspoon baking soda

1/2 teaspoon baking powder

1/8 teaspoon grated nutmeg

1 large egg ( 50g), straight from the fridge

1.

Make the Dough: Adjust oven rack to middle position and preheat to 350°F (180°C). Set aside a handful of chopped chocolate (about 2 ounces; 55g) and place the remainder in a medium bowl. Sift flour on top and toss together. Combine butter, white sugar, brown sugar, vanilla, salt, baking soda, baking powder, and nutmeg in the bowl of a stand mixer fitted with a paddle

attachment. Mix on low to moisten, then increase to medium and beat until light and fluffy, about 5 minutes. With mixer running, add egg and continue beating only until smooth. Reduce speed to low, add flour/chocolate all at once, and mix to form a stiff dough.

2.

Portion the Dough: Divide in 2-tablespoon portions (about 1 1/2 ounces or 40g each) and round each one into a smooth ball. (If you like, portioned dough can be refrigerated in a heavy-duty zipper-lock bag up to 1 week, or frozen 6 months. Stand at room temperature until quite soft, about 70°F or 21°C, and proceed as directed.)

3.

To Bake: Arrange portions on a parchment-lined half sheet pan, leaving 2 inches between cookies to account for spread. Garnish each with reserved chocolate and a pinch of kosher salt. Bake until puffed and pale gold around the edges but steamy in the middle, about 15 minutes. For crunchy cookies, continue baking until golden, 3 to 5 minutes more. Cool directly on baking sheet until crumb is set, about 5 minutes. Enjoy warm or store in an airtight container up to 2 days at room temperature.

he asparagus is cooked through. Serve topped with the feta or parmesan if using.

## Pan Pizza

### Ingredients

400 grams ( about 2 1/2 cups) bread flour

10 grams (. about 2 teaspoons) kosher salt, plus more for sprinkling

4 grams (.about 1/2 teaspoon) instant yeast

275 grams ( about 1 cup plus 3 tablespoons) water

8 grams (. about 2 teaspoons) extra-virgin olive oil, plus more to coat pans and drizzle

1 1/2 cups pizza sauce

12 ounces grated full-fat, dry mozzarella cheese

Toppings as desired

Small handful torn fresh basil leaves

2 ounces grated parmesan or pecorino Romano cheese (optional)

### Directions

1.

Combine flour, salt, yeast, water, and oil in a large bowl. Mix with hands or a wooden spoon until no dry flour remains. The bowl should be at least 4 to 6 times to volume of the dough to account for rising.

2.

Cover bowl tightly with plastic wrap, making sure that edges are well-sealed, then let rest on the countertop for at least 8 hours and up to 24. Dough should rise dramatically and fill bowl.

3.

Sprinkle the top of the dough lightly with flour, then transfer it to a well-floured work surface. Divide dough into two pieces and form each into a ball by holding it with well-floured hands and tucking the dough underneath itself, rotating it until it forms a tight ball.

4.

Pour 1 to 2 tablespoons of oil in the bottom of two 10-inch cast iron skillet or round cake pans. (See note above). Place 1 ball of dough in each pan and turn to coat evenly with oil. Using a flat palm, press the dough around the pan, flattening it slightly and spreading oil around the entire bottom and edges of the pan. Cover tightly with plastic wrap and let the dough sit at room temperature for two hours. After the first hour, adjust an oven rack to the middle position and preheat oven to 550°F.



After two hours, dough should be mostly filling in the pan up to the edges. Use your fingertips to press it around until it fills in every corner, popping any large bubbles that appear. Lift up one edge of the dough to let any air bubbles underneath escape and repeat, moving around the dough until there are no air bubbles left underneath and the dough is evenly spread around the pan.

6.

Top each round of dough with 3/4 cup sauce, spreading the sauce with the back of a spoon into every corner. Spread evenly with mozzarella cheese, letting the cheese go all the way to the edges. Season with salt. Add other toppings as desired. Drizzle with olive oil and scatter a few basil leaves over the top (if desired)

7.

Transfer pan to oven and bake until top is golden brown and bubbly and bottom is golden brown and crisp when you lift it with a thin spatula, 12 to 15 minutes. Immediately sprinkle with grated parmesan or pecorino Romano cheese. Using a thin spatula, loosen pizza and peek underneath. If bottom is not as crisp as desired, place pan over a burner and cook on medium heat, moving the pan around to cook evenly until it is crisp, 1 to 3 minutes. Remove the pizzas and transfer to a cutting board. Cut each one into six slices and serve immediately.

## Tortilla de Patata EGG AND POTATO FRITATA

Start to finish: 45 minutes · Hands-on time: 25 minutes

You will

Demonstrate knife skills, the cooking method saute

Success criteria: tender melting soft potatoes and a barely cooked egg custard with a golden crust

A traditional tapas favorite, this egg and potato dish can be found in almost every tapas bar in Spain. Although called a tortilla, it doesn't resemble in the least what most Americans refer to as a tortilla. This dish more closely resembles a frittata, and is so sturdy that it is often eaten out of hand

YIELD: 6 SERVINGS

3 large potato, peeled and sliced

1/4 cup plus 3 tablespoons olive oil

1/2-1 large onion, sliced thin.

5 large eggs

MAKE AHEAD: The tortilla will keep for 1 day, covered and refrigerated. Let it come to room temperature before serving, or reheat it wrapped in foil in a 350°F. oven for about 10 minutes. Set oven to 400

Preheat a 10 " saute pan. Saute the potatoes and onions in a 1/4 c of olive oil for 15 minutes with a lid until the potatoes and onions are melty soft..Transfer them to a large bowl to let them cool slightly.

Turn down heat and cook for another 5 minutes.

In a large bowl, beat the eggs with salt and pepper.

Quickly pour in the eggs, cover, and cook over low heat for 10 minutes. Turn off the heat, uncover the skillet, and then flip onto a large pan and slide back into the pan and cook for a further 5 minutes

Broil for 3 minutes, or until the tortilla is set. Let stand, covered, for 15 minutes. Slide the tortilla onto a serving plate and cut into wedges. Serve warm or at room temperature.

## Raspberry Pudding Cake (from Lapin Saute)

### #Creaming #MiseEnPlace

You will demonstrate creaming method.

Success criteria: fluffy tender cake with raspberry flavour.

200 g frozen Raspberries

1/4 c sugar

1/2 c water

Cake

1/4 c butter, softened

1/3 c sugar

1 eggs

1/2 t vanilla

2/3 c flour

3/4 t baking powder

Pinch salt

1/3 c milk

Preheat oven to F 425

For the berries...boil water and pour over frozen berries and sugar, stir and set aside. Grease 4 ramekins

Cream butter and sugar.

Beat in egg

Mix Flour, salt and baking powder.

Alternate flour and milk.in 5 additions.

Strain berries and reserve the juice. Add berries to ramekins

Spoon batter over berries.

Pour juice over batter and bake 20 minutes until firm to the touch



## Crepes

You will demonstrate: the muffin method of mixing, proper measurement, zeroing scales crepe technique

Success criteria: Thin lightly browned crepes made from a smooth batter.

By Weight

8 oz egg

8 oz milk

4 oz flour

Pinch salt

butter, for frying

Preparing the batter

Whisk the flour in a bowl with salt (and sugar, if using) and make a well in the center. Break the eggs into the well and whisk them until they are thoroughly mixed. Add the liquid in a steady stream and whisk, gradually drawing in the flour to make a smooth paste. If too much liquid is added at this point, the batter will become lumpy.

Thin the batter to the desired consistency with more liquid: a thick cream is needed for many pancakes, fritters and for binding ingredients, and a thinner cream is required for crepes. Non-yeast batters should be stirred with a whisk until smooth, but too much beating develops the gluten in the flour, making the batter elastic and tough when cooked

Cooking The Crepes

The pan used for cooking crepes is very important to the success of the finished crepe. Well- seasoned cast-iron is preferred. The pan should be used only for the preparation of crepes as any other use could cause scratching of the pans, which will in turn cause the crepes to stick.

Heat 2-3 T of clarified butter in the crepe pan over medium heat. Pour off any excess butter. Using clarified butter reduces chances of scorching. When cooking crepes only add butter to the pan when crepes begin to stick; if too much is used the finished crepes will be greasy. Add a drop of batter to the pan and wait until it spatters briskly before adding the rest. Quickly add a small ladle of batter, rotating and shaking the pan with a turn of the wrist so that the base is completely coated. If too much batter is added in the pan the crepe will be thick; too brown underneath. Loosen it with a spatula and turn it quickly using both hands. The side of the crepe that is fried first looks more attractive and should be on the outside when serving. As they finish cooking, pile the crepes on a plate, one on top of the other to keep them moist. The crepes can be held for later use but must be covered with plastic wrap to prevent them from drying out.

[www.laurainthekitchen.com/recipes/nutella-and-strawberry-filled-crepes/](http://www.laurainthekitchen.com/recipes/nutella-and-strawberry-filled-crepes/)

# Pancakes

## Ingredients

Basic Dry Pancake Mix:

5 oz all purpose flour

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon kosher salt

1 teaspoon sugar

For Each Batch of Pancakes

1 large egg, separated

3/4 c milk

1/2 c buttermilk

2 tablespoons unsalted butter, melted, plus more for serving

Warm maple syrup

## Directions

1.

For the Dry Pancake Mix: Combine flour, baking powder, baking soda, salt, and sugar in a medium bowl and whisk until homogenous. Transfer to an airtight container. The mix will stay good for 3 months. (See note.)

2.

For each Batch of Pancakes: Place one batch of dry mix in a large bowl. In a medium clean bowl, whisk the egg whites until stiff peaks form. In a large bowl, whisk the egg yolks, buttermilk and milk until homogenous. Slowly drizzle in the melted butter while whisking. Carefully fold in the egg whites with a rubber spatula until just combined. Pour the mixture over the dry mix and fold until just combined.

3.

Heat a large carbon steel or cast iron pan over medium heat for 5 minutes (or use an electric griddle). Add a small amount of butter or oil to the griddle and spread with a paper towel until **no visible butter or oil remains**. Use a 1/4-cup dry measure to place 4 pancakes in the skillet and cook until bubbles start to appear on top and the bottoms are golden brown, about 2 minutes. Carefully flip the pancakes and cook on the second side until golden brown and completely set, about 2 minutes longer. Serve the pancakes immediately, or keep warm on a wire rack set on a rimmed baking sheet in a warm oven while you cook the remaining batches. Serve with warm maple syrup and butter.

<http://www.laurainthekitchen.com/recipes/pancakes/>

## Wiener Schnitzel VEALCUTLETS

With potato salad

**,#panéed**

You will demonstrate

Panfrying, macedoine, stove safety, how to judge doneness of meat, making mayonnaise, proper sanitation to avoid cross contamination, the origin of Weiner Schnitzel.

### **#Emulsion**

6 medium Potatoes, macedoine

1 small onion, minced

1 recipe of mayonnaise

## Homemade Mayo

Ingredients

1 large egg

1 tablespoon cider vinegar

1 teaspoon dijon mustard (optional)

1 cup vegetable or canola oil

Kosher salt

Place egg, vinegar, and mustard in the bottom of an immersion blender cup.. Add oil to the container. Place head of immersion blender at bottom of cup and switch it on. . As mayonnaise forms, slowly tilt and lift the head of the immersion blender until all oil is emulsified. Season mayonnaise to taste with salt. Store in a sealed container in the refrigerator for up to two weeks.  
makes 2 1/2 Cups

Boil the potatoes in salted water for 5-10 minutes until JUST cooked then drain.

Sprinkle with 2 t cider vinegar. Add onion. Cool in fridge. Until needed. Dress with ONLY AS MUCH MAYO as needed.

Start to finish: 1 hour · Hands-on time: 30 minutes

Schnitzel is an Austrian dish, but don't tell that to the millions of Germans who rank it as one of their favourite dishes. Called veal milanese in Italy and escalope in France, veal cutlet in USA, schnitzel has two widely known variations. Wiener schnitzel consists ( breaded and fried veal cutlets.

#### YIELD: 6 SERVINGS

1 cup unbleached all-purpose flour

2 large egg, beaten

1 1/2 cups fine dry breadcrumbs.)

6 veal cutlets, no more than 1/2inch thick

Salt and freshly ground black pepper.

4 tablespoons unsalted butter

Lemon wedges, for serving .

1/4 cup Finely minced flat-leaf parsley, for garnish

Create an assembly line, starting with the flour on a plate, the eggs in 1 large bowl, the breadcrumbs on a plate, and a cooling rack or large pan last.

Lay the cutlets between two sheets of plastic wrap and pound them thin Season with salt and pepper, then dredge the cutlets in the flour, shaking off the excess. Dip the flour-coated cutlets into the eggs, and then dredge them in the bread crumbs.

In a large skillet set over medium-high heat, melt 2 tablespoons of the butter. Add 3 cutlets to the pan and cook for 3 to 4 minutes on the first side, or until they are crispy and browned. Turn and cook on the second side for another 3 minutes. Transfer the cutlets to a heated plate and cook the remaining cutlets in the remaining 2 tablespoons butter. Keep the finished cutlets hot in a 200°F. oven while the remaining cutlets cook.

Serve with a squeeze of lemon and a sprinkling of parsley.

<https://www.serious-eats.com/recipes/2011/10/two-minute-mayonnaise.html>



## Cream of Cauliflower Soup

Boil

Start to finish: 1 hour · Hands-on time: 30 minutes

While this version is made with cauliflower, this could be Cream of “insert vegetable name here” soup. Just substitute whatever you have on hand for the cauliflower.

YIELD: 6 SERVINGS

1/2 cauliflower chopped

2 tablespoons unsalted butter

2 slices bacon, diced

2T unbleached all purpose flour

2 ½ c water

**1/2 medium onion, diced**

**3/4 cups milk**

**3/4 teaspoons salt, plus more as necessary**

**pinch ground nutmeg, plus more as necessary**

**1 large egg yolk**

**1 teaspoon fresh lemon juice**

In a pot, melt the butter, then add the bacon and onion and cook about 3 minutes.

Add the flour and cook for 2 minutes. This mix of flour and fat is called a roux.

**Whisk in the water and bring to a boil. Add the cauliflower and turn the heat to medium.**

**Simmer until the cauliflower is tender, about 20 minutes.**

**Remove from the heat and allow the soup to cool for about 10 minutes.**

**Puree the soup- lightly blitz with the immersion blender..**

Return the puree to the pot and add the milk, salt and nutmeg. Return to a simmer over medium heat, then remove from the heat.

**Beat the egg yolks and then ladle a cup of the hot soup into the yolks while whisking.**

**This is called tempering. Bringing 2 ingredients to a median temperature..**

**Repeat with another cup of hot soup, then quickly stir the egg mixture back into the soup and stir for about 1 minute.** Do not boil the soup or the eggs will curdle. Add the lemon juice, taste, and adjust the seasonings if necessary. Add cayenne pepper if you wish and garnish with minced parsley or chives. Serve hot.

# WEEK 4

## Crepes

You will demonstrate: the muffin method of mixing, proper measurement, zeroing scales crepe technique

Success criteria: Thin lightly browned crepes made from a smooth batter.

By Weight

8 oz egg

8 oz milk

4 oz flour

Pinch salt

By volume

Ingredients

1 cup all purpose flour

pinch of salt

4 eggs

1 cup milk (more if needed)

butter, for frying

Preparing the batter

Whisk the flour in a bowl with salt (and sugar, if using) and make a well in the center. Break the eggs into the well and whisk them until they are thoroughly mixed. Add the liquid in a steady stream and whisk, gradually drawing in the flour to make a smooth paste. If too much liquid is added at this point, the batter will become lumpy.

Thin the batter to the desired consistency with more liquid: a thick cream is needed for many pancakes, fritters and for binding ingredients, and a thinner cream is required for crepes. Non-yeast batters should be stirred with a whisk until smooth, but too much beating develops the gluten in the flour, making the batter elastic and tough when cooked

Cooking The Crepes

The pan used for cooking crepes is very important to the success of the finished crepe. Well-seasoned cast-iron is preferred. The pan should be used only for the preparation of crepes as any other use could cause scratching of the pans, which will in turn cause the crepes to stick.

Heat 2-3 T of clarified butter in the crepe pan over medium heat. Pour off any excess butter. Using clarified butter reduces chances of scorching. When cooking crepes only add butter to the pan when crepes begin to stick; if too much is used the finished crepes will be greasy. Add a drop of batter to the pan and wait until it spatters briskly before adding the rest. Quickly add a small ladle of batter, rotating and shaking the pan with a turn of the wrist so that the base is completely coated. If too much batter is added in the pan the crepe will be thick; too brown underneath. Loosen it with a spatula and turn it quickly using both hands. The side of the crepe that is fried first looks more attractive and should be on the outside when serving. As they finish cooking, pile the crepes on a plate, one on top of the other to keep them moist. The crepes can be held for later use but must be covered with plastic wrap to prevent them from drying out.

## Curried Chicken Crepe filling

In this class you will demonstrate making a batter, proper crepe technique, making a veloute.

### #MotherSauce

#### Ingredients

8 Tbs. unsalted butter  
1 small onion, brunoised  
1 rib celery, brunoised  
1 Tbs. curry powder  
Pinch cayenne, or to taste  
1/4 cup all-purpose flour  
2 cups chicken broth  
1/4 cup heavy cream  
Kosher salt and freshly ground black pepper  
2-1/2 cups 1/2-inch pieces cooked chicken (from about 4 small breast halves)  
8 crêpes

In a medium saucepan, melt the butter over medium-high heat. Add the onion and celery; cook, stirring often, until softened, about 5 minutes. Reduce the heat to medium and add the curry powder and cayenne and cook for another 1 minute. Stir in the flour and cook, whisking constantly, until the flour has lost its raw taste, about 2 minutes. Whisk in the broth. The base of this sauce is the mother sauce veloute. Bring the mixture to a boil, reduce to a simmer, and cook, whisking often, until thickened, about 5 minutes. Add the cream, season with salt and pepper, increase the heat to high and boil to thicken for about 3 minutes. Lift the chicken out of the sauce with a slotted spoon. Divide the chicken evenly between the crepes and roll tightly. Pour the reserved sauce over the center of the crêpes.

## Pumpkin Spice Muffins with Crumb topping and Cream Cheese Icing

### Ingredients:

- 110 g all-purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoons ground cinnamon
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon salt
- 1/4c canola or vegetable oil
- 1/4 c granulated sugar
- 1/4 c packed light or dark brown sugar
- 3/4 c canned pumpkin puree
- 1 large eggs, at room temperature
- 2 T milk, at room

### Crumb Topping

- 3 T all-purpose flour
- 1 T granulated sugar
- 1 T packed light or dark brown sugar
- 1/4 teaspoon pumpkin pie spice
- 2 T unsalted butter, melted
- 2 T oats

### Maple Icing (optional)

- 90 g confectioners' sugar
- 1 Tablespoon pure maple syrup
- 1 Tablespoons milk

### Directions:

1. Preheat oven to 425°F (218°C). Spray a 12-count muffin pan with nonstick spray or line with cupcake liners. This recipe makes 6-8 muffins
2. Make the muffins: In a large bowl, whisk the flour, baking soda, cinnamon, pumpkin pie spice, and salt together until combined. Set aside. In a medium bowl, whisk the oil, granulated sugar, brown sugar, pumpkin puree, eggs and milk together until combined. Pour the wet ingredients into the dry ingredients, then fold everything together gently just until combined and no flour pockets remain.
3. Spoon the batter into liners, filling them almost full.
4. Make the crumb topping: Whisk the flour, granulated sugar, brown sugar, oats and pumpkin pie spice together until combined. Stir in the melted butter until crumbs form. Spoon crumbs evenly on top of the batter and gently press them down into the batter so they're snug.
5. Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350°F (177°C). Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. The total time these muffins take in the oven is

about 21-22 minutes, give or take. Allow the muffins to cool for 10 minutes in the muffin pan as you make the icing. \*For mini muffins, bake for 11-13 minutes at 350°F (177°C) or until a toothpick inserted in the center comes out clean.

6. Make the icing: Whisk all of the icing ingredients together until combined and smooth. Drizzle over muffins and serve warm. Cover tightly and store at room temperature for 1-2 days or in the refrigerator for up to 1 week.

#### Cream Cheese filling

1/4 cup unsalted butter, softened

1/2 package cream cheese, softened

1 teaspoon vanilla

1 1/2 cups powdered sugar, plus more as needed

#### Steps

1

In large bowl, beat softened butter and cream cheese with electric mixer on medium speed 2 to 3 minutes, scraping bowl occasionally, until smooth and creamy.

2

Stir in vanilla, then stir in powdered sugar. Add more powdered sugar as needed until frosting is a thick spreadable consistency.

3

Spread or pipe frosting on cooled cake or cupcakes

## Fettuccine Alfredo

5 oz water

12 oz durum semolina

Pinch of salt.

Mix in stand mixer with paddle attachment on low until a cohesive ball is nearly formed and remove, bring together by hand.

Put on pots of water to boil and wait for demo.

## Alfredo Sauce

Per group

$\frac{3}{4}$  c 35% cream

2 T grated parmesan

1 T butter

Salt and pepper.

Bring cream and butter to a boil, take off heat, add parmesan. Add cooked noodles to hot sauce and adjust seasoning and consistency in pan.



## Individual Cheesecake

1. MAKE AND BAKE CRUST
2. MAKE FILLING AND FILL AND BAKE WHILE CRUSTS BAKE
3. MAKE SAUCE AND CLEAN DOWN WHILE CHEESECAKES FINISH

You will demonstrate: creaming, accurate measuring, proper equipment use and cake  
Success criteria: Even creamy baked cheesecakes with a fresh tasting fruit topping.

### #Creaming #MiseEnPlace

Crust:

1/2 cup graham cracker crumbs

1/2 tbsp sugar

1 1/2 tbsp unsalted butter, melted

Cheesecake:

8 oz pkg cream cheese, **softened**

2/3 cup sugar

2 tbsp cornstarch

Juice and zest of 1/2 lemon or lime

2 tsp vanilla extract

2 large eggs, at room temperature

To Make Crust - Preheat oven to 400/F and line a 12-cup muffin tin with paper liners. Stir the graham crumbs, sugar and melted butter together until evenly blended (the mixture will be crumbly). Divide this between the paper liners and press with the back of a spoon into the bottom (about a heaping tablespoon into each). Bake for 5-8 minutes and begin making the filling.

To Make Cheesecake -. Beat the cream cheese until smooth and fluffy, then gradually add the sugar while beating, scraping the sides of the bowl often. Beat in the cornstarch, lemon or lime zest, juice and vanilla. Add the **eggs one at a time, scraping well after each addition**. Spoon or --pipe cheesecake filling into the cooled muffin tin and bake for about 15-20 minutes, until the cheesecakes still move a little when the pan is shaken gently. Let the cheesecakes cool

Fruit Sauce

1/2 cup fruit such as blueberries, strawberries, mango (fresh or frozen)

1/3 cup water

2 T sugar

1 1/2 tablespoon cornstarch dissolved into 3 tablespoons water

1/2 teaspoon vanilla

Instructions

Place fruit in a small saucepan. Cover with water and add vanilla and sugar. Heat over medium-high heat until mixture comes to a low boil and fruit just start to break apart. Add the cornstarch mixture in a stream and boil until thickened.



## Macaroni and Cheese

### **#MiseEnPlace #MotherSauce**

By the end of this class, you will demonstrate:

Cooking technique boiling, making a proper roux and using it to thicken a bechamel sauce, judging doneness of pasta, an understanding of mise en place

BE SURE TO PHOTO AND UPLOAD A PICTURE OF YOUR MISE EN PLACE

Mise en place-everything in its place. Have all ingredients measured, shopping done, equipment accounted for prior to cooking. DO NOT DROP YOUR PASTA UNTIL YOU HAVE A PIC OF YOUR MISE EN PLACE

#### Success Criteria

All ingredients and equipment set up prior, Pasta cooked al dente, sauce smooth shiny and well flavoured, creamy rich macaroni and cheese

1 c elbow macaroni

1T oil

1 tbsp. flour

$\frac{3}{4}$  c. of milk

$\frac{1}{2}$  c. grated sharp cheddar

Salt and freshly ground pepper

pinch paprika

Bring salted water to a rapid boil and cook the macaroni until not quite tender. Drain macaroni and set aside.

In a pot, heat oil, stir in the flour and seasonings. This mixture is called a ROUX. Continue to cook for an additional 1-2 minutes, then gradually whisk in the milk.

Simmer over low heat, stirring constantly until the sauce is thickened and smooth. This mother sauce is called Bechamel. Add cheese and continue stirring until the cheese melts.

Combine the macaroni with the cheese sauce.

# WEEK 5

Black box

## **Jamaican Patties**

In This class you will demonstrate;

Fraisage and making savoury pasty, use and identification of spices, safe handling of chilis, mise en place

**\*\*When using chilis, the oil clings to your fingers, do not touch your eyes or other sensitive areas without washing your hands with DISHSOAP.\*\***

### **Pastry**

2 cups Flour

1/4 teaspoon Salt

1/2 tablespoon tumeric

1/2 cup shortening

1/2 cup Cold water or more as needed

Sift the flour, tumeric and salt into a bowl of the stand mixer. Use the paddle attachment to fraisage the shortening until crumbly. Add the cold water to make a firm but malleable dough.

Cut the dough into 8. Lightly flour a surface and roll out the dough until about 1/8-inch thick.

Trim into 8-inch circles using a small plate as a template.

### **Filling**

2 tablespoon oil

1 Small white onion, brunoised

1/4 teaspoon minced chili

1/2 lb. Lean ground beef

1/2 teaspoon Salt

1/2 teaspoon Freshly ground black pepper

1/2 teaspoon each of tumeric and cumin

1/2 teaspoon Dried thyme

1/4 cup Breadcrumbs

1/4 cup stock

1 Egg, beaten

1/4 cup Water

In a heavy skillet, heat the oil and brown the beef, breaking it up as it cooks. When it is no longer pink, add and sauté the onion and chili until they become limp. About 2 minutes. Add the ground beef, salt, pepper, tumeric, cumin and thyme and mix well.

Add the breadcrumbs and stock and combine all the ingredients well. Cover the skillet and simmer for about 5 minutes, stirring occasionally. When all the liquids have been absorbed, the filling is ready. It should be moist but not watery. Remove the skillet from the stove and preheat oven to 425 degrees F. Uncover the dough circles and place 2 to 3 tablespoons of filling on half of each. Moisten the edges of the dough with water and fold the dough circle over the meat filling. Pinch the edges closed with a fork. Lightly brush the pastry with a mixture of the egg and water. Bake 20 minutes or until the pastry are golden brown.

## Special Fried Noodles 2.0

### #Chiffonade #julienne

You will demonstrate:

Chiffonade knife technique, Mise en place, stir fry.

Success Criteria: tender crisp vegetables, flavourful pork and noodles with even vegetable cuts.

#### Ingredients

Kosher salt

6 oz udon noodles

4 oz boneless pork loin chops

2 tablespoons sugar

2 tablespoons soy sauce

2 tablespoons oyster sauce

1 tablespoon Chinese black or balsamic vinegar

1 tablespoon toasted sesame oil

1 tablespoons Shaoxing rice wine or dry sherry (optional)

1 T (15ml) fish sauce

1 ½ t cornstarch

2 tablespoons neutral oil, such as grapeseed, peanut, or canola, divided

1 (3-inch) knob fresh ginger, peeled and minced (about 2 tablespoons; 12g)

2 medium garlic cloves, minced

2 scallions, white parts cut in 1-inch pieces, light green parts very thinly sliced; divided

½ c cups shredded cored purple cabbage

1 cup julienned carrots

Toasted sesame seeds, for garnish (optional)

Sambal oelek (chili paste), for serving (optional)

## Directions

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Trim pork of excess fat and cut into thin strips, about 1/4 inch wide by 2 inches long. .

Meanwhile, in a medium bowl, whisk together sugar, soy sauce, oyster sauce, vinegar, sesame oil, wine, fish sauce, and cornstarch until sugar is dissolved. Set sauce aside.

To the bowl with pork, stir in 2 tablespoons (15ml) of the sauce and mix well. Set aside.

Add oil to wok or skillet and heat over high heat until smoking. Add pork, spreading it out in a single layer, and let cook on one side until crisp and brown, 2 to 3 minutes. Continue to cook, stirring and tossing. Add ginger, garlic, and white scallion pieces and stir-fry for 30 seconds and add purple cabbage and carrots. Cook, stirring and tossing, until vegetables are charred in spots and just softened, 2-3 minutes.

Add noodles and cook, tossing and stirring, until hot. Add remaining sauce and toss well over heat to combine. Transfer noodles to a platter and sprinkle sliced green scallions all over, along with sesame seeds, if using. Serve right away, passing sambal oelek at the table if desired.

## Churros FRIED CRULLERS

Start to finish: 1 hour. Hands-on time: 30 minutes

You will learn; making choux pastry, piping, deep frying.

Success criteria: choux pastry that is puffy, cooked all the way through, golden and crispy

YIELD: 4 TO 6 SERVINGS

90 g unsalted butter

3/4 cup unbleached all-purpose flour

1 c water

½ teaspoon salt

1/4 teaspoon grated nutmeg

3 large eggs

1 large egg yolk

Vegetable oil, for frying

1 cup granulated sugar

1 teaspoon ground cinnamon

In a large saucepan set over medium-high heat, bring 1 cup water and the butter to a boil.

Reduce the heat to medium and add the flour, salt, and nutmeg.

Beat vigorously with a wooden spoon until the paste comes together and forms a ball. Cook the dough, stirring, until a film forms on the bottom of the pan, about 2 minutes. Remove the pan from the heat and continue to stir vigorously for another 2 minutes to cool the dough before adding the eggs.

Add the eggs and the egg yolk one at a time, beating with the wooden spoon until each egg is incorporated. The batter should be stiff enough to hold a soft peak. Transfer the mixture to a pastry bag with a star tip.

In a large, heavy-bottomed pot, heat the oil to 360°F.

Mix the sugar and cinnamon together on a large plate.

Squeeze 5 inches of dough into the hot oil, cutting it from the end of the tip with a knife.

Squeeze 3 more 5-inch dough pieces and fry them, turning occasionally, for 3 minutes, or until they are golden brown. Remove them from the oil with a slotted spoon or kitchen tongs, and immediately dredge the churros in the sugar mixture. Continue with the remaining dough.

# WEEK 6

## Avgolemono Soup CHICKEN AND LEMON SOUP

In this class you will demonstrate:

Boiling

Sweating, brunoise, tempering

Success Criteria: Balanced fresh lemon broth, enriched with eggs. No curdled finish on the eggs

Start to finish: 30 minutes · Hands-on time: 10 minutes

4 c chicken stock

1 chicken drumstick thigh cooked, skin removed and shredded

1/2 c orzo,

2 egg

½ lemon juiced (2 T)

Salt & freshly ground black pepper

1 tbs finely chopped fresh mint and or parsley

1 cup of brunoised vegetables (carrot, celery, onion)

Sweat the vegetables in 2 T olive oil saucepan over medium heat. Add the stock. Bring to the boil. Add the orzo. Cook, covered, for 10 minutes or until tender.

Whisk the eggs in a bowl. Gradually whisk in lemon juice. Gradually whisk in a ladleful (about 125ml/1/2 cup) of stock mixture. Gradually add another ladleful of stock mixture, whisking constantly. Gradually whisk in half the remaining stock. Add the egg mixture a to the remaining stock . There is a demo of this on my instagram they should watch as well. Cook, stirring, over very low heat for 2-3 minutes or until soup thickens slightly **(do not boil).**

Season with salt and pepper. Ladle soup among bowls and sprinkle with parsley. Serve with lemon wedges.



## **Pasta Carbonara**

This is the slightly faster but also higher-risk method: finishing the pasta in a skillet over direct heat. While the pasta is cooking, I crisp the pork in a skillet with a little olive oil. Then I whisk the eggs with the cheese and pepper in a large mixing bowl.

When the pasta is ready, I drop it into the skillet with the pork and stir it around so it picks up the fat and crispy bits. Then I scrape all of that into the mixing bowl with the eggs and add some of the pasta water. I give it all a good stir so that the pasta is well coated, then transfer it all back into the skillet.

I set that over medium heat and cook, stirring constantly with tongs. The key here is to use the pasta almost like a mop, so that none of the sauce is left in contact with the hot pan's surface for too long.

## **#BainMarie**

You will demonstrate

Cooking pasta to the proper doneness, how to identify al dente pasta, setting up and using a bain marie, proper seasoning and finishing of pasta

## **Ingredients**

Kosher salt

1 pound dried spaghetti (450g) (see note above)

1/2 cup diced guanciale, pancetta, or bacon (about 3 ounces; 85g)

3 tablespoons extra-virgin olive oil (45mL), divided

1 egg

6 yolks

1/2 cup grated Parmigiano-Reggiano or Parm mixed with Pecorino Romano-plus more for serving

1 teaspoon freshly ground black pepper (ground medium-coarse), plus more for serving

Bring a pot of salted water to a boil (Just enough to cover the pasta so you get starchier water).

Add pasta and cook, stirring, until al dente. **SAVE THE WATER**

Meanwhile, combine guanciale (or pancetta or bacon) with 2 tablespoons olive oil in a large skillet and cook, stirring frequently, over medium heat, until fat has rendered and guanciale is crisp, about 7 minutes. In a large metal heatproof mixing bowl, whisk together whole eggs and yolks, Pecorino Romano, Parmigiano-Reggiano, and black pepper. Whisk in ½ c pasta water into the eggs just before draining.

Using tongs and/or a strainer, transfer pasta to skillet with crisped guanciale and its fat; be sure not to drain boiling pasta water. Add remaining 1 tablespoon olive oil (15mL) to pasta and stir to combine. Scrape pasta, pork, and all the fat into the egg mixture.,

Set mixing bowl over pot of boiling pasta water (make sure bottom of bowl does not touch the water) and cook, stirring quickly with tongs, until sauce thickens to a creamy, silky consistency and leaves trails as you stir. Remove from heat, season with salt if needed, and divide into bowls. Serve right away, topping with more grated cheese and freshly ground pepper as desired

## Mini Cheesecake Swirl Brownies

You will demonstrate :bain marie, folding technique

Success criteria: even filled tender flavourful moist brownies.

### #folding

#### Swirl Brownies

For the Cheesecake Swirl:

4oz. softened cream cheese

3 T sour cream

3 T sugar

1 t vanilla

1 egg

Combine cream cheese, sugar in a bowl of a mixer and beat together until smooth, scraping down sides of the bowl as needed. Add the egg, sour cream and vanilla extract and beat until smooth again. Divide evenly into 2 bowls.

For the Brownies:

1/4 lb of butter, melted

1/2 cups of granulated sugar

2 large eggs

1 t vanilla

2/3 cups of cocoa powder

1/4 teaspoon salt

1/2 teaspoon baking powder

3/4 cups all-purpose flour

1/4 cups chocolate chips

Turn oven to 350F and place baking rack in the middle. Line 12 muffin tins and set aside.

Mix sugar, melted butter vanilla and eggs. Beat to combine. Sift in flour, cocoa powder, baking powder and salt and combine to smooth. Add chocolate and one half of the cheesecake mixture and fold together with spatula.

Transfer batter to liners. And make a well in the middle. Spoon the cheesecake mixture into the centre. With a toothpick swirl the cheesecake 'dots' alternating directions to make the swirls.

Bake for 15-18 minutes. Set your time for 12 minutes and check. Pull out the pan as soon as the mixture in the middle is starting to puff up.,

### **Cold Fermented 5 day dough**

I have been playing with cold fermentations with quite a bit of success

I liked this on after 3 or 4 days. Total BP-168.5 (/1.685)

#### **Ingredients**

100% ap flour 300g

1.5% kosher salt, plus extra for assembly 5 g

1% instant dry yeast 3 g

1% sugar 3 g

65% water 200g

#### **Directions**

Combine flour, salt, yeast, and sugar in the bowl of a stand mixer fitted with a paddle attachment. Whisk to combine. Add water and knead on low speed just until mixture comes together and no dry flour remains. Allow to rest for 10 minutes. Knead on low speed for an additional ten minutes. The mixture should come together into a cohesive mass that barely sticks to the bottom of the bowl as it kneads. Depending on the type of flour used, you may need to add up to 1/2 cup additional flour. If dough sticks heavily to bottom of bowl, add flour a bit at a time with mixer running until it forms a mass that just barely sticks to the bowl. Cover bowl tightly with plastic seal, and refrigerate at least overnight, and up to 5 days. Remove from fridge in the morning before use.

## Sweet and Sour Sauce

1 1/2 tsp cornstarch

3 T distilled white vinegar (or you can use rice vinegar)

1 t vegetable oil

1/3 c pineapple or grape juice

1 T ketchup

1 1/2 T brown sugar

salt to taste

Place all but the vinegar and cornstarch in a small pot and bring to a simmer. Mix the cornstarch and vinegar to make a slurry and whisk in a steady stream. Whisk whisk whisk, boil.

# WEEK 7

## Bagels

You will demonstrate kneading, boiling baking

Success criteria: chewy dense product with deep golden colour

YIELD: 12 BAGELS

2 cups warm water

1 teaspoon active dry yeast

2 tablespoons sugar

4-5 cups unbleached all-purpose flour

1 tablespoon salt

Vegetable oil

In a large bowl, or the bowl of a stand mixer, stir together the salt water, yeast, sugar and 4 cups of flour.

Using a wooden spoon or the paddle attachment on the mixer, combine until the mixture comes together.

Continue to work more flour in, 1/2 cup at a time, using either the dough hook attachment of your mixer or kneading with your hands, until you have dough that is no longer sticky and is smooth and elastic. (Bagel dough is a bit heavier and stiffer than most other bread dough.) Bring the dough together into a ball.

Oil a large bowl and place the dough in the bowl, turning to coat with the oil. Cover with a clean kitchen towel and let the dough rise in a warm area until it doubles in size, about 40 minutes.

Divide the dough into 12 equal pieces.

Roll the ball into a 12" rope and wrap around 2 fingers and compress into a ring. Be careful not to rip the wall of the bagel in the process. The walls should be approximately 1 inch thick, and the hole 2 inches wide. Repeat with the remaining dough balls. Place them on a large, lightly greased baking sheet, cover with a clean cloth, and let rest 20 to 30 minutes, until risen but not doubled, in a draft-free spot.

The unbaked, formed bagels can be frozen with their toppings, on a parchment-lined baking sheet until solid. Then transfer to a zip top freezer bag for up to 1 month.

Remove the bagels from the freezer for 1 hour before baking as directed.

Preheat the oven to 400.

In a large, heavy pot, bring 12 cups of water and one tablespoon of molasses to a boil. In batches, add the bagels to the water and boil, turning once, for 30 seconds to 1 minute. Remove the bagels from the water, shake off any excess, and place back on the greased baking sheet.

Sprinkle any desired toppings on top of the bagels (or if you like a lot of poppy or sesame seeds, you can dip the bagel directly into the topping for extra coverage). Bake for 20 to 25 minutes, or until golden brown.

Remove from the oven and let cool on a wire rack.

## Cupcakes

1 ¼ cups sugar  
4 oz butter  
2 large eggs (or extra large)  
2 cups all-purpose flour  
1 teaspoon baking soda  
¼ teaspoon salt  
1 cup buttermilk  
2 teaspoons vanilla  
½ teaspoon almond extract

Advertisement

Directions

Set oven to 350 degrees.

Set oven rack to second-lowest position.

Line a muffin tin with white liners

In a medium or large bowl, with an electric mixer, cream the sugar and butter until no granules remain (about 4 minutes).

Add in eggs and almond extract (if using); beat very well for 5 minutes on high speed.

In a small bowl sift together flour, baking soda and salt.

Add to the creamed mixture along with the buttermilk and extract; mix well until blended (about 2-3 minutes).

Transfer to a prepared pan using a 2 oz portion scoop.

Bake 12-15 minutes until a toothpick comes out clean.

Do NOT eat until Wednesday.

## Buttercream 2

Creaming Method

6 oz butter (room temp)

10oz icing sugar

0.5 oz egg white ( ½ large)

¼ t lemon juice

¼ t vanilla

Using a paddle attachment on the mixer, cream butter and sugar for 2 minutes

On medium-low. Add the egg white, lemon and vanilla. Mix at high speed until fluffy. Set aside.



## Pastry Cream

### #pastrycream

You will demonstrate thickening with a starch, tempering eggs.

Success criteria: Smooth sweet custard

### Half Recipe

#### Ingredients

1/4 cup sugar

1 T cornstarch

1 T flour

1 cup whole milk

3 large egg yolks

1 teaspoon pure vanilla extract

#### Directions

Bring milk to a boil.

Whisk together sugar, eggs, vanilla, flour, cornstarch, and salt in a medium bowl. Drizzle in milk to the mixture while whisking until smooth. Add to pot. Cook over medium heat until mixture comes to a simmer. Stir constantly. Continue to cook until it comes to a boil. Let boil 10 seconds.

Cover with plastic wrap, pressing it directly onto the surface of the pastry cream to prevent a skin from forming. Refrigerate until chilled, at least 2 hours or up to 2 days. Just before using, whisk until smooth.

To soften the cream, whip it and you may beat in 1/4 c (for a full recipe) (2T for a half recipe) of cream, whipped.

# WEEK 8

## Puff pastry

You will demonstrate: Frasiage, rolling pastry, measurement.

Success Criteria: smooth laminated pastry that will puff when cooked.

250 c flour

250 g butter

125 g water

½ t salt

Coarsely blend flour salt and ½ the butter. Add water to make a soft but not sticky dough.

Form into a 6 x9 rectangle and chill 15 min with the rest of the butter on the centre 2 quarters in the freezer.

Fold the outer quarters over the butter and then in half like a book. Turn 90 degrees and roll into another 6 x 9 rectangle (this is called a turn). Complete 1 more turns and freeze for 20-30 minutes. Put 2 more turns and roll into a 6x 9 rectangle again. The pastry is now ready to use.

Do not roll the pastry any thinner than ½ cm for most applications.

Remember to bake the pastry at a high heat (F 425).

The top should be brushed with eggwash to give it a shine.

## Simple Green Salad with Champagne Vinaigrette

You will demonstrate Emulsification.

Success criteria: Thick almost creamy dressing with a solid emulsification of oil and vinegar.

Start to finish: 15 minutes · Hands-on time: 15 minutes

YIELD: 4 SERVINGS

1 small shallot, minced

2 tablespoons Champagne vinegar

1/4 teaspoon Dijon or whole grain mustard

1/2 t molasses for emulsion

pinch salt

1/3 cup canola oil

1 head Bibb or Leaf lettuce, torn into bite-size pieces

Combine the shallot, vinegar, mustard, molasses and salt in a large bowl and let sit for 5 minutes for the flavors to blend and the salt to dissolve.

Whisk in the oil, pouring it in a slow, steady stream, until the vinaigrette is emulsified.

Moments before serving, add the lettuce to the bowl of vinaigrette and toss with your hands to coat the leaves. Serve immediately.

## Apple Crisp

3/4 cup all-purpose flour,

1/4 cup packed light-brown sugar

1/2 teaspoon salt

1/2 cup plus 2 tablespoons granulated sugar

½ c cold butter, grated

1 cup old-fashioned rolled oats (not quick-cooking)

2 cups apples, such as Empire, Gala, or Braeburn, peeled, cored, and cut into 1/2-inch chunks

½ t cinnamon

1. Preheat oven to 400 degrees. In a large bowl, mix together flour, brown sugar, salt, and 2 tablespoons granulated sugar. Rub butter into flour until mixture is the texture of coarse meal. Add oats, and use your hands to toss and squeeze mixture until large, moist clumps form..

2. In another large bowl, toss apples with, cinnamon, and remaining 1/2 cup granulated sugar.
2. Line a muffin tin with 12 liners and divide the apples among them. Cover with the crisp topping and place into oven for 15-20 minutes until golden and bubbly.
3. While they bake, prepare puff pastry.



## Pineapple Pork

½ cup chicken stock  
2 tablespoons soy sauce, plus more for seasoning  
1/2 teaspoon toasted sesame oil  
1 tablespoon rice vinegar  
1 tablespoon honey  
Pinch of crushed red pepper  
Fresh ground black pepper  
2 tablespoons cornstarch  
1/4 cup oil  
1 pound pork, sliced thin  
1 small onion, chopped  
1 cup chopped fresh pineapple  
2 cloves garlic, minced  
1 red bell pepper, chopped into 1-inch pieces  
2 green onion, sliced  
Steamed rice, for serving  
Sriracha, for serving

### How to Make It

#### Step 1

In a small bowl, whisk together the chicken stock, soy sauce, sesame oil, vinegar, honey, crushed red pepper, black pepper and cornstarch. Set aside.

#### Step 2

In a large skillet, heat 2 tablespoons of the oil. Add the pork and stir-fry over moderately high heat until no longer pink and cooked through, about 5 to 7 minutes. Transfer to a plate.

#### Step 3

Heat the remaining 2 tablespoons of oil in the skillet. Add the onion and pineapple and stir-fry for 3 minutes, then add the garlic and cook for 1 minute. Add the bell pepper and stir-fry until crisp-tender, about 3 to 5 minutes.

#### Step 4

Stir the chicken stock mixture into the skillet and cook until thickened, about 1 to 2 minutes. Add the pork, green onion and stir-fry until heated through, about 1 to 2 more minutes. Season with additional soy sauce if desired.

# WEEK 9

## Apple Fritters 1

You will demonstrate

Making a batter, safe shallowfrying technique

Success Criteria: Crisp, golden fried dough with tender cooked apple interior.

Ingredients:

1 cup all-purpose flour

1/4 teaspoon baking powder

1/4 teaspoon ground nutmeg

1/2 teaspoon cinnamon

2 Tablespoons sugar

1/4 teaspoon salt

1 large egg

1 cup milk

3 large apples, such as Fuji or Gala

Flour for dusting before

Vegetable oil, for frying

Directions:

In a medium bowl, whisk together the flour, baking powder, nutmeg, cinnamon, sugar and salt.

In a separate large bowl, whisk together the eggs and milk and then whisk the egg mixture into the flour mixture just until combined and it looks like pancake batter.

Slice the apples into cored 1/4's.

Add 3 inches of oil to a large heavy-bottomed pot set over medium heat. Line a sheet tray with paper towels. **ONCE THE OIL IS TURNED ON, A MEMBER OF THE GROUP MUST WATCH IT AT ALL TIMES AND IT MUST HAVE A THERMOMETER IN IT.** Monitor the heat by adjusting the temperature up down and even off to keep it near F350.

When the oil reaches 350°F on your deep-fry thermometer, **TURN OIL DOWN TO LOW** and begin by tossing the apples in flour then by dipping each apple slice in the batter, shaking off any excess then carefully lowering it into the oil. Add 3-4 apple slices to the oil but do not overcrowd the pot. Flip the apple slices occasionally so that they brown on all sides then using tongs, transfer them onto the paper towel-lined baking sheet. Repeat the battering and frying process with the remaining apples.

Dust well with icing sugar. **TURN OFF OIL**

## Enriched Straight Dough/Loaf

You will demonstrate: accurate measurement, yeast leavened dough, kneading technique  
Success criteria: Golden tight crumb tender bread shaped using a braiding technique.

### Straight dough/Kneading

2 teaspoon instant dry yeast  
1 1/4 cup warm water  
2 tablespoons sugar  
2 large eggs, at room temperature, plus 1 egg beaten, for glaze  
90 ml oil  
4 1/2 cups all-purpose flour  
2 teaspoons salt

In the 5-qt bowl of a standard mixer add milk or water, yeast, sugar, eggs, oil, flour and salt. Place the bowl on the mixer, attach the dough hook, and knead on low speed. Add a little more flour only if dough is sticking to the sides of the bowl after a few minutes of kneading. Knead until the dough is smooth and elastic, 5-7 minutes. The dough should be soft but not sticky. Remove the dough from the bowl.

Form the dough into a ball, transfer it to a lightly oiled bowl, and cover with plastic wrap.

Let the dough rise in a warm, draft-free spot until it doubles in bulk, 1 1/2 - 2 hours.

Line a sheet pan with parchment paper. Cut into 4. Cut each 1/4 into 3 and roll into ropes. Braid and egg wash. Spray with non stick spray and place on a lined baking sheet and cover with saran to rise 30 minutes.

Position a rack in the lower third of the oven, and preheat to 400 F ( 200 C).

Brush the rolls lightly with the beaten egg. For burger buns, sprinkle with sesame seeds.

Bake until puffed and golden brown, 20-25 minutes. Serve Immediately



## Lasagne prep

Each ½ kitchen (1 and 2 together, 3 and 4 together)

Bechamel **x 2**

¼ c oil

¼ c flour

1 l milk.

S+p

Meat Sauce

Cooked pkg beef.

Sweat brunoise of onion, celery, carrot.

Roasted garlic

Fresh Garlic

Pinch rosemary

½ can tom paste

1 l water

Stock concentrate

1 c wine

S+p

Pasta rolled out and packaged

## **Oatmeal Cookies**

Bake on the small heavy sheetpans

1 cup flour

1/2 cup sugar

1/2 cup packed brown sugar

1/2 teaspoon salt

1 teaspoon baking powder

1/2 cup oil

1 egg

2 tablespoons milk

3/4 teaspoon vanilla

1 1/2 cup oatmeal

1/2 cup chocolate chips or raisins

Mix all ingredients together; drop by medium scoops, 2 inches apart Bake 10-12 min. at 350 degrees

# WEEK 10

## Ingredients

2 ½ c plus 3 T flour, divided, plus more for surface  
1/2 cup heavy cream  
3 T mild honey  
3 tablespoons nonfat dry milk powder  
1 tablespoons active dry yeast  
1 tablespoons kosher salt  
1 ½ large eggs  
2 T unsalted butter, cut into pieces, room temperature  
Nonstick vegetable oil spray  
Flaky sea salt (optional)

Cook the 3T flour and 1/2 cup water in a small saucepan over medium heat, whisking constantly, until a thick paste forms (almost like a roux but looser), about 5 minutes. Add cream and honey and cook, whisking to blend, until honey dissolves.

Transfer mixture to the bowl of a stand mixer fitted with a dough hook and add milk powder, yeast, kosher salt, 1 egg, and 2 1/2 cups flour. Knead on medium speed until dough is smooth, about 5 minutes. Add butter, a piece at a time, fully incorporating into dough before adding the next piece, until dough is smooth, shiny, and elastic, about 4 minutes.

Coat a large bowl with nonstick spray and transfer dough to bowl, turning to coat. Cover with plastic wrap and let rise in a warm, draft-free place until doubled in size, about 1 hour.

If making rolls, lightly coat a 6-cup jumbo muffin pan with nonstick spray. Turn out dough onto a floured surface and divide into 6 pieces. Divide each piece into 4 smaller pieces (you should have 24 total). They don't need to be exact; just eyeball it. Place 4 pieces of dough side-by-side in each muffin cup.

If making a loaf, lightly coat a 9x5" loaf pan with nonstick spray. Turn out dough onto a floured surface and divide into 6 pieces. Nestle pieces side-by-side to create 2 rows down length of pan.

If making split-top buns, lightly coat two 13x9" baking dishes with nonstick spray. Divide dough into 12 pieces and shape each into a 4"-long log. Place 6 logs in a row down length of each dish.

Let shaped dough rise in a warm, draft-free place until doubled in size (dough should be just puffing over top of pan), about 1 hour.

Preheat oven to 375°. Beat remaining egg with 1 tsp. water in a small bowl to blend. Brush top of dough with egg wash and sprinkle with sea salt, if desired. Bake, rotating pan halfway through, until bread is deep golden brown, starting to pull away from the sides of the pan, and is baked through, 25–35 minutes for rolls, 50–60 minutes for loaf, or 30–40 minutes for buns. If making buns, slice each bun down the middle deep enough to create a split-top. Let milk bread cool slightly in pan on a wire rack before turning out; let cool completely.

## Scallion Pancakes:

You will demonstrate Kneading technique, laminating, panfry

Success Criteria; Crispy golden pancakes with many layers and scallion filling.

2 cups all-purpose flour, plus more if needed and for dusting

1 1/2 teaspoons kosher salt

1 teaspoon baking powder...or not

Filling:

3 tablespoons toasted sesame oil

Freshly ground black pepper

2 scallions, very finely chopped

Crushed dried red pepper

Flavorless oil, for frying

Serving:

1/2 scallion, finely chopped

1 tablespoon toasted sesame seeds

For the scallion pancakes: In a large bowl, mix together the flour, salt and baking powder. Stir in 1 cup water to form a dough. Knead the dough on a lightly floured surface for 10 minutes, adding more flour as necessary, until the dough is smooth and slightly sticky. Cover the dough with a damp towel and let it sit for 20 minutes.

For the filling: Divide the dough into 4 equal parts and keep them covered when you're not working with them. Working with 1 piece of dough at a time, roll out a 7- to 8-inch circle. Brush evenly with a thin layer of toasted sesame oil and top with a few turns of black pepper, one-quarter of the scallions and a good pinch of red pepper. Roll it up like a jelly roll and then roll the jelly roll into a spiral snail shape. Roll that out into a 7- to 8-inch circle. Repeat with the remaining dough and filling.

Heat 1/8 inch of oil in a large skillet over medium high until shimmering. Fry the pancakes on both sides until golden brown, 2 to 3 minutes. Transfer to a plate lined with a paper towel.

For the Dipping Sauce:

1 tablespoons soy sauce

1 tablespoons Chinkiang or rice wine vinegar

pinch finely sliced scallion greens

1/2 teaspoon grated fresh ginger

1 teaspoons sugar



## **Creme Brulee**

Steam

Start to finish: 6 hours 25 minutes · Hands-on time: 25 minutes

1 ½ c 10% cream

1 tsp (5 mL) vanilla extract

3 egg yolks

3 T (45 mL) granulated sugar

Preheat oven to 300°F (150°C).

Bring cream to simmer with vanilla. Stir constantly.

In a separate bowl, whisk together egg yolks and sugar for 2 to 3 minutes until the mixture is thick and lemon coloured. Whisk in warm cream.

Get 4 custard cups. Divide custard among them. Place cups in a baking dish large enough to hold all four. Add hot water to the baking dish until it reaches halfway up custard dishes. Bake for 35 to 45 minutes or until the custard is just set. When removed from oven, custard may look wobbly and slightly golden on top. It will set when chilled. Remove from water bath, cool and refrigerate.

## Swiss Meringue Buttercream

3 120g Egg Whites (Save Yolks)

150 g Granulated White Sugar

1/2 lb pounds salted butter

½ t Pure Vanilla Extract

Cut butter into smaller pieces, allow to come to room temperature. Place medium saucepan on stove with 2 cups water, allow to come to a low boil. Do NOT combine sugar and egg whites until the water is boiling. In the bowl of a stand mixer, combine egg whites and sugar and whisk together. Place bowl over water and continue whisking frequently. Bring temperature of egg white mixture to 160 degrees, until all of the sugar granules have dissolved. The mixture should now resemble marshmallow fluff.

Remove the bowl from the heat and place into stand mixer. With whisk attachment in place, whisk the mixture on high speed, and allow to continue mixing until the temperature drops down to 90 degrees or lower.

Add butter, 2 tablespoons at a time, on low speed, mixing after each addition. Add vanilla and beat until smooth, about 3 minutes.

Place into a food safe container and cover the surface with plastic wrap. You may use this immediately, or freeze. If you freeze it, when you are ready to use, allow to come to room temperature overnight, and then re-whip before use.

Makes approximately 4 cups.



## Quick Mac and Cheese

### Ingredients

6 ounces (170g) elbow macaroni

Salt

6 ounces (180ml) evaporated milk

6 ounces (170g) grated mild or medium cheddar cheese, or any good melting cheese, such as Fontina, Gruyère, or Jack

### Directions

1.

Place macaroni in a medium saucepan or skillet and add just enough cold water to cover. Add a pinch of salt and bring to a boil over high heat, stirring frequently. Continue to cook, stirring, until water has been almost completely absorbed and macaroni is just shy of al dente, about 6 minutes.

2.

Immediately add evaporated milk and bring to a boil. Add cheese. Reduce heat to low and cook, stirring continuously, until cheese is melted and liquid has reduced to a creamy sauce, about 2 minutes longer. Season to taste with more salt and serve immediately.

## Pierogi

Boil

You will demonstrate: kneading, boiling panfrying.

Success criteria: golden tender crisp bottomed pierogi

### POTATO-CHEDDAR FILLING

1 ½ pounds potatoes

--

3 teaspoons salt

1 large onion, chopped

2 tablespoons unsalted butter

1/2 teaspoon freshly ground black pepper

1/3 cup buttermilk or milk

4 ounces cheddar cheese, grated

To make the potato-cheese filling: In a large pot, add the whole, unpeeled potatoes and cover with cold water. Place the pot over medium high heat and bring to a boil. Add 2 teaspoons of salt and cook until the potatoes are tender, about 20 minutes. Drain. While the potatoes are still warm but cool enough to handle, peel them and run them through a potato ricer or food mill, or mash with potato masher.

Saute the onion in the butter until golden brown.

Add the browned onions, the remaining teaspoon of salt, the pepper, milk, and cheese to the potatoes and stir to combine. Taste and reseason with salt and pepper if necessary. Allow the potato mixture to cool before filling the pierogi.

### DOUGH for pierogi

2 cups flour

1 c boiling water

Mix all ingredients together lightly in bowl.

Knead until smooth.

Let rest, covered, 30 minutes.

Divide the dough into pieces slightly smaller than a golfball. Roll the dough out on a well floured surface to 1/8 inch thick 2-inch rounds and fill the center of each with 1/2 tablespoon of filling.

Fold the dough over to make a half . round, making sure you pinch all around the edges to seal

the pierogi. Place the filled pierogi on a large baking sheet that has been dusted with cornmeal. Make sure they don't touch one another or they will stick together. In a large pot, bring 4 quarts of water to a boil. Add the remaining tablespoon of salt. Add a dozen pierogi and bring the water back to a gentle boil. Don't cook at a rolling boil, or you will surely burst your pierogi. Cook for about 8 minutes, or until the dough is just tender (take one out and test it). Carefully transfer the cooked pierogi to a warm serving platter with a slotted spoon and cool slightly before serving.

Using half of the dough at a time, roll out to 1/8 inch thickness.

Cut circles with biscuit cutter or floured glass.

Fill with a golf-ball sized hunk of filling (described separately), pinch to seal.

Boil 5-8 minutes, until floating.

Fry in butter until crisp.

## **BBQ Sauce**

3 oz apricot preserves

1/4 cup ketchup

1 T yellow mustard

1 T soy sauce

½ t garlic powder

pinch ground ginger

Hot sauce, to taste

2 t cornstarch

¼ c water

Mix and heat all ingredients and simmer 2 minutes, stirring occasionally.

Keeps 2 weeks.

# WEEK 11

## Gougeres

You will demonstrate:

Choux pastry making, piping, eggwash

Success Criteria: golden puffed pastry, hollow inside, strong cheese flavour.

¼ c butter

1 c water

1 cup all-purpose flour

3 large eggs plus one yolk (save the white for eggwash)

1 1/2 ounces grated cheese-parmesan or gruyere (1/2 cup)

Pinch freshly ground pepper

Pinch freshly grated nutmeg

Preheat the oven to 425°. Line 2 baking sheets with parchment paper. In a medium saucepan, combine the water, butter and salt and bring to a boil. Add the flour and stir it in with a wooden spoon until a smooth dough forms; stir over low heat until it dries out and pulls away from the pan, about 2 minutes.

Scrape the dough into a bowl; let cool for 1 minute. Beat the eggs into the dough, 1 at a time, beating thoroughly between each one. Add the cheese and a pinch each of pepper and nutmeg. Transfer the dough to a pastry bag fitted with a 1/2-inch round tip and pipe tablespoon-size mounds onto the baking sheets, 2 inches apart. Sprinkle with salt and bake for 20 minutes, or until puffed and golden brown. Serve hot, or let cool and refrigerate or freeze. Reheat in a 350 oven until piping hot. They also may be frozen raw and cooked from frozen.

## Double Chocolate chip cookies

2 c flour

1 c cocoa

2 tsp. baking soda

10 oz softened butter

1 c sugar

1 c brown sugar

2 egg

½ c chocolate, chopped smaller

Oven 350 degrees F.

Combine flour, cocoa and baking soda. Cream the butter and sugars for 2 minutes. Add the egg. Mix in the flour mixture and fold in the chocolate. Make 2 ounce sized drops of batter, flattened to 1 cm thick on a parchment lined baking sheet. Allow room to spread. Bake 10-12 minutes until just set. Do not overcook them, they should be soft and chewy. Let cool before moving. When cool, transfer to a container with a lid.

## Biscotti

2 cups (10 oz/315 g)

all-purpose flour

1 ½ teaspoon baking powder

½ teaspoon salt

2 large eggs

¾ cup (6 oz/185 g) sugar

½ cup olive oil

1 teaspoon vanilla extract

1 teaspoon almond extract

½ c walnuts

1T cinnamon

Beat eggs, sugar and extract on high for 3 minutes. Mix in flour, baking powder, salt, and cinnamon. Add oil while mixing. A soft dough should form. Add more oil if the dough is crumbly. Fold in the nuts and fennel seed.

Stop the machine, add walnuts, and mix on low for just a few seconds, to incorporate the nuts.

On a lightly floured work surface, divide the dough into two pieces. Roll each piece into a log about 2-inches thick and 12-inches long. Arrange the logs on parchment-lined baking sheets, and refrigerate until firm, about 1 hour.

Meanwhile, arrange a rack in the center of the oven, and heat to 350 degrees. Bake the sheet of chilled logs for about 25 minutes, until the dough is lightly colored and set, rotating the sheet front to back during baking to ensure even cooking. With a long metal spatula, transfer the logs to wire racks, and let them cool for about 30 minutes. For the second baking, have the oven to 350 degrees. Slice the dough logs on a cutting board with a serrated knife, cutting diagonally to form oval biscotti about 1/3-inch thick. Lay the cookies flat in rows on the baking sheet (lined with the same parchment paper), and set it in the oven. Bake the biscotti for 7 minutes, remove the pan, and quickly flip them over. Return the sheet to the oven (rotated back to front), and bake another 7 minutes or so, until the cookies are crisp, crunchy, and golden. Transfer them to wire racks, and let them cool completely before serving. Store biscotti in an airtight container lined with wax paper; they will keep 2 to 3 weeks.

## Coq au Vin

Key Techniques demonstrated: thickening with a buerre manie, cooking chicken to F165

Success criteria: tender, moist chicken flavoured with wine and bacon.

YIELD: 6 SERVINGS

**3 tablespoons oil**

**3 slices bacon, cut into pieces**

**12 bone-in chicken pieces**

**Salt and freshly ground black pepper**

**1 teaspoon thyme**

**1/2 cup onion brunoise**

**1/4 cup carrot brunoise**

3 garlic cloves, minced

1/2 pound mushrooms, sliced

1 cup dry white wine

1 cup chicken stock

1 bay leaf

2 tablespoons unsalted butter

1 tablespoons unbleached all-purpose flour

Heat oil, brown chicken. Remove.

Add bacon, cook 3 minutes.

Add the diced onion, carrot, and cook about 4 minutes.

Add the garlic, and mushrooms and cook for another 3 minutes.

Pour the wine into the hot pot and cook until the wine reduces by half, about 10 minutes.

Add the chicken stock, bay leaf, and chicken and vegetables.

Cover and STEW on low heat for 20-25 minutes or BRAISE in the oven for 45 minutes until the meat is cooked through.

Remove the cooked chicken, separate the meat from the bones.

Bring the sauce to a boil and REDUCE until the sauce is rich..2-4 mins. Taste the sauce and adjust the seasoning with salt and pepper. Lower the heat to medium and bring to a simmer.

With your fingers or a fork, combine the butter and flour, creating a paste. This is called a BEURRE MANIE. Whisk the butter mixture in chunks into the sauce. The butter and flour will enrich and thicken the sauce. Return the chicken vegetables to the pot to reheat.



Garnish with parsley right before serving. Serve hot with mashed potatoes, rice, noodles, risotto, polenta, or couscous.

## Meatballs

You will demonstrate:

Sweating technique, an understanding of why sweating is important, proper cooking temperatures.

$\frac{3}{4}$  lb ground meat-the classic combination is ground beef, veal and pork but any combination will do

1 onion, diced very fine

2 cloves garlics, minced fine

2 T extra virgin olive oil

1 T dried parsley

1 T dried oregano

1 T chopped fresh thyme

$\frac{1}{4}$  c dried bread crumbs

$\frac{1}{4}$  c milk

1 egg

1 T salt

### Sauce

1 ½ c pureed tomatoes

½ c water

1 t salt

Preheat the oven to 425

Add the herbs, milk, egg, breadcrumbs, and salt together. Whisk until combined. Meanwhile mince the garlic and finely dice the onion and mix together. Add the onion mixture and meat and mix gently. The mixture should be slightly sloppy.

Scoop 2 oz balls onto a parchment lined baking sheet and bake for 15 minutes (internal temp of F165.)

Transfer balls to a medium pot with the sauce and simmer for 5 minutes.

### Polenta

½ c cornmeal

2 c water

1 T butter

Place the water and the polenta in a medium sized non-stick pot, add a pinch of salt and bring to a simmer. Cook gently, stirring occasionally, for 2-3 minutes or until the polenta is soft and creamy. Stir in butter.

# WEEK 12

## Chocolate Mousse MOUSSE AU CHOCOLAT

You will demonstrate: Bain marie technique, folding

Success Criteria: smooth light mousse with a pronounced flavour

#BainMarie

### Ingredients

300 g chocolate, melted in a bain marie

6 egg yolks

90 g 35% cream

1 T sugar

450 g 35% cream (for whipping)

Cognac and dark rum to taste

### Preparing the Chocolate Mousse

In a stainless steel bowl, combine the eggs, **90 ml 35% cream, NOT THE 450 G!!!** and the sugar. Continuously beat this mixture with a whisk until it is THICK AND LIGHT IN COLOUR..

Add the melted chocolate. Continue to beat the mixture until it is lukewarm.

Whip the cream to stiff peaks. Add 1/3 of the whipped cream to the chocolate mixture and fold in. Add the remaining

whipped cream and continue to fold until the cream and chocolate are well blended. Add the cognac and dark rum and mix well. Pour the mousse into a clean bowl. Cover and refrigerate until needed.

## Spice cookies

2/3 cup vegetable oil

1 cup white sugar

1 egg

1/4 cup molasses

2 cups all-purpose flour

2 teaspoons baking soda

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1/2 teaspoon ground cloves

1/3 cup white sugar

### Directions:

Preheat oven to 350 degrees F (180 degrees C).

In a large bowl mix oil and 1 cup of sugar. Add egg, beat well. Stir in molasses, 2 cups flour, baking soda and spices. If necessary, add more flour to make a firm dough.

Shape dough into 1 1/4 inch balls. Roll in 1/3 cup sugar. Place 3 inches apart on an ungreased baking sheet. Bake 12 to 14 minutes or until tops crack. Remove from baking sheet and cool on rack.

## Soft Philly Pretzels

You will demonstrate: accurate volume measurement, kneading technique, shaping and proper baking with a soda bath

Success criteria: properly shaped, golden fluffy pretzels

Preparation Time – 15 minutes

Cooking Time – 45 minutes

## #Kneading

### Ingredients For The Pretzels

3/4 cup Warm Water

1/2 tbsp Sugar

1 tsp Salt

2 1/2 tsp instant yeast

2 cups Flour

2 T melted Butter

### Ingredients For Water Bath

10 cups water

1/3 cup baking soda

### To Make The Dough

Combine water, sugar and salt and yeast in the bowl.

Add the flour and butter and mix until combined.

Knead dough until smooth (about 5 minutes).

Place the dough in an oiled bowl, cover with towel and sit in a warm place for about 10-20 minutes

### Assemble The Pretzels

Bring the water and baking soda to a boil in a large pot or hotel pan

Preheat the oven to 450.

Line 2 baking sheets pans with parchment paper and lightly spray with cooking spray or brush with vegetable oil.

Lightly oil a cutting board and turn out the dough

Divide the dough into 4 pieces.

Roll out each piece of dough into a 2 foot rope.

Flip ends of the rope across each other and press onto the bottom of the U in order to form the shape of a pretzel. Place onto the baking sheets.

When water is boiling, place pretzels (1 at a time) into the boiling water for about 30 seconds.

Remove pretzel from the water and place back on the baking sheet

Brush the top of each pretzel with egg wash and sprinkle with kosher salt.

Bake 12-14 minutes or until golden brown. Transfer to a cooling rack.

## **Parmesan Pomodoro Sauce...the one tomato sauce you need**

### **Ingredients**

2 tablespoons plus 2 tablespoons extra-virgin olive oil  
2 cloves garlic, peeled and smashed  
1 large, full stem basil  
2 c peeled canned tomatoes, pureed  
1 carrot, peeled and halved  
Parmigiano-Reggiano rind if available, cut into 3-inch pieces  
Kosher salt  
1 pound penne rigate pasta  
1/3 cup grated Parmigiano-Reggiano, plus more for serving  
2 tablespoons butter

### **Directions**

Heat a medium nonreactive saucepan over medium-high heat. Add 2 T of the oil and the garlic, and reduce the heat to medium. Cook the garlic and carrots, stirring often and mashing gently with a wooden spoon, until golden brown and beginning to soften, 5 minutes. Add the basil, tomatoes and their juices and cheese rinds. Stir with a wooden spoon to combine. Bring to a simmer and adjust the heat to maintain a simmer. Cook for 20-35 minutes stirring occasionally to prevent sticking. Add 1 teaspoon of the salt. Remove from the heat and cool slightly.

Remove the rinds, carrots and basil.

Bring a large pot of salted water to a boil. Cook the penne 2 minutes less than the package directions. Meanwhile, rewarm the sauce in a large, straight-sided skillet set over medium heat. Using a spider, strain the pasta from the water and add it directly into the pan with sauce, reserving 1/2 cup of the pasta water. Before stirring, sprinkle the pasta with the grated cheese. Toss the pasta, cheese and sauce together. Add the butter, the remaining 2 tablespoons olive oil and the reserved pasta water and continue to cook until the sauce is creamy and the pasta is al dente. Serve topped with more cheese if desired

## Butterscotch Pudding

### Ingredients

3/4 cup Brown Sugar,

2T Cornstarch

pinch Salt

1 1/2 cups Whole Milk

2 whole Large Egg Yolks (discard Or Save Whites For Another Use)

1 Tablespoons Butter

1/2 c whipping cream

Gently whisk together the brown sugar, cornstarch, and salt in a medium bowl.

In a medium bowl, whisk together the milk and egg yolks. Pour it into the bowl with the brown sugar mixture and stir to combine. Heat until boiling and transfer to containers.

Whip cream to stiff peaks



# WEEK 13

## At Home Neapolitan Pizza

Yield: 4-6 people (makes six 10-inch pizzas)

### Ingredients

20 ounces (4 cups) Italian tipo "00" flour or all purpose flour plus extra for dusting dough  
.3 ounces (about 2 1/4 teaspoons) kosher salt, plus extra for assembly  
.2 ounces (about 1 teaspoon) instant yeast  
.2 ounces (about 2 teaspoons) sugar  
12 ounces water  
1 (14-ounce) can whole peeled Italian tomatoes  
12 ounces buffalo mozzarella or fresh cow's milk mozzarella  
6 tablespoons extra virgin olive oil  
24 basil leaves

### Directions

1.

Combine flour, salt, yeast, and sugar in the bowl of a stand mixer fitted with a dough hook attachment. Whisk to combine. Add water and knead on low speed just until mixture comes together and no dry flour remains. Allow to rest for 10 minutes. Knead on low speed for an additional ten minutes. The mixture should come together into a cohesive mass that barely sticks to the bottom of the bowl as it kneads. Depending on the type of flour used, you may need to add up to 1/2 cup additional flour. If dough sticks heavily to bottom of bowl, add flour 1 tablespoon at a time with mixer running until it forms a mass that just barely sticks to the bowl. Cover bowl tightly with plastic or transfer the dough to two gallon-sized zipper lock bags, seal, and refrigerate for at least 8 and up to 72 hours.

2.

Transfer the dough to a floured work surface and dust the top with additional flour. Using a bench scraper, divide the dough into six even pieces, approximately six ounces each. Using floured hands, shape each piece into a neat ball by gathering the dough towards the bottom. Coat four small containers with non-stick cooking spray or olive oil (large cereal bowls work great for this) and add one dough ball to each bowl. Lightly spray top

of dough ball with non-stick cooking spray. Cover tightly with plastic wrap, and allow to rise at room temperature for 2 hours (dough should roughly double in volume).

3.

Meanwhile, drain tomatoes in fine meshed strainer and break them up with your fingers, squeezing excess juice out from the interior. Transfer the tomatoes to a blender with a 1/2 teaspoon of kosher salt and blend until smooth. Transfer to a bowl and set aside. Cut the mozzarella into 1/2-inch chunks and place on a plate on a triple layer of paper towels or a clean kitchen towel. Place another triple layer of paper towels or clean dish towel on top of the cheese and stack another plate on top. Allow the excess water to blot out for at least 10 minutes.

4.

Transfer 1 ball of dough to a medium bowl filled with flour and flip to coat. Lift it and gently pat off the excess flour. Transfer it to a floured surface and gently stretch it into a 10-inch circle, leaving the outer 1-inch edge slightly thicker than the center. The best way to do this is to start by gently stretching with your fingertips. Pick up the slightly stretched dough and place it on the opened face of your left hand. Toss it back and forth between your opened hands, rotating it slightly with each toss until it stretches out to around 8-inches in diameter. Return it to the work surface. With your left hand flat in the center of the round, use your right hand to stretch the edge of the dough out, rotating as needed until it is an even 10-inches in diameter.

5.

Have your tomato sauce, drained cheese, pizza dough, olive oil, kosher salt, and basil leaves ready and close to the stovetop. Preheat the broiler to high and arrange the rack such that you can just barely fit a 12-inch heavy-bottomed oven-proof cast iron or stainless steel skillet on top of it. Dust skillet with flour, tap out excess, then heat the skillet over high heat and heat until lightly smoking, about three minutes. Transfer one dough round to the skillet. It should fill up the entire bottom surface. Working quickly, spread two tablespoons sauce evenly over the dough, leaving the outer 1-inch border un-sauced. Top with 1/6 of the cheese chunks. Season with kosher salt. Drizzle with 1 tablespoon olive oil, and scatter four basil leaves over the surface. Transfer skillet to broiler and broil until pizza is puffed and darkly charred in spots (this can take anywhere between 1 1/2 to 4 minutes, depending on the strength of your broiler). Return the skillet to the stovetop and cook until the bottom is darkly charred in spots, using a thin metal spatula to peek after about 1 minute (depending on the skillet you use, you may skip this step if the pizza is already charred). Transfer the pizza to a cutting board and serve immediately. Repeat steps 4 and 5 to bake remaining pizzas.

## **Minestrone**

You will demonstrate safety knife skills, and boiling

Success Criteria: Rich hearty soup thickened with beans and potatoes, well seasoned and tender veg.

Start to finish: 45 minutes

**YIELD: 8 TO 10 SERVINGS**

1 c white beans plus an additional ½ c

1 teaspoon salt

2 T pestata

2 tablespoons olive oil

1/2 small onion chopped

1 carrot, diced

1 stalk celery, diced

2 boiling potatoes, peeled and diced

1 c green cabbage (preferably Savoy), shredded

¼ c pureed tomato

3 cups chicken stock mixed with 2 c water

Freshly ground black pepper Parmigiano-Reggiano cheese, freshly grated, for serving

Extra-virgin olive oil, for drizzling

In a heavy soup pot over moderate heat, heat the oil and cook the pestata, stirring, until it is crisp and pale golden. Blend the additional ½ c beans with some of the broth to make a thick puree and add it to the broth and set aside. Add the onion carrots, celery, and cook, stirring, for 4 minutes. Add the potatoes and cabbage, the tomatoes, beans and the stock and let the soup simmer, for 20-30 minutes until vegetables are soft..

Season with salt and pepper to taste.

To serve, garnish with the cheese and drizzle with extra-virgin olive oil.

## Stella Parks' Brownie modified for classes

You will demonstrate: bain marie, whipping, safe use of equipment.

Success criteria: dense fudgy even sized brownies.

### Ingredients

- 6 ounces unsalted butter ( 170g)
- 3 ounces finely chopped dark chocolate (85g)
- 8 ounces white sugar (225g)
- 1 ounce light brown sugar (28g)
- 3/4 teaspoons (2g) kosher salt; for table salt, use about half as much by volume or the same weight
- 3 large eggs, straight from the fridge
- 1 t vanilla extract
- 1/2 teaspoon instant espresso powder
- 2 1/4 ounces all-purpose flour (62g)
- 2 ounces Dutch process cocoa powder (the really dark stuff)(60 g),

### Directions

1.  
Getting Ready: Adjust oven rack to the middle position and preheat to 350°F. Line a muffin tin with liners.
2.  
Melt the chocolate and butter in a bain marie.
3.  
Combine white sugar, brown sugar, salt, eggs, vanilla, and instant espresso in the bowl of a stand mixer fitted with the whisk attachment. Whip on medium-high until extremely thick and fluffy, about 4 minutes.
4.  
Meanwhile, sift together the flour and cocoa powder. When the foamed eggs are fluffy and thick, reduce speed to low and pour in the warm chocolate-butter. Once incorporated, add the cocoa-flour all at once and continue mixing until roughly combined. Finish with a flexible spatula, scraping and folding to ensure the batter is well mixed from the bottom up.
5.  
Using an ice cream scoop so they are the SAME SIZE! Scoop batter into the prepared pan and bake until the brownies are glossy and just barely firm, about 12-18 minutes or to an internal temperature of 205°F
6.  
Cool the brownies to room temperature and store in an airtight container with a sheet of wax paper between each layer, about 1 week at room temperature.

While Brownies are baking, make the frosting.

## **Chocolate Frosting**

1 T softened butter

3 T unsweetened cocoa powder, dark looks best

3/4 cups powdered sugar

1/2 T whole milk

Mix butter, cocoa powder, and sugar in medium mixing bowl with a wooden spoon. Slowly add milk as needed to achieve a frosting consistency.

## Potsticker 2018

You will demonstrate: steaming, panfrying and shaping potstickers

Success Criteria: small, uniform crisp bottomed dumplings with a flavourful filling)

### Ingredients

#### Dough:

2 cups all-purpose flour, plus more if needed and for dusting

1 1/2 teaspoons salt

1/2 cup boiling water

#### Filling:

3/4 pound ground pork

1 c finely chopped nappa cabbage

3 T water

2 teaspoons sugar

2 teaspoons soy sauce

2 teaspoons rice vinegar

1 teaspoon freshly grated ginger

1/4 teaspoon salt

2 scallions, finely chopped

Freshly ground black pepper

Flavorless oil, for frying

#### Dipping Sauce:

2 tablespoons soy sauce

1 tablespoon rice vinegar

2 teaspoons sesame oil

1 scallion, finely chopped

A pinch of crushed dried red pepper

### Directions

For the dough: Combine the flour and salt in a large heatsafe bowl. Slowly pour in the boiling water while stirring, until you have a coarse meal mixture. Stir in 1/2 cup cold water to form a dough.

Knead the dough on a lightly floured surface for 10 minutes, adding more flour as necessary, until the dough is smooth and slightly sticky. Cover the dough with a damp towel and let sit for 20 minutes.

For the filling: In a large bowl, combine the pork, cabbage, water, sugar, soy sauce, vinegar, ginger, salt, scallions and a bunch of turns of pepper.

To assemble the dumplings, divide the dough into 24 balls. Roll them out into 4-inch circles, flouring the surface as needed. Place 1 tablespoon filling in the center of each and fold in half to make a half-moon shape, pleating the edges to seal well.

Bring a large pot of water to a boil. Heat a thin layer of oil in a large skillet over medium-high heat. Boil the dumplings in batches for 4 minutes. Remove them with a

slotted spoon, allowing excess water to drip off, then transfer to the hot oil (be careful because this step can get spitty). Cook until the dumplings are browned, 2 to 3 minutes. Transfer to a plate lined with a paper towel and let cool slightly. Alternatively, to steam the dumplings, line a bamboo steamer with blanched cabbage and steam over boiling water until the filling is cooked through, 10 to 15 minutes.

For the dipping sauce: In a small bowl, combine the soy sauce, vinegar, sesame oil, scallion and red pepper

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# WEEK 14

## Risotto

Simmer

Start to finish: 30 minutes · Hands-on time: 30 minutes

YIELD: 6 TO 8 SERVINGS

2-3 cups water or stock

4 tablespoons unsalted butter

2 tablespoons extra-virgin olive oil

1/2 medium onion, finely diced

1/2 stalk celery finely diced

salt

Freshly ground black pepper

1 cups arborio rice

1/2 cup white wine (optional)

1/4 cup freshly grated ParmigianoReggiano,

Heat the stock in a medium saucepan set over medium heat. Lower the heat and keep the stock hot while you are making the risotto.

In a large, heavy saucepan, heat 2 tablespoons of the butter and the olive oil over medium heat. Add the onion and celery and cook until it is soft and translucent, about 6 minutes. Add the salt, pepper to taste, and the rice and stir to coat with the butter and oil. Cook, stirring, until opaque, about 3 to minutes.

Add the wine and cook, stirring, until it has all been absorbed. Using 4- to 6-ounce ladle, add one ladleful of the hot stock and cook, stirring until it is mostly absorbed. Continue adding the stock one ladleful at a time stirring constantly until the liquid is absorbed before adding more. Continue to add stock, stirring as you go, until the rice is tender and creamy yet still a little al dente, about 15 minutes.

Stir in the remaining 2 tablespoons butter and 1/2 of the cheese until well mixed. Taste and reseason with salt and pepper if necessary. Garnish with cheese. Serve immediately as risotto waits for no one.



## Meatballs

You will demonstrate:

Sweating technique, an understanding of why sweating is important, proper cooking temperatures.

¾ lb ground meat-the classic combination is ground beef, veal and pork but any combination will do

1 onion, diced very fine

2 cloves garlics, minced fine

2 T extra virgin olive oil

pinch dried parsley

pinch dried oregano

pinch chopped fresh thyme

¼ c dried bread crumbs

½ c milk

1 egg

1 T salt

Sauce

BBQ Sauce

Preheat the oven to 425

Saute the onion and garlic in oil for 1-2 minutes on medium heat. DO NOT LET IT COLOUR!

This is called sweating. It draws out the natural sugars and creates a deeper flavour.

Meanwhile, add the herbs, milk,egg, breadcrumbs, and salt together. Whisk until combined.

Add the onion mixture and meat and mix gently. The mixture should be slightly sloppy.

Scoop 1 oz balls , (use a 2 oz scoop and then cut into 2) and shape onto a parchment lined baking sheet and bake for 15 minutes (internal temp of F165.)

Transfer balls to a medium pot with the sauce and simmer for 5 minutes.

## **BBQ Sauce**

½ c apricot preserves

1/4 cup ketchup

1 T yellow mustard

1 T soy sauce

½ t garlic powder

pinch ground ginger

Hot sauce, to taste

2 t cornstarch

½ c water

Mix and heat all ingredients and simmer 2 minutes, stirring occasionally.

Keeps 2 weeks.

## **Flourless chocolate cake**

12 oz dark chocolate

6 oz butter

6 eggs, separated

$\frac{3}{4}$  c sugar

1 teaspoon rum

Oven at 350

Line with parchment, butter and sugar a 9 inch spring form pan. Wrap outside of pan with foil.

Melt

chocolate and butter together and cool to lukewarm. Whisk the yolks and half of the sugar in a medium bowl until thick pale ribbon. In a separate bowl or mixer, whisk whites and the rest of the sugar together until firm peaks form. Fold yolks and rum into the chocolate mixture and then fold the whites in two additions. Pour batter into pan.

Bake for 35-45 minutes until a skewer inserted comes out with a few moist crumbs. Cool cake in pan. Remove and invert.

## Sugar Cookies

In this class you will demonstrate Creaming method, piping technique, judging doneness.

Success criteria; tender cooked cookies, iced and decorated.

### Ingredients

100g/3½oz unsalted butter, softened at room temperature

100g/3½oz sugar

1 egg, lightly beaten

1 tsp vanilla extract

275g/10oz flour

### Method

Preheat the oven to 190C/375F/Gas 5. Line a baking tray with parchment paper.

Cream the butter and sugar together in a bowl until pale, light and fluffy.

Beat in the egg and vanilla extract, a little at a time, until well combined.

Stir in the flour until the mixture comes together as a dough.

Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.

Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray.

Bake the biscuits for 8-10 minutes, or until pale golden-brown. Set aside to harden for 5 minutes, then cool on a wire rack overnight.

## Royal icing

### Ingredients

1 egg white

1/8 tsp white vinegar

1 2/3 cups icing sugar, sifted

### Instructions

BEAT egg whites and vinegar until foamy in a large bowl using an electric mixer. Add icing sugar and mix until combined. Increase speed to high and beat until dense and thick but foamy, about 3 to 7 minutes.

STIR in 2 to 4 tbsp cold water to thin the icing out to desired consistency. Transfer to a piping bag fitted with a very small plain tip to decorate cooled sugar. If applying silver dragees or other decoration, do so while icing is still wet. Let sit at room temperature until royal icing hardens.

## Chocolate Mint Thumbprint Cookies

You will demonstrate creaming, baking.

Success criteria. Mint flavoured tender cookies with a crisp soft chew.

### Ingredients

For the chocolate mint thumbprints:

2 ounces good-quality dark chocolate (60 to 72%)

$\frac{3}{4}$  cups all-purpose flour

$\frac{1}{4}$  cup dark unsweetened cocoa powder (like Valrhona)

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  c ( $\frac{1}{4}$  lb) unsalted butter, cut into 1-inch cubes, at room temperature

2 T granulated sugar

1 tablespoons firmly packed dark brown sugar

1 large egg yolk

$\frac{1}{2}$  teaspoon pure vanilla extract

For the white chocolate filling:

2 ounces good-quality white chocolate, coarsely chopped

2 tablespoons heavy cream

$\frac{1}{4}$  teaspoon pure peppermint extract

1.

To make the chocolate mint thumbprints: Melt the dark chocolate together in a microwave or over a double boiler then set aside to cool.

2.

In a medium bowl, whisk together the flour, cocoa powder, and salt. Set aside.

3.

In the bowl of a standing mixer fitted with the paddle attachment, beat the butter until creamy. Add the granulated and brown sugars and beat on medium-high speed until light and fluffy, about 3 minutes. Add the egg yolks and vanilla and beat again until combined. Scrape the chocolate into the mixer and beat just until incorporated. Scrape down the sides and bottom of the bowl and add the flour mixture all at once. Beat on low speed, scraping the side of the bowl occasionally, until the dough is smooth. Transfer it to a sheet of plastic wrap and pat it into a disk; wrap and freeze it until it is chilled and firm, at least 10 minutes.

4.

Preheat the oven to 350°F. Line two baking sheets with parchment paper.

5.

6.

With clean hands, form tablespoon-size dough balls, taking care that they have no lumps or cracks. Roll each ball in the coarse sugar and place it on a prepared baking sheet.

Use your thumb or a small dowel to make an indentation in the center of the cookie.

Bake for 10 minutes, remove the sheet from the oven, and use your thumb or the dowel to make the indentation more visible. Return the sheets to the oven and bake for another 4 to 5 minutes.

(These are the type of cookies that can overbake very quickly—pull them out at the first signs of cracking.) Set the baking sheets on a wire rack to cool for 5 minutes. Use a spatula to transfer the cookies to the rack to cool completely before filling them.

7.

To make the white chocolate filling: Melt chocolate and cream over a bain marie then whisk until smooth. Stir in the peppermint extract. Fill the thumbprint cookies with the white chocolate ganache and refrigerate them until set, about 30 minutes.

# Week 15

## **Pate Brisee**

### Biscuit Method

You will demonstrate: fraisage.

Success criteria: tender flaky crust.

Pâte brisée--butter, salt, and a little water to bring it all together It's something every cook should master--it's so easy and so versatile. Pâte brisée is used for savory tarts, such as quiches, and for very sweet tarts.

### Ingredients

9 oz All-purpose flour

pinch Kosher salt:

6 oz Cold unsalted butter, cut into 1/4-inch cubes

Approx 3 T Ice water

### Procedure

Place half the flour and the salt in the bowl of a stand mixer fitted with the paddle attachment and mix to combine. With the mixer running on low speed, add the butter a small handful at a time. When all the butter has been added, increase the speed to medium-low and mix for about 1 minute, until the butter is thoroughly blended. Scrape down the sides and bottom of the bowl. Turn the speed to medium-low, add the remaining half of flour, and mix just to combine. Add just enough of the water to mix until incorporated. The dough will come up around the paddle and should feel smooth, not sticky, to the touch.

2. Remove the dough from the mixer and to be certain that there are no visible pieces of butter remaining; if necessary, return the dough to the mixer and mix again briefly.

3. Pat the dough into a 7- to 8-inch disk and wrap in plastic wrap. Refrigerate for at least 1 hour, but preferably overnight. (The dough can be refrigerated for up to 1 day or frozen for up to 1 month.)

## **Quiche**

You will demonstrate: blind baking, making pastry and baking savoury custard.

Success criteria, tender flaky crust smooth creamy custard just set.

YIELD: 1 (8-INCH) TART, FOR 6 SERVINGS

1 recipe Pate Brisée

½ c ham, chopped

1 onion, diced

2 cup whole milk

4 large eggs

4 yolks

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

pinch cayenne pepper

pinch freshly ground nutmeg

2 ounces cheese, grated

Preheat the oven to 375°F.

Roll out the pastry and fit it into an pie plate. Using a fork, poke holes into the bottom of the crust. Line the pastry with another tin about 1-inch deep with sugar. (To keep the bottom of the tart from rising as hot air pushes it up from the bottom.) Bake for 15 minutes.

Remove the shell from the oven and transfer the sugar to a heatproof dish.

Remove from the oven and cool. In a medium skillet, cook the onion in some butter over medium heat until it is soft. In a medium bowl, combine the milk, eggs and egg yolks, salt, pepper, cayenne pepper, and nutmeg and whisk until combined.

Place the pastry shell on a baking sheet. Spread a layer of onion, ham and cheese over the bottom of the shell and then carefully pour in the milk-egg mixture to fill the tart. Bake for 25 minutes or until the custard is set. Remove the quiche from the oven and let cool for 10 minutes. Cut and serve warm or at room temperature.



## **Polenta with cheese and balsamic glaze**

### **Ingredients**

½ c cornmeal

2 c water

50g salted butter

250g caciotta cheese

Optional - Balsamic Glaze (see below recipe)

salt

Prepare polenta, whisking until smooth. Will be quite thick, making it easier to slice later.

Pour into a loaf tin and leave to cool, either for 20 minutes minimum, or overnight.

When completely cooled, turn onto a chopping board. Cut into 1.5cm slices.

Melt butter over medium heat and fry slices for 5 minutes on each side until they crisp up.

Slice the cheese and place on top of the polenta (or place it under the grill if you want the cheese properly melted.)

Drizzle with balsamic glaze.

## **Reverse chocolate-chip cookies**

By the end of this class you will demonstrate:

Careful volume measurement, creaming method, judging doneness of cookies, restraint as you allow your cookies to cool

Sift you flour and cocoa

1  $\frac{3}{4}$  c flour

1  $\frac{1}{4}$  c cocoa

2 tsp. baking soda

10 oz softened butter

1  $\frac{1}{4}$  c sugar

$\frac{3}{4}$  c brown sugar

2 eggs

10 oz white chocolate, chopped into chunks

Oven 350 degrees F.

Combine flour, cocoa and baking soda. Cream the butter and sugars for 2 minutes. Add the eggs, one at a time. Mix in the flour mixture and fold in the chocolate. Make 2 ounce sized drops of batter, flattened to 1 cm thick on a parchment lined baking sheet. Allow room to spread. Bake 10-12 minutes until just set. Do not overcook them, they should be soft and chewy. Let cool before moving. When cool, transfer to a container with a lid.

## Chocolate-Hazelnut Tart

### Ingredients

1/4 cup sugar

1 tablespoon all-purpose flour

1 1/2 eggs, beaten

1/2 cup peeled, chopped, and toasted hazelnuts (F400 for 3 minutes)

4 ounces bittersweet chocolate chips (about 1/2 cup)

1/2 cup corn syrup

1 tablespoon butter, melted

1 teaspoon vanilla extract

1/8 teaspoon salt

1 pre rolled frozen pie crust, defrosted

### Directions

Preheat the oven to 400 degrees F.

In a large bowl, mix together the sugar and the flour. Add the eggs, hazelnuts, chocolate chips, corn syrup, butter, vanilla, and salt. Stir well. Pour the mixture into the mini pie crust. Bake for 25-35 minutes until pastry is golden and filling is puffed and golden.

Cool the tart for at least 30 minutes before serving.

# WEEK 16

## Sourdough

25 g starter

250 g flour

180 g water

3 g salt

Mix w paddle for 60 seconds on high. Every 30 minutes for the first hour, perform a stretch and fold or a slap and fold.

## Paprika Chicken with Spaetzle EGG NOODLES

Simmer

Start to finish: 45 minutes · Hands-on time: 30 minutes

YIELD: 6 SERVINGS

The creamy, rich, paprika-sour cream sauce is served over tender chicken and homemade spaetzle. This is comfort food at its best

YIELD: 4 TO 6 SERVINGS

5 pieces chicken cut into 2 inch pieces

Salt and freshly ground black pepper

2 tablespoons vegetable oil

1 medium onion, chopped

2 tablespoons sweet Hungarian paprika

2 cups chicken stock

1/2 cup sour cream

2 tablespoons unbleached all-purpose flour

Season the chicken with salt and pepper.

Heat the oil in a large skillet over medium-high heat. Working in two batches, add the chicken to the skillet and sear about 2 minutes per side. Remove the chicken from the skillet and set aside.

Reduce the heat to medium. Add the onion and saute until it is softened, about 6 minutes. Add the paprika and cook, stirring constantly to prevent burning, for 1 minute. Stir in the stock and return the chicken to the skillet. Reduce the heat to low and simmer, partially covered, for 40 minutes, or until the chicken is completely cooked.

In a small bowl, whisk together the sour cream and flour until smooth.

Add the sour cream mixture to the skillet and bring back to a low simmer.

Cook for 5 minutes or until the sauce is slightly thickened. Season with salt and pepper. Serve with the spaetzle or butter noodles.

## Lemon spaetzle

Boil

2 c all purpose flour

1 tsp. salt

½ tsp. black pepper

2 eggs

1 c milk

Mix all ingredients to a stiff batter. Cover and rest 1-2 hours. Put the batter in a potato ricer fitted with large holes. Press the batter through into a pot of boiling salted water. Let simmer until the spaetzle float (about 1 minute). Drain and oil lightly. Let cool on a baking sheet and panfry in butter to serve.

## Brazilian Coxinhas

You will demonstrate: making a boiled dough, shaping dumplings, deepfrying.

Success criteria: even shaped, golden crispy dumplings with tender chicken filling.

A good demonstration can be found here:

<https://www.bing.com/videos/search?q=making+coxinas&&view=detail&mid=378BFAA2EA214A4CE6E4378BFAA2EA214A4CE6E4&FORM=VRDGAR>

1 c chicken, cooked and shredded

1 T oil

3/4 cups chicken broth

1/2 small onion (brunoised)

1 clove garlic (minced)

1 tablespoons olive oil

3/4 cups milk

2T butter

1 1/2 cups flour

salt to taste

pepper to taste

breadding

vegetable oil for frying

1 cup milk

2 cups very fine breadcrumbs

1 large egg

Fry the chopped onion and garlic in the 1 Tablespoon of oil for about 1-2 minutes, until soft.

Heat the broth, milk and butter to a large pot and melt the butter in the liquid. slowly beat in the flour and cook just for a few minutes until the dough begins to come together and also come away from the sides of the pan as you stir. Turn the dough out onto a plate and leave until it's cool enough to handle comfortably.

While you're waiting for the dough to cool, finely chop the chicken, add salt and pepper to taste and leave this finely chopped mixture while you get on with the dough.

Do not flour a surface, but simply knead the dough until it is smooth and bouncy (about 10 minutes), and then pinch off walnut sized lumps of dough, roll them into a ball and then flatten into discs with a slight lip at the edges.

Take these rounds and add a scant teaspoon of chopped chicken and bring up the edges, all around, so that you have a ball, which you coax with your fingers into a bulbous pear shape.

Place on a lined baking sheet and get on with the rest.

Heat the oil over medium heat in a large saucepan. You need to start frying when the oil is about 180°C/350°F. If you do not have a cooking thermometer: simply add a tiny ball of dough and if it starts fizzling straight away, and rising goldenly to the top of the pan instantly, the oil is hot enough. But while you wait for it to heat up, dip the coxinhas.

Beat the egg with the 125ml / ½ cup milk in one dish; tip the very fine breadcrumbs into another. Dip the coxinhas first into the egg mixture then into the sandy breadcrumbs, making sure they are well covered, then leave on a lined baking sheet.

When the oil is hot enough, deep-fry the coxinhas, about 5 at a time, until they are golden, in about 2 minutes' time. Remove to a baking sheet lined with paper towel

If you wish, you can keep your cooked coxinhas warm in a 120°C/250°F oven while you continue with the rest.



## Red Velvet Cake

1 small (2-tier) cake

### INGREDIENTS

#### Cake

2 T natural cocoa powder

2 T red food colouring

90 g butter

90 g shortening

1 c sugar

1 vanilla extract

2 eggs

1 ½ c flour

3 tbsp (45 ml) cornstarch

½ T baking powder

¾ t baking soda

pinch salt

½ T white vinegar

¾ c buttermilk

#### Icing

1 c butter

3 1/2c icing sugar

½ c cream cheese

1 tsp (5 ml) vanilla

1 T red food colouring

1 T natural cocoa powder

### DIRECTIONS

1. Preheat oven to 350F (180C).
2. In a small bowl, mix together cocoa powder and food colouring.
3. In another bowl, cream together butter, shortening and sugar.
4. Add vanilla and eggs to the butter mixture and beat.
5. Add cocoa mixture to butter mixture and beat until mixed through.
6. In a separate bowl, add flour, cornstarch, baking powder, baking soda and salt.
7. Whisk flour mixture to aerate and combine.
8. Slowly add flour mixture to the butter mixture and mix through.

9. In a small bowl, combine vinegar and buttermilk and mix in.
10. Slowly add buttermilk mixture to batter and fold in.
11. Pour into 2 x 6-inch (15 cm) square and 2 x 6-inch (15 cm) round greased cake tins.
12. Bake for 40-45 minutes or until a toothpick inserted into the centre comes out clean.
13. Let cool completely.
14. Level each cake and discard the tops.

#### Icing

1. To make the icing, whip together butter and icing sugar until light and fluffy.
2. Add cream cheese and whip until combined.
3. Add vanilla and combine.
4. Add food colouring and cocoa powder and whip thoroughly until colour is even.

#### Assembly

1. To assemble, place one square cake on a cake board.
2. Cut one circle cake in half and place beside two cornering sides of the square cake to form a heart.
3. Cover the top of the heart with red icing and build a second layer with the remaining cakes.
4. Cover the top and sides of the cake with red icing.
5. Smooth the edges using an offset spatula or dough cutter.
6. Add remaining red icing to a piping bag with a rose-shaped piping tip (fluted star tip).
7. Pipe rosettes of red icing over the entire cake.
8. Refrigerate for 1 hour.

Choco hazelnut tarts

Polenta with mozza

Coxina/paprikash w spaetzle

Tues catering-blueberry scones, gc rolls, Choco hazelnut tarts

Spring rolls

ribs

Polenta w mozza

Sponge cakes w fudge frosting

Tamales (2 day)

Cream puffs 2 day

Bread

Culminating

P 4 perogies, brownies

Cashew chicken

ice cream

## Paprika Chicken with Spaetzle EGG NOODLES

Simmer

Start to finish: 45 minutes · Hands-on time: 30 minutes

YIELD: 6 SERVINGS

The creamy, rich, paprika-sour cream sauce is served over tender chicken and homemade spaetzle. This is comfort food at its best

YIELD: 4 TO 6 SERVINGS

2 1/2 lb cut into 2 inch pieces

Salt and freshly ground black pepper

2 tablespoons vegetable oil

1 medium onion, chopped

2 tablespoons sweet Hungarian paprika

3 cups chicken stock

3/4 cup sour cream

3 tablespoons unbleached all-purpose flour

Season the chicken with salt and pepper.

Heat the oil in a large skillet over medium-high heat. Working in two batches, add the chicken to the skillet and sear about 2 minutes per side. Remove the chicken from the skillet and set aside.

Reduce the heat to medium. Add the onion and saute until it is softened, about 6 minutes. Add the paprika and cook, stirring constantly to prevent burning, for 1 minute. Stir in the stock and return the chicken to the skillet. Reduce the heat to low and simmer, partially covered, for 30 minutes, or until the chicken is completely cooked.

In a small bowl, whisk together the sour cream and flour until smooth.

Add the sour cream mixture to the skillet and bring back to a low simmer.

Cook for 5 minutes or until the sauce is slightly thickened.

## Blueberry Scones

You will:

Demonstrate fraisage, double tray baking, eggwash.

Following recipes, success in ovens, preheat oven, biscuit method, baking powder vs baking soda, measurement. Double tray, Rotate pans.

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Ingredients:

4 oz unsalted butter, grated on the large holes of a box grater and frozen

1 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)

4 oz whole milk

4 oz. buttermilk

10.6 oz flour

100 g sugar

2 t. baking powder

1/4 t. baking soda

1/2 t. salt

1 t. grated lemon zest (optional)

eggwash

1 T. coarse sugar

Instructions: dry and butter 534 g for 8 oz liquid

1. Pre-heat oven to 425 degrees F; line a baking sheet with parchment paper. Whisk milk and buttermilk in a small bowl; refrigerate till ready to use. Whisk flour, sugar, baking powder, baking soda, salt, and lemon zest if using in a bowl. Add grated butter and toss with fingers till well coated.

2. Fold in milk/buttermilk cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour. Work gently 6-8 times, adding flour as needed.

3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x12 rectangle..

4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press into a rough 16" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar.

5. Bake for 18-25 minutes, or till golden brown. Cool on wire racks for 10 minutes prior to serving.

## Chocolate Mousse MOUSSE AU CHOCOLAT

You will demonstrate: Bain marie technique, folding

Success Criteria: smooth light mousse with a pronounced flavour

#BainMarie

### Ingredients

300 g chocolate, melted in a bain marie

6 egg yolks

90 g 35% cream

1 T sugar

450 g 35% cream (for whipping)

Cognac and dark rum to taste

### Preparing the Chocolate Mousse

In a stainless steel bowl, combine the eggs, **90 ml 35% cream, NOT THE 450 G!!!** and the sugar. Continuously beat this mixture with a whisk until it is THICK AND LIGHT IN COLOUR..

Add the melted chocolate. Continue to beat the mixture until it is lukewarm.

Whip the cream to stiff peaks. Add 1/3 of the whipped cream to the chocolate mixture and fold in. Add the remaining

whipped cream and continue to fold until the cream and chocolate are well blended. Add the cognac and dark rum and mix well. Pour the mousse into a clean bowl. Cover and refrigerate until needed.