

Menu

Appetizers

Smoked White Fish Bites:

Smoked white fish, apple, sour cream, lemon, pickled watermelon radish, shallot

Chilled Corn Puree:

Sweet corn, sage, thyme, rosemary, avocado, cilantro oil, turmeric

Entrees

California Sunrise:

Smoked black beans, caramelized onions + mushrooms, pico de gallo, sunny side up egg, avocado puree, toasted focaccia

Desserts

LN2 Orange Sorbet:

Orange grapefruit sorbet, dark chocolate, mango puree

Drinks

Horchata

Sun Tea Lemonade



Appetizers

Poke Bites:

Poke, salted tortilla chip, carrot julienne, sesame

Bread Board:

Pan fried foccaccia, extra virgin olive oil
balsamic vinegar, herb puree, whipped avocado,
tomato chipotle honey butter,
pickled watermelon radish, pickled carrots and
pickled beets

Entrees

Falafel:

Pan fried falafel, buttermilk ranch, pickled tomatillos,
lemon basil pesto, sriracha, scallion and radish

Desserts

Avocado Crepe:

Traditional crepe, filled with maple-orange avocado
puree, toasted coconut and almonds, cinnamon
sugar, sliced strawberries, orange zest

Drinks

Mango Lassi

Lemongrass Lemonade

Menu Style Description

Menu will be laser burned into 6in X 14in basswood boards.

Logo area will be dyed with natural wood dyes according to color code provided on the logo description



Menu 1 Recipes



Preface

Team Orange County's dinner party menus are designed to be healthy while showcasing the large multicultural community that is present in Orange County. These menus have been inspired by heavily drawing from Asian and Latin-American cuisine, while also combining several other cuisines to create a dynamic mix of flavors, textures, and aromas.

Our dishes are largely comprised of fresh produce that provide the diner with a well balanced contrast of rich, yet light, flavor profiles. Each menu is designed to cater to common diet restrictions, such as gluten free and/or vegetarian diets, and therefore allows the individual diner to customize their selections to align with his or her dining preferences and restrictions. We have accomplished this flexibility by offering two appetizers, two drinks, an entree, and a dessert, which can all easily have components added or removed. Team OC's dinner menus are also designed with energy usage in mind by minimizing the use of an oven and other energy-costly appliances. Our dishes refrain from the use of beef, pork, or chicken, which are highly costly in land, water, and energy usage, especially in comparison to fish or produce.

Through meticulous fine tuning and experimentation, Team OC is proud to offer courses possessing a balance between healthy, energy-conscious eating and food that is delicious and aesthetically pleasing. **Bon Appétit!**

Appetizers



Smoked White Fish Bites





Smoked White Fish Bites

24 1/8" slices of pickled watermelon radish

1 cup Granny Smith apple brunoise

1 tbsp. apple juice

1/3 cup sour cream

2 tbsp. finely chopped shallots

1 1/2 tsp. finely grated fresh Lemon zest (more for garnish)

1 tsp. fresh Lemon juice

1 tsp. finely chopped fresh dill (more for garnish)

1/2 lb. flaked smoked whitefish

Sliced raw radish (for garnish)

Sliced raw apple (for garnish)

Salt and pepper to taste

The morning of:

Toss apple brunoise + juice, sour cream, chopped shallots, Lemon juice + zest, and chopped dill. Fold whitefish into mixture and season with salt and pepper to taste. Refrigerate in airtight container to let flavors meld.

To serve:

Form the fish mixture into 24 equal portions and place each portion on top of a pickled watermelon radish round. Top each mound with slices of raw radish + apple and additional Lemon zest + chopped dill.

Chilled Corn Puree





Chilled Corn Puree

6 large ears corn (shucked)

6 tbsp. cilantro oil (more for garnish)

1 cup chopped onion

2 sprigs fresh thyme and rosemary

2 fresh sage leaves

1 medium garlic clove, minced

2 cups water

1.5 cups diced peeled avocado

1.5 tbsp. fresh lime juice

2 tsp. ground turmeric

16 slices raw radish (for garnish)

Salt and pepper to taste

The morning of:

Cut kernels from ears of corn and scrape remaining pulp from cobs using the back of a kitchen knife. Heat cilantro oil in a large saucepan over medium-high heat.

Add onion, thyme, rosemary and sage. Reduce heat to medium-low; cover.

Cook 8 minutes or until onion is softened, stirring occasionally. Add corn kernels and garlic and cook, uncovered, for 5 minutes. Add corn pulp and water, and increase heat to high; bring to a boil and cook 10 minutes. Remove from heat; discard thyme, rosemary and sage. Place half of corn mixture in blender with diced avocado,

lime juice and turmeric. Remove center piece of blender lid and secure lid on blender. Place a clean towel over opening in lid to avoid splatters. Blend until smooth.

Strain corn puree through a fine sieve into a large bowl; discard solids.

Repeat procedure with remaining corn mixture. Mix first batch of corn puree with the second batch and season to taste with salt and pepper. Chill at least 4 hours.

To serve:

Evenly distribute chilled puree amongst 16 shot glasses. Place 1 slice of raw radish in the center of each glass and line the edge of the puree with cilantro oil.

Serve with small soup spoons.

Entrée



CALIFORNIA SUNRISE



California Sunrise

8 cups sliced raw white onion

5 tbsp. olive oil

4 cups sliced porcini mushrooms

2 ½ tbsp. maple syrup

½ tsp. liquid smoke

2 cans cooked black beans

2 ½ cups roughly chopped cherry tomatoes

2/3 cup roughly chopped fresh cilantro

2 tsp. fresh minced garlic

2 ½ tsp. lime juice

½ cup minced fresh minced
red onion

3 tbsp. of butter

Non-stick cooking spray

8 focaccia bread rounds

8 eggs

4 avocados

Salt and pepper to taste
(more for egg garnish)

The morning of:

Heat 3 tablespoons olive oil in a large saute pan over medium high heat. When shimmering heat waves become visible, add the sliced onions to the pan and drizzle with the remaining 2 tablespoons of olive oil. Cover with a lid and shake vigorously for several seconds to distribute olive oil evenly. Reduce heat to medium-low and cook for 10 minutes. Remove lid and continue to cook on medium-low heat for ½ hour to 45 minutes, stirring every 1-2 minutes. Once onions are thoroughly caramelized, add sliced mushrooms and stir to combine. Cover the pan with the lid and cook on medium-low heat for an additional 10 minutes. Remove lid and empty the pan's contents onto a cutting board. Roughly chop the onion/mushroom mixture and return to the pan with the 2 cans of cooked black beans, the maple syrup, and the liquid smoke. Season to taste with salt and pepper and reserve in the refrigerator until service.

California Sunrise Cont'd

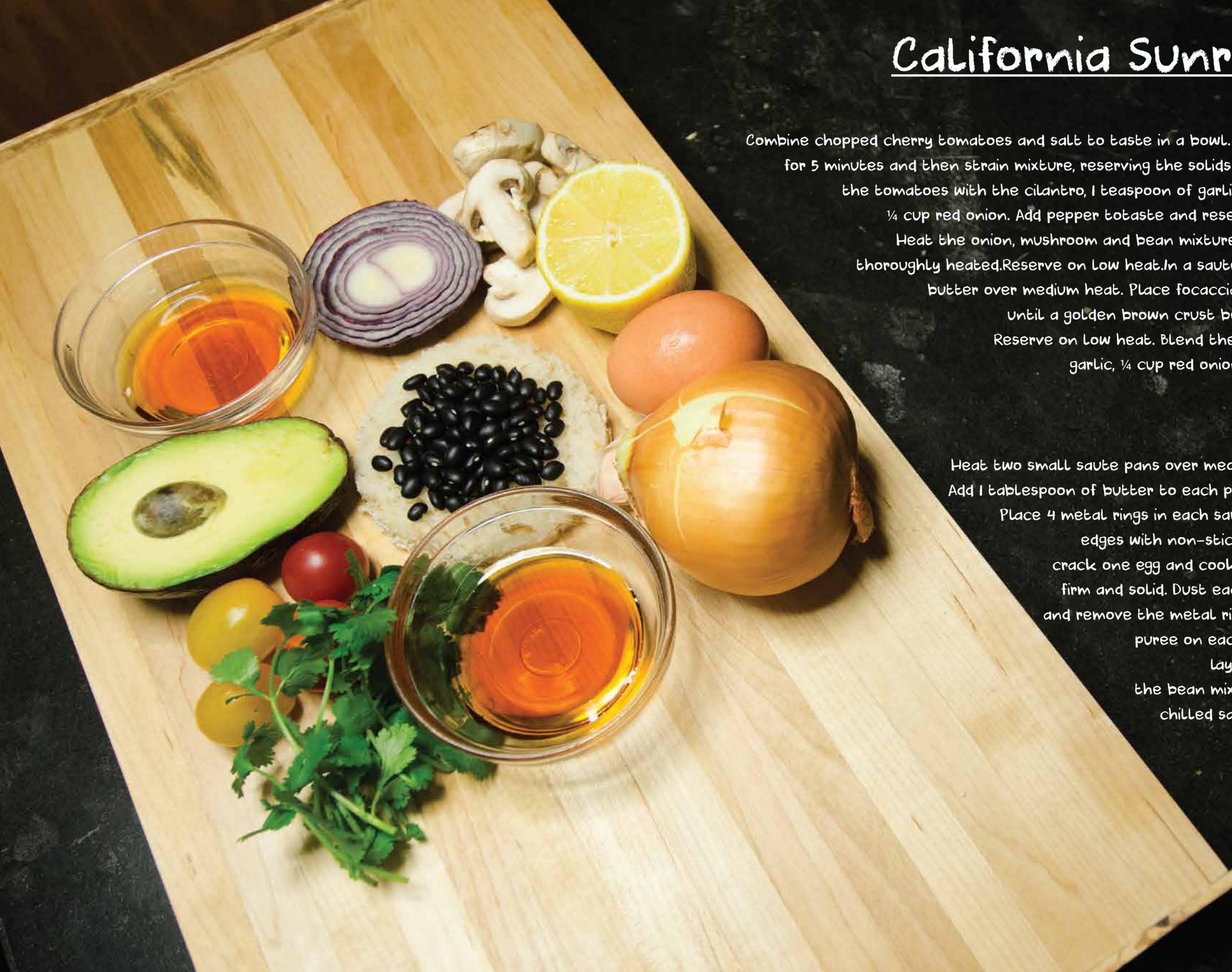
Right before serving:

Combine chopped cherry tomatoes and salt to taste in a bowl. Let sit at room temperature for 5 minutes and then strain mixture, reserving the solids and discarding the liquid. Mix the tomatoes with the cilantro, 1 teaspoon of garlic, 1 ¼ teaspoon lime juice and ¼ cup red onion. Add pepper to taste and reserve in the fridge till plating.

Heat the onion, mushroom and bean mixture over low heat, stirring until thoroughly heated. Reserve on low heat. In a saute pan, melt 3 tablespoons of butter over medium heat. Place focaccia rounds in the pan and cook until a golden brown crust begins to form on the bottom. Reserve on low heat. Blend the avocados with 1 teaspoon of garlic, ¼ cup red onion, 1 ¼ teaspoon lime juice and salt and pepper to taste.

To serve:

Heat two small saute pans over medium low heat for 1-2 minutes. Add 1 tablespoon of butter to each pan and let melt completely. Place 4 metal rings in each saute pan and spray their inner edges with non-stick cooking spray. In each ring, crack one egg and cook till egg white is completely firm and solid. Dust each yolk with salt and pepper and remove the metal rings. Smear 1/8 cup of avocado puree on each plate. On top of the puree, layer each plate with 2/3 cup of the bean mixture. Top the beans with the chilled salsa, then the focaccia round, and then the circular egg. Serve immediately.



A white ceramic bowl filled with white powder, likely sugar, sits on a light-colored wooden surface. To the right of the bowl are several fresh, ripe strawberries with green leaves. The word "Dessert" is written in a yellow, hand-drawn font across the bowl. The image is framed by a dark blue diagonal border.

Dessert



LN₂
ORANGE
SORBET

LN2 Orange Sorbet

3 cups fresh squeezed orange juice

1 cup fresh squeezed grapefruit juice

1-2 cups simple syrup

¼ tsp. guar gum

6 tbsp. Lemon juice

1-1.5 gallons of liquid nitrogen

4 mangos

8 oz. dark chocolate

The morning of:

Blend all orange juice, grapefruit juice, guar gum, lemon juice, and 1 cup of simple syrup. Add simple syrup tablespoon by tablespoon until desired sugar concentration is achieved.

Refrigerate mixture for at least 3 hours.

Puree all 4 mangos in a blender and run through a fine mesh sieve. Reserve strained puree in a squeeze bottle.

To serve:

Melt 6 oz. of dark chocolate in a small saucepan and pour into a squeeze bottle. Place chilled sorbet base in the bowl of a stand mixer fitted with a paddle attachment. On low speed, pour the liquid nitrogen in a thin stream into the sorbet base.

Whip the base to desired consistency and garnish with mango puree and melted dark chocolate and dark chocolate shavings.

Serve immediately.



Drinks



HORCHATA





Horchata

2-2/3 cups uncooked jasmine rice

2 cinnamon sticks

13 1/3 cups water

1 1/3 cups chilled milk

1 tbs. + 1 tsp. vanilla extract

1.5 cups white sugar

1 day ahead:

Blend the Jasmine rice, cinnamon sticks, and 5 cups of water until the rice begins to break up (1-2 minutes). Mix the rice mixture with the remaining 8 1/3 cups of water and let sit in the fridge for at least several hours (ideally overnight).

To serve:

Strain the rice mixture into a container and discard the remaining solids. Stir the chilled milk, vanilla, and sugar into rice water and mix until sugar is thoroughly dissolved (1-2 minutes of low speed blending).

SunTea Lemonade





Sun Tea Lemonade

16 cups water

2.5 oz. dried tea

2 cups fresh lemon juice

2 cups white granulated sugar

1 cup bitters

1-2 days ahead:

Place dried tea into a stainless steel tea strainer and place in a glass container filled with 16 cups of water. Seal the container with an air tight lid and let sit for 1-2 days in direct sunlight outdoors.

The morning of:

Remove the tea strainer and discard the solids. Mix the sun tea with the lemon juice, sugar and bitters until all sugar has dissolved. Chill for several hours.

To serve:

Mix chilled sun tea lemonade with sliced lemons and oranges and serve over ice.



Menu 2 Recipes



Appetizers





Poke Bites



Poke Bites

2 lb. fresh ahi tuna
1 small maui onions (julienned)
3 green onions (diced)
½ tsp. freshly grated ginger
½ cup soy sauce
1 tsp. sesame oil

½ tsp. crushed red pepper flakes
1 tsp. sriracha
16 tortilla chips
Black sesame seed (for garnish)
1 purple carrot julienne (for garnish)
Salt and pepper to taste

The morning of:

Cut tuna into ½" dice and refrigerate in an airtight container.

Combine all other ingredients in a large glass air tight container and refrigerate for at least 1 hour.

To serve:

Combine ahi tuna with other ingredients. Form into 24 equal portions and place on a tortilla chip. Garnish with black sesame seeds and carrot julienne. Serve immediately.



BREAD

BOARD

Bread Board

1 loaf of focaccia bread

½ cup olive oil + 1/8 cup olive oil

Herb Puree:

1 bunch flat leaf parsley (de-stemmed)

1 bunch cilantro (de-stemmed)

8 cloves garlic, minced

1/2 cup extra virgin olive oil

1/8 cup red wine vinegar

1 lemon wedge (juice of)

1 tbsp. diced red onion

1 tsp. dried oregano (optional)

Salt and pepper to taste

Tomato-Chipotle Compound Butter:

16 oz. room temperature salted butter

4 tsp. minced canned chipotle pepper

2 tbsp. tomato paste

2 tsp. honey

Whipped Avocado:

2 cup diced avocado

1 tsp. minced garlic

2 tsp. lime juice

Salt and pepper to taste

1/8 cup aged balsamic vinegar

1 cup sliced pickled carrots

1 cup sliced pickled beets

1 cup sliced pickled watermelon radish

The morning of:

Blend all Herb Puree ingredients together. Season with salt and pepper to taste. Refrigerate. Mix all Compound Butter ingredients together in a bowl. Refrigerate.

Right before serving:

Blend all Whipped Avocado ingredients together. Reserve in the refrigerator.

To serve:

Heat a large saute pan on medium heat. Slice focaccia loaf into slices. Using ½ cup of olive oil, brush each slice with olive oil and place in pan. Cook until golden brown on one side and completely heated through. Put Herb Puree, Compound Butter and Whipped Avocado in separate bowls. Place the 1/8 cup of olive oil and vinegar into separate squeeze bottles. Arrange the grilled bread, bowls, both squeeze bottles and all pickled vegetables on a cutting board and serve immediately.



Entrée



FALAFEL



Falafel

2 cups canned chickpeas
1 large onion
4 tbsp. chopped parsley
4 tbsp. chopped cilantro
2 tsp. salt
8 cloves of garlic
2 tsp. cumin
2 tsp. baking powder
8-12 tbsp. flour
Vegetable oil for frying
(variable depending on pan used)

Lemon Basil Pesto:

2 garlic cloves
3 tbs. toasted pine nuts
1 ½ cups loosely packed fresh
Lemon basil leaves
½ cup loosely packed parsley
¼ cup grated Parmigiano-
Reggiano cheese
1 to 1 ½ cups extra-virgin olive oil
Salt and pepper to taste

Spicy Salad:

20 stalks of green onions cut into
2-3 inch pieces, sliced lengthwise
into quarters
½ cups thinly sliced radish
1/8 cup sriracha
1 cup pickled tomatillo

Buttermilk ranch:

1 clove minced garlic
1/4 teaspoon kosher salt
1 cup real mayonnaise
1/2 cup sour cream
1/4 cup Italian flat-leaf parsley
leaves, minced
2 tablespoons fresh dill, minced
1 tablespoon minced fresh chives
1 teaspoon Worcestershire sauce
1/2 teaspoon ground black pepper
1/2 teaspoon white vinegar
1/4 teaspoon paprika
1/8 teaspoon cayenne pepper
Dash hot sauce
1/4 to 1/2 cup buttermilk
(as needed for desired consistency)

The morning of:

Process all falafel ingredients in a food processor except for the vegetable oil. Reserve in the refrigerator.

Mix all Buttermilk Ranch ingredients together. Reserve in the refrigerator.

Blend all pesto ingredients together in the fridge. Reserve in the refrigerator.

Right before serving:

Place the scallion pieces into a tupperware container filled with ice water. Seal securely and shake vigorously. Strain and dry scallions. Mix scallions with radish and sriracha. Reserve in the refrigerator.

To serve:

Heat a 1/8 inch of vegetable oil in a saute pan to 375 degrees fahrenheit. Form falafel mixture into ¼ thick disks and fry till golden brown. Smear buttermilk ranch in a circle on each plate. Place a falafel disk in the center of each plate. Top with pesto and garnish with the spicy salad.



A photograph of a white ceramic bowl filled with fresh, ripe strawberries. The strawberries are bright red with green leafy tops and are arranged in a circular pattern within the bowl. The bowl sits on a light-colored wooden surface. The background is slightly blurred, showing a dark grey or black area in the top left corner and a dark grey or black area in the bottom right corner, separated by a diagonal orange line.

Dessert

Avocado Crepe





Avocado Crepe

2 large eggs
3/4 cup milk
1/2 cup water
1 cup flour
3 tbsp. melted butter (more for coating the pan)
3 cans of sweetened condensed milk
Whole milk (if needed)
1/8 tsp. salt
8 avocados
1.5 cup of maple syrup
1/8 cup fresh orange juice
1/8 cup + 1 tbsp. fresh lemon juice
3 cups toasted coconut
2 cups toasted almonds
1 cup cinnamon sugar (stored in a shaker)
8 cups of sliced strawberries
Orange zest (for garnish)

The morning of:

Combine the eggs, milk, water, flour and melted butter in a blender and blend till smooth. Reserve in an airtight container till service. Divide sweetened condensed milk into 8 small, airtight glass bottles. Reserve in the refrigerator.

Right before serving:

Blend the avocados, maple syrup and lemon + orange juice until completely smooth. Reserve in the refrigerator in an airtight container. Cook as many crepes as needed and reserve on the stovetop in a pan over low heat.

To serve:

Fill each crepe with approximately 1/4 cup of sweet avocado puree, 6 tbsp toasted coconut, 3 tbsp toasted almonds and 1/4 cup strawberries. Dust the contents with cinnamon sugar and roll the crepe into a tight tube.

Garnish the plate with a circular smear of avocado puree and place the crepe in the center. Top the crepe with additional sliced strawberries and orange zest. Serve each crepe with a bottle of the sweetened condense milk.

Drinks





LEMON GRASS
LEMONADE

Lemongrass Lemonade

2 cups granulated sugar

8 stalks Lemongrass, beaten with the back of a knife and cut into ½ inch pieces

12 cups water

2 cups fresh Lemon juice

1 cup fresh Lime juice

Pinch of salt

4 cups of ice

2 stalks of Lemongrass cut into 1 foot pieces

The morning of:

In a saucepan combine the sugar, ½ inch Lemongrass pieces, water and bring to a boil. Lower heat and simmer for 20-25 minutes. Remove from heat and let sit for 0.5-1 hour. Reserve in the refrigerator.

To serve:

Mix Lemon juice, Lime juice, Lemongrass syrup and salt. Serve in a pitcher with the 4 cups of ice and the 1 foot Lemongrass pieces as garnish.





MANGO LASSI



Mango Lassi

4 ripe mangos

3 cups plain nonfat yogurt

4 tbsp. honey

4 cups of ice

Right before serving:

Blend all ingredients. Strain (optional), and serve in a pitcher with additional ice if desired.



Movie Night Recipes



BUNUELOS





Bunuelos

16 uncooked flour tortillas

1 stick of butter

½ cup of white granulated sugar

1 tsp. of cinnamon

1/2 tsp lemon juice

Vegetable oil (for frying)

Right before serving

Melt butter in a small sauce pan over medium low heat and add sugar, cinnamon and lemon juice.

Stir until sugar is fully dissolved and reserve on low heat.

To serve

Heat 1/8 inch of oil in a medium saute pan on medium high heat till shimmering heat waves appear.

Fry tortillas until golden brown on each side and hold on a plate lined with paper towels.

Once all tortillas are fried brush each with the melted butter/sugar mixture and serve immediately.



Vietnamese Coffee





Vietnamese Coffee

12 cups of boiling water

2 ¼ cups decaf ground coffee

2 -2.5 cups sweetened condensed milk

Ice (if serving chilled)

Directions

Prepare hot coffee using all of the water and ground coffee and whatever brewing method you prefer (coffee maker, chemex, etc.).

Once brewed, let each person personally mix in as much sweetened condensed milk as they prefer to their own cup. Once sweetened condensed milk is fully incorporated serve immediately or pour over ice for a more refreshing drink.

Mexican

Hot

Cocoa





Mexican Hot Cocoa

8 cups whole milk

16 tbsp. unsweetened

cocoa powder, natural or Dutch-process

1/3 tsp. of salt

24 ounces (85g) Mexican sweet chocolate, chopped

Directions

Heat milk in a large saucepan on medium low heat till simmering. Add cocoa powder, salt and chopped chocolate. Stir until fully melted and incorporated.



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