

NEXUSHAUS DINNER PARTY

HOME GROWN AND LOCAL

The dinner party for evening one focuses on locally and home grown ingredients. The menu is designed around what our aquaponics system and landscape can produce. The aquaponics system is extensive and grows several different types of leafy greens as well as other vegetables.

What is not grown from our landscape is supplemented with Texas Native products. We looked at Texas agriculture and created menus that could include these items.

We not only wanted guests to enjoy a Texas meal, but also to learn about what it really means to be sustainable. This meal is a learning experience for our guests, and hopefully it will inspire some to start their own aquaponics system.

All meals are served with a glass of sun brewed ice tea. The tea is homemade and uses the sun to brew the tea as the bags sit in a glass jar full of water on the deck.

ARUGULA RADISH SALAD

A bed of greens and fresh radish tossed in a freshly made vinegrete.

PECAN CRUSTED TILAPIA

Freshly caught tilapia from the aquaponics system is crusted with Texas pecans and then pan fried to a golden brown. This is garnished with a rosemary lemon butter sauce and sits on top a bed of carrots and cabbage.

SPINACH LINGUINE WITH ARUGULA PESTO

Spinach pasta tossed with a homemade arugula pesto fresh from the garden. Garnished with crushed walnuts.

NEXUSHAUS DINNER PARTY

BAVARIAN ROOTS

Our second dinner party focuses on the culture of TUM and the students from Munich while also trying to incorporate locally and home grown ingredients wherever possible. Our two different dinner themes reflect the nexus idea of the house. The food serves as a nexus between two different cultures and the students and the guests.

This meal is more traditional and formal with a set appetizer, main course, and dessert. These recipes are traditional Bavarian food that pays homage to our international partnered school.

While some of these ingredients are more traditional to Germany, others we were able to source or substitute with ingredients from our aquaponics system. The smoked tilapia main dish only uses ingredients found at the Nexushaus.

BAVARIAN GAZPACHO WITH BUTTERMILK AND HORSERADISH

A chilled soup made up of cucumber, horseradish, buttermilk, and cream. Garnished with fresh tomatoes and herbs and served with a toasted garlic crouton.

SMOKED TILAPIA

Wood chip smoked tilapia seasoned with fresh herbs and a garlic salt and pepper rub.

BAVARIAN CREAM

Fresh and dessert pairing strawberries and vanilla cream in a custard like texture. Served cool.

ARUGULA AND RADISH SALAD

SERVINGS: 8



INGREDIENTS

1 teaspoon Dijon mustard
2 tablespoons fresh lemon juice
Coarse salt and ground pepper
2 tablespoons olive oil
4 to 5 bunches arugula (1 1/4 pounds total; thick stems removed), washed well and dried
1 bunch radishes (8 ounces), sliced

DIRECTIONS

In a large bowl, whisk together mustard and lemon juice; season with salt and pepper. Whisk in oil. (To store, refrigerate, up to 1 day.) Add arugula and radishes to bowl, and toss to coat. Serve salad immediately.

PECAN-CRUSTED TILAPIA WITH ORANGE-ROSEMARY BUTTER SAUCE

SERVINGS: 8

INGREDIENTS

FOR TILAPIA

4 cups pecans (about 16 ounces)
2 cups all purpose flour
4 large tilapia, filleted, skin left intact
6 large egg whites, beaten to blend

FOR SAUCE

3 cups fresh orange juice
2 cups white wine vinegar
1 1/4 cup chopped shallots
1/2 cup white wine vinegar
16 5-inch-long fresh parsley stems
3 tablespoons fresh lemon juice
2 large fresh thyme sprigs
4 fresh rosemary sprigs
1/2 cup whipping cream
1 1/4 cup unsalted butter, cut into 24 pieces

FOR ASSEMBLY

8 tablespoons olive oil
2 carrots, peeled, cut into matchstick-size strips
2 red bell peppers, thinly sliced
12 cups thinly sliced savoy cabbage
4 tablespoons unsalted butter
Chopped fresh chives

DIRECTIONS

TILAPIA

Combine pecans and 2 tablespoons flour in processor. Grind pecans finely; transfer to plate. Place remaining flour on another plate. Sprinkle fish with salt and pepper. Dip 1 fillet into flour to coat; shake off excess. Using pastry brush, brush flesh side with egg whites. Place fillet, egg white side down, onto pecans; press to coat with nuts. Transfer to waxed paper-lined baking sheet, pecan side down. Repeat with remaining fillets; chill.

SAUCE

Combine first 7 ingredients in medium saucepan. Boil 12 minutes; add rosemary. Boil until liquid is reduced to 1 cup, about 12 minutes. Strain sauce into another medium saucepan, pressing on solids in sieve. Add cream; bring to boil. Reduce heat to medium-low. Whisk in butter 1 piece at a time (do not boil). Season with salt and pepper. Let stand at room temperature up to 2 hours.

ASSEMBLY

Heat 4 tablespoons oil in heavy large Dutch oven over high heat. Add carrot and bell pepper; toss 2 minutes. Add cabbage; toss until cabbage wilts, about 6 minutes. Season with salt and pepper. Remove from heat. Melt 1 tablespoon butter with 1 tablespoon oil in heavy large skillet over medium-high heat. Place 2 fillets, pecan side down, into skillet. Cook until crust is golden and crisp, about 2 minutes. Using spatula, turn fillets over. Cook until just opaque in center, about 2 minutes. Transfer to plate. Repeat with remaining butter, oil and fish. Whisk sauce over low heat to rewarm (do not boil). Divide vegetables among plates. Top with fish. Spoon sauce around fish and vegetables. Sprinkle with chopped chives and serve.

SPINACH LINGUINE WITH WALNUT - ARUGULA PESTO

SERVINGS: 8



INGREDIENTS

4 small garlic cloves
6 ounces walnut pieces, toasted and cooled
8 ounces arugula, trimmed and roughly chopped
1 teaspoon coarse salt
2 ounces Parmesan cheese, finely grated
2 pounds spinach linguine
6 teaspoons extra-virgin olive oil
Freshly ground pepper

DIRECTIONS

In the bowl of a food processor fitted with the metal blade, pulse garlic until very finely chopped. Add walnut pieces and arugula; process until a coarse paste forms, about 5 seconds. Transfer to a serving bowl. Stir in the salt and Parmesan cheese, and set aside. Bring a large pot of water to a boil. Add linguine, and cook until al dente according to package instructions, about 8 minutes. Drain in a colander, and immediately add to bowl with walnut-arugula mixture. Drizzle with the oil, and season with pepper. Toss thoroughly until coated evenly. Serve immediately.

BAVARIAN GAZPACHO WITH BUTTERMILK AND HORSERADISH

SERVINGS: 4



INGREDIENTS

400 g cucumber
40 ml cream
½ bundle of borage
2½ tea spoons of freshly grated horseradish
400 ml buttermilk
½ bundle of fresh garden herbs to garnish
40 g cherry tomatoes
2 sticks celery
60 g baguette or ciabatta
1 clove of garlic
20 g resolidified butter
Salt, pepper, cayenne pepper

DIRECTIONS

Peel the cucumber, cut it in half lengthways and remove the pips. Chop the cucumber and place it in a saucepan with the cream. Put the lid on the saucepan and cook gently for 10 minutes. Wash the borage and remove any thick stalks. Chop the leaves and cook in with the cucumber for the last minute or two. Add the horseradish and buttermilk to the cucumber and purée it. Season with salt and pepper. Leave to cool. Wash and dry the herbs and pick off the leaves. Wash and quarter the tomatoes. Wash and halve the celery lengthways. Cut the baguette into cubes, gently crush the unpeeled clove of garlic with the blade of a large knife. Brown the croutons in the resolidified butter. Place the Bavarian gazpacho into dishes and garnish with the tomatoes, herbs and celery. Dust with cayenne pepper and serve with the croutons and cocktail straws.

SMOKED TILAPIA

SERVINGS: 4



INGREDIENTS

2 lb. fresh tilapia, cleaned
1 clove garlic
Salt
Pepper
Small bunch of parsley
Several sage leaves
Short sprigs of rosemary

DIRECTIONS

Prepare your smoking oven by starting your charcoal fire. Soak 2 cups (or so) of wood chips in some water. Pat the fish dry. Put the garlic through a press, then rub the paste on the inside of the fish. Salt and pepper generously inside and out. Lay the herbs together in a bundle in the cavity of the fish. Close with trussing needles or by sewing (Note: fish was not tied closed in picture). Place your smoking tray (or aluminum foil tray) on top of the charcoal and add 1/2 cup wet wood chips. Place the grill above that, not touching. Place the fish on the grill, cover and smoke 30 minutes for small fish and up to 1 hour or more for large fish, until the internal temperature is 150°F or above. Add more wet chips as needed to keep the smoke up. The fish is now ready to eat or use in your cooking projects, such as cream soups, on bread or sprinkled on salads. You may refrigerate for several days.

BAVARIAN CREAM

SERVINGS: 4



INGREDIENTS

- 1 vanilla bean
- 1 1/4 cups heavy cream
- 1 tablespoon powdered gelatin
- 3 tablespoons milk
- 1/4 cup sugar
- 5 egg yolks
- 1 1/4 cups whipped cream
- 6 sliced strawberries

DIRECTIONS

Put the split vanilla bean in cream and slowly bring to a boil. Turn off heat and let sit for 1 hour. Remove bean and scrape out seeds, add them to the cream and discard the pod. Sprinkle the gelatin into the milk and set aside. Whisk the sugar and egg yolks together. Warm the cream mixture back up and slowly whisk into eggs. Place mixture over simmering water and stir until it is thick enough to coat the back of a wooden spoon. Remove from heat and add milk and gelatin mixture. Place bowl in ice bath and stir until at room temperature. Fold in whipped cream and pour mixture into 6 (6-ounce) ramekins. Place in refrigerator for 4 to 5 hours or until mixture is set. Remove from molds and garnish with strawberries.

INGREDIENTS

HOME GROWN - NIGHT ONE

Produce:

2 medium Lemons	5 to 6 bunches Arugula
1 bunch Radishes	2 Carrots
2 Red Bell Peppers	2 heads of Savoy Cabbage
10 Shallots	4 small Garlic Cloves
Chopped fresh Chives	16, 5-inch-long fresh Parsley stems
2 large fresh Thyme sprigs	4 fresh Rosemary sprigs

Dry Goods:

16 ounces Pecans	6 ounces walnut pieces
Coarse salt	Ground black pepper
2 cups All-Purpose Flour	2 pounds Spinach Linguine

Wet Goods:

1 teaspoon Dijon Mustard	2 1/2 cups White Wine Vinegar
10 tablespoons Olive Oil	6 teaspoons extra-virgin olive oil
3 cups fresh Orange Juice	1/2 cup Whipping Cream
2 sticks Unsalted Butter	2 ounces Parmesan Cheese

Proteins:

4 large Tilapia	6 large eggs
-----------------	--------------

BAVARIAN ROOTS - NIGHT TWO

Produce:

7/8 pound Cucumbers	6 Strawberries
1/2 bundle of Borage	2 sticks Celery
1/8 pound Cherry Tomatoes	Horseradish
2 Garlic Cloves	1/2 bundle of fresh Garden Herbs
Small bunch Parsley	3-4 Sage leaves
Short sprigs of Rosemary	

Dry Goods:

1/6 pound Baguette or Ciabatta	Salt
Pepper	Cayenne Pepper
1 Vanilla Bean	1 tablespoon Powdered Gelatin
1/4 cup Sugar	

Wet Goods:

1.35 ounces Cream	10 ounces Heavy Cream
10 ounces Whipped Cream	3 tablespoons Milk
0.7 ounces Resolidified Butter	

Proteins:

2 pounds fresh Tilapia	5 large Eggs
------------------------	--------------