

Dinner Menu 1

Beverage Mint Julep (non-alcoholic)

Appetizer Pickled fennel salad with heirloom tomatoes

> Main Dish Garlic Rosemary Lamb Chops

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Side Dish Lemon Herbed Hasselback Potatoes

Dessert Deconstructed Creme Brulee



Dinner Menu 2

Beverage Elderflower Lemonade

Appetizer Shaved carrot and cucumber salad with sweet onions and candied almonds

> Main Dish Mountain Meatballs with Tomato Cream Sauce

> > Side Dish Creamy Garlic Mashed Potatoes

Dessert Cantaloupe Sorbet with Blackberry Syrup



Game Night

Beverage

London Fog

Sparkling Strawberry Lemonade

Snacks

Cured Sausage and Cheese (UC Davis Meatlab) with Crackers

Marshmallow Caramel Popcorn



Recipe Book







Recipe Book

Dinner Menu 1

Mint Julep (non-alcoholic) Pickled Fennel Salad with Heirloom Tomatoes Garlic Rosemary Lamb Chops Lemon Herbed Hasselback Potatoes Deconstructed Creme Brulee

Dinner Menu 2

Elderflower Lemonade Shaved Carrot and Cucumber Salad with Sweet Onions and Candied Almonds Mountain Meatballs with Tomato cream sauce Creamy Garlic Mashed Potatoes Cantaloupe Sorbet with Blackberry Syrup

Game Night

London Fog (Earl Grey Milk Tea) Sparkling Strawberry Lemonade Cured Sausage and Cheese (UC Davis Meatlab) served with Crackers Marshmallow Caramel popcorn



UC DAVIS Solar Decathlon 2017

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Recipe Book

Serving size: 12 Prep Time: 5 min Cooking Time: 5 min

Mint Julep (non-alcoholic)

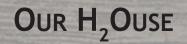
Ingredients

3/4 cup lemon juice 1-1/2 cups sugar 6 sprigs of mint 2 cups cold water 5 cups crushed ice 2-1/2 cups chilled ginger ale

Preparation

 Muddle six sprigs of mint leaves in a pitcher.
 Mix sugar and cold water, boil in a saucepan for 5min
 Once cooled, pour simple syrup into the muddled mint leaves and allow it to cool down for 20 mins
 Strain mixture and remove mint leaves and sprigs
 Pour in Ginger Ale and mix
 Serve in glasses with crushed ice and extra mint leaves and lemon slices for garnish





Recipe Book

Serving size: 4 Prep Time: 12 min Cooking Time:

Pickled Fennel Salad with Heirloom Tomatoes

Ingredients

80z jar Pickled fennel sliced thin (pickled beforehand in rice wine vinegar and orange slices) 4 large Heirloom tomatoes 1 tablespoon Olive oil 3 tablespoons of Balsamic vinegar 1 tablespoon Dijon mustard Salt and pepper to taste Blue cheese crumbles Slivered almonds

Preparation

1. Dice up heirloom tomatoes to bite size chunks and add into a bowl

2. In a separate bowl make the vinaigrette by mixing the balsamic vinegar, dijon mustard, and olive oil

3. Add some pickled fennel to the bowl of tomatoes and toss together with the vinaigrette

4. Plate on serving dishes and garnish with blue cheese crumbles and slivered almonds



Recipe Book

Serving size: 4 Prep Time: 20 min Cooking Time: 2h 3m

Garlic Rosemary Lamb Chops

Ingredients

1 tablespoon Olive oil black pepper himalayan sea salt Garlic salt 6 cloves of garlic 4 sprigs of rosemary 2 tablespoons of butter 1 rack of lamb chops frenched

Preparation

Preheat the Sous Vide water bath to 140 Degrees fahrenheit
 Chop up garlic and rosemary to a rough paste. Reserve a third of this paste for the basting during the finishing process.
 Brush the lamb with a light layer of olive oil
 Coat the lamb with the garlic salt, himalayan salt, and black pepper
 Rub the lamb generously with the garlic rosemary paste
 Sous vide the racks of lamb for 2 hours in a large ziploc bag
 Take out racks of lamb and pat dry with paper towel
 Preheat cast iron skillet until smoking. Drizzle some canola oil on the pan.
 Sear each side of the lamb I minute each side
 Remove lamb from pan and allow it to rest for 5 minutes

11. Drop the butter into the pan and melt it along with the remaining garlic and rosemary paste

12. Carve each lamb chop to serving size and spoon herbed butter sauce on top before serving



Recipe Book

Serving size: 4 Prep Time: 10 min Cooking Time: 45min

Lemon Herbed Hasselback Potatoes

Ingredients

2lb bag fingerling potatoes 3 teaspoons garlic salt Olive oil 1/2 cup grated parmesan cheese 1/2 cup chopped parsley 1 lemon

Preparation

1. Slice grooves into each potato and drizzle olive oil and garlic salt over

2. Cook in solar oven for 45 minutes

3. Sprinkle parmesan cheese, parsley, black pepper, and lemon juice over potatoes and toss together

4. Serve on a platter and garnish with extra parsley if desired



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Recipe Book

Serving size: 5 Prep Time: 20min Cooking Time: 1h30m

Deconstructed Creme Brulee

Ingredients

11 egg yolks 1/4 cup Sugar pinch of salt 2- 3/4 cup Heavy cream

Preparation

1. Preheat sous vide water bath to 176 degrees fahrenheit

2. Whisk egg yolks, sugar, and salt together in a bowl, then slowly whisk in heavy cream

3. Strain the mixture slowly into sous vide bags and cook the custard for 1 hour

4. Take out the custard from the water bath and rest outside for 20 mins

5. Chill the custard in an ice bath for 30 minutes

6. Take out custard bag and pipe onto chilled plates

7. Add a premade sugar crisp on top of the piped creme brulee

(Make sugar crisps beforehand by placing granulated sugar on a silpat sheet in a circular shape. Place in solar oven to caramelize then take out to cool and set on the counter)



Recipe Book

Serving size: 1-2 Prep Time: 5min Cooking Time:

Elderflower Lemonade

Ingredients

2 tablespoon elderflower syrup 2 cups water 1 tablespoon lemon juice 3 tablespoons sugar ¹/2 cup ice

Preparation

- 1. Pour the elderflower syrup, lemon juice, and sugar in a glass
- 2. Pour in the water and mix till everything is dissolved
- 3. Add ice, stir and serve



Recipe Book

Serving size: 5 Prep Time: 20min Cooking Time: 0

Shaved carrot & cucumber salad with sweet onions & candied almonds

Ingredients

3 tablespoons cider vinegar
3 tablespoons extra-virgin olive oil
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
3 cups thinly shaved carrot
2 small vidalia onion, thinly vertically sliced
3 cups thinly shaved cucumber
2 cups fresh flat-leaf parsley leaves, rough chopped
1 cup candied almonds, crushed

Preparation

1. Combine vinegar, oil, salt and pepper in a medium bowl, stirring with a whisk.

2. Add carrot and onion; toss to coat. Let stand 5 minutes.

3. Add cucumber slices and toss to coat.

4. Divide vegetables among plates.

5. Garnish each salad with rough chopped parsley and candied crushed almonds.



Recipe Book

Mountain Meatballs with Tomatoe creme sauce

Ingredients

1 lb ground bison 1 lb ground pork 2 Eggs 1/2 cup milk 1/4 cup flour 1/2 cup oats Marjoram Thyme Parsley Salt Black pepper

Preparation

Take out meat and rest to room temperature in a large bowl
 Mix in all the dry and wet ingredients together with the meat

3. Mold the mixture into individual meatballs

4. Place meatballs into a sous vide bag, adequately spacing each meatball

5. Sous vide the meatballs in ziploc bags for an hour

6. Preheat a cast iron pan and drizzle some olive oil onto the pan

7. Lightly sear the meatballs to finish

Serving size: 6 Prep Time: 15min Cooking Time: 1h5m

Recipe Book

Serving size: 6 Prep Time: 10min Cooking Time: 20min

Tomato creme sauce

Ingredients

1 tablespoon tomato paste
1 teaspoon onion powder
2cups milk
Salt & pepper
2 tablespoons butter
1 teaspoon garlic powder
1/4 cup flour
1/2 cup beef broth
1 jar lingonberry sauce

Preparation

Preheat the cast iron skillet, drizzle some canola oil in the pan
 Melt butter and whisk in flour to make a roux
 Whisk in tomato paste and milk, then bring to a simmer
 Add in beef broth, onion powder, and garlic powder, salt and pepper to taste

5. Simmer until sauce is thickened

6. Add meatballs to the sauce and finish with a tablespoon of lingonberry sauce



Recipe Book

Serving size: 6 Prep Time: 15min Cooking Time: 1h5m

Creamy Garlic Mashed Potatoes

Ingredients

2lbs russet potatoes sliced thin 1 cup milk 3 cloves mashed 1 teaspoon garlic salt 3 tablespoons butter Salt & pepper

Preparation

- 1. Add all the ingredients into sous vide bag and cook for 1 hour
- 2. Empty the potatoes into a bowl and whip with a hand mixer until
- 3. fluffy
- 4 Taste and add salt and pepper to your liking
- 5. Serve on dish

Recipe Book

Cantaloupe Sorbet with Blackberry Syrup Serving size: 8 Prep Time: 1h Cooking Time: 0

Ingredients

1 fresh pureed cantaloupe 1/2 cup water 1/2 cup sugar 1/2 cup sugar 1/4 cup condensed milk Blackberry syrup 1 bag crushed food-grade dry ice

Preparation

1. Clean and puree a large ripe cantaloupe

2. Heat up a saucepan and melt sugar in water to create a simple syrup

3. Add condensed milk along with simple syrup, into the pureed cantaloupe

Blend the mixture till homogenous

4. Let sit at room temperature until completely cooled, then refrigerate.

5. When ready to serve, remove mixture from fridge and place in the bowl of stand mixer

6. Begin to stir the mixture using the paddle attachment on the medium speed setting 7. Slowly drop in spoonfuls of crushed dry ice until mixture begins to thicken and bubble.

8. Increase speed to medium-high and add in dry ice until desired consistency is reached.

9 Increase speed to high to break up any remaining dry ice chunks and achieve a smooth, airy consistency.

10. Using an ice cream scoop, place dollops of sorbet on pre-chilled plates and garnish with blackberry syrup.



Recipe Book

Serving size: 1 Prep Time: 4min Cooking Time: 0

London Fog (Earl Grey Milk Tea)

Ingredients

1 Earl Grey Tea Bag 1 cup hot water 1/4 cup whole milk 1-2 tsp Vanilla Syrup Flavouring

Preparation

- 1. Steep Earl Grey Tea Bag in hot water for 4 minutes
- 2. Remove tea bag when steeped.

3. Add in Vanilla Syrup Flavouring, 1 teaspoon at a time, to your liking

4. Pour frothed milk into cup and serve



Recipe Book

Sparkling Strawberry Lemonade

Ingredients

1/2 cup sugar
1 lb pureed strawberries
3/4 cup freshly squeezed lemon juice
4 cups sparkling water

Preparation

1. Combine sugar and 1/2 cup water in a medium saucepan over medium heat, stirring until sugar is dissolved, about 2-3 minutes; let cool.

2. Add strawberries to the bowl of a food processor and process until smooth, about 1-2 minutes; strain through a cheesecloth or fine sieve.

3. In a large pitcher, whisk together strawberry puree, lemon juice and simple syrup.

4. Place in the refrigerator until chilled. Serve over ice and sparkling water.



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Serving size: 4

Prep Time: Cooking Time:

Recipe Book

Serving size:12 Prep Time: 10min Cooking Time:

Caramel Marshmallow Popcorn

Ingredients

12 cups popcorn 1⁄2 cup butter 1⁄2 cup brown sugar 12 big marshmallows

Preparation

1. Place popcorn in a large mixing bowl. Make sure there are no unpopped kernels. Set aside.

2. Place butter and brown sugar in a medium saucepan over medium heat. Heat and stir until just melted. Add the marshmallows and keep stirring until melted and smooth.

3. Pour caramel over the popcorn and gently mix with a rubber spatula until evenly coated.

4. Serve in desired containers



Ingredient List

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Dinner 1 Shopping List

Lemon juice Sugar Mint sprigs Cold water Crushed ice Ginger ale Pickled fennel Heirloom tomatoes Balsamic vinegar Dijon mustard Salt and pepper to taste Blue cheese crumbles Slivered almonds Olive oil Black pepper Himalayan sea salt Garlic salt Garlic Rosemary Butter Lamb chops (4 racks of lamb) Fingerling potatoes Grated Parmesan cheese Parsley Lemon Egg yolks Sugar Pinch of salt Heavy cream

OUR HOUSE

Ingredient List

Dinner 2 Shopping List

Elderflower syrup Lemon juice Ice Cider vinegar Extra-virgin olive oil Carrot Small vidalia onion Cucumber Candied almonds, Crushed Ground bison Ground pork Eggs Milk Flour Oats Marjoram Thyme Parsley Tomato paste Onion powder Garlic powder Flour

Lingonberry sauce Russet potatoes Milk Garlic Garlic salt Butter Salt & pepper Cantaloupe Water Sugar Condensed milk Blackberry syrup Bag crushed food-grade dry ice

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Ingredient List

Game Night Shopping List

Earl Grey Tea Bag Hot water Whole milk Vanilla Syrup Flavouring Sugar Pureed strawberries Freshly squeezed lemon juice Sparkling water Cured sausages (UC Davis Meatlab) Cheeses(UC Davis Meatlab) Popcorn Butter Brown sugar Big marshmallows

