THE SOLAR HOMESTEAD

DINNER PARTY MATERIALS

APPALACHIAN STATE UNIVERSITY

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U.S. DEPARTMENT OF ENERGY
SOLAR DECATHLON

U.S. DEPARTMENT OF
ENERGY

NREL
NATIONAL RENEWABLE ENERGY LABORATORY

THE SOLAR HOMESTEAD DINNER 9.26.11

PLT
North Carolina prosciutto, layered with local baby greens, a grape tomato medley, and Homestead Hummus served over fresh sourdough bread — 0 kWh

BRUSCHETTA
Toasted French baguette rounds smothered with heirloom and yellow tomatoes, garnished with North Carolina chevre and fresh basil, and drizzled with extra-virgin olive oil and a balsamic reduction — .81 kWh

AUTUMN SQUASH SOUP
Roast autumn squash medley stewed in coconut milk, flavored with curry, cinnamon, and honey. Garnished with candied ginger — 1.11 kWh

CAROLINA DRY RUB PORK
Dry rub pork chops served over a bed of baby spinach with bacon crumbles and a warm pan sauce reduction. Served with a side of braised multicolor carrots and finished with a balsamic drizzle. — .45 kWh

APPLE BLUEBERRY BAR
Fresh baked apple and blueberry bars with a sweet sugar glaze — 1.32 kWh

Water
Sweetened Iced Tea
Cheerwine [local North Carolina soda]

kWh represents cooking energy, not embodied energy.

THE SOLAR HOMESTEAD MOVIE MENU 9.27.11

HOMESTEAD HUMMUS
Fresh hummus variety made with cannellini beans, garlic, roasted red peppers, and basil. Served with an assortment of olives and naan chips

.1 kWh

MIXED NUTS
A hearty mix of pecans, almonds, filberts, cashews- roasted with spices

0 kWh

FLAVORED POPCORN
Popcorn with chili powder, garlic salt, and sugar.

.3 kWh

Water
Sweet Iced Tea
Cheerwine [local North Carolina soda]

kWh represents cooking energy, not embodied energy.

THE SOLAR HOMESTEAD MENU 9.28.11

STUFFED MUSHROOMS
Two styles of stuffed baby bella mushrooms
[1] with maple syrup sausage, onions, + sundried tomatoes
[2] with caramelized onions, North Carolina goat cheese, roasted red peppers, + North Carolina prosciutto — .93 kWh

MAC+CHEESE MUFFINETTES
Triple cheese macaroni and cheese muffinettes, with asiago, gruyere, and white cheddar — 1.11 kWh

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BABY GREEN SALAD
Fresh baby greens with a pecan-crusted goat cheese round, drizzled with local blackberry vinaigrette — 0 kWh

HOMESTEAD PICKLES
Fresh North Carolina cucumber spears that are pickled in water, rice wine vinegar, and spices — 0 kWh

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ASIAGO STEAK SANDWICH
Thin sliced steak, caramelized onions, asiago and Swiss cheeses, sundried tomatoes, and a home style mustard sauce on fresh bread, served with a homegrown pickle — 1.23 kWh

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APPLE+PEAR COBBLER
Seasonal apple and pear cobbler, topped with granola and dried fruit — 1.0 kWh

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Water
Sweet Iced Tea
Cheerwine [local North Carolina soda]

kWh represents cooking energy, not embodied energy.

AUTUMN SQUASH SOUP

INGREDIENTS

1 medium squash
2 cups chicken broth
1 can coconut water
salt
honey
ginger
olive oil
1 tablespoon curry powder
2 cans coconut milk
nutmeg
chili powder
cinnamon
candied ginger

PROCESS

Peel squash, clean out, and cut into 1 inch cubes. Mix honey, cinnamon, chili powder, salt, nutmeg, and olive oil in a bowl with squash. After well mixed, transfer the squash to a baking sheet and roast at 350° for 20 minutes.

Place roasted squash in blender with coconut milk and fresh ginger. For cold soup preparation add both cans of coconut milk and the coconut water, and omit curry powder unless desired. For hot soup preparation add one can of coconut milk to blender and then transfer to pot and add chicken broth. Bring soup to a simmer for 10 minutes and add yellow curry powder to taste. Garnish with slice of candied ginger.

BRUSCHETTA

INGREDIENTS

6 tablespoons extra-virgin olive oil
3 heirloom tomatoes
2 teaspoon crushed red pepper flakes
balsamic reduction
8-10 basil leaves [torn]
french baguette
6 cloves garlic [chopped]
3 yellow tomatoes
salt+pepper
flat leaf parsley [chopped]

PROCESS

Heat 2 tablespoons extra-virgin olive oil in a medium skillet over medium heat. Stir in chopped garlic and sauté for 2 minutes, then add the whole tomatoes and hot pepper flakes. Season with salt to taste and toss to coat in the oil. Cover the pan, raise heat a bit and cook until the tomatoes burst, about 10 to 12 minutes. Remove the lid, stir in tomatoes with a wooden spoon and let the tomatoes thicken, about 1 minute. Stir in the fresh parsley, adjust the seasonings and remove from the heat.

Heat the broiler and toast the bread on both sides. Arrange the bread on a platter and top with the hot tomato mixture. Garnish with torn basil leaves and drizzle with the remaining tablespoon of extra-virgin olive oil and balsamic reduction before serving.

HOMESTEAD HUMMUS

INGREDIENTS

1 teaspoon aged balsamic vinegar
3 tablespoons extra virgin olive oil
1/4 teaspoon pepper
1 can cannellini beans [rinsed + drained]
5 oz roasted red peppers
1/2 teaspoon salt
1/4 cup chopped basil

PROCESS

Chop basil. Drain and rinse cannellini beans. Using a food processor, add all ingredients together, and puree until hummus is smooth.

MAC + CHEESE MUFFINETTES

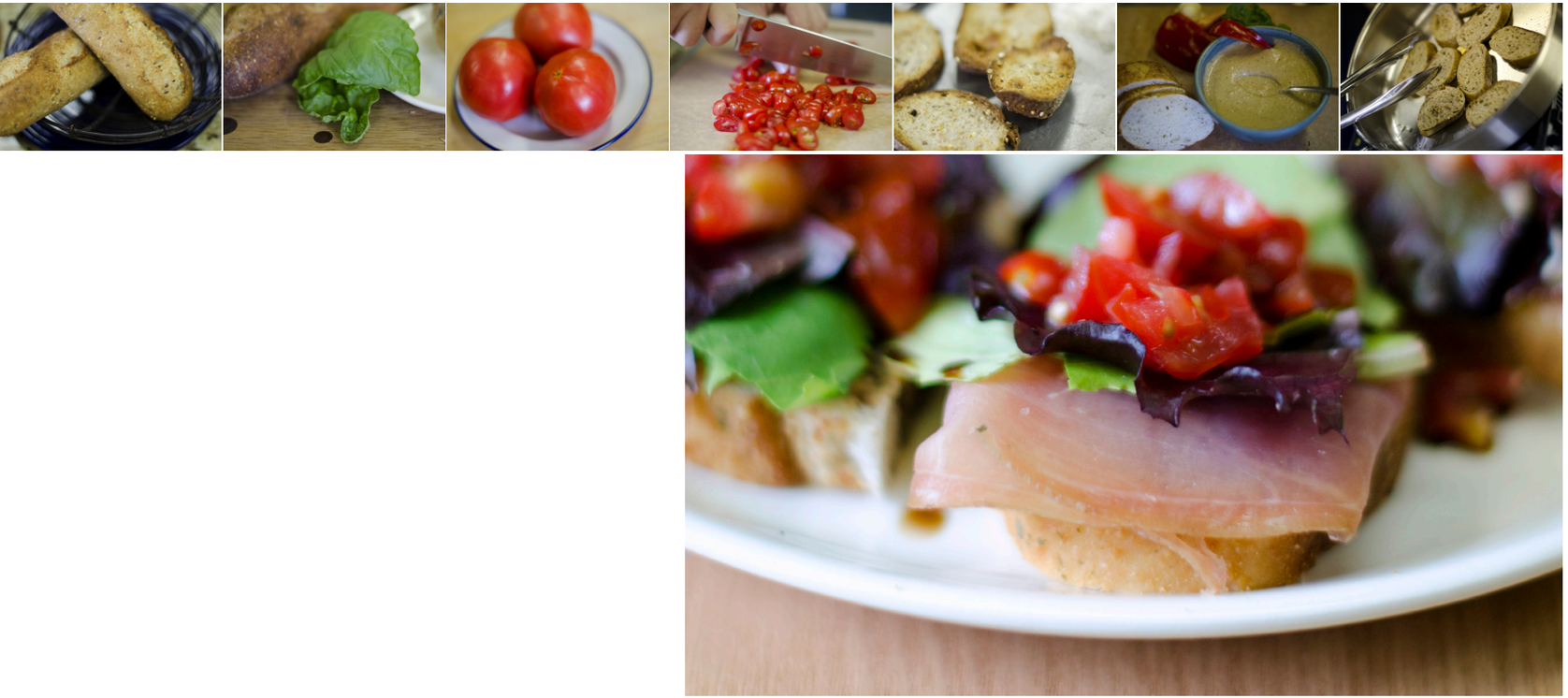
INGREDIENTS

2 tablespoons flour
3/4 cup half + half
3 oz gruyere
salt + pepper
3 roasted red peppers
3 tablespoons butter
3 oz asiago
2 oz goat cheese
16 oz mini macaroni
bread crumbs

PROCESS

Add macaroni to boiling water as specified on box then remove, and blanch under cold water to stop cooking. In a heavy sauce pan melt butter and add flour to create a thickening paste. Add the half + half and once warm [not boiling] add shredded cheese mixture [Asiago, Gruyere, goat cheese]. Mix until smooth and then pour over pasta. Combine in sauce along with chopped peppers and goat cheese. Prepare mini muffin tins by placing a light covering of breadcrumbs in each space. Fill tins with noodle mixture, and bake in oven for 15 minutes at 350°. Remove from oven, and allow to rest 10 minutes before serving.

PLTs



INGREDIENTS

sourdough loaf
baby greens [spinach, lettuce]
fresh basil
balsamic vinegar
olive oil
5 oz NC prosciutto
grape tomatoes [golden, pear]
homestead hummus
salt + pepper

PROCESS

Begin by dicing the tomatoes and allowing them to mingle with a tablespoon of olive oil in a small bowl at room temperature. Note that this should be done within 30 minutes of serving because the tomatoes will begin to loose their flavor as oxidation occurs; however, the olive oil will help hold the flavors.

Refer to the homestead hummus recipe on page 6, then add basil. The basil should be finely chopped and folded into the hummus.

Build the PLT by slicing the fresh bread and spreading on the basil homestead hummus. Layer a fresh slice of prosciutto on the bread followed by a mixture of the baby greens. Top the PLT with a dollop of the chopped tomato medly, and sprinkle a light coating of salt and pepper. Finish with a drizzle of aged balsamic to taste.

STUFFED MUSHROOMS

INGREDIENTS

8 oz baby bella mushrooms
1 yellow onion
2 oz goat cheese
2 oz NC prosciutto
honey
maple syrup infused sausage
sundried tomatoes
roasted red peppers
butter
salt + pepper

PROCESS

Begin by dicing onion and sautéing over medium heat with butter and a pinch of salt until browning begins, then add honey. Deglaze the pan as needed with a small amount of water. When fully caramelized, move to separate bowl.

In the same pan, brown the maple sausage. When fully cooked, remove from heat and place in separate bowl. While the onions and sausage are cooking, wash the mushrooms. [Smaller mushrooms will decrease cook time and allow for a better finger food experience.] Use a small spoon to scoop out the stem and gills to allow room for the stuffing.

In one bowl, mix half of the caramelized onions with the sausage and finely chopped sundried tomatoes. Add salt and pepper to taste and stuff mushrooms with mixture.

In second bowl, mix the remainder of the caramelized onions with diced roasted red peppers, goat cheese, and chopped prosciutto. Stuff mushrooms with filling.

Bake in oven at 350° for 10 minutes or until mushrooms are fork tender. Serve hot with side of hot sauce.

CAROLINA DRY RUB PORK CHOPS

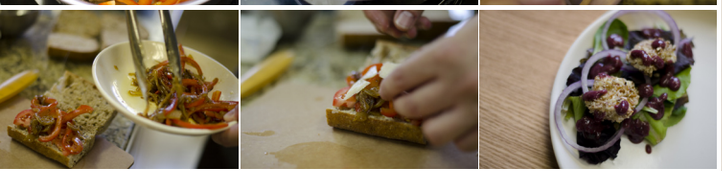
INGREDIENTS [DRY RUB FOR PORK]

Brown sugar
Salt
Garlic
Pepper
Cinnamon

PROCESS [PORK]

Apply dry rub to pork and let marinate overnight. Cook at desired temperature. Reduce 1/2 cup of balsamic vinegar and add black pepper. Brush on meat before removing from pan, then drizzle over dish. Serve pork chops over a fresh bed of spinach greens and drizzle with the balsamic and pepper reduction. Finish with brown sugar glazed baby carrots to complete the meal.

ASIAGO STEAK SANDWICH



INGREDIENTS [STEAK SANDWICH]

olive oil
balsamic vinegar
white onion
asiago cheese
salt + pepper
roasted red pepper
garlic
chili powder
apple cider vinegar
butter
mustard seeds
red onion
sun dried tomatoes
swiss cheese
fresh bread
arugula
brown sugar
cinnamon
garlic powder

INGREDIENTS [SIDE SALAD]

mixed baby greens
shallot
honey
olive oil
blackberries
white balsamic vinegar
salt + pepper

PROCESS

Wash steak and pat dry. In a small bowl combine all dry ingredients [salt, pepper, chili powder, garlic powder, dash of brown sugar and cinnamon], and then rub on steaks. Cover and refrigerate for at least two hours.

Slice red and white onions, and sauté with butter and salt until brown. Add honey and deglaze with water as required. Once onions are caramelized, remove from pan and set aside in bowl. Remove steaks from fridge 30 minutes before cooking, and allow them to rest at room temperature. Prepare a hot skillet with olive oil and add steaks. Cook about 3 minutes each side or until medium done. Remove steaks from pan and cover, allowing to rest 5 minutes.

While steaks rest, grill bread and add caramelized onions, roasted peppers, arugula, sundried tomatoes, and asiago cheese. Spread mustard on one slice of bread. Slice steak across the grain into thin strips and add to sandwich. Serve!

APPLE + PEAR COBBLER

INGREDIENTS [TOPPING]

granola
baking powder
salt
dehydrated pears
brown sugar
nutmeg
oats
wheat flour
dehydrated apples
cranberries
sugar
cinnamon

INGREDIENTS [FILLING]

2 cups seasonal apples
3/4 cup dehydrated apples
1/3 cup dried cranberries
1 cup oats
pinch of sugar
lemon juice
cinnamon
1 cup pears
3/4 cup dehydrated pears
1 cup granola
1/2 cup wheat flour
pinch of salt
nutmeg
brown sugar

PROCESS

Peel and chop apples and pears, and add to large bowl with the rest of the filling ingredients. Mix together and allow to rest covered.

In a separate bowl mix the topping ingredients together.

Place filling in 8” x 8” pan and cover with topping. Bake at 350° for 30 minutes or until crust is brown.

APPLE BLUEBERRY BAR

INGREDIENTS [CRUST]

2 1/2 cups flour
1 cup cold butter
1 tablespoon sugar
1 beaten egg yolk fill to 2/3 with milk

PROCESS

Save the egg white, because it will be beaten and brushed on top of the crust before baking. In a large mixing bowl, using a pastry cutter, cut butter into flour and sugar until it is the consistency of course meal. All egg yolk and milk should be mixed until it holds together, but do not over mix. Form the dough in to two balls, wrap them in plastic, and refrigerate for an hour.

INGREDIENTS [FILLING]

4-5 cups of sliced apples
1 cup sugar
1 cup of chopped nuts
1 cup of blueberries
1 tablespoon cinnamon
1/4 cup of butter in thin slices

PROCESS

Roll half the dough to fit a 10” x 15” cooking sheet. Place the sliced apples on the sheet, and sprinkle sugar and cinnamon on top. Dot the dough with pats of butter. Roll out the top crust and cover apple filling. Beat the eggwhite, and brush the top of the crust with it. Bake the bars at 350° for 30 to 40 minutes, until golden brown. Drizzle the bars with powder sugar frosting, while they are still warm.

INGREDIENTS [POWDER SUGAR FROSTING]

1 cup powder sugar
2 or 3 tablespoons of milk
1 tablespoon soft butter
1/2 teaspoon vanilla extract

PROCESS

Mix all of the above ingredients until smooth. Add more milk if the frosting is too thick.