



U.S. DEPARTMENT OF ENERGY SOLAR DECATHLON 2011

**TEAM FLORIDA**

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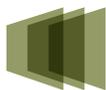
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APPROVAL DATE: PENDING



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# MENU



## A TASTE OF FLORIDA

### CHILLED GASPACHO

*Refreshing chilled local vegetable soup  
garnished with avocado and sour cream*

### LEMON CAPER FISH

*With rice pilaf and zucchini*

### KEY LIME PIE

FLEX



HOUSE



MENU



## TEAM FLORIDA ITALIAN NIGHT

TOMATO AND CUCUMBER  
VINEGRETTE SALAD

ROSEMARY CHICKEN AND POTATOES  
*With sautéed spinach and white beans*

CREAM CHEESE PIE  
*Fluffy cream cheese pie topped with fresh Florida fruit*

# RECIPES FOR MENU 1

# OKECHOBEE GAZPACHO

SERVES 8

## Ingredients

2 hot pepper (jalapeno or spicier if you like), minced

8 cloves garlic, minced

2 large cucumber, peeled, seeded, and diced

1 large red bell pepper, seeded and diced

1 large red onion, peeled and thinly sliced

6 cups chicken stock or broth

4 tablespoons fresh lemon juice

4 tablespoons red wine vinegar

4 tablespoons chopped fresh basil

4 tablespoons chopped fresh Italian parsley

6 tablespoons chopped fresh cilantro

Kosher salt and black pepper to taste

1 cup extra-virgin olive oil

For garnish: 1 ripe but slightly firm avocado peeled and diced and sour cream

## Directions

1. Combine all of the vegetables in a large bowl.
2. Add the stock, lemon juice and vinegar and stir very briefly. Stir in the fresh herbs and season with salt and pepper to taste.
3. Chill the soup for at least one hour before serving.
4. Remove from the refrigerator, stir, and let rest for 1 hour to overnight.
5. Before serving stir well, then pour in the olive oil over the soup and serve; garnishing each bowl with avocado.

# PAN FRIED FISH WITH LEMON AND CAPERS

SERVES 8

## Ingredients

4 ounces butter

4 ounces olive oil

lemon juice (to taste)

capers (to taste)

8 - 5 ounce fish filets - (local, seasonal, msc certified atlantic white fish)

8 ounces seasoned flour -season with old bay and peppe

## Directions

1. Inspect fish to make sure all bones have been removed.
2. Mix seasoning and flour.
3. Coat each piece of fish with seasoned flour.
4. Place butter and olive oil in sauté pan - heat until butter stops bubbling.
5. Add lemon juice and capers.
6. Place breaded fish in heated pan and brown both sides.
7. Plate fish and top with capers and butter/lemon mixture.

# RICE PILAF

SERVES 8

## Ingredients

2 tablespoons. butter  
1 tablespoons. olive oil  
1 cup onion, finely chopped  
2-1/2 cups long grain white rice  
1/2 teaspoon old bay  
1/8 teaspoon white pepper  
1 tablespoon basil chopped  
1 large bay leaf  
4 cups chicken broth, heated to boiling point

## Directions

1. In heavy saucepan, melt butter and olive oil over medium heat.
2. Add onion and cook, stirring frequently, until onion is translucent, about 5 minutes.
3. Add rice and stir until the rice is coated with the butter. This will take 2-4 minutes; don't rush this step!
4. Add seasonings and HOT chicken stock. Stir - Cover and cook on low heat for 15 minutes. Check the rice; if all the liquid is absorbed and the rice is tender, it's done. If the rice isn't quite tender, cover pan and cook for 2-3 minutes longer. Fluff with a fork and serve.

# HERBED, SAUTED ZUCCHINI

SERVES 8

## Ingredients

1 tablespoon butter  
1 tablespoon oliveoil  
4 medium zucchini - sliced 1/4" thick  
2 teaspoon chopped basil  
1 teaspoon thyme  
1 tablespoon minced garlic  
seas salt to taste  
black pepper freshly grated to taste

## Directions

1. Heat oil and butter.
2. Add zucchini and spices.
3. Cook 2 to 3 minutes until tender.
4. Season to taste.

# KEY LIME PIE

SERVES 8

## Ingredients

- 5 egg yolks
- 2 can(s) (14-ounce) sweetened condensed milk
- 1 cup(s) fresh lime juice
- zest of 1/2 lime
- 1 each 9" graham cracker crust
- 8 ounces whipping cream - whipped
- 8 thin lime wedges or slices notched to twist

## Directions

1. Mix yolks, milk, juice, and zest.
2. Pour the filling into the graham cracker crust and bake 8 minutes at 375 degrees F. Remove and let cool. Once cool, place in the freezer until ready to use.
3. Before serving, remove from the freezer and let thaw at room temperature for 15 minutes. Cut the pie into 8 to 10 slices with a knife dipped in warm water. Top with whipped cream and a wedge of lime, if desired.

## RECIPES FOR MENU 2

# CUCUMBER AND TOMATO WITH BALSAMIC VINEGAR AND OLIVE OIL

SERVES 8

## Ingredients

- 3 large tomatoes
- 3 cucumbers
- 4 tablespoons balsamic vinegar
- 4 tablespoons extra virgin olive oil
- 1 tablespoon chopped fresh basil
- 1/2 teaspoon sugar

## Directions

1. Wash and stem tomatoes. Cut into wedges - need 4 to 5 wedges per salad.
2. Wash and peel cucumbers - cut into 1/4" circles - need 8 to 10 slices per salad.
3. Arrange on salad plate - 1 wedge, 2 slices cucumber, 1 wedge, 2 slices cucumber, 1 wedge, 2 slices cucumber, 1 wedge, 2 slices cucumber.
4. In mixing bowl, whisk vinegar, oil, basil and sugar - season to taste. Spoon one table spoon of dressing on each salad. Serve with a chilled fork.

# ROSEMARY CHICKEN AND POTATOES

SERVES 8

## Ingredients

- 8 - 5 ounce chicken breasts
- 8 ounces extra virgin olive oil
- 8 cloves garlic, minced
- 4 tablespoons chopped fresh basil
- 6 tablespoons chopped fresh rosemary
- 4 tablespoons chopped fresh parsley
- 4 tablespoons black pepper
- 2 tablespoons salt
- 32 small red potatoes, quartered

## Directions

1. Preheat the oven to 275 degrees F (190 degrees C).
2. Place chicken and potatoes into a large bowl. Pour olive oil over them, and stir to coat. Scatter the chicken and potato pieces in a large baking dish, or cookie sheet with sides. Sprinkle with rosemary, basil, parsley, salt and pepper.
3. Cover cookie sheet with aluminum foil.
4. Bake for 1 hour in the preheated oven, uncovered.
5. Uncover, baste and bake for an additional 30 minutes or until the potatoes become slightly crispy.

# SPINACH AND BEANS

SERVES 8

## Ingredients

fresh organic spinach  
1 can pre-cooked white cannellini beans  
extra virgin olive oil  
fresh garlic, minced  
salt (to taste)  
black pepper (to taste)

## Directions

1. Heat olive oil in pan.
2. Add garlic to warm oil until fragrant (do not burn)
3. Wilt in spinach
4. Add beans. Salt and pepper to taste.

# CREAM CHEESE PIE

SERVES 8

## Ingredients

8 ounces cream cheese  
3/4 cup sugar  
16 ounces whipping cream  
2 teaspoons vanilla  
1 9" butter graham shell  
4 ounces blueberries  
4 ounces strawberries

## Directions

1. Cut strawberries and mix with blueberries - refrigerate till needed
2. Whip cream to firm peaks and place into large mixing bowl - Refrigerate till needed.
3. Whip cream cheese, sugar, and vanilla till very smooth and airy.
4. Gently fold 1/2 of whipped cream into cream cheese mixture - Do not over mix.
5. Scrap mixture into butter graham shell - level - cover and refrigerate till firm. Can be made up to 4 days before needed or needs at least 4 hours to set properly.
6. Cut with a knife dipped in warm water into 8 to 10 portions.
7. Garnish each slice with 2 ounces of fruit and a large dollop of whipped cream - serve with a chilled fork.