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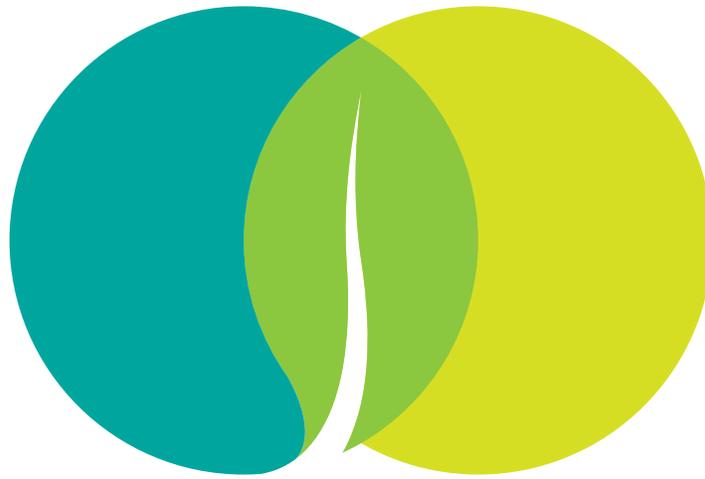
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DINNER PARTY MENUS

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*A taste of our home*

Hoboken, New Jersey



## WELCOME TO OUR HOME

The team from Stevens Institute of Technology in Hoboken, NJ, is delighted to share both our home and our favorite foods as a part of the U.S. Department of Energy Solar Decathlon 2013 competition.

In 2012, our state endured the severe devastation to both our shores and local communities from Hurricane Sandy. In an effort to celebrate the seasonal treasures of our state's cuisine, and revive the "down the shore" tradition, our two menus feature the best of New Jersey produce, local delights, and historic boardwalk treats. Each of our menu items presents a unique blend of local, seasonal ingredients infused with authentic Jersey flavors.

We invite you to relax and enjoy yourself as we present to you the best of the Garden State!

*Live, Learn, and Grow,*

-Team Stevens Institute of Technology



# REFRESHMENTS

*before dinner snacks*

## Hors D'oeuvres

Tortilla Chips with Fresh Corn Salsa

## Beverages

Natural Sodas



# SUMMERTIME ..... JERSEY CLASSICS

## MENU ONE

### Appetizer

Jersey Tomato and Watermelon Shish Kebab with Pan-Fried Basil

### Entrée

Peach and Avocado Wrap

Fresh Greens with Strawberry and Hoboken Mutz, Raspberry Vinaigrette

### Dessert

Hoboken's Famous Carlo's Bakery Cannoli's

### Beverage Choice

Mint Lemonade

Sparkling Spritzer with Fresh Berries



# JERSEY SHORE BOARDWALK TREATS

## MENU TWO

### Appetizer

Long Beach Island Clam Steamers

### Entrée

Seaside Heights' Sausage Sandwich  
with Peppers and Onions on a Hard Roll

### Dessert

Jersey Shore Frozen Custard

Johnson's Popcorn on the Ocean City Boardwalk

### Beverage Choice

Watermelon Mocktail

Fresh Orangeade

REFRESHMENTS COOKBOOK STYLE RECIPES

## Tortilla Chips *with* Fresh Corn Salsa

### INGREDIENTS

- 1 can (15 ounces) tomato sauce
- 1 can (14-1/2 ounces) stewed tomatoes, cut up
- 1 can (11 ounces) Mexicorn, drained
- 1 can (10 ounces) diced tomatoes with green chilies
- 2 medium tomatoes, chopped
- 1 cup chopped onion
- 1/2 cup minced fresh cilantro
- 2 tablespoons lime juice
- 2 tablespoons minced garlic
- 1/4 teaspoon garlic salt
- 1/4 teaspoon chili powder
- Tortilla chips

### DIRECTIONS

In a large bowl, combine the first 11 ingredients. Chill until serving. Serve with tortilla chips.

MENU 1 APPETIZER COOKBOOK STYLE RECIPE

**Jersey Tomato *and* Watermelon  
ShishKebab *with* Pan-Fried Basil**

**INGREDIENTS**

- 1 pound heirloom cherry tomatoes, halved
- 1 pound watermelon cubed
- Fresh basil
- 1 tablespoon vegetable oil
- Balsamic reduction

**DIRECTIONS**

1. Heat 2 cups of oil until steaming and drop basil in until bright green and crisp. Remove from oil and leave on paper towel to dry.
2. Pour balsamic vinegar into a pot and heat until lessened by half.
3. On a skewer, alternate cube of watermelon, half of tomato until at desired length. Garnish with basil on top and drizzle with balsamic reduction.

## MENU 1 ENTRÉE COOKBOOK STYLE RECIPE

# Peach *and* Avocado Wrap

### INGREDIENTS

- 1 extra large wrap
- 1 small peach, sliced
- 1/2 avocado, sliced
- Handful of fresh basil leaves, shredded or chopped
- Splash of lemon juice
- Balsamic dressing (below)

### BALSAMIC DRESSING

- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- Pinch of salt
- Pinch of fine black pepper
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped onion

### DIRECTIONS

1. Slice peaches and avocado - toss together with a splash of lemon. Set aside.
2. Blend dressing ingredients in a food processor or blender. Store in the fridge.
3. Heat the wrap in a pan for 5-10 seconds on each side.
4. Toss peaches, basil and avocado with a splash of dressing. Fill wrap. Add another drizzle of dressing if desired.
5. Roll wrap. Allow wrap to cool and set before slicing.

MENU 1 ENTRÉE COOKBOOK STYLE RECIPE

**Fresh Greens *with Strawberry and*  
Hoboken Mutz *with Raspberry Vinaigrette***

**INGREDIENTS**

- Romaine lettuce, torn or cut into bite-sized pieces
- 1 8-ounce container of fresh strawberries, hulled and sliced
- 3 ounces part-skim Hoboken mozzarella cheese, diced
- 1/4 cup fresh basil leaves, cut into ribbons
- Raspberry vinaigrette (below)

**RASPBERRY VINAIGRETTE**

- 1/2 cup canola oil
- 12-16 raspberries
- 3 tablespoons raspberry vinegar
- 2 tablespoons seedless raspberry jam
- 1 tablespoon Dijon mustard

**DIRECTIONS**

1. Process raspberry vinaigrette ingredients in a food processor until thickened. Refrigerate until use.
2. Toss lettuce and strawberries with vinaigrette. Top with cheese and sprinkle with basil.

MENU 1 DESSERT COOKBOOK STYLE RECIPE

## *Carlo's Bakery Cannoli*

### **INGREDIENTS**

- Pre-packaged cannoli shells
- 4 cups whole milk ricotta cheese
- 1 1/2 cups powdered sugar
- 1 tablespoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 cup semisweet mini chocolate chips

### **DIRECTIONS**

1. Combine ricotta cheese, powdered sugar, vanilla extract, and cinnamon until thick.
2. Stir in chocolate chips and cover.
3. Fill each cannoli shell with mixture.
4. Cover well and refrigerate until ready to serve.

## MENU 1 BEVERAGE COOKBOOK STYLE RECIPE

# Mint Lemonade

### INGREDIENTS

- 2 cups sugar
- 6 cups water
- 2 cups fresh lemon juice
- 1/2 cup mint leaves, chopped

### DIRECTIONS

1. Place 2 cups sugar and 2 cups water in a saucepan and bring to a boil.
2. Stir until sugar is dissolved and let cool.
3. Place lemon juice in a large pitcher, add remaining 4 cups water and the simple syrup mixture.
4. Stir in chopped mint leaves and refrigerate until use.
5. Serve over ice.

MENU 1 BEVERAGE COOKBOOK STYLE RECIPE

## Sparkling Spritzer *with* Fresh Berries

### INGREDIENTS

- Sparkling water
- 1 cup raspberries
- 1 cup blackberries
- Fresh squeezed lime

### DIRECTIONS

1. Crush fresh berries and put in the bottom of a glass.
2. Squeeze lime juice over fruit.
3. Add sparkling water.
4. Serve over ice.

MENU 2 APPETIZER COOKBOOK STYLE RECIPE

## Long Beach Island Clam Steamers

### INGREDIENTS

- 3 to 4 pounds of soft shell steamer clams
- 1/2 cup of melted butter

### DIRECTIONS

1. Let clams sit in salty water overnight until open.
2. Place clams on steamer rack in water and let boil for 5-10 minutes until shells are completely open.
3. Serve in bowl with melted butter on side.

MENU 2 ENTRÉE COOKBOOK STYLE RECIPE

# Seaside Heights' Sausage Sandwich *with* Peppers *and* Onions *on a* Hard Roll

## INGREDIENTS

- 8 four-ounce sweet Italian sausage links
- 2 tablespoons butter
- 1/2 cup vegetable broth
- 1 yellow onion, sliced
- 1/2 red onion, sliced
- 4 cloves of garlic, minced
- 1 large red bell pepper, sliced
- 1 large green bell pepper, sliced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 8 bakery hard rolls

## DIRECTIONS

1. Place the sausage in a large skillet over medium heat, and brown on all sides. Remove from skillet, and slice.
2. Melt butter in the skillet. Stir in the yellow onion, red onion, and garlic, and cook 2 to 3 minutes. Mix in red bell pepper and green bell pepper. Season with basil, and oregano. Stir in white wine. Continue to cook and stir until peppers and onions are tender.
3. Return sausage slices to skillet with the vegetables. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through.

MENU 2 DESSERT COOKBOOK STYLE RECIPE

## Johnson's Popcorn *on the* Ocean City Boardwalk

### INGREDIENTS

- Microwave popcorn
- 1 cup brown sugar
- 1/4 cup corn syrup
- 1 stick of butter
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract

### DIRECTIONS

1. Place popped corn in a large brown paper bag.
2. Combine butter, corn syrup, sugar and salt in an 8 cup bowl.
3. Microwave on high, 1-2 minutes or until it bubbles.
4. Boil for 3 minutes, stirring after each minute.
5. Add baking soda and vanilla, stir well, and pour over popcorn.
6. Shake well, fold down bag and microwave on high for 1 minute. Shake well.
7. Microwave on high for 1 minute. Shake well.
8. Microwave on high for 30 seconds. Shake well.
9. Microwave on high for 30 seconds.
10. Pour out. Let cool. Store in airtight container until ready to eat.

## MENU 2 BEVERAGE COOKBOOK STYLE RECIPE

# Watermelon Mocktail

### INGREDIENTS

- Fresh seedless watermelon, cubed
- 1/2 cup mint leaves
- 1 lemon
- Sugar
- Water as needed

### DIRECTIONS

1. Grind watermelon in a mixer.
2. Add 1/2 cup mint leaves to mixer.
3. Filter the liquid with a strainer and add sugar as needed.
4. Add fresh squeezed lemon juice and dilute liquid to required consistency with water.
5. Serve over ice.

## MENU 2 BEVERAGE COOKBOOK STYLE RECIPE

# Fresh Orangeade

### INGREDIENTS

- 8 cups water
- 1 1/2 cup white sugar
- 1 1/2 cup freshly squeezed orange juice
- 1/3 cup freshly squeezed lemon juice

### DIRECTIONS

1. Bring 2 cups water and sugar to a boil in a small saucepan; stir to dissolve sugar and make simple syrup.
2. Combine simple syrup, 6 cups water, orange juice, and lemon juice in a large pitcher.
3. Refrigerate until cold. Serve over ice.

## COMPREHENSIVE INGREDIENTS LIST

### Refreshments

#### **TORTILLA CHIPS WITH FRESH CORN SALSA**

Packaged tortilla chips, canned tomato sauce, canned stewed tomatoes, canned Mexicorn, canned diced tomatoes with green chilies, tomatoes, onion, cilantro, lime juice, minced garlic, garlic salt, chili powder

### MENU 1: Summertime Jersey Classics

#### **JERSEY TOMATO AND WATERMELON SHISH KEBOB WITH PAN-FRIED BASIL**

Cherry tomatoes, watermelon, basil, vegetable oil, balsamic vinegar

#### **PEACH AND AVOCADO WRAP**

Pre-packaged wrap, peach, avocado, basil, lemon juice

#### **BALSAMIC DRESSING**

Extra virgin olive oil, balsamic vinegar, salt, black pepper, Dijon mustard, onion

#### **FRESH GREENS WITH STRAWBERRY AND HOBOKEN MUTZ WITH RASPBERRY VINAIGRETTE**

Romaine lettuce, strawberries, mozzarella cheese, basil

#### **RASPBERRY VINAIGRETTE**

Canola oil, raspberries, raspberry vinegar, raspberry jam, Dijon mustard

#### **CARLO'S BAKERY CANNOLIS**

Pre-packaged cannoli shells, ricotta cheese, powdered sugar, vanilla extract, cinnamon, semisweet chocolate chips

#### **MINT LEMONADE**

Sugar, water, lemon juice, mint leaves

**SPARKLING SPRITZER WITH FRESH BERRIES**

Sparkling water, raspberries, blackberries, lime

## **MENU 2: Jersey Shore Boardwalk Treats**

**LONG BEACH ISLAND CLAM STEAMERS**

Soft shell steamer clams, butter

**SEASIDE HEIGHTS' SAUSAGE SANDWICH WITH PEPPERS AND ONIONS ON A HARD ROLL**

Italian sausage links, butter, yellow onion, red onion, garlic, red bell pepper, green bell pepper, basil, oregano, packaged hard rolls

**JOHNSON'S POPCORN ON THE OCEAN CITY BOARDWALK**

Microwavable popcorn, brown sugar, corn syrup, baking soda, butter, salt, vanilla extract

**WATERMELON MOCKTAIL**

Watermelon, mint leaves, lemon, sugar, water

**FRESH ORANGEADE**

Water, white sugar, fresh-squeezed orange juice, lemon juice