



# SOLAR CAL POLY

Dinner Menus - Recipes - Ingredients

# Dinner I

*Family Style Comfort Food*



## - Dishes -

### Green Beans

*local green beans sautéed with caramelized onions  
and seasoned with thyme*

### Broccoli Salad

*made with a crunchy combination of broccoli, kale,  
cranberries, and sunflower seeds*

### Homestyle Mashed Potatoes

*deliciously creamy mashed red potatoes bolstered with  
sour cream, butter, and garlic*

### Mom's Bacon Wrapped Meatloaf

*made with Cal Poly organic grass-fed beef  
served with Artisan French Bread*



## - Dessert -

### Apple Tart and Vanilla Ice Cream

*Granny Smith apples baked with a sweet honey glaze  
served with Cal Poly vanilla ice cream*



## - Beverage -

Southern Sweet Iced Tea



Green Beans



### - Ingredients -

*4 handfuls Green beans  
1 Onions  
salt and pepper  
5 tbsp Butter  
1 sprig fresh Thyme*

### - Directions -

*Steam green beans till almost cooked.  
Sautee in butter with garlic, onions, thyme, salt, and pepper.*



## Broccoli Salad



### - Ingredients -

*broccoli florets  
½ cup grapes  
½ cup sunflower seeds  
¼ cup of red onion, chopped  
Pumpkin seeds  
craisins  
kale*

### - dressing -

*1 cup mayonnaise, best quality such as Hellmann's or Duke's  
2 tablespoons cider vinegar  
3 tablespoons honey or sugar  
¼ teaspoon salt  
¼ teaspoon ground black pepper*

### - Directions -

*Dice onions.  
Chop broccoli and kale to bite sized pieces.  
Toss with all ingredients.*



## Homestyle Mashed Potatoes



### - Ingredients -

*1lb baby red potatoes  
1 clove garlic  
½ cup sour cream  
4 tbsp butter  
salt and pepper*

### - Directions -

*Boil potatoes and garlic. Drain.  
Mash with sour cream, butter, and salt and pepper to taste.*



Mom's Bacon Wrapped Meatloaf



## - Ingredients -

1 tablespoon Olive oil  
½ medium white onion, finely chopped (about 1 cup)  
2 medium garlic cloves, minced  
Leaves from 4 sprigs thyme (about 1 teaspoon)  
2 large eggs  
½ cup well-shaken lowfat buttermilk  
2 tablespoons Dijon mustard  
1 tablespoon Worcestershire sauce  
1 teaspoon kosher salt  
½ teaspoon freshly ground black pepper  
2 pounds ground beef  
1 pound bratwurst pork sausage, removed from casings and broken up  
1 cup crushed saltine crackers (about 20)  
¼ cup finely chopped fresh Italian parsley leaves  
8 strips bacon

## - Directions -

Heat the oven to 400° F and arrange a rack in the upper third. Line a baking sheet with foil and set aside. Add the oil to a medium pan over medium heat. When the oil shimmers, add the onion, garlic and thyme and cook until softened, about 3 minutes; set aside. In a large bowl, add the eggs, buttermilk, mustard, Worcestershire, salt, and pepper. Whisk until the eggs are broken up and evenly combined. Add the onion mixture, ground pork, sausage, cracker crumbs, and parsley. Mix until thoroughly combined (don't squeeze mixture). Dampen your hands, and put the meat on the prepared baking sheet. Form the meat into a 9 by 5- inch loaf. Arrange the bacon across the top of the loaf and bake until the internal temperature is 155 degrees F, on an instant-read thermometer, about 55 to 65 minutes. Remove from the oven to a cutting board and let cool for 10 to 15 minutes before serving.



Apple Tart and Vanilla Ice Cream



### - Ingredients -

*4 granny smith apples  
¼ cup brown sugar  
1 tsp cinnamon  
1 lemon  
3 tbs butter  
pie crust  
2 tbs honey*

### - Directions -

*Preheat oven to 350° F. Skin and chop apples.  
Sautee in butter, brown sugar, cinnamon, and juice of half the lemon.  
Arrange on pie crust. Cook 10-15 minutes until crust is cooked.  
While cooking add honey to the juice left from sauteing apples.  
Warm and mix mixture. Drizzle on top of tart.  
Serve with ice cream.*

# Dinner I

## Comprehensive Ingredients List



### Meat

*ground beef  
bratwurst pork sausage  
bacon*

### Dairy

*buttermilk  
gruyere  
butter  
sour cream  
vanilla ice cream*

### Vegetables

*onion  
garlic  
broccoli  
kale  
green beans  
baby red potatoes*

### Fruit

*grapes  
craisins  
Granny Smith apples  
lemon*

### Grocery

*olive oil  
eggs  
dijon mustard  
Worcestershire sauce  
salt and pepper  
sunflower seeds  
pumpkin seeds  
mayonnaise  
cider vinegar  
honey  
brown sugar  
cinnamon  
pie crust  
french bread  
iced tea*

### Herbs

*parsley*



# Dinner II

*A High-End Six Course Meal*



## - Starters -

### Strawberry Salad

*tender greens topped with candied walnuts, dried cranberries, gorgonzola, sliced strawberries, and a sweet vinaigrette*

### Creamy Butternut Squash Soup

*pureed squash infused with a savory concoction of sage, rosemary, and thyme, and topped off with a dollop of cream*



## - Entrée -

### Herb Crusted Pork Tenderloin

*Cal Poly farm-raised pork rubbed with raw mustard, sage, rosemary, and thyme roasted with a savory combination of Granny Smith apples, onions, and garlic drizzled with cider gravy and served with roasted root vegetables and creamy polenta*



## - Dessert -

### Lemon Pudding Souffle

*creamy pudding topped with an airy cake dusted with powdered sugar and garnished with a sprig of mint*



## - Beverage -

Sparkling Cranberry Apple Cider





Strawberry Salad



**- Ingredients -**

*Strawberries  
Spring greens  
Gorgonzola  
vinaigrette  
craisins  
candied walnuts or pecans*

**- Directions -**

*Slice strawberries and toss all ingredients*



Creamy Butternut Squash Soup



## - Ingredients -

*1 butternut  
4 leaves sage  
1 sprig rosemary  
1 sprig thyme  
1 cup chicken stock  
1 cup almond milk  
½ cup Gruyère cheese  
1 clove garlic  
red pepper  
Salt and pepper  
Heavy cream*

## - Directions -

*Skin, deseed, and chop butternut.  
Boil with herbs and garlic in almond milk and stock.  
When the squash is tender remove stems and use a submersible blender to blend the mixture.  
Add cheese, and red pepper, salt, and pepper to taste.  
Serve with a splash of heavy cream.*



Herb Crusted Pork Tenderloin



## - Ingredients -

*Porkloin*  
2 tbsp raw mustard seed  
10 leaves sage  
2 sprigs rosemary  
Olive oil  
4 sprigs thyme  
½ cup parsley  
salt and pepper  
2 granny smith apples, skinned and chooped  
1 onion, roughly chopped  
2 tbsp butter  
2 tbsp flour  
1 clove garlic, roughly chopped  
1 cup apple cider

*- polenta -*  
4 cups water, plus more as needed  
4 cups milk, plus more as needed  
3 tablespoons butter  
2 teaspoons salt  
2 cups polenta  
1/2 cup creme fraiche  
1/3 cup Parmigiano-Reggiano

*- root vegetables -*  
¼ lb carrots  
¼ lbs parsnips  
2 sprigs thyme  
4 tbsp butter  
salt and pepper

## - Directions -

### *- porkloin -*

*Chop all herbs. Rub pork with salt, pepper, and a little olive oil. Add herbs and mustard and rub those in too.  
Sear pork in a hot pan, transfer to a baking dish and finish in the oven at 400° F for 40-50 minutes.  
In the pan with the pork drippings add the apples, onions, and garlic, simmer in apple cider for 8 minutes.  
Separate apples from juice. Cook butter and flour in another pan until lumps are out.  
Add juice from apples and cook down until desired thickness. Serve apple and onion mixture and gravy with pork.*

### *- polenta -*

*In a large saucepan, bring the water, milk and butter to a boil. Add 2 teaspoons of salt to the water and whisk in the polenta. Whisk constantly for 3 to 4 minutes to prevent lumps. Simmer for 45 minutes, partially covered and stirring every 10 minutes, until the polenta is thick, smooth, and creamy. Add the creme fraiche and Parmesan. Check for seasoning and adjust consistency by adding milk or water to the polenta. Polenta may be made up to 20 minutes ahead of time and kept covered until ready to serve.*

### *- root vegetables -*

*Skin carrots and parsnips. Sautee in butter with thyme, salt, and pepper*



Lemon Pudding Souffle



## - Ingredients -

*2 tablespoons unsalted butter, melted, plus more, room temperature, for ramekins*  
*1/3 cup all-purpose flour (spooned and leveled)*  
*1/2 teaspoon baking powder*  
*1/4 teaspoon fine salt*  
*3 large eggs, separated*  
*3/4 cup granulated sugar*  
*1 teaspoon finely grated lemon zest, plus 1/3 cup lemon juice (from 2 lemons)*  
*1 1/4 cups whole milk*  
*Confectioners' sugar, for serving*

## - Directions -

*Preheat oven to 325° F. Butter eight 6-ounce ramekins or a 2-quart baking dish.*  
*Set in a shallow baking pan. In a medium bowl, combine flour, baking powder, and salt.*  
*In a large bowl, whisk together egg yolks with 1/2 cup granulated sugar until pale and smooth. Whisk in butter, lemon zest and juice, milk, and flour mixture. (Refrigerate mixture, up to 3 hours.)*  
*In a large bowl, using an electric mixer, beat egg whites with 1/4 cup granulated sugar until stiff peaks form, 5 minutes; fold into batter. With a ladle, divide batter among ramekins, keeping sides clean. Pour enough hot water into baking pan to come halfway up sides of ramekins. Bake until cakes are puffed and slightly golden on top, 30 minutes. Dust with confectioners' sugar and serve immediately.*

# Dinner II

## Comprehensive Ingredients List



### Meat

*pork tenderloin*

### Dairy

*gorgonzola*

*gruyere*

*heavy cream*

*butter*

*milk*

*creme fraiche*

*parmigiano-reggiano*

### Vegetables

*spring greens*

*butternut*

*garlic*

*onion*

*carrots*

*parsnips*

### Fruit

*strawberries*

*craisins*

*lemons*

*Granny Smith apples*

### Grocery

*vinaigrette*

*candied walnuts*

*almond milk*

*chicken stock*

*red pepper*

*salt and pepper*

*olive oil*

*flour*

*eggs*

*mustard seed*

*apple cider*

*polenta*

*baking powder*

*granulated sugar*

*confectioner's sugar*

*sparkling cranberry apple cider*

### Herbs

*thyme*

*parsley*

*sage*

*rosemary*





## - Movie Night -

**Crinkle Cookie Ice Cream Sandwich**  
*mocha chocolate crinkle cookies sandwiching Cal Poly  
ice cream and your choice of toppings*



## - Ingredients -

*½ cup flour  
½ cup cocoa  
1¼ tbsp white sugar  
1¼ tbsp brown sugar  
1 tbsp instant espresso  
1 tsp vanilla  
1 egg  
3 tbsp melted butter  
¼ tsp baking soda  
¼ tsp salt  
¼ cup white sugar for rolling*

## - Directions -

*Heat oven to 350°F.  
Mix all ingredients excluding the sugar for rolling until combined and crumbly.  
Roll into balls and coat with sugar and place on a cookie sheet with wax paper.  
Bake until slightly hard on top approximately 10-12 minutes.  
Serve with your choice of ice cream and roll in your choice of toppings.*

# Movie Night

## Comprehensive Ingredients List



Dairy  
*butter*  
*ice cream*

Grocery  
*flour*  
*cocoa*  
*white sugar*  
*brown suger*  
*instant espresso*  
*vanilla*  
*egg*  
*bakin soda*  
*salt*  
*soda*  
*carmel corn*

