

Crowder College - Drury University

ShelterR³

respond

recover

resist

NIGHT ONE

Drinks

Water

With cucumbers and mint extract.

Appetizer

Salade Composée

Served with authentic vinaigrette dressing.

Entrée

Vegetarian Crepe

With Asparagus and mozzarella topped with fresh pesto.

Dessert

Green Tea Macaroons

Green tea macaroons made with almond flour.

Crowder College - Drury University

Shelter^R³

respond recover resist

Drinks

Water

Infused Water: Cucumber/ Mint

Appetizer

Catalan Spinach with Pine Nuts and Raisins

2 tablespoons Spanish extra-virgin olive oil
1 golden delicious apple, peeled, cored, and cut into ¼-inch cubes
4 tablespoons pine nuts
4 tablespoons seedless dark raisins

Step 1

In a large skillet, heat olive oil over a high flame. When the oil is very hot, add the apple cubes and sauté until slightly browned, about a minute.

Step 2

Add the pine nuts to the skillet and cook another 20 seconds until slightly browned. Keep the pan moving so the ingredients do not burn.

Step 3

Add the raisins and sauté another 20 seconds. Add the spinach and sauté briefly until the spinach starts to wilt.

Step 4

Remove from the heat and let spinach continue to wilt.

Step 5

Add salt to taste and serve immediately

Entrée

Vegetarian Crepe

Wrap
1 cup all-purpose flour, (spooned and leveled)
1 tablespoon sugar
¼ teaspoon coarse salt
1 ½ cups whole milk
4 large eggs
3 tablespoons unsalted butter, melted

Step 1

Toss chopped asparagus with 1 tsb. Olive oil and spread on baking sheet. Bake at 350 for 20 minutes

Step 2

Place Onions and mushrooms in same pan with ½ a tbs. olive oil. Add garlic powered and let sauté for 10 minutes

Step 3

Place tomatoes in pan with ½ tbs. of olive oil and sauté for 10 minutes

Step 4

Combine ingredients in center of already made crepe. Add small amount of Mozzarella on top to melt and fold crepe over once

Vegetarian Filling

½ cup Asparagus chopped
¼ cup Sharp Mozzarella thinly sliced
¼ cup Red Onion diced
½ cup Tomato diced
¼ cup Baby Portabella Mushrooms diced
2 tbs. olive oil
1 tsp. garlic powered

Step 1

Toss chopped asparagus with 1 tsb. Olive oil and spread on baking sheet. Bake at 350 for 20 minutes

Step 2

Place Onions and mushrooms in same pan with ½ a tbs. olive oil. Add garlic powered and let sauté for 10 minutes

Step 3

Place tomatoes in pan with ½ tbs. of olive oil and sauté for 10 minutes

Step 4

Combine ingredients in center of already made crepe. Add small amount of Mozzarella on top to melt and fold crepe over once

Green Tea Macrons

Macaron Shells

100 grams powdered sugar
100 grams ground almonds
1 teaspoon matcha powder
75 grams egg white, divided in half
100 grams granulated sugar
25 ml water
1 drop of green food coloring paste

Matcha Buttercream

1 stick unsalted butter, softened
1 cup powdered sugar
1 tablespoon matcha powder
1 tablespoon milk

Step 1:

Line two large baking sheets with parchment paper. Draw 12 1 1/2-inch circles in rows on the parchment paper, about 1 inch apart.

Step 2:

Process powdered sugar, ground almond and matcha powder in a food processor until finely ground. Sift the mixture through a sieve. If there are more than 2 tablespoons of large chunks left in the sieve, grind them and sift again.

Step 3:

Add half of the egg whites, fold the mixture with a spatula until it becomes a thick, paste-like batter. Set aside.

Step 4:

Combine granulated sugar and water in a small saucepan, cook the mixture on medium high heat. When the syrup reaches 225F on a candy thermometer, start beating the other half of the egg whites on high. Continue beating while cooking the syrup until it reaches 239F. Remove from heat.

Step 5:

When the meringue is at soft peak stage, turn the mixer to low, and slowly pour the hot syrup into the egg whites while the mixer is running. Once all the syrup is in, turn the mixer back to high and keep whipping until the meringue is cool and glossy stiff peaks have formed.

Step 6:

Add about half the meringue to the almond paste, gently folding until combined and smooth. Gradually add the remaining meringue, add food color and fold until the batter is smooth. To test consistency, pick up the spatula and if the batter ribbons back into the bowl, it is ready. It should be like lava blending back into itself after about a minute.

Step 7:

Fit a pastry bag with a 1/2-inch round tip and fill the bag with the batter. Using the template as a guide, pipe circles onto the parchment papers.

Step 8

Tap the bottom of each sheet on the work surface to release trapped air bubbles. Let the cookies stand at room temperature for at least 30 minutes. This allows the cookies to develop their crusts.

Step 9:

Preheat oven to 300F. Bake the macaroons for 10 to 12 minutes, until set but not browned.

Transfer the baking sheets to wire racks and let the macaroons to cool completely on the pans. Once cooled, gently lift half of the cookies from the parchment paper and turn them upside down.

Step 10:

To prepare buttercream, beat butter on high until fluffy. Add powdered sugar and matcha powder and beat until incorporated. Add milk, continue beating for another 3 minutes.

Step 11:

Spoon or pipe a teaspoon of buttercream onto each of the upside-down cookies. Top with the remaining cookies. Cover and refrigerate overnight. Bring to room temperature before serving.

NIGHT TWO

Drinks

Infused Coconut Water

With raw coconuts and coconut milk.

Appetizer

Crispy Pork and Mango in Lettuce Cups with Pepper-lime Dressing

Wrapped in lettuce served with pepper-lime dressing.

Entrée

Pad Thai

With tofu, bean sprouts and chopped cilantro served with fish sauce.

Dessert

Thai Sweet Sticky Rice with Mango (Khao Neeo Mamuang)

Served with fresh mangos.

Crowder College - Drury University

ShelteR³
respond recover resist

Drinks

Infused Coconut Water

Small cut pieces of raw coconut
2 teaspoons coconut milk
22 oz Water

Step 1

Pour coconut milk into pitcher of water and chill

Step 2

Pour water into individual glasses and garnish with raw coconut pieces

Appetizer

Crispy Pork and Mango in Lettuce Cups with Pepper-lime Dressing

3 stalks lemongrass
2 tbsp vegetable oil
1 lb (450 g) lean ground pork
1 tbsp soft brown sugar
1 recipe lime and chili pepper dressing
1 small red onion, finely diced
1 ripe but firm mango, diced
3 tbsp fresh chopped cilantro leaves
20 heart of romaine lettuce leaves, chilled, to serve

Step 1

Cut away the base and top third of the lemongrass, and finely slice the soft, inner part. Add the Oil to a large, heavy-bottomed sauté wok, and heat to medium-high. Add lemongrass and fry for about 2 minutes, stirring until soft.

Step 2

Raise the heat to high, add the pork, and cook until crispy and brown underneath before breaking it up with a fork. Stir in the sugar and continue to fry, stirring, for about 5 minutes, until thoroughly cooked through. Remove from the heat and set aside.

Step 3

Pour the dressing over the pork, add the onion, mango, and cilantro, then stir gently to combine. Use the baby lettuce leaves as serving bowls.

Entrée

Pad Thai

8 oz dried rice noodles
1½ tablespoons sweet soy sauce
1½ tablespoons lime juice
1 tablespoon Thai fish sauce
1 tablespoon water
3 tablespoons peanut oil
2 garlic cloves, sliced
1 small red chili, seeded and chopped
4 oz firm tofu, diced
2 eggs, lightly beaten
2 cups bean sprouts
1 tablespoon chopped cilantro
4 tablespoons salted peanuts, chopped

Step 1

Cook the noodles in boiling water for 5 minutes until softened. Drain and immediately refresh under cold water, drain again and set aside.

Step 2

Combine the soy sauce, lime juice, fish sauce and measurement water in a small bowl and set aside.

Step 3

Heat the oil in a wok or large skillet, add the garlic and chili, and stir-fry over medium heat for 30 seconds. Add the noodles and tofu and stir-fry for 2-3 minutes until heated through.

Step 4

Carefully push the noodle mixture up the side of the pan, clearing the center of the pan. Add the eggs and heat gently for 1 minute without stirring, then gently start “scrambling” the eggs with a spoon. Mix the noodles back into the center and stir well until mixed with the eggs.

Step 5

Add the soy sauce mixture and cook for 1 minute, or until heated through. Stir in the bean sprouts and cilantro. Spoon into bowls and serve immediately, topped with the peanuts.

Dessert

Thai Sweet Sticky Rice with Mango (Khao Neeo Mamuang)

1 1/2 cups uncooked short-grain white rice
2 cups water
1 1/2 cups coconut milk
1 cup white sugar
1/2 teaspoon salt
1/2 cup coconut milk
1 tablespoon white sugar
1/4 teaspoon salt
1 tablespoon tapioca starch
3 mangos, peeled and sliced
1 tablespoon toasted sesame seeds

Step 1:

Combine the rice and water in a saucepan, bring to a boil, cover and reduce heat to low. Simmer until water is absorbed, 15 to 20 minutes.

Step 2:

While the rice cooks, mix together 1 1/2 cups coconut milk, 1 cup sugar and 1/2 teaspoon salt in a saucepan over medium heat, bring to a boil then remove from heat and set aside. Stir the cooked rice into the coconut milk mixture and cover. Allow to cool for 1 hour.

Step 3:

Make a sauce by mixing together 1/2 cup coconut milk, 1 tablespoon sugar, 1/4 teaspoon salt and the tapioca starch in a saucepan, bring to a boil.

Step 4:

Place the sticky rice on a serving dish. Arrange the mangos on top of rice. Pour the sauce over the mangos and rice. Sprinkle with sesame seeds.