

U.S. DEPARTMENT
OF ENERGY
SOLAR DECATHLON 2015

MENU AND RECIPES

TEAM NYCCT



**NEW YORK CITY
COLLEGE OF
TECHNOLOGY**

Submission Date:

23 April 2015



PROJECT MANUAL

Version 1 Design Development

DURAhome

Solar Decathlon 2015

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Issued: 23 April 2015

U.S. Department of Energy Solar Decathlon 2015

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A TASTE OF TEAM DURA I

GRAZING

A selection of local olives and cheeses

NYC Style Pissaladiere

APPETIZER

Diver Scallop Ceviche, Pickled Beets, Pea Puree

MAIN COURSE

Raffetto's Pasta Trimmings, Meatballs, Team DURA Tomato Sauce

DESSERT

Brooklyn Cheesecake Panna Cotta



A TASTE OF TEAM DURA II

GRAZING

Goat Cheese Crostade, Melon & Fig

APPETIZER

Carrot & Avocado 'Tartare', Butternut Squash Kernels, NYC Honey, Cayenne Dust

MAIN COURSE

Poached Snapper, Orange-Parsley Emulsion; 12 Grain Pilaf

DESSERT

Upper East Side Cannoli



A TASTE OF TEAM DURA MENU I

PISSALADIERE

Sponge Method

1 lb. WATER

1/2 OZ. FRESH YEAST (1/4 OZ. DRY YEAST)

1 lb. BREAD FLOUR

Mix the above and allow to ferment for 3 _4 hrs at room temperature.

Add to this sponge:

12 OZ. (3/4 CUP) WATER

2 LB. BREAD FLOUR (more or less, keep the dough rather moist)

Knead the dough for about 5 minutes and then allow it to rest for 20 minutes.

Knead in 1 oz. (2 Tbs.) SALT and 1/2 TBS COARSELY CHOPPED ROSEMARY

Retard the dough in the refrigerator overnight.

2 hours before you want to make pissaladiere, divide dough into 8 pcs. Round and bench the dough for 15 minutes.

Shape and flatten into rounds, place on a sheet pan and allow to rise for 1 _ 2 hrs. Pre heat oven to 425 F.

Drain one 4 oz can of anchovy filet

Slice and sauté in olive oil 3 medium onions until soft and golden brown. Season w/ salt & pepper.

When dough has risen sufficiently, brush w/ olive oil, arrange onion and strips of anchovy filet on top. Bake in oven until golden brown.

After removing from oven, sprinkle tops generously w/ grated grana padano or similar cheese.



DIVER SCALLOP SEVICHE

1 lb Scallops

2 limes, juiced

1 lemon, juiced

Salt & pepper to taste

1/2 bunch fresh cilantro chopped coarsely

1 small chili pepper diced fine

2 Tbsp olive oil

Mix all the ingredients together EXCEPT for the cilantro. Allow to sit in the fridge for 3 -4 hours or overnight. Just before serving, toss w/ cilantro and season to taste.

PICKLED BEETS

2 lb. beets

4 oz. Champagne vinegar

2 oz. pickling spice

2 tsp salt

2 - 4 oz. sugar or honey

Wash beets; place in a sauce pot, cover w/ water and simmer until just tender.

Allow to cool and slice or dice as appropriate. Mix vinegar, honey / sugar, salt and pickling spice in a bowl. Add beets. Stir cover allow to marinate for 2 days at least, one week at best, in the fridge.

SWEET PEA PUREE

2 lb fresh peas in shell

4 oz. butter

Salt and pepper to taste

Shell, blanch, and shock peas. Puree and add warm butter or olive oil.



RAFFETTO'S PASTA TRIMMINGS, MEATBALLS, TEAM DURA TOMATO SAUCE

Yield: 10 portions

Pasta (fresh) _ ribbons or 'torn'	3lb
DURA tomato sauce (see below)	2qt
Meatballs (see recipe below)	3 x 1 oz
Fresh Basil	to garnish
Fresh Oregano	to garnish
Salt & Pepper	to taste
Asiago Cheese	1lb
DURA _ Tomato Sauce	
On the Vine Tomatoes _ peeled and pith removed- chopped	5-6lb
Garlic Cloves _ minced	3
Shallot _ small dice	4 pieces
Thyme	1 tsp
Salt and Pepper to taste	

DURA MEATBALLS

Ground Pork	1.5lb
Ground Beef	1.5lb
Breadcrumbs	3oz
Sage _finely chopped	2oz
Mustard (NYC)	2oz

Methods:

DURA SAUCE:

Sweat all ingredients very gently for 10 min. puree.

Meatballs: mix all ingredients and portion into 1oz meatballs, cook to internal temp of 155F

Cook the pasta and toss with the warm sauce and garnish with three meatballs per person

Sprinkle with cheese and herbs to garnish.



BROOKLYN CHEESECAKE PANNA COTTA

10 oz. Milk

10 oz. crème fraiche

10 oz. Cream cheese

10 oz. cream

8 oz. Sugar

4 tsp Gelatin (4 -5 sheets)

1 large vanilla bean

Soften gelatin in cold water for 10 minutes. Scrape vanilla pod into milk & cream. Scald, add sugar and softened gelatin, cool to room temperature. Soften cream cheese and slowly add in the crème fraiche while stirring until smooth. Mix cream cheese / crème fraiche into remaining ingredients. Pour into 4 oz ramekins. Chill for 3 -12 hours. Unmold onto a plate and garnish w/ macerated mango & lime juice.

Yield 12 x 4oz ramekins



A TASTE OF TEAM DURA MENU II

GOAT CHEESE CROUSTADE

1 French bread Baguette

12 oz soft fresh goat cheese

2 oz. cream

1-bunch chives

1 oz olive oil

Salt and pepper to taste

Soften goat cheese with cream, stir in chopped chives. Season w/ salt & pepper. Place in a pastry bag w/ a medium star tip.

Slice baguette and sauté in a hot pan w/ the olive oil until golden. Place bread slices on a plate and pipe cheese mixture on top. Garnish w/ chive sprig. Serve w/ diced fresh melon pieces & halved figs.

CARROT & AVOCADO 'TARTARE', BUTTERNUT SQUASH KERNELS, NYC HONEY, CAYENNE DUST

Yield: 10

Carrot	3lb
Avocado	3 pieces
Butternut Squash Seeds	from 1 large squash
Honey	4fl oz
Cayenne pepper	1/4 tsp
Parsley	1/4 bunch
Olive Oil	3-5fl oz
Salt & Pepper	to taste



Special Equipment: Mortar and pestle

Method:

1. Preheat oven to 300F. Cut carrot into small dice and place in a mortar with the salt and pepper, 3 fl oz of the olive oil.
2. Extract the seeds from the butternut squash and coat with the remainder of the olive oil. Bake for approx. 7-10min. Season slightly with salt and pepper and honey then return to the oven for another 10min. set aside to cool.
3. Finely mince the parsley.
4. Add 1 avocado, diced, to the mortar and gently grind the ingredients in it together with the pestle. Grind with the pestle, adding just enough avocado to bring the mixture together.
5. Fold in a sprinkling of parsley
6. Mold 3-4oz of the 'tartare' mixture into a ring mold (or quenelle), sprinkle with the butternut squash kernels and drizzle with the honey and dust with cayenne pepper.

Garnish with bib lettuce; add bread or crackers to accompany if desired

Poached Snapper, Orange-Parsley Emulsion; 12 Grain Pilaf

Yield: 10 portions

Snapper	10x 4oz portions of cleaned snapper
Court Bouillon (see recipe below)	
Parsley	1.5 bunches
Oranges	6 (segmented and juice reserved)
Olive oile	3oz
12 Grain Blend	4 cups
Stock	4 qts
Butter	5oz
Garlic	1 clove (whole)
Onion	4oz small dice



Celery	2 ribs small dice
Caraway seeds (toasted)	1 tsp
Carrot ends	curls for garnish
Court Bouillon:	
Water	3 qt
Fennel top	3 heads
Star anise	1 piece
Onion	1 med dice
Celery	2 ribs med dice
Carrot	1-2 med dice
Salt and pepper	to taste
Bay leaves	2

Court Bouillon: combine all ingredients, bring to a boil, reduce to a simmer for 5 min then reduce to poaching temperature.

12 Grain Pilaf: Melt butter, sweat the onion, celery, caraway seeds then toast the grains in the butter. Add the warm stock and the garlic clove, cover and sit over med. heat in until all liquid is absorbed and grains are soft. Rest for 5-10 before fluffing with a fork.

Orange-Parsley Emulsion: Combine parsley, orange juice, olive oil and salt and pepper into a blender and puree. Check seasoning then add segments to taste or for garnish

Snapper: When court bouillon has reached adequate flavor – add snapper (in bag or placed on perforated pan) to liquid and poach until done (time depends on thickness) reserve for service.



UPTOWN CANOLLI

This dessert consists of a lace tuille “cannoli” filled w/ caramel mousse & raspberries

Lace tuille

8 OZ	BUTTER
8 OZ	SUGAR
Pinch	SALT
2 OZ	CREAM
1/4 tsp	VANILLA
3/4 OZ	FLOUR
4 OZ	GROUND ALMOND

Bring butter, sugar salt cream and vanilla to a boil. Stir in flour and ground almonds. Place Tbs _size dollops on a silpat and bake at 375 until golden. While hot remove from pan and shape around a large cylinder.

CHOCOLATE CARAMEL MOUSSE

8 oz.	bittersweet chocolate, melted
3	egg yolks
4 oz	sugar
4 oz	milk
1 pint	cream
2 tsp	vanilla
1 pt	crème fraiche
4 oz	powdered sugar

In a small saucepan caramelize the 4 oz. sugar w/ a little water. Slack back w/ the milk and stir well and heat to dissolve. In a small bowl beat yolks and slowly temper hot milk / caramel into yolks while beating. Cook over low heat or a water bath until nappé’. Whip the cream to soft peaks and keep cold. Stir the caramel milk mixture (a caramel anglaise) into the melted chocolate. Place mousse in pastry bag and pipe into ‘cannoli’ shells. Garnish w/ dusted raspberries and whipped crème fraiche sweetened w/ powdered sugar.



INGREDIENT LIST DINNER MENU #1

Dessert					
Brooklyn Cheesecake					
Cream cheese	.75lb.				
Crème fraiche	1 pt.				
Gelatin leaves	10				
Cream	1 pt.				
Vanilla bean	2				
Sugar	8 oz.				
Lime	1				
Mango	2				
Grazing					
Olives	2lb				
Cheese (CA local cheeses)	2lb				
Bread Flour	4lb				
Olive Oil	8 fl oz				
Anchovies	1 2oz tin				
Onion	2lb				
Coarse salt	5oz				
Yeast	2oz				
Thyme	1bunch				
Grana Padano or similar	4oz. grated				
Appetizer					
Diver Scallops	1lb				
Beets	2lb				
Limes	2				
lemons	1				
Fresh Peas	2lb				
Salt & Pepper	To taste				
Pickling spices	2oz				
Champagne Vinegar	1qt				
Butter	4 oz.				



Main Course					
Pasta Trimmings	2.5lb				
Grass fed ground pork	.5lb				
Grass fed ground beef	.5lb				
Rosemary	1bunch				
NYC Mustard	2fl oz				
Tomatoes _ local in season	5-6lb				
Onion	2lb				
Garlic	1head				
Shallots	2pieces				
Basil	1bunch				
Asiago (source a local ?)	.5lb				
BEVERAGE					
Watermelon	2lb				
Sparkling Water	3qt				
Cayenne	Pinch				
Sugar (raw)	.5lb				
Mint	1bunch				
Lemongrass	1piece				



INGREDIENTS FOR DINNER MENU #2

GRAZING					
Goat Cheese	12 oz.				
French Bread	1 loaf				
Melon (in season)	1 piece				
Fig	1 pt				
Extra Virgin Olive Oil	4fl oz				
Chives	1 bunch				

APPETIZER					
Avocado	4pieces				
Carrot	3lb				
Butternut Squash	1 piece				
Cayenne	1 pinch				
NYC Honey	4 fl oz				

Paprika					
Maldon Salt					
Black Pepper					
MAIN COURSE					
Snapper fillet	12 x 6oz				
Oranges	3 pieces				
Parsley	1 bunch				
12 grain rice blend	1.5lb				
Butter (salted)	1lb				
Celery	.5 bunch				
Fennel	1 head				
Fennel Seed	1oz				



DESSERT					
Bittersweet Chocolate	12oz.				
Ground Almonds	8 oz.				
Butter	8 oz				
Cream	1 pt				
Sugar	6oz.				
raspberries	1pt				
Eggs	4				
Vanilla	2 tsp				
Powdered sugar	1lb				
Crème fraiche	1pt				
Milk	8oz.				