



Team Middlebury College Dinner Party Menus:

**"Sustainable Sustenance"**



## **Chef's Statement**

Team Middlebury College is excited to share two meals prepared in Self-Reliance as part of the U.S. Department of Energy Solar Decathlon 2011. These meals provide the perfect opportunity to promote delicious, local foods that feature Vermont produce.

Our meals reinforce Self-Reliance's goal of connecting the home to its region. For this reason, we crafted two meals that use organic, seasonal ingredients almost exclusively from Vermont. Our menu emphasizes the importance of simple high-quality ingredients over unnecessarily complicated recipes. We are presenting a healthy home-cooked meal that is both typical of Vermont family and appealing to all.

In preparing our menus, we were also mindful of the embodied energy -- the energy expended from growing site to dinner plate -- that went into the preparation of each dish. In keeping with Emerson's essay "Self-Reliance," which challenge us to think independently and reevaluate our lifestyles, our menus demonstrate that a few careful choices can reduce resources used for food production and transportation.

We hope our dinners will spark discussion about the challenges in today's food industry. Educating each other and ourselves about food will enable us to reevaluate how we grow, process, package, transport, and consume our daily meals, and will allow us to make choices that are healthier for the environment and for ourselves. We hope that our menus will inspire people in their own cooking – and that they will have everyone asking for seconds!

Cheers!

Team Middlebury College



## **Menu One**

### ***Appetizer***

whole-wheat flatbreads

sautéed mushrooms, warm beets,  
blue cheese and thyme

sautéed onion, arugula, warm  
goat cheese and sage

### ***Entrée***

heirloom tomatoes stuffed with bread crumbs and herbs

farm-fresh egg frittata with potato and zucchini

spinach salad with raspberries, goat cheese, candied pecans and warm maple dressing

### ***Dessert***

strafford organic creamery ice cream over brown sugar baked apples with cinnamon and golden raisins, topped with maple reduction

### ***Beverage Choice***

blueberry mintade • rhubarb iced tea • berry spritzer • water



menu one



## Menu One: Cookbook Style Recipes

### ***Flatbreads***

- 3 ½ cups Gleason's Grain Whole Wheat flour
- 1 ½ cups of water
- 2 ¼ teaspoons of yeast
- Pinch of brown sugar
- 5 tablespoons of extra virgin olive oil
- 1 tablespoon of sea salt
- 4 cloves of garlic, minced

Preheat oven to 500°F Proof the yeast by adding it to 1 cup of warm water (80-90 degrees) and stirring in brown sugar. While yeast is metabolizing sugar, mix flour, salt, garlic, and one tablespoon of olive oil in a large bowl. Once the yeast is foaming and smells like bread, pour into flour mixture and begin to work with hands. Slowly add the rest of the water. When the dough is a solid mass, knead on a lightly floured countertop for 5-10 minutes, until dough is spongy. Cut into four pieces of equal size and roll each into a seamless ball. Put each ball individually in a covered container and store in a warm, dry space for one hour to allow it to rise. After one hour, remove each dough ball and knead into a thin, flat rectangle. Coat each with one tablespoon of olive oil and oven-bake for 6-8 minutes. Remove and add toppings.

### ***Flatbread Toppings***

- 12 crimini mushrooms, sliced
- 3-4 beets
- 3-4 cups of water
- 1½ cups Boucher Family Farm blue cheese, crumbled
- 20 sprigs fresh thyme, stripped
- 2 tablespoons of butter
- 2 red onions, sliced
- 2 cups arugula
- 1½ cups Blue Ledge Farm goat cheese, chopped
- 16 sage leaves, torn
- 2 tablespoons of olive oil



Bring water to a boil on stovetop and add beets. Cook until soft and easily punctured with a fork. Remove from water and slice thinly. Save some pink water to color onions. While beets are cooking, heat the butter on stovetop with 4 sprigs of thyme. Add sliced mushrooms when butter is browning and sauté until fragrant. Heat olive oil in a saucepan and add sliced onions. When onions dry out, add beet water, one tablespoon at a time. When onions are caramelized and fragrant remove from heat. Arrange beets and mushrooms over two of the warm flatbreads, sprinkle with crumbled blue cheese and thyme. Cover the remaining flatbreads with arugula, onions, goat cheese and sage.

Place flatbreads in oven at 500°F for 8-10 minutes to finish cooking.

### ***Stuffed Tomatoes***

- 8 large tomatoes
- salt
- 2 large onions
- ½ cup olive oil
- 8 garlic cloves, crushed
- 1-1½ cup fine whole-wheat breadcrumbs
- ½ cup chopped parsley
- 1 teaspoon dried thyme
- freshly ground black pepper

Preheat oven to 400°F. Cut a thin slice off the top of each tomato and save to use as lids. Remove tomato pulp to create cavity for stuffing. Sprinkle the inside of each tomato with salt, then turn upside down on a large plate while preparing stuffing. Heat olive oil in a large pan and fry onion until golden. Remove from heat and add garlic, breadcrumbs, herbs, salt and pepper. Arrange tomatoes on a baking sheet and add a few tablespoons of the mixture to each one and place tomato lids on top. Bake for 15-20 minutes and serve warm.

## ***Frittata***

- ½ cup of olive oil
- 4-6 potatoes (thinly sliced)
- 6 eggs
- 2 teaspoons salt
- 2 zucchinis, sliced
- 4-6 scallions, chopped

Before starting put potato slices in warm water and let them sit until they get soft. After heat 1/2 cup of olive oil in an iron pan. Stir in the slices of potato, chopped scallion and zucchini. Season with salt and fry on medium heat for 15-20 minutes, turning occasionally, until potatoes start to brown. Drain off the additional oil and set it to the side. While potatoes are cooking beat eggs with 1 teaspoon of salt until they are frothy. When the potatoes are finished take them out of the pan and stir them in carefully with the egg mixture. Take the remaining oil and heat in a large sauté pan. When the oil is hot put the egg and potato mixture in the pan. The heat will cause the outside shell to get hard, making it easier to turn around. When the outside shell begins to form, flip the mixture over with the help of a plate. Cook on the other side until warm. (Serves 4, make two to accommodate 8.)

## ***Spinach Salad***

- 2 ½ cup chopped pecans
- 2 egg whites
- 2 tablespoons cayenne pepper
- 2-3 tablespoons brown sugar
- 8-10 cups baby spinach
- 4 teaspoons extra-virgin olive oil
- 2 shallots, finely chopped
- ¼ cup cider vinegar
- ½ cup pure maple syrup
- Salt, paprika & freshly ground pepper, to taste
- 1 ½ cartons fresh raspberries

Coat nuts in egg white, brown sugar and cayenne pepper mixture. Toast in a small dry skillet with egg over low heat, stirring often, until fragrant, 2 to 3 minutes. Move to oven to toast for an additional 5-6 minutes. Heat oil in a small skillet over medium-low heat. Add shallot and



cook, stirring, until softened, about 4 minutes. Add vinegar and maple syrup and bring to a boil. Season with salt, pepper and paprika. Dress spinach in a large bowl and serve on plates. Top salads with berries and nuts.

### ***Cinnamon Baked Apples***

- 4-5 assorted apples
- 1 cup golden raisins
- 4 tablespoons cinnamon
- ½ cup brown sugar
- 4 tablespoons of butter
- 2 pints Strafford's Organic Creamery Guernsey Cream ice cream

Core and finely chop apples with peels. Spread apple pieces and raisins on a large flat baking tray and sprinkle brown sugar and cinnamon. Let apples sit for at least 2 hours. Preheat oven to 350°F. Melt 2 tablespoons of butter and pour over mixture. Bake at 350 until apples are golden and fragrant (about 30-40 mins). Remove from oven and spread remaining butter over the apples. Keep warm in oven until ready to be served. Spoon into dessert bowls and scoop ice cream over the apples. Pour maple reduction over top.

### ***Maple Reduction***

- 3 cups maple syrup

Pour maple syrup into a sauté pan and bring to a boil. Stir continuously for 10-15 minutes until sauce thickens. Cool and serve.

### ***Blueberry Mintade***

- 4 cups blueberry juice (1 cup for ice)
- 2 cups water
- 12 mint leaves
- 4 tablespoons honey



Fill ice tray with 1 cup of blueberry juice and freeze in advance. Crush mint leaves and honey in the bottom of a pitcher. Allow to sit for several minutes. Pour in blueberry juice and water and stir. Add blueberry-ice cubes.

### ***Rhubarb Iced Tea***

6 stalks rhubarb, cut into 3-inch lengths  
6 cups water  
4 tablespoons honey, or to taste  
Fresh mint sprigs, for garnish

In a large saucepan, combine rhubarb and 8 cups water; bring to a boil, and simmer for 1 hour. Strain the liquid, add honey to taste, stirring to dissolve, and allow to cool. Serve over ice with a sprig of mint.

### ***Berry Spritzer***

3 cups blackberries  
1 cup raspberries  
1/2 cup maple syrup  
1/2 cup white grape juice  
1/3 cup freshly squeezed lemon juice  
Seltzer

Place blackberries, raspberries, syrup, grape juice, and lemon juice in the jar of a blender; puree until smooth. Strain mixture through a fine mesh sieve, discarding solids. Add seltzer, stir.



## **Menu One: Comprehensive Ingredient List**

### ***Flatbreads***

Whole Wheat flour, water, yeast, brown sugar, olive oil, sea salt, garlic, mushrooms, beets, blue cheese, thyme, butter, red onions, arugula, goat cheese, sage

### ***Stuffed Tomatoes***

Tomatoes, salt, onions, olive oil, garlic cloves, whole-wheat breadcrumbs, parsley, thyme, black pepper

### ***Frittata***

Eggs, potatoes, olive oil, salt, zucchini, scallions

### ***Spinach Salad***

Pecans, egg whites, cayenne pepper, brown sugar, baby spinach, olive oil, shallots, cider vinegar, maple syrup, pepper, raspberries, goat cheese

### ***Cinnamon Baked Apples***

Apples, golden raisins, cinnamon, brown sugar, butter, ice cream

### ***Maple Reduction***

Maple syrup

### ***Blueberry Mintade***

Blueberry juice, honey, water, mint

### ***Rhubarb Iced Tea***

Rhubarb, honey, water, mint

### ***Berry Spritzer***

Blackberries, raspberries, maple syrup, white grape juice, lemon juice, seltzer



## **Menu Two**

### ***Salad***

tomato cucumber feta salad with scallions and mint

### ***Entrée***

grilled lamb burgers stuffed with goat cheese and topped with sautéed onion and arugula  
served with of homemade ketchup

roasted radishes and golden beets with lemon butter drizzle

rosemary roasted potatoes

### ***Cheese Course***

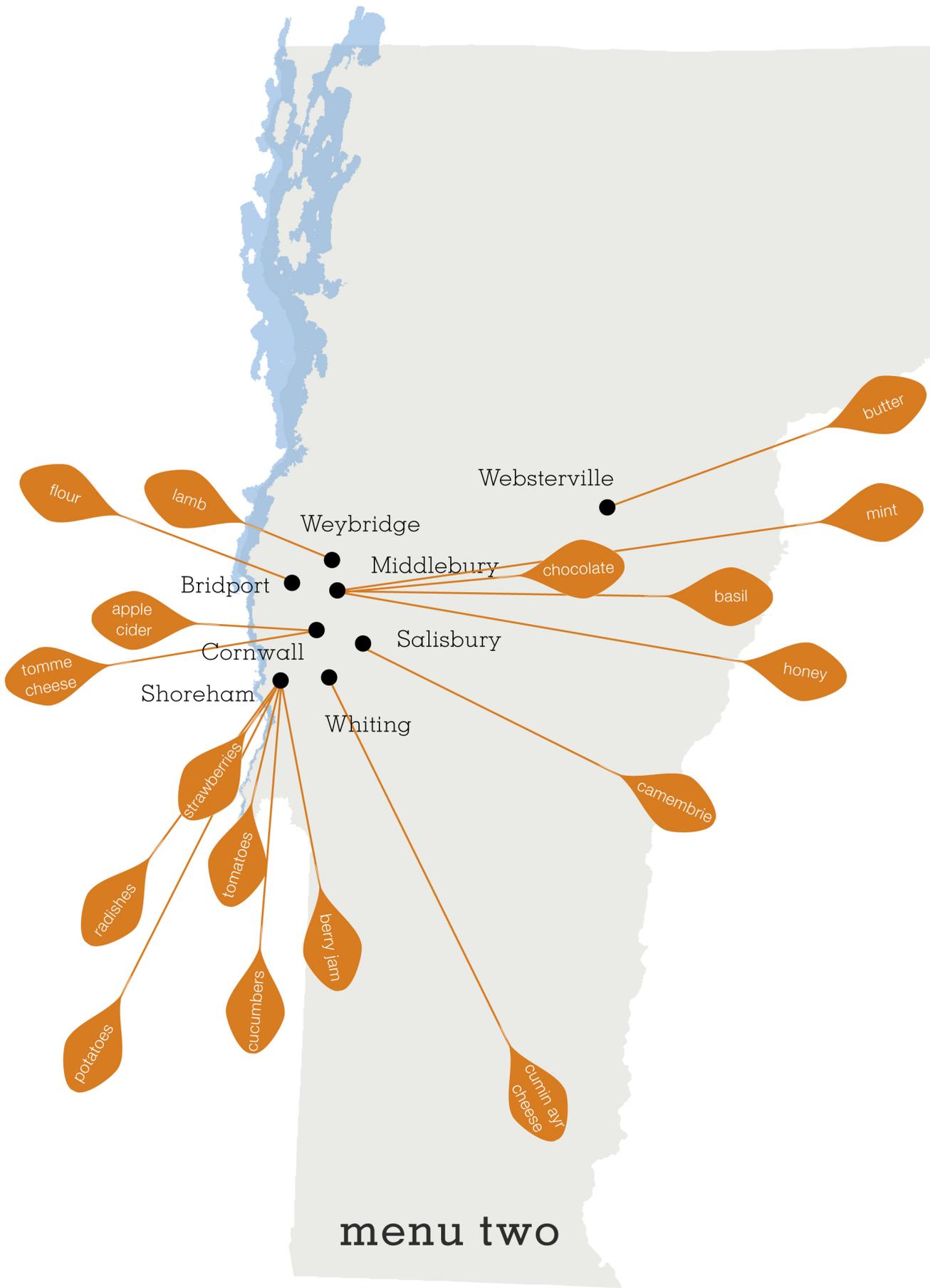
crawford family farm cumin ayr on rosemary castleton cracker • blue ledge farm camembrie  
with dried cranberries and honey • twig farm tomme with mixed berry jam and toasted  
almonds

### ***Dessert***

strawberry soup with ricotta cream and chocolate dipped mint leaves

### ***Beverage Choice***

blueberry mintade • rhubarb iced tea • cider spritzer • water



menu two

## Menu Two: Cookbook Style Recipes

### ***Cucumber Tomato Salad***

2-3 large tomatoes, diced  
3 cucumbers, diced  
1 bunch of scallions  
1 cup crumbled feta cheese  
½ cup fresh mint  
6 tablespoons olive oil  
¼ cup lemon juice  
salt  
pepper

Layer lightly salted tomatoes, cucumbers, and then crumbled feta cheese. Whisk oil and lemon juice in a small bowl; season dressing with salt and pepper. Pour dressing and sprinkle mint over salad.

### ***Lamb Burgers***

3 pounds of Duclos-Thompson Farm ground lamb  
1 cup of goat cheese  
3 onions  
Sage and thyme to taste  
Salt  
Pepper  
2 cups arugula  
2 tablespoons olive oil

Combine lamb, 2 diced onions, sage and thyme in a large bowl and sprinkle with salt and pepper. Mix, handling the meat as little as possible, until combined. Handling meat as lightly as possible to avoid compressing it, shape it into 8 or more burgers, with the meat patty surrounding a hunk of goat cheese in the center.



For stovetop, heat a large skillet over medium heat for 2 or 3 minutes, then add patties; cook, undisturbed, for about 2 minutes, then rotate them so they brown evenly. Turn once and cook for a total of about 6 minutes for rare. Move burgers on to a baking sheet as they finish cooking. Test for center temperature of at least 155°F. Simultaneously sauté the third onion (sliced) until fragrant. Serve burgers on buns and top with arugula and onion.

## ***Buns***

Dough:

3/4 to 1 cup lukewarm water  
2 tablespoons butter  
1 large egg  
3 1/2 cups King Arthur All-Purpose Flour  
1/4 cup brown sugar  
1 1/4 teaspoons salt  
1 tablespoon instant yeast  
1/2 cup grated parmesan  
6 cloves of garlic, crushed

Topping:

3 tablespoons melted butter  
3 tablespoons grate parmesan

Preheat oven to 375°F. Mix and knead all of the dough ingredients — by hand, mixer, or bread machine — to make a soft, smooth dough. Cover the dough, and let it rise for 1 to 2 hours, or until it's nearly doubled in bulk. Gently deflate the dough, and divide it into 8 pieces. Shape each piece into a round ball; flatten to about 3" across. Place the buns on a lightly greased or parchment-lined baking sheet, cover, and let rise for about an hour, until noticeably puffy. Brush the buns with about half of the melted butter. Bake the buns for 15 to 18 minutes, until golden. Remove them from the oven, and brush with the remaining melted butter and parmesan. Cool the buns on a rack.

## ***Ketchup***

1/3 cup cider vinegar  
2 tbsp pickling spice (see components below)  
2 tbsp olive oil  
½ onion, large, roughly chopped  
½ medium sized red bell pepper  
1 clove garlic, crushed  
4 tbsp tomato paste  
3 cups chopped tomatoes (keep as much liquid as possible)  
2 tbsp brown sugar (or more, for less spicy ketchup)  
Salt  
Cayenne (to taste)

Heat the cider vinegar and pickling spice in a small pot until just beginning to boil; turn off the heat and let the spices steep until ready to use, at least 45 minutes. Meanwhile, put the oil in a large pot over medium-high heat. When hot, add the onion, bell pepper and garlic. Cook, stirring occasionally, until the onion is soft, about 10 minutes. Stir in the tomato paste until it is evenly distributed and begins to color, another minute or two. Add the tomato and stir well, scrapping the bottom of the pot to prevent sticking. Adjust the heat so the mixture bubbles gently and cook, stirring occasionally, until slightly thickened, about 45 minutes, being careful not to let the tomato stick to the bottom and burn. Strain the spiced vinegar and stir it into the tomato mixture along with the brown sugar, salt, and cayenne; cook until just a little thinner than bottled ketchup, about 45 minutes. Taste and adjust seasonings, and remove from heat. Use an immersion blender to puree and then refrigerate and serve cooled.

## ***Radishes and Beets***

4 bunches of radishes  
3-4 golden beets  
½ stick butter  
4 tablespoons of lemon juice  
Coarse salt

Preheat oven to 450°F. Brush large heavy-duty rimmed baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for



grit. Coarsely chop radish tops and set aside. Wash and peel golden beets. Cut radishes and golden beets lengthwise in half and place in medium bowl. Add 1 1/2 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired.

Put butter in a saucepan and melt over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice. Sprinkle with chopped radish tops and serve.

### ***Rosemary Roasted Potatoes***

4-5 medium russet potatoes, scrubbed and rinsed  
3 tablespoons olive oil  
4 cloves garlic, minced and mashed against the cutting board with the flat of a knife  
2 tablespoons rosemary, crushed fine  
Oregano, thyme, salt and black pepper to taste

Preheat oven to 425°F. Cut each potato in half lengthwise. Cut each half, lengthwise, into 4 equally sized wedges. Add the potato wedges to a large mixing bowl with the rest of the ingredients. Toss meticulously to coat the potatoes evenly.

Line a sheet pan with foil. Place the potato wedges, skin side down, on the foil. Be sure to space evenly, so they cook uniformly. Bake for 35 minutes, or until well browned, crusty edged, and tender. Serve immediately, sprinkled with more salt if desired.

### ***Cheese Plate***

16 small cubes Crawford Family Farm cumin ayr  
8 broken pieces of rosemary Castleton cracker  
8 small wedges Blue Ledge Farm camembrie  
¼ cup dried cranberries  
4 tablespoons honey  
8 wedges Twig Farm tomme  
4 tablespoons mixed berry jam

¼ cup toasted almonds

Arrange cubed ayr cheese on crackers, one per person. Place two or three cranberries on top of camembrie and drizzle honey over the combination. Spoon ½ tablespoon of jam over the tomme and wedge almonds horizontally into cheese.

### ***Strawberry Soup***

2 cups strawberries

½ cup unfiltered, unsweetened apple sauce

Purée half of strawberries with half of apple sauce in a blender until smooth. Spoon equal amounts of berry soup into 4 bowls. Repeat.

### ***Ricotta Cream and Mint Chocolate Garnish***

2 cups reduced-fat ricotta (1 gram fat per ounce)

2 teaspoons finely grated lemon zest

¼ cup maple syrup

1 teaspoon vanilla extract

1 teaspoon cinnamon

16 pieces of chocolate-covered mint

Combine ricotta cream ingredients in a blender or food processor. Process until mixture is smooth, about 30 seconds. Spoon a dollop or two over each bowl of strawberry soup. Place two chocolate-covered mint leaves in each bowl.

### ***Blueberry Mintade***

4 cups blueberry juice (1 cup for ice)

2 cups water

12 mint leaves

4 tablespoons honey



Fill ice tray with 1 cup of blueberry juice and freeze in advance. Crush mint leaves and honey in the bottom of a pitcher. Allow to sit for several minutes. Pour in blueberry juice and water and stir. Add blueberry-ice cubes.

### ***Rhubarb Iced Tea***

6 stalks rhubarb, cut into 3-inch lengths  
6 cups water  
4 tablespoons honey, or to taste  
Fresh mint sprigs, for garnish

In a large saucepan, combine rhubarb and 8 cups water; bring to a boil, and simmer for 1 hour. Strain the liquid, add honey to taste, stirring to dissolve, and allow to cool. Serve over ice with a sprig of mint.

### ***Cider Spritzer***

4 cups apple cider (1 cup for ice)  
3 cups sparkling water

Fill ice tray with one cup of cider and freeze in advance. Mix cider and water in a pitcher, stir, add ice.



## **Menu Two: Comprehensive Ingredient List**

### ***Cucumber Tomato Salad***

Tomatoes, cucumbers, scallions, feta cheese, mint, olive oil, lemon juice, salt, pepper

### ***Lamb Burgers***

Lamb, goat cheese, onions, thyme, sage, salt, pepper, arugula, olive oil

### ***Buns***

Flour, water, yeast, brown sugar, garlic, parmesan, butter, eggs

### ***Ketchup***

Cider vinegar, pickling spice (cinnamon stick, bay leaves, hot red pepper flakes, mustard seeds, allspice berries, cloves, black peppercorn, coriander seeds, cardamom seeds, dill seeds), olive oil, onion, bell pepper, garlic, tomato paste, tomatoes, brown sugar, salt, cayenne

### ***Radishes and Beets***

Radishes, golden beets, butter, lemon juice, salt

### ***Rosemary Roasted Potatoes***

Potatoes, olive oil, garlic, rosemary, oregano, thyme, salt and black pepper

### ***Cheese Plate***

Cheese (milk, cheese culture), honey, mixed berry jam (blueberries, strawberries, raspberries, sugar), cranberries, almonds

### ***Strawberry Soup***

Strawberries, applesauce

### ***Ricotta cream and mint chocolate garnish***

Ricotta, lemon zest, maple syrup, vanilla extract, cinnamon, mint, dark chocolate (cocoa, milk, sugar)



***Blueberry Mintade***

Blueberry juice, honey, water, mint

***Rhubarb Iced Tea***

Rhubarb, honey, water, mint

***Cider Spritzer***

Apple cider, sparkling water



## Movie Night Refreshments

### *Snacks*

paprika parmesan popcorn

### *Drinks*

local vermont root beer



## Movie Night: Cookbook Style Recipes

### *Paprika Parmesan Popcorn*

1/4 cup grated parmesan cheese (3/4 ounce)

2 teaspoons paprika

Kosher salt and freshly ground pepper

1 tablespoon canola oil

1/4 cup popcorn kernels

Mix the parmesan, paprika, 1/8 teaspoon salt and 1/4 teaspoon pepper in a small bowl.

Heat the canola oil and 3 popcorn kernels in a medium saucepan over medium-high heat. When 1 or 2 of the kernels pop, reduce the heat to medium and add the remaining kernels. Cover and cook, shaking the pan occasionally, until the popping subsides, about 2 minutes.

Transfer the popcorn to a large bowl, sprinkle with the parmesan mixture and toss.



## **Movie Night: Comprehensive Ingredients List**

### ***Paprika Parmesan Popcorn***

parmesan cheese, paprika, salt and freshly ground pepper, canola oil, popcorn kernels

### ***Vermont Root Beer***

root beer