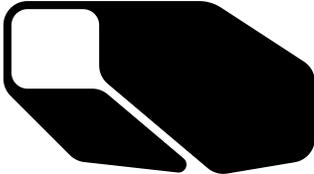


Team California Dinner Competition

Menus and Recipes



Dinner 1 Menu

<p>001  Dn Dinner Party Menu # 1</p>	<p>02  77 °F Sa Salad: California, green goddess salad dressing, California avocado, fresh local market greens</p>	<p>05  185 °F Po Potato (CHIP): Sous vide CHIP shaped potatoes in rendered chive butter sauce (clarified butter); sous vide</p>	<p>11  35 °F As Assorted Organic Sodas</p>				
<p>01  77 °F Ch Cheese: bacterially acidified, cured milk, and cured meats, crackers</p>	<p>03  130 °F Me Meat: Maillard reaction (seared) flat iron sous vide, 1" thick steak topped with Agaricus bisporus, Pleurotus ostreatus, (wild mushrooms) in butter</p>	<p>09  400 °F Wh Slightly sweet whipped served with seasonal fruit</p>					

-  Appetizer
-  Salad
-  Main Course
-  Side Dish
-  Dessert
-  Drinks

Comprehensive List of Ingredients

Dinner 1

Produce:

avocado
yukon gold potatoes or equivalent
mixed local mushrooms
small Brussels Sprouts
garlic
shallot
scallions
romaine Lettuce
basil leaves
flat leaf parsley
tarragon leaves
mint leaves
chives
thyme
lime
lemon
seasonal berries

Meats:

salmon roe
flatiron or hangar steaks

Dairy:

butter
whipping cream
creme fraiche
assorted cheeses

Equipment:

foodsaver vacuum sealer and bags
35 qt insulated cooler
thermocouple with digital readout or thermometer
food processor
hand mixer

Condiments:

extra-virgin olive oil
canola oil
non-fat plain yogurt
mayonnaise
red wine vinegar
dijon mustard
anchovy fillets

Spices, Dry Herbs, Extracts:

black pepper
kosher Salt
confectioner's sugar
vanilla extract

Drink:

sparkling and still water
assorted organic sodas
coffee and tea

Phase 1

water temperature: 212 F (boiling)

Brussel Sprouts

serves 8

1 lb. small brussel sprouts, trimmed, rinsed, and sliced in half
garlic
olive oil
kosher salt

1. To Prepare:

In a large stock pot, bring 24 qt of water to a boil.

Toss the Brussel Sprouts lightly with olive oil, salt, and slices of garlic. Place the sprouts in a vacuum bag in a single layer and seal

2. To Blanch:

When the water comes to a boil place bag in water and cover with lid for 5 minutes. While boiling prepare ice bath. Remove and immediately place bag in ice bath. Keep in bath until completely cool and set aside. The sprouts should be slightly soft and bright green.

3. To Finish:

Heat up canola oil in a frying pan on medium to high heat. Quickly fry the sprouts in small batches 1-2 minutes or until lightly browned and crisp on the edges. Remove from pan and drain on paper towels, toss in a large bowl with Kosher salt, divide and plate.

Phase 2

water temperature: 185 F

Potato CHIP

serves 8

4 medium to large yukon gold potato or equivalent

1 pound unsalted butter, softened

8 cloves garlic, smashed

chives

creme fraiche

salmon roe

1. To Prepare:

While water is boiling for the brussel sprouts prep the potato: peel and then cut into hexagon (CHIP) shapes. Rinse in a bowl of ice water, changing the water out a couple times until water is clear then drain in a colander.

In a separate bowl add softened butter, garlic, kosher salt, and mix. Coat the potatoes in the butter mixture, place in vacuum bag, seal, and set aside.

2. To Cook:

After blanching the brussel sprout pour all the water from the stock pot into an insulated cooler. Lower temperature of water to 190 F by adding small amounts of room temperature water at a time.

Once 190 F is reached quickly place potatoes in the cooler, close the lid and let sit for 1-1.5 hours or until the potatoes are slightly soft when pushed with your finger. Make sure the temperature in the cooler does not go below 185 F. If so add a small pot of boiling water. When done, remove from water and set aside.

2. To Finish:

Drain excess garlic butter spread with creme fraiche, chives, and salmon roe and plate.

Phase 3

water temperature: 130 F

A Cooler Steak

serves 8

8 flatiron steaks, cut 1 " thick

garlic

thyme

kosher salt

pepper

canola oil

1. To Prepare:

Pat dry the steak with paper towels. Pour a cup of sea-salt onto a plate, dip both sides of the steak into salt to coat both sides of the steak uniformly. Sprinkle garlic and thyme onto steak, set aside for one hour. After 1 hour, quickly rinse steak, pat dry very well with paper towels, crush pepper, garlic and thyme on steak, place in vacuum bags and seal.

2. To Cook:

Carefully bring the temperature down in the cooler to 130 F by adding a little cold water at a time. Place steaks in cooler and close lid, cook for at least 40 minutes making sure the water temperature does not go below 125 F. Remove steaks from water after 40 minutes or when ready to serve. There is no risk of over cooking since the water will not go above 130 F.

3. To Finish:

Heat up a tbsp of canola oil in a frying pan until smoking, add some butter, as it is foaming add the steak Cook no more than two at a time so as not to crowd the pan. Cook for 3 minutes on both sides or until browned. Remove from heat and let rest before slicing and plating with mushrooms.

Sides

prepare during cooking

Green Goddess Salad

seves 8

For the salad:

2 heads of bibb lettuce
3 avocados
minced chives

For the dressing:

1 cup non-fat plain yogurt
1/4 cup mayonnaise
1 bunch basil
1 cup loosely packed flat leaf parsley
1 packet fresh tarragon leaves
1/4 cup lemon mint leaves
6 diced scallions
4 garlic cloves
4 fresh anchovy fillets
1/4 cup red wine vinegar
2 tablespoons dijon mustard
2 tablespoons olive oil
juice and zest of 1 lemon

1. To Prepare

Put all the ingredients in a food processor and pulse until smooth and consistent, add more vinegar and olive oil until its at a desired consistency. Rinse, drain, and chop the lettuce and place in a large salad bowl.

2. To Finish:

Toss the lettuce with the dressing until coated, add the avocados, and chives, toss lightly, divide and plate, garnishing each plate with an avocado slice and more chives.

Sides

prepare during cooking, finish before searing steaks

Sauteed Mushrooms

serves 8

16 oz mixed mushrooms, whipped clean with tough parts removed
1 large shallot, minced
6 cloves garlic, minced
2 tbsp thyme, minced
canola oil
2 tbsp butter
2 tsp Kosher salt
2 tsp pepper

Saute the mushrooms in two batches to avoid steaming.

To Cook:

Coat a large saute pan in a thin layer of canola oil and heat until smoking on high heat. Add mushrooms and saute for 1 minute. Add the butter, salt and pepper, shallot, garlic, and thyme and continue to saute for 3-4 minutes or until mushrooms have browned. Remove from heat and repeat.

To Finish:

When finished set aside and plate with steaks.

Dessert

prepare during cooking

Whipped Cream and Berries

serves 8

1 cup (1/2 pint) heavy whipping cream

2 teaspoons pure vanilla paste or extract

2 teaspoons confectioners' sugar

Fresh, seasonal berries: blueberries, raspberries, strawberries, or what is available locally

To Prepare:

Rinse and drain the berries, refrigerate until ready to serve.

Beat the cream and vanilla in a chilled non-reactive bowl with a whisk or an electric mixer just until they hold a loose peak. (Lift the beater from the cream and look at the shape of the peak at the end of the whisk; it should hold a lazy curve.) sift the sugar over the cream and continue to beat just until it holds a soft peak. Refrigerate until ready to serve.

To Finish:

Dollop the cream into individual ramekins and generously sprinkle with fresh berries..

Drinks

With Dinner:

Water, Sparkling and Still
Assorted Sodas

After Dinner:

Coffee and Tea

Dinner 2 Menu

a dinner with CHIP...

dessert first
lemon buttermilk popcicle

the other red meat
fresh local tomatoes, basil, and vinaigrette

raw pride
yellowtail tataki, ponzu sauce, jicama, ancho

real raw tacos
walnut filling, pico de gallo, avocado,
cashew sour cream, on butter lettuce
served with a market salad

dessert again
raw cashew and raspberry "cheese" cake

Beverages

still or sparkling water
fresh juice

coffee and tea

Comprehensive List of Ingredients

Dinner 2

Produce:

avocado
carrots
tomatoes
celery
jicama
garlic
red onion
scallion
dinosaur kale
baby spinach
bibb lettuce
cilantro
lime
lemon
serrano pepper
jalepeno
ginger
fresh coconut meat
aloe vera leaf
apples
blood orange
raspberries

Meats:

sashimi grade yellow tail tuna

Dairy:

butter
assorted cheese

Equipment:

vitamix blender
food processor
mandoline

Condiments:

extra-virgin olive oil
raw coconut oil
raw honey
sugar cane juice
raw apple cider vinegar
dark agave nectar
light miso paste
nama shoyu

Dry Goods:

raw cashews
raw almonds
soft medjool dates

Spices, Dry Herbs, Extracts:

black pepper
cayenne Pepper
vanilla extract
ancho chili powder
cumin seed
sea salt

Drink:

Filtered Water
sparkling and still water
assorted organic sodas
coffee and tea

Dessert First

prepare first to allow for proper freezing time

Lemon Buttermilk Popsicle

serves 8

2/3 cup sugar
5 tablespoons fresh lemon juice
2 tablespoons lemon zest
1 2/3 cup buttermilk
1 pinch salt

To Prepare:

Whisk all ingredients together in non-reactive bowl. Pour evenly in popsicle molds and place in freezer for at least 4 hours or until frozen.

To Finish:

Remove from freezer 20 minutes before serving to let thaw slightly. Serve Smiling.

The Other Red Meat

prepare 30 minutes before serving

Tomato Salad

serves 8

6 large tomatoes, heirloom if possible or the best locally
1 small red onion
handfull of basil
garlic
olive oil
balsamic vinegar
sea salt
pepper

To Prepare:

Remove core from all tomatoes and cut into wedges, place in colander and sprinkle with salt and pepper, let sit for 30 minutes. Slice the onion with a mandoline, place in another colander, sprinkle with salt and let sit for thirty minutes.

To Finish:

Crush a large garlic clove and rub the inside of a large bowl with it. Whisk together the olive oil and vinegar. After 30 minutes, brush off the salt and pepper along with any excess seeds from the tomatoes and place in the bowl with the olive oil, do the same with the onions. Toss with the oil, vinegar, and sliced basil leaves, divide onto serving plates. Serve with Cheer.

Raw Pride

prepare the sauce early, assemble no more than 30 minutes before serving

Ancho Tuna Tataki

serves 8

For the Salad:

2 cups sashimi-grade yellowfin tuna, finely sliced
1 cup jicama, thinly sliced on a mandoline
1 cup sliced blood orange
1 cup thinly sliced scallions
2 cups thinly sliced red onions
1 serano pepper
1 Tablespoon ancho chili powder
2 Tablespoon sea salt

For the Sauce and Garnish

1/4 cup extra-virgin olive oil
1 Tbsp lime zest
1 Tbsp lemon zest
1 Tbsp orange zest
4 Tbsp fresh orange juice
2 Tbsp fresh lemon juice
2 Tbsp fresh lime juice
2 Tbsp apple cider vinegar
3 Tbsp nama shoyu
1 Tbsp dark agave nectar
cilantro

To Prepare:

Using a mandoline, thinly slice the onion, jicama, and serano pepper, sprinkle with sea salt and set in a colander to drain for 30 minutes.

After 30 minutes, lightly press the onion mixture to remove any excess water, toss with some lemon juice and refrigerate until ready to serve.

For the ponzu sauce Combine the orange, lemon, and lime juice, with nama shoyu, vinegar, and agave nector, add more of each until desired flavor is reached. Refrigerate until ready to serve.

For drizzle, zest the limes, lemons, and oranges, set aside some of the zest for garnishing, place the rest of the zest in the olive oil.

To Assemble:

Slice the Tuna and toss with salt and ancho chili powder. Let sit for 10 minutes or so, but not much longer. Divide the salad mixture on each plate placing tuna on top in an intentional way. Generously pour ponzu sauce over the whole thing so a pool forms in the salad but does not submerge the tuna.

Generously garnish with green onions, cilantro, and the remaining zest.
Serve with Pride.

Real Raw

prepare everything early, assemble right before serving

Walnut Tacos

serves 8

For the Tacos:

red bibb lettuce (16 leaves)
4 avocados
2 carrots
cilantro
lime

For the Walnut Meat

4 cups raw walnuts
4 Tbsp nama shoyu
1/2 tsp ground chipotle pepper
4 tsp ground cumin
4 tsp extra virgin olive oil

For the Cashew Sour Cream:

1 cup raw cashews (soaked for 2 hours and rinsed)
fresh coconut meat from 1 young coconut (should be approx 1/3 cup worth)
1 teaspoon raw apple cider vinegar + more
1 teaspoon light miso paste
1 teaspoon salt
1 lemon juice + more to taste

For the salsa:

1 cup chopped tomatoes
1 cup onion
1 serrano pepper
1 bunch of cilantro, chopped
juice of half lime
juice of half lemon
2 cloves of garlic
sea salt and pepper to taste

To Prepare the Meat:

Add all ingredients into a food processor and mix until crumbly, by not too smooth. Refrigerate until ready to serve.

To Prepare the Sour Cream:

Add all ingredients into a vitamix container and blend until smooth. Continue adding vinegar, coconut water, and lemon juice until desired taste and consistency (should be thin enough to drizzle). Refrigerate until ready to serve.

To Prepare the Salsa:

Chop the tomato, onion, serrano pepper, garlic, cilantro. Toss together in bowl, squeeze lemon and lime over the mixture. Fold to combine and let sit for at least 10 minutes. Refrigerate until ready to serve.

To Assemble:

Peel and julienne the carrots, set aside. Peel and slice the avocado, squirt with lime and set aside. Rinse and dry the romaine tearing off small tortilla sized leafs. Place some of the refried beans on each leaf, on top of that add the pico de gallo, then avocado slices drizzle with sour cream, garnish with the carrot, chopped cilantro, and lime.

Divide two to a plate, serve with a wink ;)

Dessert Again

prepare early, during or after the popsicles

Raw Cashew Dreamcake

serves 8

Ingredients:

1/2 cup raw almonds

1/2 cup soft Medjool dates

1 tsp sea salt

1 1/2 cups raw cashews, soaked for at least 5 hours or overnight

juice of 2 lemons

1 Tbsp vanilla paste

1/3 cup raw coconut oil, melted

1/3 cup raw honey

1 cup fresh raspberries

To Prepare:

Place almonds and dates in a food processor with sea salt and pulse until they are well ground and have a light texture. When pressed together it should hold its form, if not add more dates and pulse. Pack the mixture evenly on the bottom of a spring form pan.

Place the cashews, coconut oil, honey, lemon juice, and vanilla in a vitamix, and blend until thick and smooth. Spread about 2/3 of the mixture evening on top of the crust mixture.

Add the raspberries to the blender, blend until incorporated. Evenly spread the remaining mixture on top of the cake.

Place the cake in the freezer until firm or solid.

To Finish:

Remove 30 minutes to 1 hour before serving. Divide on plates and garnish with fresh raspberries.

Drinks

With Dinner:

Water, Sparkling and Still
Fresh Juice

After Dinner:

Coffee and Tea

Movie Night

Snacks

To Eat:

Popcorn and Fiddle Faddle

Fresh Fruit

Cookies

To Drink:

Water, Sparkling or Still

Assorted Sodas

Coffe and Tea