TEAM

SCI-Arc/Caltech Dinner Competition

Menus and Recipes
Dinner 1 Menu

APPETIZER
Chips & Guacamole

DINNER
Fish Tacos
Flour tortilla, grilled tilapia, red cabbage, tomatoes, cilantro, chipotle lime dressing

Vegetable Tacos
Flour tortilla, grilled vegetables, red cabbage, tomatoes, cilantro, chipotle lime dressing

Rice & Beans
White rice and black beans

DRINKS
SierraMist
Coca-Cola
Diet Coke
Horchata

DESSERT
Churros

Custom Laser Cut
1/16" Basswood
11" x 3"
Comprehensive List of Ingredients

Dinner 1

Produce:
Tomatoes
Cabbage
Onions
Limes
Cilantro
Red and green peppers
Black beans

Meat:
Talapia

Wheat:
Flour tortillas
Tortilla chips
Rice

Dairy:
Light sour cream
Adobo sauce from chipotle peppers

Condiments and Spices:
Extra virgin olive oil
Distilled white vinegar
Lime juice
Lime zest
Honey
Garlic
Cumin
Chilli powder
Black pepper
Salt
Old Bay Seafood seasoning
Oregano

Dessert:
Pre-made churro dough

Drinks:
Sparkling and still water
Sierra Mist
Coke
Diet Coke
Horchata

Equipment:
Bosch Cooktop
Food processor
Hand mixer
RECIPE - CHIPS and GUACAMOLE

Ingredients

3 Haas avocados, halved, seeded and peeled
1 lime, juiced
1/2 teaspoon salt
1/2 teaspoon cumin
1/2 medium onion, diced
2 tomatoes, seeded and diced
1 tablespoon chopped cilantro
1 clove garlic, minced

Directions

1. Chop and smash avocados into a paste form, leaving chunks as desired.
2. Chop tomatoes in small square pieces.
3. Mix in all seasoning, lime juice and peppers.
4. Add side of chips. Enjoy!
RECIPE - FISH TACOS

Ingredients

- 1/4 cup extra virgin olive oil
- 2 tablespoons distilled white vinegar
- 2 tablespoons fresh lime juice
- 2 tablespoons lime zest
- 1 1/2 teaspoons honey
- 2 cloves garlic, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1 teaspoon seafood seasoning, such as Old Bay
- 1/2 teaspoon ground black pepper
- 1 teaspoon hot pepper sauce, or to taste
- 1 pound tilapia fillets, cut into chunks

- 1 (8 ounce) container light sour cream
- 1/2 cup adobo sauce from chipotle peppers
- 2 tablespoons fresh lime juice
- 2 teaspoons lime zest
- 1/4 teaspoon cumin
- 1/4 teaspoon chili powder
- 1/2 teaspoon seafood seasoning, such as Old Bay
- salt and pepper to taste
- 1 (10 ounce) package of tortillas
- 3 ripe tomatoes, seeded and diced
- 1 bunch cilantro, chopped
- 1 small head cabbage, cored and shredded
- 2 limes, cut in wedges

Directions

1. To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the tilapia in a shallow dish, and pour the marinade over the fish. Cover, and refrigerate 6 to 8 hours.

2. To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.

3. Preheat the grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

4. Remove fish from marinade, drain off any excess and discard marinade. Grill fish pieces until easily flaked with a fork, turning once, about 9 minutes.

5. Assemble tacos by placing fish pieces in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.
RECIPE - VEGGIE TACOS

Ingredients

1/4 cup extra virgin olive oil
2 tablespoons distilled white vinegar
2 tablespoons fresh lime juice
2 tablespoons lime zest
1 1/2 teaspoons honey
2 cloves garlic, minced
1/2 teaspoon cumin
1/2 teaspoon chili powder
1 teaspoon seafood seasoning, such as Old Bay
1/2 teaspoon ground black pepper
1/2 teaspoon hot pepper sauce, or to taste
1 pound red and green peppers, chopped

1 (8 ounce) container light sour cream
1/2 cup adobo sauce from chipotle peppers
2 tablespoons fresh lime juice
2 teaspoons lime zest
1/4 teaspoon cumin
1/4 teaspoon chili powder
1/2 teaspoon seafood seasoning, such as Old Bay
salt and pepper to taste

1 (10 ounce) package of tortillas
3 ripe tomatoes, seeded and diced
1 bunch cilantro, chopped
1 small head cabbage, cored and shredded
2 limes, cut in wedges

Directions

1. To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the red and green peppers in a shallow dish, and pour the marinade over the vegetables. Cover, and refrigerate 2 hours.

2. To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.

3. Preheat the grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

4. Remove vegetables from marinade, drain off any excess and discard marinade. Grill vegetables until cooked and completely soft with a fork, turning once, about 4 minutes.

5. Assemble tacos by placing vegetables in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.
RECIPES - RICE and BEANS

Ingredients

1 onion chopped
1 tablespoon vegetable oil
1 (15 ounce) can black beans, undrained
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1 cup instant rice

Directions

1. To make the marinade, whisk together the olive oil, vinegar, lime juice, lime zest, honey, garlic, cumin, chili powder, seafood seasoning, black pepper, and hot sauce in a bowl until blended. Place the red and green peppers in a shallow dish, and pour the marinade over the vegetables. Cover, and refrigerate 2 hours.

2. To make the dressing, combine the sour cream and adobo sauce in a bowl. Stir in the lime juice, lime zest, cumin, chili powder, seafood seasoning. Add salt, and pepper in desired amounts. Cover, and refrigerate until needed.

3. Preheat the grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

4. Remove vegetables from marinade, drain off any excess and discard marinade. Grill vegetables until cooked and completely soft with a fork, turning once, about 4 minutes.

5. Assemble tacos by placing vegetables in the center of tortillas with desired amounts of tomatoes, cilantro, and cabbage; drizzle with dressing. To serve, roll up tortillas around fillings, and garnish with lime wedges.
RECIPE - CHURROS

Ingredients

17 fl oz water
9 oz sifted flour
1 tsp salt
Plenty of oil for frying
Sugar (optional)
Churro maker

Directions

1. Bring the salted water to a boil in a high-sided pot.

2. When it starts to boil, pour in all the flour and mix with a wooden spatula over the heat until a consistent, even dough is formed. Remove from the heat and continue to work the dough with the same spatula.

3. When completely smooth, fill the churrera, a large tin or brass syringe that has a variety of nozzles and several handles to grip it while pressing the dough through.

4. Heat the oil to 375 degrees F in a large frying pan and drop in strips of dough forming loops. Cook as many as will fit without touching each other.

5. After 3-4 minutes, when golden, remove with a slotted spoon or a spike and leave to drain in a colander or on kitchen paper. Serve hot, sprinkled with sugar if desired.
DRINKS

Coke
Diet Coke
Sierra Mist
Horchata
What makes a good burger, GREAT?

Here at Dale, we use the freshest ingredients, picked daily from the local California growers. The crispness of the lettuce combined with the sweetness of the onion is the perfect compliment to the perfectly cooked patty and secret sauce.
Comprehensive List of Ingredients

Dinner 2

Produce:
Tomatoes
Lettuce
Onions
Pickles

Meat:
Hamburger patties

Wheat:
Hamburger buns
Potatoes

Dairy:
Cheddar cheese
Ice cream
Whipped cream

Condiments and Spices:
Extra virgin olive oil
Ketchup
Mayonnaise
Black pepper
Salt

Drinks:
Sparkling and still water
Dr Pepper
Sprite
Coke
Diet Coke
Ice tea
Lemonade

Equipment:
Bosch Cooktop
Bosch Oven
Food processor
Hand mixer
Recipe - Double Patty Hamburger

Ingredients
2 tablespoons vegetable oil, plus more for brushing
2 large onions, finely chopped
Kosher salt
1/4 cup mayonnaise
2 tablespoons ketchup
1 tablespoon sweet pickle relish
1/2 teaspoon white vinegar
2 pounds ground beef chuck (preferably 60 percent lean)
4 hamburger buns, split
1/4 cup sliced dill pickles
3/4 cup shredded iceberg lettuce
4 to 8 thin slices tomato
Freshly ground pepper
1/4 cup yellow mustard
8 slices American cheese

Directions

Heat the vegetable oil in a large skillet over medium-low heat. Add the onions and 3/4 teaspoon salt, cover and cook, stirring occasionally, until golden and soft, about 30 minutes. (If the onions brown too quickly, reduce the heat to low.) Uncover, increase the heat to medium high and continue to cook, stirring often, until caramelized, about 8 more minutes. Add 1/2 cup water to the skillet, scraping up any browned bits from the bottom of the pan. Simmer, stirring, until the water evaporates, about 2 more minutes; transfer to a bowl and set aside. (The onions can be made up to 3 days ahead; cover and refrigerate, then reheat before using.)

Mix the mayonnaise, ketchup, relish and vinegar in a bowl; set aside. Shape the beef into 8 patties, about 4 inches wide and 1/2 inch thick.

Heat a griddle or skillet over medium heat; lightly brush with vegetable oil. Toast the buns on the griddle, split-side down. Spread each toasted bun bottom with about 1 tablespoon of the mayonnaise mixture, then top with a few pickles, some lettuce, 1 or 2 slices tomato and another dollop of the mayonnaise mixture; set aside. (Keep the griddle hot.)

Season both sides of the patties with salt and pepper. Working in batches if necessary, put the patties on the griddle and cook 3 minutes. Spread about 1 1/2 teaspoons mustard on the uncooked side of each patty, then flip and top each with 1 slice cheese; continue cooking about 2 more minutes for medium doneness. Top 4 of the patties with caramelized onions, then cover with the remaining patties, cheese-side up. Sandwich the double patties on the buns.
RECIPE - GRILLED CHEESE

Ingredients

2 tablespoons vegetable oil, plus more for brushing
4 hamburger buns, split
1/4 cup sliced dill pickles
3/4 cup shredded iceberg lettuce
4 to 8 thin slices tomato
8 slices American cheese
3 tablespoons unsalted butter

Directions

Heat a griddle or skillet over medium heat; lightly brush with vegetable oil. Toast the buns on the griddle, split-side down. Then top with a few pickles, some lettuce, 1 or 2 slices tomato; set aside. (Keep the griddle hot.)

Add (2) slices of American. Place the remaining bread on top and spread with butter. Place on skillet buttered-side down and butter the remaining side. Cook until cheese is slightly melted and bread is browned. Flip the sandwich and continue to cook until cheese is thoroughly melted and sandwich is golden brown.
RECIPE - FRENCH FRIES

Ingredients

4 -5 large Kennebec potatoes
peanut oil
salt

Directions:

Preheat oven to 200 degrees. In a large dutch oven heat oil to 320 degrees. Peel potatoes and EVENLY cut fries into 1/4" x 1/4" strips of equal length. Place in a large bowl of cold water as you're slicing. Drain potatoes thoroughly, removing any excess water. When oil reaches 320 degrees, submerge the potatoes in the oil. Working in small batches, fry for 2 to 3 minutes until they are pale and floppy. Remove from oil, drain, and cool to room temperature. Increase the temperature of the oil to 375 degrees. Re-immerser fries and cook until crisp and golden brown, about 2 to 3 minutes. Remove and drain on roasting rack. Season with kosher salt. Once again this is done is small batches and will need to be kept warm in the oven until all potatoes are fried.
RECIPE - MILKSHAKE

Ingredients

4 cups quality vanilla ice cream
2 teaspoons vanilla extract
8 tablespoons sugar
2 cups milk, less for thicker milkshakes

Directions

Using a blender or milkshake machine, blend all ingredients together until smooth.
DRINKS

Coke
Diet Coke
Dr Pepper
Sprite
Lemonade
Tea
MOVIE NIGHT MENU

Popcorn
Candy
Pretzels
Coke
Diet Coke
Dr Pepper
Sprite