

# 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

**Veggie 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	1 (8 ounce) container light sour cream
2 tablespoons distilled white vinegar	1/2 cup adobo sauce from chipotle peppers
2 tablespoons fresh lime juice	2 tablespoons fresh lime juice
2 tablespoons lime zest	2 teaspoons lime zest
1 1/2 teaspoons honey	1/4 teaspoon cumin
2 cloves garlic, minced	1/4 teaspoon chili powder
1/2 teaspoon cumin	1/2 teaspoon seafood seasoning, such as Old Bay
1/2 teaspoon chili powder	salt and pepper to taste
1 teaspoon seafood seasoning, such as Old Bay	
1/2 teaspoon ground black pepper	1 (10 ounce) package of tortillas
1 teaspoon hot pepper sauce, or to taste	3 ripe tomatoes, seeded and diced
	1 bunch cilantro, chopped
1 pound tilapia fillets, cut into chunks	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	1 (8 ounce) container light sour cream
2 tablespoons distilled white vinegar	1/2 cup adobo sauce from chipotle peppers
2 tablespoons fresh lime juice	2 tablespoons fresh lime juice
2 tablespoons lime zest	2 teaspoons lime zest
1 1/2 teaspoons honey	1/4 teaspoon cumin
2 cloves garlic, minced	1/4 teaspoon chili powder
1/2 teaspoon cumin	1/2 teaspoon seafood seasoning, such as Old Bay
1/2 teaspoon chili powder	salt and pepper to taste
1 teaspoon seafood seasoning, such as Old Bay	
1/2 teaspoon ground black pepper	1 (10 ounce) package of tortillas
1 teaspoon hot pepper sauce, or to taste	3 ripe tomatoes, seeded and diced
	1 bunch cilantro, chopped
1 pound red and green peppers, 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.

## RECIPE - 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



# Dinner 2 Menu

**What makes a good burger,  
GREAT?**



**fresh lettuce**



**fresh tomato**



**fresh onion**



## **MENU**

- double patty hamburger**
- grilled cheese**
- french fries**
- chocolate shake**
- coke**
- diet coke**
- dr pepper**
- sprite**
- lemonade**
- tea**

**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  
Mayonaise  
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

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## 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-immense 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 in 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