

MENUS AND RECIPES

COVER PAGE

U.S. DEPARTMENT OF ENERGY SOLAR DECATHLON 2013

TEAM TEXAS



UNIVERSITY OF TEXAS AT EL PASO & EL PASO COMMUNITY COLLEGE



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Menus and Recipes

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DINNER MENU ONE

Texas Diversity Tasting Notes

The inspiration for this menu is the richness and diversity of our culture in far west Texas. Our desert plays a large role in our lives and in our regional cuisine, from cactus salads to prickly fruit. The dynamics of our food is accentuated by the utilization of seafood and tropical flavors distant from our region but reminiscent of our roots.

First Course

Crab Cakes Tamale with Tangy Arugula Fennel Salad

Entree

Spicy Achiote Rubbed Pork Tenderloin served with cauliflower & potato puree, asparagus gratin with warm tomato salsa.

Dessert

Coconut Gelatina with wild berry sauce, Crispy Pate Choux and candied pecans

Drinks

Shaken Prickly Pear and Watermelon Water

Café de hoyá

Cucumber Lime Water

DINNER PARTY ONE

Recipe Book

CRAB CAKES TAMALE WITH TANGY ARUGULA FENNEL SALAD

Crab Cake Tamale

Ingredients

- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 teaspoons seafood seasoning, such as Old Bay
- 1/8 teaspoon cayenne pepper
- 1 dash Worcestershire sauce
- 1 red bell pepper, finely chopped
- 2 green onions (scallions), white and green parts, finely chopped
- 2 large egg yolks
- 2 pounds jumbo lump crabmeat
- 6 cups fresh breadcrumbs
- 8 Corn Husks

Directions

Mix together the mayonnaise, mustard, seafood seasoning, cayenne, Worcestershire sauce, bell peppers, green onions and egg yolks. Gently stir in the crabmeat. Fill the corn husks with crab filling
Steam for 10 to 15 min.

Fennel Salad

Ingredients

- 4oz baby arugula
- 3 tablespoons extra-virgin olive oil
- 2 1/2 tablespoons apple cider vinegar
- 1 1/2 tablespoons coarsely chopped fresh tarragon
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon sugar
- 3 celery stalks, thinly sliced
- 2 small fennel bulbs, thinly sliced
- 1 firm, crisp julienned
- Kosher salt and freshly ground black pepper

Preparation

Whisk first 5 ingredients in a medium bowl. Add celery and celery leaves, thinly sliced fennel and chopped fennel fronds, and apple; toss to coat. Season to TT

SPICY ACHIOTE RUBBED PORK TENDERLOIN SERVED WITH CAULIFLOWER & POTATO PUREE,
ASPARAGUS GRATIN WITH WARM TOMATO SALSA

Achiote Spice Rubbed Pork Tenderloin

For the Rub

1 tbsp achiote paste

juice from 1/2 lime

1 tsp cumin

1/2 tsp chile powder

1 tsp kosher salt

1/2 tsp freshly cracked black pepper

1 large pork tenderloin

1 tsp canola oil

Mix together all ingredients for the rub in a small bowl. Spread the rub evenly over all surfaces of the pork tenderloin, massaging the rub into the meat. Wrap the spice-rubbed tenderloin in plastic wrap and place in fridge. Allow pork to marinate w/ the rub for at least 1 hour.

Preheat oven to 450. Remove pork from the plastic wrap and drizzle with canola oil. Place pork on preheated about 15-20 minutes, until get a nice sear on all areas and evenly cook the pork through to 145.

Cauliflower Potato Puree

Preparation time for this easy recipe is 20 minutes; cooking time is 30 minutes. It's a healthful dish for folks who love cauliflower. Ours was fresh from Harvest Valley Farms, where we also bought red and Yukon Gold potatoes.

1 1/4 pounds cauliflower, cut into pieces

1 medium boiling potato, peeled, cut into pieces

1/2 cup whipping cream

1/2 cup grated Parmesan cheese

3 tablespoons unsalted butter

Salt and pepper to taste

Large pinch of nutmeg

Preheat oven to 325 degrees. Butter a 2-quart casserole.

Steam the cauliflower and potatoes until soft, about 12 minutes. Transfer to a food processor. Add cream, Parmesan, butter, salt, pepper and nutmeg. Process until completely smooth. Pour into the prepared casserole and bake for 30 minutes or until completely heated through.

Asparagus gratin topped with warm tomato salsa

Ingredients

2 cups trimmed, fresh asparagus

1 tsp olive oil

1/4 tsp black pepper

1 tsp balsamic vinegar

2 Tbsp water

1.5 oz shredded mozzarella cheese

4 TB shredded parmesan cheese

Directions

Preheat broiler. Heat ovenproof frying pan over medium high heat

Place olive oil in a hot, ovenproof frying pan. Add asparagus, in one layer across the pan, add pepper and balsamic vinegar and toss briefly to coat. Saute for one - three minutes, depending on the thickness of the stalks. [Asparagus should still be firm and very bright green]. Add water and cover for a minute.

Mix the cheeses. Remove pan from heat. Sprinkle cheese over asparagus and place under broiler until bubbling and brown.

Grilled Tomato Salsa

3 plum tomatoes, cut in half lengthwise

1/2 jalapeno pepper, seeded and ribs removed (if desired)

1 tablespoon olive oil

Juice of half a lemon

1 teaspoon white wine vinegar

1/2 teaspoon ground cumin

1/4 teaspoon salt

Freshly ground black pepper

1 tablespoon mint, chopped

1 tablespoon basil, chopped

1 green onion, thinly sliced

1. Heat a grill pan over high heat

2. Toss the tomatoes and jalapeno pepper with 1 tablespoon of the olive oil. Place on the grill and cook for 3 to 4 minutes on each side. Remove from the grill and let cool.

3. Chopped the tomatoes and pepper. Combine with the lemon juice, vinegar, cumin, salt, pepper and the remaining olive oil in a medium bowl. Fold in the basil, mint and green onions.

COCONUT GELATINA W/WILD BERRY SAUCE, CRISPY PASTA CHOUX AND CANDIED PECANS

Coconut Gelatina

Ingredients

400ml can coconut milk
300ml thickened cream
1 cup caster sugar
1/2 cup hot water
1 tablespoon gelatine
250g fresh strawberries, hulled, quartered
150g fresh blueberries
200g fresh raspberries

Place coconut milk, cream and 3/4 cup of sugar into a saucepan over low heat. Cook, stirring, for 3 to 5 minutes or until sugar dissolves (do not boil). Remove from heat.

Place hot water into a small bowl. Sprinkle over gelatin. Whisk with a fork until dissolved. Add to coconut milk mixture. Whisk well to combine.

Rinse 8 x 1/2-cup capacity dishes or molds. Shake out excess water. Pour in coconut mixture. Cover. Refrigerate for 5 hours, or overnight if time permits, until set.

Place strawberries, blueberries and raspberries into a bowl. Sprinkle with remaining sugar. Cover. Refrigerate for 30 minutes.

Serve with berries and any juice.

Pate Choux

Ingredients

6 tablespoons (3 ounces) unsalted butter
3/4 cup water
1 cup all-purpose flour
1/8 teaspoon salt
1 teaspoon sugar
4 eggs

Directions

Preheat oven to 450 degrees. In 2 quart pot, combine the butter and water. On a piece of wax or parchment paper, sift together the flour, salt and sugar. Bring the water and butter to a rolling boil, remove from heat and dump the flour mixture in all at once. Stir with a wooden spoon or paddle to incorporate.

Return the saucepot to high heat and cook, stirring, for about one minute. The mixture will form a ball and coat the pan with a thin film.

Transfer the mixture to a mixing bowl or standing mixer equipped with the paddle attachment. Mix the dough for a minute or so, on low speed, to release some of the heat. Add the eggs, one at a time, completely incorporating each one before adding the next. Beat until the dough gets thick and ribbon.

Fit a pastry bag with a round #5 tip and fill with the warm dough. Line a heavy cookie sheet with parchment paper and anchor it to the tray with a little dab of the dough at each corner. Pipe the pate choux on parchment paper. Bake for 10 to 15 minutes, until golden and puffed, golden brown and there are no droplets of moisture in the crevices.

Dinner Party One Ingredients

- Mayonnaise
- Dijon mustard
- Seafood seasoning
- Cayenne pepper
- Worcestershire sauce
- Red bell pepper
- Green onions
- Eggs
- Crabmeat
- Breadcrumbs
- Corn husks
- Arugula
- Extra-virgin olive oil
- Apple cider vinegar
- Tarragon
- Lemon and juice
- Sugar
- Celery
- Small fennel bulbs
- Kosher salt
- Black pepper
- Achiote paste
- Lime juice
- Cumin
- Chile powder
- Pork tenderloin
- Canola oil
- Cauliflower
- Potato
- Whipping cream
- Parmesan cheese
- Unsalted butter
- Nutmeg
- Asparagus
- Balsamic vinegar
- Mozzarella cheese
- Tomatoes
- Jalapeño pepper
- White wine vinegar
- Mint
- Basil
- Coconut milk
- Thickened cream
- Caster sugar
- Gelatin
- Strawberries
- Blueberries
- Raspberries
- All-purpose flour
- Piloncillo
- Cinnamon sticks
- Coffee beans
- Aniseeds
- Cucumbers
- Water

DRINKS

Café de hoyá

Ingredients

4 cups water

1/2 cup piloncillo (or dark brown sugar)

4 cinnamon sticks (canella, a shaggier, flavorful cinnamon)

2/3 cups freshly ground, dark roasted, coffee beans.

Aniseeds (optional)

Instructions

Heat the water, sugar and cinnamon in a medium saucepan, stirring frequently. Bring the mixture to a boil making sure to stir until the sugar is dissolved. Continue to boil for 20 minutes until the mixture is reduced by a quarter. Add the ground coffee and stir until the mixture returns to a boil. Remove the pan from the heat, cover and allow standing for at least five minutes. Strain the mixture using a fine sieve or a double layer of cheesecloth. Pour into mugs and server while hot. Top with a few aniseeds if you like.

Cucumber Lime Water

Ingredients

3 quarts water

3 cucumbers, peeled and coarsely sliced

7 limes, juiced to yield 1/2 cup worth

1/4 cup sugar, or more

Directions

Put 1/2 cup of water in a blender container with 1 cup of sliced cucumber. Blend. Add more cucumber and blend. Continue until all the cucumbers are pureed. Strain the cucumber juice of its seeds into a very large pitcher. Add the remaining water, lime juice, and sugar, to taste. Chill before serving.

Shaken Prickly Pear and Watermelon

Shaken drinks have a long history. The Egyptians were using shakers as early as 3500 BC to add spices to fermented grain beverages

DINNER PARTY TWO

Menu

First Course

Creamy Tortilla Soup

Second Course

Green Papaya, Jicama, Fennel Salad w/ Citric Vinaigrette

Entree

Chicken Pasta Chipotle

Dessert

Triple Mousse Parfait

Drinks

Shaken Prickly Pear and Watermelon Water

Café de hoya

Cucumber Lime Water

CREAMY TORTILLA SOUP

Ingredients

- 6 tablespoon(s) cooking oil
- Eight corn tortillas, halved and cut crosswise into 1/4-inch strips
- 1 onion, chopped
- 4 large cloves garlic, smashed
- 1 teaspoon(s) ground cumin
- 1 1/2quart(s) canned low-sodium chicken broth or homemade stock
- 3 cup(s) canned crushed tomatoes in thick puree (one 28-ounce can)
- 2 bay leaves
- 2 1/2teaspoon(s) salt
- 1/4 cup(s) lightly-packed cilantro leaves, plus 3 tablespoons chopped cilantro (optional)
- 1 avocado, cut into 1/2-inch dice
- 1/4 pound(s) Queso Fresco

Directions

In a large heavy pot, heat the oil over moderately high heat. Add half the tortilla strips and cook, stirring, until pale golden, about 1 minute. Remove with a slotted spoon and drain on paper towels. Repeat with the remaining tortilla strips.

Reduce the heat to moderately low. Add the onion, garlic, and spices; cook, stirring, for 5 minutes. Add the broth, tomatoes, bay leaves, salt, cilantro leaves, if using, and one-third of the tortilla strips. Bring to a simmer. Cook, uncovered, for 30 minutes; remove the bay leaves.

In a blender, puree the soup in batches; pour it back into the pot bring the soup back to a simmer, and cook until just done, about 1 minute. Stir in the avocado.

To serve, put the remaining tortilla strips in bowls, top with the cheese, and pour in the soup. Sprinkle with the chopped cilantro, if using, and serve with the lime wedges.

GREEN PAPAYA, JICAMA, FENNEL SALAD W/ CITRIC VINAIGRETTE

Ingredients

1/4 cup fresh lime juice

6 tablespoons olive oil

1/2 teaspoon sugar

2 each shaved Fennel

8oz green papaya (1 3/4 pounds), peeled and cut crosswise into 1/4-inch-thick slices

1 pound jicama, peeled and cut into 1/4-inch-thick matchsticks (3 cups)

1 small red onion, thinly sliced

3/4 cup packed cilantro sprigs

1/2 cup crumbled queso fresco

1/3 cup raw green (hulled) pumpkin seeds (pepitas), toasted

Directions

Whisk together lime juice, oil, sugar, and 1/2 teaspoon pepper in a large bowl.

Just before serving, add green papaya, jicama, onion, and cilantro and gently toss.

Season with salt. Sprinkle with cheese and pumpkin seeds.

CHICKEN PASTA CHIPOTLE

1 lb. spaghetti

2Tbsp. oil

8 green onions chopped

2 canned chipotle peppers in adobo sauce

2 cloves garlic, minced

3 cans tomato sauce

Directions

Cook spaghetti in a boiling water with oil.

In a large skillet add onions and ,cook and stir 5 min. Stir in ham, chipotle peppers and garlic; cook and stir 3 min. Add tomato sauce; mix well. Cook 5 min. or until heated through, stirring occasionally.

DRAIN spaghetti; place in large bowl. Add 3/4 of the sauce mixture and Singles; mix lightly until Singles are melted. Top with remaining sauce

TRIPLE MOUSSE PARFAIT

Ingredients

White chocolate:

- 4 oz fine white chocolate chopped
- ¼ cup heavy cream
- 3 tbsp butter room temp
- 2 eggs separated room temp
- ½ tsp sugar

Orange Mousse

- 4 oz fresh orange juice
- 1 ½ teaspoon gelatin
- ¼ Cup heavy cream
- 2 tbsp butter rm temp
- 2 eggs separated rm temp
- 1 tsp sugar

Dark Chocolate:

- 4 oz bittersweet chocolate
- ¼ cup heavy cream
- 1 tbsp butter
- 1 tsp sugar

Directions

Combine choc and cream, microwave few sec. Whisk in butter, add egg yolks one at a time. Whisking vigorously after each. In small bowl or kitchen aid, whip egg whites at med speed until soft peaks. Add sugar. Continue whipping at high speed until whites stiff and shiny but not dry. Quickly fold 1/4 egg white mixture into choc mixture to lighten it. Spoon that mixture over remaining choc mixture. Fold gently until blended. Divide in 4 glasses or 1 cup glasses. If mousse drips on side wipe clean. refrigerate 1 1/2 hr until set. Follow same steps for milk choc refig 45 minutes. Then prepare as same for final choc. Ref 2 hours, Put white shavings on top. can be made 2 days in advance.

DINNER PARTY TWO INGREDIENTS

- Cooking oil
- Corn tortillas
- Onion
- Garlic
- Cumin
- Chicken broth
- Tomatoes
- Bay leaves
- Salt
- Masa roux
- Cilantro
- Avocado
- Queso fresco
- Lime juice
- Olive oil sugar
- Fennel
- Green papaya
- Jicama
- Red onion
- Raw green pumpkin seeds
- Spaghetti
- Green onions
- Chipotle peppers
- Tomato sauce
- White chocolate
- Heavy cream
- Unsalted butter
- Eggs
- Sugar
- Orange juice
- Gelatin
- Bittersweet chocolate

MOVIE NIGHT

MENU

Fondue of Cheeses with Wheat Toast Points

Chorizo

Boursin

Shrimp Cocktail Bar mix your favorites

Avocado

Jumbo Shrimp

Cucumbers

Onion

Tomato

Cilantro

Jalapeno

Horseradish

Steamed Vegetable Platter

Broccoli

Cauliflower

Carrots

Asparagus

MOVIE NIGHT INGREDIENTS

- Chorizo
- Boursin
- Avocado
- Jumbo shrimp
- Cucumbers
- Onion
- Tomato
- cilantro
- Jalapeño
- Horseradish
- Broccoli
- Cauliflower
- Carrots
- Asparagus