

DESERTSOL

TEAM LAS VEGAS. SOLAR DECATHLON 2013

DINNER PARTY MENUS & RECIPES



U.S. DEPARTMENT OF ENERGY
SOLAR DECATHLON

UNLV

 **NREL**
NATIONAL RENEWABLE ENERGY LABORATORY

U.S. DEPARTMENT OF
ENERGY

menu



Dinner I



APPETIZERS

fresh watermelon juice
with lemongrass fruit kabob
virgin mango mojito

shrimp cocktail
stuffed mushrooms



FIRST COURSE

mixed green salad
with beets and candied walnuts



MAIN COURSE

braised beef in a rich demi-glace
fingerling potatoes and seasonal veggies
served with non-alcoholic red wine



DESSERT

chocolate cake & vanilla crème fraîche
and French cherries

Dinner II



APPETIZERS

virgin sea-breeze cocktail
blackberry-lemonade spritzer

prosciutto and melon with balsamic syrup
polenta with sundried tomato hummus



FIRST COURSE

creamy tomato soup
mini-grilled cheese sandwich
microgreen salad



MAIN COURSE

sautéed chicken and mushroom
fresh wide noodle pasta in a light garlic cream sauce
accompanied by a peach melba cooler with fresh thyme



DESSERT

tiramisu cheese cake

movie night



Movie Night



DRINK

virgin appletini



SNACK

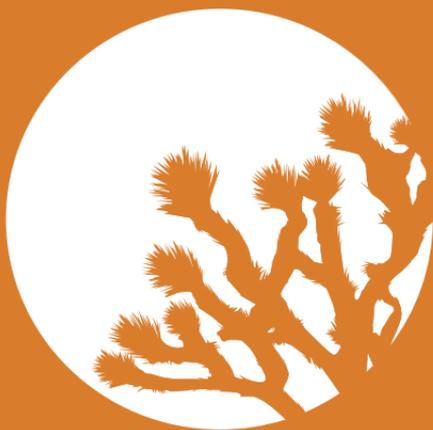
espresso and brownie bite on a stick



MIX YOUR OWN POPCORN

buttered salt
caramelized sugar and sea salt
spicy asian blend
black truffle salt
raspberry/prickly pear glaze

recipes





Fresh Watermelon Juice with lemongrass fruit kabob

Yield: 8 each, 4 oz. servings

Ingredients

Amount

Watermelon Juice	32 oz.
Lemongrass Stalks	4 each
Ginger root	1 oz. diced
Strawberries	8 each
Raspberries	8 each
Blueberries	16 each

Directions

Wash all fruit and dry, set aside. Cut all 4 lemongrass stalks into 5-inch lengths from the base, discard the green tops. Cut stalks into quarters lengthwise forming a skewer for the fruit. Build 8 fruit skewers with the fruit arranged as desired. Set aside in the refrigerator. With the remaining 8 skewers, gently crush them with a mallet to release the aromas and place them in a pitcher with the sliced ginger. Stir and refrigerate.

For service, place skewer in a 5 oz. glass with 1 cube of ice. Stir the watermelon juice and add 4 oz. garnish with fruit skewer and serve.





Virgin Mango Mojito

Yield: 8 each, 4 oz. servings

Ingredients

Mango nectar

Limes

Sprite

Fresh mint

Amount

24 oz.

4 each

12 oz.

1 package

Directions

Wash and juice 3 limes. Cut the fourth lime into 8 rings for garnish, set aside. Wash mint and pick 8 tops for garnish and set aside. Place lime juice and remaining mint leaves in a pitcher with ice and muddle. Add mango nectar and Sprite and serve in 5 oz. glass with ice. Garnish with lime and mint and serve.





Shrimp Cocktail

Yield: 8 each, 4 oz. servings

Ingredients

Shrimp, peeled and deveined	24 each
Garlic powder	1 tablespoon
Horseradish	1 package (4 oz.)
Chili sauce	2 each
Worcestershire sauce	1 tablespoon
Tabasco sauce	1 teaspoon

Amount

Directions

Bring 1 quart of water to a boil with salt and 1/2 a lemon. When water reaches a boil, remove from heat and add shrimp. Allow to stand for 5 minutes then remove the shrimp and place on a flat pan in the refrigerator. Discard the water. Slice one of the lemons into 8 wedges for garnish and set aside. Wash the arugula and rough chop. Place in the bottom of the serving glass and chill. For the sauce, mix all of the remaining ingredients together including the juice from the 1/2 lemon.

For service, place a spoon of the cocktail sauce on top of the arugula and then add 3 shrimps per glass. Top with more cocktail sauce and garnish with a lemon wedge. Serve chilled.





Stuffed Mushrooms

Yield: 8 each, servings of 3 each

Ingredients

Button mushrooms
Hummus
Parsley
Lemon
Parmesan cheese
White pepper
Salt

Amount

24 each
8 oz.
1 package (4 oz.)
1 each
1/2 cup
pinch
pinch

Directions

Wash mushrooms and remove stems. Set caps on a baking dish and chop the stems well. Add mushroom stems to the hummus and stir together with the chopped parsley, lemon juice, white pepper and salt. Spoon filling into the mushroom caps and top with parmesan cheese. Bake for 12 minutes at 350 degrees and serve immediately.





Mixed Baby Green Salad

Yield: 8 servings

Ingredients

Amount

Mixed baby field greens	1 lb. container
Fresh beets	2 lbs.
Candied walnuts	8 oz.
Goat cheese	8 oz.
Olive oil	3 oz.
Lemon	1 each
Salt	pinch
Black pepper	pinch

Directions

Place beets in a pot of boiling water and cook until tender, approximately 20 min. depending on size. A fork should go into the beet with little resistance when done. When done, drain water and cover with ice and cool. After the beets are cool, the skin should easily be rubbed off. Remove skin and cut into bite-sized pieces and place in the refrigerator.

Wash greens and dry, place in a mixing bowl and chill. For service, pour olive oil on greens and add juice of lemon, salt, and pepper and toss. Place greens on plate and sprinkle with beets, candied walnuts, and crumbled goat cheese. Serve immediately.





Braised Beef Flank Steak Stew

Yield: 8 each servings

Ingredients

Amount

Beef flank steak, cubed	2 lbs.
Roasted garlic	1 cup
Tomato	2 each, diced
Olive oil	2 oz.
Flour	1 cup
Thyme	1/2 tablespoon
Lemon	1 each, zest
Salt	2 teaspoons
Black pepper	1 teaspoon
Beef stock	45 oz.
Fingerling potatoes	1.5 lbs
Carrots	8 oz.
Celery	8 oz.
Onions	8 oz.

Directions

Place cubed flank steak into a mixing bowl and toss with salt, pepper, and flour, set aside. Heat a 6 quart pot on high heat for 2 minutes. Add olive oil and beef. Cook with minimal stirring until the meat is browned on all sides. Add the thyme, lemon zest, diced tomato and beef stock. Bring to boil and reduced to a simmer. Add whole fingerling potatoes and cubed carrot, celery and onions. Cook covered and at a simmer for 1 hour. Adjust seasoning and thickness as desired and serve.





Chocolate Cake

Yield: 8 each servings

Ingredients

Amount

All-purpose flour	1 3/4 cups
Granulated sugar	2 cups
Dark cocoa powder	3/4 cups
Baking soda	2 teaspoons
Baking powder	1 teaspoons
Kosher salt	1 teaspoons
Buttermilk, shaken	1 cup
Vegetable oil	1/2 cup
Eggs	2 extra-large
Vanilla extract	1 teaspoon
Hot coffee	1 cup

Directions

Preheat oven to 350 degrees and spray a 12-portion muffin pan.

Sift the flour, sugar, cocoa, baking soda, baking powder, and salt into the bowl of an electric mixer fitted with a paddle attachment and mix on low speed until combined. In another bowl, combine the buttermilk, oil, eggs, and vanilla. With the mixer on low speed, slowly add the wet ingredients to the dry. With the mixer still on low, add the coffee and stir just to combine, scraping the bottom of the bowl with a rubber spatula. Pour the batter into the prepared pans and bake for 25 to 30 min., until a cake tester comes out clean. Cool in pans for 30 min., then turn them out onto a cooling rack and cool completely





Vanilla Crème Fraîche and French Cherries

Yield: 8 each servings

Ingredients

Crème fraîche
Vanilla bean
Powdered sugar
Cherry syrup
French cherries in syrup
Fresh mint sprig

Amount

4 cups
1 each, scraped
1 cup
1 tablespoon
1 cup
8 each

Directions

Place the crème fraîche and powdered sugar in a mixing bowl with 1 tablespoon of cherry syrup. Split the vanilla bean lengthwise and scrape out the seeds from the center. Add the seeds from the vanilla pod to the crême fraîche and mix using a wire whisk until the cream forms soft peaks. Do not over-mix as it will break just like heavy cream. Place the cream in the refrigerator until service.

For service, warm the cakes slightly before placing on a plate. Drizzle cherry syrup on plate and add a few cherries. Top with a spoon of cherry crême fraîche and garnish with mint. Serve immediately.





Virgin Sea-Breeze Cocktail

Yield: 8 each, 4 oz. servings

Ingredients

Cranberry juice
Grapefruit juice
Sprite
Lime
Cherry

Amount

12 oz.
12 oz.
8 oz.
1 each
8 each

Directions

Mix cranberry juice and grapefruit juice together in a pitcher. Slice lime in half and squeeze the juice of half of the lime into the pitcher. Make slices to garnish the glass with the other half. Stir and refrigerate.

For service, stir the Sprite into the juice mixture and stir. Pour 4 oz. of beverage into a 5 oz. glass with 1 large cube of ice and garnish with lime slice and cherry.





Blackberry-Lemonade Spritzer

Yield: 8 each, 4 oz. servings

Ingredients

Soda water
Sugar syrup
Lemon, juiced
Blackberries
Mint

Amount

24 oz.
6 oz.
2 each
1 pint
1 package

Directions

Wash lemons and cut rind strips from one lemon for garnish then juice the two lemons. Wash mint and pick 8 tops for garnish and set aside. Place lemon juice in a pitcher with ice, sugar syrup, and remaining mint leaves and muddle. Add soda water and blackberries and stir. Serve in a 5 oz. glass with ice. Garnish with lemon rind and mint and serve.





Prosciutto and Melon with Balsamic Syrup

Yield: 24 each, 1oz. servings

Ingredients

Sliced prosciutto
Cantaloupe
Balsamic syrup
Basil leaves

Amount

2 package (6 oz.)
1 each
2 oz.
24 each

Directions

Wash melon and dry. Cut melon in half and remove the seeds. Using a melonballer, cut 24 medium-sized balls of melon and set aside. Cut prosciutto into 3/4-inch by 3-inch pieces and place-wrap each strip around the melon balls. Top the balls with a fresh basil leaf and insert a toothpick to hold the items together. Place on a serving tray and drizzle with balsamic syrup and serve.





Polenta with Sundried Tomato Hummus

Yield: 24 each, 1.5 oz. servings

Ingredients

Amount

Vegetable stock	16 oz.
Milk	8 oz.
Olive oil	1 pint
Salt	2 teaspoons
White pepper	1/2 teaspoon
Dry basil	1 teaspoon
Corn meal	8 oz.
Parmesan Cheese	2 oz.
Hummus	1 package
Sundried tomatoes	4 oz.
Fresh parsley sprigs	24 each

Directions

Place vegetable stock, milk, olive oil, dry basil, salt and pepper into a small saucepan and bring to a boil on medium heat. When mixture comes to a boil, stir the cornmeal and reduce to low heat. Cook for 3 minutes and then add the parmesan cheese. Adjust seasoning as desired. Pour polenta into a 9"x5" baking dish and smooth to make the top level. Chill in refrigerator. After the polenta is cooled and set, use a 1" round cutter to cut 24 circular bases for the canapé. Place the hummus in a pastry bag with a star tip and pipe a dollop on top of the polenta. Top with a sundried tomato and a sprig of fresh parsley.





Creamy Tomato Soup

Yield: 8 each, 8 oz. servings

Ingredients

Amount

Spicy V-8 tomato juice	40 oz.
Cream	20 oz.
Tomato paste	2 oz.
Olive oil	1 oz.
Salt	2 teaspoons
White pepper	1/2 teaspoon
Dry oregano	1 tablespoon
Onion powder	1 teaspoon
Garlic powder	1 teaspoon
Cornstarch	3 tablespoons
Water	4 tablespoons

Directions

In a medium saucepot, heat olive oil on medium heat and add salt, white pepper, oregano, onion powder, garlic powder and tomato paste. Stir for 4 min. Add the tomato juice and bring to a boil on medium heat. Mix the cornstarch with the water to make a slurry and stir into tomato base when it is boiling, stirring constantly. Return to a boil then reduce to a simmer. Slowly add the cream and blend with an immersion blender. Keep warm until ready to serve.





Mini-grilled Cheese Sandwich *Microgreen Salad*

Yield: 8 each, 2.5 oz. servings

Ingredients

Amount

Sliced sourdough bread	4 slices
Sharp cheddar cheese	4 slices
Butter	2 oz.
Micro-greens	1/2 cup
Olive oil	1 teaspoon
Lemon	1 each
Salt	pinch

Directions

Butter lightly both sides of the bread slices. Place 2 slices of cheese on the inside of 2 slices of bread and top with the other 2 slices of bread. On medium heat, toast the sandwiches in a non-stick, flat skillet until golden brown on one side, then flip and toast the other side. Place on cutting board and cut each sandwich into 4 pieces and serve immediately.

For the microgreen salad, toss the greens lightly with a few drops of lemon juice, olive oil, and salt. Garnish soup and sandwich with it on top.





Sautéed Chicken and Mushroom Pasta

Yield: 8 each, 8 oz. servings

Ingredients

Amount

Chicken thigh, (boneless, skinless)	24 oz.
Roasted garlic cloves	10 oz.
Olive oil	2 oz.
Mushrooms, sliced	4 cups
Salt	1 teaspoon
Pepper	pinch
Thyme	1 teaspoon
Cream	10 oz.
Fresh wide noodle pasta	24 oz., raw
Parmesan cheese, shaved	4 oz.

Directions

Bring 1/2 gallon of water to a boil with 1 tablespoon of salt. In a large sauté pan, heat olive oil on medium-high heat. Toss chicken with salt, pepper, and thyme and add to pan. Cook chicken for 3-5 min. until it begins to brown on all sides. Add mushrooms and roasted garlic cloves and continue to cook for 3-5 min. Meanwhile, drop the fresh pasta into the boiling water and stir. Add the cream to the chicken and reduce to medium heat. When the pasta is cooked, approximately 3 min., strain and add to the chicken. Mix well and serve topping with fresh parmesan cheese shavings.





Peach Melba Cooler with Fresh Thyme

Yield: 8 each, 4 oz. servings

Ingredients

Amount

Sugar syrup	8 oz.
Fresh peach	1 each
Fresh raspberries	1/2 pint
Fresh lemon thyme (rinsed and woody ends trimmed)	12 sprigs
Cold club soda	24 oz.

Directions

Wash and dry the peach and the raspberries. Cut the peach into small bite-sized pieces. In a pitcher, mix the sugar syrup with the thyme and some ice to release the flavor in the thyme. Add the club soda and 1/2 the raspberries and peaches and stir. In a 5 oz. glass, place a cube of ice and strain in the cooler mixture. Garnish with peaches, raspberries and a sprig of thyme. Serve immediately.





Tiramisu Cheesecake

Yield: 8 each, 5 oz. servings

Ingredients

Lady fingers	2 packet, 8 oz.
Mascarpone cheese	32 oz.
Powdered sugar	2 cups
Vanilla	1 tablespoon
Unflavored gelatin powder	1 oz.
Cold water	2 oz.
Espresso powder	1 tablespoon
Hot water	1 cup
Chocolate syrup	8 oz.
Cocoa powder	1 tablespoon
Fresh strawberries	8 each

Amount

Directions

Place lady fingers in the bottom of a 8"x8" baking pan. Mix the coffee with the hot water and drizzle half of the mixture over the ladyfingers. Reserve the rest for the 2nd layer. In a small saucepan, place the cold water and the gelatin together and let set for 5 min. until bloom. In a mixing bowl, combine the mascarpone and powdered sugar with the vanilla. Mix until smooth. Warm the bloomed gelatin on medium heat until dissolved. Stir it quickly into the cheese mixture and place half of the mixture in the baking dish over the first layer of soaked lady fingers. Smooth with a spatula and add additional layer of ladyfingers and soak with the rest of the coffee. Stir 4 oz. of chocolate sauce into the remaining cheese batter and spread over the top of the 2nd layer of lady fingers. Place cheesecake in the refrigerator and allow to set for 45 minutes. Remove and cut as desired. Dust with cocoa powder and place on plate with a drizzle of chocolate sauce and strawberry.





Virgin Appletini

Yield: 50 each, 4 oz. servings

Ingredients

Apple juice
Apple puree
Sprite

Amount

1 gallon
1 quart
2 liters

Maraschino cherry

2 jars

Directions

Mix apple juice, puree and Sprite in a 2 gallon container. Pour over ice in a 5 oz. glass and garnish with a Maraschino cherry.





Espresso and Brownie Bite on a Stick

Yield: 50 each, 2 oz. servings

Ingredients

Butter, melted
White sugar
Mocha extract
Eggs
All-purpose flour
Cocoa powder
Salt
Semi-sweet
chocolate chips
Fresh raspberries

Amount

2 cups
6 cups
2 tablespoons
8 each
3 cups
2 cups
1 teaspoon
2 cups
2 pints

Directions

Mix melted butter, white sugar, mocha extract, eggs and salt. Sift in cocoa powder and flour. Stir together and add chocolate chips. Pour into a baking 1/2 sheet pans and bake at 350 degrees for 30-35 min. until a toothpick comes out clean. Allow cool and cut into 1-inch cubes. Place a bite on the skewers and add a raspberry.



Mix your own popcorn

Yield: 50 each, 2 oz. servings

Ingredients

- 12 each **Microwave popcorn packets**
- 16 oz. **Buttered salt**
 - 14 oz. salt mixed with
 - 2 oz. natural butter flavor
- 16 oz. **Caramelized sugar and sea salt**
 - 12 oz. granulated sugar mixed with
 - 3.5 oz. sea salt and .5 oz. caramel color
- 16 oz. **Spicy Asian blend**
 - 12 oz. granulated sugar mixed with
 - 3.5 oz. sea salt
 - 1 teaspoon dry chili flakes ground,
 - 1 teaspoon ginger powder,
 - 1 teaspoon 5-spice
- 16 oz. **Black truffle salt**
 - 15 oz. sea salt mixed with
 - 1 oz. black truffle oil
- 24 oz. **Raspberry/prickly pear glaze**
 - 20 oz. prickly pear syrup mixed
 - with 4 oz. raspberry puree and
 - 1 teaspoon sea salt

Directions

Pop popcorn according to directions and toss with your choice of seasoning.





Ingredients

Dinner I

Amount	Ingredients
32 oz.	Watermelon juice
4 each	Lemongrass stalks
1 oz.	Ginger root
16 each	Strawberries
44 oz.	Raspberries
16 each	Blueberries
24 oz.	Mango nectar
4 each	Limes
12 oz.	Sprite
1 package	Fresh mint
24 each	Large shrimp
3 tbsp.	Salt
1 package	Arugula
1 tsp.	Garlic powder
1 tbsp.	Horseradish
8 oz.	Chili sauce
1 tbsp.	Worcestershire sauce
1 tsp.	Tabasco sauce
24 each	Button mushrooms
8 oz.	Hummus
1 package	Parsley
5 each	Lemon
4 oz.	Parmesan cheese
pinch	White pepper
1 lb.	Mixed baby field greens
2 lbs.	Fresh beets
1 oz.	Candied walnuts
8 oz.	Goat cheese
5 oz.	Olive oil



Ingredients

Dinner I

Amount	Ingredients
pinch	Black pepper
2 lbs.	Beef flank steak
8 oz.	Roasted garlic
2 each	Tomato
8 oz.	Flour
½ tbsp.	Thyme
45 oz.	Beef stock
1 ½ lbs.	Fingerling potatoes
8 oz.	Carrots
8 oz.	Celery
8 oz.	Onions
1 ¾ cups	All-purpose flour
16 oz.	Granulated sugar
6 oz.	Dark cocoa powder
2 tsp.	Baking soda
1 tsp.	Baking powder
1 tsp.	Kosher salt
8 oz.	Buttermilk
4 oz.	Vegetable oil
2 each	Eggs, extra-large
1 tsp.	Vanilla extract
32 oz.	Crème Fraîche
1 each	Vanilla bean
8 oz.	Powdered sugar
1 tbsp.	Cherry syrup
8 oz.	French cherries in syrup
8 each	Fresh mint sprig



Ingredients

Dinner II

Amount	Ingredients
12 oz.	Cranberry juice
12 oz.	Grapefruit juice
8 oz.	Sprite
1 each	Lime
8 each	Cherry
24 oz.	Soda water
6 oz.	Sugar syrup
3 each	Lemon, juiced
1 pint	Blackberries
1 package	Mint
2 packages	Sliced prosciutto
1 each	Cantaloupe
2 oz.	Balsamic syrup
24 each	Basil leaves
16 oz.	Vegetable stock
8 oz.	Milk
20 oz.	Olive oil
6 tsp.	Salt
1 tsp.	White pepper
1 tsp.	Dry basil
8 oz.	Cornmeal
2 oz.	Parmesan cheese
8 oz.	Hummus
4 oz.	Sundried tomatoes
24 each	Fresh parsley sprigs
40 oz.	Spicy V-8 tomato juice
20 oz.	Cream
2 oz.	Tomato paste
1 tbsp.	Dry oregano
1 tsp.	Onion powder



Ingredients

Dinner II

Amount	Ingredients
1 tsp.	Garlic powder
4 tbsp.	Cornstarch
11 oz.	Water
1 oz.	Sliced sourdough bread
8 slice	Sharp cheddar cheese
2 oz.	Butter
4 oz.	Micro-greens
24 oz.	Chicken thigh (boneless, skinless)
10 oz.	Roasted garlic cloves
32 oz.	Mushrooms
pinch	Black pepper
1 tsp.	Thyme
10 oz.	Cream
1 oz.	Fresh wide noodle pasta
4 oz	Parmesan cheese
8 oz.	Sugar syrup
1 each	Fresh peach
½ pint	Fresh raspberries
12 sprigs	Fresh lemon thyme
24 oz.	Cold club soda
16 oz.	Lady fingers
32 oz.	Mascarpone cheese
2 cups	Powdered sugar
1 tbsp.	Vanilla
1 oz.	Unflavored gelatin powder
1 tbsp.	Espresso powder
8 oz.	Chocolate syrup
1 tbsp.	Cocoa powder
8 each	Fresh strawberries



Ingredients

Movie Night

Amount	Ingredients
1 gal.	Apple juice
1 quart.	Apple puree
2 liters	Sprite
2 jars	Maraschino cherries
12 each	Microwave popcorn packets
2 oz.	Natural butter flavor
14 oz.	Salt
22½ oz.	Sea salt
½ oz.	Caramel color
60 oz.	Granulated sugar
1 tsp.	Ground chili flakes
1 tsp.	Ginger powder
1 tsp.	5-spice
1 oz.	Black truffle oil
20 oz.	Prickly pear syrup
4 oz.	Raspberry puree
16 oz.	Butter
2 tbsp.	Mocha extract
8 each	Eggs
24 oz.	All-purpose flour
16 oz.	Cocoa powder
16 oz.	Semi-sweet chocolate chips
32 oz.	Fresh raspberries