

# SPINACH SALAD

*With red onions and orange segments; tossed with mustard vinaigrette*

**YIELD: 2 SALADS**

## INGREDIENT LIST

## METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Spinach	Cleaned, stems removed	½	Pound
Red onion	Sliced	½	Medium
Orange	Navel	1	Each
Bread slice	Diced, crust removed	2	Each
Butter	Melted	2	Ounces
Salt & Pepper		To taste	
Mustard Vinaigrette	Follow included recipe	3	Ounces

1. Clean spinach and wash thoroughly ensuring that stems are removed
2. Dry spinach and reserve in cold area
3. Peel onion
4. Slice onion from blossom to stem into thin slices; reserve
5. Peel navel orange
6. Segment orange; reserve segments and juice
7. Dice sliced bread into even cubes
8. Tossed cubed bread lightly with the melted butter
9. Season lightly with salt and pepper
10. Make croutons by toasting cubed bread to “golden brown and delicious;” reserve
11. Lightly coat spinach with the mustard vinaigrette by tossing in a mixing bowl
12. Plate spinach on a chilled salad plate
13. Garnish with sliced onions, orange segments, and croutons
14. Season to taste; if needed

Notes:

# MUSTARD VINAIGRETTE

**YIELD: 1 CUP**

INGREDIENT LIST				METHOD
INGREDIENT	PREPARATION	QUANTITY	UNIT	
Vinegar, white		2	Ounces	1. Dissolve mustard with vinegar using a whisk
Mustard		1	Ounce	2. Slowly incorporate oil into the vinegar-mustard mixture using a whisk
Oil, vegetable		5	Ounces	3. Season to taste
Salt & Pepper		To taste		4. Reserve cold

Notes: Mustard is used for flavor and as a stabilizer. The choice of mustard will affect the flavor of the resulting vinaigrette

# CHICKEN SUPRÊME

*With carrots, broccoli, and rice pilaf – topped with fried shallot rings*

**YIELD: 2 MAIN COURSES**

INGREDIENT LIST				METHOD
INGREDIENT	PREPARATION	QUANTITY	UNIT	
Chicken breast	5 ounce, trimmed	2	Each	1. Lightly dredge chicken breast with flour; season to taste
Carrot, horse	Cut oblique	1/3	Pound	2. In a hot pan with a small amount of oil, sear chicken breast – presentation side down
Broccoli	Floret	1/3	Pound	3. Turn chicken breast and allow to finish cooking in oven
Shallot	Sliced into rings, thinly	2	Ounces	4. Rest chicken and hold warm for service
Oil, vegetable		As needed		5. Blanche oblique cut carrots until al dente; reserve
Flour		As needed		6. Blanche broccoli florets in salted water until bright green and al dente; reserve
Salt & Pepper		To taste		7. Dredge thinly sliced shallots with flour
Rice pilaf	See attached recipe	6	Ounces	8. Shallow fry shallots in hot oil until crispy, golden brown and delicious; reserve
Sauce suprême	See attached recipe	3	Ounces	9. To plate: arrange carrots, broccoli, and rice per your design on a hot plate
				10. Slice chicken and arrange per your design on the sauce suprême
				11. Top with fried shallot rings

Notes: If no oven is available for step #3, lower the temperature and cover tightly and allow chicken to fully cook

# SAUCE SUPRÊME

**YIELD: 2½ CUPS**

INGREDIENT LIST				METHOD
INGREDIENT	PREPARATION	QUANTITY	UNIT	
Stock, chicken		2	Cups	<ol style="list-style-type: none"> <li>1. Bring stock to a boil</li> <li>2. In a separate pan, add one-third of stock to roux</li> <li>3. Whisk thoroughly working out all lumps – should have a very thick consistency</li> <li>4. Add another third of the stock</li> <li>5. Whisk thoroughly working out all lumps – should have a thick-thin consistency</li> <li>6. Allow to come to a bubble</li> <li>7. Add the last third of stock</li> <li>8. Whisk thoroughly – should have a nappé consistency</li> <li>9. Finish sauce with heavy cream</li> <li>10. Season to taste</li> <li>11. Reserve warm for service</li> </ol>
Roux, white		2	Ounces	
Cream, heavy		2	Ounces	
Salt & Pepper		To taste		

Notes:

# RICE PILAF

**YIELD: 3 CUPS**

## INGREDIENT LIST

## METHOD

INGREDIENT	PREPARATION	QUANTITY	UNIT
Rice, converted	Rinsed	1	Cup
Stock, chicken		2	Cups
Onion	Small dice	4	Ounces
Butter	Softened	2	Ounces
Oil		As needed	
Salt & Pepper		To taste	

1. Render onions with oil and butter until translucent
2. Add rice to onions
3. Fully coat rice with oil and butter by stirring rice in the onions
4. Add chicken stock
5. Bring to a boil
6. Quickly give rice a brisk stir
7. Cover and allow to cook until al dente in the oven; approximately 20 minutes
8. Reserve hot for service

Notes: If no oven is available for step #7, allow the rice to cook at very low temperature and tightly covered

## Lemon Tart with Graham Cracker Crust

### **Crust Ingredients:**

- 1 ½ cups (5 oz) finely ground graham crackers
- 5T unsalted butter, melted
- 1/3 cup sugar
- 3/4 teaspoon salt

### **Method:**

1. Stir together all the ingredients and press into bottom and 1-inch up side of a tart pan.
2. Bake the tart shell at 325°F for 5 - 7 minutes to help "set it."
3. Fill the cooled tart shell with lemon curd\*.
4. Decorate with piped Chantilly cream\*.

### **\*Lemon Curd**

#### **Ingredients:**

- ½ cup sugar
- ½ cup fresh lemon juice
- 6T unsalted butter, cut into ½ inch pieces
- 3 large eggs, beaten

#### **Method:**

1. In the top of a double boiler over simmering water, cook the sugar, lemon juice, butter, zest, and eggs, whisking frequently, until a custard forms and bubbles appear on surface, 10-15 minutes.
2. Remove from the heat and strain through a fine mesh sieve into a bowl.

### **\*Chantilly Cream**

#### **Ingredients:**

- 1 pt Cold Heavy Cream
- 1.5 oz Powdered Sugar
- 1 t. Vanilla Extract

#### **Method:**

1. Whip the cream until it becomes thick and add the vanilla and sugar.
2. Whip to soft peaks.