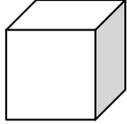


# RECIPES

## KNIFE CUTS REQUIRED FOR PRELIMINARY AND FINAL COMPETITION

Large Dice –  $3/4''$  x  $3/4''$  x  $3/4''$



Medium Dice –  $1/2''$  x  $1/2''$  x  $1/2''$



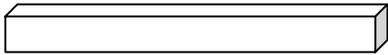
Small Dice –  $1/4''$  x  $1/4''$  x  $1/4''$



Brunoise –  $1/8''$  x  $1/8''$  x  $1/8''$

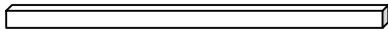


Bâtonnet –  $1/4''$  x  $1/4''$  x  $2''$



(From Bâtonnet we get Small Dice)

Julienne –  $1/8''$  x  $1/8''$  x  $2''$



(From Julienne we get Brunoise)

Fine Julienne –  $1/16''$  x  $1/16''$  x  $2''$



(From Fine Julienne we get Fine Brunoise (not pictured))

Tourné (turned) – 7 Sides –  $3/4''$  width x  $2''$  length



In addition to the above knife cuts you will need to now how to finely cut fresh herbs, mince garlic and cut a brunoise of shallot.

# **PRELIMINARY COMPETITION RECIPE #1**

## **French Omelet**

(see p. 41-43, *At Home With The French Classics*)

**Makes 1 to 2 servings**

### **INGREDIENTS**

2 or 3 eggs, depending on the pan size

1 tsp. of clarified butter or light olive oil

Salt and pepper to taste

### **PROCEDURE**

1. In a bowl, beat the eggs with the salt and pepper until just blended.
2. Heat a 7- to 8-inch nonstick omelet pan and melt the butter over medium-high heat.
3. Add the egg mixture to the pan and rapidly and constantly stir it with a wooden spoon or heat-proof spatula. If you can, gently shake the pan at the same time. When the eggs are nearly set but with a little moist egg still remaining, stop stirring and shake the pan for a couple of seconds, making sure that the bottom of the pan is completely covered by the egg. At this point the eggs should be set, yet still moist with no color. Stop shaking the pan and allow the bottom of the omelet to firm slightly, 4 to 5 seconds.
4. Fold the omelet into thirds by lifting the handle and tilting the pan at a 30-degree angle. With the back of the spoon or spatula, fold the portion of the omelet nearest the handle toward the center of the pan. Gently push the omelet forward in the pan so the unfolded portion rises up the side of the pan. Using the spoon, fold this portion back into the pan, overlapping the first fold. Turn the omelet out onto a serving plate so it ends up folded side down. Traditionally, a French omelet should not have any color, unless it is a dessert omelet to which sugar has been added. Serve immediately.

Note for a Strawberry Omelet:

1. For a strawberry omelet add a scant teaspoon of sugar per egg.
2. Dice 2-3 strawberries and place them in the center of the omelet just before folding.
3. Use strawberries to decorate the omelet and/or plate.
4. Serve for breakfast or dessert.

## **PRELIMINARY COMPETITION RECIPE #2**

### **Tomato, Cucumber & Colored Bell Pepper Salad** ***Makes 2 portions***

#### **INGREDIENTS**

1 whole tomato, peeled, seeded, small dice  
1/2 cucumber, peeled, seed, small dice + cucumber slices for mold  
1/4 red bell pepper, small dice  
1/4 yellow bell pepper, small dice  
1/4 red onion, small dice  
1/4 jicama, small dice (if available)  
Cilantro sprigs for garnish  
(above vegetables should be uniform in small dice)

#### Vinaigrette:

2 tablespoons fresh lime juice  
1 tablespoon sugar, to taste  
1/4 cup rice wine vinegar  
1/4 cup olive oil (approximate, you may not use all the oil)  
1 teaspoon minced cilantro  
salt and pepper to taste

#### **PROCEDURE**

1. First make the vinaigrette: In a bowl, add lime juice, rice vinegar and sugar. Incorporate the olive oil slowly, whisking vigorously until emulsified. Add minced cilantro and season.
2. For the salad: Combine all diced vegetables and toss with enough lime dressing to coat the vegetables. Do not overdress the salad. Season and taste.
3. Arrange thinly sliced cucumbers, overlapping them on the side of a lightly oiled ring mold, (approximately 2" deep x 3" diameter) on a large plate.
4. Drain the vegetables of any extra vinaigrette and fill the lined mold. Unmold and garnish with cilantro.

# **FINAL COMPETITION RECIPE #1**

**Poulet Chasseur avec Pommes de Terre Château**  
**(Hunter's Chicken with Turned, Sautéed Potatoes)**  
***Makes 2 portions***

## **CHICKEN**

### **INGREDIENTS**

2 chicken breasts, skin on (boneless or Frenched)  
Salt and black pepper to taste  
1 oz. olive oil or clarified butter

### **PROCEDURE**

1. Season chicken breast with salt and finely ground pepper.
2. Sauté breast, skin side down, in hot olive oil or clarified butter until the skin is nicely brown. Turn and saute the other side for 2 minutes.
3. Transfer the sautéed chicken, skin side up, to an oven-proof pan (such as a pie tin) and bake in a 400°F oven until done. (Do not overcook.) Remove from oven and keep warm by covering with foil.

# **FINAL COMPETITION RECIPE #1**

## **SAUCE**

### **INGREDIENTS**

1 medium shallot, finely minced  
1 clove garlic, finely minced  
2 oz. (5-6) mushroom caps, sliced  
2 plum tomatoes, peeled, seeded, and diced (use 3/4 for sauce, 1/4 for garnish)  
1 tsp. chopped fresh tarragon  
2 tsp. chopped parsley  
6 oz. double strength chicken stock, plus extra as needed  
4 tbs. (or 2 oz.) glaze de volaille (chicken glaze)  
2 tablespoons unsalted butter, chilled and cut into small cubes  
Salt and black pepper to taste

### **PROCEDURE**

1. In sauté pan that chicken was sautéed in, add shallots and sauté for 1 minute on medium-low heat. Add garlic and mushrooms and sauté for 2 or 3 minutes more. Do not brown the mushrooms.
2. Add 2 oz. (1/4 cup) of the double strength chicken stock, and reduce *a sec* (until the liquid is gone) without burning.
3. Add the glaze and another 2 oz. (1/4 cup) of the stock, and cook until sauce lightly coats the back of a spoon. (Add more stock if sauce is too thick.)
4. Add half of the tarragon, parsley, and 3/4 of the tomato. Heat through, but do not overcook. Taste and adjust seasoning.
5. Return chicken to the pan and reheat. Remove chicken and prepare for presentation.
6. Just before serving, finish sauce by adding the cubed butter a bit at a time, whisking or shaking pan constantly. Be careful not to break the sauce. Do not boil.

# FINAL COMPETITION RECIPE #1

## POTATOES

### INGREDIENTS

2 large russet potatoes or 6-8 new potatoes  
Olive oil or clarified butter for browning  
Salt to taste

### PROCEDURE

1. Tourné potatoes. Bring potatoes to a boil in lightly salted water and cook just to the point of doneness. Remove from water and allow to dry.
2. Heat olive oil or clarified butter in a small sauté pan. Toss the potatoes until evenly browned. Season with salt. Potatoes can be held in the oven.

### ***To serve:***

Slice the chicken breast on a 45° degree angle and arrange on a serving plate. Spoon the sauce over and around chicken. Place a few potatoes on plate.

Garnish with remaining tomatoes and chopped parsley and tarragon to taste. You may also garnish with a sprig of tarragon or parsley if desired.

**\*Students must bring their own homemade chicken stock and chicken glaze (glace de volaille) for the recipe. Commercial stocks, even the low-sodium variety, are too salty and unacceptable for this recipe.**

## **Fonds de Volaille (Chicken Stock)**

(see p. 351, *At Home With The French Classics*)

**Makes about 3 1/2 quarts**

### **INGREDIENTS**

1 chicken (4 pounds) or 4 pounds chicken parts, rinsed  
4 quarts cold water  
1 leek, well washed (optional)  
2 onions, each studded with a clove  
3 carrots  
3 stalks celery, cut in half  
Bouquet Garni (3 sprigs of parsley, 2 sprigs of thyme, 1 bay leaf)  
Place the herbs in between the celery stalks and tie together - see picture p. 346.

### **PROCEDURE**

1. Place the chicken in a large stockpot. Cover with the water and bring to a boil over high heat, 25 to 30 minutes. Skim the foam from the surface and reduce the heat.
2. Add the remaining ingredients and simmer, uncovered, for 2 hours, occasionally skimming any more foam.
3. Strain the stock and allow it to cool uncovered before refrigerating. Remove the fat from the surface when it is cold or before using. Freeze the portion not used, or reduce to form Glace de Volaille (p. 353), which can be stored in the refrigerator or freezer. Two quarts of stock will reduce to yield approximately 3/4 cup glace de volaille.

### **For DOUBLE STRENGTH CHICKEN STOCK:**

Make chicken stock (above, p.351) and reduce 1 qt by 1/2.

### **For GLACE DE VOLAILLE (CHICKEN GLAZE):**

Make chicken stock (above, p.351) and reduce 2 qt to about 3/4 cup of glaze. (Remember, the glaze will be dark syrupy and when cold firm to the touch. If it is like jelly, it has not been reduced enough.)

## **FINAL COMPETITION RECIPE #1 cont.**

### **HELPFUL HINTS for POULET CHASSEUR:**

To test chicken for doneness, press down on the thickest part of the breast. The chicken should be firm but have just a slight bounce back. Overcooking will dry out the meat. Students can use a thermometer to check doneness.

Do not let the sauce become too thick. If you reduce it too much, add more stock or water. If flavor is too intense, add a bit of water and taste.

The butter will act as a thickener. It must be added correctly, or the sauce could break. The sauce must not come to a boil after butter is added.

You are looking for a balance of flavors that will include a hint of licorice flavor from the tarragon, a rich flavor from the stock, earthiness from the mushrooms, a subtle soft tomato taste, the parsley, and the roundness of the butter. Taste, taste, taste.

The chicken may stick to the pan if the skin is not dry or oil is not hot enough.

Make sure the potatoes are done!

## **FINAL COMPETITION RECIPE #2**

### **Crêpes à la Crème Pâtissière avec une Sauce au Chocolat (Dessert Crêpes with Pastry Cream & Chocolate Sauce)**

*From "At Home With The French Classics", pages 319-320, 385-386, and 390-391*

### **Crêpes Sucrées (Dessert Crêpes)**

**Makes 16 to 24 six-inch crêpes.**

**NOTE:** Students should make no more than 2/3 of a recipe. They will need to know how to make a 1 or 2 egg recipe.

### **INGREDIENTS**

1 cup plus 1 tablespoon (150 g) all-purpose flour  
3 eggs  
2 tablespoons (25 g) sugar  
½ teaspoon vanilla extract  
1 ½ cups milk  
3 tablespoons (45 g) melted butter or vegetable oil  
(additional oil or clarified butter for lubricating crêpe pan)

### **PROCEDURE**

1. Put the flour into a bowl and add the eggs, sugar, vanilla, and just enough milk to whisk slowly into a thick, smooth batter. Add the remaining milk and whisk well. If time permits, allow the batter to rest 30 minutes. (As the batter rests, the granules of flour absorb the milk and swell, creating a smoother batter and a slightly stronger crêpe than if used right away.)
2. Whisk in the melted butter or oil just before using the batter.
3. Heat a 6-inch crêpe pan, either well-seasoned or with a nonstick surface, over medium-high heat. Lightly lubricate the pan with a little oil or clarified butter before adding batter. Hold the pan in one hand, tilting it slightly. Using a small ladle or coffee measurer, pour about 2 tablespoons of batter into the pan where the sides and bottom meet. Now turn the pan in a circular motion to spread the batter evenly. The amount of batter used should just coat the bottom of the pan. Any excess should be poured back.
4. Cook the crêpe until the edge begins to brown. Turn the crêpe with a spatula or flip it (see Crêpes Salées, page 70). Cook the second side for only 10 seconds and slide the crêpe onto plate. (The surface of the crêpe should be lacey medium brown in color. If after making two crêpes you find the color either too dark or too light, adjust your heat accordingly. At the same point, if you find the crêpe too thick thin the batter with a little more milk.) Repeat until all the crêpes are made, stacking them one on top of the other, and allow them to cool. Select your best crepes for presentation. Be careful to present the right side.

**NOTE: When using a non-stick pan,  
you may only need to lubricate between every 2 – 3 crepes.**

## **FINAL COMPETITION RECIPE #2 cont.**

### **Crème Pâtissière (Pastry Cream)**

***Makes 1 1/4 cups***

#### **INGREDIENTS**

- 1 cup milk
- 3 egg yolks
- 3 tablespoons (40 g) sugar
- 3 tablespoons (25 g) all-purpose flour
- 1 teaspoon vanilla extract

#### **PROCEDURE**

1. In a small saucepan\*, bring the milk to a boil over medium heat.
2. Meanwhile, whisk the egg yolks and sugar together in a small bowl. Add the cornstarch or flour to the egg yolks and mix well, until smooth and free of lumps.
3. Thin the egg yolk mixture with approximately 1/4 cup of the warm milk and mix well. When the remaining milk begins to boil, add it to the egg yolk mixture and stir well. Return the mixture to the saucepan and whisk rapidly over high heat, whisking the bottom and the sides of the pan until the pastry cream thickens and boils, about 1 minute. Turning the pan as you whisk helps to easily reach all areas of the pan.
4. Reduce the heat to medium and cook an additional 2 minutes, whisking as the pastry cream gently boils. It will become shiny and easier to stir.
5. Pour the pastry cream into a bowl and stir in the vanilla. Place plastic-wrap directly on the surface of the pastry cream (this prevents a skin from forming on the surface) and allow to cool. It is only necessary to refrigerate the pastry cream, if you will not be using it within 2 hours of preparation.

\*Avoid using an uncoated aluminum pan for this recipe.

**NOTE: In past years we have allowed either flour or corn starch to be used to make the pastry cream. This year we want all students to use flour.**

## **FINAL COMPETITION RECIPE #2 cont.**

### **Sauce au Chocolat (Chocolate Sauce)**

***“Thick Sauce” version***

***Makes 3/4 cup***

### **INGREDIENTS**

4 ounces (115 g) semisweet or bittersweet chocolate

1/4 cup water

### **PROCEDURE**

1. In a small saucepan, melt the chocolate together with the water over medium heat, about 2 minutes. When the water and chocolate come to a boil, stir gently with a whisk until smooth. Continue stirring while the sauce gently boils for 10 seconds.
2. If the sauce is too thin, cook it longer. If it is too thick, add more liquid and return to the boil.
3. Remove the sauce from the heat and allow to cool to room temperature or serve warm.