

# Vegetable Pot Pie

Chef Jennifer Hesmondhalgh



## Ingredients:

10 oz sliced cremini mushrooms

¼ cup water

2 large carrots diced

2 stalks of celery sliced

1 large leek chopped

1 cups frozen baby peas

2 cloves of garlic minced

1 tsp fresh thyme

1/3 cup butter

1/3 cup flour

1 cup veggie stock

1 ½ cups whole milk

2 tsp kosher salt

½ tsp black pepper

1 sheet puff pastry

1 egg beaten

## Procedure:

**Directions** preheat oven 425°F

1. Place mushrooms and water in a large skillet on med heat. Sauté mushrooms in water till pan is dry.
2. Add butter, carrots, celery, and leeks sauté for 8-10 mins. Add seasonings and stir
3. Add flour and cook for 2 minutes
4. Add broth and milk stirring constantly until thickened.
5. Take off the heat add peas. Top with puff pastry, brush with beaten egg.

Bake @ 425° F for 30-35 minutes till brown and puffed

# Chicken Gumbo

Steve Bergman, CEC



## Ingredients:

Chicken thighs, bnls sknls, cut into 1" strips	20 lb
Water	10 gal
Margarine	2 lb
Celery, diced	6 lb
Bell pepper, diced	4 lb
Onion, diced	8 lb
Garlic, minced	3 oz
Chicken stock (from above)	9 gal
Dry dark roux	2.4 lb
Rice, raw (Zatarain's)	6 lb
Okra, cut, frozen	6 lb
Tomato, diced, canned	8.4 lb
Chicken base (Custom)	1.4 lb
Kosher Salt	4 oz
Black pepper	1 oz
Cayenne pepper	1 oz
File gumbo	2.5 oz
Poultry seasoning	1.5 oz
Chicken, cooked (from above)	
Andouille sausage, sliced 1/4"	6 lb
Green onion, chopped	4 lb

## Procedure:

1. In a separate kettle, bring water to a boil.
  2. Blanch chicken for 5 minutes. Drain and save the stock.
  3. Melt margarine in kettle, sauté trinity to soften, then the garlic.
  4. Add just enough cold water to dry roux to make a smooth slurry.
  5. Add stock from above and roux slurry. Bring to a boil.
  6. Add rice, simmer 20 minutes.
  7. Add okra, tomato, and all seasonings, simmer 15 minutes.
  8. Add chicken and sausage, simmer additional 15 minutes.
- CCP: Check minimum temperature 165 °F for HACCP, 180°F for quality. Record.
9. Add green onion for garnish.

# Caribbean Sweet Potato-Pineapple Salad

Chef Donnell Jones-Craven



## Ingredients:

- 2-3 medium sweet potatoes, large dice
- ½ pineapple, medium dice
- 2 each ripe, yet firm plantain, ¼ in. sliced bias cut
- ⅓ cup each, tri-color bell peppers, medium dice
- ½ yellow onion, medium dice
- 3 sprigs fresh thyme, chopped
- A small handful of fresh parsley, chopped
- 2 tbsp jerk spice seasoning
- 2 tsp adobo seasoning
- 2 tbsp light brown sugar
- ¼ cup fresh orange juice
- The juice of 2 limes
- To taste: salt and pepper
- ½ c Italian vinaigrette

## Procedure:

**1. Prep vegetables first.** Boil sweet potatoes in rapid boiling salt water for 10-12 minutes until tender yet firm. In medium-high heat in a lightly oil cast iron skillet, place pineapple and sear for 2-3 minutes on each side. Remove pineapple and set aside. Add sweet potatoes and plantains and repeat cooking each separately. In the same pan, add a drizzle of oil to the skillet and bring back to medium-high heat and lightly sauté onions and peppers for 3-4 minutes until onions are translucent and peppers are still firm. Add spices, salt, and pepper while cooking.

**2. Bring salad together.** In a prominent bowl, place all cooked ingredients. In a medium bowl, add ½ cup of good quality Italian vinaigrette. Add brown sugar, orange and lime juice, spices, and parsley—taste for flavor. Mix lightly with a plastic spatula without breaking up the pineapple, sweet potatoes, and plantains. Add additional dressing if needed, but not to make soupy. Serve immediately with stiff dough bread or Hawaiian rolls.

For an extra kick, add 1 tbsp of wet Jerk Sauce of seasoning into the salad.  
For protein pairings, have jerk chicken, fried snapper, or brown stew chicken.

# Cauliflower "Tonnato"

Mike Salvatore, CEC



## Ingredients:

For the cauliflower:

Cauliflower	1 ½ #
Carrots, minced	2 each
Onions, minced	1 each
White wine	1 c
White vinegar	½ c
Bay leaves	2 each
Kosher salt	to taste
White pepper	to taste
Water	2 qt

For the sauce:

Tuna in oil	1 can
Avocado, ripe	2 each
Anchovies	4 each
Extra virgin olive oil	~1 c + 2 T
Capers, rinsed and crisped	1 T
Italian parsley, chopped	1 T
Garlic, minced	1 clove
Lemons, sliced	1 each
Pinenuts, toasted	2 T

## Procedure:

For the cauliflower:

Place all ingredients in a heavy, covered stockpot over medium-high heat. Bring to the first boil, skim, and simmer gently without stirring for a half hour or until the cauliflower is fork tender.

Remove and chill the cauliflower. Strain the cooking liquid, discard the bay leaves, and pass the solids through a food mill. Reserve one cup of strained liquid for sauce adjustment. Chill vegetable puree and liquid thoroughly.

For the sauce:

In a food processor, blend together the tuna in oil, avocado, garlic, and anchovies. Add the vegetable puree and begin adding oil gradually until a thick sauce is achieved. Adjust seasonings and thin the sauce with the reserved poaching liquid if necessary. Remove from the processor and add the parsley. Reserve the sauce for service at ambient temperature.

Cut the cauliflower into large florets, then halve for a flat base. Heat a grill to medium-high, brush the flat side of the cauliflower and grill. Do not char. Use the lemon slices as a socle, top with grilled cauliflower floret and nappe with the sauce. Garnish with the capers and pinenuts.