**LAB MANUAL PRACTICAL BOOK**

**Advanced Food Production Systems B.Sc.H.S**

**HS 307** LL

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**M.A.Rangoonwala Institute of Hotel Management & Research Pune**

**By**

**Imran Sayyed**

**Advance Training Kitchen Laboratory Recipes**

**Manual for**

**Advanced Food Production Systems**

**HS 307**

**Name of Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Class\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Batch\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Year\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Maharashtra Cosmopolitan Education Society’s

**M.A.Rangoonwala Institute of Hotel Management & Research**,

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Certificate

**This is to certify that\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of**

**FY/SY/TY has completed the course of practical**

**in the subject\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Satisfactorily during the year 20\_\_ - 20\_\_**

**Lecturer –in –charge**

**Examiner Principal**

**Practical**

**Subject : Advanced Food Production Systems (Practical)**

**Subject Code : HS 307**

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| --- | --- | --- | --- | --- |
| **Teaching Scheme per week** | | **Examination Scheme** | | |
| **Practical Lecture Hours** | **Total** | **Practical Marks** | **Internal**  **Marks** | **Total**  **Marks** |
| 4x2 | 08 | 40 | 10 | 50 |

**Practical:**

* Minimum ***24 Individual*** Practicals to be conducted during the semester.
* The practicals should comprise of the following:
  1. International Menu (Starter, Soup, Main Course with starch & veg accompaniment, Salad, Bread & Dessert) – 15 practical
  2. Salads – 1 practical
  3. Sandwiches – 1 practical
  4. Classical Appetizers – 1 practical
  5. Chocolate work – 1 practical
  6. 4 Course Basket Menu – 2 practical
  7. International A la carte / TDH menu – 2 practical
  8. Internal Practical Exams – 1 practical
* All students to be assessed for the individual practical on a continuous basis and the marks to be considered in internal marks.

**Practical Examination: (Internal & External)**

* Exams to be conducted on International Menu comprising of Starter or Salad, Soup, Main Course with starch & veg accompaniment, & Dessert.

The internal exams to be assessed by the internal examiner and external exams by the external examiner.

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| **MENU -1** | **MENU -2** |
| Sweet Corn And Chicken Soup | Chicken &Mushroom Soup |
| Fried Prawns | Brinjal In Garlic Sauce |
| Chinese Fried Rice | Chow-Mien |
| Chicken In Garlic Sauce | Chinese chicken wings |
| Chinese stir-fried vegetables with tofu | Chinese Noodles |
| Banana Toffee | Coconut cake |
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| **MENU -3** | **MENU -4** |
| Hot-N-Sour Chicken Soup | Chicken Man Chow Soup |
| Vegetable Manchurian | Chicken Spring Roll |
| Chicken Chilies | Mandarin Fish |
| Vegetable Fried Rice | Chilies Garlic Noodle |
| Coconut panna cotta with lychees | Date Apple Pancake |
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| **ITALIAN** |  |
| **MENU -5** | **MENU -6** |
| Fungi Marinate | Frittata Di Pomodori |
| Minestrone Milanese | Chicken Brodo |
| Tagliatelle Al Burro | Lasagne Verdi Al Forna |
| Sformati Di Verdura | Fungi Fritti |
| Potatoes al Forno | Italian Potatoes Salad |
| Caramel-Apple-Ginger Crostata | Pumpkin and Yogurt Panacotta |
| Focaccia | Filone |
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| **MENU -7** | **MENU -8** |
| Brochette Di Basilica | Insalata Di Carolfiori |
| Zuppa Pavese | Passato Di Spinachi |
| Spaghetti Alla Carbonara | Tagliatelle Genovese |
| Melanzane Alla Parmigiana | Polanta Cake |
| Mashed potatoes | Roasted Potatoes and Garlic |
| Tiramisu | Zabaglion with Cherries and Pear |
| Pan Siciliano | Ciabatta |
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| **FRENCH** |  |
| **MENU -9** | **MENU -10** |
| Celery rave | Choux fleur Gratin au Vol-au -vent |
| Consommé blanc | Bouillabaisse |
| Fillet de pomfret au sole- Hongroise | Poulet sauté a la espgnole |
| Haricot blancs | Epinard a la creme |
| Pommes persilles | Pommes allumette |
| Mandarin Orange Cheesecake | Bruelee Tarte |
| Baguette | Brioche |
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| **MENU -11** | **MENU -12** |
| Tomato and basil galettes | Chicken Liver Pâté Recipe |
| Bisque De Crevettes | French Onion Soup |
| Goulash De Poulet | Chicken Parisienne |
| Courge Provencale | Carrots a La Crème |
| Pommes De Terre Lyonnaise | Bataille des pommes de terre |
| Chocolate Eclairs | French String Beans with Shallots |
| Onion Rolls | Apple and plum Yogurt Parfaits |
|  | Ficelle bread |
| **MEXICAN** |  |
| **MENU -13** | **MENU -14** |
|  |  |
| Tomato and corn soup | Vermicelli soup |
| Tostados | Chimichanga |
| Chicken Tortilla Flutes | Picadilo |
| Chicken enchiladas | Quesadillas |
| Mushroom with chipotle chilies | Chilaquilles |
| Coriander rice | Mexican rice Frijoles |
| Sopaipillas | Coconut and pineapple Palates |
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| **PORTUGUESE** |  |
| **MENU- 15** | **MENU -16** |
| **Caldo Verde** | Portuguese Beef – Cacoila |
| Custard Tarts - Pasteis de NataPortuguese Sweet Bread | Portuguese Kale Soup |
| Portuguese Chicken Soup II | Portuguese Chourico Stew and green beans |
| Beefs Portuguese Style | Arroz Doce (Portuguese Sweet Rice) |
| Portuguese Chourico Stew | Bacalhau Portuguese ao Forno (Salt Cod with Tomatoes and Olives) |
| Captain Duarte's Salt Cod Cakes) | Portuguese Farm Bread |
| Portuguese Beanswith Kale and Lin guica |  |
| Filhos (Portuguese Donuts) |  |
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| b) **Salads – 1 practical** | **c) Sandwiches – 1 practical** |
| **MENU- 17** | **MENU -18** |
| Black Bean and Corn Salad | Jalapeno Popper Grilled Cheese Sandwich |
| Caesar Salad Supreme | French Dip Sandwiches |
| Fruit Salad | Open Face Mozzarella Sandwich |
| Nicoise Salad | Lorraine's Club Sandwich |
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| d) **Classical Appetizers – 1 practical** | **e)Chocolate work – 1 practical** |
| **MENU- 19** | **MENU -20** |
| Stuffed Mushroom | Chocolate Covered Strawberries |
| Cheesy Rice Stuffed Jalapeno Peppers | Saltine Toffee Cookies |
| Tomato Bruschetta | Truffles |
| Arancini | Chocolate Balls |
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| **MENU- 21** | **MENU -22** |
| f) **4 Course Basket Menu – 2 practical** | f) **4 Course Basket Menu – 2 practical** |
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| **MENU- 23** | **MENU -24** |
| g) **International A la carte – 1 practical** | **g) International TDH menu – 1 practical** |
|  | Portuguese Beef – Cacoila |
|  | Portuguese Kale Soup |
|  | Portuguese Chorizo Stew and green beans |
|  | Arroz Doce (Portuguese Sweet Rice) |
|  | Bacalhau Portuguese ao Forno (Salt Cod with Tomatoes and Olives) |
|  | Portuguese Farm Bread |

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| **Sr. no** | **MENU -1 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Sweet Corn And Chicken Soup |
| 2 | Fried Prawns |
| 3 | Chinese Fried Rice |
| 4 | Chicken In Garlic Sauce |
| 5 | Chinese stir-fried vegetables with tofu |
| 6 | Banana Toffee |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sweet Corn Chicken Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1L (4 cups) chicken consomme | 60ml (1/4 cup) water |
| 2 (about 200g each) single chicken breast fillets | 1 x 420g can creamed corn |
| 1 tbs light soy sauce | 1 x 300g can corn kernels, rinsed, drained |
| 2 tsp finely grated fresh ginger | 100g shaved ham, thinly sliced |
| 1 tbscornflour | 2 egg whites |
| 6 green shallots | 1 tsp sesame oil |
| 1 tsp black pepper |  |
| 1 tsp Salt |  |
|  |  |

Method

Place the consommé and chicken in a large saucepan and bring to the boil over high heat. Reduce heat to low and simmer for 5 minutes or until chicken is cooked through. Transfer chicken to a heatproof bowl. Set aside for 5 minutes to cool slightly. Finely shred.

Add the soy sauce and ginger to the consommé mixture. Place the corn flour in a small bowl and gradually stir in the water until smooth and combined. Gradually stir the corn flour mixture into the consommé mixture. Cook, stirring occasionally, for 2 minutes or until consommé thickens slightly. Add the chicken, creamed corn, corn and ham and cook, stirring occasionally, for 2 minutes or until hot. Use a fork to whisk the egg whites in a small bowl. Gradually pour the egg whites into the soup, stirring constantly with a wooden spoon. Cook for 2 minutes or until white ribbons swirl though the soup. Remove from heat. Add the sesame oil and half the green shallot and stir to combine. Taste and season with salt and pepper. Ladle the soup among serving bowls and sprinkle with the remaining green shallot. Serve immediately.

**Wok-fried prawns with bok choy**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1kg green king prawns, peeled, deveined, tails intact | 1 bunch baby bokchoy, stems trimmed, chopped |
| 1/2 cup Kikkoman Teriyaki Marinade with Roasted Garlic | 2 green onions, cut into 3cm lengths |
| 1 tablespoon sweet chilli sauce | steamed rice, to serve |
| 2 teaspoons cornflour | 1 tablespoon extra light olive oil |
| 1/2 cup reduced-salt chicken stock |  |
|  |  |

Method:

Combine prawns, teriyaki marinade and sweet chilli sauce in a bowl. Mix well. Cover and refrigerate for 15 minutes. Drain, reserving 1 1/2 tablespoons marinade.Combine cornflour, stock and reserved marinade in a jug.

Heat a wok over high heat until hot. Add half the oil and half the prawn mixture. Stir-fry for 1 to 2 minutes, or until prawns start to colour. Remove to a plate. Repeat with remaining oil and prawns.

Add bokchoy and onions to wok. Stir-fry for 1 minute. Add prawns and stock mixture. Stir-fry for 1 to 2 minutes or until sauce thickens. Serve with steamed rice

**Chineese fried rice**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 1/2 cups long-grain white rice | 2 garlic cloves, crushed |
| 3 eggs | 1 long red chilli, finely chopped |
| 2 teaspoons sesame oil | 2 tablespoons salt-reduced soy sauce |
| 3 teaspoons peanut oil | 1 tablespoon oyster sauce |
| 5 (30g each) dried Chinese pork sausages, thinly sliced (see note) | 1/2 cup frozen peas, thawed |
| 3 green onions, thinly sliced | 1 long red chilli, deseeded, thinly sliced lengthways, to serve |

Method:

Cook rice following absorption method on packet until tender. Line a baking tray with baking paper. Spread rice over prepared tray. Cool to room temperature. Cover and refrigerate for 3 hours.

Combine eggs and half the sesame oil in a jug. Heat a wok over high heat. Add 1 teaspoon peanut oil. Swirl to coat. Add one-third of the egg mixture. Swirl to coat. Cook for 1 minute or until just set. Remove to a board. Roll up. Thinly slice. Repeat twice with remaining peanut oil and egg mixture.

Add sausage and onion to wok. Stir-fry for 2 to 3 minutes or until sausage has browned. Add garlic and chilli. Stir-fry for 1 minute or until fragrant. Add rice, soy sauce, oyster sauce, peas and remaining sesame oil. Stir-fry for 2 minutes or until heated through. Top with chilli. Serve.

**Garlic-chicken with mango salad**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 90g (1 cup) dried breadcrumbs | 75g (1/2 cup) plain flour |
| 2 tbs sesame seeds | 500g chicken tenderloins |
| 2 eggs, lightly whisked | Peanut oil, to shallow-fry |
| 1 tbs chopped fresh coriander | 140g (4 cups) baby spinach leaves |
| 1 tsp soy sauce | 1 ripe mango, cheeks removed, peeled, cut into 2cm pieces |
| 1 small garlic clove, crushed | 65g (1/2 cup) South Cape Marinated Feta, crumbled |
| 1/2 small red onion, finely sliced |  |

Method

Combine the breadcrumbs and sesame seeds on a plate. Combine the egg, coriander, soy sauce and garlic in a shallow bowl. Place the flour on a plate and season with salt and pepper. Dip chicken pieces, 1 at a time, in flour. Shake off excess. Dip in egg mixture,then in the breadcrumb mixture, pressing firmly to coat. Place on a large plate. Add enough oil to a large frying pan to come 1cm up the side of the pan. Heat over medium heat. Cook half the chicken for 2-3 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining chicken. Combine the spinach, mango, feta and onion in a bowl. Serve with the chicken.

**Chinese stir-fried vegetables with tofu**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 tablespoons soy sauce | 2 garlic cloves, finely sliced |
| 2 tablespoons Chinese rice wine | 2cm piece fresh ginger, finely grated |
| 2 teaspoons sugar | 200g honey-soy tofu, sliced |
| 2 teaspoons sesame oil | 125g baby corn |
| 1 tablespoon vegetable oil | 125g snow peas, trimmed |
| 1 brown onion, halved, thinly sliced | 100g shiitake mushrooms, sliced |
|  | 1 bunch baby pakchoy, leaves separated |

Method

Whisk together soy sauce, rice wine, sugar and sesame oil. Season with pepper.Heat oil in a wok or large frying pan over high heat. Stir-fry onion, garlic and ginger for 2 minutes or until onion has softened. Add tofu, corn, snow peas and mushroom. Stir-fry for 3 to 4 minutes or until vegetables are just tender (be careful not to break up tofu). Add sauce mixture and pakchoy. Stir-fry for 1 minute to combine. Serve.Tip: Before stir-frying, make sure all ingredients are prepared and ready. Cook thick vegies such as carrots, beans and broccoli first, and lighter, leafy vegies such as pakchoy last.

**Banana Toffee**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 5 bananas, firm and not overripe | 2 tablespoons oil |
| 4 cups oil for deep-frying, or as needed | 1 1/2 cups granulated sugar |
| 1 egg, lightly beaten | 3 – 6 tablespoons white sesame seeds, according to taste\* |
| 3/4 cup water |  |
| 1 cup all-purpose flour |  |

**Method:**

Preparing and Deep-frying the bananas:Cut the bananas into 1 1/2 inch lengths (about 5 pieces per banana).Combine the egg and the water, and then stir into the flour to make a batter.  
Heat the oil for deep-frying to 365 degrees Fahrenheit. Use a fork to dip each banana slice into the batter, roll it around and coat it with the batter. (If needed, push the banana off the fork with your finger, then use the fork to push the banana around in the batter to recoat it. Respear it with the fork).Caramelizing the bananas:Fill 2 bowls with ice cold water and several ice cubes, and place in the freezer while preparing the sugar syrup.Heat 1 tablespoon oil on low-medium heat, then add 3/4 cup sugar, stirring constantly until it turns a golden brown (about 5 minutes). Be careful not to burn the sugar. Remove the wok from the heat and stir in half the sesame seeds. Set out the ice bath. Working quickly, use a fork to place a banana slice in the sugar syrup 4. Caramelize the second half of the bananas, repeating steps 2 and 3 and using the second ice bath. If you like, feel free to use black sesame seeds, which are thought to help prevent hair from graying.

**Coconut cake**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 200g (8 oz) plain flour | 50g (2 oz) desiccated coconut |
| 1/2 teaspoon salt | 1/2 teaspoon grated lime zest |
| 2 teaspoons baking powder | 1 egg |
| 75g (3 oz) butter | 125ml milk |
| 75g (3 oz) sugar | 1 teaspoon vanilla extract |
|  | 50g (2 oz) desiccated coconut |
|  | 1/2 teaspoon grated lime zest |

**Method**

Sift flour, salt and baking powder together into a bowl. Rub in the butter until mixture looks like fine breadcrumbs. Add sugar, coconut and lime zest.

In a separate bowl, beat egg and add 100ml of the milk and vanilla.

Make a well in centre of flour mixture. Add liquid and mix well to form a stiff consistency, adding the additional milk if necessary.

Place in a greased 15cm (6 inch) cake tin and bake at 180 C / Gas 4 for 40 minutes, or until a knife inserted in the middle comes out clean.

**Icing**

Try this [Coconut cream cheese icing](http://allrecipes.co.uk/recipe/6098/coconut-cream-cheese-icing.aspx) or try a simple [buttercream](http://allrecipes.co.uk/recipe/6110/buttercream-icing.aspx), then sprinkle with more coconut. For an especially pretty presentation, toast the coconut in a dry frying pan for a few minutes over medium heat.

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| **Sr no** | **MENU -2 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Chicken &Mushroom Soup |
| 2 | Stir-fried mixed vegetables |
| 3 | Vegetable Chow Mein |
| 4 | Chinese chicken wings |
| 5 | Chinese Noodles |
| 6 | Coconut cake |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Color** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chicken with mushroom soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 6 cups chicken stock | salt and cracked black pepper |
| 2 tablespoons sherry | 2 tablespoons chopped flat-leaf parsley |
| 200g sliced button mushrooms | 2 single chicken breast fillets, trimmed |

Method

Place chicken stock and sherry in a large saucepan over medium-high heat. Simmer for 5 minutes, then add mushrooms and cook for another 3 minutes. Add chicken and cook for 3 minutes or until cooked through. Season with salt and pepper and stir in parsley. Serve immediately.

**Stir-fried mixed vegetables**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 tablespoons vegetable oil | 1/2 small head cauliflower |
| 2 garlic cloves, crushed | 2 green onions, trimmed, cut into 6cm lengths |
| 1 medium brown onion, halved, sliced | 1 medium carrot sliced into rounds |
| 1 long red chilli, sliced into rounds | 1/2 cup chicken stock |
| 1 1/2 teaspoons cornflour | 1/2 small Chinese cabbage |

Method

Heat oil in a wok or large deep frying pan over medium-high heat. Add garlic, onion and chilli. Stir-fry for 2 minutes or until onion is just softened. Increase heat to high. Add cauliflower, green onion and carrot. Stir-fry for 3 minutes or until carrot is almost tender.

Blend cornflour and 1/4 cup warm water in a small jug. Add stock and cornflour mixture to wok. Stir-fry for 2 minutes or until sauce boils and thickens. Add cabbage. Stir-fry for 1 minute or until just wilted. Season with salt and pepper. Serve immediately.

**Vegetable Chowmein :**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 Packet Noodles | 1/2 cup Beans Chopped |
| 1 Onion Sliced | 2 tbsp Soya Sauce |
| 1 Capsicum Sliced | 1 tbsp Vinegar |
| 1 Cabbage Shredded | 1 tbsp Chili Sauce |
| 1 Carrot Sliced | Salt to taste |
| 1/4 tsp Pepper Powder | 2 tbsp Oil |
|  |  |

Method:

Boil Noodles in enough water. Take care do not overcook.

Strain Noodles through cold water 2-3 times and drain water and set aside, add few drops of oil to the noodles to avoid sticking.

Heat oil in a wok and add sliced onions and stir fry for 20-30 seconds, add all other vegetables and stir fry for 2 minutes.

Add salt and pepper and mix well. Now add boiled noodles and mix well (take care that noodles don't break) .Add vinegar, chili sauce and soya sauce and stir fry for a minute.

Serve the vegetable chowmein hot.

Note : According to taste vinegar, soya sauce and chili sauce can be increased or decreased.

**Chinese chicken wings**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 6 Chicken Wings | 1/4 tsp Pepper / Chili Powder |
| 1 tbsp Ginger-Garlic paste | A pinch of sugar |
| 2 tbsp Flour (maida) | Salt to taste |
| 2 tbsp Con flour | 1 tbsp Soya Sauce |
| 2 Eggs (beaten) | Oil for frying |
|  |  |
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Method:

In a bowl add Soya sauce, ginger-garlic paste, sugar. Add chicken wings coat well and set aside for 1/2 hour. Make a smooth batter by adding corn flour, all purpose flour, salt, pepper and beat in the eggs .Heat oil in a wok / kadhai.Dip each wing in the batter and coat evenly and deep fry the drumsticks till golden brown. Serve fried chicken wings hot with thin slices of onions and lemon

**Chinese noodles**

Ingredients (serves 4)

|  |  |
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| 225g rice noodles | 1/2 tablespoon chilli sauce |
| 2 tablespoons vegetable oil | salt and pepper to taste |
| 1 clove garlic, minced | 1 green onion, chopped |
| 1 tablespoon soy sauce |  |

Bring a large pot of water to the boil. Add noodles, and cook for 4 to 5 minutes or until al dente; drain. Al Dente is when noodles are firm to touch and are the polar opposite of 'squishy'.Heat oil in a large frying pan over medium heat. Cook garlic until tender. Stir in noodles, and season with soy sauce, chilli sauce, salt and pepper. Sprinkle top with chopped green onion.

**Coconut Cake**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 200g (8 oz) plain flour | 50g (2 oz) desiccated coconut |
| 1/2 teaspoon salt | 1/2 teaspoon grated lime zest |
| 2 teaspoons baking powder | 1 egg |
| 75g (3 oz) butter | 125ml milk |
| 75g (3 oz) sugar | 1 teaspoon vanilla extract |

Preparation method

1.In a pan, combine the chicken stock, water, mushrooms, bamboo shoots, root ginger, garlic, soy sauce and crushed chillies. Bring to the boil, then reduce the heat to low, cover and simmer while you assemble the rest of the ingredients. 2.Place the chicken strips into a bowl and toss with the sesame oil to coat. In a separate bowl, stir together the cornflour and vinegar, and set aside. 3.Increase the heat under the stock to medium-high, and return to a rolling boil. Add the chicken. Return to the boil, and then drizzle in the egg while stirring slowly to create long strands of egg. Stir in the vinegar and cornflour. Simmer over medium heat, stirring occasionally, until chicken is cooked through and the stock has thickened slightly, about 3 minutes. Serve garnished with spring onions and coriander

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| **Sr no** | **MENU -3 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Hot-N-Sour Chicken Soup |
| 2 | Vegetable Manchurian |
| 3 | Chicken Chilies |
| 4 | Vegetable Fried Rice |
| 5 | Coconut panna cotta with lychees |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Hot-N-Sour Chicken Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 750ml chicken stock | 1/4 teaspoon dried crushed chillies |
| 100ml water | 500g skinless, boneless chicken breast fillets - cut into strips |
| 200g sliced fresh mushrooms | 1 tablespoon sesame oil |
| 50g bamboo shoots | 2 green onions, chopped |
| 3 slices fresh ginger | handful chopped fresh coriander (optional) |
| 2 cloves garlic, crushed | 3 tablespoons white wine vinegar |
| 2 tsp soy sauce | 2 tablespoons cornflour |
| 1 egg, beaten |  |

Method

In a pan, combine the chicken stock, water, mushrooms, bamboo shoots, root ginger, garlic, soy sauce and crushed chillies. Bring to the boil, then reduce the heat to low, cover and simmer while you assemble the rest of the ingredients.

Place the chicken strips into a bowl and toss with the sesame oil to coat. In a separate bowl, stir together the cornflour and vinegar, and set aside.

Increase the heat under the stock to medium-high, and return to a rolling boil. Add the chicken. Return to the boil, and then drizzle in the egg while stirring slowly to create long strands of egg. Stir in the vinegar and cornflour. Simmer over medium heat, stirring occasionally, until chicken is cooked through and the stock has thickened slightly, about 3 minutes. Serve garnished with spring onions and coriander.Cauliflower Manchurian

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 medium Cauliflower clean and broken into big florettes | 2 Red chillies, dry |
| 1 small Bunch spring onoin finely chopped | 3 tbsp Oil |
| 2 tsp Ginger finely chopped | 1 1/2 cups Water |
| 1 tsp Garlic finely chopped | 1 tbsp Milk |
| 1/4 cup Plain flour |  |
| 3 tbspCornflour |  |
| 1/4 tsp Red chilli powder |  |

1.Boil the florettes for 3-4 minutes in plenty of water, to which a tbsp. of milk has been added. Drain and pat dry on a clean cloth. Make thin batter out of flour and 2 tbsp.cornflour, adding 1/4 tsp. each of ginger and garlic and red chilli powder and salt to taste. Dip the florettes in the batter one by one and deep fry in hot oil. Keep aside. 2.

In the remaining oil, add remaining ginger, garlic and crushed red chilli and fry for a minute. Add the salt and spring onions. Stir fry for a minute. Add 1 1/2 cups water and bring to a boil. Add 1 tbsp. cornflour to 1/4 cup water and dissolve well. Gradually add to the gravy and stir continuously till it resumes boiling. Boil till the gravy becomes transparent. Add florettes and soya sauce. Boil for two more minutes and remove. Serve hot with noodles or rice. 3.

Dry manchurian can be made by omitting the gravy. Make florettes as above and instead of adding water as above, add fried florettes, spring onions and soya ce at this stage. Sprinkle 1 tsp. cornflour on the florettes and stirfry for 2 minutes. Serve piping hot with toothpicks or miniforks and chilligarlic sauce or tomato sauce. Same procedure for veg. manchurian (with gravy or dry), but instead of using only cauliflower, use finely chopped minced vegetables and bind with some cornflour or bread crumbs and make small lumps the size of a pingpong ball. Fry as above and proceed as above.

**Chilli chicken stir-fry**

Ingredients (serves 4)

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| --- | --- |
| 1 1/2 tablespoons peanut oil | 2 tablespoons oyster sauce |
| 500g chicken stir-fry strips | 1/3 cup unsalted roasted cashew nuts |
| 2 garlic cloves, crushed | 1/2 cup Thai basil leaves (see note), torn |
| 3cm piece ginger, peeled, finely grated | steamed basmati rice, to serve |
| 4 green onions, cut diagonally into 3cm lengths | 2 tablespoons oyster sauce |
| 1 long red chilli, deseeded, finely chopped |  |
| 1 bunch choy sum, trimmed, chopped |  |

Method

Heat a wok over high heat until hot. Add 2 teaspoons oil. Swirl to coat. Add half the chicken. Stir-fry for 2 to 3 minutes or until browned. Transfer to a bowl. Repeat with 2 teaspoons oil and remaining chicken strips.

Add remaining 2 teaspoons oil to wok. Swirl to coat. Add garlic, ginger, onions and chilli. Stir-fry for 30 seconds. Add choy sum. Stir-fry for 1 minute or until bright green.

Return chicken to wok with oyster sauce. Stir-fry for 1 minute or until combined. Stir through cashews and basil. Serve with steamed rice

Notes

Thai basil, also known as holy basil, has purple stalks with reddish-green leaves. It has a strong taste and is traditionally used in stir-fries and salads.

**Vegetable fried rice**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 teaspoons olive oil |  |
| 2 green onions, chopped |  |
| 1 cup chunky frozen vegetables (see note) |  |
| 2 cups cooked jasmine rice |  |
| 1 tablespoon soy sauce |  |

Method

Heat oil in a large frying pan over medium-high heat. Add onion and vegetables. Cook, stirring, for 2 to 3 minutes or until onion has softened Add 2 tablespoons cold water.Cook, stirring, for 5 minutes or until vegetables are just tender. Add rice and soy sauce. Cook, stirring, for 2 to 3 minutes or until heated through.Vegetable mix contains beans, carrot, broccoli and cauliflower.

**Coconut Panna Cotta with Tropical Fruit**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (15-ounce) can coconut cream |  |
| 1 (13.5-ounce) can coconut milk |  |
| 2 cups chilled heavy cream |  |
| 1/4 cup confectioners' suga |  |
| ½ Cup leeches |  |

Method

Sprinkle the gelatin evenly over 3 tablespoons of cool water in a small bowl. Set aside to soften.

In a medium saucepan, heat the coconut cream and coconut milk over medium heat until the sides begin to bubble. Lower the heat and whisk in the softened gelatin, stirring to make sure it is completely dissolved.

Fill a large bowl with cold water. Strain the coconut mixture into a bowl that will fit easily into the bowl of water. Set into the bowl of water to cool, stirring every few minutes with a rubber spatula until the mixture starts to thicken. If the mixture starts to set, remove it immediately.

Remove the bowl of coconut mixture from the bowl of water. Empty out the water and wipe the bowl dry. In the dry bowl, stir the cream and confectioners' sugar together until the sugar is dissolved. Stir into the coconut mixture. Divide the coconut mixture evenly among 6 (7 to 8-ounce) custard cups or ramekins. Chill until firm, at least 4 hours. To serve, run a knife around the inside edge of the molds and invert each panna cotta onto a serving plate. Spoon some of the diced fruit over each, allowing the fruit to spill onto the plate.

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| **Sr no** | **MENU -4 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Chicken Man Chow Soup |
| 2 | Chicken Spring Roll |
| 3 | Mandarin Fish |
| 4 | Chilies Garlic Noodle |
| 5 | Date Apple Pancake |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Chicken Manchow Soup Recipe**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 Cup cooked chicken pieces | 2 tbsp Oil |
| • 4 Cups chicken stock | • 2 Spring onions, finely chopped |
| • 4 tbsp Corn flour mixed with 1 cup water | • 2 tbsp French beans, finely chopped |
| • 1 tbsp Coriander leaves, finely chopped | • 2 tbsp Carrots, finely chopped |
| • 2 tbsp Cabbage, finely chopped | • 1 tsp Pepper |
| • 2 tbsp Capsicum, finely chopped | • 1 tsp Ginger, finely chopped |
| • 2 tbsp Mushrooms, finely chopped | • 1 tsp Garlic, finely chopped |
| sp S• 1 tsp Green chilies, finely chopped | 2 Stems of spring onion |
| Salt as required | 1 tb oya sauce |

How to make Chicken Manchow Soup:

• Heat oil in a pan. Fry the ginger, coriander leaves, garlic, and green chilies for 2 minutes. Add all the vegetables, pepper, ajinomoto and salt, fry for 2 more minutes, keep stirring. Now add this vegetable mixture to the cooked chicken, mix well. Combine the chicken stock, soy sauce and salt with it. Bring it to a boil, reduce the heat and add cornflour mixed with water and stir continuously until it thickens slightly. Remove it from the fire. Garnish with spring onion stems before serving

**Chicken Spring Roll**

Ingredients (serves 4)

|  |  |
| --- | --- |
| • ½ kg boneless Chicken | • 1 tbspChilly Powder |
| • 1 large Potato (chopped) | • 1 tbsp Pepper Powder |
| • 1 Onion (chopped) | • 1 tbsp Chicken Masala |
| • 2 Carrots (chopped) | • ½ cup Oil |
| • 15 Beans (chopped) | • 10 Spring Roll Pastry Wrappers |
| • 4 leaves of Cabbage (chopped) | • Salt (to taste) |
| • 2 Green Chilies | • 1 tbspChilly Powder |

Method:

Slice chicken into small pieces. Mix with chilly powder, pepper powder, and salt. Marinate for ½ hour. Heat oil in a pan and fry the chicken pieces. Remove and keep aside. Heat 4 tbsp oil in a saucepan and fry potatoes, carrots, beans, cabbage, onion, and green chilies. Flavor with salt and stir fry for 5 minutes. Stir in chicken masala and fried chicken. Cook for another 5 minutes. Stuff the pastry wrappers with the chicken mixture. Heat oil in a frying pan and fry the rolls until golden on all sides. Serve hot with your favorite sauce.

**Chinese Mandarine Fish**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 56 grams Wooded Ear Mushrooms (soaked in warm water for 30 minutes) | • 2 tbsp Cornstarch |
| • 500 gm Fish (cleaned and diced) | • 300 ml Chicken Stock |
| • 250 gm White Flour (Maida) | • Peanut Oil (as per requirement) |
| • 6 Black Pepper (finely crushed) | • Salt to taste |
| • 200 gm Shallots (minced) |  |
| • 1 tbsp chopped garlic |  |
| • 1 bunch small Parsley Leaves (chopped finely) |  |

Method:

In a vessel, mix the pepper and flour with salt then smear the fish pieces to it. On medium heat,place a pan and pour oil then fry the pieces till they become golden brown. Take the pieces out of it and keep it in a different plate In the preheated pan of oil,sauté the shallots and garlic for 1 minute. Add the mushrooms with salt and pepper. Saute it for five minutes then add the chicken stock. Bring it to a boil and add the cornstarch mixture. Stir continuously for 2 minutes then reduce the flame. Add the fish pieces to it and simmer it 5 minutes. Top it with the parsley. Best serve it rice or fried rice.

**Chili Garlic Noodles**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 8 Garlic Cloves, minced | • 2 tsp Sugar |
| • 15 Dry Red Chilies, chopped | • 2 tbsp Oil |
| • 4 Tomatoes, chopped | • 1½ tbsp Cornstarch |
| • 3-inch piece Fresh Ginger, minced | • Salt, to taste |
| • 3/4 cup Chopped Onions |  |
| • 2 tbsp Soy Sauce |  |
| • 2 tsp Allspice |  |

Method

Place a saucepan on the stove and pour oil in it. Let it become hot. Combine garlic, red chilies, tomatoes, ginger, onions, soy sauce, allspice and salt in the pan. Gently stir over medium heat, till the mixture is cooked. This will take about 10 to 15 minutes. If the mixture is too dry, add a couple tablespoons of water. Remove the mixture from flame and let it cool. Transfer the mixture to a food processor and blend it well, to form a paste. Dissolve the cornstarch in a little water. Return the mixture to the saucepan; add the dissolved corn starch and sugar. Mix well. Simmer on low heat, until the garlic sauce begins to thicken. Remove from heat. Transfer to jars and cool.

**Date Apple Pancakes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| • 1½ cups All-Purpose Flour | • ¼ tsp Salt |
| • ½ cup Flavoring (any of your choice) | • 2 tbsp Sugar |
| • 3 medium Apples (peeled and coarsely grated) | • Vegetable Oil (for frying) |
| • 150gm dates | • Confectioner’s Sugar (for dusting) |
| • 2 Eggs (well beaten) | • ¼ tsp Salt |
| • 1½ cups Milk |  |
| • 1 tsp Baking Powder |  |

Method:

Combine flour, flavoring, baking powder, salt, and sugar together in a large mixing bowl. Mix beaten eggs with milk and gradually add to the flour mix. Add apples and blend well. Heat oil in a skillet and drop large spoonfuls of the batter into the pan and flatten out. Simmer until golden. Flip over and cook for another 2-3 minutes. Remove and transfer to a serving platter. Dust with confectioner’s sugar. Repeat with the rest of the batter. Serve warm.

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| **Sr no** | **MENU -5 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Fungi Marinate |
| 2 | Minestrone Milanese |
| 3 | Tagliatelle Al Burro |
| 4 | Sformati Di Verdura |
| 5 | Potatoes al Forno |
| 6 | Caramel-Apple-Ginger Crostata |
| 7 | Focaccia |

**Conclusion:**

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| --- | --- | --- | --- | --- | --- |
| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Fungi Marinate**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 400 gm Fresh mushrooms | 20 gm Sun dry tomatoes |
| A little flour | 100 gm Mozzarella cheese, cubed |
| 120 ml Red wine | Salt to taste |
| 100 ml Honey | A few basil leaves for garnishing |
| 1/4 c. Lemon juice, (60 ml.) | A few lemon wedges for garnishing |
| 1 tsp Garlic paste, (5 g.) |  |
| 4 tsp Fresh basil, (20 g.) |  |
| 1/2 tsp Thyme, (2 g.) |  |

Method

Wash the fresh mushrooms with a slurry flour and water mix to make sure it is clear of all dirt. Mushrooms being a fungi, it is better to clean the mushrooms for a second time. Wipe the mushrooms until dry and gently prick them with a fork all over, so which they don't tear open. In a bowl mix the red wine, honey and lemon juice well. Add in the garlic, basil and thyme to the dressing. Blanch the sun dry tomatoes in warm water till soft and give a bite, but are not elastic and chewy. Add in the tomatoes and the mushrooms to the dressing. Heat the dressing till just hot. This enhances the taste and the flavours become distinct. When cold, chill for at least two hrs.

Transfer to a serving bowl, sprinkle chunks of mozzarella and salt to taste. Wet the cheese and mushrooms with the dressing. Garnish with fresh basil leaves and lemon wedges. Serve chilled

**Sformato di verdure**

Ingredients (serves 4)

|  |  |
| --- | --- |
| Potatoes-500gm | Cheese-100gm |
| Aubergine-250gm | Butter-100gm |
| Red pepper-250gm | Salt-15gm |
| Zuccini-250gms | Pepper-10gm |
| Morney Sauce-250gm |  |

|  |
| --- |
|  |

Method

Poach the potatoes and slice them ,slice the carrots zucchini make the sauce and pour the sauce Arrange the vegetables in siries and grate the cheese then bake the di verdure Serve hotGarnished with parsley and cheese.

**Minestrone Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| ½ cup olive oil | 1/8 teaspoon pepper |
| 1-1/2 cups chopped, peeled onion | 1 cup diced fresh green beans |
| l teaspoon minced garlic | ½ cup uncooked elbow macaroni |
| 4 cups water | 1 ½ cup sliced zucchini |
| l cup sliced carrots | 3 cups shredded fresh spinach leaves |
| l cup sliced celery | Parmesan cheese |
| 1 28-ounce can plum tomatoes, broken up |  |
| 1-1/2 teaspoon salt |  |

Method

In a heavy 4-6 quart pot heat oil over moderate heat. Stir in onion and garlic and cook about 3 minutes, stirring occasionally until soft.Add water, carrots, celery, tomatoes, salt and pepper and bring to a boil over moderately high heat. Reduced heat to low, cover and simmer 30 minutes. Add green beans to simmering soup. Cover and cook over moderately low heat for 10 minutes. Add macaroni, zucchini, and spinach. Cover and cook 15 minutes until vegetables are tender (but do not overcook). Serve with grated Parmesan

**Patate al Forno: Baked Potatoes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| **1 1/2**pounds potatoes, peeled, thinly sliced |  |
| **4**fresh [basil](http://www.foodterms.com/encyclopedia/basil/index.html) leaves, chopped |  |
| **4**fresh sage leaves, chopped |  |
| **1**sprig [rosemary](http://www.foodterms.com/encyclopedia/rosemary/index.html), chopped |  |
| **2**[cloves garlic](http://www.foodterms.com/encyclopedia/garlic/index.html), chopped |  |
| Salt and freshly ground black pepper |  |
| **1/2**cup [extra-virgin olive oil](http://www.foodterms.com/encyclopedia/olive-oil/index.html) |  |
|  |  |

Method

Preheat oven at 400 degrees F.Put the [potatoes](http://www.foodterms.com/encyclopedia/potato/index.html) in a roasting pan and sprinkle with the basil, [sage](http://www.foodterms.com/encyclopedia/sage/index.html), rosemary and garlic. Season with salt and pepper, to taste.[Drizzle](http://www.foodterms.com/encyclopedia/drizzle/index.html) extra-virgin olive oil on the potatoes, put the roasting pan in the oven and bake until golden brown and tender, approximately 45 minutes.

**Tagliatelle a I funghi**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 lb. tagliatelle egg pasta, or homemade tagliatelle pasta all'uovo | 1/3 cup heavy whipping cream |
| 1 oz. dried porcini mushrooms, reconstituted | 4 tbsp freshly chopped parsley |
| 1/2 pound sliced white mushrooms | salt to taste |
| 1/2 pound slliced brown or crimini mushrooms | freshly grated parmesan cheese to garnish |
| 4 tbsp. butter |  |
| 1 shallot, minced |  |
| 2 cloves garlic, minced |  |
|  |  |

Before making the dish, you need to reconstitute the dried porcini mushrooms. Soak the mushroom in a bowl of very hot water for at least 30 minutes. Then, remove the mushrooms, towel dry, and slice into smaller pieces. Strain and reserve the liquid for later.

While you are preparing the mushrooms, put a large pot of salted water to boil. Most egg pasta cooks really quickly, less than 5 minutes, so plan accordingly.

In a large skillet, heat the butter until bubbly, then add the shallot and garlic. Saute for a few minutes until they soften. Next, Add the mushrooms, both fresh and the porcinis. Salt to taste.Saute over medium high heat for 10-15 minutes. The mushrooms should be nicely browned.

When mushrooms look just about done, drop your pasta into the boiling water and cook to desired doneness, it should be al dente. Drain the pasta, and add it to the skillet with the mushrooms, shallot, garlic. With the heat still at medium to medium high, add the parsley and heavy cream. Stir until all the ingredients are well blended. Let the cream reduce. If liquid is absorbed too quickly, add some of the porcini mushroom liquid, or additional cream if you wish. The sauce should coat the pasta nicely, but it should not be thick at all.Serve your pasta with a sprinkling of parmesan cheese, and some fresh parsley.

**Caramel-Apple-Ginger Crostata**

Ingredients (serves 4)

|  |  |
| --- | --- |
| **1** Pillsbury™ refrigerated pie crust, softened as directed on box | **1**tablespoon granulated sugar |
| **6** cups thinly sliced peeled apples (about 5 medium) | **1/3** |
| **1/2**cup packed brown sugar | cup caramel topping |
| **3**tablespoons all-purpose flour | **2**tablespoons finely chopped ginger |
| **1**teaspoon ground cinnamon | **1**tablespoon butter or margarine |

**Method**

* 1Heat oven to 450°F. Line 15x10x1-inch pan with cooking parchment paper. Unroll pie crust in pan.
* 2In large bowl, toss apples, brown sugar, flour, ginger and cinnamon. Spoon apple mixture onto center of crust, leaving 2-inch border (apples will be piled about 4 inches high). Sprinkle butter over apples. Fold edge of crust over, pleating to fit. Brush crust edge with water; sprinkle with granulated sugar.
* 3Loosely cover top and sides with foil; bake 20 minutes. Remove foil; bake 9 to 13 minutes longer or until crust is golden brown and apples are tender. Immediately run spatula or pancake turner under crust to loosen. Cool 30 minutes before serving. Cut into wedges; drizzle with caramel topping.

**Focaccia Bread**

Ingredients (serves 4)

|  |  |
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| 2 3/4 cups all-purpose flour | 1 pinch ground black pepper |
| 1 teaspoon salt | 1 tablespoon vegetable oil |
| 1 teaspoon white sugar | 1 cup water |
| 1 tablespoon active dry yeast | 2 tablespoons olive oil |
| 1 teaspoon garlic powder | 1 tablespoon grated Parmesan cheese |
| 1 teaspoon dried oregano | 1 cup mozzarella |
| 1 teaspoon dried thyme |  |
| 1/2 teaspoon dried basil |  |

Method

In a large bowl, stir together the flour, salt, sugar, yeast, garlic powder, oregano, thyme, basil and black pepper. Mix in the vegetable oil and water.When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth and elastic. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and let rise in a warm place for 20 minutes.

Preheat oven to 450 degrees F (230 degrees C). Punch dough down; place on greased baking sheet. Pat into a 1/2 inch thick rectangle. Brush top with olive oil. Sprinkle with Parmesan cheese and mozzarella cheese.Bake in preheated oven for 15 minutes, or until golden brown. Serve warm.

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| **Sr no** | **MENU -6 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Frittata Di Pomodori |
| 2 | Chicken Brodo |
| 3 | Lasagne Verdi Al Forna |
| 4 | Fungi Fritti |
| 5 | Italian Potatoes Salad |
| 6 | Pumpkin and Yogurt Panacotta |
| 7 | Filone |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Frittata Di Pomodori**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 150g of spaghetti with tomato sauce | 12-15 grams olive oil or enough to coat the pan |
| 2 eggs | 1 tablespoon of grated parmesan |
| salt and pepper as needed |  |

Method:

If you don’t have left over spaghetti with tomato sauce, make it earlier so that it cools completely. When it has cooled down, it looks dry and sticky. In a bowl, beat the eggs, add salt, pepper and the parmesan. Mix them well. Add the pasta to the eggs and mix them all together. In a pan (preferably non-stick), add the oil and then pour the pasta that has been mixed with eggs. Level it out like if you are cooking an omelette. Cook on low to medium fire with a cover. Check that the bottom part forms a crust and is browned before flipping it over.Flip it over with a large plate and cook the other side until it is browned. It’s really that simple and while it’s not easy to bring pasta to the beach, this dish fits the bill. It makes for a great lunch that you bring from home

**Chicken Brodo**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 1/2 pounds chicken, cut into 4 pieces | 1 carrot, cut into 3 pieces |
| 1 large chicken leg and thigh | 1 celery stalk, cut into 3 pieces |
| 3 ounces Parmigiano-Reggiano cheese rinds | Fine sea salt |
| 1 large white onion, peeled and quartered | 4 quarts cold water |

Method

In a large stockpot, combine beef, beef shanks, chicken, cheese rinds, onion, carrot, celery and 1 tablespoon salt. Cover with water and bring to a boil over high heat, skimming foam and fat from surface. Reduce to a gentle simmer and cook, skimming occasionally, for 3 hours. Pour broth through a large fine-mesh sieve into a large bowl, pressing hard on and then discarding solids. Skim off and discard fat, as desired. Season broth with salt to taste.Note: Broth can be made ahead and cooled completely, uncovered, then chilled, covered, 1 week, or frozen in an airtight container up to 2 months.

**Lasagne Verdi al Forno**

Ingredients (serves 4)

|  |  |
| --- | --- |
| PASTA | RAGU |
| 5 ounces spinach - rinsed, stemmed, and dried | 2 tablespoons butter |
| 2 eggs | 2 slices bacon, diced |
| 5/8 cup semolina flour | 1 carrot, diced |
| 1 teaspoon salt | 1 stalk celery, diced |
| 1 1/2 cups all-purpose flour | 1 onion, diced |
| 3 1/2 ounces minced ham | 3 1/2 ounces lean ground pork |
| 2 tablespoons tomato paste | 3 1/2 ounces lean ground beef |
| BECHAMEL | CHEESE |
| 2 tablespoons butter | 1 2/3 cups grated Parmesan cheese |
| 2 tablespoons all-purpose flour | 1 pint ricotta cheese |
| 2 cups warm milk | 3 tablespoons butter |
| 1 pinch salt |  |

Method

Add Spinach puree and Stir in enough of the flour to make a smooth dough. Knead briefly, cover and set aside. For the ragu: Saute bacon, carrot, celery and onion until onion is translucent. Stir in ground pork, ground beef and minced ham, and cook until browned. Stir in tomato paste, oregano and beef stock. (Reserve the chicken livers for later.) Season with salt and pepper, reduce heat to low, cover and simmer 20 minutes. Make béchamel ,Cook the pasta.To finish the ragu: Stir the chicken livers into the simmering sauce. Cook 1 minute, remove from heat and set aside. Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 baking dish. To assemble lasagna: Place one pasta sheet in bottom of prepared baking dish. Spread one-third of the ragu, one-quarter of the bechamel, one-third of the ricotta, and one-quarter of the parmesan over the pasta. Repeat layers twice. Top with remaining bechamel and parmesan and dot with butter. Bake in preheated oven 30 minutes, until top is golden brown.

**Funghi Fritti**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 14oz Mixed, large chopped, exotic mushrooms (portobello, crimini, shiitake) | 1 T Salt |
| 2 cups white rice flour | White Truffle Oil for garnish |
| Water to consistency | 1 qt canola oil for frying |
| 3 T chopped rosemary |  |

Method

In a mixing bowl combine rice flour, 2 T rosemary, 1 T salt, and cold water to the consistency of pancake batter. Toss mushroom with enough batter to evenly coat.Fry in 350 degree oil, being careful to not allow mushrooms to stick together, until goldenRemove onto paper towels, then pile on two appetizer plates and finish with a drizzle of truffle oil and the remaining rosemary. Serve immediately

**Italian Potato Salad**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 lb new potato, skins on (I like the small-ish ones best) | 1⁄4 cup chopped parsley |
| 1⁄4 cup extra virgin olive oil | salt |
| 3 -4 garlic cloves (if they're really small, use 4) | pepper |

Method

Boil potatoes, keeping skins on, until tender.Meanwhile, crush garlic into medium-sized serving bowl and add chopped parsley.Add olive oil and mix well.Let mixture sit while potatoes are cooking.When potatoes are done and still HOT (or at least very warm- they absorb the flavour better that way), cut into bite-sized chunks and add to parsley-garlic mixtureStir well to coat potatoes.If more oil is needed (sometimes it varies, depending on the potatoes), add enough to get desired amount.Salt and pepper to taste.This is best when it sits for at least an hour at room temperature before serving to let the flavours combine.

**Frittata di zucchini**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 6 large eggs | 1 tablespoon capers |
| 1 medium zucchini | 6 basil leaves |
| 1 small onion | 1/2 teaspoon dried oregano |
| 1 tomato | 2 tablespoons extra virgin olive oil |
| 1/2 teaspoon salt |  |

Method

Rinse the zucchini and cut off the stem, then slice into 1/4-inch thick pieces. Dice the onion. Slice the tomato in half and gently squeeze out the seeds and excess juice, then chop into small pieces.Break the eggs into a mixing bowl, tear the basil leaves and add then to the eggs along with the capers and dried oregano, salt to taste, then beat the eggs.Heat 9-inch omelet or frying pan over moderatheat,add the olive oil, zucchini and onions and cook them until they begin to brown. Add the chopped tomato, cook for a minute or two, and then add the eggs.Cook the eggs a couple minutes, and then begin folding the uncooked, runny eggs underneath with a spatula. Flip the frittata in the pan, or place a plate over the pan, carefully turn it over and let the eggs fall onto the plate, then slide the eggs back into the pan. Cook the frittata until the bottom turns lightly golden and serve.

**Pumpkin Yogurt Panna Cotta**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4containers (6 oz each) Greek fat free honey vanilla yogurt |  |
| 1cup canned pumpkin pie mix (not plain pumpkin) |  |
| 1/2cup evaporated fat-free milk |  |
| 1envelope unflavored gelatin |  |
| 1teaspoon ground cinnamon |  |
| 6teaspoons caramel fat-free topping (from 12.25-oz jar) |  |
| 4containers (6 oz each) Greek fat free honey vanilla yogurt |  |
|  |  |

Method

In medium bowl, mix yogurt and pumpkin pie mix; set aside. In 1-quart saucepan, sprinkle gelatin over evaporated milk; let stand 1 minute to soften.Heat evaporated milk mixture over medium-high heat, stirring constantly, until gelatin is dissolved and mixture just begins to boil, about 1 minute; remove from heat. Pour into yogurt mixture; stir until blended. Divide mixture evenly among 6 (6-oz) custard cups. Cover with plastic wrap; refrigerate about 4 hours or until set.To serve, run thin knife around edge of each panna cotta. Place serving plate upside down onto custard cup; turn plate and custard cup over; remove custard cup. Sprinkle each panna cotta with cinnamon and drizzle with 1 teaspoon caramel topping.

**Filone**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3 ¾ cups unbleached all-purpose flour | 1 package of active dry yeast |
| 1 ½ cup of Biga | 1 tablespoon sugar |
| 1 ¼ cup water | 2 teaspoons salt |
|  |  |

Method

Begin by mixing the water and sugar in a large bowl and thereafter adding the yeast. Allow the mixture to sit for 10 minutes. In a new bowl, add the Biga (essentially the primary leavening agent for many Italian breads and is referred to as "the mother of bread"; you can make your own or find some online) and thereafter add the yeast mixture to the Biga and stir for 4-5 minutes.Next, add the salt and flour and and stir well. Knead until the dough is firm doesn't stick (after making bread a few times you'll get a feel for when the dough is ready). Move the dough to a large, oiled, bowl and cover with both plastic wrap and a large towel. The mixture should be refrigerated for 24 hours.Remove the dough and cut into 3-4 pieces (depending on the size of the filone you'd like to produce). Roll and flatten the dough on a floured surface, essentially rolling the dough into a log. Place on a covered towel and allow to rise (about one hour).Set your oven to 475 degree Fahrenheit and place the filones on a baking sheet. Make a long incision in the dough and create some moisture in the oven by spraying the oven cavity with water, as well as the shaped dough, if you'd like. Bake for 25-30 minutes until the crust develops a golden brown appearance.

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| **Sr no** | **MENU - 7 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Basilica Bruschetta |
| 2 | Zuppa Pavese |
| 3 | Spaghetti a lla Carbonara |
| 4 | Melanzane Alla Parmigiana |
| 5 | Mashed potatoes |
| 6 | Tiramisu |
| 7 | Pan Siciliano |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Balsamic Bruschetta**

Ingredients (serves 4)

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| --- | --- |
| 8 roma (plum) tomatoes, diced | 1 loaf French bread, toasted and sliced |
| 1/3 cup chopped fresh basil |  |
| 1/4 cup shredded Parmesan cheese |  |
| 2 cloves garlic, minced |  |
| 1 tablespoon balsamic vinegar |  |
| 1 teaspoon olive oil |  |
| 1/4 teaspoon kosher salt |  |
| 1/4 teaspoon freshly ground black pepper |  |

Method

In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic. Mix in the balsamic vinegar, olive oil, kosher salt, and pepper. Serve on toasted bread slices.

**ZuppaPavese**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 tablespoons unsalted butter |  |
| 4 slices (4 ounces) French or Italian bread with crust |  |
| ¼ cup freshly grated Parmigiano-Reggiano cheese |  |
| 1 ½ quarts veal broth (use the variation for veal) |  |
| 4 small eggs |  |
| 1 tablespoon finely chopped fresh parsley leaves |  |
| Freshly grated white pepper to taste |  |
|  |  |

Method:

Preheat the oven to 200 degree F. Warm four oven-proof soup bowls.

In a large skillet, melt the butter over medium heat, then cook the bread on both sides until golden, making sure you do not blacken the edges. Place a slice of bread in each bowl. Sprinkle a tablespoon of parmigiano on each slice of bread.

Bring the broth to a rolling, vigorous boil. Without breaking the yolk, crack 1 egg onto the center of each slice of bread and carefully ladle the boiling broth over the egg until the bowl is filled. Let sit 1 to 2 minutes, sprinkle with parsley and a pinch of white pepper and serve immediately. Add more Parmigiano-Reggiano at the table if desired.

Note: The broth must be boiling furiously before you pour it into the bowls, so the eggs, which are small, not large, can coddle

**Bevette alla Carbonara**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 Tbsp olive oil or unsalted butter |  |
| 1/2 pound pancetta or thick cut bacon, diced |  |
| 1-2 garlic cloves, minced, about 1 teaspoon (optional) |  |
| 3-4 whole eggs |  |
| 1 cup grated parmesan or pecorino cheese |  |
| 1 pound bevette pasta (or bucatini or fettuccine) |  |
| Salt and black pepper to taste |  |
|  |  |

Method

Put a large pot of salted water on to boil (1 Tbsp salt for every 2 quarts of water.) While the water is coming to a boil, heat the olive oil in a large sauté pan over medium heat. Add the bacon or pancetta and cook slowly until crispy. Add the garlic (if using) and cook another minute, then turn off the heat and put the pancetta and garlic into a large bowl.In a small bowl, beat the eggs and mix in about half of the cheese.Once the water has reached a rolling boil, add the pasta, and cook, uncovered, at a rolling boil. When the pasta is al dente (still a little firm, not mushy), use tongs to move it to the bowl with the bacon and garlic. Move the pasta from the pot to the bowl quickly, as you want the pasta to be hot. It's the heat of the pasta that will heat the eggs sufficiently to create a creamy sauce. Toss everything to combine, then add the beaten eggs with cheese and toss quickly to combine once more. Add salt to taste.Serve at once with the rest of the parmesan and freshly ground black pepper.

**Melanzane alla Parmigiana**

Ingredients (serves 4)

|  |  |
| --- | --- |
| •4 pounds eggplant | •Abundant basil |
| •Olive oil for frying | •3/4 pound fresh mozzarella (buffalo milk if possible) |
| •2 1/2 pounds ripe tomatoes, blanched, peeled and chopped | •2 eggs |
| •A small piece of onion, minced | •1/2 cup grated Parmigiano |

Method:

Note: Since the wateriness of fresh tomatoes varies the above is a minimum. You can also use 3.6 pounds canned tomatoes or 1 1/2 quarts bottled tomato sauce. Drain the tomatoes well, and cook them with the minced onion and a sprig of basil. When they have softened, drain them and put them through a food mill, then cook them a little more over low heat, without letting the sauce thicken too much. Salt the sauce when it is done and don’t add oil, as the eggplant will have absorbed enough in frying. Peel the eggplants and cut them into quarter-inch slices; salt them and place them between to plates to press out the bitter juices. After 1 to 2 hours rinse them and pat them dry. In the mean time, heat a pot of oil to the smoking point, then fry the slices, a few at a time, removing them from the oil while they are still lightly colored. Set the slices upright in a rack to drain, then put them on a sheet of absorbent paper to remove all the oil you can. Mince the basil and cut the mozzarella into thin slices, then cut the slices into strips.

Take a 10-inch diameter oven-proof dish that’s about 3 inches high and spread a couple of tablespoons of tomato sauce over it. Next, beat the eggs with 2/3 cup of tomato sauce.

Arrange a third of the eggplant in the bottom of the dish, overlapping the slices slightly, and cover them with 2 tablespoons grated cheese, 5-6 pieces basil leaves, 2-3 tablespoons of the egg sauce, and half the mozzarella. Repeat this process with another layer. Lay down a third layer, covering it with the remaining grated cheese, egg-tomato sauce, and, if need be a little more tomato sauce to cover.

Bake in a slow oven for about an hour, turning the heat up in the last few minutes to lightly brown the top. The dish should not be eaten hot – let it cool some, or better yet, entirely. It will be better the next day or even the day after that. Flavor the eggplant with a well cooked, but not excessively thick tomato sauce made with oil and minced onion. Bake the assembled dish at length in a hot oven, and brown it well.Make a thick tomato sauce with no oil, heat the assembled dish over a low flame rather than in the oven, and remove it from the fire as soon as it begins to bubble.Low fat: Rather than fry the eggplant, microwave it (see your microwave’s booklet for instructions) and don’t put any oil in the tomato sauce. Make the rest as normal

**Italian Mashed Potatoes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 6 russet potatoes, peeled and cut into chunks | 1 teaspoon dried parsley |
| 1 cup vegetable broth | 1 teaspoon dried sage |
| 1 teaspoon dried thyme | 1 teaspoon minced garlic |
| 1 teaspoon dried rosemary | 1 teaspoon dried basil |
| 1 teaspoon dried oregano | 1 teaspoon onion powder |

Method

Place the potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain and allow to steam dry for a minute or two. Return the drained potatoes to the pot.

Pour the vegetable broth, thyme, rosemary, oregano, basil, onion powder, parsley, sage, and garlic over the potatoes; mash with a potato masher.

**Tiramisu Layer Cake**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (18.25 ounce) package moist white cake mix | 1/4 cup confectioners' sugar |
| 1 teaspoon instant coffee powder | 2 tablespoons coffee flavored liqueur GARNISH: |
| 1/4 cup coffee | 2 tablespoons unsweetened cocoa powder |
| 1 tablespoon coffee flavored liqueur FILLING: |  |
| 1 (8 ounce) container mascarpone cheese | 1 (1 ounce) square semisweet chocolate |
| 1/2 cup confectioners' sugar |  |
| 2 tablespoons coffee flavored liqueur FROSTING: |  |
| 2 cups heavy cream |  |

Method

Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 (9 inch) pans.Prepare the cake mix according to package directions. Divide two thirds of batter between 2 pans. Stir instant coffee into remaining batter; pour into remaining pan.

Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. In a measuring cup, combine brewed coffee and 1 tablespoon coffee liqueur; set aside.To make the filling: In a small bowl, using an electric mixer set on low speed, combine mascarpone, 1/2 cup confectioners' sugar and 2 tablespoons coffee liqueur; beat just until smooth. Cover with plastic wrap and refrigerate.To make the frosting: In a medium bowl, using an electric mixer set on medium-high speed, beat the cream, 1/4 cup confectioners' sugar and 2 tablespoons coffee liqueur until stiff. Fold 1/2 cup of cream mixture into filling mixture.To assemble the cake: Place one plain cake layer on a serving plate. Using a thin skewer, poke holes in cake, about 1 inch apart. Pour one third of reserved coffee mixture over cake, then spread with half of the filling mixture. Top with coffee-flavored cake layer; poke holes in cake. Pour another third of the coffee mixture over the second layer and spread with the remaining filling. Top with remaining cake layer; poke holes in cake. Pour remaining coffee mixture on top. Spread sides and top of cake with frosting. Place cocoa in a sieve and lightly dust top of cake. Garnish with chocolate curls. Refrigerate at least 30 minutes before serving.To make the chocolate curls, use a vegetable peeler and run it down the edge of the chocolate bar.

**Pane Siciliano (Sesame Seed Sicilian bread)**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1⅛ cups unbleached all-purpose flour | 1 ¾ cups semolina flour |
| 1⅛ cups unbleached bread flour | 1 ¼ teaspoon salt |
| ¾ teaspoon of salt | 1 ¼ teaspoon instant yeast |
| ½ teaspoon instant yeast | 2 tablespoons olive oil |
| ¾ cup to ¾ cup plus 2 tablespoons water (room temperature) | 1 tablespoon honey |
| For the Pane Siciliano dough | Pate Fermentee from above |
| 1 ¾ cups bread flour | 1 ¼ to 1 ½ cups warm water (90 to 100 degrees) |
| Toasted sesame or black sesame seeds |  |

Method

To Make Pate Fermentee

In the bowl of a stand mixer with a paddle attachment, sift both flours, salt and yeast. Add ¾ cup of water.Mix on low speed until mixture comes together. If too dry, add additional 2 tablespoons of water a little at a time until mixture is sticky and pulling away from sides of bowl. If more water is needed, add one tablespoon at a time.Trade the paddle for a dough hook and mix the dough for four minutes or kneed by hand for six minutes on the counter.

Transfer the dough to a bowl with a little bit of olive oil, turning dough so it is covered on all sides.Cover the bowl with plastic wrap and a dish towel and place in a warm location for about 90 minutes or until the dough rises to 1½ times its original size.Lightly punch the dough down and then cover. Place in the refrigerator overnight. This pre-dough can be kept in the refrigerator for up to three days or freeze for three months.To Prepare the Pane Siciliano Dough

The next day and one hour before starting the bread dough, take Pate Fermentee out of the refrigerator and cut into 10 individuals pieces. Cover with plastic and a towel and let the dough warm up for one hour.In the bowl of a stand mixer with a paddle attachment, sift together both flours, salt and yeast. Add in olive oil, honey, Pate Fermentee pieces and 1 ¼ cups of water. Mix on low speed until mixture comes together and is tacky and sticks to the sides of the bowl. Add remaining ¼ cup of water a teaspoon at a time if needed and only if needed. Dough should be sticky not dry.Switch the paddle attachment for a dough hook and turn on low speed. Continue at low speed for 4-6 minutes until know is properly kneaded, or kneed by hand for 6-8 minutes. If you pull out a piece and stretch it between your hands, it should stay together and you should be able to see light through the stretched dough. If it tears, continue to kneed.

Transfer the dough to a bowl with a little bit of olive oil turning the dough so it is covered on all sides.Cover the bowl with plastic wrap and a dish towel and place in a warm place for about two hours or until the dough doubles from its original size.

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| **Sr no** | **MENU -8 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Insalata Di Carolfiori |
| 2 | Passato Di Spinachi |
| 3 | Tagliatelle Genovese |
| 4 | Polanta Cake |
| 5 | Roasted Potatoes and Garlic |
| 6 | Zabaglion with Cherries and Pear |
| 7 | Ciabatta |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Insalata di Cavolfiore con Sottaceti**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 cauliflower | 1 spoonful capers |
| Vinegar | 8 anchovy fillets |
| 1/4 pound Gaeta olives | 8 tablespoons extra-virgin olive oil |
| 4 ounces bottled mixed pickled vegetables | Salt Pepper |

Method

Boil the cauliflower in salted water, without overcooking. Drain and let cool. Cut the cauliflower, or actually break up the flower from the stem, chop up the stem and place on a large platter.

Combine pickled vegetables with olives, capers and anchovies. Scatter the marinated mixed vegetables over the cauliflower and dress with oil, salt and pepper. Serve cool.

**Passato Di Spinaci**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 pound of -/2 fresh spinach.. | 3 cups of Chicken Or meat broth preferably homemade |
| Coarse-grained salt..1/2 Carrot, scraped. | ..1/4 cup of Freshly grated Parmigiano.. |
| .1 Small red onion, cleaned..1/2 Celery rib.. |  |

Method

Remove the large stems from the spinach, then wash and let soak in cold water for 30 minutes.

Put 4 cups of cold water in a flameproof casserole over high heat. When the water reaches the boiling point, add coarse salt to taste, then the drained spinach, carrot, onion, and celery, and boil for 10 minutes. Meanwhile, heat the broth in a large saucepan. Drain the spinach, carrot, onion, and celery and add them to the saucepan with broth. Simmer for about 20 minutes, covered, then remove the saucepan from the heat and pass the contents through a food mill using the disc with the smallest holes, into a second saucepan.

Place the second saucepan, with the passato, on the flame. Taste for salt and pepper and simmer very slowly for 10 minutes more. Remove the saucepan from stove and serve the soup immediately. Sprinkle each serving with a tablespoon of grated Parmigiano.

**Tagliatelle Genovese**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 x pesto recipe (see Classic basil pesto) | 400g dried tagliatelle |
| sea salt and freshly ground black pepper | 1 handful of fine green beans |
| 200g Maris Piper or Desirée potatoes | 35g Parmesan cheese |

To prepare and cook your tagliatelle genovese First of all, make your pesto Peel the potatoes Slice the potatoes 1cm thick Add the potatoes to a large pan of boiling salted water – the idea is to cook the pasta in this pan as well, so make sure it is big enough Bring back to the boil, parboil for 6 minutes until the potatoes are becoming tender but still holding their shapeAdd the pasta to the same water to cook according to packet instructions Add the beans to the pan 4 minutes before the pasta is done. Do not worry about the potatoes breaking up, as very often when you are served this in Genoa, the beans are a little overcooked and sometimes the potatoes have broken up into small pieces but the flavour remains sublime and it adds to the whole character of the dish Once the potatoes, pasta and beans are cooked, scoop out and reserve a mugful of the cooking water Drain everything in a colander Transfer the potatoes, pasta and beans to a large bowl with the pestoToss together to coating the pasta To serve your tagliatelle genovese Add a bit of the cooking water to give you a loose light sauce Have a taste then season with salt and pepper if needed Serve straight away, with a fine grating of Parmesan cheese and a fresh green salad on the side

**Herbed polenta torta with spinach, mushrooms and ricotta**

Ingredients (serves 4)

|  |  |
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| Herbed Polenta: | 1/4 teaspoon pepper |
| 1 1/4 cups yellow cornmeal | 4 cups water |
| 1/2 cup chopped red bell pepper | 1/4 cup (1 ounce) grated fresh Parmesan cheese |
| 1/4 cup chopped fresh parsley | Cooking spray |
| 1 teaspoon dried oregano | Spinach Filling: |
| 3/4 teaspoon salt | 2 cups sliced mushrooms |
| 1/2 teaspoon dried basil | 1 cup thinly sliced zucchini |
|  | 1 cup thinly sliced yellow squash |
| 1/2 cup thinly sliced green onions | 1/2 teaspoon garlic powder |
| 1/4 cup dry red wine | 1/4 teaspoon onion powder |
| 1 cup chopped seeded tomato | 1 (14-ounce) can artichoke hearts, drained and coarsely chopped |

Method

Prepare Herbed Polenta: Combine first 7 ingredients in a large saucepan. Gradually add water, stirring constantly with a whisk. Bring cornmeal mixture to a boil, and reduce heat to medium. Cook polenta, 15 minutes, stirring frequently. Stir in Parmesan cheese. Spoon polenta into a 10-inch springform pan coated with cooking spray, spreading evenly. Let polenta cool completely until firm (about 4 hours at room temperature). Preheat oven to 350°. Prepare Spinach Filling: Combine first 5 ingredients in a large nonstick skillet, and stir well. Cook over medium-high heat 7 minutes or until vegetables are tender and liquid nearly evaporates. Spoon into a bowl, and stir in tomato, garlic powder, onion powder, artichokes, and spinach. Combine remaining ingredients in a small bowl, and stir well. Add to mushroom mixture. Stir well; set aside. To complete recipe: Spread Spinach Filling over Herbed Polenta. Top with tomato slices; sprinkle with mozzarella cheese. Place pan on a baking sheet. Bake, uncovered, at 350° for 1 hour or until set. Let cool on a wire rack 10 minutes. Chill 2 hours or until set. Cut into 8 wedges; serve with spaghetti sauce. Garnish with oregano sprigs, if desired.

**Roasted potato garlic and parsley**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1/3 cup zesty Italian dressing | 200 gm cheese |
| 1/8-1/4 teaspoon cayenne red pepper | 1 bunch Parsley |
| 1/4 teaspoon salt | 20 g garlic |
| 1 kg Potatoes |  |

Method

Heat oven to 425° F. Spray 13x9-inch baking dish with nonstick cooking spray. In large bowl stir together Italian dressing, cayenne pepper and salt. Add Simply Potato wedges; stir to coat potatoes with dressing mixture.Spread Simply Potato wedges in a single layer in prepared baking dish. Bake 20 to 25 minutes, stirring occasionally, until potatoes are tender and golden brown.Sprinkle Crystal Farms cheese over potatoes. Continue to bake 5 minutes or until cheese is melted and browned.Can be substituted with 1 package (20 ounces) Simply Potatoes® Red Potato Wedges

**Zabaglione with cherry and pear**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4 egg yolks | 4 tablespoons Marsala |
| 4 teaspoons sugar |  |

Method

Whisk all ingredients over a double boiler until thickened like pudding. Take on and off the heat while cooking so as not to scramble the eggs.

**Ciabatta Bread**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 1/2 cups water | 1 tablespoon olive oil |
| 1 1/2 teaspoons salt | 3 1/4 cups bread flour |
| 1 teaspoon white sugar | 1 1/2 teaspoons bread machine yeast |

Method

Place ingredients into the pan of the bread machine in the order suggested by the manufacturer. Select the Dough cycle, and Start. (See Editor's Note for stand mixer instructions.)Dough will be quite sticky and wet once cycle is completed; resist the temptation to add more flour. Place dough on a generously floured board, cover with a large bowl or greased plastic wrap, and let rest for 15 minutes.Lightly flour baking sheets or line them with parchment paper. Using a serrated knife, divide dough into 2 pieces, and form each into a 3x14-inch oval. Place loaves on prepared sheets and dust lightly with flour. Cover, and let rise in a draft-free place for approximately 45 minutes.Preheat oven to 425 degrees F (220 degrees C).Spritz loaves with water. Place loaves in the oven, positioned on the middle rack. Bake until golden brown, 25 to 30 minutes.

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| **Sr no** | **MENU -9 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Celery rave |
| 2 | Consommé blanc |
| 3 | Fillet de pomfret au sole- Hongroise |
| 4 | Haricot blancs |
| 5 | Pommes persilles |
| 6 | Mandarin Orange Cheesecake |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Celery rave**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 egg yolk | 2 tbsp. minced ﬂat-leaf parsley |
| 1 1⁄2 tbsp. Dijon mustard |  |
| 3⁄4 cup grapeseed oil |  |
| 3 tbsp. fresh lemon juice |  |
| Kosher salt and freshly ground black |  |
| pepper, to taste |  |
| 1 large celery root (or 2 medium; |  |
| about 1 1⁄2 lbs.), peeled |  |

Method

1. Arrange a damp tea towel in a circle on a work surface. Set a bowl over tea towel (to help prevent the bowl from slipping). Add egg yolk and mustard; whisk to combine. While whisking, pour in 1 tsp. oil a few drops at a time to create a thick mixture. Continue whisking, adding oil in a thin stream 1 tsp. at a time, until sauce is thick and creamy. Whisk in 2 tbsp. lemon juice; season with salt and pepper; cover rémoulade with plastic wrap and chill. Using a mandoline or a large knife, cut celery root into 1⁄8"-thick slices. Stack 2–3 celery root slices and cut lengthwise into 1⁄8" matchsticks. Repeat. Transfer julienned celery root and remaining lemon juice to a large bowl; toss to combine. Add reserved rémoulade, season with salt and pepper, and toss. Cover salad; chill until celery root wilts slightly, about 30 minutes. To serve, divide salad between plates and garnish with parsley.

**Fillet OfPomfret Or Sole Orly Recipe**

Ingredients (serves 4)

|  |  |
| --- | --- |
| Pomfret or sole 500 gm. | Batter |
| Marinade (one fish) | Refined flour 15 gm. |
| Salad oil 10 gm. | Egg 1/2 to 1 |
| Vinegar 10 gm. | Soda bicarbonate or baking powder a pinch |
| Onion chopped 15 gm. | Olive or salad oil 10 gm. |
| Salt to taste | Tepid water a little |
| Parsley 1/4 bunch | Salt to taste |
|  | Fat to fry (absorption) 30 gm. |

Method

Sift flour, baking powder and salt into a basin. Add yolk of egg, oil and water and mix to a smooth batter. Leave aside for half an hour.Clean, fillet, and skin fish. Wash thoroughly in cold water.Prepare a marinade with the given ingredients.Soak fish in the marinade for at least 10 minutes.Add stiffly beaten egg white to batter.Dip fish in batter; deep fry. Drain and serve hot, garnished with fried parsley.

**Potato Hongroise Recipe**

Ingredients (serves 4)

|  |  |
| --- | --- |
| Potatoes 450 gm. | Paprika 5 gm. |
| Tomatoes 115 gm. | Stock |
| Onions 115 gm. | Parsley 1/4 bunch |
| Salt 10 gm. | Fat 15 gm. |

Method:

Boil potatoes in the skin. Peel. Cut into roundels. Slice onions and fry. Add paprika and blanched tomatoes. Add potato roundels and salt. Put the whole thing into a pyrex dish (as for scalloped potato). Add a little stock if necessary. Cook in a slow oven till potatoes are tender and moisture reduced. Sprinkle with chopped parsley and serve hot.

**Haricots blancs au beurre maitre d'hotel**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 teaspoons olive oil. | 2 tablespoons parsley, chopped finely. |
| 1 small onion, peeled and chopped finely. | 1 tablespoon chives, chopped finely. |
| 2 cloves of Garlic, peeled and crushed. | 1 450g can very well rinsed white haricot beans or flageolet vert. |
| 40 g (1 ½ oz) butter, softened in the Basque evening sun. | Salt and pepper to taste. |
| 1 teaspoon lemon juice. |  |
| 1 tablespoon white wine or lager, or whatever... |  |

Method

Mash the butter, herbs and lemon juice. Season well and reserve.Fry the onions and garlic slowly in the olive oil until softened, but without browning them.Add the white wine to the onions, then add the rinsed and drained beans and heat gently.Add the herb butter and fold in to melt and mix well.

**Parsley Potatoes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 1/2 pounds new red potatoes | 1 cup chicken broth |
| 1 tablespoon vegetable oil | 1 cup chopped fresh parsley |
| 1 onion, chopped | 1/2 teaspoon ground black pepper |
| 1 clove garlic, crushed | 1 1/2 pounds new red potatoes |

Method

Peel a strip of skin from around the center of each potato, place the potatoes in cold water. Set aside.Heat oil in a large skillet over medium high heat. Saute onion and garlic for 5 minutes or until tender. Pour in broth and 3/4 cup of the parsley; mix well. Bring to a boil.Place the potatoes into a large pot full of salted water. Bring the water to a boil; then reduce heat. Simmer covered, for 10 minutes or until the potatoes are tender.Remove potatoes with a slotted spoon to a serving bowl. Sprinkle the black pepper into the skillet and stir.. Pour the peppered sauce over potatoes and sprinkle with remaining parsley.

**Mandarin Orange Cheesecake**

Ingredients (serves 4)

|  |  |
| --- | --- |
| Crust: | Filling: |
| 1 cup graham cracker crumbs (250 mL) | 3 packages (each 8 ounces/250 g) cream cheese, softened |
| 3/4 cup almonds, toasted and coarsely ground (175 mL) | 1/2 cup unsalted butter, softened (125 mL) |
| Topping: | 1 cup granulated sugar (250 mL) |
| 1-1/2 cup sour cream (375 mL) | 4 eggs |
| 2 Tablespoons granulated sugar (25 mL) | 1/2 cup sour cream (125 mL) |
| 2 Tablespoons fresh orange juice (25 mL) | 1-1/2 Tablespoons orange zest (22 mL) |
| 1/2 cup whipping cream (125 mL)  2 Tablespoons granulated sugar (25 mL) | 1/4 cup orange juice concentrate (50 mL) |

Method

Preheat oven to 350 degrees F./180 degrees C. Prepare pan: 9-inch (23 cm) cheesecake pan, ungreased, or springform pan with 3-inch (7.5 cm) sides, greased.   
  
**Crust:**  
In a medium bowl, combine [**graham cracker**](http://homecooking.about.com/cs/specificfood/a/graham.htm) crumbs, [**almonds**](http://homecooking.about.com/od/foodstorage/a/almondstorage.htm), and butter. Press into bottom of cheesecake pan and freeze.   
  
**Filling:**  
In a large mixer bowl, beat [**cream cheese**](http://homecooking.about.com/library/weekly/aa121602a.htm), butter and sugar on medium-high speed for 3 minutes. Add eggs, one at a time, beating after each addition. Mix in [**sour cream**](http://homecooking.about.com/od/milkproducts/a/sourcreamtips.htm), orange zest, orange juice concentrate, and [**vanilla**](http://homecooking.about.com/od/specificfood/a/vanillastorage.htm). Fold orange segments into batter. Pour over frozen crust. Bake in preheated oven for 45 to 55 minutes or until the top is light brown and the center has a slight jiggle to it. Cool on the counter for 10 minutes (do not turn the oven off). The cake will sink slightly.   
  
**Topping:**  
In a small bowl, combine sour cream, sugar and orange juice. Pour into center of cooled cake and spread out to edges. Bake for 5 minutes more. Cool on a rack for 2 hours. Cover and refrigerate for at least 6 hours before decorating or serving.   
  
**Decoration:**  
In a well-chilled bowl, whip cream on medium-high speed until soft peaks form. With the mixer still running, sprinkle sugar into cream and continue whipping until firm peaks form. Ice top of [**cheesecake**](http://homecooking.about.com/library/archive/blcheesecake.htm) or pipe a border around cake, if desired.   
  
**Tips:**  
Fresh [**mandarin oranges**](http://homecooking.about.com/od/foodstorage/a/mandarinstorage.htm) are usually available in November and December for the peak holiday baking season. Store in the refrigerator as they spoil quickly, and wash well before zesting.  
 **French Baguettes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 cup water | 1 1/2 teaspoons bread machine yeast |
| 2 1/2 cups bread flour | 1 egg yolk |
| 1 tablespoon white sugar | 1 tablespoon water |
| 1 teaspoon salt | 1 cup water |

Method

Place 1 cup water, bread flour, sugar, salt and yeast into bread machine pan in the order recommended by manufacturer. Select Dough cycle, and press Start.When the cycle has completed, place dough in a greased bowl, turning to coat all sides. Cover, and let rise in a warm place for about 30 minutes, or until doubled in bulk. Dough is ready if indentation remains when touched.Punch down dough. On a lightly floured surface, roll into a 16x12 inch rectangle. Cut dough in half, creating two 8x12 inch rectangles. Roll up each half of dough tightly, beginning at 12 inch side, pounding out any air bubbles as you go. Roll gently back and forth to taper end. Place 3 inches apart on a greased cookie sheet. Make deep diagonal slashes across loaves every 2 inches, or make one lengthwise slash on each loaf. Cover, and let rise in a warm place for 30 to 40 minutes, or until doubled in bulk. Preheat oven to 375 degrees F (190 degrees C). Mix egg yolk with 1 tablespoon water; brush over tops of loaves. Bake for 20 to 25 minutes in the preheated oven, or until golden brown.

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| **Sr no** | **MENU -10 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Cauliflower Gratin au Vol-au -vent |
| 2 | Bouillabaisse |
| 3 | Poulet sauté a la espgnole |
| 4 | Epinard a la creme |
| 5 | Pommes allumette |
| 6 | Bruelee Tarte |
| 7 | Brioche |

**Conclusion:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Cauliflower Gratin in vol au vent**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 large (3 pound) head of fresh cauliflower, cut into florets | 1/4 teaspoon freshly grated nutmeg |
| 5 tablespoons butter | 1 1/3 cups grated Gruyere cheese |
| 4 tablespoons all-purpose flour | 1/3 cup dry, seasoned breadcrumbs |
| 4 cups milk | 1/4 teaspoon ground black pepper |
| 2 teaspoons salt |  |
| 1 teaspoon chopped fresh thyme |  |

Method:

Preheat an oven to 375F. Butter a 9-inch by 13-inch baking dish and set it aside. Steam the cauliflower in a large pot of boiling water fitted with a steamer basket for 5 to 7 minutes, until the florets are just tender. Rinse them in cold water, drain, and arrange them in a single layer in the buttered dish.In a large saucepan over medium heat, melt the butter and whisk in the flour until it forms a smooth paste. Continue whisking, cook for about 2 minutes, and then gradually – 1/3 cup at a time - add the milk. Continue whisking and cook until the sauce is completely heated through, smooth, and thickened. Remove from the heat and season with the salt, thyme, and nutmeg.

Pour 2 cups of the Béchamel sauce over the steamed cauliflower and gently toss the florets to make sure they are thoroughly coated with the sauce. Bake the gratin, uncovered, for 15 minutes. Stir together the grated Gruyere cheese and breadcrumbs and sprinkle them over the gratin. Bake it for an additional 10 to 15 minutes, until the gratin is hot and bubbly and the cheese is melted and browned. Sprinkle the surface of the baked gratin with the ground pepper and serve hot with cut vol au vents

**Bouillabaisse**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 large onions, chopped | 1 1/2 pound potatoes, cubed |
| 1/2 cup olive oil, divided | 12 pounds assorted fresh fish, cleaned and prepared |
| 4 tomatoes, chopped | Salt, to taste |
| 1 large [bouquet garni](http://frenchfood.about.com/od/dressingpreservessauces/r/bouquetgarni.htm) | Ground black pepper, to taste |
| 4 cloves garlic, crushed | Baguette, sliced and toasted |
| 1 large strip orange zest (optional, not in original recipe) | [Sauce rouille](http://frenchfood.about.com/od/dressingpreservessauces/r/Sauce-Rouille-Recipe.htm) or [aioli](http://frenchfood.about.com/od/dressingpreservessauces/r/lemonaioli.htm), for garnish |
| 1 teaspoon saffron threads (optional, not in original recipe) | 1 1/2 pound potatoes, cubed |
| 12 pounds assorted fresh fish, cleaned and prepared |  |

**Method**

How to make bouillabaisse: In a large stockpot set over medium-low heat, cook the onions in 1/4 cup of the olive oil until they turn translucent and tender. Add the chopped tomatoes, bouquet garni, garlic, orange zest, saffron, and potatoes to the pot. Generously season the vegetables with salt and pepper. Layer the prepared seafood over the vegetables. Drizzle the seafood with the remaining olive oil and allow it to rest for 10 minutes. Pour just enough hot water over the vegetables and seafood to cover all the ingredients. Bring the stew to a full boil for 15 minutes. Place the toasted baguette slices in the bottom of soup bowls and ladle the bouillabaisse over the bread. Serve the [sauce rouille](http://frenchfood.about.com/od/dressingpreservessauces/r/Sauce-Rouille-Recipe.htm) or [aioli](http://frenchfood.about.com/od/dressingpreservessauces/r/lemonaioli.htm) on the side. This traditional bouillabaisse recipe makes 10 servings

**Chicken with Espagnole Sauce**

Ingredients (serves 4)

|  |  |
| --- | --- |
| For the [espagnole sauce](http://www.foodterms.com/encyclopedia/espagnole-sauce/index.html): | 1 tablespoon toasted [instant flour](http://www.foodterms.com/encyclopedia/instant-flour/index.html) (recommended: Wondra) |
| 1 tablespoon [vegetable oil](http://www.foodterms.com/encyclopedia/vegetable-oils/index.html) | 1 tablespoon butter |
| 2 scallions, chopped | 1 tablespoon [tomato paste](http://www.foodterms.com/encyclopedia/tomato-paste/index.html) |
| 1 tablespoon chopped celery | A sachet d'epices containing: 1 sprig parsley, 1 sprig thyme, 1 bay leaf, 1 black peppercorn |
| 1 tablespoon chopped carrot | For the chicken |
| 1 small [clove garlic](http://www.foodterms.com/encyclopedia/garlic/index.html), crushed | 1 liter vegetable or [canola oil](http://www.foodterms.com/encyclopedia/canola-oil/index.html) (if deep-frying) |
| 1 tablespoon dry red wine | 2 teaspoons chili powder |
| 2 cups rich brown beef, veal or [chicken stock](http://www.foodterms.com/encyclopedia/stock/index.html), hot | 2 teaspoons salt |
| 1 teaspoon garlic powder | 6 boneless [chicken breasts](http://www.foodterms.com/encyclopedia/chicken/index.html), cut into chunks |
| 2/3 cup [all-purpose flour](http://www.foodterms.com/encyclopedia/flour/index.html) (if [deep-frying](http://www.foodterms.com/encyclopedia/deep-fry/index.html)) |  |

Method:

For the sauce:

Heat oil in a heavy-bottomed saucepan, and saute scallions, celery, carrot, and garlic over medium-low heat for about 20 minutes, stirring frequently, until the vegetables have caramelized lightly. Add the red wine and beef stock and bring to a simmer. In a stainless steel mixing bowl, whisk together the toasted flour and butter, add the tomato paste, then gradually ladle in the hot stock, whisking as you go to make a smooth sauce. Add the sachet d'epices of parsley, thyme, bay leaf, and peppercorn, reduce heat to low, and simmer for about 50 minutes. Skim any impurities off the surface. Heat oil to 350 degrees F in a deep-fryer.

Mix the [chili powder](http://www.foodterms.com/encyclopedia/chili-powder/index.html), salt and garlic powder in a shallow bowl and stir in flour. Skewer chunks of chicken using bamboo skewers which have been pre-soaked in water, and dip chicken into warm water, then coat with seasoned flour. Fry until cooked through (about 6 minutes) and serve with Espagnole sauce. (Alternatively, these can be grilled by eliminating the flour and dipping the moistened skewered chicken into the mixed seasonings, then grilling until cooked through.)

**Epinard A La Creme .**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 16 oz. frozen spinach, chopped or use fresh | 1 c. milk |
| 4 slices bacon | 2 tbsp. butter |
| 1 sm. onion, minced | 2 tbsp. flour |
| 1 clove garlic, minced |  |
| 3/4 tbsp. seasoned salt |  |
| 1/8 tsp. pepper |  |
| 1 egg, beaten |  |
| 1 egg, beaten |  |

Method:

Cook spinach in unsalted water. Squeeze dry. Cook and crumble bacon. Add onion, garlic, salt and pepper and saute until all liquid is gone. In pan melt butter. Add flour and milk. thicken and combine with spinach, bacon and remaining ingredients. Simmer until heated through. Serves 6.

**Hash Brown Potatoes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4 or 5 medium size potatoes, boiled | 1 tbsp. fresh parsley, minced |
| 1/2 tsp. salt (or to taste) | 2 tbsp. shallots or green onions, minced (optional) |
| 2 tbsp. milk | pepper (to taste) |
| 2-3 tbsp. butter | 4 or 5 medium size potatoes, boiled |

Chop cold boiled potatoes and heat them in a saucepan vith milk, butter and salt and pepper to taste.Heat some extra butter in a frying-pan, pour in the potatoes and let them brown. Press the potatoes together with a spatula so they will hold together.Serve in the shape of an omelet, and garnish with parsley.

**Allumette potatoes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4 pounds baking potatoes | Salt to taste |
| Oil for frying |  |

Method:

Peel and wash potatoes. Slice into 1/4-inch thick slices, then into 1/4-inch sticks. Wash thoroughly in cold water. Drain well. Deep fry in batches at 350 degrees until potatoes are cooked, but not brown. At serving time, increase oil temperature to 375 degrees. Fry potatoes in batches, until golden brown.Sprinkle with salt. Serve hot.

**Crème brûlée tartlets**

Ingredients (serves 4)

|  |  |
| --- | --- |
| For the pastry | For the filling |
| 175g plain flour | 300ml carton double cream |
| 100g cold butter | 1 vanilla pod, halved lengthways |
| 2 tsp caster sugar | 3 egg yolks and 1 whole egg |
| zest ½ orange | 2 tbsp caster sugar |
| 1 egg yolk, beaten with 2 tbsp cold water | For the filling |
|  | 300ml carton double cream |
|  |  |

Method

Put the flour, a pinch of salt and the butter in a food processor and pulse until it resembles fine crumbs. Add the sugar and orange zest, and briefly pulse again. Pour in 2 tbsp of the egg mixture and pulse until the dough comes together, adding more liquid if needed.

Roll out the pastry on a lightly floured surface and use to line four deep-fluted tartlet tins (8 x 3cm). Place the tins on a tray and chill for 30 mins. Heat oven to 190C/170C fan/gas 5.

Pour the cream into a heavy-based saucepan, scrape in the seeds from the vanilla pod, then throw in the 2 halves of the pod. Heat until small bubbles begin to form around the sides of the pan, then leave to infuse for 5 mins. Remove the pod. In a bowl, beat together the egg yolks, whole egg and sugar. Keep stirring, then pour in the cream, mixing until combined. Strain through a sieve into a jug. Pour the custard into the tart shells, then bake for 18-22 mins until almost set (they should be quite wobbly in the centre but will firm up on cooling). Leave to cool completely, then chill for 30 mins.Meanwhile, make the caramel topping. Break into pieces, then whizz in a food processor until you have fine crystals.Heat the grill. Place under the grill, not too near the heat source, and let the caramel melt – watch carefully as they will burn easily. Leave to cool, then chill for 30 mins or until ready to serve.

**Brioche**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 tablespoon active dry yeast | 1 cup butter, |
| 1/3 cup warm water (110 degrees F) | softened 1 egg yolk |
| 3 1/2 cups all-purpose flour | 1 teaspoon cold water |
| 1 tablespoon white sugar |  |
| 1 teaspoon salt |  |
| 4 eggs |  |
| 1 tablespoon active dry yeast |  |

Method:

In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes.In a large bowl, stir together the flour sugar and salt. Make a well in center of the bowl and mix in the eggs and yeast mixture. Beat well until the dough has pulled together, then turn it out onto a lightly floured surface and knead until smooth and supple, about 8 minutes.Deflate the dough, cover with plastic wrap, and refrigerate 6 hours or overnight. It needs time to chill in order to become more workable.Preheat oven to 400 degrees F (200 degrees C). Lightly grease two 9x5-inch loaf pans (see Cook's Note to make rolls). Beat the egg yolk with 1 teaspoon of water to make a glaze.Turn the dough out onto a lightly floured surface. Divide the dough into two equal pieces, form into loaves and place into prepared pans. Cover with greased plastic wrap and let rise until doubled in volume, about 60 minutes.

Brush the loaves or rolls with the egg wash. Bake in preheated oven until a deep golden brown. Start checking the loaves for doneness after 25 minutes, and rolls at 10 minutes. Let the loaves cool in the pans for 10 minutes before moving them to wire racks to cool completely.

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| **Sr no** | **MENU -11 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Mushroom leeks and basil galettes |
| 2 | Bisque De Crevettes |
| 3 | Goulash De Poulet |
| 4 | Courgettes Provencale |
| 5 | Pommes De Terre Anna |
| 6 | Chocolate Eclairs |
| 7 | Onion Rolls |

**Conclusion:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Mushroom leeks and basil galettes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| ¾ cup whole-wheat pastry flour | 1 egg mixed with |
| ¾ cup all-purpose flour | 1 tablespoon water, for glaze |
| 1½ teaspoons baking powder | 1 tablespoon extra-virgin olive oil |
| ¼ teaspoon salt | 2 cups sliced leeks, (about 2 large) (see Tip) |
| ½ cup 1% cottage cheese | 12 ounces cremini, or baby bella mushrooms, wiped clean and sliced (6 cups) |
| ¼ cup canola oil | 1 large egg |
| ¼ cup 1% milk | ⅓ cup reduced-fat sour cream |
| 1½ teaspoons sugar | ½ teaspoon salt, or to taste Freshly ground pepper, to taste |
| ½ cup scallions, chopped | ¼ cup chopped fresh parsley |

Method:

To prepare crust: Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a medium bowl. Puree cottage cheese in a food processor. Add oil, milk and sugar; process until smooth. Add the dry ingredients and pulse 4 to 5 times, just until the dough clumps together. Turn out onto a lightly floured surface and knead several times, but do not overwork. Press the dough into a disk, dust with flour and wrap in plastic wrap. Refrigerate for at least 20 minutes. Meanwhile, prepare filling: Heat oil in a large nonstick skillet over medium-low heat. Add leeks and cook, stirring often, until tender, 3 to 5 minutes. (Add water, if necessary, to prevent scorching.) Add mushrooms and increase heat to medium-high; cook, stirring occasionally, until the mushrooms are tender and the liquid has evaporated, 3 to 4 minutes. Let cool. Whisk egg, sour cream, salt and pepper in a large bowl. Add scallions, parsley and the mushroom mixture; toss to coat. To assemble and bake galette: Preheat oven to 400°F. Coat a baking sheet with cooking spray. On a lightly floured surface, roll dough into a rough 15-inch circle about ¼ inch thick. Roll it back over the rolling pin and transfer to the prepared baking sheet. Spread the filling over the dough, leaving a 2-inch border all around. Fold the border up and over the filling to form a rim, pleating as necessary. Brush egg glaze over the rim. Bake the galette until the crust is golden, 25 to 35 minutes. Let cool on the baking sheet on a wire rack for 5 minutes. Slide onto a serving platter and serve hot or at room temperature.

**Bisque de Crevettes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| ¼ cup [onion](http://www.soupsong.com/fonion.html), finely diced | 1 pound [shrimp](http://www.soupsong.com/fshrimp.html) in the shell |
| ¼ cup [celery](http://www.soupsong.com/fcelery.html), finely diced | 5 cups shrimp [stock](http://www.soupsong.com/bstock.html)--or seafood/fish stock |
| ¼ cup [carrot](http://www.soupsong.com/fcarrot.html), finely diced | 1 cup [dry white wine](http://www.soupsong.com/bflavor.html#alcohol) (dry vermouth is excellent) |
| 1 15-ounce can [tomatoes](http://www.soupsong.com/ftomato.html), cut up in pieces (use the juice for another dish) | 4 Tablespoons raw [rice](http://www.soupsong.com/frice.html) |
| 2 Tablespoons [olive oil](http://www.soupsong.com/folive.html) | 2 Tablespoons [butter](http://www.soupsong.com/bflavor.html#butter), softened |
| 1 pound [shrimp](http://www.soupsong.com/fshrimp.html) in the shell | ½ cup heavy [cream](http://www.soupsong.com/bthicken.html#dairy) |
| ¼ cup [onion](http://www.soupsong.com/fonion.html), finely diced | [salt](http://www.soupsong.com/fsalt.html) and [pepper](http://www.soupsong.com/fpepper.html) |
| ¼ cup [celery](http://www.soupsong.com/fcelery.html), finely diced | 1 pound [shrimp](http://www.soupsong.com/fshrimp.html) in the shell |

*Garnish:* reserved [shrimp slices](http://www.soupsong.com/fshrimp.html), sautéed in Cognac or white wine, [tarragon](http://www.soupsong.com/ftarrago.html) (or other fresh herb), and [croûtons](http://www.soupsong.com/bgarnish.html) (made from thin slices of bread fried in butter until crisp and brown).In a skillet, sauté the onion, celery, and carrot (called a *mirepoix*) in the butter for 5 minutes, until the vegetable are soft, not brown. Add the tomato pieces and sauté for another 5 minutes. Scrape out into a bowl and reserve.

In the same pan, heat the olive oil then add the whole shrimp. Cook until the shells are red and crisp--about 4-5 minutes. Scrape out of the pan and let cool. While the shrimp are cooling, heat the stock and wine in a large saucepan, add the reserved vegetables and the rice, bring to a boil, then reduce heat and, partially covered, simmer for 20 minutes.

Peel the cooled shrimp, separating the shells and the meat, and toss the shells into the cooking soup. When the soup has finished cooking, puree in a blender, solids first (including the shells), then strain back into the pot. Take half of the reserved shrimp, puree them in the blender (slowly adding enough hot stock to completely emulsify them)--and pour them into the pot.

Enrich the soup by whisking in the softened butter and the cream, then season to taste with salt and pepper. Let sit, for flavors to blend, until ready to serve.When ready to serve, sauté thin bread slices in butter until crisp and brown, then drain. Slice the remaining shrimp lengthwise and briefly sauté them over high heat with the Cognac or wine. Mince the tarragon or other herb finely. Ladle the soup into bowls, top with the shrimp and minced herb, and pass the croûtons separately.

**Moutton Bourguignon**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 tablespoon good olive oil | 2 yellow onions, sliced |
| 8 ounces dry cured center cut applewood smoked bacon, diced | 2 teaspoons chopped garlic (2 cloves) |
| 2 1/2 pounds chuck mutton cut into 1-inch cubes | 1/2 cup Cognac |
| Kosher salt | 1 (750 ml.) bottle good dry red wine such as Cote du Rhone or Pinot Noir |
| Freshly ground black pepper | 1 can (2 cups) mutton broth |
| 1 pound carrots, sliced diagonally into 1-inch chunks | 1 tablespoon tomato paste |
| 3 tablespoons all-purpose flour | 1 teaspoon fresh thyme leaves (1/2 teaspoon dried) |
| 1 pound frozen whole onions | 4 tablespoons unsalted butter at room temperature, divided |
| 1 pound fresh mushrooms stems discarded, caps thickly sliced |  |

Method

Heat the olive oil in a large Dutch oven. Add the bacon and cook over medium heat for 10 minutes, stirring occasionally, until the bacon is lightly browned. Remove the bacon with a slotted spoon to a large plate,sear the beef in the hot oil for 3 to 5 minutes,

Toss the carrots, and onions, 1 tablespoon of salt and 2 teaspoons of pepper in the fat in the pan and cook for 10 to 15 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add the tomato paste and thyme. Bring to a simmer, cover the pot with a tight-fitting lid and place it in the oven for about 1 1/4 hours or until the meat and vegetables are very tender when pierced with a fork.Combine 2 tablespoons of butter and the flour with a fork and stir into the stew. Add the frozen onions. Saute the mushrooms in 2 tablespoons of butter for 10 minutes until lightly browned and then add to the stew. Bring the stew to a boil on top of the stove, then lower the heat and simmer for 15 minutes. Season to taste.

To serve, toast the bread in the toaster or oven. Rub each slice on 1 side with a cut clove of garlic. For each serving, spoon the stew over a slice of bread and sprinkle with parsley.

**Pommes De Terre Lyonnaise**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1⁄4 cup shallot, finely minced | salt |
| 1 garlic clove | fresh ground black pepper |
| 1 tablespoon olive oil |  |
| 1 lb small fingerling potato |  |
| 1 cup fresh chicken stock or 1 cup fresh vegetable stock |  |
| 1 sprig lemon thyme |  |
| 1 sprig rosemary |  |
| 1⁄4 cup shallot, finely minced |  |

Method

In a large pan, saute the shallots and garlic slowly in the olive oil until caramelized.Add the fingerling potatoes, stock, and some salt and pepper.Cover pan and simmer slowly until the potatoes are tender, approximately 1/2 hour.Arrange on serving platter. Remove herb leaves from stalks and garnish the potatoes.

**Courgettes Provencale**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 25 g (1 oz) butter | 450 g (1 lb) tomatoes, skinned and sliced |
| 1 shallot or small onion, skinned and chopped | 100 g (4 oz) cheddar cheese, grated |
| 1 garlic clove, skinned and finely chopped | salt and freshly ground pepper |
| 6 courgettes, trimmed and thickly sliced | 25 g (1 oz) butter |

Method

Melt the butter and gently fry the shallot or onion and garlic for 2 minutes, until soft. Add the courgettes and fry for 10 minutes, turning frequently, until tender. Add the tomatoes and cook for a few minutes more, until the tomatoes are slightly pulpy.Arrange the vegetables in layers with the grated cheese in an ovenproof dish, seasoning each vegetable layer with salt and pepper and finishing with a layer of cheese. Cook in the oven at 180°C (350°F) mark 4 for 30 40 minutes until the top is golden.

**Pommes De Terre Anna (anna Potatoes)**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 1/2 pounds russet potatoes, peeled, in a bowl of cold water |  |
| 4 to 6 tablespoons unsalted butter, melted |  |
| 1 1/2 teaspoon kosher salt |  |
| Freshly ground black pepper |  |
| 1/8 teaspoon freshly grated nutmeg |  |
| Grated Parmesan |  |
|  |  |
|  |  |

Method:

Peel the potatoes and cut them into thin round slices, wash them thoroughly in cold water to take out the starch, dry them with a cloth and make sure that they are well dried.

Put some butter into a casserole or saute pan and arrange the potatoes in layers overlapping each other, reversing the overlapping with each layer. Dot each layer with butter and sprinkle with salt, cover and cook in a hot oven (425F, 220?c or gas mark 8) for between 30 and 40 minutes until the potatoes are tender. Pour off the excess butter before serving, I like to turn the potatoes onto a platter for serving the potatoes ought to be rich, golden, and crisp on the outside with a creamy buttery centre.

**Chocolate Eclairs**

Ingredients (serves 4)

|  |  |
| --- | --- |
| Filling: | Pastry: |
| 2 cups whole, 2 percent fat, or 1 percent fat milk | 1 cup water |
| 1/2 vanilla bean, split lengthwise | 8 tablespoons (1 stick) unsalted butter |
| 6 egg yolks | 1/2 teaspoon salt |
| 2/3 cup sugar | 1 1/2 teaspoons sugar |
| 1/4 cup cornstarch | 1 cup all-purpose flour |
| 1 tablespoon cold unsalted butter | 3 eggs, plus 1 extra, if needed |
| 1 egg | 1/2 cup heavy cream |
| 1 1/2 teaspoons water | 4 ounces semisweet chocolate |

Method:

Filling: In a medium saucepan, heat the milk and vanilla bean to a boil over medium heat. Immediately turn off the heat and set aside to infuse for 15 minutes. In a bowl, whisk the egg yolks and sugar until light and fluffy. Add the cornstarch and whisk vigorously until no lumps remain. Whisk in 1/4 cup of the hot milk mixture until incorporated. Whisk in the remaining hot milk mixture, reserving the saucepan. Pour the mixture through a strainer back into the saucepan. Cook over medium-high heat, whisking constantly, until thickened and slowly boiling. Remove from the heat and stir in the butter. Let cool slightly. Cover with plastic wrap, lightly pressing the plastic against the surface to prevent a skin from forming. Chill at least 2 hours or until ready to serve. The custard can be made up to 24 hours in advance. Refrigerate until 1 hour before using.

Pastry: Preheat the oven to 425 degrees. Line a sheet pan with parchment paper. In a large saucepan, bring the water, butter, salt and sugar to a rolling boil over medium-high heat. When it boils, immediately take the pan off the heat. Stirring with a wooden spoon, add all the flour at once and stir hard until all the flour is incorporated, 30 to 60 seconds. Return to the heat and cook, stirring, 30 seconds. Scrape the mixture into a mixer fitted with a paddle attachment (or use a hand mixer). Mix at medium speed. With the mixer running, add 3 eggs, 1 egg at a time. Stop mixing after each addition to scrape down the sides of the bowl. Mix until the dough is smooth and glossy and the eggs are completely incorporated. The dough should be thick, but should fall slowly and steadily from the beaters when you lift them out of the bowl. If the dough is still clinging to the beaters, add the remaining 1 egg and mix until incorporated.

Using a pastry bag fitted with a large plain tip, pipe fat lengths of dough (about the size and shape of a jumbo hot dog) onto the lined baking sheet, leaving 2 inches of space between them. You should have 8 to 10 lengths.

Egg Wash: In a bowl, whisk the egg and water together. Brush the surface of each eclair with the egg wash. Use your fingers to smooth out any bumps of points of dough that remain on the surface. Bake 15 minutes, then reduce the heat to 375 degrees and bake until puffed up and light golden brown, about 25 minutes more. Try not to open the oven door too often during the baking. Let cool on the baking sheet. Fit a medium-size plain pastry tip over your index finger and use it to make a hole in the end of each eclair (or just use your fingertip). Using a pastry bag fitted with a medium-size plain tip, gently pipe the custard into the eclairs, using only just enough to fill the inside (don't stuff them full).

Glaze: In a small saucepan, heat the cream over medium heat just until it boils. Immediately turn off the heat. Put the chocolate in a medium bowl. Pour the hot cream over the chocolate and whisk until melted and smooth. Set aside and keep warm. The glaze can be made up to 48 hours in advance. Cover and refrigerate until ready to use, and rewarm in a microwave or over hot water when ready to use.

Dip the tops of the eclairs in the warm chocolate glaze and set on a sheet pan. Chill, uncovered, at least 1 hour to set the glaze. Serve chilled.

**Onion Rolls**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1⁄2 cup warm milk (105-115 F) | 1 egg white, slightly beaten with |
| 2 tablespoons sugar | 1 tablespoon cold water |
| 2 teaspoons salt |  |
| 3 tablespoons butter or 3 tablespoons margarine |  |
| 1 1⁄2 cups water (105-115 F) |  |
| 1 (1 ounce) package active dry yeast (1 Tablespoon) |  |
| 2 tablespoons instant minced onion |  |
| 5 -6 cups all-purpose flour |  |

Method

Combine warm milk, sugar, salt and butter.In a large warm bowl, pour in warm water, sprinkle yeast over the water and stir until dissolved.Add milk mixture, onion and 3 cups flour to the yeast mixture.Beat until smooth.Add enough additional flour to make a stiff dough.Turn dough out onto a lightly floured board.

Knead until smooth and elastic (about 8-10 minutes).Place dough in a greased bowl, turning dough to grease the top.Cover dough and let rise in a warm place (free from drafts) until doubled in bulk (about 1 hour).Punch dough down and divide into 14 equal pieces.Shape pieces of dough into round balls.Place dough balls (about 3 inches apart) on greased baking sheets that have been sprinkled with cornmeal.

Cover and let rise again in draft free, warm place until doubled in bulk (about 1 hour).Cut a small"X" into the tops of the rolls with a sharp knife or razor.Bake rolls in a preheated 400°F oven for 20 minutes.Brush rolls with the egg white/cold water wash.Bake rolls 5 minutes longer, or until done.Remove from baking sheets and cool on wire racks.

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| **Sr no** | **MENU -12 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Chicken Liver Pâté Recipe |
| 2 | French Onion Soup |
| 3 | Chicken Parisienne |
| 4 | Carrots a La Crème |
| 5 | Bataille des pommes de terre |
| 6 | French String Beans with Shallots |
| 7 | Apple and plum Yogurt Parfaits |
| 8 | Ficelle bread |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Chicken Liver Pâté Recipe**

|  |  |
| --- | --- |
| 6 Tbsp unsalted butter, divided | 1 teaspoon anchovy paste (optional) |
| 1/3 cup minced shallot | 1/4 cup brandy |
| 1 pound chicken livers | 1/4 cup cream |
| Salt | 2 Tbsp capers |
| 1 clove garlic, minced | 1 teaspoon dried thyme |

Brown the butter: Heat 2 tablespoons of the butter in a large sauté pan on medium heat and let the butter brown, about 3-5 minutes. Do not let it burn.Sauté shallots and livers: Add the shallots and sauté for 1 minute. Add the livers. Be sure to space them well in the pan so they can brown more easily. Sprinkle salt over the livers. Flip the livers when one side browns, about 2 minutes.

Add capers, thyme, garlic, anchovy paste: Once the livers have browned, add the capers, thyme, garlic, and anchovy paste if using, and sauté another minute. Deglaze with brandy: Take the pan off the heat and add the brandy. (Be careful when you return it to the heat, as it could flame up, especially if you are using a gas range. If it does, cover the pan for a moment.) Increase the heat to high and let the brandy boil and reduce to the consistency of syrup, about 1-2 minutes. Turn off heat and allow the mixture to cool.

The pâté will last a week or so in the fridge. If you want to preserve it for up to a month, pour a little melted lard or clarified putter on top to seal. Each time you dip into the pâté, you will need to reseal the top to preserve it Serve spread on crackers or baguette slices.

**French Onion Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1/2 cup unsalted butter | 1 teaspoon dried thyme salt and pepper to taste |
| 2 tablespoons olive oil | 4 slices French bread |
| 4 cups sliced onions | 4 slices provolone cheese |
| 4 (10.5 ounce) cans beef broth | 2 slices Swiss cheese, diced 1/4 cup grated Parmesan cheese Add all ingredients to list |
| 2 tablespoons dry sherry (optional) | 1 teaspoon dried thyme salt and pepper to taste |
| 1/2 cup unsalted butter | 4 slices French bread |
|  | 4 slices provolone cheese |
|  |  |

Method

Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions.

Add beef broth, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.Heat the oven broiler.Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken into pieces if you prefer). Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 tablespoon Parmesan cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.

**Chicken Parisienne**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 6 skinless, boneless chicken breast halves salt and pepper to taste paprika to taste | 1 (4.5 ounce) can sliced mushrooms, drained |
| 1/2 cup dry white wine | 1 cup sour cream |
| 1 (10.75 ounce) can condensed cream of mushroom soup | 1/4 cup all-purpose flour |

Method

Sprinkle chicken breasts lightly with salt, pepper, and paprika to taste. Place in slow cooker.In a mixing bowl, combine the wine, condensed soup, and mushrooms. In another bowl, mix together sour cream and flour. Stir sour cream mixture into the mushrooms and wine. Pour over chicken in slow cooker. Sprinkle with additional paprika, if desired.Cover, and cook on Low for 6 to 8 hours.

**Carrots a La Crème**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3 tablespoons unsalted butter | 1 pinch of freshly grated nutmeg |
| 1 1⁄2 lbs carrots, peeled, grated | 3⁄4 cup creme fraiche or 3⁄4 cup heavy whipping cream |
| salt & freshly ground black pepper |  |

Method

Preheat oven to 400 (or if you're roasting or baking something else, cook the carrots at that temperature). In a large skillet, melt the butter and add the carrots and a little salt. Cook, stirring, for about 5 minutes until they lose their raw look. Stir in pepper to tase, nutmeg and cream fraiche. Cook until the mixture boils.Spoon the carrot mixture into a small, shallow casserole or baking dish. Cover with a lid and bake until the cream is absored and the carrots brown around the edges, about 40 minutes. No harm if the carrots cook longer -- they simply continue to caramelize. But don't undercook, or the dish will taste very ordinary.

**French String Beans with Shallots**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 tablespoon extra virgin olive oil |  |
| 2 large shallots, thinly sliced |  |
| About 1 cup water |  |
| 3/4 pound (12 ounces) haricots verts (French string beans) |  |
| 1/2 teaspoon salt |  |
| 1/4 teaspoon freshly ground black pepper |  |

Method

Heat the olive oil in a large sauté pan over medium-low heat. Add the shallots and cook, stirring frequently, until soft and mellow, about 8 minutes.

Add the haricots verts, salt and pepper and cook, stirring frequently, for about 2 minutes.

Add 1/2 cup of the water and cook, stirring frequently, until the water evaporates, 4-5 minutes. Add the remaining 1/2 cup of water and continue cooking until the beans are tender and the pan is completely dry, 5-6 minutes. Test the beans for doneness. If they need more cooking time, add a bit more water and cook until done; just be sure to cook off any remaining liquid in the pan before serving, otherwise the flavor will be diluted. Taste and adjust the seasoning with salt and pepper if necessary.

**Bataille des pommes de terre**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3 pounds small red or white potatoes | 1 teaspoon freshly ground black pepper |
| 1/4 cup good olive oil | 2 tablespoons minced garlic (6 cloves) |
| 1 1/2 teaspoons kosher salt | 2 tablespoons minced fresh parsley |

Method

Watch how to make this recipe.Preheat the oven to 400 degrees F.Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into 1 layer. Roast in the oven for 45 minutes to 1 hour or until browned and crisp. Flip twice with a spatula during cooking in order to ensure even browning.Remove the potatoes from the oven, toss with parsley, season to taste, and serve hot.

**Apple and plum Yogurt Parfaits**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3 cups vanilla nonfat yogurt | 1 pint fresh Plum |
| 1 cup non dairy cream | 1 cup good quality Apple |
| 1 cup fresh or defrosted frozen strawberries Crush | 3 cups vanilla nonfat yogurt |

Method

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.

**Ficelle bread**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3½ cups bread flour | 1½ cups tepid water |
| One ¼ oz (7g) envelope instant (fast-acting) yeast | 2/3 cup boiling water |
| 4 tsp salt | 3½ cups bread flour |

Method:

Mix the flour, yeast, and 1 tsp of the salt in a large bowl. Add the tepid water and stir to make a soft dough. Knead on a lightly floured work surface for 8–10 minutes, or until smooth and elastic.Divide the dough into four equal portions. Roll each into a 12in (30cm) rope. Place 2 ficelles on each of 2 large baking trays. Cover the loaves with oiled plastic wrap. Let stand in a warm place for 30 minutes, until doubled in size.

Preheat the oven to 425°F (220°C). Dissolve the remaining 3 tsp salt in the boiling water. Brush the salted water over the loaves. Use a sharp knife to make 4 diagonal slashes in the top of each loaf. Bake for 15–20 minutes, until light gold. After 10 minutes, switch the positions of the baking sheets from top to bottom to ensure even baking.

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| **Sr no** | **MENU -13 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Tomato and corn soup |
| 2 | Tostados |
| 3 | Chicken Tortilla Flutes |
| 4 | Chicken enchiladas |
| 5 | Mushroom with chipotle chilies |
| 6 | Coriander rice |
| 7 | Sopaipillas |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Fresh Corn and Tomato Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 celery rib, chopped | 1/8 teaspoon white pepper |
| 1 small onion, chopped | 2 cups fresh sweet corn |
| 1/4 cup chopped green pepper | 1 tablespoon minced fresh basil |
| 2 tablespoons butter | 2 tablespoons minced fresh parsley |
| 4 cups chopped seeded peeled tomatoes | 1 green onion, finely chopped |
| 2 cups chicken broth | 1/8 teaspoon white pepper |
| 1 teaspoon sugar | 2 cups fresh sweet corn |
| 1/2 teaspoon salt |  |

Method:

In a large saucepan, saute the celery, onion and green pepper in butter until tender. Stir in tomatoes and broth. Bring to a boil. Reduce heat; cover and simmer for 20 minutes. Press through a sieve or food mill; return to the pan. Add the sugar, salt and white pepper. Bring to a boil. Stir in corn and basil. Reduce heat; simmer, uncovered, for 3-5 minutes or until corn is tender. Garnish with parsley and green onion. Yield: 6 servings.

**Mexican Tostados**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 1/2 lbs ground beef |  |
| 1 cup diced onion |  |
| 1 cup diced green pepper |  |
| 1/2 teaspoon salt |  |
| 1/8 teaspoon pepper |  |
| 1 (30 ounce) can refried beans |  |
| 6 small flour tortillas |  |
| oil (for frying |  |

Method:

1Brown ground beef with onions and peppers.2Add salt and pepper.3Cook till well done.4Add refried beans.5Cover and simmer for 5 minutes.6Cook tortillas in small amount of oil in small frying pan until golden brown on bottom.7Drain on paper towel.8Spread meat mixture on tortilla and top with your favorite topping.9cheese,tomatoes,olives,sour cream etc

**Chicken Tortilla Flutes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 8 soft corn tortillas | 2 tablespoons finely chopped fresh cilantro |
| 12 ounces cooked chicken, I use the cans of chicken occasionally (diced, works great) | salt |
| 1 teaspoon mild chili powder (hot powder if you like hot) | 1 -2 tablespoon sour cream |
| 1 onion, chopped | vegetable oil, for frying |

Method:

1Heat the tortillas in an unoiled nonstick skillet in a stack, moving the tortillas from the top to the bottom so that they warm evenly. Wrap in foil or a clean dish towel to keep warm. 2Place the chicken in a large bowl with the chili powder, half the chopped onion and cilantro, and salt to taste. Add enough sour cream to bind the mixture together. 3Arrange 2 corn tortillas on the counter so that they are overlapping, then spoon some of the filling down the center. Roll up very tightly and secure in place with a toothpick or two. Repeat with the remaining tortillas and filling. 4Heat enough oil for frying in a deep skillet until hot and fry the rolls until golden and crisp. Carefully remove the rolls from the oil and drain on paper towels. 5Serve with Guacamole, salsa, sour cream and remaining onion & cilantro

**Chicken enchiladas**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 lb chicken breast, diced | 1 (15 ounce) can chicken broth |
| 1 medium onion, chopped | 1 cup sour cream |
| 1 tablespoon vegetable oil | 1 (4 ounce) can chopped green chilies |
| 8 flour tortillas, softened (8 inches each) | 1/4 cup butter |
| 1 1/2 cups grated monterey jack cheese or 1 1/2 cups Mexican blend cheese, divided | 1/4 cup flour |

Method:

1In frypan, cook chicken and onion together in oil over medium-high heat until chicken is just done.2Divide cooked chicken evenly between 8 tortillas; add 1 1/2 tablespoons cheese to each tortilla.3Roll enchiladas and place seam-side down in 9x13" baking dish that has been lightly sprayed with no-stick cooking spray.4Melt butter in a medium saucepan; stir in flour to make a roux; stir and cook until bubbly; gradually whisk in chicken broth then bring to boiling, stirring frequently.5Remove from heat; stir in sour cream and green chiles; pour sauce evenly over enchiladas.6Top with remaining 3/4 cup cheese (baking dish may be double-wrapped and frozen at this point) and bake at 400F for 20 minutes until cheese is melted and sauce near edges of baking dish is bubbly.

**Mushroom with chipotle chilies**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 chipotle chiles | 1 onion, finely chopped |
| 6 cups button mushrooms | 2 garlic cloves, smashed |
| 4 tablespoons vegetable oil | 1 bunch fresh coriander, to garnish |
| salt |  |

Method

1Soak the dried chillies in a bowl of hot water for about 10 minutes until they are softened.2Drain, cut off stalks, then slit the chillies and scrape out the seeds.3Chop the flesh finely.4Trim the mushrooms, then clean them with a damp cloth or kitchen paper.5If they are large, cut them in half.6Heat the oil in a large frying pan.7Add the onion, garlic, chillies and mushrooms and stir until evenly coated in the oil.8Fry for 6 to 8 minutes, stirring occasionally, until the onion and mushrooms are tender.9Season to taste and spoon into a serving dish.10Chop some of the coriander, leaving some whole leaves and use to garnish.11Serve hot.

**Coriander Rice**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 cups chicken broth |  |
| 1 teaspoon salt |  |
| 1 teaspoon olive oil |  |
| 2 garlic cloves, sliced thin |  |
| 1 cup jasmine rice (long grain) or 1 cup basmati rice (long grain) |  |
| 1/3 cup chopped fresh coriander sprig (wash and dry before chopping) |  |
| salt and pepper (you may not need any extra salt) |  |
| 2 cups chicken broth |  |

Method:

1In a saucepan with a tight-fitting lid bring broth to a boil with salt, oil, and garlic.2Stir in rice and cook, covered, over low heat 20-30 minutes, or until water is absorbed and rice is tender.3Fluff rice with a fork and toss with coriander and salt and pepper to taste.

**Sopapillas**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 500 g all-purpose flour |  |
| 7 g baking powder |  |
| 6 g salt |  |
| 50 g shortening |  |
| 355 ml warm water |  |
| 1890 ml oil for frying |  |
| 500 g all-purpose flour |  |
|  |  |

Method:

In a large bowl, stir together flour, baking powder, salt and shortening. Stir in water; mix until dough is smooth. Cover and let stand for 20 minutes. Roll out on floured board until 1/8 to 1/4 inch thick. Cut into 3 inch squares. Heat oil in deep-fryer to 375 degrees F (190 degrees C). Fry until golden brown on both sides. Drain on paper towels and serve hot.

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| **Sr no** | **MENU -14 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Vermicelli soup |
| 2 | Chimichanga |
| 3 | Picadilo |
| 4 | Quesadillas |
| 5 | Chilaquilles |
| 6 | Mexican rice Frijoles |
| 7 | Coconut and pineapple Palates |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Vermicelli Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 335 g vermicelli pasta | 0.2 yellow onion |
| 30 ml vegetable oil | 2 tomatoes |
| 475 ml water | 1 clove garlic |
| salt to taste |  |

Method

Using a large saute pan, fry vermicelli in vegetable oil till golden brown. In a food processor or blender, blend the water, onion, tomatoes, garlic and salt. Strain.Pour blended mixture over the vermicelli and allow to simmer till all the liquid has been evaporated or absorbed.

**Oven-Fried Chicken Chimichangas**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2/3 cup picante sauce or 2/3 cup your favorite salsa | 2 tablespoons margarine, melted |
| 1 teaspoon ground cumin | shredded cheddar cheese, for serving |
| 1/2 teaspoon dried oregano leaves, crushed | chopped green onion, for serving |
| 1 1/2 cups cooked chicken, chopped | picante sauce, for serving |
| 1 cup shredded cheddar cheese | 6 (8 inch) flour tortillas |
| 2 green onions, chopped with some tops (about 1/4 cup) |  |

Method:

1Mix chicken, picante sauce or salsa, cumin, oregano, cheese and onions.2Place about 1/4 cup of the chicken mixture in the center of each tortilla.3Fold opposite sides over filling.4Roll up from bottom and place seam-side down on a baking sheet.5Brush with melted margarine.6Bake at 400°F for 25 minutes or until golden.7Garnish with additional cheese and green onion and serve salsa on the side

**Picadillo**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 pound ground beef | 2 small potatoes (peeled and diced) |
| 1 teaspoon oregano | 8 to 10 green olives (pitted) |
| 1 teaspoon cumin | salt and pepper to taste |
| 4 cloves garlic | olive oil for sautéing |
| 1 medium white onion (chopped fine) | 1/2 cup beef stock |
| 1 small green pepper (chopped) | 3/4 cup tomato sauce |

Method:

In a mixing bowl, combine the ground beef, oregano, cumin, salt and pepper. In a fruing pan, heat the olive oil. Sauté the onions, green pepper, and garlic until soft. Add the ground beef mixture, beef stock, and tomato sauce. Cover and cook over medium-low heat for 15 minutes. Add the diced potato. Cover and cook another 15 minutes, or until the potatoes are done. Remove the cover. Add the olives and cook uncovered 15 minutes or until the liquid is fully evaporated, but the meat is still moist. Serve the picadillo warm with rice or let cool and use as a filling for empanadas and papas rellenas.

**Quesadillas**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 455 g skinless, boneless chicken breast, diced | 224 g shredded Cheddar cheese |
| 35 g fajita seasoning | 7 g bacon bits |
| 15 ml vegetable oil | 224 g shredded Monterey Jack cheese |
| 2 green bell peppers, chopped | 1 onion, chopped |
| 2 red bell peppers, chopped | 10 (10 inch) flour tortillas |

Method

Preheat the broiler. Grease a baking sheet.Toss the chicken with the fajita seasoning, then spread onto the baking sheet. Place under the broiler and cook until the chicken pieces are no longer pink in the center, about 5 minutes. Preheat oven to 350 degrees F (175 degrees C).

Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes. Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese, bacon bits, and Monterey Jack. Fold the tortillas in half and Place onto a baking sheet. Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes

**Chilaquiles**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 onion, chopped | 10 g all-purpose flour |
| 1 (6 ounce) can sliced black olives | 3 (8 ounce) cans tomato sauce |
| 120 ml white vinegar, divided | 1 (7.75 ounce) can Mexican style hot tomato sauce (such as El Pato Salsa de Chile Fresco®) |
| 15 ml vegetable oil (optional) | 235 ml water |
| 225 g chorizo or bulk spicy pork sausage (optional) | 3 g unsweetened cocoa powder |
| 12 (7 inch) corn tortillas, cut into 1-inch pieces | 4 g white sugar |
| 60 ml vegetable oil | 15 ml white vinegar |
| 9 g taco seasoning mix (optional) | 5 g dried oregano |
| 1 (4 ounce) can diced green chiles, drained | 100 g crumbled cotija or feta cheese |

Method

Put chopped onion and sliced olives in separate small bowls and combine each with 1/4 cup of vinegar. Set aside to marinate. Meanwhile, heat the vegetable oil in a skillet over medium heat. Stir in the chorizo, breaking it apart into crumbles as it cooks, about 10 minutes. Remove the chorizo from the skillet and set aside. Heat 1/4 cup of oil in the skillet and add the tortilla pieces, cooking and stirring over medium-low heat until just beginning to get crisp and golden at the edges, about 10 minutes. Remove skillet from heat and drain the tortillas; pour 1 tablespoon of the oil into a saucepan. Heat the saucepan over medium-low heat until hot but not smoking. Add the flour, and cook and stir until smooth, about 1 minute. Pour in the two tomato sauces, water, browned chorizo, cocoa powder, sugar, 1 tablespoon of vinegar, oregano, and taco seasoning. Simmer the sauce about 5 minutes to blend the flavors. Stir in diced chiles and tortillas. Simmer about 10 minutes more, stirring occasionally, until tortillas have softened and the mixture is thick.Drain the onion and olives. Spoon a layer of tortilla mixture evenly into a 2 quart baking dish or serving dish, and follow with a layer of about 2 tablespoons marinated onion, then a layer of 2 tablespoons olives, followed by a layer of 1/4 cup Parmesan cheese. Repeat layers twice more. Serve hot.

**Frijoles**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 455 g dry pinto beans | 3 g pepper |
| 2 onions, diced | 170 g butter |
| 1 clove garlic, minced | 115 g shredded Cheddar cheese |
| 10 g salt |  |

Method

Soak pinto beans overnight in 1 quart of water. Place beans into a large saucepan, and add water to cover. Add onions, garlic, salt and pepper. Bring to a boil, then simmer over medium-low heat until beans are tender, about 1 to 2 hours. Add additional water to the pan as needed to prevent burning. Mash the beans with a potato masher, and mix in the butter. Continue cooking, stirring occasionally, until the mixture is thickened and the butter is absorbed. Adjust seasonings to taste.

Preheat oven to 350 degrees F (175 degrees C). Spread the bean mixture into a 9x13 inch baking dish, and sprinkle shredded cheese over the top. Bake for 15 minutes, or until cheese is melted.

**Mexican rice**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3 tablespoons vegetable oil | 1/4 cup chopped onion |
| 1 cup uncooked long-grain rice | 1/2 cup tomato sauce |
| 1 teaspoon garlic salt | 2 cups chicken broth |
| 1/2 teaspoon ground cumin |  |

Method

Heat oil in a large saucepan over medium heat and add rice. Cook, stirring constantly, until puffed and golden. While rice is cooking, sprinkle with salt and cumin. Stir in onions and cook until tender. Stir in tomato sauce and chicken broth; bring to a boil. Reduce heat to low, cover and simmer for 20 to 25 minutes. Fluff with a fork.

**Coconut-Pineapple Paletas**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (14 ounce) can coconut milk | 1/4 teaspoon vanilla extract |
| 3/4 cup half-and-half | 1/2 cup shredded coconut |
| 1/2 (14 ounce) can sweetened condensed milk | 1/2 cup minced pineapple |
| 1/4 teaspoon salt | 1 (14 ounce) can coconut milk |

Method

Blend coconut milk, half-and-half, sweetened condensed milk, salt, and vanilla extract in a blender until smooth. Stir shredded coconut and pineapple into the milk mixture. Pour into ice pop molds; freeze until firm, about 4 hours.

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| **Sr no** | **MENU -15 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Caldo Verde |
| 2 | Custard Tarts - Pasteis de NataPortuguese Sweet Bread |
| 3 | Portuguese Chicken Soup II |
| 4 | Beefs Portuguese Style |
| 5 | Portuguese Chourico Stew |
| 6 | Captain Duarte's Salt Cod Cakes) |
| 7 | Portuguese Beans with Kale and Lin guica |
| 8 | Filhos (Portuguese Donuts) |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Caldo Verde (Portuguese Green Soup)**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4 tablespoons olive oil, divided | 2 quarts cold water |
| 1 onion, minced | 6 ounces linguica sausage, thinly sliced |
| 1 clove garlic, minced | 2 1/2 teaspoons saltground black pepper to taste |
| 6 potatoes, peeled and thinly sliced | 1 pound kale, rinsed and julienned |

Method

In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 minutes. Stir in potatoes and cook, stirring constantly, 3 minutes more. Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes. Drain.Mash potatoes or puree the potato mixture with a blender or food processor. Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes.Just before serving, stir kale into soup and simmer, 5 minutes, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil and serve at once.

**Portuguese Custard Tarts - Pasteis de Nata**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 cup milk | 1 cup white sugar |
| 3 tablespoons cornstarch | 6 egg yolks |
| 1/2 vanilla bean | 1 (17.5 ounce) package frozen puff pastry, thawed |

Method:

Preheat oven to 375 degrees F (190 degrees C.) Lightly grease 12 muffin cups and line bottom and sides with puff pastry.In a saucepan, combine milk, cornstarch, sugar and vanilla. Cook, stirring constantly, until mixture thickens. Place egg yolks in a medium bowl. Slowly whisk 1/2 cup of hot milk mixture into egg yolks. Gradually add egg yolk mixture back to remaining milk mixture, whisking constantly. Cook, stirring constantly, for 5 minutes, or until thickened. Remove vanilla bean.

Fill pastry-lined muffin cups with mixture and bake in preheated oven for 20 minutes, or until crust is golden brown and filling is lightly browned on top

**Portuguese Fried Bread**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 cups all-purpose flour | 2 tablespoons white sugar |
| 3 teaspoons baking powder | 3/4 cup milk |
| 1/2 teaspoon salt | 1 quart vegetable oil for frying |

Method

Whisk together flour, baking powder, salt, and sugar. Add milk, and mix well. Divide dough into balls. Pat out on a flat, floured surface to 1/2 inch thick.Fry in 1/2 inch hot oil, browning both sides. Serve warm.

**Beefs Portuguese Style**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3/4 cup red wine | 1/2 teaspoon white pepper |
| 1/4 cup water | 1/2 teaspoon salt |
| 10 cloves garlic, chopped | 6 (4 ounce) beef tenderloin steaks |
| 1 tablespoon chile paste | 1/3 cup vegetable oil |

Method

In a medium bowl, combine red wine, water, garlic, chile paste, white pepper and salt. Add beef, and turn to coat evenly.In a large heavy skillet over medium heat, fry 3 steaks for 2 minutes on each side; Set steaks aside, and drain liquids into the red wine mixture. Repeat with remaining mutton.Pour oil into skillet, and reduce heat to medium-low. Fry steaks for a second time, 2 minutes on each side. Drain oil, and return all steaks and marinade to the pan. Allow to boil for 2 minutes.

**Portuguese Chorizo Stew**

|  |  |
| --- | --- |
| 1 (16 ounce) package chourico, cut into small pieces | 1 dash paprika |
| 1 small onion, chopped | 2 (15 ounce) cans green beans, drained |
| 1 clove garlic, chopped | 2 small potatoes, diced |
| 1 (15 ounce) can canned tomato sauce | 2 teaspoons red pepper flakes |
| 6 cups water |  |
| 1 dash paprika |  |

Method

Heat a Dutch oven over medium-high heat. Saute chourico, onion and garlic until onion is tender. Stir in tomato sauce, water and potatoes. Season with red pepper and paprika. Bring to a boil, reduce heat, and simmer 25 to 30 minutes, or until potatoes are tender. Stir in green beans, and simmer 5 to 10 minutes, or until heated through.

**Captain Duarte's Salt Cod Cakes**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 pound salted cod fish |  |
| 2 large potatoes, peeled and cubed |  |
| 1 teaspoon seafood seasoning ground black pepper to taste |  |
| 1/2 cup chopped fresh parsley |  |
| 2 eggs, beaten |  |
| 1 large onion, finely chopped |  |
| 1/2 cup all-purpose flour |  |
| 1/4 cup olive oil for frying |  |

Method:

Place the salt cod into a bowl and cover with cold water. Refrigerate for 8 hours. Pour off the water and replace with fresh water every 2 hours. After the fish has soaked for 8 hours, rinse in cold water, and cut into 3-inch sections.Place the cod and potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender and the cod flakes easily with a fork, about 20 minutes. Drain and allow to cool for 10 minutes.

Place the potatoes and cod into a mixing bowl. Season with the seafood seasoning, pepper, and parsley; roughly mash with a potato masher. Stir in the eggs and onion until evenly combined. There should still be pieces of cod and potato in the mixture. Form into golf ball-sized pieces, and roll in the flour. Press between your palms to flatten slightly.Heat the olive oil in a large skillet over medium-high heat. Cook the cod cakes in batches until golden and crispy on both sides, about 3 minutes per side. Drain on a paper towel-lined plate.

**Portuguese Beans with Kale and Linguica**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 (16 ounce) packages dry pink beans | 1 tablespoon dried savory |
| 1 pound bacon, cut into | 1 tablespoon ground cumin |
| 1/4 inch slices | 1 1/2 teaspoons smoked paprika |
| 2 pounds linguica sausage | 1 bunch kale, stemmed and chopped |
| 2 red onions, chopped | 3 chipotle chiles in adobo sauce, finely chopped |
| 2 cloves elephant garlic, chopped | 1 tablespoon dried savory |
| 1 tablespoon ground black pepper | 1 tablespoon ground cumin |
| 1 tablespoon dried savory |  |

Place the pink beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight.Drain and rinse the beans; pour fresh water into the pot, covering the beans by 3 inches. Bring to a boil over high heat, then reduce the heat to low; cover and simmer gently.

Place the bacon into a large skillet set over medium heat. Cook and stir until the bacon has released its grease and has browned, but not become crisp, about 10 minutes. Once done, remove the bacon with a slotted spoon and stir into the beans. While the bacon is cooking, peel the skin off of the linguica and discard. Cut the sausages in half lengthwise, then slice into 1/4 inch thick half moons. Add the sausage to the skillet, and cook until the sausage has browned. Remove with a slotted spoon and stir into the beans.

Stir the onion and garlic into the remaining grease and cook until the onion has softened and turned translucent, about 5 minutes. Stir the onions and garlic into the simmering beans along with the black pepper, savory, cumin, and paprika. Cover and continue simmering for 4 hours.

Stir the kale and chipotle pepper into the beans, and continue simmering 1 to 2 hours until the beans have broken up and thickened to your desired consistency.

**Filhos (Portuguese Donuts)**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 cup milk | 1 tablespoon butter |
| 1 cup flour | 1 dash salt |
| 4 eggs | sugar, for coating |
| oil (for frying) |  |

Method:

Bring milk, butter and salt to boil. Remove from stove. Add flour and mix well .Add eggs, 1 at a time, beating well. Drop by teaspoonful into hot oil. Fry until brown. They will turn by themselves and pop open (no oil will enter them).Shake in a bag with sugar to coat.

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| **Sr no** | **MENU -16 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Portuguese Beef – Cacoila |
| 2 | Portuguese Kale Soup |
| 3 | Portuguese Chourico Stew and green beans |
| 4 | Arroz Doce (Portuguese Sweet Rice) |
| 5 | Bacalhau Portuguese ao Forno (Salt Cod with Tomatoes and Olives) |
| 6 | Portuguese Farm Bread |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Portuguese Mutton – Cacoila**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 pounds Mutton stew meat, cut into | 2 bay leaves |
| 1 inch cubes3 oranges, juiced | 2 cloves garlic, crushed |
| 1/4 cup white wine1 teaspoon hot pepper sauce | 1 teaspoon paprika |
| 1 teaspoon vegetable oil | 1/4 teaspoon ground allspicesalt and ground black pepper to taste |

Method

Rinse beef, and place in large bowl. Pour in orange juice, wine, oil and pepper sauce. Season with bay leaves, garlic, paprika, allspice, salt and pepper. Mix, to coat beef. Cover, and refrigerate overnight.Heat a heavy skillet over medium heat. Cook beef and marinade until beef shreds easily, about 1 hour. Add water as needed.

**Portuguese Kale Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1/2 pound dried white pea beans | 5 potatoes, peeled and cubed |
| 1/2 pound chorizo sausage, thinly sliced | 1 quart hot water or as needed |
| 1 pound beef soup bones | salt and pepper to taste |
| 1 quart water | 2 bunches kale - rinsed, dried and chopped |
| 1 medium head cabbage, chopped |  |

Method

Soak beans in twice their volume of water 8 hours or overnight.In a large pot, place drained beans, chorizo, soup bones and 1 quart water (or more as needed to cover). Cook over medium heat until beans are just beginning to be tender, 1 hour.Stir in cabbage, kale, potatoes and enough hot water to cover. Cook until potatoes are tender, 20 minutes. Season with salt and pepper.

**Portuguese Chorizo Stew and green beans**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (16 ounce) package chorizo, cut into small pieces | 6 cups water |
| 1 small onion, chopped | 2 small potatoes, diced |
| 1 clove garlic, chopped  (15 ounce) can canned tomato sauce | 2 teaspoons red pepper flakes1 dash paprika2 1 (15 ounce) cans green beans, drained |

Methods

Heat a Dutch oven over medium-high heat. Saute chourico, onion and garlic until onion is tender. Stir in tomato sauce, water and potatoes. Season with red pepper and paprika. Bring to a boil, reduce heat, and simmer 25 to 30 minutes, or until potatoes are tender. Stir in green beans, and simmer 5 to 10 minutes, or until heated through.

**Arroz Doce (Portuguese Sweet Rice)**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 cups water | 1 fresh lemon rind (use a vegetable peeler for big pieces for easier removal) |
| 1 cup white rice | TOPPINGS |
| 2 cups hot milk (whole works best) | cinnamon |
| 1 cup sugar |  |

Method:

Bring water to a boil in medium saucepan. Add rice and cover, simmering for 20 minutes. Add milk, sugar and lemon rind, stirring constantly until thickened to oatmeal consistency, about 15-20 minutes. It will also thicken some while cooling. Pour into one large serving plate and remove lemon rind. Spread flat and allow to cool on wire rack. You can be decorative with cinnamon by pinching a bit between your fingers and place while your hand is no more than an inch away from the rice (criss cross patterns are traditional), or you can just dust the entire top with the cinnamon. Serve at room temp, but refrigerate uneaten portion.

**Bacalhau Portuguese ao Forno (Salt Cod with Tomatoes and Olives)**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 pounds salted cod fish | 8 wedges |
| 2 lemons, juicedsalt to taste | 2 fresh bay leaves |
| 1 pound potatoes, cut into thick slices | 2 tablespoons olive oil |
| 2 large onions, cut into | 1/4 cup chopped black olives |
| 8 wedges | 2 tablespoons chopped parsley, or to |
| 3 tomatoes, cut into |  |

Method:

Soak cod in a large bowl of water in the refrigerator for 24 hours, changing soaking water 4 times to remove excess salt.Drain water off cod; add lemon juice and salt. Let marinate in the refrigerator, about 1 hour.Preheat oven to 350 degrees F (175 degrees C).Arrange layers of cod, potatoes, onions, and tomatoes in a large baking dish. Place bay leaves on top. Drizzle olive oil over baking dish and season with salt.Bake in the preheated oven until potatoes are tender and cod flakes easily with a fork, about 30 minutes. Add olives and parsley and continue baking until heated through, about 3 minutes more.

**Portuguese Farm Bread**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 tablespoon active dry yeast | 1 teaspoon salt |
| 3/4 cup unsifted semolina (durum) flour | 1 tablespoon active dry yeast |
| 1 cup very warm water (110° to 115°F) | 3/4 cup unsifted semolina (durum) flour |
| 3 cups sifted unbleached all-purpose flour |  |

Method:

Combine the yeast, semolina flour, and water by churning 10 seconds in a large heavy-duty food processor fitted with the metal chopping blade. Scrape down the sides of the work bowl, re-cover, and let stand until foamy, about 15 minutes.With the machine running, add half the all-purpose flour down the feed tube. It's easier if you pour the flour from a spouted measuring cup into a wide-mouth canning funnel inserted in the feed tube or failing that, a stiff piece of paper rolled into a cone (the opening at the bottom should be at least 1 inch across).

Using a plastic spatula, scrape the work bowl, and if necessary, redistribute the dough so that it evenly surrounds the blade — take care! Add the salt and remaining flour, distributing evenly over the dough, and churn for 10 seconds. Again scrape the work bowl and redistribute the dough.Churn the dough for 20 seconds nonstop, shut the machine off, and let the dough rest in the sealed work bowl for 5 minutes. Now churn for another 20 seconds.

Leaving the blade in place, carefully redistribute the dough until it's of uniform thinness. Re-cover the work bowl, keeping the pusher in. Note the level of the dough in bulk, estimate what it should be when doubled in bulk, and mark that level on the side of the work bowl.

Let the dough rise in the sealed work bowl until doubled in bulk, about 1 hour. Meanwhile, lightly coat an 8-inch springform pan or 8-inch pie pan with nonstick cooking spray and set aside. When the dough has fully doubled, pulse quickly 4 to 5 times to punch down, then churn for 20 seconds nonstop. Let the dough rest in the sealed work bowl for 5 minutes, then churn for another 20 seconds. The dough will roll into a ball and leave the sides of the work bowl reasonably clean.Turn the dough onto a lightly floured surface, shape into a ball, then roll in the flour to dust lightly. Place the loaf in the prepared pan, cover with a clean, dry dish towel, and set in a warm, dry spot until nearly doubled in bulk — this will take about 30 minutes.When the dough has risen for 10 minutes, position one rack in the middle of the oven and slide a second rack in the slot just below. Place a large shallow baking pan on the lower rack — I use a 15 1/2 X 10 1/2 X 1-inch jelly roll pan — and half-fill with water. Preheat the over to 500°F. Center the risen loaf on the middle rack and bake for 15 minutes. Reduce the oven temperature to 400°F and continue baking until richly browned and hollow sounding when thumped, 20 to 25 minutes longer.Remove the bread from the pan as soon as it comes from the oven, set right-side-up on a wire rack, and cool to room temperature before cutting.

**Portuguese Sweet Bread II**

|  |  |
| --- | --- |
| 15 servings 149 cals | 2 tablespoons lemon juice |
| 1 cup milk | 1/3 cup white sugar |
| 2 eggs | 3/4 teaspoon salt |
| 2 teaspoons margarine | 3 1/4 cups bread flour |
| 2 1/2 teaspoons active dry yeast |  |

Method:

Place ingredients in bread machine pan in the order suggested by the manufacturer. Select white bread setting. Start. To bake bread in oven: select Dough cycle. Once cycle is complete, shape dough and place in a greased loaf pan. Allow to rise in a warm spot until doubled in size. Bake in a preheated 350 degrees F (175 degrees C) oven for 35 to 45 minutes.

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| **Sr no** | **MENU -17 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Black Bean and Corn Salad |
| 2 | Caesar Salad Supreme |
| 3 | Fruit Salad |
| 4 | Nicoise Salad |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Black Bean and Corn Salad II**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1/3 cup fresh lime juice | 1 red bell pepper, chopped |
| 1/2 cup olive oil1 clove garlic, minced | 2 tomatoes, chopped |
| 1 teaspoon salt | 6 green onions, thinly sliced |
| 1/8 teaspoon ground cayenne pepper | 1/2 cup chopped fresh cilantro (optional) |
| 2 (15 ounce) cans black beans, rinsed and drained | 1 avocado - peeled, pitted and diced |
| 1 1/2 cups frozen corn kernels |  |

Method:

Place lime juice, olive oil, garlic, salt, and cayenne pepper in a small jar. Cover with lid, and shake until ingredients are well mixed.

In a salad bowl, combine beans, corn, avocado, bell pepper, tomatoes, green onions, and cilantro. Shake lime dressing, and pour it over the salad. Stir salad to coat vegetables and beans with dressing, and serve.

**Caesar Salad Supreme**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 6 cloves garlic, peeled, divided | or more to tastesalt to tasteground black pepper to taste |
| 3/4 cup mayonnaise | 1/4 cup olive oil |
| 5 anchovy fillets, minced | 4 cups day-old bread, cubed |
| 6 tablespoons grated Parmesan cheese, divided | 1 head romaine lettuce, torn into bite-size pieces |
| 1 teaspoon Worcestershire sauce | 1 tablespoon lemon juice |
| 1 teaspoon Dijon mustard | 6 cloves garlic, peeled, divided |

Method:

Mince 3 cloves of garlic, and combine in a small bowl with mayonnaise, anchovies, 2 tablespoons of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season to taste with salt and black pepper. Refrigerate until ready to use.Heat oil in a large skillet over medium heat. Cut the remaining 3 cloves of garlic into quarters, and add to hot oil. Cook and stir until brown, and then remove garlic from pan. Add bread cubes to the hot oil. Cook, turning frequently, until lightly browned. Remove bread cubes from oil, and season with salt and pepper.Place lettuce in a large bowl. Toss with dressing, remaining Parmesan cheese, and sea

**Fruit Salad**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (20 ounce) can pineapple chunks, drained | 1 (16 ounce) package miniature marshmallows |
| 2 (11 ounce) cans mandarin oranges, drained | 1 (16 ounce) container sour cream |
| 1 (10 ounce) jar maraschino cherries, halved |  |

Method:

In a large bowl, combine the pineapple, oranges, cherries, marshmallows and sour cream together. Chill and serve.

**Nicoise Salad**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (20 ounce) package frozen roasted red potatoes | 3 tablespoons white balsamic or white wine vinegar |
| 1 (12 ounce) package frozen whole green beans4 large eggs | 1 tablespoon Dijon mustard |
| 3/4 cup dry-packed sun-dried tomatoes, halved | 1/4 teaspoon salt |
| 1/4 teaspoon black pepper | 1/3 cup olive oil |
| 1/4 teaspoon dried thyme | 2 (5 ounce) cans solid-packed tuna in oil, drained |
| 1/2 cup pitted kalamata olives |  |

Method:

Cook potatoes and beans according to package directions.Meanwhile, put eggs in a saucepan, cover with cold water, and bring to a boil. Cover, remove from heat, and let stand 12 minutes. Drain, run eggs under cold water, and peel. Halve each lengthwise.Blanch tomatoes in a pot of boiling water to soften, 30 seconds. Drain well.Whisk together vinegar, mustard, salt, pepper, and thyme in a bowl. Gradually add oil, whisking until combined well.Arrange potatoes, beans, tomatoes, eggs, tuna, and olives on a platter and drizzle dressing over top.

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| **Sr no** | **MENU -18 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Jalapeno Popper Grilled Cheese Sandwich |
| 2 | French Dip Sandwiches |
| 3 | Open Face Mozzarella Sandwich |
| 4 | Lorraine's Club Sandwich |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Jalapeno Popper Grilled Cheese Sandwich**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 ounces cream cheese, softened |  |
| 1 tablespoon sour cream |  |
| 10 pickled jalapeno pepper slices, or to taste – chopped |  |
| 2 ciabatta sandwich rolls |  |
| 4 teaspoons butter |  |
| 8 tortilla chips, crushed |  |
| 1/2 cup shredded Colby-Monterey Jack cheese |  |
|  |  |

Method

Combine the cream cheese, sour cream, and pickled jalapeno in a small bowl. Set aside. Preheat skillet over medium heat.Slice each roll in half horizontally, then slice the rounded tops off the ciabatta rolls to make a flat top half. Spread 1 teaspoon butter on the doughy cut side of the bottom bun and 1 teaspoon butter on the now flattened top bun. Place half of the cream cheese mixture, half of the crushed chips, and half of the shredded cheese on the non-buttered side of the bottom bun. Place the top half of the bun on the sandwich and place the sandwich on the hot skillet. Repeat with the second sandwich.Grill until lightly browned and flip over, about 3 to 5 minutes; continue grilling until cheese is melted and the second side is golden brown.

**French Dip Sandwiches**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (4 pound) boneless beef roast |  |
| 1/2 cup soy sauce1 beef bouillon cube |  |
| 1 bay leaf |  |
| 3 whole black peppercorns |  |
| 1 teaspoon dried rosemary, crushed |  |
| 1 teaspoon dried thyme1 teaspoon garlic powder |  |
| 20 slices French bread |  |
| 1 (4 pound) boneless beef roast |  |

Method:

Remove and discard all visible fat from the roast. Place trimmed roast in a slow cooker.In a medium bowl, combine soy sauce, bouillon, bay leaf, peppercorns, rosemary, thyme, and garlic powder. Pour mixture over roast, and add enough water to almost cover roast. Cover, and cook on Low heat for 10 to 12 hours, or until meat is very tender.Remove meat from broth, reserving broth. Shred meat with a fork, and distribute on bread for sandwiches. Used reserved broth for

**Open Face Mozzarella Sandwich**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4 slices Italian bread | 4 slices fresh mozzarella cheese |
| 4 slices ripe tomato | 2 tablespoons extra virgin olive oil, divided |
| 4 leaves fresh basil |  |

Method

Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper. Lay the 4 slices of Italian bread out on the prepared baking sheet; top each piece of bread with a tomato slice, a basil leaf, and a slice of mozzarella cheese.

Bake in the preheated oven until the cheese has melted, about 7 minutes. Drizzle each sandwich with 1/2 tablespoon of olive oil and balsamic vinegar.

**Lorraine's Club Sandwich**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 slices bacon | 2 leaves lettuce |
| 3 slices bread, toasted | 2 (1 ounce) slices cooked deli turkey breast |
| 3 tablespoons mayonnaise | 2 slices tomato |

Method

Place bacon in a heavy skillet. Cook over medium high heat until evenly brown. Drain on paper towels.Spread each slice of bread with mayonnaise. On one slice of toast, place the turkey and lettuce. Cover with a slice of toast, then the bacon and tomato. Top with last slice of toast.

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| **Sr no** | **MENU -19 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Stuffed Mushroom |
| 2 | Cheesy Rice Stuffed Jalapeno Peppers |
| 3 | Tomato Bruschetta |
| 4 | Arancini |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Stuffed Mushroom**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 12 whole fresh mushrooms | 1/4 cup grated Parmesan cheese |
| 1 tablespoon vegetable oil | 1/4 teaspoon ground black pepper |
| 1 tablespoon minced garlic | 1/4 teaspoon onion powder |
| 1 (8 ounce) package cream cheese, softened | 1/4 teaspoon ground cayenne pepper |

Method

Preheat oven to 350 degrees F (175 degrees C). Spray a baking sheet with cooking spray. Clean mushrooms with a damp paper towel. Carefully break off stems. Chop stems extremely fine, discarding tough end of stems.Heat oil in a large skillet over medium heat. Add garlic and chopped mushroom stems to the skillet. Fry until any moisture has disappeared, taking care not to burn garlic. Set aside to cool.When garlic and mushroom mixture is no longer hot, stir in cream cheese, Parmesan cheese, black pepper, onion powder and cayenne pepper. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.

**Cheesy Rice Stuffed Jalapeno Peppers**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (8.8 ounce) Rice Original Long Grain | 1 cup bread crumbs |
| 4 ounces cream cheese, softened | 1 tablespoon melted butter |
| 1/4 cup shredded Mexican blend cheese | 1 teaspoon chopped fresh cilantro |
| 1 1/2 teaspoons taco seasoning mix | 12 large jalapeno peppers |

Method

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper. Prepare rice according to package directions. Allow to cool slightly. Mix rice, cream cheese, shredded cheese, taco seasoning, and cilantro together in a bowl. Combine thoroughly.Fill each jalapeno half with about a teaspoon of rice mixture, depending on size of jalapeno. Arrange filled jalapeno halves on prepared baking sheet. Mix panko bread crumbs and melted butter together in a small bowl. Top filled jalapenos with crumb mixture. Bake poppers in preheated oven until lightly golden on top, about 15 to 20 minutes.

**Tomato Bruschetta**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (18-inch) French baguette, cut into 3/4-inch slices | 2 teaspoons minced garlic |
| 1/4 cup extra-virgin olive oil, divided | 1/4 teaspoon kosher salt |
| 1 (14.5 ounce) can Diced Tomatoes, drained | 1/8 teaspoon ground black pepper |
| 1/3 cup chopped fresh basil | 1 (18-inch) French baguette, cut into 3/4-inch slices |

Method:

Preheat oven to 350 degrees F.Place bread slices on a baking sheet. Brush tops with 2 tablespoons olive oil. Bake 12 to 15 minutes or until lightly toasted.Combine remaining 2 tablespoons olive oil, drained tomatoes, basil, garlic, salt, and pepper in a small bowl.Divide tomato mixture evenly over toasted bread. Serve immediately.

**Arancini**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 pinch saffron threads, crushed | 1 pound fontina cheese, cubed |
| 1 cup white wine | 2 cups plain dried bread crumbs |
| 2 tablespoons butter | 1 quart olive oil for frying |
| 6 cups chicken broth, or as needed | 1 tablespoon chopped fresh thyme |
| 3 cups Arborio rice | 1 cup grated Parmesan cheese |
| 1 small white onion, chopped |  |

Method

Place the wine and saffron in a cup or small bowl. Stir briefly, then let it sit. Melt the butter in a large skillet over medium heat. Add the onion; cook and stir until transparent, about 3 minutes. Mix in the rice, and continue cooking and stirring until the rice has absorbed most of the butter.

Slowly stir the white wine and saffron into the rice, stirring continuously until the wine is absorbed and rice is creamy. Season with thyme, then pour in 1 cup of chicken broth at a time, cooking and stirring constantly until each cup of broth is absorbed before adding the next. Stop adding broth when the rice is tender. If you run out of broth, you may use water. Remove from the heat, stir in the Parmesan cheese and allow to cool until you can touch it without burning your hands.

Lightly grease a large cookie sheet with olive oil. Pour the risotto out onto the sheet and spread evenly. Place in the refrigerator for about 1 hour or until chilled.When the rice is cool, roll small portions into balls about the size of golf balls. Tuck a cube of fontina cheese into the center of each one. Roll each ball in bread crumbs to coat.Heat the olive oil in a heavy saucepan or deep fryer to 375 degrees F 190 degrees C). The oil should be about 3 inches deep. When the oil is hot, fry the arancini until they reach a golden orangish brown, about 3 minutes. Arancini literally means 'little oranges'. Cool for 5 minutes, then serve with any marinara sauce.

**e) Chocolate work – 1 practical**

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| --- | --- |
| **Sr no** | **MENU -20 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Chocolate Covered Strawberries |
| 2 | Saltine Toffee Cookies |
| 3 | Truffles |
| 4 | Chocolate Balls |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Chocolate Covered Strawberries**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 16 ounces milk chocolate chips | 1 pound fresh strawberries with leaves |
| 2 tablespoons shortening |  |

Method

In a double boiler, melt the chocolate and shortening, stirring occasionally until smooth. Holding them by the toothpicks, dip the strawberries into the chocolate mixture.Insert toothpicks into the tops of the strawberries.Turn the strawberries upside down and insert the toothpick into styrofoam for the chocolate to cool.

**Saltine Toffee Cookies**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 4 ounces saltine crackers | 2 cups semisweet chocolate chips |
| 1 cup butter | 3/4 cup chopped pecans |
| 1 cup dark brown sugar |  |

Method

Preheat oven to 400 degrees F (205 degrees C).Line cookie sheet with saltine crackers in single layer.In a saucepan combine the sugar and the butter. Bring to a boil and boil for 3 minutes. Immediately pour over saltines and spread t cover crackers completely.Bake at 400 degrees F (205 degrees C) for 5 to 6 minutes. Remove from oven and sprinkle chocolate chips over the top. Let sit for 5 minutes. Spread melted chocolate and top with chopped nuts. Cool completely and break into pieces.

**Truffles**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (8 ounce) package cream cheese, softened | 3 cups semisweet chocolate chips, melted |
| 3 cups confectioners' sugar, sifted | 1 1/2 teaspoons vanilla |

Method:

In a large bowl, beat cream cheese until smooth. Gradually beat in confectioners' sugar until well blended. Stir in melted chocolate and vanilla until no streaks remain. Refrigerate for about 1 hour. Shape into 1 inch balls. You might also like Salted Dark Chocolate Hazelnut Caramel Truffles Indulgent, sweet and nutty dark chocolate bliss! Roll truffles in ground walnuts (or any ground nuts), cocoa, coconut, confectioners' sugar, candy sprinkles, etc. To flavor truffles with liqueurs or other flavorings, omit vanilla. Divide truffle mixture into thirds. Add 1 tablespoon liqueur (almond, coffee, orange) to each mixture; mix well.

**Chocolate Balls**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 cup peanut butter | 2 cups semisweet chocolate chips |
| 3/4 cup confectioners' sugar | 3 (1 ounce) squares semisweet chocolate, chopped |
| 1 cup graham cracker crumbs | 1 tablespoon shortening |

Method

In a medium bowl, mix together the peanut butter and confectioners' sugar until smooth. Stir in graham cracker crumbs until well blended. Form the dough into 1 inch balls by rolling in your hands, or by using a cookie scoop.

Melt the semisweet chocolate chips, semisweet chocolate squares, and the shortening in the top half of a double boiler. Use a fork to dip the balls into the melted chocolate, and place on wax paper to cool until set.

**f) 4 Course Basket Menu – 2 practical**

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**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**f) 4 Course Basket Menu – 2 practical**

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**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

g) International A la carte / TDH menu – 2 practical

|  |  |
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| **Sr no** | **MENU -21 Date:\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| 1 | Italian Turkey Meatballs |
| 2 | Italian Sausage Tortellini Soup |
| 3 | Tender Italian Baked Chicken |
| 4 | Peas Flammbe |
| 5 | Meatloaf in Zucchini Boats |
| 6 | Love Cake |
| 7 | Wheat Rolls |

**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Italian Chicken Meatballs**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 1/2 pounds ground lean chicken | /4 cup tomato sauce |
| 1/4 cup shredded Parmesan cheese | 1/4 teaspoon salt |
| 2/3 cup dry Italian bread crumbs | 1/2 teaspoon crushed red pepper |
| 1/3 cup chopped fresh parsley | 3 garlic cloves, minced |
| 3 tablespoons chopped fresh oregano | 2 teaspoons Buttery Spread, softenedt |
| 2 teaspoons chopped fresh rosemary |  |
| 1 teaspoon dry mustard |  |
|  |  |

Method

Preheat the oven to 400 degrees.

Combine all the ingredients together except for the Melt(R); stir well in a bowl. Form around 30 balls out of the mixture. Put them on a broiler pan coated with the melted Melt. Bake around 15 minutes or until a cut meatball shows no pink inside. Serve with pasta and sauce or place on a sandwich.

**Italian Sausage Tortellini Soup**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (3.5 ounce) link sweet Italian sausage, casings removed | 1/2 teaspoon dried oregano |
| 1 cup chopped onions | 1 cup tomato sauce |
| 2 cloves garlic, minced5 cups beef stock | 1 zucchini, chopped |
| 1/3 cup water | 8 ounces cheese tortellini |
| 1/2 cup red wine | 1 green bell pepper, chopped |
| 4 tomatoes - peeled, seeded and chopped | 1 tablespoon chopped fresh parsley |
| 1 cup chopped carrots | 2 tablespoons grated Parmesan cheese for topping |
| 1/2 teaspoon dried basil |  |

Method

Place the sausage in a large pot over medium high heat and saute for 10 minutes, or until well browned. Drain the fat except for about 1 tablespoon, add the onions and garlic and saute for 5 more minutes.

Next add the beef stock, water, wine, tomatoes, carrots, basil, oregano and tomato sauce. Bring to a boil, reduce heat to low and simmer for 30 minutes, skimming any fat that may surface.

Add the zucchini, tortellini, green bell pepper and parsley to taste. Simmer for 10 minutes, or until tortellini is fully cooked. Pour into individual bowls and garnish with the cheese.

**Tender Italian Baked Chicken**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 3/4 cup mayonnaise |  |
| 1/2 cup grated Parmesan cheese |  |
| 3/4 teaspoon garlic powder |  |
| 3/4 cup Italian seasoned bread crumbs |  |
| 4 skinless, boneless chicken breast halves |  |
| 3/4 cup mayonnaise |  |
|  |  |
|  |  |

Method

Preheat oven to 425 degrees F (220 degrees C).

In a bowl, mix the mayonnaise, Parmesan cheese, and garlic powder. Place bread crumbs in a separate bowl. Dip chicken into the mayonnaise mixture, then into the bread crumbs to coat. Arrange coated chicken on a baking sheet.

Bake 20 minutes in the preheated oven, or until chicken juices run clear and coating is golden brown.

**Italian Peas**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 2 tablespoons olive oil | 16 ounces frozen green peas |
| 1 onion, chopped | 1 tablespoon chicken stock |
| 2 cloves garlic, minced | salt and pepper to taste |

Method

Heat olive oil in a skillet over medium heat. Stir in onion and garlic; cook about 5 minutes. Add frozen peas, and stir in stock. Season with salt and pepper. Cover, and cook until the peas are tender, about 10 minutes.

**Italian Meatloaf in Zucchini Boats**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 large zucchini, cut in half lengthwise | 1 tablespoon dried basil |
| 1 teaspoon garlic salt | 1/4 cup grated carrot |
| 1/4 cup olive oil | 1/3 cup grated Parmesan cheese |
| 1 onion, chopped | 1 (26.5 ounce) can spaghetti sauce, divided |
| 1 teaspoon minced garlic | 1 cup shredded mozzarella cheese |
| 1 1/2 pounds ground beef sirloin | 1 tablespoon dried basil |
| 2 eggs | 1 1/2 cups Italian seasoned bread crumbs |

Method

Preheat oven to 350 degrees F (175 degrees C).

Scoop out and discard zucchini seeds, leaving the hollowed-out shells. Sprinkle the garlic salt into the hollowed-out zucchini, and set aside. Heat olive oil in a skillet over medium heat, and cook the onion and garlic until the onion is translucent, about 5 minutes. Remove from heat and allow to cool.In a mixing bowl, mix the ground beef, eggs, bread crumbs, basil, carrot, and Parmesan cheese together with the onion mixture. Stuff the zucchini halves with the meat mixture, and place them into a baking dish. Spoon about half the spaghetti sauce over the zucchini, covering all the meat and allowing sauce to drip down the sides of the zucchini boats.

Bake in the preheated oven until the meat is no longer pink in the center and the zucchini are tender, about 45 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C). Sprinkle the mozzarella cheese over the zucchini, and return to oven until the cheese melts, about 5 more minutes. Heat the remaining spaghetti sauce in a small saucepan over medium heat while the zucchini boats are cooking. Serve the zucchini boats with the additional sauce on the side.

**Italian Love Cake**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1 (18.25 ounce) package chocolate cake mix | 4 eggs |
| 2 pints part-skim ricotta cheese | 1 (3.9 ounce) package instant chocolate pudding mix |
| 3/4 cup white sugar | 1 cup milk |
| 1 teaspoon vanilla extract |  |
| 1 (12 ounce) container frozen whipped topping, thawedAdd all ingredients to list |  |

Method

Prepare cake mix as directed on box. Pour batter into 9 x 13 x 2 inch greased baking dish. Set aside. Combine ricotta cheese, sugar, vanilla, and eggs. Blend well. Spread mixture evenly over the top of the cake batter. Bake at 350 degrees F (175 degrees C) for 75 minutes if using a glass baking dish, 90 minutes if using a metal pan. Blend pudding mix and milk until thickened. Blend in whipped topping. Spread over cooled cake.

**Italian Wheat Rolls**

Ingredients (serves 4)

|  |  |
| --- | --- |
| 1/2 cup olive oil | 2 eggs |
| 1/4 cup white sugar | 2 cups whole wheat flour |
| 1 tablespoon salt | 4 cups bread flour |
| 2 cups boiling water |  |
| 2 (.25 ounce) packages active dry yeast |  |
| 1/3 cup warm water (110 degrees F/45 degrees C) |  |

Method

In a small bowl, combine olive oil, white sugar and salt. Add boiling water and stir to dissolve sugar; let cool to lukewarm. In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. When sugar and water mixture has cooled, add yeast mixture, eggs, whole wheat flour and 2 cups bread flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Divide the dough into twenty four equal size pieces and form into rounds. Place the rounds on lightly greased baking sheets. Cover the rolls with a damp cloth and let rise until doubled in volume, about 40 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C). Bake in preheated oven until golden brown, about 15 to 20 minutes.

h) Internal Practical Exams – 1 practical

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**Conclusion:**

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| **Sr no** | **Taste** | **Texture** | **Colour** | **Overall**  **Appearance** | **Remarks** |
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**Teachers Sign\_\_\_\_\_\_\_\_\_\_\_\_\_ Students Sign\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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