

7.5"

<b>FISH</b>	<b>Pan Seared Trout</b> mashed potato + smoked trout   melted leeks charred pearl onions   pickled shallots + chilies lemon puree   beer batter   chives
<b>SALAD</b>	<b>Pear + Arugula</b> chorizo and tarragon quiche   port poached pear macerated grapes   toasted marcona almonds pear puree   gouda crisp   white wine vinaigrette
<b>PRINCIPAL PLATE</b>	<b>Chicken Roulade</b> chicken and red pepper sausage portabella and bell pepper ragù   chèvre gnudi glazed peas with chèvre   pickled shemiji mushrooms red pepper puree   glace de poulet
<b>CLASSICAL DESSERT</b>	<b>Oeufs à la Neige [#4713]</b> poached ordinary meringue   crème anglaise



Metropolitan Community College  
**INSTITUTE FOR THE  
CULINARY ARTS**



8.5"

This requires three cuts:

1. set at 10.2" and cut to remove .5" off the 'top' of the portrait
2. Set at 8.5" and cut to remove 2" off the 'bottom' of the portrait
3. Set at 7.5" and cut to remove 1" off the 'right' of the portrait

Now the 'left' of the portrait is the new top of the page, to be covered by a clear sheet, followed by the table of contents of the same size and bound to the front of the book.

<b>2018 ACF Central Regional Competition</b>	<b>1-2</b>
Culinary Team Nebraska—Menu + Photo	cover
<b>Table of Contents</b>	<b>2</b>

<b>Fish</b>	<b>3-7</b>
Fish Schematic	4
Pan Seared Trout	5
Mashed Potato + Smoked Trout	5
Smoked Trout	5
Charred Pearl Onions	5
Melted Leeks	6
Pickled Shallots + Chilies	6
Lemon Puree	6
<b>Nutritional Analysis—Fish</b>	<b>7</b>

<b>Salad</b>	<b>8-12</b>
Salad Schematic	9
Pear and Arugula Salad	10
Chorizo and Tarragon Quiche	10
Short Dough Barquettes	10
Toasted Marcona Almonds	10
Gouda Crisp	10
White Wine Vinaigrette	11
Port Poached Pear	11
Macerated Grapes	11
Pear Puree	11
<b>Nutritional Analysis—Salad</b>	<b>12</b>

<b>Principal Plate—Chicken</b>	<b>13-18</b>
Principal Plate Schematic	14
Chicken	15
Chicken Stock	15
Chèvre Gnudi	16
Pickled Shemiji Mushrooms	16
Red Pepper Puree	16
Pickling Solution	16
Glazed Peas with Chèvre	16
Chicken and Red Pepper Sausage	17
Portabella and Bell Pepper Ragú	17
Glace de Poulet	17
<b>Nutritional Analysis—Chicken</b>	<b>18</b>

<b>Classical Dessert—Oeufs à la Neige</b>	<b>19-22</b>
Dessert Schematic	20
Reference Materials: <i>Le Guide Culinaire</i>	21
<i>Ordinary Merengue #4347</i>	21
<i>Ouefs à la Neige #4713</i>	21
<i>Crème à l' Anglaise—English Egg Custard #4337</i>	21
Poached Meringue	22
<b>Ordinary Merengue</b>	<b>22</b>
<b>Crème Anglaise</b>	<b>22</b>
<b>Nutritional Analysis—Classical Dessert</b>	<b>23</b>

Team Photo—2018 Culinary Team	24
Official Scroll—Culinary Team Nebraska	25
Acknowledgements + Dedication	26



## **FISH**

### **Pan Seared Trout**

mashed potato + smoked trout | melted leeks  
charred pearl onions | pickled shallots + chilies  
lemon puree | beer batter | chives



**Pan Seared Trout**

mashed potato + smoked trout | melted leeks  
charred pearl onions | pickled shallots + chilies  
lemon puree | beer batter | chives

## PAN SEARED TROUT

2 tablespoons whole salted butter  
4 tranches steelhead trout, seasoned and rested  
to taste kosher salt  
to taste black pepper, freshly ground

1. In a small cast iron pan over medium heat, add butter and cook until the foam subsides.
2. Into the foamed butter, add the seasoned trout filets, presentation side down, and cook without disturbing until the filet appears cooked half-way through.
3. Flip and continue cooking until the flesh is firm—about 3 minutes.
4. Remove cooked tranches to an  $\frac{1}{8}$  sheet tray lined with a paper towel. Season and plate immediately.

## MASHED POTATO + SMOKED TROUT

4 ounces russet potato  
2 cloves garlic, peeled and crushed  
1 tablespoon whole salted butter, softened  
2 ounces smoked trout *recipe follows*  
to taste kosher salt  
to taste black pepper, freshly ground  
lil pinch coarse sea salt

1. In a 2 quart sauce pot over high heat, add potatoes and garlic, cover with water and bring to a boil, reduce heat to maintain a steady simmer. Simmer until potatoes are tender—about 20 minutes.
2. Into a strainer, pour the cooked potatoes and rest until the steam slows down.
3. In a medium mixing bowl, add the drained potatoes and use a whisk to smash until loosely broken.
4. Into the smashed potatoes, add butter, smoked trout, salt and pepper. Mix thoroughly with the whisk.
5. In hand, form a small disk of the potato mixture.
6. Place formed cakes onto a  $\frac{1}{8}$  sheet pan and bake in the oven set at 350°F for 10 minutes until slightly golden.
7. Remove from the oven, season with a lil pinch of coarse sea salt and serve expeditiously.

## SMOKED TROUT

$\frac{1}{3}$  cup alder wood chips  
2 ounces steelhead trout trim  
to taste kosher salt  
to taste black pepper, freshly ground

1. In a small bowl, soak the wood chips in water overnight.
2. In a stove top smoker, add the soaked wood chips and heat on high until they start to smolder.
3. Season trout with salt and pepper and place in the smoker and cook until smoky and firm—about five minutes.
4. Remove from smoker and hold until ready to use.

## CHARRED PEARL ONIONS

5 each pearl onions, peeled and halved  
3 tablespoons salted butter

1. In a small cast iron pan over medium-low flame, heat 1 tablespoon butter until melted and bubbling.
2. Add onions and cook until charred on the cut side—about 5 minutes.
3. Add the rest of butter and cook for 10 minutes until tender.
4. Set aside and keep warm until service.

## MELTED LEEKS

1 each	medium leek, cleaned
2 ounce	heavy cream
2 ounce	white wine
1 tablespoon	salted butter
to taste	kosher salt
to taste	black pepper, freshly ground

1. Preheat oven to 350°F.
2. Cut leeks in ¼ inch slices.
3. Place leeks in a sixth size 2" hotel pan with cream, white wine, butter, salt and pepper. Mix and cover with foil.
4. Roast for 20 minutes until tender. Remove from the oven and keep warm until service.

## PICKLED SHALLOTS + CHILIES

1	small shallot, peeled and thinly sliced
1	serrano pepper, thinly sliced
1 teaspoon	kosher salt
1 teaspoon	lemon juice

1. In a small bowl mix shallot with salt and let sit for 15 minutes.
2. Transfer shallot to a strainer and rinse under cold running water to remove salt. Pat dry and put in a pint bowl.
3. Add pepper, lemon juice into shallot and mix slightly.
4. Keep at room temperature until service.

## LEMON PUREE

8 each	lemons
½ cup	campus honey
to taste	kosher salt

1. Peel the skin off the lemons with a vegetable peeler. Scrape away pith from the peels with a pairing knife. Juice the lemon and strain.
2. In a sauce pot over high heat, bring 1 cup of water to a rapid boil.
3. Into the boiling water, add lemon peels and blanch until water discolors—about 2 minutes.
4. Remove the lemon peels from the first pot.
5. Repeat process in a new cup of boiling water 2 more times to remove bitterness.
6. Place lemon peels with honey and lemon juice in sauce pot and simmer for 20 minutes.
7. In the pitcher of a Vitamix blender, add the lemon peels mixture and puree until smooth— about 2 minutes.
8. Through a fine mesh strainer, pass the puree, season with salt and keep warm until service.

PER SERVING NUTRITIONAL INFORMATION –FISH					
NUTRIENT	AMOUNT	DAILY %*	NUTRIENT	AMOUNT	DAILY %*
<b>Total Fat</b>	4g	6%	<b>Vitamin B6</b>	.1mg	4%
saturated fat	1.5g	5%	<b>Vitamin B12</b>	.3mcg	5%
monounsaturated	1.5g	6%	<b>Thiamin B1</b>	.1mg	6%
polyunsaturated	1g	5%	<b>Riboflavin B2</b>	.1mg	7%
cholesterol	8mg	3%	<b>Folacin</b>	33mcg	8%
<b>Total Carbohydrate</b>	18g	6%	<b>Niacin</b>	1mg	6%
<b>Dietary Fiber</b>	2g	8%	<b>Caffeine</b>	0	N/A
<b>Protein</b>	6g	11%	<b>Alcohol</b>	17(kcal)	N/A
<b>Sodium</b>	628mg	26%			
<b>Potassium</b>	270mg	8%	<b>TOTAL CALORIES</b>	139	
<b>Calcium</b>	54mg	5%	<b>From Fat</b>	26.1%	
<b>Iron</b>	1mg	7%	<b>From Carbohydrates</b>	56.4%	
<b>Zinc</b>	trace	3%	<b>From Proteins</b>	17.6%	
<b>Vitamin C</b>	11mg	18%			
<b>Vitamin A (i.u.)</b>	1009IU	20%			
<b>Vitamin A (r.e.)</b>	108 1/2RE	11%			

\*Percent Daily Values are based on a 2000 calorie diet as recommended in the revised food pyramid of the United States Department of Agriculture.  
**Note:** Per Serving Nutritional Information was generated for this menu through the use of Mastercook™ recipe software.



**SALAD**

**Pear + Arugula**

chorizo and tarragon quiche | port poached pear  
marinated grapes | toasted marcona almonds  
pear puree | gouda crisp | white wine vinaigrette



**Pear + Arugula**

chorizo and tarragon quiche | port poached pear  
marinated grapes | toasted marcona almonds  
pear puree | gouda crisp | white wine vinaigrette

## PEAR AND ARUGULA SALAD

2 ounces	pear puree <i>recipe follows</i>
4 ounces	arugula
1 ounce	romaine hearts
2 ounces	white wine vinaigrette <i>recipe follows</i>
1 each	poached pear, sliced <i>recipe follows</i>
4 each	chorizo and tarragon quiche <i>recipe follows</i>
3 ounces	toasted marcona almonds <i>recipe follows</i>
28 each	macerated grape halves <i>recipe follows</i>
¼ ounce	mirco arugula
4 each	cheese crisps <i>recipe follows</i>
to taste	kosher salt

1. Onto each of four chilled plates, add ½ ounce of pear puree.
2. In a small mixing bowl, mix arugula, romaine hearts and vinaigrette.
3. On top of pear puree, place quiche and sliced pear.
4. Place dressed arugula around the pear and quiche.
5. Arrange grapes, toasted marcona almonds and micro arugula throughout the salad.

## CHORIZO AND TARRAGON QUICHE

1 each	whole egg, beaten
½ ounce	heavy cream
1 tablespoon	fresh tarragon, minced
½ teaspoon	lemon zest
4 each	short dough barquettes <i>recipe follows</i>
1 tablespoon	spanish chorizo, minced
1 tablespoon	peppered gouda cheese, grated
to taste	kosher salt

1. In a small mixing bowl, add the eggs, heavy cream, tarragon and lemon zest, season and beat with a whisk until well-combined.
2. Place the par-baked short dough barquettes onto an ⅛ sheet pan, fill each shell with minced chorizo and grated peppered gouda. Pour the mixed custard into the shells, being careful to fill completely and to press the cheese and salami under the surface of the uncooked custard.
3. Place the filled barquettes into a preheated 350°F oven and baked until the custard is just set—about 3-5 minutes.

## SHORT DOUGH BARQUETTES

2½ ounces	all-purpose flour, sifted
lil pinch	kosher salt, sifted
2½ ounces	unsalted butter, cold, cut into ½ inch pieces
½ ounce	ice cold water

1. In the bowl of a food processor fitted with an s-shaped blade, add sifted flour, salt, butter and pulse until mealy.
2. Into the mealy dough, add ice water in small quantities, pulsing in between, until desired consistency is reached.
3. Wrap in plastic wrap and refrigerate at least one hour.
4. Roll out and dock dough. Line barquette molds with dough and trim to fit. Bake in a 350°F oven until lightly browned—about 9 minutes. Remove and cool until ready for use.

## TOASTED MARCONA ALMONDS

3 ounces	marcona almonds
1 teaspoon	fennel seed, ground
to taste	kosher salt

1. In a small mixing bowl, add almonds halves and spray with duck fat while tossing the nuts so as to coat them finely and evenly.
2. Into the duck-fat coated nuts, sprinkle the seasoning while tossing to promote even distribution.
3. Onto an ⅛ sheet pan, add the seasoned almonds and place into a 350°F oven, toast until fragrant—about 5-7 minutes.
4. Remove from the oven and allow nuts to cool until ready for service.

## GOUDA CRISP

4 ounces	peppered gouda, grated
----------	------------------------

1. Onto a parchment-lined ¼ sheet tray, sprinkle the grated cheese into a thin, even layer.
2. In an oven preheated to 350°F, bake the cheese until crisp and slightly browned, about for 3-5 minutes.
3. Remove the crisp from the tray, and break to desired shape and size. Reserve for service.

## WHITE WINE VINAIGRETTE

1 ounce	amaretto
1 ounce	white wine vinegar
1 each	egg yolk
1 ounce	pear poaching liquid
2 ounces	extra virgin olive oil
as needed	kosher salt
as needed	black pepper, freshly ground

1. In the pitcher of an upright variable speed blender, add the amaretto, white wine vinegar, egg yolk, pear poaching liquid, and seasoning, blend until well incorporated.
2. Into the mixture, with the blender running, slowly stream in the olive oil until the desired consistency has been reached. Taste and adjust seasoning.
3. Remove from the blender and store in a covered container in the refrigerator until ready for service.

## PORT POACHED PEAR

1 cup	amaretto
2 cups	port wine
6 ounces	granulated sugar
1 each	orange, juiced
1 each	star anise
3 each	cloves
1 stick	cinnamon
3 each	allspice
4 ounces	sugar
1 each	d'anjou pear, peeled

1. In a small sauce pot over medium high heat, add amaretto, port wine, star anise, cloves, cinnamon, orange juice and halves, and sugar, heat until the sugar has dissolved and the mixture is simmering.
2. Into the simmering liquid, add the peeled pear and reduce heat to low. Poach until the pear is soft—about 25 minutes.
3. Remove the pan from the heat and allow the pear to cool in the poaching liquid—about 20 minutes.
4. Remove the pear, cut into desired portions and serve.

## MACERATED GRAPES

14 each	green seedless grapes, peeled and halved
2 ounces	apple cider vinegar
2 ounces	brandy
2 ounces	water
1 teaspoon	kosher salt

1. Mix the grapes, apple cider vinegar, brandy, water, and kosher salt in a small container and rest for 30 minutes.
2. Drain the liquid off the grapes before plating.

## PEAR PUREE

4 each	d'anjou pears, peeled and chopped
1 cup	heavy cream
1 cup	whole milk
1 cup	port wine
1 each	orange, halved crosswise, juiced
1 each	star anise
3 each	cloves
1 stick	cinnamon
3 each	allspice
4 ounces	sugar

1. In a small sauce pot over medium high heat, add heavy cream, milk, port wine, star anise, cloves, cinnamon, orange juice and halves, allspice, and sugar, heat until the sugar has dissolved and the mixture is simmering.
2. Into the simmering liquid, add the chopped pear and reduce heat to low. Poach until the pear is soft—about 25 minutes.
3. In the pitcher of an upright variable speed blender, add the cooked pear, and blend until incorporated. Based on consistency, adjust thickness with poaching liquid.
4. Strain, cool, and reserve for service.

PER SERVING NUTRITIONAL INFORMATION – SALAD					
NUTRIENT	AMOUNT	DAILY %*	NUTRIENT	AMOUNT	DAILY %*
<b>Total Fat</b>	8g	12%	<b>Vitamin B6</b>	.2mg	12%
saturated fat	2g	8%	<b>Vitamin B12</b>	1.2mcg	20%
monounsaturated	4g	17%	<b>Thiamin B1</b>	.2mg	11%
polyunsaturated	2g	8%	<b>Riboflavin B2</b>	.2mg	10%
cholesterol	32mg	11%	<b>Folacin</b>	104mcg	26%
<b>Total Carbohydrate</b>	51g	17%	<b>Niacin</b>	3mg	15%
<b>Dietary Fiber</b>	10g	38%	<b>Caffeine</b>	0mg	N/A
<b>Protein</b>	11g	23%	<b>Alcohol</b>	16	N/A
<b>Sodium</b>	119mg	5%			
<b>Potassium</b>	472mg	13%	<b>TOTAL CALORIES</b>	325	
<b>Calcium</b>	69mg	7%	<b>From Fat</b>	22.4%	
<b>Iron</b>	3mg	15%	<b>From Carbohydrates</b>	63.5%	
<b>Zinc</b>	1mg	7%	<b>From Proteins</b>	14.1%	
<b>Vitamin C</b>	27mg	46%			
<b>Vitamin A (i.u.)</b>	1198IU	24%			
<b>Vitamin A (r.e.)</b>	297RE	30%			

\*Percent Daily Values are based on a 2000 calorie diet as recommended in the revised food pyramid of the United States Department of Agriculture.  
**Note:** Per Serving Nutritional Information was generated for this menu through the use of Mastercook™ recipe software.



**PRINCIPAL  
PLATE**

**Chicken Roulade**

chicken and red pepper sausage  
portabella and bell pepper ragú | chèvre gnudi  
glazed peas with chèvre | pickled shemiji mushrooms  
red pepper puree | glace de poulet



**Chicken Roulade**

chicken and red pepper sausage  
portabella and bell pepper ragú | chèvre gnudi  
glazed peas with chèvre | pickled shemiji mushrooms  
red pepper puree | glace de poulet

## CHICKEN ROULADE

2 each chicken skin pieces (about 8"x 8")  
2 each chicken breasts, pounded flat  
1 tablespoon transglutaminase (TGM)  
to taste kosher salt  
to taste black pepper, freshly ground

1. Onto a sheet of plastic wrap, lay down chicken skin, clean excess fat, season and dust lightly with TGM.
2. Onto the cleaned and seasoned chicken skin, lay the pounded breasts and season with salt and black pepper, dust lightly with TGM and roll into desired shape. Wrap tightly with plastic wrap and aluminum foil, rest for 15 minutes so TGM activates.
3. In a medium sauce pot over medium flame, bring water to 190°F.
4. Into the 190°F water, add the prepared roulades, maintain water temperature between 175°F and 185°F, poach gently until firm to the touch—about 20 minutes.
5. Remove the roulades from the poaching water and rest at room temperature for 3-5 minutes until the surface is just warm to the touch, then place into an ice bath until cool.
6. Remove from the ice bath, unwrap, and dry the poached roulades.
7. In a cast iron pan filled with seasoned oil, add the poached roulades and fry until golden brown.
8. Onto a half-sheet pan fitted with a roasting rack, remove the browned roulades. SEASON WELL. Rest.
9. Slice just before serving.

## CHICKEN STOCK

5 pounds chicken bones, roasted  
1 pound white onion, chopped  
½ pound carrot, chopped  
½ pound celery, chopped  
½ pound fennel tops, chopped  
1 each sachet d'epices  
2 sprigs thyme, 12 black peppercorns, 4 parsley stems, 2 bay leaves, 1 clove garlic

1. Into a medium stock pot over high heat, add bones and cover with cold water, heat until a foamy scum forms at the top—about 30 minutes. Remove the scum.
2. Into the skimmed broth, add mirepoix, fennel, and sachet and simmer until liquid is fragrant and tasty—about 3 hours.
3. Strain and chill.
4. Once chilled, remove the fat.
5. In a large sauce pot over medium high heat, add strained, chilled and defatted stock and heat until simmering.
6. Simmer gently until volume has reduced 20%.
7. Portion and chill until ready for use.

## CHÈVRE GNUDI

4 ounces chèvre  
1 each egg white  
1¼ cups ap flour  
3 each chives, minced  
as needed kosher salt

1. Into a 6 inch stainless steel bowl, add the chèvre, egg white, stir with a whisk until smooth.
2. Into the smooth chèvre, add small batches of flour and fold gently, adding flour until a loose dough begins to take shape.
3. Transfer mixture into a piping bag.
4. Into lightly salted water over medium heat, pipe gnudi through bag while cutting into ¾" lengths and allow them to drop into the water.
5. Poach gently, preventing them from sticking to the bottom, until they float.
6. Remove the poached gnudi onto a ¼ sheet tray and rest until ready to add into ragú.

## PICKLED SHEMIJI MUSHROOMS

12 ounces picking solution, hot *recipe follows*  
1 head shemiji mushrooms

1. In a small heatproof container, large enough to hold all of the ingredients, add the mushroom caps and enough wicked-hot pickling solution to cover and steep for 20 minutes.
2. Strain and reserve the pickled vegetables and pickling solution separately.

## RED PEPPER PUREE

3 ounces unsalted butter  
3 tablespoons fresh thyme  
½ each medium white onion, diced  
2 cloves garlic, peeled  
2 each red bell peppers, chopped  
4 ounces chicken stock *recipe follows*  
8 ounces heavy cream  
to taste pickling solution *recipe follows*  
to taste kosher salt  
to taste black pepper, fresh ground

1. In an 8 inch sauce pot over medium-high heat, add 1 ounce of the butter and heat until solids begin to brown.
2. Into the browned butter, add thyme, onion, garlic and peppers, sauté until onions are fragrant and peppers are soft—about 7 minutes. Reduce heat to medium.
3. Into the sautéed vegetables, add chicken stock and cream and simmer until broth is flavorful—about 15 minutes.
4. Into the pitcher of a variable speed blender, add the cooked mixture, and remaining butter and puree until smooth.
5. Through a fine mesh strainer, pass the puree, season with pickling solution, salt and pepper. Reserve warm until service.

## PICKLING SOLUTION

1 cup white wine  
1 cup white wine vinegar  
1 cup water  
2 ounces kosher salt  
2 ounces granulated sugar  
3 sprigs fresh thyme  
5 each black peppercorns  
3 each juniper berries  
2 cloves garlic, peeled  
1 tablespoon mustard seeds

1. In a medium sauce pan over high flame, add all ingredients and heat until boiling. Remove from heat.
2. Steep until solution is mellow. Strain through a chinois. Hold hot for use in pickling.

## GLAZED PEAS WITH CHÈVRE

1 cup	garden peas
1 tablespoon	unsalted butter
to taste	granulated sugar
to taste	kosher salt
1 ounce	chèvre, crumbled

1. In a pot with at least 2 quarts of boiling heavily salted water, add peas and cook until their color sets—about 30 seconds.
2. Remove peas to an ice water bath and stir gently until cooled all the way through.
3. Drain the blanched and shocked peas.
4. Dry peas on a paper towel.
5. In a small pot over medium low heat, add ½ of the butter and heat until melted.
6. Into the melted butter, add the peas and season to taste.
7. Once warmed through, swirl in the remaining butter.
8. Spoon peas on to plate and top with fresh chèvre.

## GLACE DE POULET

32 ounces	chicken stock <i>recipe follows</i>
1 each	onion, diced
1 each	carrot, sliced
2 ounces	tomato, diced
4 ounces	red wine
1 each	bouquet garni
1 tablespoon	butter
as needed	shemiji pickling liquid, strained <i>recipe follows</i>
as needed	kosher salt
as needed	black pepper, freshly ground

1. In a 12 inch sautoir over medium heat, add the butter, heat until foam subsides.
2. Into the foamed butter, add the onion and carrot, season and sauté until brown.
3. Deglaze with red wine, add tomato, reduce au sec.
4. Into the reduced wine, add the stock and bouquet garni, reduce to medium heat and simmer, while brushing down the sides, until a tight sauce forms—about 30 minutes.
5. Strain, season with salt, pepper and pickling liquid, and reserve in a charged thermos until service.

## CHICKEN AND RED PEPPER SAUSAGE

84 grams	boneless skinless chicken thigh, cubed
42 grams	red bell pepper, diced
28 grams	egg white
56 grams	heavy cream
4 grams	crushed red pepper
4 grams	smoked paprika
4.5 grams	kosher salt
12 inches	lamb casing, rinsed

1. In the bowl of a small food processor, combine chicken thigh, red bell pepper and seasonings, buzz until smooth.
2. Into the smooth thigh, add egg white, and buzz until combined.
3. Slowly add in the heavy cream while running.
4. Remove the bowl from the base and tamp firmly against the table to remove excess air.
5. Move mixture into piping bag fitted with stuffing tip, fill lamb casing.

## PORTABELLA AND BELL PEPPER RAGÚ

2 tablespoons	unsalted butter
6 ounces	small portabella mushrooms, sliced
2 ounces	red pepper, losenge
24 each	poached gnudi
splash or two	pickling liquid <i>recipe follows</i>
2 ounces	glace de poulet <i>recipe follows</i>
12 each	pickled shemiji <i>recipe follows</i>
1 tablespoon	unsalted butter
as needed	kosher salt
as needed	black pepper, freshly ground

1. In a 12 inch sauteuse over high heat, add butter and heat until foam subsides.
2. Into the melted butter, add the sliced portabellas, season and sauté until soft and well-colored—about 15 minutes.
3. Into the sautéed mushrooms, add red pepper losenge, and poached gnudi, saute until gnudi takes a touch of color and the peppers are just soft—about 5 minutes.
4. Into the sautéed ragu, add a splash of pickling liquid to deglaze, then add the 2 ounces of glace and heat though.
5. Remove from heat, swirl in pickled shemijis and butter.
6. Taste and adjust seasoning. Serve.

PER SERVING NUTRITIONAL INFORMATION – PRINCIPAL CHICKEN					
NUTRIENT	AMOUNT	DAILY %*	NUTRIENT	AMOUNT	DAILY %*
<b>Total Fat</b>	11g	17%	<b>Vitamin B6</b>	.4mg	20%
saturated fat	4g	22%	<b>Vitamin B12</b>	.2mcg	4%
monounsaturated	4g	17%	<b>Thiamin B1</b>	.4mg	29%
polyunsaturated	2g	9%	<b>Riboflavin B2</b>	.4mg	25%
cholesterol	56mg	19%	<b>Folacin</b>	44mcg	11%
<b>Total Carbohydrate</b>	51mg	17%	<b>Niacin</b>	7mg	34%
<b>Dietary Fiber</b>	4g	15%	<b>Caffeine</b>	0mg	N/A
<b>Protein</b>	17g	33%	<b>Alcohol</b>	5	N/A
<b>Sodium</b>	264mg	11%			
<b>Potassium</b>	544mg	16%	<b>TOTAL CALORIES</b>	373	
<b>Calcium</b>	85mg	8%	<b>From Fat</b>	27.1%	
<b>Iron</b>	3mg	19%	<b>From Carbohydrates</b>	54.9%	
<b>Zinc</b>	2mg	11%	<b>From Proteins</b>	18.0%	
<b>Vitamin C</b>	52mg	87%			
<b>Vitamin A (i.u.)</b>	2337IU	47%			
<b>Vitamin A (r.e.)</b>	269RE	27%			

\*Percent Daily Values are based on a 2000 calorie diet as recommended in the revised food pyramid of the United States Department of Agriculture.  
**Note:** Per Serving Nutritional Information was generated for this menu through the use of Mastercook™ recipe software.



**CLASSICAL  
DESSERT**

**Oeufs à la Neige [#4713]**  
poached ordinary meringue | crème anglaise



Oeufs à la Neige [#4713]  
poached ordinary meringue | crème anglaise

## OEUFS À LA NEIGE

REPRINTED FROM ESCOFFIER'S "THE COMPLETE GUIDE TO THE ART OF MODERN COOKERY"

### 4337 Crème à l'Anglaise—English Egg Custard

*Ingredients:* 500 g (1 lb 2 oz) caster sugar, 16 egg yolks, 1 litre (1 $\frac{3}{4}$  pt or 4 $\frac{1}{2}$  U.S. cups) boiling milk and flavouring to choice, e.g. vanilla pod or orange or lemon zest infused in the milk or  $\frac{1}{2}$  dl (2 fl oz or  $\frac{1}{4}$  U.S. cup) of a liqueur which should be added when the custard has cooled.

*Method:* Place the sugar and yolks in a basin and whisk together until they reach the ribbon stage. Add the boiling milk—with or without the infusion—a little at a time. Place on the stove and stir with a wooden spoon until the yolks thicken the mixture and coats the back of the spoon.

Do not allow the custard to come to the boil as this will cause it to separate.

As soon as it is cooked, pass through a fine strainer or cloth and keep in a Bain-marie if for immediate use hot, or in a basin if it is to be used cold; in this case it should be stirred until it becomes completely cold.

*Note:* When mixing the sugar and yolks, 1 tsp of arrow-root may be added; this not only helps in obtaining a perfectly smooth blend but prevents the custard from separating if it gets too near boiling point.

### 4347 Ordinary Meringue

Whisk 8 egg whites until they become as stiff as possible. Rain in 500 g (1 lb 2 oz) fine caster sugar mixing lightly with a spoon so that the egg whites do not lose their lightness.

*Note:* The proportion of whites used in the making of meringues is variable and it is possible to use as many as 12 egg whites for 500 g (1 lb 2 oz) sugar. It should be noted, however, that the lighter the meringue the lower the cooking temperature should be; they should be dried rather than cooked.

### 4713 Oeufs à la Neige

Mould some Ordinary Meringue into egg shapes, using two spoons and dropping them as ready into a shallow pan of sweetened, vanilla-flavoured boiling milk. Turn them over when half cooked so that they are poached evenly; when firm, remove them and drain on a sieve.

Strain the milk through a piece of muslin and make it into a Crème Anglaise using 10 egg yolks per 1 litre (1 $\frac{3}{4}$  pt or 4 $\frac{1}{2}$  U.S. cups) milk. Arrange the cooked meringues in a glass bowl and coat with the cold custard. Serve very cold.

## POACHED MERINGUE

16 ounces whole milk  
125 grams caster sugar  
1 each vanilla bean, split and scraped  
12 quenelles ordinary meringue *recipe follows*

1. In a small, heavy bottomed sauce pan over medium high heat, add milk, caster sugar and the cut and scraped vanilla bean, bring to a simmer. (190°F)
2. Into the simmering liquid, add quenelles in batches and poach gently until firm—about 5 minutes.
3. Remove the quenelles onto a drainage rig and chill completely before service.
4. Once all the poaching is done, strain the poaching liquid and reserve for use with the crème anglaise recipe.

## ORDINARY MERINGUE

2 each egg whites, at room temperature  
125 grams caster sugar

1. In the bowl of a tabletop mixer fitted with a balloon whisk, add the room temperature egg whites and whisk on high until medium peaks form.
2. Into the whipped egg whites, rain in the caster sugar, while mixing on high, until all of the sugar is incorporated and the meringue reaches stiff peaks.
3. Remove the bowl from the mixer and use as soon as possible.

## CRÈME ANGLAISE

8 ounces reserved meringue poaching liquid  
8 ounces heavy cream  
3 each egg yolks  
1 teaspoon kosher salt

1. In a small, heavy-bottomed sauce pot over medium heat, add 8 ounces reserved meringue poaching liquid and heavy cream and heat until simmering.
2. In a medium mixing bowl, add egg yolks and salt and use a metal balloon whisk to beat vigorously until ribbon stage.
3. Into the ribboned yolks, temper in the hot milk and cream mixture and then return to the heavy bottomed pot over medium heat.
4. Using a wooden spoon, stir the mixture gently while it heats to 185°F—about 15 minutes.
5. Through a chinois into a cool metal pan, strain the warm crème anglaise, cover with plastic wrap and chill thoroughly before use.

**PER SERVING NUTRITIONAL INFORMATION – DESSERT**

NUTRIENT	AMOUNT	DAILY %*
<b>Total Fat</b>	30g	46%
saturated fat	17g	85%
trans fat	.5g	
polyunsaturated	3g	14%
cholesterol	235mg	78%
<b>Total Carbohydrate</b>	71g	24%
<b>Dietary Fiber</b>	0g	0%
<b>Protein</b>	9g	
<b>Sodium</b>	590mg	25%
<b>Potassium</b>	248mg	
<b>Calcium</b>	195mg	20%
<b>Iron</b>	.45mg	2%
<b>Zinc</b>	.89mg	
<b>Vitamin C</b>	.36mg	
<b>Vitamin A (i.u.)</b>	1263.49IU	

NUTRIENT	AMOUNT	DAILY %*
<b>Vitamin B6</b>	.1mg	
<b>Vitamin B12</b>	.92mcg	
<b>Thiamin B1</b>	.09mg	
<b>Riboflavin B2</b>	.42mg	
<b>Folacin</b>	27.77mcg	
<b>Niacin</b>		
<b>Caffeine</b>		
<b>Alcohol</b>		

<b>TOTAL CALORIES</b>	590	
<b>From Fat</b>	270	46%
<b>From Carbohydrates</b>	284	85%
<b>From Proteins</b>	36	18.1%

\*Percent Daily Values are based on a 2000 calorie diet as recommended in the revised food pyramid of the United States Department of Agriculture.  
**Note:** Per Serving Nutritional Information was generated for this menu through the use of Mastercook™ recipe software.

# 2018 Culinary Team Nebraska



Tina Powers	.001.04	Craig Hoffman	.041.09	Francis Wakeman III	.081.11	Kyle Ray	.121.15
Wayne Dinges	.002.04	Amy Cohee-Hatfield	.042.09	Laura Priest	.082.11	Becca Lopez	.122.15
Grant Hon	.003.04	Dina Miller	.043.09	Brittany Chung	.083.11	Daisy Fuentes	.123.15
Randall Smallridge	.004.04	Margaret Mary Boever	.044.09	Lalita Kunte	.084.11	Brandi Springer	.124.15
Jon Barr	.005.04	Jennifer Bergman	.045.09	Peter Walsh	.085.11	Sandy Bingle	.125.15
Woojay Pointer	.006.04	Jackson Wendel	.046.09	Jesus Garribay	.086.H	Marcela Becerril Salas	.126.15
Ed Fuchs	.007.05	Jeremiah Omoto	.047.09	Nicholas Cerna	.087.H	Steve Boutchyard	.127.15
Brian Young	.008.05	Austin Frees	.048.09	Ashley Hill	.088.11	Terrell Brown	.128.15
Megan Bonk	.009.05	Dawn Cisney	.049.09	Vanessa Jones	.089.12	George Milan Fernandez	.129.15
Brian O'Malley	.010.05	Lindsay Phelan	.050.09	Yuka VanNorman	.090.12	JCCC	.130.15
Jeremy Bratetic	.011.05	Josh Petereson	.051.09	Andy Cutler	.091.12	Amber Jobman	.131.15
Jessica Joyce	.012.05	Cheryl Dawson	.052.09	Kevin Rowe	.092.12	Linda Austin	.132.H
Michael Secora	.013.06	Jon Seymour	.053.09	Jason Titze	.093.12	Colleen Cody	.133.H
AJ Swanda	.014.06	Jennifer Godfrey	.054.10	Jesse Wester	.094.12	Sheryl Rodden	.134.H
Nino Incontro	.015.06	Kendahl Meissner	.055.10	Bethany Weaver	.095.12	Lisa Bradley	.135.H
Danielle Powers	.016.06	Cassie Jacobs	.056.10	Sandra J. Holmes	.096.12	Aaron Fox	.136.16
Kate Ziegler	.017.06	David Kinney	.057.10	Rana Tillotson	.097.13	Daniel Flores	.137.16
Kevin Newlin	.018.07	David Campbell	.058.10	John Emmet	.098.13	Taylor Tylkowski	.138.16
Amy Ewing	.019.07	Kerry Williams	.059.10	Becca Bauermeister	.099.13	Annie Brovold	.139.16
Hilary Quinn	.020.07	Janet Mar	.060.10	Shane Ury	.100.13	Leslie Santana	.140.16
Joel Mahr	.021.07	Jessica Smolinski	.061.10	Edgar Diaz	.101.13	Nelson Townsend	.141.16
Sherry McLochlin	.022.07	Jose Cardenas	.062.10	Shelly Rabe	.102.13	Brian Johnston	.142.16
Mark Kopac	.023.07	Rory Franco	.063.10	Shyan Block	.103.13	Justin Tran	.143.16
Telia Owens	.024.07	Randal Deford	.064.10	Natalie Ones	.104.13	Sarah Buse	.144.16
Vieva McClure	.025.07	Derek Peterson	.065.10	Traci Vehorn	.105.13	Ally Peralta-Amador	.145.16
Heather Darr	.026.07	Michelle Bond	.066.10	Jo Anne Garvey	.106.10	Sheri Potter	.146.17
Tyler Ratigan	.027.07	Liz Dhaenens	.067.10	Cathy Curtis	.107.13	Moses Sorilla	.147.17
Audrey Lassek	.028.08	Chase Grove	.068.10	Dustin Fox	.108.13	Meg Harris	.148.17
Courtney Slack	.029.08	Katelyn Arant	.069.10	Melissa Chadwell	.109.13	Collin Werner	.149.17
Brian Sullivan	.030.08	Nalani LaMendola	.070.10	Jessica Schultes	.110.13	Andrew Novak	.150.17
Stephanie Bloom	.031.08	Elizabeth Anderson	.071.10	Sarah Farmer	.111.14	Jennifer Bast	.151.17
Emilly Phillips	.032.08	Drew Christensen	.072.11	Pat Ratigan	.112.14	Mark Tyner	.152.18
Jen Valandra	.033.08	Maxwell Piles	.073.11	Kyle Coulter	.113.14	Nick Harvill	.153.18
Mario Ochoa	.034.08	Angelyn Weiss	.074.11	Steve Teters	.114.14	Jonha Pillow	.154.18
Julie Loke	.035.08	Zachary Bury	.075.11	Miseon Lee	.115.14	Brooke Williams	.155.18
Jonathan Ahrens	.036.08	Frank Centamore	.076.11	Angela Thomas	.116.14	Eric Barkdoll	.156.18
Jackie Hake	.037.08	Brianne Wyatt	.077.11	Bailey Price	.117.14	Laura Pollock	.157.18
Michael Roddey	.038.08	Øystein Solberg	.078.11	Alice Smith	.118.14	Duy Phùng	.158.18
Lauren Melhus	.039.09	Brian Johnson	.079.11	Nicholas McKeone	.119.14		
Andy Rager	.040.09	Kyle Shoemaker	.080.11	Jordan Hudson	.120.14		

**OFFICIAL SCROLL—CULINARY TEAM NEBRASKA**



**Sheri Potter**  
Photography and Design Support



**Stella Koltzan**  
Culinary Uniforms



**Felix Sturmer + Eddie Adel**  
JCCC Culinary Team  
Perpetual and Unconditional Comradeship



**Wade Lewis**  
Team Apparel



American Culinary Federation  
Professional Chefs and Culinaricians  
of the Heartland

**American Culinary Federation**  
**Chefs and Culinaricians of the Heartland**  
The support and guidance from Omaha's serious professional chefs is critical to the menu development and skill refinement process.



I pledge allegiance  
To this team  
Of the American Culinary Federation  
And to the excellence for which it stands  
One menu  
Well-conceived  
Executed as intended  
With camaraderie and refinement for all.

Culinary Team Nebraska is indebted to the following companies and people for their exemplary service, dedication to quality, and thoughtful contributions to this season's menu.

Purveyor	Products
The Bistro Garden at the ICA <b>Tyler Magnuson</b>	Produce + Campus Honey
Blue Valley Aquaculture <b>Jeff + Amber</b>	Local Trout
Plum Creek Farms <b>Dean Dvorak</b>	Free Range Chicken

## Rules of the Chef's Oath

1. pay attention
2. on time is on time
3. spread love
4. cook with integrity
5. respect your feet, knife & kitchen
6. mise en place is a way of life
7. use only great ingredients
8. hustle
9. look sharp. work clean.
10. taste everything
11. waste nothing
12. be heard
13. adapt, + engage
14. commit
- 15.



Metropolitan Community College  
**INSTITUTE FOR THE  
CULINARY ARTS**

The Faculty, Staff, Students, and Administration at the Institute for the Culinary Arts at Metropolitan Community College give so much support, guidance and berth to the Culinary Team that it simply would not exist if not for their sacrifice, vision, and compassion.

**ACKNOWLEDGEMENTS + DEDICATION**

**Print 16 copies of each section then cut to size, then collate into books and hole punch and bind with a hard board back (including the little clipboard flap) and clear plastic cover**

Sections are:

Menu *Page 1* (cut independently according to specs on the page)

Table of Contents *Page 2*

Fish *Pages 3-7*

Salad *Pages 8-12*

Principal Plate Chicken *Pages 13-18*

Dessert *Pages 19-23*

“Last Page” *Pages 24-26* (cut with back cover - save the extra you cut off to make the clipboard flap)

Bind Across the top edge with spiral comb

Finished book should measure 8.5" wide x 8.75" tall

	Table of Contents 7.5 "
Fish 7.75	
	Salad 8.0
Principal Plate Chicken 8.25	
	Dessert 8.50
“Last Page” and Back Cover 8.75	