

## COOKING

# SECONDARY, RECIPES - MODULE ONE & TWO

Recipes can be found in  
"On Cooking: A Textbook of Culinary Fundamentals, Fourth Edition"  
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- The recipes are intended as a guide, and may be adjusted as required to provide necessary quantities
- Although recipes are included in this "contest project" we recommend that you refer to the "On Cooking" text book. You will find procedural guidelines and in-depth supporting materials for the preparation and cooking techniques needed in the 3 course menu.
- The "On Cooking" text book also includes photographs, text and online content that illustrates proper and safe working techniques as well as important aspects of the menus preparation (e.g. procedure to prepare brown sauce, braising vegetables, pan searing, and guidelines for plate presentations).
- Common and correct cooking practices will be respected and encouraged.
- Recipes were converted by the Technical Committee Chair. These recipes are to be used to produce the requested menu items for each of the modules. The recipes are intended as a guide, and may be adjusted as required to provide necessary quantities.
- Where ingredients may be unavailable or out of season appropriate substitutions should be made.
- **Note:** The recipe for the Chocolate Mousse is courtesy of the Technical Chair, **not** from the "On Cooking" textbook.

## Minestrone Soup

Recipe yield - 1 Litre

### Ingredients

Dry white beans	40 grams
Olive oil	10 ml
Onions	30 g
Garlic, minced	1 clove
Celery, paysanne	40 grams
Carrot, paysanne	40 grams
Zucchini, small dice	60 grams
Green Beans ½ inch	40 grams
Cabbage diced	60 grams
White stock	600 ml
Tomato, concasse	2 each
Tomato Paste	15 ml
Orzo pasta cooked	20 grams
Fresh oregano	5 ml ( to taste )
Fresh Basil	5 ml
Fresh parsley	15 ml
Salt & pepper	To taste

### Procedures

1. Soak the beans in cold water over night, drain
2. Cover beans with water simmer until tender , about 40 minutes
3. Sauté onions , add garlic celery and carrot cook 3 minutes
4. Add the remaining vegetables one type at a time, briefly cook
5. Add stock, tomatoes and tomato paste simmer 45 minutes
6. Add cooked white beans and orzo
7. Stir in chopped herbs , season to taste
8. Simmer soup 15 minutes , serve in hot bowls , garnish as desired

## Beef Roulade

Recipe yield - 4 portions of 2 pieces per portion

### Ingredients

- Lean ground beef 125 grams
- Egg, beaten 1 each
- Salt and pepper To taste
- Beef inside round 8 X 60 grams app. (Sliced thin)
- Dijon mustard 30 ml
- Dill pickle wedges 8 each
- Carrots, batonnet 8 each
- Onions, julienne 100 grams
- Onions, brunoise 45 grams
- Canola oil 30 ml
- Flour as required
- Beef stock 175 ml
- Brown sauce 700 ml ( or enough to cover )
- Sachet (to include):
  - Peppercorns 5 ml
  - Thyme (dry) 5 ml
  - Marjoram 5 ml
  - Oregano (dry) 5 ml
  - Bay leaf 1 each

### Procedures

1. Mix ground beef with beaten egg, salt & pepper
2. Place beef slices on clean work area , season with salt & pepper
3. Brush each slice with Dijon mustard
4. Place bacon on each slice **lengthways**
5. Divide ground beef into 8 portions and place on beef slice
6. Place dill pickle, carrot batonnet, and onion portion next to ground beef
7. Roll the meat snugly into a tight closed roll , tie with string if desired
8. Heat appropriate sized braising pan and add oil
9. Dredge roulades in flour and brown
10. Remove roulades sauté onion brunoise
11. Deglaze pan with brown stock , add brown sauce, & sachet, bring to a boil
12. Return roulades to pan and simmer covered with lid until fork tender (approx. 1 hour )
13. For service the roulades may be served whole or sliced

## Brown Sauce

Recipe Yield – 1 Litre

### Ingredients

- Celery - small dice 40 grams
- Carrots – small dice 40 grams
- Onion – small dice 40 grams
- Butter or margarine 50 grams
- Flour 50 grams
- Tomato paste 15 ml
- Beef stock 1.2 litre
- Thyme, ground pinch

### Procedures

1. Sauté the vegetables in butter or margarine until well caramelized
2. Add the flour and cook to make brown roux
3. Add the tomato paste, stir well and continue cooking
4. Add the beef stock, whisk until smooth and bring to boil
5. Reduce to simmer, add thyme and cook 1 – 1 1/2 hours to reduce
6. Strain the sauce through a cheese cloth and adjust the seasoning

## Duchesse Potatoes

Recipe Yield – 4 x 100 gram portions

### Ingredients

- Potatoes, peeled and quartered 500 grams
- Whole butter 25 grams
- Nutmeg to taste
- Salt & pepper to taste
- Egg yolks 2

### Procedures

1. Boil potatoes in salted water until tender
2. Drain and place on pan to allow moisture to evaporate
3. While warm place potatoes through ricer
4. Blend in butter and seasonings
5. Mix in egg yolks, blending well
6. Pipe **all** potato mix into desired portions, Utilise four portions for plates, reserve remainder for kitchen judges inspection

## Braised Red Cabbage

**Recipe Yield – 420 grams**

**For consistency in cooking, this recipe will produce more than the required amount. Present 4 x 60 gram portions and reserve remainder.**

### Ingredients

Red cabbage	400 grams
Butter	40 grams
Onions sliced	80 grams
Sugar	15 ml + (to adjust taste )
Red currant jelly	15 ml
Chicken stock	120 ml
Apple cored , diced	100 grams
Cloves	pinch
Cinnamon stick	1 each (or 2ml ground )
Red wine vinegar	200 ml

### Procedures

1. Core the cabbage and cut into shreds
2. Melt the butter in a heavy pot, add onions and sugar cook until tender
3. Add the cabbage and stir until coated with fat
4. Add the stock, jelly and spices cover and cook until tender, approx. 30 minutes
5. Add vinegar and simmer another 10 minutes
6. Taste and correct the seasoning

*\*May be thickened slightly with a small amount of cornstarch dissolved in water*

## Steamed Broccoli

**Recipe Yield – 4 portions at 60 grams each**

### Ingredients

Broccoli, fresh	240 grams
Salt and pepper	to taste
Butter	to taste

### Procedures

1. Wash, peel, trim and cut the broccoli into uniform shapes and sizes
2. Place the vegetables into a perforated pan and place them over the boiling liquid
3. Cover the pan and cooked to desired doneness
4. Remove from the pan and finish with butter and season with salt & pepper

## Chocolate Mousse

**Recipe Yield – 500 grams**

**For consistency in preparation, this recipe will produce more than the required amount; determine your portion size and reserve extra. Present 4 portions with a minimum size of 100 grams.**

### Ingredients

Dark Chocolate	190 grams
32 % Cream (Hot)	125 ml
Egg Yolks	2 each
Sugar	15 ml
32 % Cream	190 ml

### Procedures

1. Heat the cream and pour over the chocolate to form a ganache
2. Whip egg yolks and sugar until light and fluffy
3. Add the egg yolk mixture to the ganache
4. Whip remaining cream to soft peaks .Fold cream into the ganache

## Eggs Benedict

**Recipe Yields – 2 portions of 2 each**

### Ingredients

English muffin, split	2 each
Canadian back bacon	4 slices
Eggs, poached	4 each
Hollandaise sauce	200 ml

### Procedures

1. Toast English muffin
2. Heat bacon slices until warm
3. Poach eggs **soft**, remove eggs from poaching liquid, drain
4. Place bacon slices on muffins
5. Place eggs on bacon slice
6. Cover with Hollandaise sauce
7. If desired, gratinee until golden
8. Serve eggs Benedict with an edible garnish, not more than 7 cm (3.75”) in diameter. Garnish should provide contrast in colour and texture, and must be compatible in flavour.

## Hollandaise Sauce

**Recipe Yields – 300 ml**

### Ingredients

Black peppercorns crushed	6
White wine vinegar	20 ml
Lemon juice	10 ml
Water	30 ml
Egg yolks	2
Clarified butter, warm	250 ml
Lemon juice	TT
Salt & pepper	TT
Cayenne pepper	TT

### Procedures

1. Place peppercorns vinegar lemon juice and water in a small sauce pan, and reduce by  $\frac{1}{2}$
2. Place the egg yolks in a stainless steel bowl .Strain the reduction and add to egg yolks. There should be about 30 ml reduction.
3. Place the bowl over a double boiler containing hot water, whipping continuously
4. When the yolks thicken, remove bowl from double boiler and gradually add the warm butter to the egg yolk mixture. Once an emulsion has started add butter more quickly. Do not over mix. Season to taste.