

Fruit and Honey cream Napoleon

Serving size 4

Ingredients:

½ cup Strawberries, hulled and diced
2 Tbsp Confectioners/powder sugar
½ cup Heavy Cream
¼ tsp Vanilla extract
½ tsp Cocoa powder
1 Orange, cut into Segments (cut into wedges with pith and webbing membrane removed)
½ cup Seedless Green Grapes, quartered
½ cup Seedless Red Grapes, quartered
1 Bananas, peeled and cut into small dice
1 Tbsp Honey
1 cup Vanilla Yogurt
8 Mint leaves
8 Oreo cookies

Directions:

Combine honey and yogurt in a bowl and set aside. Using a whisk and chilled bowl, whisk heavy cream until it begins to thicken and then slowly add powdered sugar, cocoa powder and vanilla (cream Chantilly). Keep whisking until firm peaks and reserve over ice. Place cut fruit in bowl and pour honey cream over and fold together well, reserve for plating.

Plating:

Using 2 chilled plates:

Split 2 Oreo cookies in half and place one half cookie on the plate to begin to form Napoleon alternate fruit and cookie stack. Use a piping bag with Cream Chantilly to garnish napoleon and bind items together. Use mint leaf for garnish.

Cold Garbanzo and Cucumber Yogurt Salad

Yield 2

Ingredients

Garbanzo bean salad

¼ cup extra virgin olive oil
1 tablespoons red wine vinegar
½ teaspoons salt
½ teaspoons black pepper
1 cup canned garbanzo beans, drained
2 pickling cucumbers diced
½ medium red onion, diced
1 tomato, peeled, seeded, and diced
1 Sprig fresh basil, leaves chopped in Chiffonade
2 leaves romaine lettuce

Method

Combine olive oil, vinegar (reserve some, taste first before adding whole amount), salt, and pepper in a medium bowl and mix. Reserve lettuce for plating, and then add remaining ingredients into bowl and toss hold over ice.

Cucumber-Yogurt Salad

½ English cucumber, diced
2 ounces plain yogurt
1 cloves garlic, finely chopped
¼ teaspoon ground cumin (taste before using all cumin)
1 tablespoons chopped fresh dill
Salt
White pepper

Method

Combine diced cucumber, yogurt, garlic, cumin, and chopped dill in a medium bowl. Season with salt and pepper and taste, adjust as required. Garnish with fresh dill sprigs.

Plating

Use Lettuce leaf as base then Garbanzo bean salad; use Yogurt as plate garnish and sauce.

Chicken Scallopini with Lemon- Caper sauce and Rice Pilaf

Yield 2

Ingredients:

Scallopini

2 each Chicken Breasts (boneless and skinless)
½ Cup bread crumbs
¼ Cup all-purpose flour
½ tsp Chili powder
¼ tsp black pepper
¼ tsp salt
1/3 cup Chicken broth, reduced sodium
2 tsp Lemon juice
1 tablespoon Capers
1 Tablespoon Olive oil

Rice Pilaf

½ cup Rice, long grain
1 cup chicken broth
6 each Button mushrooms, white
½ Bell pepper, red
½ Onion
2 Tablespoon Olive oil
Salt/Pepper to taste

Method

Place olive oil into small sauce pan and heat over medium heat. Small dice onion, pepper and mushroom, then sauté for 2 minutes adding chili powder, salt and pepper, adding chicken broth and bring to light simmer. Once broth is simmering add rice, stir then cover with lid over low heat for about 15 minutes or until cooked, making sure bottom does not burn or stick. Stir every 5 minutes, taste for doneness and seasoning, and then remove from heat.

Lightly pound chicken breast evenly to give a thickness of about ¼ inch and reserve over ice. In a bowl add bread crumbs, flour, chili powder, pepper and salt, then ‘dredge’ (lightly cover) the flattened chicken. Heat a medium sauté pan with the olive oil and sauté the scallopini’s both sides until golden brown and internal temp of 165 F. Remove from pan and allow to rest for 8-10 minutes, then using same pan deglaze with broth and lemon juice and reduce by about half, then add capers, taste and season, this is the pan sauce.

Plating

Place rice on plate as height and support for the scallopini rested above. Garnish should be edible from one of the items from the ingredients.