4th ANNUAL

“CHEFOLUTION”

WILLAMETTE VALLEY HIGH SCHOOL
COOKING COMPETITION

SOUTH EUGENE
HIGH SCHOOL
MAY 15, 2010

RECIPES
Eugene School District and Sodexo are proud to host the 4th Annual Chefolution - Willamette Valley High School Culinary Competition! Instead of just “serving food” every day, we decided that we can help by providing some programs where we showcase the unprecedented achievement of students and staff. This is one of these programs in which the students of 4j and neighboring districts can showcase their talents to the world!

Enjoy the competition!

Rick Sherman, Javier Lopez, & Nicole Zammit, Your Nutrition Services Team
La Salde Spinach

Spinach Leaves
Crushed Walnuts
Strawberry Dressing

Mandarin Oranges
Dried Cherries

Quiche Lorraine

1 roll puff pastry dough or use a homemade pie crust
8 oz lean bacon (or use lardoons if you can get them)
4 lg eggs
1 ½ c crème fraiche or shipping cream
¼ t nutmeg
Salt and pepper
1 c diced gruyere, emmental or swill cheese

Method:

1. Begin by blind baking the tart shell. Fit the pastry dough to a 10 inch tart pan, pressing it firmly to the edges and bottom of the pan. Use a rolling pin to roll over the top and pinch off any extra dough. Prick the tart shell in dozens of places with the tines of a fork, then place the tart pan in the freezer for at least 20 minutes.
2. Preheat the oven to 400 degrees F. Remove the well-chilled tart shell from the freezer and immediately place it in the hot oven to bake for 10 minutes. Remove from oven and allow to cool.

3. Slice the bacon in ¼ by 1-inch strips and fry in a small skillet on low heat for about 5 minutes.

4. Whisk the eggs with the crème fraîche or whipping cream just until blended. Whisk in the nutmeg and a pinch or two of salt and pepper.

5. Evenly spread the diced cheese and the cooked bacon on the bottom of the cooled tart shell. Pour the beaten eggs and cream on top of this. Carefully place the tart pan in the oven.

6. Bake at 400 degrees F for 30 minutes.

Makes six servings.

Tulipes

3 lg egg whites 3/4 c confectioners’ sugar
1/2 c all-purpose flour 6 T butter, melted
1/2 t vanilla extract 1/4 t salt
1 qt ice cream or sorbet

1. Preheat oven to 350 degrees F. Grease large cookie sheet.
2. In a large bowl, with wire whisk, beat egg whites, confectioners’ sugar, and flour until well blended. Beat in melted butter, vanilla and salt.
3. Make 2 cookies at a time: Drop 1 heaping tablespoon batter onto one end of prepared cookie sheet. Repeat to make a second cookie, 4 inches apart. (Do not place more than 2 cookies on a cookie sheet because, after baking, cookies must be shaped quickly before hardening.) With narrow metal spatula, spread batter to form 4-inch. Bake cookies 5 to 7 minutes or until golden around edges.
4. Place 2 glasses, each with about a 2-inch diameter base, upside down on work surface. With spatula, quickly lift 1 hot cookie and gently shape over bottom of glass to resemble an open tulip. Repeat with second cookie. When cookies are cool, about 15 minutes, transfer to wire rack. (If a cookie becomes to firm to shape, return it to cookie sheet and place in oven to soften slightly.)

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South Eugene Recipes were unavailable as this book went to press
Organic Mesclun Greens dressed in a Blood Orange Vinaigrette served in a Parmesan Cheese Tulle

Blood Orange Vinaigrette:
- ¼ c fresh squeezed blood orange juice
- 2 T frozen orange juice concentrate
- 2 T rice wine vinegar
- 1 T sugar
- 1 T Dijon mustard
- ½ shallot-minced
- ¾ c extra virgin olive oil
- Salt to taste

Combine all ingredients in a bowl and set aside for flavors to “marry” – at least 10 minutes. Taste dressing to see if it needs salt. Put vinaigrette through a sieve and mix liquids vigorously before dressing the greens. Drizzle over greens and gently toss salad. (Note: you will have reserve dressing)

Parmesan Cheese Tulle:
• ½ c shredded parmesan cheese
In a non-stick skillet over medium heat, sprinkle cheese in a 2-inch wide, about 2 layer thick bar across the skillet. Cook until most of the oil has evaporated, then carefully placed cheese on a cutting board. Quickly roll cheese on to a PVC pipe to mold its shape. Remove once it’s cooled. Plate salad with tossed greens into the cheese tulle.

Chicken and Shrimp Paella

Serves four / Prep time 25 minutes / Total time 40 minutes
• 4 bone-in, skinless thighs, plus 4 bone-in, skinless chicken drumsticks
• Coarse salt and ground pepper
• 2 T olive oil
• 1 red pepper (ribs and seeds removed) thinly sliced.
• 1 link precooked Spanish chorizo, chopped (2oz)
• ½ small onion, chopped
• 2 garlic cloves, minced
• 1 can (14.5 oz) diced tomatoes in juice
• 1 c Arborio rice
• 1 can (14.5 oz) reduced-sodium chicken broth
• 1 box (10 oz) frozen peas
• ½ lb. peeled and deveined frozen medium shrimp, thawed
-Season chicken with salt and pepper. In a 5-qt Dutch oven or heavy-bottomed pot, heat oil over medium-height. Working in a batched cook chicken (do not crowd pot) until browned, 7 to 8 minutes, turning once. Transfer to a plate (reserve pot); set aside.
-Place bell pepper, chorizo, onion, garlic and tomatoes (with their juice) in pot; season with salt and pepper. Cook, stirring occasionally, until liquid has evaporated, 4 to 6 minutes.
-Add Rice; cook, stirring until translucent around edges, 1 to 2 minutes. Add broth and chicken; bring to a boil. Reduce to a simmer; cover, and cook until rice begins to soften, about 10 minutes. Add peas and shrimp, submerging them in liquid. Cover opaque throughout, 4 to 6 minutes.

Chocolate filled Espresso Donuts with Chantilly Cream and Raspberry Coulis

(Chocolate filled Espresso Donuts)
• 1 c all purpose flour
• 1 t baking powder
• 1/8 t salt
• ¼ c granulated sugar
• 1 large egg
-Mix flour, baking powder and salt together in medium bowl.
- Measure whole milk and buttermilk in same cup; add espresso powder and stir to incorporate.
- In a separate bowl, whisk the sugar, egg and cinnamon until smooth.
- Whisk in the espresso milk, melted butter and vanilla until well mixed.
- Stir the wet ingredients into the dry ingredients with a spatula until completely incorporated.
- Heat rice oil to 360 degrees F.
- Drop dough by scoopfuls into hot oil; fry until cooked through.
- Drain on paper towels
- Toss warm doughnuts in granulated sugar to coat.

(Chocolate Ganache)
  • ½ c heavy cream, heated to almost boiling
  • ½ c chocolate buttons
- Place chocolate into stainless steel bowl; pour hot cream over chocolate.
- Stir until melted and smooth.

(Raspberry Coulis)
  • 1 c frozen raspberries
  • 3 T granulated sugar
  • Juice from one half fresh squeezed lemon
  • ¼ c water
- Combine in small saucepan.
- Cook over medium heat until berries are broken down and sauce has thickened slightly.
- Remove from heat
- Work sauce through small strainer to remove seeds.
- If necessary, thin to desired consistency with more water.

(Chantilly Cream)
  • ½ c heavy cream
  • ½ T granulated sugar
  • ½ t vanilla extract
- Combine ingredients in chilled metal bowl.
- Whisk until peaks form.
Citrus Salad

2 navel oranges, peeled and segmented
1/4 small red onion, sliced thinly
1 blood orange, juiced
2 T olive oil
1 1/2 t vinegar (white balsamic)
1/4 t sugar
Salt and pepper to taste
1 T fennel fronds, rough chopped

Methods/Steps

Combine ingredients. Enjoy!

Cajun-Style Blackened (Fish In Season)

1 t salt
1 t minced fresh thyme
1/2 t oregano
1/2 t cayenne pepper
1/2 t paprika
1/2 t black ground pepper, ground
1/2 t fennel seeds crushed
4, 6-oz Halibut fillets
2 T extra Virgin olive oil
4 t butter

Methods/Steps

Heat oven to 400°. Mix salt, thyme, oregano, cayenne, paprika, pepper and fennel seeds.
Place fillets on baking sheet. Brush both sides with 1 T oil. Sprinkle top each with seasoning.
Heat skillet (preferably cast iron) over high heat until very hot. Add 1 T oil; swirl to coat. Place fillets, seasoned side down in skillet. Cook until very brown on bottom, 1 min.
Return fillets, browned side up, to baking sheet. Place in oven; bake until just opaque in center, about 8 min. Top each with 1 t butter.

Baked Stuffed Pears

6 med Comice or Red Bartlett Pears, not fully ripe
2 wedges lemon
6 T butter, softened
1 c dark brown sugar
1/4 t freshly grated or ground nutmeg
1/2 t ground cinnamon
1/2 c hazelnuts, chopped
1/2 c all-purpose flour
1/4 c oatmeal

Methods/Steps

Preheat oven to 425°. Trim thin slice off side of each pear, so it won’t topple. Cut in half lengthwise. Hollow out pears with paring knife, creating cavity for filling. Rub tops and cavities with lemon wedges to retard browning.

Combine butter, sugar, nutmeg, cinnamon, nuts, flour and oatmeal in bowl until mixture is crumbly; pack into pears. Place in shallow baking dish & add 1/4” of water. Bake 17-20 min, until filling bubbles and pears are tender but not soft. Remove from oven. Serve warm or at room temperature with Crème Fraiche or Mascarpone, and Cranberry Drizzle.
Chipotle Roast Chicken Tacos

¼ cup (1/2 stick) butter, softened
1 tablespoon chopped fresh cilantro leaves plus 3 fresh cilantro sprigs
1 tablespoon chopped fresh oregano leaves plus 3 fresh oregano sprigs
1 tablespoon chopped fresh rosemary leaves plus 3 fresh rosemary sprigs
4 teaspoons minced canned chipotle chilies in adobo
½ teaspoon coriander seeds, crushed in re-sealable plastic bag with mallet
1 5-1/2 to 6-pound roasting chicken, rinsed, patted dry; neck, heart, and gizzard reserved
2 large onions, each cut into 8 wedges through root end, leaving root ends intact
12 garlic cloves, peeled
1 cup (or more) low-salt chicken broth
¼ cup dry white wine
16 warm corn tortillas
2 avocados, halved, pitted, peeled, thinly sliced
Preparation

Using fork, mix butter, all chopped herbs, chipotle chilies, and crushed coriander in small bowl. Season to taste with salt and pepper. **DO AHEAD. Can be made 1 day ahead. Cover and chill. Bring to room temperature before using.**

Position rack in bottom third of oven and preheat to 400 degrees F. Place chicken, breast side up, in large roasting pan; place reserved neck, heart, and gizzard alongside. Starting at neck end of chicken, slide fingers under skin to loosen, being careful to avoid tearing. Spread all but 1 tablespoon seasoned butter over breast meat and thigh meat under skin. Rub any butter remaining on fingers over outside of chicken. Sprinkle main cavity of chicken with salt & pepper; place all herb springs in cavity. Tie legs together loosely.

Place onion wedges in large bowl. Melt remaining 1 tablespoon seasoned butter in small saucepan over low heat; pour over onion wedges and toss to coat. Arrange onions around chicken. Sprinkle onions and chicken with salt and pepper.

Roast chicken and onions 30 minutes. Scatter garlic cloves around chicken; add ¼ cup broth to roasting pan. Continue to roast chicken until instant-read thermometer inserted into thickest part of thigh registers 170 degrees F, basting occasionally with pan juices and adding more broth by ¼ cupfuls as needed to maintain juices in roasting pan, about 1 hour, 15 minutes.

Remove roasting pan from oven. Tilt chicken, draining juices from cavity into pan. Transfer chicken, onions, and garlic to platter. Tent with foil to keep warm. Add ¼ cup broth and wine to pan. Place over 2 burners and bring juices to boil, scraping up browned bits. Strain juices into bowl. Discard fat from top of juices. Cut meat from chicken (reserve 1-1/3 cups for tostadas). Serve, making tacos with warm tortillas, chicken, onions, garlic and avocado. Drizzle tacos with pan juices.

Southwest Rice & Corn Salad with Lemon Dressing

2 cups long-grain white rice
¼ cup fresh lemon juice
4 cups water
4 tablespoons olive oil, divided
1-1/2 cups fresh corn kernels (cut from 2 ears) or frozen corn kernels, thawed
1 cup chopped fresh poblano chilies or green bell pepper
1 cup diced seeded yellow bell pepper
1 cup ½” cubes yellow zucchini
1 avocado, halved, peeled, diced
½ cup thinly sliced green onions
½ cup chopped fresh cilantro
**Preparation**
Cook rice until just tender, 12 to 15 minutes. Drain and rinse in cold water. Drain again. Meanwhile, whisk lemon juice and 3 tablespoons oil in small bowl. Season dressing to taste with salt and pepper.

Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add corn, poblanos, yellow bell pepper, and zucchini. Sprinkle with salt and pepper. Sauté until vegetables are just tender, 6 to 7 minutes; scrape into large bowl. Add rice, avocado, green onions, cilantro and dressing; toss to coat. Season with salt and pepper.

**Mexican Wedding Cakes**

1 cup (2 sticks) butter, room temperature  
2 cups powdered sugar  
2 teaspoons vanilla extract  
2 cups all purpose flour  
1 cups pecans, toasted, coarsely ground  
1/8 teaspoon ground cinnamon

**Preparation**
Using electric mixer, beat butter in large bowl until light and fluffy. Add ½ cup powdered sugar and vanilla; beat until well blended. Beat in flour, then pecans. Divide dough in half; form each half into a ball. Wrap separately in plastic; chill until cold, about 30 minutes.

Preheat oven to 350 degrees F. Whisk remaining 1 ½ cups powdered sugar and cinnamon in pie dish to blend. Set cinnamon sugar aside.

Working with half of chilled dough, roll dough by 2 teaspoonfuls between palms into balls. Arrange balls on heavy large baking sheet, spacing ½” apart. Bake cookies until golden brown on bottom and just pale golden on top, about 18 minutes. Cool cookies 5 minutes on baking sheet. Gently toss warm cookies in cinnamon sugar to coat completely. Transfer coated cookies to rack and cool completely. Repeat procedure with remaining half of dough. (Cookies can be prepared 2 days ahead. Store airtight at room temperature; reserve remaining cinnamon sugar.)

Sift remaining cinnamon sugar over cookies and serve.
Radicchio Salad with Oranges and Olives

6 oranges
4 tablespoons Sherry wine vinegar
2/3 cup extra-virgin olive oil
4 cups (loosely packed) Romaine lettuce
1 bag Spring mix
1 medium red onion, thinly sliced (about 2 cups)
1 cup Olives, pitted, halved
4 oz. Feta cheese, crumbled

Preparation

Cut peel and white pith from oranges. Working over small bowl and using small sharp knife, cut between membranes to release segments. Squeeze membranes to release juice. Combine ¼ cup orange juice and vinegar in small bowl (reserve remaining juice for another use). Whisk in olive oil. Season with salt and pepper.

Toss with orange segments, sliced red onion, and olives. Drizzle orange dressing over salad and toss well to coat. Sprinkle with crumbled feta cheese and serve.
Pork Meatball Banh Mi

**Hot Chili Mayo:**
1 ½ cups Mayonnaise
3 Green onions, finely chopped
1 tablespoon hot chili sauce (such as sriracha)

**Meatballs:**
2 pounds ground pork
½ cup finely chopped fresh basil
8 garlic cloves, minced
6 green onions, finely chopped
2 tablespoons fish sauce (such as nam pla or nuoc nam)
2 tablespoons hot chili sauce (such as sriracha)
2 tablespoons sugar
4 teaspoons cornstarch
2 teaspoons freshly ground black pepper
2 teaspoons coarse kosher salt

**Sandwiches:**
2 cups coarsely grated carrots
2 cups coarsely grated peeled daikon (Japanese white radish)
¼ cup unseasoned rice vinegar
¼ cup sugar
1 teaspoon coarse kosher salt
1 tablespoon Asian sesame oil
4 10-inch-long individual baguettes or four 10-inch-long pieces French-bread baguette (cut from 2 baguettes)
Thinly sliced jalapeno chilies
16 large fresh cilantro sprigs

**Preparation**

**Hot Chili Mayo:**
Stir all ingredients in small bowl. Season with salt, do ahead – can be made 1 day ahead. Cover & chill.

**Meatballs:**
Line rimmed baking sheet with plastic wrap. Gently mix all ingredients in large bowl. Using moistened hands and scant tablespoonful for each, roll meat mixture into 1” meatballs. Arrange on baking sheet. DO AHEAD – can be made 1 day ahead. Cover and chill

**Sandwiches:**
Toss first 5 ingredients in medium bowl. Let stand at room temperature 1 hour, tossing occasionally. Preheat oven to 300 degrees F. Heat sesame oil in large skillet with medium-high heat. Add half of meatballs. Saute until brown and cooked through, turning meatballs often and lowering heat if browning too
quickly, about 15 minutes. Transfer meatballs to another rimmed baking sheet.
Place in oven. Repeat with remaining meatballs.

Cut each baguette or baguette piece horizontally in half. Pull out enough bread
from each bread half to leave ½” thick shell. Spread hot chili mayo over each
bread shell. Arrange jalapenos, then cilantro, in bottom halves. Fill each with ¼
of meatballs. Drain pickled vegetables; place atop meatballs. Press on baguette
tops.

**Chinese Noodle Nut Clusters**

2 cups (10 oz.) semisweet chocolate chips
2 tablespoons (1 oz.) unsalted butter
2 cups (about 4 oz.) Chinese chow-mein noodles, broken into ½” pieces (vary the
sizes)
1 ¼ cups (5 oz.) dry-roasted salted peanuts, shaken in a sieve to remove excess salt

**Preparation**

Line a baking sheet with wax paper, parchment paper, or aluminum foil. Set
aside.

Melt the chocolate chips and butter together in a metal bowl set over, but not
touching, a pan of simmering water, or in a microwave-safe bowl in a microwave
oven. Stir the mixture until it is smooth. In a large mixing bowl, toss the noodles
and peanuts together. Pour the melted chocolate mixture over them. Working
quickly before the chocolate hardens, use a rubber spatula to mix and coat the
noodles and nuts with chocolate.

Use 2 soup spoons (or teaspoons, depending on how large you want your
clusters) to scoop up portions of the mixture. Set the clusters on the prepared
sheet. Set the baking sheet in a cool place (not in the refrigerator) until the
chocolate hardens.

The clusters can be stored in an airtight container at room temperature for up to 1
month.