



## MEYER LEMON VINAIGRETTE

- 1-2 EACH MEYER LEMONS (IF ESPECIALLY SMALL GET 2, IF LARGE GET 1)
- 1 TABLESPOON DIJON MUSTARD
- ½ CUP EXTRA VIRGIN OLIVE OIL
- 1 EACH SMALL SHALLOT
- 3 TABLESPOON CHAMPAGNE VINEGAR
- 1 TEASPOON KOSHER SALT
- BLACK PEPPER- TO TASTE
- 1 TEASPOON SUGAR

OPTIONAL: 1 TABLESPOON MAYO

### RECIPE:

1. ZEST AND JUICE MEYER LEMON
2. MINCE SHALLOT
3. IN A MEDIUM MIXING BOWL, COMBINE; SHALLOT, SUAGR, SALT, PEPPER, VINEGAR, DIJON, LEMON JUICE AND ZEST. STIR/WHISK VIGOROUSLY
4. SLOWLY WHISK IN OLIVE OIL

**EQUIPMENT:** LARGE MIXING BOWL, MIRCOPLANE, MEASUREING CUPS AND SPOONS, FINE MESH SIEVE, WHISK

**OPTIONAL EQUIPMENT:** 12 OZ MASON JAR

## QUICK PICKLED RED ONIONS

- 1 MEDIUM-LARGE RED ONION
- 3 TABLESPOONS KOSHER SALT
- 3 TABLESPOON GRANULATED SUGAR
- 8 OZ CHAMPAGNE VINEGAR

OPTIONAL: RED CHILI FLAKE

### RECIPE:

1. CUT ONION IN HALF, FROM TOP TO BOTTOM, LAY ON FLAT SIDE, SLICE THINLY
2. PLACE SLICED ONION INTO LARGE MIXING BOWL AND TOSS VIGOROUSLY WITH 2 TABLESPOONS OF KOSHER SALT. SET ASIDE FOR 20-30 MINUTES
3. STRAIN ONIONS THROUGH A SIEVE, RETURN TO MIXING BOWL.
4. GENTLY WARM REMAINING SALT, SUGAR, VINEGAR AND WATER IN A SMALL POT, ONCE SIMMERING, POUR OVER ONIONS. STIR. COVER WITH PLASTIC WRAP AND/OR TIGHT LID. SET INTO FRIDGE FOR AT LEAST 1 HOUR.

**EQUIPMENT:** LARGE MIXING BOWL, CHEF'S KNIFE, MEASURING SPOONS, MESH STRAINER, SMALL SAUCEPAN, PLASTIC WRAP

**NOTE:** ADD 1 HEAD OF LETTUCE OR SALAD MIX OF CHOICE TO SHOPPING LIST.

## CRISPY CHICKEN CUTLETS



- 2 EACH BONELESS, SKINLESS CHICKEN BREASTS
- ½ CUP AP FLOUR
- 3 EGGS
- 3 CUPS PANKO BREADCRUMBS  
(FOR GLUTEN FREE OPTION, SUBSTITUTE, GF BREADCRUMBS- BRAND OF CHOICE: IANS)
- SALT
- BLACK PEPPER
- CAYENNE PEPPER (OPTIONAL)
- 1.5 CUPS GRAPESEED OIL  
(OR NON GMO BLEND OIL, VEGETABLE OIL OR SIMILAR PRODUCT.  
**NOTE:** DO NOT USE OLIVE OIL.)

#### RECIPE:

1. SEASON CHICKEN BREASTS WITH SALT AND PEPPER
2. PLACE CHICKEN UNDER A LAYER OF PLASTIC WRAP (OR DO THE ZIPLOC BAG TRICK- I WILL SHOW YOU)
3. GENTLY POUND CHICKEN BREASTS TO A HALF INCH THICKNESS WITH A MEAT MALLET
4. SEASON FLOUR WITH 1 TABLESPOON SALT, 1 TEASPOON BLACK PEPPER AND ¼ TEASPOON CAYENNE (OPTIONAL). MIX TOGETHER. POUR ONTO A PLATE.
5. WHISK EGGS- POUR INTO A BOWL LARGE ENOUGH TO HOLD BOTH EGGS AND (LATER) CHICKEN BREASTS.
6. PLACE PANKO BREADCRUMBS ONTO ANOTHER PLATE.
7. PREFORM TRIPLE DREDGE TECHNIQUE ( I WILL DEMONSTRATE)
8. IN A 8-12 INCH SKILLET, WARM OIL OVER MEDIUM HEAT
9. PAN FRY CUTLETS
10. SET ONTO COOLING RACK, SEASONED WITH SALT. LET COOL AT ROOM TEMPERATURE

**EQUIPMENT:** 8-12 INCH SKILLET, TONGS, PLASTIC WRAP OR 1 GALLON ZIPLOC BAG, MEAT MALLET (IF DON NOT HAVE MALLET, CAN USE ROLLING PIN, CAST IRON SKILLET, CANNED GOOD, WINE BOTTLE), WIRE COOLING RACK, SHEET PAN/ BAKING PAN



## **WHIPPED CELERYROOT WITH THYME & GARLIC**

- APPROX. 1# CELERY ROOT
- 1 LARGE YUKON GOLD POTATO
- 6 CLOVES GARLIC- PEELED
- 1 STICK UNSALTED BUTTER
- ½ CUP HEAVY CREAM
- 1 CUP WHOLE MILK
- 6 SPRIGS FRESH THYME

### **RECIPE:**

1. PEEL AND CHOP CELERY ROOT. CUT INTO 1 INCH" CUBES". PEEL AND CHOP POTATO. CUT INTO 1 INCH" CUBES"
2. IN A LARGE SAUCEPAN, PUT CELERYROOT, POTATO AND GARLIC. COVER WITH WATER AND SEASON WITH 2 TABLESPOONS KOSHER SALT. TURN ON HEAT TO MEDIUM.
3. SIMMER GENTLY UNTIL TENDER- APPROX. 20 MINUTES
4. IN A SEPARATE SMALL SAUCEPAN, VERY GENTLY OVER LOW HEAT WARM CREAM, MILK AND THYME SPRIGS
5. CUBE BUTTER.
6. WHEN TENDER, STRAIN SIMMERING VEG. RESERVING 1 CUP OF COOKING WATER.
7. MASH CELERYROOT, POTATO AND GARLIC. WHISK IN HALF OF BUTTER CUBES. BIT BY BIT WHISK IN WARMED DAIRY- CAREFUL TO STRAIN OUT THYME LEAVES.
8. WHISK UNTIL SMOOTH. CHECK SEASONING.

**EQUIPMENT: LARGE SAUCE PAN, SMALL SAUCE PAN, WHISK, HAND STRAINER, CHEF'S KNIFE**



## **BITTERSWEET CHOCOLATE POT DE CRÈME**

- 1.5 CUPS HEAVY CREAM
- ½ CUP WHOLE MILK
- 6 OZ BITTERSWEET CHOCOLATE- PREFERABLY OVER 65% COCOA, FINELY CHOPPED
- 4 EGG YOLKS
- 3 TABLESPOONS SUGAR
- ¼ TEASPOON KOSHER SALT

### **OPTIONAL:**

- EXTRA HEAVY CREAM- FOR MAKING WHIPPED CREAM
- VANILLA EXTRACT

### **RECIPE:**

1. PREHEAT OVEN TO 300 DEGREES. IN A HEAVY SAUCEPAN, BRING CREAM AND MILK TO A BOIL. REMOVE FROM HEAT; WHISK IN CHOPPED CHOCOLATE UNTIL SMOOTH.
2. IN A LARGE BOWL, WHISK TOGETHER THE YOLKS, SUGAR AND SALT. WHISKING CONSTANTLY, SLOWLY POUR HOT CHOCOLATE INTO YOLKS. STRAIN THROUGH A VERY FINE MESH SIEVE INTO A LARGE MEASURING CUP OR BOWL.
3. DIVIDE MIXTURE AMONG 2- TO 4-OUNCE ESPRESSO CUPS OR SMALL RAMEKINS. SET FILLED CUPS IN A LARGE ROASTING PAN THAT HAS BEEN POSITIONED ON CENTER RACK OF OVEN. ADD HOT TAP WATER TO PAN, HALFWAY UP SIDES OF CUPS. COVER PAN WITH FOIL; USE A FORK TO PRICK HOLES IN FOIL.
4. BAKE UNTIL EDGES ARE LIGHTLY SET (LIFTING FOIL TO CHECK) BUT CENTER IS STILL JIGGLY — IT WILL SET AS IT COOLS — 30 TO 35 MINUTES. TRANSFER CUPS TO A WIRE RACK TO COOL COMPLETELY. REFRIGERATE AT LEAST 3 HOURS BEFORE SERVING WHIPPED CREAM.

### **EQUIPMENT:**

- 6 EACH 8 OZ MASON JARS, PREFERABLY WITH LIDS. (OR SUB, ANY RAMEKIN OR SMALL MUG OF EQUAL VOLUME. BE SURE WHATEVER VESSEL YOU SELECT IS HEAT/OVEN SAFE), WHISK, SIEVE, BAKING DISH, FOIL

### **RANDOM NOTES:**

1. ADD SALAD MIX/ 1 HEAD LETTUCE TO BE ABLE TO MAKE AN ACTUAL SALAD WITH VIN AND PICKLE RECIPES
2. UNDERLINE IMPORTANCE OF KOSHER SALT- RECIPES ARE BASED ON KOSHER SALT- IF PERSON IS USING A IODIZED SALT OR FLAKY SEAS SALT



**THAT'S FINE BUT THE MEASUREMENTS WILL DIFFER GREATLY IN ORDER TO ACHIEVE CORRECT SEASONING.**

- 3. WHEN COMPILING THE SHOPPING LIST YOU'LL NOTICE A LOT OF ITEMS OVERLAP; FOR EXAMPLE: EGGS, SUGAR, MILK, CREAM, CHAMPAGNE VINEGAR.**