



**School-to-Career Program**

National Restaurant Association  
Educational Foundation

*2008*  
***COMPETITION***  
***RECIPES***

# ***PROSTART 2008 COMPETITION RECIPES***

## **CONTRIBUTING TEAMS IN ALPHABETICAL ORDER**

American Fork High School – Alpine School District  
Brighton High School – Team 1 – Jordan School District  
Brighton High School – Team 2 - Jordan School District  
Canyon View High School – Iron School District  
Carbon High School – Carbon School District  
Cedar High School – Team 1 – Iron School District  
Cedar High School – Team 2 – Iron School District  
Clearfield High School – Team 1 – Davis School District  
Clearfield High School – Team 2 – Davis School District  
Copper Hills High School – Jordan School District  
Grantsville High School – Tooele School District  
Highland High School – Salt Lake School District  
Lehi High School – Alpine School District  
Lone Peak High School – Team 1 – Alpine School District  
Lone Peak High School – Team 2 – Alpine School District  
Murray High School – Murray School District  
Nebo Learning Center – Nebo School District  
Northridge High School – Team 1 – Davis School District  
Northridge High School 1- Team 2 – Davis School District  
Park City High School – Park City School District  
Pleasant Grove High School – Alpine School District  
Provo High School – Team 1 - Provo School District  
Provo High School – Team 2 – Provo School District  
Riverton High School – Jordan School District  
Taylorsville High School – Team 1 – Granite School District  
Taylorsville High School – Team 2 – Granite School District  
Wendover High School – Tooele School District

**AMERICAN FORK HIGH SCHOOL**  
**Alpine School District**  
Instructor, Kristi Belliston

*Berry Blue Salad*  
*Carrot and Potato Mash*  
*Green Beans*  
*with a Mushroom and Shallot Sauté*  
*Cranberry Pork Tenderloin*  
*Passion Fruit Panna Cotta*

*Berry Blue Salad*

**Ingredients:**

Romaine lettuce	7 leaves
Granny Smith apple, julienned	½ of apple
Pink Lady apple, medium diced	½ of apple
Blueberries	1/3 cup
Bleu cheese	¼ cup
Candied almonds, chopped	1/3 cup
Fresh baby spinach, chiffonade	

**Procedure:**

Wash lettuce, apples, blueberries, and spinach.  
Cut lettuce into ½” x 1 ½” strips.  
Prepare spinach apples, and almonds.  
Toss lettuce, spinach, apples, blueberries, and bleu cheese all together with dressing.  
Plate salad and sprinkle with candid almonds.

## *Vermont Maple Dressing:*

### **Ingredients:**

Pure maple syrup	3 Tbs.
Sea salt	¼ tsp.
Rice vinegar	1/8 cup
Extra virgin olive oil	¼ cup
Dry ground mustard	¼ cup + 1/8 tsp.

### **Procedure:**

Combine all ingredients together in a jar and shake well.

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## *Candied Almonds*

### **Ingredients:**

Almonds	1/3 cup
Sugar	1 Tbs. + 1 tsp.
Vegetable oil	2 cups
Water	2 cups

### **Procedure:**

Heat water to a boil in a pan.

Blanch almonds for 30 seconds.

Drain almonds and put in a bowl with sugar.

Mix almonds in the sugar to coat.

Heat oil to 350 degrees.

Fry sugar-coated almonds for 45 seconds in a small batch.

Scatter and let cool.

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## *Carrot and Potato Mash*

### **Ingredients:**

Carrots	1 large, peeled
Russet potatoes	2 medium, peeled
Fresh chives	1 Tbs., chopped
Butter	2 Tbs.
Sour cream	½ cup
Half-and-Half	1 Tbs.
Salt	To taste
Pepper	To taste

### **Procedure:**

Peel and dice carrots and potatoes.  
Place them in a saucepan and cover with water. Boil until fork tender.  
Drain in a colander; then, using a ricer rice into a large bowl.  
Add chives, butter, and Half-and-Half.  
Stir until smooth.  
Season with salt and pepper to taste.

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## *Green Beans with Mushrooms and Shallots*

### **Ingredients:**

Fresh green beans	½ lb.
Water	1 Tbs.
Olive oil	1 Tbs.
Shallots	2 Tbs.
Italian brown mushrooms	3 medium size
White mushrooms	3 medium size
Sea salt	To taste
Freshly ground pepper	To taste

## *Green Beans with Mushrooms and Shallots, continued*

### **Procedure:**

Wash beans and mushrooms.

Cut the green beans diagonally and slice the mushrooms.

Finely chop the shallots.

Put green beans in a pot with water and steam for 6 minutes. Drain and set aside.

Cook shallots in oil until brown then add mushrooms and brown, stirring occasionally.

Once browned, add green beans and stir until hot.

Add salt and pepper to taste.

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## *Cranberry Tenderloin*

### **Ingredients:**

Onion, finely minced	2 Tbs.
Garlic	¼ clove
Frozen cranberries	1/3 cup, rounded
Sugar	2 tsp.
Red wine vinegar	1 ½ tsp.
Chicken broth	½ cup + 2 Tbs.
Sea salt	To taste
Butter	1 tsp.
Pork loin	6 oz.

### **Procedure:**

Pan fry pork loin until it reaches 140 degrees. Immediately wrap in foil and set aside.

Heat butter and onions in a pan until onions are brown and tender.

Add chicken broth, sugar, vinegar, cranberries, and garlic to skillet until cranberries pop.

Plate pork and drizzle with cranberry sauce.

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## *Passion Fruit Panna Cotta*

### **Ingredients:**

Heavy cream	¾ cup
Whole milk	1/8 cup
Passion fruit puree	1/8 cup
Unflavored gelatin	¾ tsp.
Sugar	3 Tbs.

### **Procedure:**

In a saucepan, scald the cream and sugar until sugar is dissolved.

While cream is heating, mix the milk, passion fruit puree, and gelatin all together in a bowl.

When the cream is hot and the sugar dissolved, remove from pan.

Heat the passion fruit mixture in a saucepan until the gelatin is dissolved.

When the gelatin is dissolved mix it into the cream mixture.

Cool over an ice bath until room temperature.

Pour into two serving dishes; cover with plastic wrap and refrigerate.

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## *Lace Cookies*

### **Ingredients:**

Sugar	1/8 cup
Butter	1 Tbs.
Flour	¾ tsp.
Cream	¾ tsp.
Vanilla	1/8 tsp.
Coconut, flaked	1/8 cup

### **Procedure:**

Mix the sugar, butter, flour, cream, and vanilla in a bowl. Measure batter into ¼ tsp. balls and cook on tin foil in a frying pan.

Cook for 6-8 minutes.

When cookies are done, sprinkle with flaked coconut.

Take them out of the pan when browned.

Cool.

## *White Chantilly Cream*

### **Ingredients:**

White chocolate	2 oz.
Heavy cream	2 oz.
Heavy cream	2 oz.
Sugar	2 Tbs.
Vanilla	1 tsp.

### **Procedure:**

Scald 2 oz. of heavy cream in a saucepan and pour over white chocolate.  
When chocolate is melted, set aside.  
Whip 2 oz. of heavy cream over an ice bath until soft peaks form.  
When chocolate and cream are the same temperature, fold them together.  
shape into quenelles.

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## *Raspberry Coulis*

### **Ingredients:**

Raspberry puree	5 oz.
Sugar	1 Tbs.

### **Procedure:**

Combine ingredients in a bowl until smooth.

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# BRIGHTON HIGH SCHOOL

## Jordan School District

Team 1

Instructor, Barb Scrafford

### *Fusion*

#### *Sunrise Thunderbolt*

*Mixed green salad tossed in champagne ginger vinaigrette, garnished with blue cheese, caramelized pears and roasted pine nuts.*

#### *Tropical Heaven*

*Orange tarragon swordfish with a blood orange beurre blanc, a timbale of Israeli couscous, wild mushrooms, lentils, and carrots garnished with a fried shallot, nested on a bed of grilled vegetables.*

#### *Sunset Clouds*

*White chocolate mousse, an almond Florentine with a cherries jubilee sauce garnished with a sugared flower.*

### *Sunrise Thunderbolt*

#### **Ingredients:**

Olive oil	1/8 cup
Minced garlic	1 Tbs.
Minced shallots	1 Tbs.
Minced ginger	2 Tbs.
Champagne vinegar	¼ cup
Salt and pepper	To taste
Mixed greens	2 oz.
Crumbled blue cheese	2 Tbs.

#### **Procedure:**

Slowly pour olive oil into vinegar whisking quickly to emulsify.

Add minced ginger, garlic, and shallots.

Toss greens and pears in vinaigrette.

Sprinkle blue cheese on top.

Garnish with toasted pine nuts and caramelized pear.

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## *Sunrise Thunderbolt, continued*

### **Carmalized Pear:**

#### **Ingredients:**

Pear	1
Butter	1 Tbs.
Sugar	1 Tbs.

#### **Procedure:**

Cut pear into medium dice.  
Heat butter in medium sauté pan over high heat.  
Add pear; sauté until slightly brown.  
Add sugar slowly until caramelizes.  
Cool before serving; serve with salad.

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### **Roasted Pine Nuts:**

#### **Ingredients:**

Pine nuts	2 Tbs.
Salt	½ tsp.
Water	1 Tbs.
Canola oil	1 tsp.

#### **Procedure:**

Over medium heat, dry roast the nuts.  
Add salt and roast for two more minutes.  
Add water.  
Cook water out.  
Add oil and cook for one more minute.  
Serve hot.

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## *Orange Tarragon Swordfish*

### **Ingredients:**

Swordfish steaks	2 ½ oz.
Lime	1
Orange	1
Crushed red pepper	½ tsp.
Dry tarragon	½ tsp.
Fresh tarragon, minced	1 Tbs.
Salt	To taste
Pepper	To taste
Olive oil	1 Tbs.

### **Procedure:**

Trim the swordfish.

Juice the orange and lime.

In a shallow pan mix juices and red pepper. Add swordfish.

Marinate swordfish for 6 minutes on each side.

Remove from marinade and rub swordfish on both sides with tarragon.

Salt and pepper to taste.

In a medium sauté pan heat olive oil.

Add swordfish.

Cook for approximately 5 minutes or until desired doneness.

Remove from heat.

Serve immediately.

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## *Wild Mushroom Couscous*

### **Ingredients:**

Lentils	¼ cup
Israeli couscous	¾ cup
Bay leaf	2
Wild mushrooms	1 cup
Chipotle oil	1 ½ Tbs
Carrot	½
Canola oil	1 cup
Small shallot, sliced thinly	1
Butter	1 tsp.
Sprig of thyme, leaves only	2

## *Wild Mushroom Couscous, continued*

Rich chicken stock	1 cup
Heavy cream	½ Tbs.
Fontana, small dice	1/8 cup
Parmesan-Reggiano cheeses, grated	¼ cup
Medium basil leaf, chiffonade	2

### **Procedure:**

Boil lentils in water for 12 minutes; drain and set aside.

Boil couscous in water with bay leaves for 6 minutes. Drain, remove bay leaves and set aside.

Sauté mushrooms in chipotle oil; set aside.

Brunoise the carrots and steam until tender. Set aside.

Heat canola oil to 275 degrees.

Fry shallots until golden brown. Remove from oil and pat dry. Set aside.

In a medium sauté pan over medium heat, melt butter.

Add thyme and chicken stock. Add couscous. Cook until stock is absorbed completely.

Add heavy cream and Fontana. When cheese has melted, remove from heat.

Using a tall cylinder cutter as a mold, layer couscous, lentils, mushrooms, and carrots in any manner you wish. Top with Parmesan, shallots, and basil.

Serve hot.

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## *Grilled Vegetables*

### **Ingredients:**

Red bell pepper	½
Zucchini	½
Yellow squash	1
Olive oil	1 Tbs.
Salt and pepper	To taste

### **Procedure:**

Cut pepper into diamonds.

Diagonally cut the zucchini and squash.

Toss vegetables in olive oil.

Grill. Salt and pepper to taste.

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## *Beurre Blanc*

### **Ingredients:**

White wine	½ cup
White wine vinegar	2 Tbs.
Blood orange	1
Peppercorn	1
Thyme	1
Heavy cream	2 Tbs.
Butter	½ stick

### **Procedure:**

Place the first six ingredients in a sauté pan and reduce by half.  
Add heavy cream and reduce by half again.  
Remove from heat and whisk in butter.  
Pour through a sieve; set aside and keep warm.

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## *White Chocolate Mousse*

### **Ingredients:**

White chocolate (broken in small pieces)	2 ½ oz.
Butter	½ oz.
Egg yolks	1 oz.
Vanilla bean seeds	1/8 of the bean
Egg whites	2 oz.
Sugar	.4 oz.

### **Procedure:**

In a double boiler melt chocolate. Add butter slowly.  
When butter has melted remove from heat and whisk in egg yolks in two batches.  
Add vanilla bean seeds and cool.  
Whip egg whites to soft peaks.  
Add sugar. Continue to whip to firm peaks.  
Fold egg whites into chocolate mixture.  
Use dry ice to set.  
Serve cold.

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## *Dessert Florentine*

### **Ingredients:**

Unsalted butter	3 ½ oz.
Sugar	3 oz.
Corn syrup	1 ½ Tbs.
Heavy cream	¼ cup
Sliced almonds	3 ½ oz.
Rolled oats	1 oz.

### **Procedure:**

In a saucepan over medium heat, melt butter, sugar, and syrup.

Add heavy cream.

When mixture begins to boil add almonds and oats.

Remove from heat and cool.

Cut out two circles (use the bottom of a medium sauté pan as a guide) of parchment; spray both sides with Pam.

When mixture is cool enough to handle, spread out thin on the parchment paper.

Place Florentine in a medium pan over low heat parchment down.

When Florentine is golden brown, remove from heat. Let cool 1 – 2 minutes.

Form into desired shape. Let cool and serve.

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## *Cherries Jubilee Sauce*

### **Ingredients:**

Thawed dark, sweet cherries	¼ cup
Cherry juice	¼ cup
Sugar	1 Tbs.
Orange peel (not zest)	1 Tbs.
Vanilla bean	¼
Almond extract	¼ tsp.
Kirsh	1 Tbs.

### **Procedure:**

Combine cherries, cherry juice, and orange peel in pan; reduce.

Reduce cherries, orange peel, and cherry juice.

Add remaining ingredients; reduce again.

Add kirsh; flambé; Serve immediately.

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## *Sugared Flower*

### **Ingredients:**

Flowers (ready to eat)	3
Egg whites	1 oz.
Fine granulated sugar	2 oz.

### **Procedure:**

Brush flowers with egg whites.

Sprinkle sugar on.

Let dry.



# BRIGHTON HIGH SCHOOL

## Jordan School District

Team 2

Instructor, Barb Scrafford

### *Polyn-Asian*

#### *Wasabi Oriental Salad*

*Asian salad with a snappy wasabi dressing, Mandarin orange segments, sunflower chokes, and almonds on a bed of sliced cucumber.*

#### *Pan-seared Tuna with a Ginger Shiitake Cream Sauce*

*Delicious pepper-crusted tuna pan seared and served with a ginger shiitake cream sauce, Jasmine rice, and julienne vegetables.*

#### *Island Pleasures*

*Cool coconut ice cream atop grilled pineapple and complimented by an exotic tropical gloss.*

### *Asian Salad*

#### **Ingredients:**

Almonds	1 Tbs.
Savoy cabbage	¾ cups
Scallion	1
Spring mix	2 cups
Spinach	4 leaves
Sunflower chokes	2
Cucumber	1/16
Mandarin oranges	6 segments

#### **Procedure:**

Chop almonds and toast in a frying pan until fragrant.

Shred the cabbage and set aside.

Thinly slice the scallion

Combine the scallion and spring mix in a bowl and set aside.

Chiffonade the spinach and set aside.

## *Asian Salad, continued*

### **Procedure, continued:**

Brunoise the sunflower chokes and set aside.

Diagonal cut the cucumber into six slices.

Lightly dress the salad with wasabi dressing.

Place three cucumber slices on each plate.

Arrange the salad in layers of cabbage and spring mix in a cylinder over the cucumbers.

Garnish: Drape three Mandarin oranges on top of the stack. Arrange spinach and chokes in the center of the salad.

Carefully remove the cylinder.

Sprinkle plate with toasted almonds and wasabi dressing.

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## *Wasabi Dressing*

### **Ingredients:**

Wasabi paste	1 ½ tsp.
Rice vinegar	1 Tbs.
Soy sauce	1 Tbs.
Juice from Mandarin oranges	1 Tbs.
Extra virgin olive oil	3 Tbs.

### **Procedure:**

Add first four ingredients in a bowl and whisk together.

Slowly add the olive oil while whisking to emulsify the oil.

Serve over the Asian salad.

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## *Pan-seared Tuna with a Ginger Shiitake Cream Sauce*

### **Ingredients:**

Scallions	1 ½
Cilantro	2 Tbs.
Garlic	2 cloves
Ginger	1 Tbs.
Shiitake mushrooms	4 oz.

## *Pan-seared Tuna, continued*

Butter	1 ½ Tbs.
Soy sauce	2 Tbs.
Heavy cream	¾ cup
Lime	1
Ahi tuna	8 oz.
Pepper	To taste
Peanut oil	3 Tbs.

### **Procedure:**

Finely chop scallions.

Stem and finely mince cilantro.

Peel garlic and ginger; finely mince.

Stem and slice the caps of the mushrooms to desired thickness.

Melt butter in a medium frying pan over medium-high heat.

Sauté scallions, cilantro, garlic, and ginger until fragrant (about thirty seconds).

Add mushrooms and soy sauce.

Simmer for thirty seconds and then add cream.

Let sauce reduce until it is slightly thicker than the desired consistency.

Squeeze lime juice, to taste, into sauce.

Keep warm until ready to serve.

Season tuna with pepper.

Heat a frying pan until it smokes slightly.

Add peanut oil to the pan and wait until it smokes slightly.

Sear all sides of the tuna to obtain a slight crust on the outside.

Remove from heat and serve with warmed ginger shiitake cream sauce.

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## *Jasmine Rice*

### **Ingredients:**

Jasmine rice	½ cup
Water	1 cup
Salt	1/8 tsp.
Frozen peas	2 Tbs.
Sesame oil	2 Tbs.
Scallions, thinly sliced	2
Fresh parsley, chopped	1/2 Tbs.
Lemon, juiced	¼
Lemon zest	¼ Tbs.
Canola oil	2 cups
Red beet	1/3

## *Jasmine Rice, continued*

### **Procedure:**

Combine rice, water, and salt in a medium saucepan and bring to a boil over high heat.

Reduce heat to low and cover.

Cook until rice is tender; about 15 minutes.

Cook peas in a small saucepan of boiling, salted water for one minute and drain.

Rinse peas with cold water and drain.

Heat oil in a medium skillet over medium-high heat.

Add scallions and sauté for thirty seconds.

Add rice and sauté for four minutes; stirring to break clumps.

Add parsley, lemon juice, and zest and sauté for two minutes.

Add the peas and remove from heat.

For garnish: Use a Japanese mandolin to create strings of beet and pat them dry with paper towels. Heat oil to 325 degrees and deep fry the beet strings for ten seconds. Remove beets with a slotted spoon and let drain on paper towels.

Plating: Place a circular cookie cutter on the plate slightly off center. Spoon a little bit of the ginger shiitake cream sauce inside the ring and then pack the rice into the circle. Garnish with fried beets.

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## *Steamed Vegetables*

### **Ingredients:**

Carrot	1
Zucchini	1
Scallion	½
Sea salt	To taste

### **Procedure:**

Julienne the carrot and zucchini.

Using scallion greens, cut two thin strips to use as a tie for julienned vegetables. Set aside.

Cook carrots in boiling water for thirty seconds.

Drain carrots and shock in ice water.

Combine carrots and zucchini to make two bundles.

Tie center of each bundle with a scallion strip.

Right before serving, steam the bundles over boiling water until heated.

Remove from heat.

Season with sea salt and plate.

## *Grilled Pineapple*

### **Ingredients:**

Pineapple	3 rings
Butter	2 Tbs.
Lemon	¼
Brown sugar	2 Tbs.

### **Procedure:**

Cut pineapple into rings approximately a half-inch thick and core them.  
Melt butter in a small saucepan.  
Squeeze in lemon juice.  
Whisk in brown sugar and remove from heat.  
Coat pineapple with the brown sugar mixture.  
Heat grill pan on high heat until smoking slightly.  
Grill pineapple for approximately forty seconds.  
Rotate each ring 45 degrees and grill for another forty seconds to create a diamond pattern.  
Flip over and repeat the above two steps.  
Remove pineapple from heat and allow to cool.

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## *Tropical Gloss*

### **Ingredients:**

Mango juice	1/8 cup
Guava juice	1/8 cup
Pineapple coconut juice	1/8 cup
Pomegranate juice	¼ cup
Lemon	¼
Sugar	3 Tbs.
Cinnamon stick	½
Cornstarch	½ Tbs.
Water	½ Tbs.

## *Tropical Gloss, continued*

### **Procedure:**

Combine fruit juices, lemon, sugar, and cinnamon stick in a saucepan.

Bring mixture to a boil over medium heat.

In a separate bowl, combine cornstarch and water to make a slurry.

Add slurry to the saucepan and boil for one minute.

Place a strainer over a medium bowl and pour mixture into it.

Use a funnel to pour gloss into a squeeze bottle.

Plating: Place grilled pineapple in the center of the plate and squirt tropical gloss into the center of the ring. Put ice cream on the center of ring and create a dip in the top of the ice cream. Fill the dip with tropical gloss and set a mint leaf in it.

Decorate the edge of the plate with the remaining gloss.



# CANYON VIEW HIGH SCHOOL

## Iron School District

Instructor, Julie Willis

### *Italian Bread Salad*

*Tomatoes, Greek and black olives, green peppers, assorted cheeses, and toasted bread cubes wrapped in butterhead lettuce, and dressed in a vinegar mustard dressing.*

### *Poached Salmon*

*Fresh salmon poached to perfection with dill; smothered in Hollandaise sauce and topped with minced red peppers. Tourn ed potatoes saut ed in butter and garlic. Swiss chard saut ed in extra virgin olive oil, seasoned with salt and pepper.*

### *Double Chocolate Mousse*

*Raspberry Melba sauce topped with a white and dark chocolate mousse sprinkled with toffee-covered hazelnuts.*

### *Italian Bread Salad*

#### **Ingredients:**

White wine vinegar	2 tsp.
Extra virgin olive oil	2 Tbs.
Green bell pepper	1/4 cup
Lettuce	4 leaves
Mozzarella cheese	1/4 cup
Parmesan cheese	1/8 cup
Baguette bread	1/4 cup
Greek olives	1 Tbs.
Black olives	1 Tbs.
Dijon mustard	2 Tsp.
Thyme	1 tsp.
Fresh cracked black pepper	1/2 tsp.
Salt	1/2 tsp.
Tomatoes	1/2 cup
Rosemary	1/2 tsp.
Basil	1 leaf

#### **Procedure:**

To make the dressing combine vinegar, olive oil, and mustard. Combine the rest of the ingredients and serve on a bed of butterhead lettuce and top with dressing.

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## *Poached Salmon with Dill*

### **Ingredients:**

Fresh salmon	1 fillet
Fresh dill	1 tsp.
Water	2 cups

### **Procedure:**

Fillet the salmon. Cut into two equal pieces. Pour water into a sauté pan and bring to a boil. Place the salmon in the water and sprinkle with dill. Poach for approximately 3 minutes. When the fish is cooked completely, carefully remove it from the water. Place it on a paper towel to remove excess water. Lastly, transfer the salmon onto the plate and dress with Hollandaise sauce and red peppers.

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## *Hollandaise Sauce*

### **Ingredients:**

Fresh green onions	¾ tsp.
Fresh ground pepper	1/3 tsp, 1/8 tsp.
White wine vinegar	3 Tsp.
Water	3 Tsp.
Egg yolk	4
Butter	12 oz.
Lemon juice	1 ½ Tsp.
Salt	1 tsp.
Red pepper	1/8 tsp.

### **Procedure:**

Combine the green onions, 1/3 tsp. pepper, and vinegar in a small pan and reduce over medium heat until nearly dry. Add water and strain into a stainless steel bowl. Whip egg yolks together with the reduction and place over simmering water. Cook, whisking constantly until the yolks are thickened and form ribbons when they fall from the whisk. Gradually add the butter in a thin stream, whipping constantly until all the butter is added and the sauce is thickened. Taste the sauce and add lemon juice, salt, pepper, and red pepper.

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## *Sautéed Swiss Chard*

### **Ingredients:**

Swiss chard	1 head
Extra virgin olive oil	2 Tbs.
Salt	½ tsp.
Black pepper	½ tsp.

### **Procedure:**

Wash the Swiss chard in cool water. Pat dry with a paper towel. Remove the greens from the stalk and roll and slice in a chiffonade style. Heat the oil in a medium-sized frying pan. Barely wilt the greens. Season with salt and pepper, remove from the oil.

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## *Tournéed Potatoes*

### **Ingredients:**

Small gourmet potatoes	4 oz.
Unsalted butter	4 Tbs.
Minced garlic	1 clove
Salt	1/8 tsp.
Pepper	1/8 tsp.

### **Procedure:**

Tourné the potatoes and then sauté them in the butter and garlic. Salt and pepper to taste.

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## *Raspberry Melba*

### **Ingredients:**

Currant jelly	¼ cup
Raspberries	½ cup
Cornstarch	½ tsp.
Salt	Pinch
Sugar	¼ cup

### **Procedure:**

Using cheesecloth, force the raspberries through a fine-mesh sieve into a bowl, pressing hard on solids. Discard solids. Combine the currant jelly and raspberry puree and bring to the boiling point in the top of a double boiler. Mix and add cornstarch, salt, and sugar. Cook until thick and clear. Chill before using.

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## *White Chocolate Mousse*

### **Ingredients:**

White chocolate	2 ½ oz.
Unsalted butter	2 ¼ tsp.
Large egg yolk	1
Large egg white	1
Heavy cream	4 Tsp.
Powdered sugar	1 Tsp.
Vanilla	¼ + 1/8 tsp.

### **Procedure:**

Combine the chocolate and butter and melt over a hot water bath. When melted, add the egg yolk and combine; take off heat. Beat the egg whites to soft peaks. Fold the egg whites into the chocolate mixture. Whip cream, sugar, and vanilla to soft peaks and fold into egg white/chocolate mixture. Pipe into glasses.

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## *Chocolate Mousse*

### **Ingredients:**

Bittersweet chocolate	2 ½ oz.
Unsalted butter	2 ¼ tsp.
Large egg yolk	1
Large egg white	1
Heavy cream	4 Tbs.
Powdered sugar	1 Tbs.
Vanilla	¼ + 1/8 tsp.

### **Procedure:**

Combine the chocolate and butter and melt over a hot water bath. When melted, add egg yolk and combine; take off heat. Beat the egg whites to soft peaks. Fold the egg whites into chocolate mixture. Whip cream, sugar, and vanilla to soft peaks and fold into the egg-white, chocolate mixture. Pipe into glasses.

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## *Hazelnut Toffee*

### **Ingredients:**

Unsalted butter	2 Tbs.
Brown sugar	¼ cup
Corn syrup	1 Tbs.
Salt	1/8 tsp.
Baking soda	Pinch
Vanilla	1/8 tsp.
Hazelnuts	1/8 cup

### **Procedure:**

Melt butter; stir in brown sugar, corn syrup, and salt. Bring the mixture to a boil. Boil hard for 5 minutes without stirring. Remove from heat; add baking soda and vanilla. Stir quickly and pour over nuts. Lay out and let harden.

**CARBON HIGH SCHOOL**  
**Carbon School District**  
Instructor, Daphne Stockdale

*Spicy Caesar Salad*  
*Rack of Lamb Served with Blood Orange Sauce*  
*Pasta*  
*Vegetables*  
*Pastry Cream with Chocolate Bowl*  
*Fruit Couli*

*Caesar Salad*

**Ingredients:**

Mayonnaise	2 Tbs.
Garlic	1 clove
Fresh lemon juice	1 tsp.
Red wine vinegar	1 tsp.
Worcestershire sauce	¼ tsp.
Dijon mustard	¼ tsp.
Coarsely ground pepper	¼ tsp.
Cajun seasoning	½ tsp.
Ancho chile powder	¼ tsp.
Cayenne	¼ tsp.
Seasoning salt	¼ tsp.
Grated Parmesan cheese	½ cup

**Procedure:**

Combine mayonnaise, garlic, lemon juice, Worcestershire sauce, vinegar, mustard, pepper, and seasonings until well blended.

Slightly melt cheese in hot frying pan. Mold over square bowl; let cool.

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## ***Rack of Lamb With Blood Orange Sauce***

### **Blood Orange Sauce:**

Orange juice	¾ cup
Grenadine	½ cup
Ruby port	1 oz.
Red wine	½ cup
Green onion	
Celery	1 stalk
Chicken stock	½ cup
Peppercorns	
Parsley	
Bay leaf	1 leaf
Butter	1 Tbs.
Jalapenos	2
Ancho chile powder	½ tsp.

### **Procedure:**

Place all ingredients in a medium saucepan and cook until reduced to a sauce consistency. Strain and whisk in cold butter. Season with salt and pepper to taste.

### **Rack of Lamb:**

Lamb	1 rack of lamb
Olive oil	
Salt and pepper	

### **Procedure:**

Heat a large grill pan. Brush lamb with olive oil and season with salt and pepper to taste. Grill on each side for 2-3 minutes; drizzle with blood orange sauce.

---

## ***Pasta***

### **Ingredients:**

All-purpose flour	1 cup
Semolina flour	½ cup
Olive oil	¾ tsp.
Eggs	2

## *Pasta, continued*

### **Procedure:**

Mix all-purpose and semolina flours in a bowl.

Whisk eggs and olive oil in a separate bowl.

Make a well in the center of the flour. Make the walls uniformly thick so the egg doesn't break through the flour. Pour the whisked eggs into the well.

With a fork, slowly incorporate small portions of the flour walls with the beaten eggs and oil. Be careful not to break the walls. Once a thick paste is formed, mix in all but a half-cup of flour.

Knead the dough about a minute.

Divide the dough into three or four pieces and wrap each in plastic wrap.

Use a pasta roller to roll the dough out.

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## *Vegetables*

### **Ingredients:**

Mushrooms	3.2oz.
Carrots	6 oz.
Broccoli	8.1 oz.

### **Procedure:**

Clean and chop vegetables.

Steam vegetables until well done.

Cool vegetables in an ice water bath.

Sauté vegetables in olive oil and toss with Cajun flavoring.

---

## *Pastry Cream with Chocolate Bowl*

### **Ingredients:**

Milk	1 pint
Sugar	2 oz.
Egg yolks	2
Whole eggs	1
Cornstarch	1 ¼ oz.
Sugar	2 oz.
Butter	1 oz.
Vanilla extract	¼ oz.
Milk chocolate	6 oz.
White chocolate	6 oz.

## *Pastry Cream with Chocolate Bowl, continued*

### **Procedure:**

In a heavy saucepan or kettle, dissolve the sugar in the milk and bring just to a boil.

With a whip, beat the egg yolks and whole egg in a stainless steel bowl.

Sift the starch and sugar into the eggs. Beat with the whip until perfectly smooth.

Temper the egg mixture by slowly beating in the hot milk in a thin stream.

Return the mixture to the heat and bring it to a boil, stirring constantly. When the mixture comes to a boil and thickens, remove it from the heat.

Stir in the butter and vanilla. Mix until the butter is melted and completely blended in.

To make chocolate bowl, melt milk chocolate and white chocolate in separate double boilers. Pour chocolate into a bowl and dip balloons into it covering the bottom and some of the sides of the balloon to make a bowl shape. A variety of milk and white chocolates can be used. Let set.

Fill chocolate bowl with pastry cream.

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## *Fruit Coulis*

### **Ingredients:**

Berries or other soft fruit	7 oz.
Fine granulated sugar	3 ½ oz.
Water	8 tsp.
Lemon juice	3 tsp.

### **Procedure:**

Puree the fruit in a blender or food processor and pass through a fine sieve or chinois.

Warm the fruit puree in a saucepan.

Separately, make a syrup of the sugar and water and boil to 220 degrees Fahrenheit. Mix into the fruit puree.

Return to a boil, strain, and mix in the juice. Cool.

# **CEDAR HIGH SCHOOL**

## **Iron School District**

**Team 1**

**Instructor: Mary Christensen**

### ***Montreal Steak with Fresh Spring Greens and Italian Dressing***

*A combination of spring green mix and Romaine lettuce tossed with julienned and sweetened red peppers, succulent mango, and flavorful avocado tossed in a sweet Italian dressing. Service with seasoned, beef tenderloin topped with candied almonds and freshly grated Romano cheese.*

### ***Blackened Salmon over Wilted Spinach***

#### ***Sided with Tourn ed Potatoes and Paired with a Smoky Yellow Pepper Sauce***

*A beautiful fillet of flaky salmon is coated with special ancho chile spice rub and blackened to perfection. It is served over a bed of wilted spinach and accompanied by three buttered tourn ed red potatoes and drizzled with smoked yellow pepper sauce.*

### ***Three Lime Pies Shadowed by a Tower of Chocolate***

*This trio of tender, flaky pie shells are filled with a decadent and tangy lime curd, accompanied by crystallized berries and served under a tempting white and dark chocolate tower.*

### ***Montreal Steak with Fresh Spring Greens and Italian Dressing***

#### **Ingredients:**

Romaine lettuce	1 cup
Spring greens	2 cups
Beef tenderloin, cooked rare	2 2-ounce filets
Mango, cut into chunks	1/2 cup
Avocado, cut into chunks	1/2 cup
Red bell pepper, julienne sliced	1/2 cup
Slivered almonds, candied	2 Tbs.
Basil, minced	1 tsp.
Mint, minced	1 tsp.
Romano cheese, shredded	1/8 cup
Lime	1
Sugar	1/4 cup

## Montreal Steak, continued

### Vinaigrette:

Canola or vegetable oil	
White vinegar	¼ cup
Water	½ cup
Corn syrup	½ cup
Egg yolk	1
Lemon juice	½ tsp.
Salt	¼ tsp.
Minced garlic	¼ tsp.
Parsley	¼ tsp.
Oregano	¼ tsp.

### Steak Rub:

Paprika	1 Tbs.
Crushed black pepper	1 Tbs.
Kosher salt	1 Tbs.
Garlic powder	½ Tbs.
Onion powder	½ Tbs.
Crushed coriander	½ Tbs.
Dill	½ Tbs.
Crushed red pepper flakes	½ Tbs.

### Procedure:

#### Vinaigrette:

Combine all ingredients except canola oil into a bowl and whisk until blended. Drizzle in oil while whisking vigorously. Set aside.

#### Rub:

Combine all ingredients into a bowl and mix together. Set aside until ready to fry beef tenderloin.

#### Salad:

Wash the Romaine lettuce, pat dry. Pull the leaves from the stem of the Romaine lettuce and tear the leaves into bite-size pieces. Set in a separate bowl. Remove about two cups of spring greens from bag and add to the bowl with the lettuce. Set aside. Place slivered almonds in a frying pan and sprinkle with about 1/8 cup of sugar. Using a wooden mixing spoon, mix sugar and almonds until the sugar begins to melt and coat the almonds. Remove from frying pan and spread on tin foil. Set aside and allow them to cool.

Quarter the mango and remove the skin. Cut it into medium-sized cubes. Set in a separate bowl and set aside. Remove the stem of the red pepper. Remove the seeds; slice the red pepper into quarters. Square the curves of the red pepper and slice into thin julienne strips. Set in a separate bowl. Add 1/8 cup sugar to the bowl with the red pepper. Mix the sugar and red pepper around enough to coat the strips. Remove the skin from the avocado and throw away. Slice the avocado

## Montreal Steak, continued

into small cubes and place in a separate bowl. Cut the lime in half and squeeze lime juice on the cubed avocado. Mince basil and mint. Toss basil and mint into the bowl of avocado and lime juice. Combine mango, avocado, and red bell pepper to the bowl of greens and set aside.

Coat the beef tenderloin with the steak rub. Place the tenderloin in a heated frying pan and cook until it is rare. Once it is cooked, remove it from heat and set on a plate. Fan the tenderloin into 5 cuts.

To the bowl of salad, mango, avocado, and red bell pepper add vinaigrette to lettuce. Take about 1 ½ cup salad mixture and plate on the middle of the plating plate. Sprinkle candied almonds and Ramona cheese on top of the salad mixture. Place the fanned beef tenderloin on a side of the salad. Drizzle vinaigrette over the plated salad. Serve.

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### *Blackened Salmon over Wilted Spinach Sided with Tournéed Potatoes and a Smoky Yellow Pepper Sauce*

#### **Ingredients:**

Red potatoes, tourné	6
Salmon filet	2
Spinach	1 cup
Olive oil	
Clarified butter	
Kosher salt	
Oregano	
Lemons	2

#### **Yellow Pepper Sauce:**

Yellow Peppers	2
Shallots	1
Chipotle chile	½
Sugar	1 tsp.
Lime juice	2 Tbs.
Olive oil	¼ cup
Salt	To taste
Pepper	To taste

#### **Salmon Rub:**

Ground Ancho chile	1
Ground cumin	½ tsp.
Salt	½ tsp.
Pepper	1 tsp.

## Blackened Salmon, continued

### Procedure:

Blister the yellow pepper; sweat and remove skin. Dice shallot. Combine pepper, diced shallot, and chipotle in food mill. Mix in sugar and lime juice. Emulsify olive oil. Add enough, ensuring that the taste of the sauce does not become oily. Salt and pepper to taste and set sauce aside.

Place salmon in lemon-water marinade. Set aside in ice bath. Combine ingredients in salmon rub in a small bowl. Mix well.

Tourné potatoes and place in boiling water.

Once salmon is thoroughly marinated and potatoes are cooking, rub the salmon with the salmon rub spices. Pan fry the salmon over medium-high heat, ensuring that the meat reaches a minimum of 145 degrees Fahrenheit.

Lightly brown tournéed potatoes in olive oil. Season to taste with oregano. Wilt the spinach with a light amount of olive oil. Add the juice of half a lemon and salt to taste. Plate.

---

## *Three Lime Pies*

### Ingredients:

#### Pie Shells:

Flour	1 cup
Butter	½ cup
Cream	3 Tbs.

#### Lime Curd:

Eggs	3
Egg yolks	3
Lime zest, finely grated	2 Tbs.
Lime juice, fresh squeezed	½ cup
Sugar	6 Tbs.
Unsalted butter	½ cup/1 stick

Dark chocolate, melted	¼ cup
White chocolate, melted	½ cup

### Procedure:

Zest and juice four limes. Whisk together eggs, egg yolks, lime zest, sugar, and lime juice. Place over a double boiler and cook for 10 to 15 minutes until a custard-like consistency is reached. Remove from heat and whisk in butter about

## Lime Pies, continued

a tablespoon at a time. Strain curd through fine mesh into a cool clean bowl. Cover with plastic wrap and cool. Plate pies over a chocolate sheet.

### Pie Shells:

With a pastry blender, blend room temperature butter with flour to a corn meal consistency. Fork in cream until dough is formed. Roll out dough on a pastry cloth to a quarter-inch thickness. Cut with a cookie cutter and wrap around pie weight. Place weight, wrapped with dough, into an ableskiever pan heated to medium-low heat. Cook bottom of shell to a golden brown.

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# CEDAR HIGH SCHOOL

## Iron School District

Team 2

Instructor: Mary Christensen

### *Around the World in 60 Minutes*

#### ***Asian Citrus Salad with Cornish Game Hen***

*This Asian citrus salad contains curly leaf lettuce, spring greens, and the breast of a Cornish game hen steam and pan-fried to make a crispy skin. The salad is complemented by julienned jicama, sectioned blood oranges, feta cheese, and candied almonds, delicately topped by a citrus vinaigrette.*

#### ***Southwestern Skirt Steak***

*The southwestern skirt steak represents a classic American dish which is accompanied by creamy mashed potatoes and topped with an onion/tomato salad. A gravy reduction and green chili cilantro sauce is drizzled around the dish.*

#### ***Crème Anglaise French Toast***

*Angular sliced baguette sautéed in a creamy butter mixture with brown sugar melted over the top has a rich flavor and crunchy texture. It is served with raspberries, blackberries, and a raspberry puree over a thick crème Anglaise sauce.*

#### ***Asian Citrus Salad with Cornish Game Hen***

##### **Ingredients:**

Curly leaf lettuce	2 cups
Spring greens	2 cups
Cornish game hen	2 breasts
Jicama, julienne sliced	1 cup
Almonds, candied	¼ cup
Blood orange, sectioned	2 oranges
Feta cheese, crumbled	¼ cup
Olive oil	2 Tbs.
Corn syrup (for candied almonds)	1 Tbs.
Sugar (for candied almonds)	¼ cup

##### **Vinaigrette:**

Orange juice	1 orange
Lime juice	1 lime
Lemon juice	½ lemon

**Vinaigrette:, continued**

Olive oil	½ cup
Red onion, minced	1 Tbs.
Basil, sliced chiffonade	3 leaves
Honey	1 Tbs.
Kosher salt, coarse	To taste
Pepper	To taste

**Procedure:**

**Vinaigrette:**

Juice the orange and pour the juice into a large bowl. Juice the lime and mix it with the orange juice. Juice half a lemon and mix it with the other juices. Mince about a tablespoon of red onion and chiffonade three leaves of basil. Whisk the the other ingredients. Measure out a half-cup of extra virgin olive oil. Whisk rapidly while slowly drizzling the olive oil into the bowl.

To prepare the Cornish game hen, remove the breasts from the rest of the hen. Set the remainder of the hen in a container and put it on ice to be used at a different time. Salt and pepper the breasts and place them in a separate container until ready to cook.

**Salad:**

Wash the curly leaf lettuce, pat dry. Tear the lettuce from the stem into bite-size pieces. Remove about two cups of spring greens from the bag and place them in a bowl with the curly leaf lettuce. Set aside. Place about ¼ cup of almonds, ¼ cup of sugar, and about a tablespoon of corn syrup in a frying pan. Stir with a wooden spoon until the sugar is golden brown in color and the almonds are coated. Pour from the frying pan and spread onto tin foil. Break up the candied almonds into small pieces. Set aside. Cut the jicama into small julienne slices. Cut the peels of the blood oranges off and throw away the peels. Section the oranges. Place slices aside.

Place the breasts of the Cornish game hen into a heated frying pan, skin-side down. Flip when the side that is face down is golden brown. Cook until pieces are fully cooked and reach 165 degrees Fahrenheit. Remove the breasts from the heat and set on a plate. Pour enough vinaigrette over the lettuce. Add the jicama slices and toss with the greens. Place about 1½ cup of the greens and jicama on the middle of the plating plate. Sprinkle the candied almonds, orange, sections, and feta cheese on top of the salad mixture. Place the cooked breast on the side of the salad. Take about a tablespoon of extra virgin olive oil and drizzle it around the salad.



## *Southwestern Skirt Steak*

### **Ingredients:**

1 Skirt steak	16 oz.
Fresh ground pepper	To coat steak
Coarse salt	To coat steak
Heavy cream	½ cup
Red wine vinegar	2 Tbs.
Olive oil	To coat pan
Beef broth	1/3 cup
Red onion	½ medium
Vine-ripened tomatoes	2 medium
Olive oil	4 Tbs. (EVOO)
Fresh garlic	1 clove
Shallot	1/3
Vinegar	1 Tbs.
Cilantro	¾ bunch
Serrano chili	1/8

### **Procedure:**

#### **Steak:**

Prepare skirt steak by trimming off unwanted fat and tissue. Cut steak into two 8-ounce pieces. Coat with salt and pepper on both sides. Place enough olive oil in a cast-iron pan and heat until hot. Place both steaks into pan and sear both sides. Cook steak until it has an internal temperature of 130-140 degrees Fahrenheit. Place steaks into tin foil and wrap. Add the red wine vinegar, cream, and beef broth into the pan and stir until all particles are together; then set aside into a squirt bottle.

#### **Salad:**

For the salad you must julienne the onion and then rinse in cold water to remove the strong flavor. Concasse the tomatoes. Place both the onions and tomatoes in a bowl and toss with olive oil.

#### **Chili Sauce:**

Mince shallot, cilantro, Serrano chili, and garlic. Place into a pestle and mash into a paste. Slowly add the olive oil and vinegar until the mixture becomes a sauce. Place into a squirt bottle and set aside until the presentation.



## *Creamy Mashed Potatoes*

### **Ingredients:**

Yukon gold potatoes	1 ½ lbs.
Heavy whipping cream	½ cup
Salted butter	¼ cup
White pepper	To taste
Sea salt	To taste
Rosemary	To taste

### **Procedure:**

Wash and peel the potatoes. Cut peeled potatoes into wedges and place in boiling water for 15 minutes, or until soft. While potatoes are boiling, heat butter and whipping cream together until the butter is melted. Drain water from potatoes and dry potatoes thoroughly. Run potato wedges through a food mill and gently mix in the cream and butter mixture; add enough to taste. Then add white pepper and salt to taste. Add rosemary immediately before serving. Serve warm.

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## *Crème Anglaise French Toast*

### **Ingredients:**

Whole milk	1 cup
Heavy whipping cream	½ cup
Eggs	6
Granulated sugar	½ cup
White vanilla	½ tsp.
Baguette	1
Raspberries	½ cup
Blackberries	¼ cup
Canola oil	¼ cup
Powdered sugar	½ cup
Brown sugar	2 Tbs.
Butter	½ cup
Mint	2 sprigs

### **Procedure:**

Warm ½ cup of whole milk and whipping cream in a saucepan until small bubbles form around the edge. Temper 3 egg yolks with the mixture and add the white vanilla and granulated sugar. Stir with a wire whisk until the mixture slightly thickens. Chill until serving.

### **Procedure:, continued**

Clarify butter and add 1 teaspoon to the brown sugar; mix until there is a paste-like quality. Mix 3 whole eggs, 1 2/2 cup powdered sugar, and 1/2 cup of milk to create a batter.

Cut the baguette in medium-thick slices at a 45-degree angle. Soak the baguette slices in the egg, sugar, and milk batter. Spread the brown sugar and butter on top of the baguette and fry each slice in a pan with the clarified butter.

Plate the dish by placing a pool of the chilled crème Anglaise mixture on the bottom of the plate. Place one slice of baguette in the center of the plate and lean on more on the side. Macerate some raspberries and black berries and place between the two slices of bread. Puree some raspberries, mix with sugar to make sweet and place three dots of puree around the plate. Run a knife through the raspberry dots to give the shape of a heart. Garnish with a piece of mint in between the macerated berries.

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# CLEARFIELD HIGH SCHOOL

## Davis School District

Team 1

Brenda Cross, Instructor

### *Autumn Delight*

#### *Apple-Cheddar Salad*

*A mixture of lettuce stacked in layers, topped with white cheddar cheese and complimented with candied pecans and Braeburn apple.*

#### *Pan-Fried Flatiron Steak and Mushroom Ragout*

*Delicately sliced pan-fried flatiron steak seasoned with orange and lemon zest served with an exquisite tomato and mushroom ragout.*

#### *Almond Brussels Sprouts*

*Sautéed Brussel sprouts and carrots tossed with minced shallots and cooked almond slices.*

#### *Garlic Mashed Yukon Potatoes*

*Garlic-seasoned mashed potatoes stirred with Parmesan cheese and oregano.*

#### *Rice Pudding*

#### *with Dried Cherries and Fruit Compote*

*Flavorful rice pudding with a sweet taste from the dried cherries complemented with a dried fruit compote and light and fluffy whipped cream.*

### *Apple-Cheddar Salad*

#### **Ingredients:**

Pecan halves	¼ cup
Powdered sugar	¼ cup
Cayenne, divided	To taste, 1/8 tsp.
Kosher salt, divided	To taste, 1 tsp.
Peanut oil	2 cups
Apple cider vinegar	¼ cup
Olive oil	¼ cup

**Ingredients:, continued**

Fresh chives, chopped	2 Tbs.
Sugar	1 Tbs.
Heavy cream	½ cup
Butterleaf lettuce	1 ½ cups
Romaine lettuce	1 cup
Radicchio lettuce	1 cup
White cheddar cheese, diced	2 Tbs.
Braeburn apple	½ apple

**Procedure:**

Bring 2 cups of water to a boil and boil pecans for 10 minutes. Heat peanut oil. Drain pecans, toss and coat in powdered sugar, kosher salt, and cayenne. Deep fry until dark brown. Take out of oil and set aside to cool.

Combine vinegar, olive oil, chives, sugar, salt, and cayenne in a bowl. Whisk in cream (do not whip). Set aside. Chop lettuce. Toss and coat lettuce in 1/3 cup of the vinaigrette.

Cut and fan one section of apple. Using a circular stacker, stack layers with the butterleaf, Romaine, and radicchio. Sprinkle cheese on top and garnish with apple and pecan.

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***Pan-Fried Flatiron Steak With Mushroom Ragout***

**Ingredients:**

Flatiron steak	12 oz.
Salt	¾ tsp.
Pepper	¼ tsp.
Season salt	1 Tbs.
Fresh lemon zest	1 Tbs.
Fresh orange zest	1 Tbs.
Olive oil	1 ½ Tbs.
Garlic clove, minced	1 medium clove
Fresh rosemary, chopped	¼ tsp.
Dried hot red pepper flakes	½ tsp.
Fresh Cremini mushrooms, quartered	6 oz.
Fresh Roma tomatoes, concasse	7 tomatoes or about
Sugar	To taste

## *Pan-Fried Flatiron Steak With Mushroom Ragout, continued*

### **Procedure:**

Pat steak dry. Mix together salt, pepper, and season salt in a small bowl. Mix orange and lemon zest together in a small container. Rub about three-fourth of the salt mixture and zest on both sides of steak.

Heat 1 tablespoon oil in a medium skillet over high heat until hot but not smoking. Then pan fry meat, turn over once, 6 to 8 minutes total for rare (depending on the thickness of the meat) or until meat reaches the temperature of 120-125 degrees. Transfer to a plate and cover slightly.

Heat remaining ½ tablespoon of oil in uncleaned skillet over moderately high heat until hot but not smoking. Then sauté garlic, rosemary, remaining zest, and red pepper flakes, stirring until fragrant (about 30 seconds). Add mushrooms and remaining salt mixture and sauté, stirring frequently and scraping up bits of browned mixture from bottom. Cook until mushrooms are tender but still juicy (6 – 7 minutes). Add tomatoes with their juice and sugar; simmer, stirring occasionally, until liquid is reduced by about two-thirds, 5 - 6 minutes. Transfer steak to a cutting board; pour meat juices from plate to ragout. Cut meat into desired size and plate with ragout.

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## *Almond Brussel Sprouts*

### **Ingredients:**

Brussel sprouts, chiffonade	1/3 lb.
Carrots, julienne	1/8 lb.
Bacon grease	2 Tbs.
Shallots, minced	½ Tbs.
Almonds	¼ cup
Salt and pepper	To taste

### **Procedure:**

Add bacon grease to sauté pan and heat. Add Brussel sprouts, carrots, shallots, and almonds. Sauté till tender. Add salt and pepper to taste.

---

## *Garlic Mashed Yukon Potatoes*

### **Ingredients:**

Potatoes, peeled and diced	3 medium
Garlic cloves, peeled	3 cloves
Milk, warmed	¼ cup
Butter	1 Tbs.
Salt	¼ tsp.
Parmesan cheese	¼ cup
Oregano	1 tsp.
Salt and pepper	To taste

### **Procedure:**

Place potatoes and garlic in a large saucepan filled with water. Bring to a boil. After boiling, reduce heat; cover and simmer for approximately 20 minutes. While potatoes are simmering, warm the milk in a small saucepan. Drain potatoes well; add milk, butter, and salt. Mash. Stir in Parmesan cheese and oregano. Add salt and pepper to taste.

---

## *Rice Pudding With Dried Cherries*

### **Ingredients:**

Apple juice	4 oz
Medium-grain rice	½ cup
2 % milk	22 oz.
Dried cherries	1/8 cup
Grated orange peel	¼ tsp.
Vanilla	1 tsp.
Egg yolks	2
Sugar	¼ cup

## *Rice Pudding With Dried Cherries, continued*

### **Procedure:**

Presoak cherries for 15 minutes in apple juice.

Place rice in a strainer and rinse under cold running water until the water runs clear. Place rice, milk, and orange peel in a large saucepan. Add vanilla into the pan; simmer over medium heat, stirring occasionally. Reduce heat to lowest possible temperature and cover. Simmer, stirring occasionally, until rice is tender – about 23 minutes. Remove from heat, add egg yolks; stir until thickened, about 1 minute. Stir in sugar.

---

## *Dried Fruit Compote with Whipped Cream*

### **Ingredients:**

Heavy whipping cream	½ cup
Powdered sugar	¼ cup
Apple juice	6 oz.
Sugar	½ cup
Pomegranate juice	4 oz.
Dried pitted prunes, cut into strips	1 ½ oz.
Dried apples, cut into thirds	1 oz.
Dried apricots, small dice	1 ½ oz.

### **Procedure:**

#### **For Whipped Cream:**

Whip heavy whipping cream until thick; add powdered sugar and whip until light and fluffy.

#### **For Dried Fruit Compote:**

Combine prunes, apples, apple juice, pomegranate juice, and sugar. Bring to a simmer over medium-high heat, stirring until sugar is dissolved. Reduce heat to medium. Simmer until fruit is tender and juices are reduced to a thick syrup, stirring occasionally, about 15 minutes.

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**CLEARFIELD HIGH SCHOOL**  
**Davis School District**  
Brenda Cross, Instructor

*A Night at the Mexican Riviera*

***Caesar Salad***

*A crisp combination of leafy greens place on top of a crunchy baguette crouton and topped with fresh Parmesan cheese and a pinch of pickled red onion*

***Kona Kampachi with Pineapple Salsa***

*Kona kampachi pan-fried topped off with pineapple salsa, served on top of a bed of couscous. Sautéed carrots and asparagus complement this dish.*

***Couscous with Toasted Almonds and Mint***

***Chocolate Mousse with Raspberry Sauce***

*The chocolate mousse is surrounded by a lacey white chocolate cage, then placed on a tart bed of raspberry sauce.*

***Caesar Salad***

**Ingredients:**

Red onion, sliced	¼ cup
Red wine vinegar	¼ cup
Sugar	2 Tbs.
Fresh Parmesan cheese, divided	½ cup
Garlic	2 cloves
Mayonnaise	¼ cup
Anchovy paste	1/8 tsp.
Parmesan cheese	2 Tbs.
Worcestershire sauce	¼ tsp.
Dijon mustard	¼ tsp.
Lemon juice	1 tsp.
Olive oil	1 Tbs.
Salt	To taste
Ground black pepper	To taste
Parsley	1 Tbs.

## *Caesar Salad, continued*

Garlic	3 cloves
Olive oil	2 Tbs.
Lemon juice	1 tsp.
Baguette, diagonally sliced	¼ loaf
Salt	To taste
Ground black pepper	To taste
Romaine heart	2 heads

### **Procedure:**

**Pickled Red Onion:** Combine red wine vinegar with sugar. Place red onion into the mixture and let it marinate until plating.

**Parmesan Cheese Crisp:** Heat fry pan until one dash of water evaporates in 3 seconds. When the pan is ready, evenly sprinkle in ¼ cup Parmesan cheese. Keep on low heat until just golden brown. Remove from pan and lay flat to cool.

**Dressing:** Mince 2 cloves of garlic and combine in a small bowl with mayonnaise, anchovy paste, Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season to taste with salt and black pepper. Chill until ready to use.

**Lemon Garlic Baguette:** Mince parsley and garlic and place in a small bowl. Add olive oil and lemon juice and the desired amount of salt and pepper. Brush sliced baguette with lemon garlic mixture. Grill in fry pan on high heat until brown and lightly crisp.

**To Plate:** Brush Romaine leaves with dressing. Place baguettes on plate and arrange Romaine leaves with Parmesan crisp and onions on top of baguettes.

---

## *Kona Kampachi with Pineapple Salsa*

### **Ingredients:**

Kona kampachi, whole	1 fish
Roma tomatoes, concasse	3 medium, sliced
Red onions	¼ cup
Pineapple	½ cup
Avocado	1
Cilantro	1/8 cup
Serrano pepper	1 tsp.

## *Kona Kampachi with Pineapple Salsa, continued*

Olive oil, divided	1 Tbs., 2 Tbs.
Lime, zest and juice	1
Seasoned salt	To taste
Bread crumbs	1 ½ cup

### **Procedure:**

Fillet the fish; cut each side into two pieces. Concasse the tomatoes. Chop the onions, pineapple, and avocado into small dice. Mince the cilantro and Serrano pepper. In a bowl, mix the onions, pineapple, cilantro, pepper, olive oil, lime zest, and lime juice. Cover and set aside. Coat fish fillets with olive oil and season with seasoned salt. Coat with bread crumbs; shake off excess and pan fry. Plate fish with salsa.

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## *Sautéed Asparagus with Julienne Carrots*

### **Ingredients:**

Asparagus, 1 ½-inch diagonal cut	½ lb.
Carrots, julienne	¼ lb.
Garlic, minced	1 clove
Butter	1 Tbs.

### **Procedure:**

In a medium-size pan melt the butter; sauté the asparagus for about 5-6 minutes. Add carrots to the asparagus, continue to sauté for one minute.

---

## *Couscous with Toasted Almonds and Mint*

### **Ingredients:**

Olive oil	½ Tbs.
Onion, chopped	2 Tbs.
Chicken broth	¾ cup
Ground cinnamon	1/8 tsp.

## *Couscous with Toasted Almonds and Mint, continued*

Couscous	½ cup
Slivered almonds, toasted	¼ cup
Mint, chiffonade	1 Tbs.

### **Procedure:**

Heat oil in heavy, small saucepan over medium heat. Add onions and sauté until tender and beginning to brown. Add broth and cinnamon; bring to a boil. Mix in couscous. Cover the pot; remove from heat. Let stand for 15 minutes.

Using fork, fluff couscous. Mix in toasted almond and mint. Season with salt and pepper.

---

## *Chocolate Mousse with Raspberry Sauce*

### **Ingredients:**

Semi-sweet chocolate	4 oz.
Butter	¼ cup
Marshmallow minis	1 ½ cups
Heavy cream	½ cup
Pure vanilla extract	½ tsp.
Frozen raspberries	1 ½ cup
Sugar	1 Tbs.
Almond bark	4 oz.

### **Procedure:**

(No procedure was provided.)

# COPPER HILLS HIGH SCHOOL

Barbara Harrison, Instructor

Team 1

*Stuffed Zucchini Fries  
with a Honey Mustard Dipping Sauce  
Lomo Saltado  
Raspberry-Nectarine Parfait  
With a Warm Peach Sabayon*

## **Ingredients:**

Zucchini	3 medium
Soft bread crumbs	1 ½ cup
Grated Parmesan cheese	¼ cup
Egg	1, beaten well
Green onions, minced	2
Parsley, minced	1 Tbs.
Salt	½ tsp.
Paprika	To taste
Grated Parmesan cheese	2 cups
Bread Crumbs	3 cups
Eggs	4

## **Procedure:**

Wash zucchini.

Cut off ends but don't peel.

Cook in boiling, salted water for 7 – 10 minutes.

Drain off water and cut zucchini pulp with fork.

Mix with bread crumbs, Parmesan cheese, beaten egg, onions, parsley, and salt.

Spoon mixture into zucchini shells.

Sprinkle with additional Parmesan cheese and paprika.

Roll in egg and bread crumb mixture.

Fry in oil until golden brown.



## *Honey Mustard Dipping Sauce*

### **Ingredients:**

Lemon juice	¼ cup
Honey	1/8 cup
Mustard	1 Tbs.
Salt	½ tsp.
Paprika	¼ tsp.
Water	1/3 cup

### **Procedure:**

Combine and mix well.

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## *Lomo Saltado*

### **Ingredients:**

White onion	¼ medium
Red onion	¼ medium
Gold bell pepper	¼
Top sirloin steak	2 oz.
Large tomato	½
Large Idaho potato	1
Garlic cloves	2
Soy sauce	
Cumin	
Salt	
Pepper	
Lemon juice (or white wine)	
Cilantro	
Flour	
Corn oil	

### **Procedure:**

Slice pepper, onions, tomatoes, and the sirloin.

Mash 1 garlic clove.

Marinate the steak and tomatoes; steak with soy sauce, salt, pepper, cumin, and mashed garlic; tomatoes with salt, pepper, lemon juice (or white wine).

Chop cilantro.

Cut the potato into a French fry cut and lightly flour.

## *Lomo Saltado, continued*

Heat a small amount of corn oil until extremely hot; place steak in oil and cook until juicy looking. Add soy sauce.

Cook the onions and peppers until the onions are a bit transparent. Add water if needed. Let it cook for a minute.

Add tomatoes and cilantro. Stir once and take off heat.

In a small saucepan, heat about one cup of oil until extremely hot. Place potatoes in pan and fry until golden brown.

Mix all together and serve.

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## *Basmati White Rice*

### **Ingredients:**

Basmati rice	½ cup
Garlic	1 clove
Corn oil	3 Tbs.
White onion	1 Tbs.
Water	1 cup

### **Procedure:**

Wash rice.

Mince onion and garlic.

Heat one tablespoon of corn until it's really hot. Then place garlic and onion in oil. Cook onions until they are a bit transparent.

Pour in water and bring to a boil for about 2 minutes.

When boiling put the rice in and let it smooth out evenly and cover with lid. After about 15 minutes check on it and make sure it is cooking properly. Add water if needed.

In a separate pan heat two tablespoons oil until very hot. Then pour it on top of rice when done; mix with a fork. (Never mix with a spoon because it will mash the rice together.)

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## *Raspberry-Nectarine Parfait with Warm Peach Sabayon*

### **Ingredients:**

Nectarines, halved, pitted, thinly sliced	2
Fresh raspberries, divided	1 ¼ cups
Sugar	1/8 cup
Egg yolks	4 large
Canned peach nectar	1/3 cup
Salt	Pinch
Sugar	¼ cup
Toasted, sliced almonds (optional)	

### **Procedure:**

Toss nectarines, 1 cup raspberries, and 1/8 cup sugar in medium bowl. Let stand until juices form, about 5 minutes.

Whisk egg yolks, nectar, liqueur, salt, and ¼ cup sugar in a large metal bowl to blend.

Place bowl over saucepan of boiling water; whisk until mixture is thick and thermometer inserted into center registers at least 160 degrees Fahrenheit, about 6 minutes.

Divide fruit mixture among 4 large glasses. Spoon warm peach sabayon over fruit mixture. Garnish with remaining berries and sliced almonds, if desired.



**GRANTSVILLE HIGH SCHOOL**  
**Tooele School District**  
Caroline Shaw, Instructor

*Tropical Salad with Pineapple Vinaigrette*  
*Stir-Fried Shrimp with Pineapple*  
*Thai-Style Bananas with Praline Ice Cream*

*Tropical Salad with Pineapple Vinaigrette*

**Ingredients:**

Bacon	2 slices
Pineapple juice	1 Tbs. + 1 tsp.
Red wine vinegar	1 Tbs.
Olive oil	1 Tbs. + 1 tsp.
Romaine lettuce	1 10-oz. head
Diced fresh pineapple	1/3 cup
Macadamia nuts	3 Tbs.
Green onions	1 stalk
Coconut	1 Tbs. + 1 tsp.

**Procedure:**

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble and set aside.

In a cruet or jar with a lid, combine pineapple juice, red wine vinegar, oil, pepper, and salt. Cover and shake well.

In a large bowl, toss together the lettuce, pineapple, macadamia nuts, green onions, and bacon. Pour dressing over salad and toss to coat. Garnish with toasted coconut.



## *Stir-Fried Shrimp*

### **Ingredients:**

Oil	2 Tbs.
Onion	1 large
Mushrooms	2 cups
Green pepper	1
Fresh ginger	1 piece
Pineapple pieces in light syrup	1 large can
Red chilis	1-2
Soy sauce	1 Tbs. + 1 tsp.
Rice	1 Cup

### **Procedure:**

Sauté the shrimp in the oil over the highest heat, stirring frequently.

Remove shrimp from the pan and set aside.

Chop the ginger and put it in the pan, stirring occasionally.

Remove the seeds from the green peppers; cut them into strips, throw them into the pan, and stir occasionally.

Add the mushrooms and continue stirring.

Holding them with a gloved hand, seed the chilis and chop them into small pieces.

Throw them into the pan and continue stirring.

Remove the two ends from the onion and cut in half lengthwise. Then cut each half into two halves crosswise, then cut the pieces into quarters lengthwise.

Throw them into the pan and continue stirring once in a while.

Drain the pineapple, reserving the syrup. Add the pineapple to the pan and continue stirring.

Add shrimp back into the pan.

Put pineapple syrup in the saucepan. When the syrup starts to boil, add the boiling water.

Mix the cornstarch with the cold water to form a thin paste without lumps.

When the liquid in the pan returns to a full boil, mix in the cornstarch mixture.

When the sauce is bubbly and somewhat thick, turn off the heat and mix in the soy sauce. Serve.



## *Thai-style Bananas*

### **Ingredients:**

Coconut	3 Tbs.
Unsalted butter	¼ cup
Ginger root	1 Tbs.
Orange	1
Bananas	6
Granulated sugar	¼ cup
Fresh lime juice	¼ cup
Orange-flavored liqueur	6 Tbs.
Roasted sesame seeds	1 Tbs.

### **Procedure:**

Heat a small non-stick frying pan (skillet) until hot. Add the coconut and cook, stirring constantly, for about 1 minute until lightly colored. Remove from the pan and allow to cool.

Heat the butter in a large frying pan until it melts. Add the ginger and orange rind and mix well.

Peel and slice the bananas lengthways (and half if they are very large). Place the bananas cut-side down in the butter mixture and cook for 1-2 minutes or until the sauce mixture starts to become sticky. Turn to coat in the sauce.

Remove the bananas from the pan and place on heated serving plates. Keep warm.

Return the pan to the heat and add the orange liqueur, stirring well to blend.

Ignite with a taper. Allow the flames to die down, then pour over the bananas. Sprinkle with the coconut and sesame seeds. Decorate with slices of lime.



**HIGHLAND HIGH SCHOOL**  
**Salt Lake District**  
Instructor, Kimber Johnson

*Maki Sushi*  
*Szechuan Pork and Vegetables*  
*Tempura Bananas with Chai Syrup*

*Maki Sushi*

**Ingredients:**

Mushrooms, dried shiitake	.1 oz.
Jasmine rice	½ cup
Spinach leaves	6
Seaweed wrap	2
Cucumber	½
Carrot	½
Rice vinegar	1 Tbs.
Water	1 1/3 cup + 2 Tbs.
Sesame oil	1 Tbs.
Soy sauce	1 Tbs.
Sugar	½ tsp.
Wasabi powder	2 Tbs.
Pickled ginger	2 Tbs.

**Procedure:**

**Sushi Roll:**

Soak dried shiitake mushrooms I ½ cup of water. Cook rice with 1 cup water for 20 minutes. Toss cooked rice with rice vinegar, soy sauce, sesame oil, and sugar. Wash spinach, carrot, and cucumber. Julienne the carrot and cucumber. Take shiitake mushroom out of water and cut it into strips. Spread layer of cooked rice on seaweed wrap. Put spinach leaves, cucumber, mushrooms, and carrots at one end and then roll from that end to the other. Cut diagonally.

**Wasabi Paste:**

Blend wasabi powder and water until smooth. Let stand about 5 minutes.



## *Szechuan Pork and Vegetables*

### **Ingredients:**

Boneless pork chops	12 oz.
Red bell pepper	2 oz.
Green onion	1 stalk
Fresh ginger	¾ tsp.
Broccoli	2 oz.
Snow peas	2 oz.
Water	3 cups
Chow mein noodles	3 oz.
Cornstarch	2 Tbs.
Brown sugar	1 Tbs.
Ground red pepper	¼ tsp.
Soy sauce	¼ cup
Cider vinegar	¼ cup
Chicken broth	1 cup
Garlic	1 clove

### **Procedure:**

#### **Sauce:**

Combine cornstarch, brown sugar, ginger, garlic, and red pepper. Add soy sauce and vinegar. Shake until blended. Add broth and water. Shake.

Heat a large, deep nonstick skillet over medium heat until hot. Add pork. Spoon sauce over pork with a sprinkle of ginger. Cook both sides for 3 minutes each. While pork is cooking, boil water. Boil chow mein noodles. Blanch vegetables. Take out pork and sauce and arrange on plate with the noodles and vegetables. Garnish with chopped green onions.

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## *Tempura Bananas with Chai Syrup*

### **Ingredients:**

All-purpose flour	½ cup
Baking powder	1 tsp.
Egg	½
Milk	½ cup
Butter	¼ Tbs.
Sugar	½ Tbs.
Salt	1 pinch
Pumpkin spice	¼ Tbs.

## *Tempura Bananas with Chai Syrup, continued*

Cayenne pepper	½ pinch
Vegetable oil	2 cups
Banana	1
Raspberries	1 oz.
Strawberries	4 oz.

### **Procedure:**

#### **Tempura Banana:**

Beat egg and mix in milk and melted butter. Separately mix flour, salt, baking powder and sugar. Mix the two mixtures together until smooth. Heat oil in pot to 360 degrees Fahrenheit. Dip sliced banana in batter and fry in hot oil.

#### **Finish:**

Place tempura bananas on plate. Drizzle spiced chai syrup over bananas. Dust with powdered sugar. Garnish with raspberries and strawberries.

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## *Spiced Chai Syrup*

### **Ingredients:**

Water	¼ cup
Chai tea	1 bag
Honey	¼ cup
Fresh ginger	1 oz.
Peppercorns	5
Cinnamon stick	1
Whole cloves	2
Star anise	1
Ground cardamom	1 tsp.

### **Procedure:**

In a small saucepan, boil water. Turn off heat, add a tea bag and brew tea leaving the bag in the water until cool and the tea is very dark. Remove tea bag, squeezing out excess tea. Add honey and all of the spices. Bring liquid to a boil, then reduce heat and simmer 5 to 7 minutes, or until the liquid has slightly reduced and you are left with 1 cup of liquid. Cool.

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**LEHI HIGH SCHOOL**  
**Alpine School District**  
Instructor, Tamara Marcroft

*Cucumber and Avocado Salad*  
*Chicken in a Sweet Apricot Sauce*  
*Steamed Blackberry Pudding Cake*

*Cucumber and Avocado Salad*

**Ingredients:**

Cucumbers, diced	1 cup
Red bell peppers, diced	½ cup
Tomatoes, diced	½ cup
Tomatoes	2 slices
Avocado	3 thin slices
Romaine lettuce	2 leaves
Sea salt	To taste
Balsamic vinegar	1 Tbs.

**Procedure:**

Dice the cucumbers, red peppers, and tomatoes into the desired size – about 1/3 inch. Shred the Romaine lettuce and slice the avocado, 3 thin slices cut in half. Cut the 2 slices of tomatoes diagonally  
Arrange ingredients on the plate; season with salt.  
Add balsamic vinegar to taste.

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*Chicken in a Sweet Apricot Sauce*

**Ingredients:**

Vegetable oil	4 Tbs.	Coriander, ground	2 tsp.
Cumin seeds	½ tsp.	Cumin, ground	1 tsp.
Black mustard seeds	½ tsp.	Garam masala	1 tsp.
Cardamon pods	2 whole	Cloves, whole	2
Cinnamon stick	1, 1-inch	White vinegar	2 Tbs.

## *Chicken in a Sweet Apricot Sauce, continued*

Garlic	4 cloves, grated	Sugar	2 Tbs.
Ginger	1-inch piece, grated	Worcestershire sauce	2 Tbs.
Onion	1 cup, diced	Cilantro, chopped	4 Tbs.
Tomatoes	2 cups, diced	Airline-cut chicken	
Turmeric	1 tsp.	breasts	2
Apricots, dried	20		
Cayenne pepper	½ tsp.		

### **Procedure:**

<u>Sauté:</u>	4 Tbs. vegetable oil
	½ tsp. cumin seeds
	½ tsp mustard seeds, black
	2 whole cloves
	2 whole cardamom pods
	1-inch cinnamon stick
<u>Add:</u>	4 cloves garlic, grated
	1-inch piece of ginger, grated
<u>Then:</u>	1 cup onions, diced
	2 cups tomatoes, diced
<u>Together:</u>	1 tsp. tumeric
	½ tsp. cayenne pepper
	2 tsp ground coriander
	1 tsp ground cumin
	1 tsp garam masala
<u>Together:</u>	1 Tbsp. white vinegar
	2 Tbsp. sugar
	2 Tbsp Worcestershire sauce
	4 Tbs. cilantro, chopped
	2 airline-cut chicken breasts
	20 dried apricots

Cut apricots in half, cut tomatoes and onions. Sauté cumin, mustard seeds, cloves, cardamom, and cinnamon for a few seconds. Add grated garlic and ginger. Sauté for 30 seconds. Add chopped onions and sauté until lightly browned. Reduce heat to medium and add tomatoes. Cook for 5 minutes, mash tomatoes as they soften. Add salt, turmeric, cayenne, coriander, cumin, and garam masala. Sauté for 1 minute. Add apricots. Coat well with the sauce, bring to a boil, then cover and simmer for about 30 minutes. If the sauce is too thick, add chicken stock. Add vinegar, sugar, Worcestershire sauce, and cook covered for 5 minutes. Fold in cilantro and serve.

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## *Steamed Blackberry Pudding Cake*

### **Ingredients:**

Butter	1 Tbsp.
Sugar	½ Cup
Egg	1
Flour	1 Cup
Baking Powder	1 tsp.
Salt	½ tsp.
Milk	¼ Cup
Blackberries	¾ Cup
Cream	
Candied nuts	

### **Procedure:**

Grease 4 large or 6 small molds. Cream butter and sugar. Add well beaten egg and mix well. Sift flour, baking powder, and salt. Add alternately with milk to butter mixture. Place 2 Tbsp. berries and 1 Tbs. sugar in each greased mold. Place batter on top of berries (a little less than 2/3 full). Steam until done. Serve warm with cream or berry sauce. Add candied nuts for garnish.

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# LONE PEAK HIGH SCHOOL - TEAM 1

## Alpine School District

Instructor, Rebecca Cox

*Paradise Salad*  
*Pan-Fried Tilapia with Spicy Citrus Sauce*  
*Cilantro Barley*  
*Sautéed Zucchini*  
*Mango Mousse with Mango Salsa and Macadamia Nuts*

### *Paradise Salad*

#### **Ingredients:**

Salad greens	2 cups
Fresh pineapple spears	2
Prosciutto	2 thin slices
Jicama, julienne cut	2 oz.
Avocado, sliced	1
Kumquats, sliced	3
Olive oil	2 tsp.
Blood orange juice	1 oz.
Sherry vinegar	2 tsp.
Salt	To taste
Pepper	To taste
Shallots, minced	1 tsp.

#### **Procedure:**

Wrap pineapple with prosciutto.

Grill in grill pan until browned.

Cool and cut into chunks.

Mix olive oil, orange juice, vinegar, salt, pepper, honey, and shallots in a small bowl.

Place lettuce on plate, top with jicama. Drizzle with dressing.

Layer avocado, pineapple, and kumquats. Finish with salt and pepper.



## *Pan-Fried Tilapia with Spicy Citrus Sauce*

### **Ingredients:**

Orange marmalade	¼ cup
Fresh orange juice	1 oz.
Fresh lime juice	½ oz.
Garlic, minced	1 large
Red pepper flakes	½ tsp.
Salt	To taste
Tilapia	10 oz.
Bread crumbs	¼ cup
Egg	1
Oil	1 oz.

### **Procedure:**

Simmer marmalade, orange and lime juices, garlic, pepper flakes, and salt in a small skilled over a medium-high heat until thick, 2 to 3 minutes.

Brush tilapia with an egg wash and coat with bread crumbs.

Heat oil in frying pan; when hot, add fish and cook through 4-5 minutes.

Serve fish with warm citrus sauce.

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## *Cilantro Barley*

### **Ingredients:**

Quick pearl barley	¾ cup
Chicken broth	6 oz.
Water	6 oz.
Fresh cilantro, minced	½ cup, uncut
Fresh lime juice	2 tsp.
Salt	To taste

### **Procedure:**

Bring water and broth to a boil in a small pot. Add the barley; cover and simmer for 10-12 minutes, or until done. Let it sit for 5 minutes.

Add minced cilantro, lime juice, and oil. Adjust taste with salt.

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## *Sautéed Zucchini*

### **Ingredients:**

Zucchini, diagonal cut	4 oz.
Butter	½ oz.
Salt	To taste
Pepper	To taste

### **Procedure:**

Slice the zucchini thinly on a mandolin.

Just before serving, melt butter in a skillet. Sauté the zucchini until it starts to turn brown. Season and serve immediately.

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## *Mango Mousse with Mango Salsa and Macadamia Nuts*

### **Ingredients:**

Sugar	1/3 cup
Mango puree	¼ cup
Egg yolks	2
Lemon zest	1
Mango, medium diced	1
Kiwi, finely diced	1
Lime zest	1
Whipping cream	2/3 cup
Macadamia nuts, chopped	1 Tbs.
Egg roll wrappers	2
Oil	½ cup
Powdered sugar	2 Tbs.

### **Procedure:**

Combine sugar, puree, eggs, and lemon zest in a metal bowl. Set bowl over a saucepan of simmering water. Whisk until the mixture thickens and a thermometer registers 160 degrees. Transfer to another bowl and chill.

Combine mango, kiwi and lime zest. Set aside.

Whip cream by placing it in a bowl. Place that bowl in a larger bowl of ice. Whisk until thickened.

Fold whipping cream into mango curd, 1/3 at a time, gently folding in.

Spoon into serving dish. Top with mango salsa and chopped macadamia nuts.

Serve immediately or chill.

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# LONE PEAK HIGH SCHOOL - TEAM 2

## Alpine School District

Instructor, Tamara Marcroft

### *Northwest Salad*

*Grilled Pork Chop with Cranberry Serrano Chutney*

*Deep Fried Sweet Potatoes*

*Sautéed Brussel Sprouts*

*Stacked Apple Pie with Blue Cheese and Crème Anglaise*

### *Northwest Salad*

#### **Ingredients:**

Salad greens	2 cups
Asparagus	6 spears
Parmigiano-reggiano, thinly sliced	½ oz.
Red pepper, diced	1 oz.
Dried cherries	1 oz.
Beet, julienne	1
Oil	½ cup
Bread	2 slices
Butter	½ oz.
Garlic, minced	1 teaspoon
Salt	To taste
Pepper	To taste
Cherry preserves	½ oz.
Black raspberry vinegar	½ oz.
Olive oil	½ oz.

#### **Procedure:**

Mix together preserves, vinegar, and oil. Adjust seasoning with salt and pepper. Set aside.

Brush asparagus with oil and grill in a hot grill pan. Slice diagonally into 1 ½" pieces.

Brush bread with butter and garlic. Cut into squares and toast in a pan.

Cut beet on a mandolin. Pat dry; then deep fat fry until crispy. Drain on paper towels.

Place greens in a bowl, toss with asparagus, red pepper, and cherries.

Toss with dressing. Place croutons on a plate. Top with salad. Finish with beets and parmigiano-reggiano.

## ***Grilled Pork Chop with Cranberry Serrano Chutney***

### **Ingredients:**

Pork chops	12 oz.
Chili powder	1 Tbs. + 1 tsp.
Brown sugar	2 tsp.
Salt	1 tsp.
Pepper	1 tsp.
Brown sugar	2 tsp.
Honey	2 tsp.
Fresh cranberries	1 cup
Water	2 oz.
Red onion, finely diced	2 oz.
Fresh ginger, grated	1 tsp.
Serrano chili, finely diced	¼ of a chili
Garlic, minced	1 small clove
Salt	To taste
Pepper	To taste
Cilantro, chopped	1 Tbs.

### **Procedure:**

Mix chili powder, sugar, salt, and pepper. Rub on chops.

Combine sugar, honey, ½ cup cranberries, and ¼ cup water in a pan and cook over a medium-high heat until the cranberries pop and the sauce thickens.

Stir in the onion, ginger, chili, and garlic. Season with salt and pepper and cook about 8 minutes.

Rough cut the remaining cranberries. Remove chutney from the heat and stir in the remaining cranberries and cilantro. Set aside.

Grill chops to 150 degrees. Serve with chutney.

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## ***Deep Fried Sweet Potatoes***

### **Ingredients:**

Yellow sweet potato, batonnet cut	6 oz.
Red sweet potato, batonnet cut	6 oz.
Cooking oil	12 oz.
Kosher salt	To taste
Cracked pepper	To taste

### **Procedure:**

Peel and cut the potatoes; place in water until ready to cook.

Heat oil. Drain potatoes and pat dry. Fry in oil until slightly brown on edges. Remove from oil and drain.

Season with salt and pepper.

## *Sautéed Brussel Sprouts*

### **Ingredients:**

Brussel sprouts	6 oz.
Water	8 oz.
Butter	1 oz.
Garlic, sliced	2 cloves
Salt	To taste
Pepper	To taste

### **Procedure:**

Trim and peel sprouts. Cut in half. Blanch in boiling water for 2-3 minutes. Place in ice water to stop cooking.

Melt butter in a sauté pan. Add garlic and Brussel sprouts. Sauté until slightly caramelized. Season with salt and pepper.

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## *Stacked Apple Pie with Blue Cheese and Crème Anglaise*

### **Ingredients:**

Filo sheets	6
Butter	6 Tbs.
Raw sugar	4 tsp.
Johnnagold apples, diced small	2
Water	2 Tbs.
Brown sugar	2 Tbs.
Nutmeg	½ tsp.
Brandy	2 tsp.
Blue cheese	2 Tbs.
Egg yolk	1
Sugar	2 Tbs.
Heavy cream	4 oz.
Vanilla	1 tsp.

### **Procedure:**

Layer filo with butter and sugar. Cut into triangles and pan fry until light brown.

Dice the apples. Put in saucepan with water, brown sugar, nutmeg, and brandy. Simmer until softened. Set aside.

In a medium mixing bowl, whisk together egg yolk and sugar until pale yellow and smooth. Bring to a boil the cream, sour cream, and vanilla.

Whisk about half the cream into the egg mixture. Add egg mixture to the remaining cream. Cook over medium heat stirring constantly with a wooden spoon until the mixture coats the back of the spoon.

Strain into a bowl over ice and chill.

## *Stacked Apple Pie with Blue Cheese and Crème Anglaise, continued*

Place a piece of filo down and top with apples. Repeat. Repeat again and put blue cheese on top of the apples. Top with 2 more layers of filo and apples, finishing with filo. (6 layers of filo, 5 layers of apples, middle layer with blue cheese.)

Plate with crème Anglaise and garnish.

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**MURRAY HIGH SCHOOL**  
**Murray School District**  
Instructor, Grayce Reese

*A Symphony of Flavors*

*Chopped Salad with Pomegranate Vinaigrette*  
*Braised Stuffed Chicken with Prosciutto and Mango-Stilton Cheese*  
*Quinoa Pilaf with Sautéed Rapini*  
*Bananas Foster Cake a la Mode*

*Chopped Salad with Pomegranate Vinaigrette*

**Ingredients:**

Romaine lettuce	½ cup
Arugla lettuce	½ cup
Spinach	½ cup
Carrot	¼ cup
Pimiento olives	8
Mushrooms	2
White onion	¼ cup
Cornstarch	¼ cup
Salt and Pepper	To taste

**Procedure:**

Chop Romaine and Arugla  
Chiffonade spinach  
Julienne carrot  
Slice olives and mushrooms.  
Crush cooked bacon  
Combine all and chill.  
Add vinaigrette last 10 minutes (just enough to coat).  
Push chopped salad into cup and tap onto plate  
Jullienne onions and coat with cornstarch and season with salt and pepper.  
Pan fry in hot oil.  
Place on top of salad.



## ***Braised Stuffed Chicken with Prosciutto and Mango-Stilton Cheese***

### **Ingredients:**

Chicken breast, butterflied	2
Prosciutto ham, thin slices	2
Mango-Stilton cheese	4 oz.
Chicken stock	16 oz.
Carrot	2 oz.
Celery	2 oz.
Granny Smith apple	2 oz.
Onion	2 oz.
Fresh rosemary	1 tsp.
Fresh thyme	1 tsp.
Salt and pepper	Pinch for flavor
White cooking wine	4 oz.
Bacon, thin-sliced	3 strips (for salad)
Butcher's string	16 inches
Cheese cloth	1-5"x5" square

### **Procedure:**

Butterfly the chicken breasts.  
Fry bacon until crisp (save drippings).  
Roll prosciutto around mango Stilton cheese.  
Stuff breasts with rolled prosciutto and tie with butcher's string.  
Rough chop carrot, celery, onion, and apple; tie loosely (add rosemary) in cheesecloth.  
Brown stuffed chicken breasts in bacon drippings.  
Add chicken stock and veggies in cheesecloth to pan.  
Cover and simmer until chicken is up to temperature.  
Remove the chicken and wrap in foil. Set aside.  
Remove cheesecloth from veggies and discard.  
Add white wine to remaining stock.  
Reduce sauce until slightly thick.  
Add salt and pepper to taste.  
Slice chicken at an angle and drizzle with reduction.

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## ***Pomegranate Vinaigrette***

### **Ingredients:**

White wine vinegar	¼ cup
Pomegranate mixer	½ cup
Sugar	2 Tbs.
Olive oil	2 Tbs.

## *Pomegranate Vinaigrette, continued*

### **Procedure:**

Mix together vinegar, mixer, and sugar.

When sugar is dissolved, add oil and mix together.

Add to chilled salad.

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## *Rapini*

### **Ingredients:**

Rapini	1 bunch with stems trimmed
Olive oil	2 Tbs.
Garlic cloves	2 cloves, chopped
Red pepper flakes, dried crushed	¼ tsp.
Sea salt	1/8 tsp
Lemon juice	1/8 tasp.

### **Procedure:**

Steam the rapini over boiling water until crisp (about 1 minute).

Sauté rapini in 2 Tbsp. of olive oil with 2 cloves of chopped garlic.

Add ¼ tsp. of red pepper flakes and then season with salt.

Add a squirt of lemon juice.

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## *Quinoa Pilaf*

### **Ingredients:**

Olive oil	2 Tbsp.
Onion	½ medium, chopped finely
Garlic	3 cloves, minced
Red peppers	1 medium red pepper, chopped
Quinoa	1 cup
Chicken broth	2 cups

## *Quinoa Pilaf, continued*

### **Procedure:**

Heat olive oil in a large skillet over medium-high heat.

Add onion and cook until soft (about 3 minutes).

Add garlic, red pepper, cooking until soft (about 4 minutes).

Add quinoa and broth. Bring to a boil over high heat and then reduce to medium-low.

Simmer covered for 20 minutes or until water is absorbed. Add salt.

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## *Chocolate Cake*

### **Ingredients:**

Flour	1 cup
Unsweetened cocoa	2 Tbs.
Sugar	1 cup
Baking soda	½ tsp.
Butter	¼ cup
Shortening	¼ cup
Water	½ cup
Lemon juice	½ Tbs.
Milk	¼ cup
Egg	1, beaten
Vanilla	1 Tbs.

### **Procedure:**

Combine flour, cocoa, sugar, and baking soda.

Melt butter, add shortening with water.

Pour wet mixture into the flour mixture; mix.

Add lemon juice, milk, egg, and vanilla; mix in.

Pour into greased aluminum rounds.

Fill a large 9-inch round pan with 3½ inches of water and place aluminum rounds inside.

Cover pan and cook on stove at medium heat for 20 minutes, or until toothpick is inserted in the middle of cake and comes out clean.

When cake is done, cook then carefully remove from rounds.

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## *Ice Cream*

### **Ingredients:**

Sugar	2 Tbs.
Half-and-Half	1 cup
Vanilla	½ tsp.
Ice cubes	1 ½ cups
Rock salt	8 Tbs.
Ziploc plastic bag	1 gallon-size
Ziploc plastic bag	1 quart-size

### **Procedure:**

Put sugar, Half-and-Half, and vanilla into the small bag and seal it.  
Fill the large bag half-full of ice and add the rock salt. Seal the bag and shake.  
Place the small bag inside the large one and seal again carefully.  
Shake and roll until mixture is ice cream, about 5 minutes.  
Wipe off top of small bag and open carefully.

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## *Bananas Foster Sauce*

### **Ingredients:**

Brown sugar	1 cup
Butter	6 Tbs.
Nutmeg	½ tsp.
Bananas	1 ½
Cinnamon	2 tsp.
Vanilla	1 ½ tsp.
Half-and-Half	¼ cup
Macadamia nuts	¼ cup

### **Procedure:**

Toast Macadamia nuts on top of stove in a small fry pan, just until golden brown.  
Melt brown sugar and butter together in small frying pa. Simmer for 1 minute.  
Add nutmeg, cinnamon, and Half-and-Half.  
Add sliced bananas and vanilla.  
Stir together until well mixed.  
Cool to room temperature.  
Pour over cake and ice cream.  
Top with toasted Macadamia nuts.

# NEBO LEARNING CENTER

## Nebo School District

Instructor: Linda Blackham

*Southwestern Festive Dinner*  
*Festive Tossed Salad*  
*Chili-Rubbed Pork Tenderloin with Apricot Ginger Glaze*  
*Southwestern-Style Quinoa*  
*Spice-Sweet Pepper Medley with Sugar Peas*  
*Caramel Cinnamon Flan*

### *Festive Tossed Salad*

#### **Ingredients:**

Romaine lettuce	3 leaves
Shredded Swiss cheese	2 Tbs.
Chopped apple	½ an apple
Craisins	2 Tbs.
Slivered almonds	2 Tbs.

#### **Dressing**

Red wine vinegar	¼ cup
Sugar	2 Tbs.
Lemon juice	1 ½ tsp.
Salt	¼ tsp.
Pepper	¼ tsp.
Oil	¼ cup
Poppy seeds	2 tsp.

#### **Procedure:**

In a salad bowl, combine lettuce, cheese, apple, craisins, and almonds.

In a jar with a tight fitting lid, combine sugar, vinegar, lemon juice, salt, and poppy seeds. Shake until well blended.

Drizzle desired amount on salad and toss lightly to combine.

---

## *Chili-Rubbed Pork Tenderloin with Apricot Ginger Glaze*

### **Ingredients:**

Pork tenderloin	½ lb.
Chili powder	1 Tbs.
Garlic powder	1 Tbs.
Sugar	1 ½ tsp.
Salt	¾ tsp.
Black pepper	¾ tsp.
Apricot preserves	¼ cup + 2 Tbs.
Barbeque sauce	2 Tbs.
Grated ginger	¼ tsp.
Garlic powder	1/8 tsp.
Hot sauce	1/8 tsp.
Chopped cilantro	1 tsp.
Lime juice	¼ of a lime

### **Procedure:**

Slice tenderloin into one-inch slice medallions.

Place the chili powder, garlic powder, sugar, and salt in a jar; shake to blend. Rub the spice mixture onto the pork tenderloin medallions.

Melt apricot preserves in a sauce pan over medium heat. Remove pan from the heat and stir in barbeque sauce, ginger, garlic powder, hot sauce, cilantro, and lime juice. Hold half of the glaze for serving.

Brush pork medallions with half of the glaze and sauté in olive oil.

Cook until inside of meat is 160 degrees Fahrenheit.

Remove from heat and serve with additional glaze.

---

## *Southwestern-Style Quinoa*

### **Ingredients:**

Red quinoa	¼ cup
White quinoa	¼ cup
Water	½ cup
Olive oil	2 tsp.
Cumin	½ tsp
Garlic powder	½ tsp.
Salt	½ tsp, - or to taste
Chopped tomato	1
Chopped green onion	1

## *Southwestern-Style Quinoa, continued*

### **Procedure:**

Place quinoa and water in a pressure cooker. bring to high pressure and cook for 10 minutes.

Remove from heat and let stand until pressure is released.

While hot, toss with olive oil, cumin, salt, garlic powder, salt, tomatoes, and green onions.

---

## *Spicy-Sweet Pepper Medley with Sugar Peas*

### **Ingredients:**

Olive oil	1 Tbs.
Yellow bell pepper (1-inch pieces)	Half of pepper
Orange bell pepper (1-inch pieces)	Half of pepper
Chopped red onion	¾ cup
Crushed red pepper	¼ tsp.
Minced garlic cloves	2 cloves
Chopped, seeded plum tomato	1
Salt	1/8 tsp.
Red wine vinegar	1 Tbs.
Chopped basil	2 Tbs.
Sugar Peas	6 peas.

### **Procedure:**

Heat oil in a medium saucepan over medium heat.

Add peppers, onion, crushed red pepper, and garlic.

Cook 5 minutes, or until the peppers are stirring, stirring occasionally.

Stir in vinegar, tomato, and salt.

Cover and cook for 5 minutes, stirring occasionally. Add six sugar peas when it has been cooking for ¾ of the time.

Add basil.

---

## *Individual Caramel Cinnamon Flans*

### **Ingredients:**

Sugar	1/3 cup
Beaten eggs	2
Sugar	2 Tbs. + 2 tsp.
Milk	¾ cup
Vanilla	½ tsp.
Ground cinnamon	Pinch
Raspberries	3 oz.

### **Procedure:**

Cook 1/3 cup sugar in a heavy skillet over medium heat until sugar begins to melt; shake skillet occasionally to heat sugar evenly. Do not stir. Once the sugar starts to melt, reduce to low. Cook until sugar is melted and golden, stirring as needed with a wooden spoon. Immediately divide sugar between two custard cups; tilt cups to coat bottoms evenly. Set aside.

Meanwhile, combine eggs, milk, sugar, cinnamon, and vanilla. Beat until well combined but not foamy.

Divide into custard cups.

Tightly cover custard cups with aluminum foil, and carefully place into pressure cooker.

Turn stove on medium-high and place pressure cooker on stove top.

When pressure gauge begins to rock, leave on for 8 more minutes.

Turn off heat and remove pressure cooker from stove top.

Place pressure cooker under cold running water until pressure is released.

Remove custard cups from cooker and take off the tin foil. Let stand for at least ten minutes.

To unmold: loosen edges of flan with a knife. Invert a plate over cups. Turn plate and custard cups over together. Gently remove cups from flans.

Garnish with raspberries.

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# ***NORTHRIDGE HIGH SCHOOL – TEAM 1***

## **Davis School District**

**Instructor: Joy Poulson**

***Citrus and Fennel Salad***  
***Pork Chops with Pomegranate Sauce***  
***Mashed Potatoes and Garnish***  
***Asparagus and Carrot Mix***  
***Chocolate Molten Pear***

### ***Citrus and Fennel Salad***

#### **Ingredients:**

Orange, zest and juiced	1 orange
Whole grain Dijon	2 tsp.
Kosher salt	To taste
Pepper	To taste
Balsamic vinegar	2 tsp.
Olive oil	1/3 cup
Canola oil	1/3 cup
Cucumber, slice on mandolin, med. diced	1
Fennel, sliced thin and ¼ brunoise	1 bulb
Watercress	½ bunch
Baby greens	¼ cup
Scallions, ¼-inch diagonal cut	½ bunch
Grapefruit	

#### **Procedure:**

##### **Vinaigrette:**

Zest orange. Juice same orange.

Combine 2 tsp. whole grain Dijon mustard, salt, pepper, and balsamic vinegar.

Whisk in olive oil and canola oil.

Marinate for 10 minutes in refrigerated area.

Strain. Whisk and let marinate until salad is ready to plate.

##### **Salad:**

Peel the cucumber and thinly slice half with mandolin. Form into a circle and hold it with a toothpick. Place in water for ten minutes. ¼-inch dice the remaining cucumber and let marinate with half of the vinaigrette.

Trim fennel. Thinly slice half and brunoise the other half.

Wash and remove stems from the watercress. Pat dry.

## *Citrus and Fennel Salad, continued*

Combine watercress with thinly sliced fennel and baby greens.

Remove peel of grapefruit with a fruit knife. Supreme the citrus pieces and set aside. Slice a few pieces of grapefruit and toss into salad.

¼-inch diagonal cut the scallions and set aside.

Prior to plating, toss the salad with the vinaigrette. Place in stack and slowly remove form.

Remove cucumber from ice water, remove toothpick, and pat dry. Wrap around the salad to hold depth of circular shape.

Top the salad with the brunoise fennel and scallions.

Fan out grapefruit in front of salad. Add diced cucumber on top of grapefruit pieces.

---

## *Pork Chops with Pomegranate Sauce*

### **Ingredients:**

Onion, minced	¼
Garlic, minced	1 clove
Pork chops (bone in)	2
Shallots, minced	1 Tbs.
Pomegranate juice	¼ cup
Balsamic vinegar	1 Tbs.
Pork stock	2 Tbs.
Fresh thyme	1 Tbs.
Honey	1 Tbs.
Butter	3 Tbs.
Feta cheese	2 Tbs.
Salt (Kosher, coarse)	1 Tbs.
Pepper	1 Tbs.
Vegetable oil	1 Tbs.

### **Procedure**

Mince ¼ of an onion and one whole clove of garlic,. Brown the onion and garlic in a sauté pan with one tablespoon of vegetable oil. Trim the chops and generously season them with salt and pepper. Add chops to the pan with the pomegranate juice, honey, thyme, shallots, balsamic vinegar, and pork stock. Simmer for four minutes on each side or until the temperature reaches 145 degrees. Plate the chops on a warm plate. Strain the sauce and return to the pan. Heat to medium-low and melt butter to thicken; hold with high gloss. Plate sauce and chips; sprinkle with feta cheese.

---

## *Mashed Potatoes and Garnish*

### **Ingredients:**

Potatoes	8 oz.
Kosher salt	1 Tbs.
Parsley	2 oz.
Butter	¼ cup and 2 Tbs.
Garlic	1 clove
Milk	½ cup
Extra virgin olive oil	2 Tbs,

### **Procedure:**

Mash and peel potato. Cut it into ½-inch dice and add to a pot of salted, boiling water.

Strain the potatoes and mash.

Add milk, minced parsley, garlic with butter and salt.

Pipe the potatoes onto a plate. For garnish, slice potatoes on mandolin.

Wash starch off potatoes. Lightly brush potatoes with oil. Place parsley in between potato slice.

Fry on each side until golden brown.

---

## *Vegetables*

### **Ingredients:**

Carrot	1 large
Asparagus	6 stocks
Salt (Kosher, coarse)	2 Tbs.
Pepper	1 Tbs.
Lemon, juiced	½ lemon
Butter	1 Tbs.
Olive oil	1 Tbs.

### **Procedure:**

Trim and blanch asparagus with the julienne-cut carrots.

Place asparagus and carrots in ice water.

Sauté with lemon juice, salt, pepper, butter, and olive oil.

---

## *Chocolate Molten Pear*

### **Ingredients:**

Flour	½ cup + 1 Tbs.
Sugar	1 cup + 2 Tbs.
Baking powder	¼ tsp.
Butter	1 Tbs. + 2 tsp.
Vanilla	2 tsp.
Egg	2/3
Pear	2
Pomegranate juice	1 cup
Raspberries	2 oz.
Lemon juice	1/8 of a lemon
Sugar	¼ cup
Bitter sweet chocolate, chopped	4 oz
Corn syrup	1 Tbs.
Heavy cream	¼ cup
Almonds, chopped	3 Tbs. + 2 tsp.

### **Procedure:**

Combine flour, sugar, and baking powder. Add butter to resemble coarse crumbs. Add vanilla and Egg. Mix together to form soft dough. In a frying pan, brown the soft dough to form a crust. When the dough is brown, put in a plastic bag.

Peel and trim the bottom of a pear and remove the core from the bottom. In a saucepan add pomegranate juice, sugar, and water. Bring to a simmer and add the pear. While poaching the pear, chop the almonds for the crust.

Combine raspberries, sugar, and 2 tablespoons of water in a small fry pan.

Add lemon juice, bring to a boil, and strain. Set aside for plating.

Chop the chocolate. In a medium saucepan combine the corn syrup and heavy cream. Bring to a simmer and add chocolate; stir until smooth. Remove from heat, add vanilla.

To make filling, add the chipped almonds, sugar, and flour. Add egg, butter, and a drop of vanilla. In a frying pan add previously mixed crumb ingredients. Stir together until mixture holds firm. Add mixture to crust in plastic bag.

Crumble with rolling pin. Roll pear in the crust. Turn pear upside down and fill with ganache. Fill hole with crumb mixture.

Garnish with macerated raspberry and mint leaf.

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# NORTHRIDGE HIGH SCHOOL - TEAM 2

## Davis School District

Instructor: Joy Poulson

*Parsley and Chive Gnocchi*  
*Artichoke and Hearts of Palm Salad*  
*Bacon-Wrapped Chicken*  
*with Sauce and Seasoned Squash*  
*Panna Cotta with Raspberry Sauce and Almond Brittle*

### *Parsley and Chive Gnocchi*

#### **Ingredients:**

Kosher salt	¼ tsp.
Russet potato	1
Egg yolk	1 egg
Parmesan cheese	¼ cup
Nutmeg	1/8 tsp.
Black pepper	1/8 tsp.
Flour	1 cup
Baking powder	¼ tsp.
Parsley	1/8 tsp.
Chives	1/8 tsp.

#### **Procedure:**

Bring 1 quart of water to a boil. Add 1/8 tsp. salt to water.  
Peel potato; cut in ½"-dice and add to boiling, salted water.  
Cook until potatoes are soft. Drain potatoes then put through a ricer.  
Form a well in the potatoes.  
Add the cheese, egg yolk, nutmeg, salt, pepper, parsley, and chives.  
Using your hands, mix the ingredients. When all ingredients are combined, add a fourth cup of flour and knead into the potato.  
Continue to add flour until it becomes a dough and holds together.  
Place the dough on a cutting board that is lightly floured.  
Roll the dough into a thin, rope shape. Cut the dough into ½-inch pieces.  
Using a fork, take one of the pieces and using the back of the fork, roll and press down.  
Have one quart of salted, boiling water ready.  
Add gnocchi to the boiling water and let them cook until they rise to the top; allow them to cook for 30 seconds after they rise to the surface.  
Remove and add to the sauce.

---

## *Artichoke and Hearts of Palm Salad*

### **Ingredients:**

Artichoke	1
Red wine vinegar	1 Tbs.
Balsamic vinegar	2 Tbs.
Extra virgin olive oil	¼ cup
Sesame oil	1 drop
Sugar	2 tsp.
Sea salt	To taste
Pepper	To taste
Red onion, brunoise	2 Tbs.
Anaheim pepper	¼
Carrot, ¼-inch diagonal slice	½ large
English cucumber, ¼-inch dice	¼
Cilantro	¼ bunch
Heart of palm, ¼-inch diagonal slice	2 oz.
Avocado	½
Red cabbage	2 leaves
Parmesan cheese	½ oz.

### **Procedure:**

Bring 1 quart of salty water to a boil.

Trim and peel artichoke. Steam for 10 minutes.

Whisk vinegars and oils together to form a smooth emulsion. Add sugar, salt, and pepper.

Remove artichoke from water with tongs and shock. When cool to touch, remove all but the heart and dice to ½-inch pieces.

Brunoise onion and julienne pepper. Peel and slice half a carrot in diagonal slice.

Dice the cucumber in ¼-inch pieces. Marinade hearty vegetables until ready to plate. Chiffonade cilantro. Slice heart of palm diagonally. Dice avocado.

Remove 2 cabbage leaves to form a cup.

Add tender vegetables to the marinade and toss gently. Place in the cabbage leaf and garnish with carrot slices. Use peeler and add 2 cheese curls.



## ***Bacon-Wrapped Chicken with Sauce and Seasoned Squash***

### **Ingredients:**

Chicken breasts	2
Bacon	6 slices
Olive oil	2 Tbs.
Salt	Pinch
Pepper	Pinch
Shallots	1 bulb
Butter	2 Tbs.
White wine	¾ cup
Pine nuts	½ oz.
Heavy cream	¼ cup
Basil	3 leaves
Summer squash, diagonally sliced	½ lb.

### **Procedure:**

Fabricate the chicken; cut the 2 chicken breasts in French style. Wrap each breast with 2 strips of bacon. Add olive oil to a frying pan and heat until a light smoke comes off the oil. Add the chicken breasts and pan fry until the chicken reaches 140 degrees. Add salt and pepper to flavor. Remove chicken from the pan and set aside.

Melt butter in the pan. Chop shallots in a small dice and add to butter. Once the shallots are sautéed, add the ¾ cup of white wine and the pine nuts. Reduce the white wine and add heavy cream. You should now have a thick sauce.

Cut chicken into ½-inch diagonal slices and add to the sauce until it reaches 165 degrees.

Remove the chicken and sauce to plate. Place the chicken on top of the sauce with chiffonade leaves of basil to garnish.

Diagonal slice the summer squash. Sauté in olive oil. Salt and pepper to taste, then plate.

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## ***Panna Cotta with Raspberry Sauce and Almond Brittle***

### **Ingredients:**

Whole milk	1/3 cup
Gelatin	1 packet
Vanilla bean	2 inches
Hazelnut syrup	½ tsp.
Heavy cream	1 cup
Sugar	2 ½ Tbs.
Salt	1/8 tsp.
Raspberries	2 oz.
Blackberries	4 berries

## *Panna Cotta, continued*

Water	1/8 cup
Sugar	3 Tbs.
Salt	1/8 tsp.
Lemon juice	1 tsp.
Almonds	24 almonds
Sugar	1/3 cup
Nutmeg	1/8 tsp.
Cinnamon	1/4 tsp.
Butter	2 Tbs.
Salt	1/8 tsp.

### **Procedure:**

Pour the milk in a medium saucepan and sprinkle the gelatin evenly over the milk and let it hydrate.

Meanwhile, scrape the seeds from the vanilla bean and combine it and the hazelnut syrup with the heavy cream.

Then heat the milk and gelatin mixture over high heat, stirring constantly, until the gelatin is dissolved. Stirring constantly, add the heavy cream mixture.

Then add the mixtures to the molds. Place molds on ice in the cooler to allow the mixture to set up.

While that is cooling, bring the berries, water, 3 tablespoons sugar, and salt to a simmer in a saucepan over medium heat. Cook, stirring occasionally, until the sugar is dissolved and the berries are heated through.



# OGDEN HIGH SCHOOL

## Ogden School District

Instructor: Janae Hudman

### *Caprese Salad*

### *Pistachio Encrusted Salmon Medallions with Avocado Butter*

*On a Bed of Wilted Spinach with Garlic and Sun-Dried Tomatoes*

### *Carrot and Zucchini Medley*

### *Mexican Floating Island Custard Sauce and Sesame Pumpkin Seed Brittle*

### *Caprese Salad*

#### **Ingredients:**

Vine-ripened tomatoes, diced	4
Fresh mozzarella	¼ lb., ¼-inch thick slices
Fresh basil, chiffonade	10 leaves
Extra virgin olive oil	For drizzling
Pine nuts	Optional
Coarse salt and pepper	To taste

#### **Procedure:**

Layer alternating tomatoes and mozzarella, adding a basil leaf between each on a large, shallow platter.

Drizzle the salad with the olive oil and season with salt and pepper, to taste.

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## ***Pistachio-Encrusted Salmon Medallions with Avocado Butter***

### **Salmon Preparation:**

Using a sharp paring or boning knife, trim bones from the cavity side of the steak. Trim the stomach slaps so that 1 side is missing about 2 inches of skin and the other 1 inch of meat.

Roll the skinless section up into the hollow of the cavity, then wrap the other around the outside to form a round resembling a filet mignon.

Tie in place with 2 passes of butcher's twine. (Do not tie it too tight or the fish will pop out during cooking.)

### **Ingredients for the Avocado Butter:**

Soft butter	¼ cup
Ripe avocado	2
Chopped fresh cilantro	1 tsp.
Garlic clove, minced	1 clove
Lime juice	Juice of one-half lime
Tabasco	Dash
Kosher salt and pepper	To taste

### **Preparation:**

Whip butter in mixing bowl until soft and creamy.

In a separate bowl blend avocado, cilantro, and garlic.

Add lime juice, salt, pepper, and Tabasco.

Combine well with butter.

### **Ingredients for the Pistachio Almond Crust:**

Pistachios, shelled	¼ cup
Sliced almonds, blanched	2 Tbs.
Curry powder	1 tsp.
Salt and pepper mix	½ tsp.
Alaskan king salmon fillets	2 6-oz. fillets
Butter	1 Tbs.

### **Preparation:**

Place pistachios, curry, salt, pepper, and almonds in a food processor. Pulse until coarse, about 20 seconds.

Remove and set aside.

### **To Cook Salmon:**

Place pistachio almond crust on cookie sheet. Coat flesh side of salmon fillet only.

Melt olive oil and butter in hot skillet over medium heat.

Pan fry the coated side of salmon until golden brown, approximately 1 minute.

Flip over. Cook to medium rare.

Remove from the skillet. Set aside.

---

## *Carrot and Zucchini Medley*

### **Ingredients:**

Butter or margarine	2 Tsp.
Large onion, thinly sliced	1
Carrots and zucchini, julienne (I like to use yellow squash as part of the zucchini)	¼ lb. each
Chopped parsley	1 Tsp.
Salt	¼ tsp.
Summer savory	¼ tsp.

### **Procedure:**

In a wide frying pan over medium heat, melt butter.

Add onions and cook, stirring occasionally, until limp and golden (about 15 minutes).

Add carrots and cook for 3 minutes; stir in squash and cook for an additional 5 minutes, stirring occasionally until vegetables are just tender-crisp.

Stir in parsley, salt, and savory. Makes 2 servings.

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## *Wilted Spinach with Garlic and Sun-Dried Tomatoes*

### **Ingredients:**

Spinach	12 oz.
Sun-dried tomatoes, diced	1 Tbsp
Garlic	2 cloves, sliced
Olive oil	1 Tbs.
Butter	1 Tbs.

### **Procedure:**

Heat oil and butter in frying pan.

Cook garlic until softened.

Add tomatoes.

Add spinach slowly to wilt leaves. Add more as it cooks down.

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## *Mexican Floating Island Custard Sauce and Sesame-Pumpkin Seed Brittle*

### **Meringue Ingredients:**

Sugar	½ cup
Egg whites	3 large eggs
Cream of tartar	Pinch

### **Procedure:**

Fill a large pot  $\frac{3}{4}$ -full of water and bring to a boil.

While the water is coming to a boil, beat the egg whites and salt until they form soft peaks. Slowly add sugar, continuing to beat egg whites until they are very stiff.

Turn the flame under the water down and reduce water to a simmer.

Scoop out egg whites by large spoonfuls, and slide each into the simmering water. Poach for about 2 minutes and then turn with a slotted spoon. Poach the other side for another 4 minutes.

Remove poached egg white from the water; drain on paper towels and set aside until ready to use.

If the meringues are prepared more than 2 hour before serving, refrigerate uncovered.

### **Custard Sauce Ingredients:**

Half-and-Half	1 cup
Vanilla bean, split lengthwise	½ bean
Egg yolks	3 large
Sugar	¼ cup
Grande Marné	1 tsp.

### **Procedure:**

In a small, heavy saucepan bring the Half-and-Half just to a boil with the vanilla bean; remove the pan from the heat.

In a bowl whisk together the egg yolks and sugar until the mixture is combined well; add the Half-and-Half mixture in a slow stream, whisking.

Transfer the mixture to a heavy saucepan and cook it over moderate heat, stirring constantly with a wooden spoon, until it thickens slightly and registers 175 degrees Fahrenheit on a candy thermometer. (The sauce will thicken as it cools.)

Strain the custard sauce through a fine sieve into a metal bowl set in a larger bowl of ice and cold water; let it cool, stirring, and stir in the Grande Marné. Chill the sauce, covered, for at least 2 hours, or until it is very cold. The sauce may be made 2 days in advance and kept covered and chilled. Makes about 2 cups.

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## *Custard Sauce, continued*

### **Custard-Pumpkin Seed Brittle Ingredients:**

Sugar	1 cup
Pepitas (hulled green pumpkin seeds)	2 Tbs.
Sesame seeds	1 ½ tsp.

### **Procedure:**

In a dry, heavy skillet, cook the sugar over moderate heat until it begins to melt; continue cooking it, stirring with a fork, until it is melted and completely and is a golden caramel color.

Remove the skillet from the heat; stir in the pepitas and sesame seeds.

Working quickly, pour the mixture onto a sheet of foil.

Let the brittle cook and break it into small pieces.

The brittle may be made 1 week in advance and kept in an airtight container.

Makes about ½ pound.

### **Final Procedure:**

Spoon the custard sauce around the meringue; decorate with molded chocolate and crumble some of the sesame- pumpkin seed brittle over it. Serve the remaining custard sauce separately.

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# **PARK CITY HIGH SCHOOL**

## **Park City School District**

**Instructor: Lynda Wright**

***Seared Scallops  
on a Bed of Crispy Leeks***

***Pork Tenderloin and Mushrooms  
Stuffed with Feta Cheese and Green Chilies***

***Red Mashed Potatoes  
Seasoned with Fresh Dill & Butter  
Carrot Leaves  
Tiny Green Beans***

***Cinnamon Apple Crêpes  
with Chantilly Cream***

***Seared Scallops on a Bed of Crispy Leeks***

**Ingredients:**

Extra virgin olive oil	1 Tbs.
Soy sauce	2 Tbs.
Mirin	1 Tbs.
Grated fresh ginger	2 tsp.
Garlic, minced	1 clove
6 scallops	Medium to medium-large

**Procedure:**

Whisk ingredients together.  
Add salt and pepper to taste  
Heat both sides of scallops to a caramel color.  
Add soy-ginger mixture and reduce by half.  
Serve on a bed of flash-fried crispy leeks and a small amount of the reduction.

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## *Stuffed Pork Tenderloin with Mushrooms*

### **Ingredients:**

Unseasoned pork tenderloin	½, fat removed and butterflied
Crumbled Feta cheese	2 Tbs.
Green chili, sliced into thin strips	1 medium
White mushrooms	6 large
Port wine	2 Tbs.
Chicken stock	1 – 2 cups

### **Procedure:**

Arrange cheese and chili across the butterflied tenderloin.  
Roll and secure with food-safe string or skewers.  
Rub surface of meat with preferred seasoning.  
Sear all sides of meat in large skillet.  
Add ½ cup chicken broth and continue cooking over medium heat.  
Continue to add small amounts of stock as needed until meat tests done to 165 degrees.  
Remove meat to rest.  
Add mushrooms to pan and sauté briefly in pan juices until done. Remove and keep heated until ready to plate.  
Add port wine to remaining stock, cooking and stirring to desired consistency.  
Pour sauce into squeeze bottle for plating.  
Keep meat above 150 degrees until ready to serve.

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## *Cinnamon Apple Crêpes*

### **Ingredients for Crêpes:**

Flour	1/3 cup
Whole milk	2/3 cup
Egg	1
Butter	2 Tbs

### **Procedure:**

Whisk ingredients together. Prepare in crêpe pan, 2 crêpes per serving.

### **Ingredients for Apple Filling:**

Apples, Granny Smith, Gala Apple	1 of each, pared and sliced very thin
Cinnamon	
Butter	2 Tbs.
Brown sugar	½ cup
Heavy cream	2 Tbs.

## *Cinnamon Apple Crêpes, continued*

### **Procedure:**

Sauté apples in butter, sugar, and cinnamon until tender. Remove apples and add a small amount of cream, cooking until thickened. Pour sauce into a squeeze bottle for plating.

Arrange apple filling in the center of 2 crêpes, fold, and top with a dollop of Chantilly (whipped) cream and a strawberry or mint leaf (or both).



# PLEASANT GROVE HIGH SCHOOL

## Alpine School District

Instructor, Susan Schumacher

*Pan Crusted Goat Cheese Medallions  
and Tomato Concasse Salad  
Grilled Flank Steak and Rosemary Horseradish Mashers and  
Bell Pepper Confetti Asparagus  
Chocolate Mousse with Mixed Berry Sauce in a Tulipe Cup*

### *Pan Crusted Goat Cheese Medallions*

#### **Ingredients:**

Goat cheese	4 oz.
Panko	½ cup
Flour	¼ cup
Egg	1
Almonds	2 Tbs.
Parsley	1 Tbs.
Tomato	1
Baby greens	2 cups
Golden raisins	1 Tbs.
Craisins	1 Tbs.
Thyme	1 ½ tsp.
Lemon	½
Olive oil	¼ cup
Apple cider vinegar	1 ½ Tbs.
Dijon mustard	½ tsp.

#### **Procedure:**

Measure out flour and panko.  
Chop parsley and add to panko. Mix well.  
Break egg in bowl and mix.  
Slice goat cheese into ¼-inch medallions.  
Coat with flour, dip in egg, coat with panko.  
Fry in hot oil for 2 minutes or until golden brown.  
Drain on paper towel.  
Concasse tomato. Cut in 8ths.  
Roast sliced almonds.  
Plate.

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## *Lemon Thyme Vinaigrette*

### **Ingredients:**

Olive oil	¼ cup
Thyme	1 ½ tsp.
Dijon mustard	½ tsp.
Lemon (squeezed)	½

### **Procedure:**

Measure oil and vinegar into a bowl.  
Mince thyme.  
Blend oil, thyme, and vinegar in a bowl.  
Squeeze lemon without seeds into a bowl.  
Add Dijon mustard to the bowl, whisk well, and chill.

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## *Grilled Flank Steak with Rosemary*

### **Ingredients:**

Soy sauce	½ cup
Canola oil	½ cup
Honey	4 ½ Tbs.
Garlic	6 large cloves
Fresh rosemary	3 Tbs. chopped
Black pepper	1 Tbs. coarsely ground
Salt	1 ½ tsp.
Flank Steak	1 pound

### **Plating Juice:**

Beef broth	½ cup
Worcestershire sauce	1 tsp.
Honey	1 Tbs.
Soy sauce	1 Tbs.

### **Procedure:**

Mix all ingredients except steak in a plastic bag. Add steak and massage at 5-7 minute intervals. Keep on ice.  
Heat grill pan to medium-high heat. Remove meat from liquid, reserving 2 tablespoons. Grill steak to desired doneness, about 4 minutes on each side.  
Place steak on cutting board, tent until ready to slice.  
Cut across grain into thin strips,. Arrange 5 slices on plate

### **Sauce:**

Mix all ingredients in a sauté pan.  
Reduce and put on plate with meat.

---

## *Horseradish Masher, Vegetables*

### **Ingredients:**

Yukon gold potatoes	2
Turnip	½
Horseradish	1 tsp.
Bell peppers	1 ½ cup
Asparagus	6

### **Procedure:**

Cut turnip in half and peel. Chop potatoes and turnip. Add to boiling water for 15-20 minutes. Cook potatoes and turnip until tender. Strain. Mash potatoes and turnip. Add horseradish and S&P. Blend well. Trim and blanch asparagus for 2 minutes and hold in ice bath. Cut pepper strips into a small dice. Sauté peppers and reheat asparagus for plating.

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## *Chocolate Mousse and Berry Sauce*

### **Ingredients:**

Dark Chocolate	2.5 – 3 oz.
Whipping cream	1 cup
Egg	1 large
Vanilla	1 tsp.
Sugar, granulated	3 Tbs.
Water	2 Tbs.
Raspberry jelly	¼ cup

### **Procedure:**

Place chocolate in metal bowl. Place over pan with simmering water. Melt and keep warm. Add vanilla to cream and whip until stiff. Cover and chill. Put egg in a small metal bowl. In a saucepan, add 3 Tbs. sugar and 2 Tbs. water. Boil until sugar is dissolved. While whisking constantly, slowly pour simple syrup into egg. Place bowl over simmering water and beat until mixture is light in color and thicker. Remove bowl from heat and continue beating. Add melted chocolate and mix thoroughly. Gently fold in ½ of the whipped cream. Cover and chill until plating. Plating: Spoon chilled mousse into pastry bag fitted with a large star tip. Pipe into tulipe cup. Garnish with whipped cream and berries. Place dots of berry sauce on a plate. Put a drop of cream on top of each dot. Pull through with a toothpick. Chiffonade 3 mint leaves and then mince. Sprinkle over plate keeping rim clean.

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## *Mixed Berry Sauce*

### **Ingredients:**

Raspberries and blackberries	½ pint total
Strawberries	6-8
Lime	½
Sugar	1 – 2 Tbs.
Water	As needed

### **Procedure:**

Cut 1 cup berries and place in saucepan with ¼ cup water and 1 – 2 tablespoons sugar.

Lime ½ a lime into pan. Mash berries with back of spoon.

Simmer until soft and reduced. Add water if necessary.

Press through a fine sieve. Reserve sauce.

Glaze whole berries with reserved simple syrup for garnish. Fan 2 – 4 strawberries for garnish.

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## *Orange Zest Tulipe Bowl*

### **Ingredients:**

Butter	¼ cup
Powdered sugar	2 Tbs.
Egg	1 large
Cake flour	3 Tbs.
Orange	One half

### **Procedure:**

Melt butter in a large metal bowl.

Slowly add powdered sugar.

Mix until there are no more lumps.

Add 1 large egg. Slowly beat with a wire whisk, while slowly adding in the cake flour.

Use a micro zester to zest the orange.

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# PROVO HIGH SCHOOL – TEAM 1

## Provo School District

Instructor: Diane Cluff

*Seared Scallop Salad Portuguese*  
*Rustic Peppercorn Pork with Dijon-Cider Sauce*  
*Bavarian Barley*  
*Bundled Sautéed Vegetables*  
*Blackberry Pomegranate Poached Pears with*  
*Tiramisu Mascarpone Mousse*

### *Seared Scallop Salad Portuguese*

#### **Ingredients:**

Large scallops	2
Hawaiian sea salt	1 Tbs.
Extra virgin olive oil	2 Tbs.
Extra virgin olive oil	2 Tbs.
Garlic, minced	2 cloves
Jalapeno, seeded, cored and brunoise	1 small
Red pepper, diced	¼ cup
Fresh lime juice	2 Tbs.
Cilantro, coarsely chopped	1 Tbs.
Tomato, concasse	1
Feta cheese, small dice	1 ounce
Mixed baby greens	2.5 ounces

#### **Procedure:**

Pat scallops dry then add Hawaiian sea salt to them. Cover and set aside on ice. Add 2 tablespoons of oil to a nonstick skillet and heat until hot. Dry scallops once more then add to pan. Let scallops sear on one side until brown and crisp. Using tongs turn the scallops and sear the second side. Take the pan off the heat and transfer scallops to a plate. Set aside in a warm spot.

Return the pan to medium heat. Add oil, jalapeno, and garlic until fragrant. Add the bell pepper; sauté until pepper is soft. Add the lime juice and simmer to reduce slightly. Stir in cilantro. Remove from heat and return scallops and accumulated juices from plate. Salt and pepper to taste.

Put tomatoes in a bowl and add two spoonfuls of dressing; set aside.

Put greens in a separate bowl; add a few spoonfuls of dressings to greens and toss enough to lightly coat greens. Add a few spoonfuls of the tomato mixture and some feta cheese and toss.

Serve greens with warm dressing, phyllo crisps, scallops, tomatoes, and feta cheese.

## *Phyllo Crisps*

### **Ingredients:**

Parmesan cheese, freshly grated	¼ Cup
Parsley, dried	½ tsp.
Garlic powder	½ tsp.
Phyllo dough sheets	4
Clarified unsalted butter	¼ cup

### **Procedure:**

In a small container, stir the Parmesan and herbs together.

On a cutting board, lay out one sheet of phyllo dough; brush with clarified butter and sprinkle 1/3 of the Parmesan blend evenly on top. (Keep the remaining phyllo covered with a moistened tea towel.)

Place a second piece of phyllo on top of the seasoned phyllo sheet; brush with clarified butter and sprinkle with ½ of the remaining Parmesan blend.

Place a third piece of phyllo on top of the second sheet; brush with clarified butter and sprinkle with the remaining Parmesan blend. Place a fourth sheet of phyllo on top and brush it with clarified butter.

Using a sharp pizza cutter cut the buttered phyllo into 12 even squares. Bake on a flat skillet until golden brown.

Remove from skillet and cool.

Keep at room temperature until ready to serve.

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## *Rustic Peppercorn Pork with Dijon-Cider Sauce*

### **Ingredients:**

Whole peppercorn blend, crushed	1 Tbs.
Pork tenderloin, trimmed, cut into six 1 ½ "-thick medallions, seasoned with salt	12 oz.
Prosciutto	1 oz.
Shallots, minced	1 Tbs.
Tomato paste	2 tsp.
Olive oil	2 Tbs.
Dry white wine	¼ Cup
Apple juice or cider	1 Cup
Apple cider vinegar	1 tsp.
Dijon mustard	1 tsp.
Salt	To taste

### **Procedure:**

Grind 1 Tbs. of whole peppercorn blend.

Prepare pork medallions.

Dredge peppercorn blend on one side of pork tenderloin medallions.

## ***Rustic Peppercorn Pork, continued***

Wrap pork medallion edges with Prosciutto.

Heat 1 tablespoon oil in nonstick skillet over medium-high heat.

Pan sear peppercorn side of tenderloin for 3 minutes; flip until internal temperature reaches 145 degrees.

Remove from pan; place on plate and set aside for 5 minutes.

Sauté shallot with tomato paste in 1 Tbs. olive oil over medium heat for 1 minute until shallots soften.

Deglaze with wine and simmer until nearly evaporated.

Increase heat to high; add apple juice and vinegar and simmer for 5-7 minutes until reduced to 1/3 cup.

Whisk in mustard and season with salt.

Serve pork with sauce, barley, and vegetables.

---

## ***Bavarian Apple Barley***

### **Ingredients:**

Instant dry barley	½ cup
Apple cider	1 cup
Salt	Pinch
Braeburn apple, medium diced	1 large
Red pepper, brunoise	2 Tbs.
Fresh parsley, minced	1 Tbs.
Unsalted butter	1 Tbs.
Apple jelly	1 Tbs.
Fresh lemon juice	1 lemon
Sugar	2 tsp.
Salt	To taste
Pepper	To taste

### **Procedure:**

Boil instant barley with apple cider and salt for 12-15 minutes, or until absorbed.

Set aside.

In a medium nonstick sauté pan heat oil and sauté red apple and red pepper until crisp tender.

Add cooked barley, apple jelly, sugar, and lemon juice to pan. Sauté

Add in parsley and adjust seasonings.

Serve.

---

## *Bundled Sautéed Vegetables*

### **Ingredients:**

Green beans, trimmed	2 oz.
Yellow pepper, julienne	1 oz.
Carrot curls	4
Olive oil	1 Tbs.
Herbs de Provence	1 Tbs.
Salt and Pepper	To taste

### **Procedure:**

Blanch trimmed green beans.

In a medium nonstick sauté pan, heat oil and all vegetables until crisp tender

Add herbs, salt, and pepper to taste.

Take an odd number of green beans and pepper, wrap into bundle with carrot curl.  
Serve.

---

## *Blackberry Pomegranate Poached Pears*

### **Ingredients:**

Pomegranate juice	4 cups
Sugar	½ cup
Lemon peel	1 lemon
Vanilla bean, split	¼
Cinnamon stick	1
Pears, peeled and cored	2
Blackberries	1/8 cup + 6 whole
Ultra Gel	1 Tbs.

### **Procedure:**

Peel and core pears.

In a medium saucepan, bring pomegranate juice, sugar, lemon peel, vanilla bean, cinnamon stick, and blackberries to boil. Add pears and reduce heat. Simmer about 10 minutes or until soft.

Transfer pears and most of the liquid to a container and set aside to cool.

Press blackberries through a sieve using a spoon. Add to remaining liquid.

Reduce sauce to ½ cup.

Serve pears and berry sauce with tiramisu mascarpone mousse, tuille cookie, and wicked chocolate bark.

---

## *Tiramisu Mascarpone Mousse*

### **Ingredients:**

Heavy whipping cream	½ cup
Powdered sugar	2 Tbs.
Tiramisu mascarpone cheese	½ cup

### **Procedure:**

Chill heavy whipping cream in an ice bath.

Whip cream and powdered sugar with wire whisk until soft peaks form.

Fold in tiramisu mascarpone cheese with cream.

Chill until ready to serve.

---

## *Tuille Cookie*

### **Ingredients:**

Butter (clarified)	1/8 cup
Granulated sugar	1/8 cup
Egg whites	1/8 cup
Flour	1/8 cup
Cardamon	¼ tsp.

### **Procedure:**

Cream butter and sugar with a whisk in a small bowl. Add egg white of one egg and slowly whisk in flour.

Using an acetate mold and a bent edge spatula, evenly spread a small layer onto a cold flat skillet.

Place the skillet over medium-low heat and cook until evenly done in the center.

Carefully lift tuille off the skillet and onto a dry cylinder form.

Shape cookie and set aside to cool.

---

## *Wicked Chocolate Bark*

### **Ingredients:**

Semi-sweet chocolate (shaved)	¼ cup
Cayenne pepper	1/8 tsp.
French grey sea salt	½ tsp.

## *Wicked Chocolate Bark, continued*

### **Procedure:**

Melt chocolate in a double boiler.

Remove from heat and add cayenne pepper.

Pour on silpat and spread evenly using a rubber scraper. Sprinkle salt on top.

Chill approximately 20 minutes.

Break into pieces.



# PROVO HIGH SCHOOL – TEAM 2

## Provo School District

Instructor, Diane Cluff

### *Ceviche del Mar*

*A crisp lettuce wrap with cool shrimp ceviche, spicy aioli cream, and crunchy sweet potato fries.*

### *Sarten de Gaucho*

*Morgan Valley lamb roulade with a fresh chipotle sauce, tender brown butter sage gnocchi, and grilled squash vegetables.*

### *Postres Cosmopolitanos*

*A classic trio of dulce de leche desserts beginning with a filled churro, followed by fresh grilled peaches, and ending with a crunchy empañada, finished with a succulent coconut cream mousse.*

### *Ceviche del Mar*

#### **Ingredients:**

Limes, juiced	2
Lemons, juiced	2
Raw shrimp (31-40 per bag)	4 oz.
12-inch cucumber	1
Black olives	½ oz.
Tomato (concasse)	1
Fresh cilantro leaves (minced)	1 Tbs.
Jalapeno pepper (brunoise)	1
Red onion, finely diced	4 oz.
Bib lettuce leaves	2
Salt	To taste
Pepper	To taste
Cilantro oil (made ahead of time)	¼ cup

#### **Procedure:**

Juice fresh lemon and lime into a 1-pint sealable container (must be glass or plastic).

Set aside two whole shrimp by placing them in the citrus juice container to core. Cut the remainder of the shrimp into fifths and place in the citrus juice container. Take the cucumber and divide it into fourths. Dice one of the cucumber quarters and add to the ceviche mix.

## *Ceviche del Mar, continued*

Take the two remaining cucumber quarters and seed them both; leave a quarter of an inch at the bottom to have the appearance of a cup. Place them with the ceviche mixture to flavor.

Finely dice four of the black olives and add to the ceviche mixture. With the remaining black olives, slice them ¼ of an inch to form shapes of small circles and save for garnish.

Toss in the remaining ingredients; season with salt and pepper, then set aside on ice.

Take cucumber cups and turn them upside down to drain all excess liquids.

Gather black olives and tomato for garnish.

Strain excess liquids out of the ceviche in a separate bowl.

Fill cucumber cups with ceviche and garnish with a whole shrimp and sliced olives.

Drizzle cilantro oil on top of the bib lettuce leaves.

---

## *Spicy Aioli*

### **Ingredients:**

Mayonnaise	2 oz.
Sour cream	2 oz.
Fajita dust	Pinch

### **Procedure:**

In a small bowl, thoroughly combine all ingredients. Cover and refrigerate.

---

## *Sweet Potato Fries*

### **Ingredients:**

Sweet potato (julienne cut)	5 oz.
Fajita dust	Pinch

### **Procedure:**

Cut sweet potato in julienne cut, 1/8 inch by 1/8 inch by 1/8 inch.

Fry potato in hot oil for about 30 seconds or until golden brown.

Remove from oil, place on paper towels to drain, and sprinkle with fajita dust immediately.

---

## *Lamb Roulade with Chipotle Sauce*

### **Ingredients:**

Lamb loin	12-16 oz.
Chipotle powder	½ oz.
Roasted red pepper (julienne)	2 oz.
Red onion (half-mooned)	2 oz.
Spinach	1 oz.
Flour	4 oz.
Rosemary	2 oz.
Olive oil	2 fl. oz.
Salt	To taste
Pepper	To taste

### **Sauce:**

Shallot, minced	1 bulb
Burgundy wine	2 fl. oz.
Lamb stock	8 fl. oz.
Unsalted butter	1 Tbs.
Chipotle raspberry sauce	½ fl. oz.
Sage, chiffonade	1 oz.
Parsley, minced	¼ oz.

### **Procedure:**

Roast pepper over stove until charred on all sides; sweat in ziploc bag, remove outer charred skin, cut in julienne

Slice onions half-moon shape and set aside.

Cut lamb into 6 to 7 1-inch cutlets.

Set cutlets between two pieces of plastic wrap and pound it out ¼-inches thick.

Thoroughly dust cutlets on one side with chipotle powder.

Place spinach, onion, and pepper onto the meat lengthwise, respectively.

Roll lamb and vegetables jelly roll style.

Dredge with flour and the rest of the chipotle powder; skewer with rosemary sprigs.

In a medium cast iron skillet add oil; add lamb and sear.

Rotate until all sides are cooked and the internal temperature is at least 145 degrees.

Remove and keep warm.

In the same cast iron skillet, sauté shallots until tender; add chipotle raspberry sauce, then deglaze with wine. Add broth and reduce by half. Add herbs and season to taste.

Serve with lamb roulade.

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## ***Brown Butter Sage Gnocchi***

### **Ingredients:**

Potato	11 oz.
Flour	8 oz.
Egg	½
Kosher salt	¼ tsp.
Salted butter	3 Tbs.
Sage leaves	1/16 oz.
Lemon zest	Zest of 1 lemon
Kosher salt	To taste
Ground pepper	To taste

### **Procedure:**

Peel the skin off the potato and dice (large pieces). Place the diced potato in boiling water for 15 minutes.

Drain the potatoes and let them cool just enough to be handled. Pass them through a ricer into a large bowl.

Add all the ingredients to the potatoes. Mix with your hands until the flour is moistened and the dough starts to clump together. Gather the dough together and press it against the bottom of the bowl until you have a uniform mass (don't overmix the dough or the gnocchi will be tough). Transfer to floured surface. Tear off a piece of dough about the size of a large lemon. With the palms of both hands, roll the dough on the floured surface into a rope about ¾ and inch in diameter.

With a bench knife, cut the rope crosswise every ¾ inch to make roughly ¾-inch square gnocchi. Transfer gnocchi to a transportable surface. Repeat until you run out of dough.

Roll the gnocchi on a wooden gnocchi paddle to create texture; transfer all gnocchi to boiling water. Let gnocchi cook for about 30 to 45 seconds and then let them dry on paper towels.

Put 2 tablespoons of butter over medium-high heat. When the butter has almost completely melted, stir in the sage leaves. Cook, stirring occasionally, until the butter turns a light brown color and the sage leaves darken and crisp up slightly. Add reserved gnocchi and lemon zest to the pan and toss to coat well. Season to taste with salt and pepper.

Melt butter in a nonstick sauté pan. Brown the gnocchi on high heat until golden brown.

Set aside.

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## *Grilled Squash Vegetables*

### **Ingredients:**

Medium yellow squash	2 oz.
Medium zucchini	2 oz.
Olive oil	1 oz.
Salt	Pinch
Pepper	Pinch

### **Procedure:**

Cut ends off both vegetables. Cut diagonally at a severe angle.  
Pour 2 tablespoons of olive oil onto cut vegetables. Toss on salt and pepper.  
Grill vegetables with remaining oil in a grill pan until soft and grill marks show.  
Set aside.

---

## *Postres Cosmopolitanos*

### *Churro*

### **Ingredients:**

Butter	2 Tbs.
Water	3 oz.
Flour	2 oz.
Egg	1
Salt	¼ tsp.
Sugar	2 Tbs.
Dulce de leche	2 oz.

### **Procedure:**

In a small saucepan, boil water, butter, and salt.  
Add flour and stir vigorously until dough forms a ball and pulls away from the pan – about 30 seconds.  
Remove from heat and let stand for 1 minute.  
Add egg and stir quickly until well blended.  
Place dough into a pipe bag with a star tip. Pipe the dough into the hot oil at 365 degrees and fry for about 30 seconds to one minute, or until golden brown.  
Remove churros from oil. Drain on paper towel, sprinkle with sugar and let cool.  
When cooled, pipe dulce de leche with a circle tip into the center of the churro.

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## *Empañada*

### **Ingredients:**

Chopped pecans	1 oz.
Coconut flakes	1 oz.
Semi-sweet chocolate chips	¼ oz.
Dulce de leche	2 oz.
Wonton wraps	¼ oz. (4)

### **Procedure:**

In a small nonstick skillet, toast chopped pecans and coconut flakes.

Combine pecans and coconut with dulce de leche in a bowl.

Spoon a tablespoon of the mixture into the middle of a wonton wrap. Place 3 chocolate chips in each wrap.

Using water, seal edges of the wrap and fold over.

Fry empañadas in hot oil at 365 degrees for about 30 seconds on each side, or until golden brown.

Remove from oil and set aside. Place on paper towel to drain and cool. Dust with powdered sugar.

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## *Coconut Cream Mousse*

### **Ingredients**

Shaved coconut	1 oz.
Heavy whipping cream	4 fl. oz.
Powdered sugar	3 oz.
Coconut extract	1/8 tsp.

### **Procedure:**

In a small nonstick skillet, toast coconut flakes. Set aside.

Pour cream into chilled metal bowl. Beat cream until light and fluffy and soft peaks form.

Gently fold coconut flakes, powdered sugar, and extract into mixture.

Place cream in pipe bag and star tip. Set aside until plating.

---

## *Grilled Peach*

### **Ingredients:**

Fresh peach	1 (4 oz.)
Sugar	Pinch

### **Procedure:**

Cut peach in half and remove the pit.  
Slice peach into ½-inch wedges, about 7 wedges.  
Sprinkle sugar onto outer layer of peach.  
Grill peach in a grill pan for about 3 minutes on each side. Set aside.

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## *Chocolate Sauce*

### **Ingredients:**

Semi-sweet chocolate (shaved)	1.25 oz.
Heavy shipping cream	1.5 oz.

### **Procedure:**

Place chocolate pieces into a plastic bowl.  
In a small saucepan boil heavy cream, about 30 seconds on high.  
Quickly pour over the shaved chocolate and stir until thick. Set aside to cool.

---

## *Raspberry Coulis*

### **Ingredients:**

Raspberries	4 oz.
Sugar	2 Tbs.
Water	1 oz.
Ultra Gel	½ oz.

### **Procedure:**

In a small saucepan bring raspberries, sugar, and water to a boil over medium heat, stirring occasionally. Cook until sugar is dissolved and berries are heated through. (About 1 minute).  
Pour raspberry mixture over a sieve and strain into a bowl with a wooden spoon.  
Sprinkle the thickener into the sauce, stir, and set side.

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***Dulce de Leche***  
***(make ahead of time)***

**Ingredients:**

Whole milk	1 pt.
Cup sugar	2/3 cup
Vanilla bean	½ vanilla bean
Baking soda	¼ tsp.

**Procedure:**

Combine all the ingredients together in a large, heavy saucepan; bring to a boil over high heat, stirring to dissolve the sugar.

Reduce the heat to medium and simmer the mixture briskly, stirring often with a wooden spoon until thick, caramel colored, and reduced by half (60-90 minutes).

You will need to adjust the heat to keep the mixture at a brisk simmer without boiling it over. To check for doneness, pour a spoonful of caramel cream on a plate. When it gathers in a thick puddle and no longer runs to the edges, the mixture is ready.

Remove the vanilla bean with tongs and discard.

Make ahead of time for it to cook and cool.

Transfer the caramel to a sealed plastic container until plating.



**RIVERTON HIGH SCHOOL**  
**Jordan School District**  
Instructor, Richard Griffiths

*Balsamic Bruschetta*  
*Veggie Confetti Orzo*  
*Tropical Braised Stuffed Chicken*  
*Deep Fried Cheese Cake*

***Balsamic Bruschetta***

**Ingredients:**

French baguette	6 ½-inch slices
Fresh mozzarella	6 ¼-inch slices
Roma tomatoes	2 medium size
Yellow pepper	2.2 oz.
Red pepper	2.2 oz.
Green pepper	2.2 oz.
Shallots	½ oz.

**Procedure:**

Cut tomatoes, red pepper, yellow pepper, and green pepper in a small dice. Mix in small bowl. Mince shallots and add to peppers and tomato. Add vinaigrette to veggie mix. Place sliced mozzarella on sliced baguette and toast in 350-degree oven until cheese is melted. Top baguette with veggie mix and balsamic glaze.

**Hot Lime Vinaigrette:**

Lime, juiced	1 lime, about 1 oz.
Crushed red pepper	½ oz.
Sugar	½ oz.
Olive oil	1.07 oz.

Add crushed red pepper and sugar to the lime juice. Whisk in the olive oil slowly (mix before using).

## *Balsamic Bruschetta, continued*

### **Balsamic Glaze:**

Balsamic vinegar	7.5 oz.
White balsamic vinegar	7.5 oz.
Brown sugar	1.5 oz.

Mix in small saucepan. Bring to boil and reduce to a simmer for ten minutes to thicken, stirring occasionally.

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## *Veggie Confetti Orzo*

### **Ingredients:**

Orzo	1.5 oz.
Salt	½ oz.
Carrot	1.3 oz.
Shallots	.2 oz.
Green bell pepper	1 oz.
Pineapple	1 oz.
Water	31 oz.
Garlic salt	.1 oz.

### **Procedure:**

Bring the water to a boil. Add salt and orzo and cook for five minutes. Cut the carrot and green bell pepper into a brunoise cut. Mince shallots. Add all of the veggies to the orzo and cook until orzo is done. Strain pasta and veggies and then season with garlic salt.

---

## *Tropical Braised Stuffed Chicken*

### **Ingredients:**

Chicken breasts	4
Swiss cheese	4 oz. sliced
Ham	4 oz. sliced
White grape juice concentrate	11.5 fluid oz.
Chicken bouillon	2 cubes
Butter	1.6 oz.
Half-and-Half	15 fl. oz.

## ***Tropical Braised Stuffed Chicken, continued***

Cornstarch	½ oz.
Oil	20 oz.
Spiced flour	5 oz.

### **Procedure:**

Cut the breasts in half and then pound out to ¼-inch thickness. Cut four ¼ slices of Swiss cheese and roll in sliced ham; then place on the breast. Roll them together and use a toothpick or butcher string to hold. Lightly bread in spiced flour. Then, in a medium saucepan melt butter in medium-high heat. Add oil to prevent butter from scalding. Place all four breasts in the saucepan and brown on all sides. Meanwhile prepare the white grape juice with half as much water as called for. Add two cubes of chicken bouillon to the grape juice and pour in with the chicken after done browning. Cover and let simmer for twenty minutes or until fully cooked. While the chicken is simmering, prepare Half-and-Half by adding cornstarch and mixing in. Remove the chicken from the juice as soon as done. Cover and set aside. Add in Half-and-Half mix to the juice, stirring constantly to prevent burning. Bring to a boil and then simmer on medium-low heat. Serve chicken with orzo or rice and pour sauce on top.

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## ***Deep-Fried Cheese Cake***

### **Ingredients:**

Tortilla flour	10 oz.
Salt	Pinch
Shortening	2 oz.
Water	4.7 oz.
Cream cheese	8 oz.
Sugar	1.5 oz.
Freshly squeezed lemon juice	½ lemon
Vanilla bean	1
Vanilla extract	½ oz.
Melted white chocolate	4 oz.
Raspberries	6 oz.
Oranges	1
Sugar	2.7 oz.

### **Procedure:**

#### **Tortillas**

Mix flour and salt in a bowl. Mix shortening with a pastry blender until small pea-sized pieces form. Then add water slowly and mix until ball forms. Next

## **Tortillas, continued**

knead the dough for 2-3 minutes. Place in a plastic bag and let rest for at least 15 minutes.

After done resting divide the dough into equal pieces. Take each piece and roll it into a ball. Take one ball at a time and roll it flat until it is about 1/8 to 1/16 of an inch. Then in a sauté pan over medium heat cook the tortilla with no oil for about 1 minute on each side until done.

### **Filling**

Combine cream cheese, sugar, lemon juice, vanilla bean, vanilla extract, and melted white chocolate in a small bowl and mix well until all is incorporated.

### **Deep-fried Cheesecake**

In a sauté pan pour ½ inch of vegetable oil and heat to 350 degrees. Take one of your tortillas and spread about 1/8 cup of fill in the center. Roll the tortilla with the end in and drop in oil with metal tongs. Cook for about 30 seconds on each side. Pull out of deep fryer and place on metal pan. Roll in cinnamon and sugar.

### **Raspberry Orange Sauce**

Combine raspberries, juiced orange, and sugar in a saucepan and bring to a boil. Then reduce to a simmer and let simmer for 10 minutes stirring occasionally.

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***TAYLORSVILLE HIGH SCHOOL- TEAM 1***  
***Granite School District***  
***Instructor, Carol Anne Rockwell***

***Dolmathes***  
***Ribbed Pork Chops***  
***Couscous***  
***Colorful Vegetable Mix***  
***Grilled Pineapple with Glaze and Mascarpone***

***Dolmathes***

**Ingredients:**

Grape Leaves	6
Onion	½, finely chopped
Green onions	5, finely chopped
Zucchini	2 small, shredded
Dill	1 Tbs.
Texmati Rice	½ cup
Pepper	Dash
Salt	Dash
Lemon juice	1 Tbs.
Olive oil	2 Tbs.
Water	2 ½ cups
Cucumber	1
Grape Tomatoes	10
Feta Cheese	½ cup
Butter	¼ tsp.

**Procedure:**

Rinse leaves in cold water. Let stand in warm water as dolmathes are being prepared. If necessary, simmer leaves in water for 5 minutes to soften them. Remove stems. Combine remaining ingredients, except butter, adding up to ½ cup water to make a soft, loose mixture. (Start with ¼ cup.) Place 1teaspoon filling in the center of a grape leaf (ribbed side up, shiny side down). Fold in sides and back over filling to form a narrow roll. Line a deep saucepan with torn and whole grapevine leaves and arrange dolmathes side by side forming circles in tight layers. Top with 2 cups water, butter, and lemon juice if desired. Cover with inverted plate. Simmer covered about 45 minutes, or until rice is tender.

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## *Ribbed Pork Chops*

### **Ingredients:**

Rib pork chops	2
Olive oil	Enough to coat the pan
Apple juice	½ cup
Balsamic vinegar	1 tsp.
Fresh parsley	1 tsp.
Salt	Dash
Pepper	Dash
Lemon pepper	Dash
Cumin	Dash
Italian seasoning	Dash

### **Procedure:**

Put olive oil in a frying pan. Heat on medium – medium high until the oil is hot. Add pork, apple juice, and vinegar. Add seasonings on one side and cook for 3-4 minutes or until golden brown. Turn over and salt and pepper this side. Cook for 3-4 minutes or until 150 degrees. When pork has reached 150 degrees, remove from pan. Let rest before serving.

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## *Couscous*

### **Ingredients:**

Tri-color couscous	1 cup
Green bell pepper	1 half
Onion	1 half
Garlic	1 clove
Apple juice	¾ cup
Olive oil	4 tsp.
Balsamic vinegar	1 tsp.
Currants	1/3 cup
Salt	Dash
Butter	1 Tbs.
Water	¼ cup

### **Procedure:**

Sauté together green bell pepper, onion, garlic, apple juice, olive oil, balsamic vinegar, and currants. Add to cooked couscous.

Couscous: In a saucepan bring ¾ cup apple juice, ¼ cup water, dash of salt, and 1 tablespoon butter to a boil. Add couscous stirring quickly. Remove from heat and cover. Let it stand for 4-5 minutes; or, put all the ingredients in the top of a

## *Couscous, continued*

double boiler with a steaming pan and steam until tender---do not cover if using this method. Couscous can also be cooked like rice. Heat butter, add couscous, and stir to coat. Add liquid and bring to a boil; reduce to lowest setting, cover and cook until liquid is absorbed. Fluff with a fork before serving.

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## *Vegetables*

### **Ingredients:**

Grape tomatoes	6
Snap peas	6
Baby zucchini	4
Broccoli	¼ of a crown
Baby patty pan squash	3
Salt	Dash
Lemon zest	Dash
Butter	1 Tbs.

### **Procedure:**

Rinse vegetables in water. Cut baby zucchini in ¼-inch diagonal slices. Cut bite-size portions of broccoli. Cut the patty pan squash in half horizontally. Put all the vegetables, except tomatoes, in a saucepan with 2 Tbs. water over high heat. Bring to a boil and immediately reduce heat. Steam vegetables for 2 minutes, add tomatoes, and steam for an additional minute. Remove from heat and put in a serving bowl. Toss with salt and pepper and a hint of finely grated lemon zest. Top with melted butter and toss again.

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## *Grilled Pineapple with Glaze and Mascarpone*

### **Ingredients:**

Pineapple juice	½ cup
Unsalted butter	6 Tbs.
Brown sugar	1/8 cup
Vanilla bean	1 half
Mascarpone	4 oz.
Ripe pineapple	½ pineapple
Fresh blueberries	¼ cup
Rum extract	1 ½ tsp.
Lemon extract	1 tsp.

## *Grilled Pineapple with Glaze and Mascarpone, continued*

Vanilla extract	1 ½ tsp.
Mint leaves	2
Melting chocolate	2 oz.

### **Procedure:**

Combine the rum extract, butter, and sugar in a small saucepan and simmer, stirring often, until the sugar has melted and the mixture is slightly thickened – about 10 minutes.

Whisk the mascarpone, vanilla extract, and vanilla bean together.

Heat pan to medium high.

Cook the pineapple slices in a grilling pan, brushing frequently with the glaze, 2 to 3 minutes per side, until browned.

Remove the pineapple to a platter or serving plates and top each slice with a few fresh blueberries. Add a spoonful of vanilla mascarpone. Drizzle with any remaining glaze. Serve immediately.

### **Chocolate Bowl**

Melt chocolate and make a bowl by forming chocolate over a measuring cup, plastic egg, or balloon. When chocolate is cooled, remove form from chocolate.



**TAYLORSVILLE HIGH SCHOOL- TEAM 2**  
**Granite School District**  
Instructor, Carol Anne Rockwell

*Tzatziki*  
*Pork Tenderloin with Mushrooms*  
*Strawberry Surprise and Wonton Cookies*

*Tzatziki*

**Ingredients:**

Hot house cucumber	1 ½
Salt	1 tsp.
Fresh mint, finely chopped	3 Tbs.
Garlic, crushed	½ tsp.
Sugar, superfine	1 tsp.
Greek-style plain yogurt, strained, thick	1 cup
Paprika	To garnish
Mint	A few leaves

**Procedure:**

Peel the cucumber. Reserve a little to use as a garnish, if you wish. Cut the rest in half lengthwise. Remove the seeds with a teaspoon and discard. Slice the cucumber thinly and combine with salt. Leave for approximately 15-20 minutes. Salt will soften the cucumber and draw out any bitter juices.

Combine the mint, garlic, sugar, and yogurt in a bowl, reserving a few sprigs of mint as a decoration.

Drain well and combine with the yogurt. Decorate with cucumber and mint. Serve cold. Tzatziki is traditionally garnished with paprika.

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## ***Pork Tenderloin with Mushrooms***

### **Ingredients:**

Tenderized Lean Pork Tenderloin	1 lb.
Plain wheat flour	1/3 cup
Chopped fresh parsley	1 tsp.
Sliced table mushrooms	2 cups
Garlic salt	1/2 tsp.
Extra virgin olive oil	1/2 cup
Butter	2 Tbs.
Fine table salt	1/4 tsp.
Fine garlic powder	1/2 tsp.
Fresh, dried oregano	1/2 tsp.
Chopped fresh garlic	1 tsp.
White onion, chopped	1

### **Procedure:**

The first step to cooking this wonderful recipe, is that you will need to mix the plain wheat flour, fresh dried oregano, table salt, garlic salt, and fresh garlic in a medium to large-size mixing bowl. Now add the pork tenderloin and mix until the meat is fully coated. Heat the olive oil and butter. Add pork in cooking pan; add garlic and mushrooms and stir until it is thickened. Cook until brown and the internal temperature is 150 degrees. To serve, place tenderloin and mushrooms on a plate.

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## ***Strawberry Surprise and Wonton Cookies***

### **Ingredients:**

Medium to large strawberries	6
Cream cheese, softened	1/4 cup
Sour cream	1/4 cup
Powdered sugar	1/4 cup
Pure lemon extract	1/4 tsp.
Wonton wrappers	4
Semi-sweet chocolate, melted	1 oz.
White chocolate	1 oz.
Vegetable oil	1 cup
Fresh mint	4 sprigs

**Procedure:**

Wash strawberries. Slice top ¼-inch off strawberries. Using a small spoon, scoop out the middle section (don't scoop too much as strawberries need to be firm to fill). In a medium mixing bowl, mix cream cheese and sour cream. Once it is creamed, mix in powdered sugar and lemon extract. Stuff strawberries with mixture and replace stemmed lids (if stems are wilted replace leaves with a small leaf such as a mint leaf). Place strawberries on a plate. Meanwhile, melt chocolate using a double boiler then drizzle chocolate over strawberries.

Form wonton wrappers in a twisted shape and secure with a toothpick. Fry wonton wrappers in vegetable oil. When golden brown, take out of the oil and sprinkle with white sugar. Then sprinkle with powdered sugar.



**WENDOVER HIGH SCHOOL**  
**Tooele School District**  
Instructor: DeAnna Stewart

*Orange Glazed Chops*  
*Savory Rice Pilaf*  
*Sesame Slaw*  
*Snow Pea Stir Fry*

***Orange-Glazed Chops***

**Ingredients:**

Pork chops	4
Shortening	1 Tbs.
Salt	To taste
Pepper	To taste
Orange juice	½ cup
Brown sugar	2 Tbs.
Orange marmalade	2 Tbs.
Vinegar	1 Tbs.
Crushed red pepper	½ tsp.

**Procedure:**

In a skillet, brown 4 pork chops, ¾ inch-thick, on both sides in 1 tablespoon hot shortening; season with salt and pepper. Drain off excess fat.

Combine ½ cup orange juice, 2 tablespoons brown sugar, 2 tablespoons orange marmalade, and 1 tablespoon vinegar, ½ teaspoon crushed red pepper; pour over chops.

Cover and simmer 45 minutes or till chops are tender. Remove chops to a warm platter.

Spoon sauce over chops.

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## *Savory Rice Pilaf*

### **Ingredients:**

Uncooked instant rice	2 cups
Celery ribs, chopped	2
Butter or margarine	2 Tbs.
Chopped walnuts	¼ cup
Green onions, thinly sliced	5
Chopped carrots	½ cup
Salt	1 tsp.
Pepper	1/8 tsp.
Curry powder	1/8 tsp.
Rubbed sage	1/8 tsp.

### **Procedure:**

Cook rice according to package directions. Meanwhile, in a skillet, sauté celery in butter for 2 minutes.

Add walnuts, onions, carrots, and seasonings; sauté 2 minutes longer. Stir rice

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## *Snow Pea Stir-Fry*

### **Ingredients:**

Butter, melted	1 ½ tsp.
Worcestershire sauce	½ tsp.
Dijon mustard	½ tsp.
Salt	Dash
Snow peas	6 oz.
Vegetable oil	1 Tbs.

### **Procedure:**

In a small bowl, combine the butter, Worcestershire sauce, mustard and salt; set aside.

In a small skillet, stir-fry snow peas in oil for 1-2 minutes or until crisp-tender.

Add walnuts; cool and stir for 1 minute.

Drizzle with butter mixture; toss to coat. Cover and cook for 2 minutes or until heated through.

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## *Sesame Slaw*

### **Ingredients:**

Shredded green cabbage	2 cups
Shredded red cabbage	½ cup
Chopped green pepper	1/3 cup
Thinly sliced red pepper	¼ cup
Chopped onion	1 Tbs.
Grated carrots	¼ cup
Cider vinegar	¼ cup
Sugar	3 Tbs.
Sesame seeds, toasted	1 tsp.
Salt	¼ tsp.

### **Procedure:**

In a small bowl, combine the cabbage, green pepper, carrots, and onion. Combine the vinegar, sugar, sesame seeds and salt; pour over cabbage mixture and toss to coat. Garnish with red pepper.  
Cover and refrigerate until serving.

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