

**Brian Williams**

## Country Breakfast

### Gluten-free drop biscuits w/sausage gravy & hash browns with roasted peppers & onions

*Note: This recipe contains milk & soy – options include substitution of cow's milk or soymilk for goat's milk. The specified brand of flour is manufactured in a plant that processes other allergens. Remember to read all labels for additional "may contain" or other allergen statements!*

#### Gluten Free Drop Biscuits

INGREDIENTS	AMOUNT	DIRECTIONS
Bob's Red Mill White Rice Flour	1 cup	* Pre-heat oven to 425 degrees F.
Beth's Gluten Free All Purpose Flour	1 cup	
America's Choice Baking Powder	8 tsp	* Mix dry ingredients together in a bowl.
Bakers Corner Baking Soda	1 tsp	
Diamond Crystal Kosher Salt	1 tsp	* Add Benecol spread and with fingers, mix until mixture looks like crumbs.
Kroger Brand Sugar	1 tsp	
Benecol Spread	6 tbsp	
Tone's Pure Vanilla	1 tsp	* Add goats milk and vanilla & mix until well incorporated.
Meyenberg Evaporated Goat's Milk	1.5 cup	Spoon out about 1/4 cup of the dough onto an ungreased sheetpan. This should make 8 biscuits, about 2in. in diam.
		* Bake for 10-13 mins.
		* Biscuits are best when served hot from the oven.

#### Sausage Gravy

INGREDIENTS	AMOUNT	DIRECTIONS
Ground breakfast sausage	1/4#	* Crumble the sausage and place in a hot, non-stick saute pan, cook the sausage, with stirring, until brown. Carefully add the water. Water may splatter. Add some of the sage, pepper and salt. Allow the mixture to simmer for 2-3 minutes. Slowly add the goats milk with stirring. Allow the mixture to come to a simmer, stir to keep from burning. Taste and add sage, salt and pepper if needed. Add arrowroot slurry with stirring until desired thickness is achieved.
Warm water	2 cups	
Meyenberg Evaporated Goat's Milk	1/4 cup	
Sage, fresh, chiffanade	1 tbsp	
Salt	TT	
Pepper	TT	
Arrowroot slurry(arrowroot/water)	1 tbsp ea.	
		* Ladle onto hot toast or biscuits.

#### Hash Browns w/Roasted Peppers and Onions

INGREDIENTS	AMOUNT	DIRECTIONS
Russet and Yukon Gold potatoes, shredded	2 each	* Roast peppers under a broiler until nicely charred. Peel, remove stem, seeds and ribs. Small dice cut and set aside.
Mexican Sweets red peppers, roasted, diced	2	
Spanish onions, roasted, diced	1	
Canola oil		* Peel and slice onions across the grain, about 1/4 in. thick. Place on a well oiled sheet pan and place under a broiler.
Salt & pepper	TT	Roast until nice and brown. Flip onions and roast other side until nicely browned. Remove, small dice cut and set aside.
Corn starch	1 tbsp	
Well seasoned cast iron skillet or non-stick skillet.		*Clean, peel & shred potatoes. Rinse shredded potatoes until water runs clear. Wrap potatoes in a towel and squeeze out as much water as possible. Put into a large bowl & toss potatoes with the corn starch, peppers, onions & s & p.
		* Over high heat, get the skillet smoking hot. Carefully add enough oil to liberally coat the bottom of the pan. Spread the potato mixture evenly in the pan and lightly press down. Turn down to med-high and cook potatoes until nice and brown w/o burning. Turn heat down if needed. If possible, flip potatoes in one piece & cook until nice and brown. The less fussing the better.

**Autumn Cinnamon Apple Waffles  
with Spiced Apples & Cherries  
and Warm Maple Syrup**

**Ingredients:**

- 2 cup Arrowhead Mills Gluten Free Pancake & Baking Mix
- 2 tsp. Baking Powder
- ¼ cup Sugar
- 1 tsp. Salt
- 4 tsp. Cinnamon
- 3 tsp. Ener-G Egg Replacer
- ¼ cup Warm Water
- 2 Tbsp. Vegetable Oil
- 4 tsp. Vanilla
- 2 cup VERYFINE Apple Juice
- ¼ cup Martinelli's Sparkling Apple Juice
- 1 cup Maple Syrup, warmed

**Procedure:**

- Heat waffle iron.
- In a medium bowl, sift together baking mix flour, baking powder, sugar, salt and cinnamon.
- In a separate small bowl, mix together egg replacer and water; mix thoroughly.
- Add vegetable oil and vanilla to egg mixture and whisk to combine.
- Gradually add apple juice to dry ingredients and stir to mix.
- Add sparkling apple juice and whisk.
- Pour batter into waffle iron and cook according to manufacturers instructions.
- Serve with Spiced Apples & Cherries and Warm Maple Syrup

**Spiced Apples & Cherries**

Makes 6 servings (serving size: 1/2 cup)

**Ingredients**

- 4 large Fuji apples, peeled, cored and sliced
- 1 cup dried cherries
- ½ cup firmly packed light brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 tablespoons water
- 1 tablespoon vegetable oil

**Procedure**

- Toss together first 4 ingredients in a large zip-top plastic bag and toss to coat apples.
- Add apple mixture, cherries, water, and vegetable oil in a medium saucepan over medium heat.
- Cook for approximately 8 to 10 minutes, stirring occasionally, until apples are tender and liquid has thickened slightly.

**BREAKFAST PARFAIT:****Yield: 8 servings****FRESH GRANOLA:**

- 16 oz. The Silver Palate Thick & Rough Oatmeal (100% Whole Grain Milled Oats)
- ¼ cup Light Brown Sugar, packed
- ¼ tsp Salt
- 2 tsp Ground Cinnamon
- ¼ cup Canola Oil
- ¼ cup Honey
- 1 tsp Vanilla

Heat oven to 300 degrees. Lightly oil a large baking pan. Mix oats, brown sugar, cinnamon and salt. In a saucepan, warm honey and oil, and whisk in vanilla. Pour oil mixture over oat mixture and mix well. Spread granola in oiled baking pan. Bake for 30 minutes, stirring several times, until golden brown. Cool pan on rack.

**FRESH APPLESAUCE:**

- 8 Fresh Macintosh Apples
- 1 cup Water
- 2 Cinnamon Sticks
- 1 T Fresh Lemon Juice
- 2 T Sugar

Peel, core and quarter apples. Place in large saucepan with water, lemon juice and cinnamon sticks. Bring to a boil, reduce heat, and simmer covered for 15 minutes. Stir, add sugar and simmer an additional 15 minutes, until smooth and thick. Remove cinnamon sticks, run through food mill (if desired), and chill.

**FRUIT KABOB:**

- 1 Fresh Pineapple\*
  - 1 Fresh Cantaloupe\*
  - 8 Fresh Strawberries\*
- \* Note: any fresh fruits can be used, based on availability / preference

Peel pineapple and cut into bite size chunks. Peel cantaloupe and cut into bite size chunks. Wash strawberries; leave stems intact. Using small bamboo skewers or large frilled toothpicks, arrange fruits on skewer.

**SERVING:**

- ½ cup Fresh Granola
- ½ cup Fresh Applesauce
- 1 T Dried Apricots, small dice
- 1 Fresh Fruit Kabob

In a clear parfait glass, alternate layers of applesauce and granola. Top with granola and sprinkle with dried apricots. Serve with Fruit Kabob.

**Fettuccini Alfredo with Chicken**

Ingredient	Amount	Procedure
Chicken breast	6	1. Trim chicken breasts of excess fat and gently loosen skin.
Oregano, fresh, chopped fine	½ C.	2. Combine half of herbs and garlic with enough olive oil to make a paste.
Basil, fresh, chopped fine	½ C.	Rub paste under skin of chicken. Roast until done.
Olive oil	As needed	3. Bring 6 qt. of salted water to a boil and boil noodles until almost tender. Hold in hot water.
Rice fettuccini	1 pkg.	4. Blanch asparagus until nearly tender and shock, set aside.
Asparagus	1 bunch	5. Heat pan with olive oil and add onions. Sweat until tender. Add remaining garlic, roasted pepper and asparagus. Cook 1-2 mins. longer.
Roasted red pepper, julienne	2	6. Sprinkle cornstarch and cayenne in pan and stir to coat vegetables.
Onion, minced	1 (medium sized)	7. Add wine and coconut milk. Stir over medium heat until thickened. Add remaining herbs and toss with noodles.
Garlic, minced	6 cloves	8. Slice chicken breast on bias and serve over noodles.
Coconut milk	1-15oz. can	9. Garnish with tomato concasse and chives.
White wine	2 oz.	
Cayenne	½ tsp.	
Corn Starch	2 T.	
S & P	TT.	

# Tony Aja

## Beef and Wild mushroom Stroganof

2 lb Beef stew meat	½ large onion chopped
1 lb mixed wild mushrooms	1 large carrot chopped
½ cup dried porcini	2 stalks celery chopped
¼ cup red wine	1 bay leaf
2 Tbs minced shallot	3 Tbs vegetable oil
1 sprig thyme- 1 sprig rosemary	Salt and black pepper to taste
½ cup warm water	1/3 cup cornstarch slurry (1/2 starch and water)
2 qt beef stock	
1 lb broad corn noodles	

1. In a large stainless steel sauce pan brown beef in 2 Tbs of the oil.
2. Remove beef and sauté onion, carrot, celery in the fat left over. Browning is OK.
3. Deglaze with red wine.
4. When wine is almost au sec add beef, bay leaf, herbs and stock.
5. Bring liquid to simmer, reduce heat and cover. Simmer 2-3 hours until beef is very tender.
6. Meanwhile rinse dried porcinis and soak in the warm water.
7. In a sauté pan sweat the shallots in remaining veg oil. When tender cook the mushrooms until tender.
8. When beef is done remove with a slotted spoon and strain the liquid. Return liquid to pan with the porcini broth and reduce slightly.
9. While this reduces boil noodles according to directions.
10. Add beef and mushrooms to the liquid to heat through and thicken with the slurry. Also season to taste.
11. Serve over bed of the noodles and garnish with parsley, chives or any fresh herbs.

**Garlic Roasted Chicken & White Wine Sauce**

- 1 Tbl. olive oil
- 2 chicken breasts (bone in or boneless)
- 2 ounces white wine
- 1 shallot
- 2 cloves roasted garlic
- As needed: cornstarch, salt & pepper

In large skillet, heat oil over high heat. Season chicken breasts with salt & pepper & place in skillet skin side down. Cook until golden brown, turn & repeat cooking on other side. Remove chicken from pan & place on greased sheet pan. Place in preheated 350 degree oven until internal temperature reaches 145 degrees.

Deglaze pan with white wine. Add shallots & garlic. Season with salt & pepper. If needed, thicken with a little bit of cornstarch (mix cornstarch with a little water first to avoid lumps).

**Faux-sotto** Note: Has almost the same consistency & taste of real risotto!

- 1 cup chicken stock
- 1 cup Jasmine rice
- 4 cups water
- Pinch of saffron
- 14 ounces coconut milk
- As needed: salt & pepper, additional water

Bring chicken stock to a boil in a large skillet. Slowly add rice, stirring constantly. Add water & bring to a boil. Cover the pan, reduce to medium-high heat & let simmer, stirring occasionally. If the liquid absorbs quickly, add small amounts of water until rice is fully cooked and most of the liquid is absorbed. Add coconut milk, stir and bring to a boil. Season.

**Vegetables**

- 2 Tbl. Oil
- 10 ea. Asparagus
- 3 ea. Baby carrots
- As needed: Salt & Pepper

Cut off ends of asparagus (peel if desired). Cut carrots in half. Steam until al dente. Before serving, heat oil in a skillet. Add vegetables & sauté on high heat to desired doneness. Season.

**Becky Buck**

**SPICE CAKE WITH GOLDEN RAISINS**

**YIELD:**

<b>INGREDIENT</b>	<b>AMOUNT</b>	<b>METHOD</b>
Brown Rice Flour	2 ½ cup	1. Combine brown rice flour, sugar, salt ginger, nutmeg, baking powder and soda in a bowl.
Brown Sugar	2 ½ cup	
Salt	½ tsp	
Organic Ginger	1 tsp	
Nutmeg, ground	1 ½ tsp	
Baking Soda	1 ½ tsp	2. Add corn starch and water to replace eggs, oil (canola), molasses, brown rice milk, and golden raisins.
Non-Egg White substitute	2 tbsp	
Canola oil or Apple Sauce	2/3 cups	3. Mix while well incorporated.
Molasses	6 tbsp	4. Use canola oil to coat pans.
Organic Brown Rice Milk	1 ½ cup	
Golden Raisins	1 ½ cup	
		5. Bake at 375° for 20-25 minutes.

Kevin Khidhir

## Warm Papillote of Exotic Fruit

With Strawberry Sorbet

### Strawberry sorbet

Yield: 1396 g (49 oz)

Ingredient	U.S.	Metric	Procedure
Ravifruit strawberry puree	35 oz	1000 g	1) Combine sugar, glucose and stabilizer, stir good. Bring water to boil, pour over dry ingredients and stir good, bring to 85° C, remove from heat and cover, keep at room temperature 2-3 hours.  2) Add puree and homogenize, chill(you can store this up to 24 hours).  3) Process in an ice cream machine.  4) Store in freezer until service.
Sugar	8 oz	225 g	
Glucose powder	3 oz	92 g	
Sorbet stabilizer	¼ tsp	3 g	
Water, bottled	2 ½ oz	76 g	

### Warm Papillote of Exotic Fruit

Yield: 6 servings

Oven: 375° F

Ingredient	U.S.	Metric	Procedure
Banana	10 ½ oz	300 g	1) Cut 3 sheets of parchment paper in half, cut into 11" heart shapes.  2) Cut the banana and pineapple into small cubes, zest the lime and mix with berries, brown sugar and vanilla.  3) Divide mixture into 6 portions and seal papillote tightly.  4) Spray sauté pan with Pam spray and start papillote like jiffy pot (pop corn), when papillote puffs put in oven for 5-7 minutes.  5) Serve immediately with fresh sorbet.  6) The waiter should cut this open before the customer and serve.
Pineapple	10 ½ oz	300 g	
Limes	2 ea	2 ea	
Mixed berries	10 ½ oz	300 g	
Brown sugar	4 ½ oz	132 g	
Vanilla bean paste	¾ oz	24 g	

**Divvies® Chocolate Cupcakes****Yield 1 dozen cupcakes**

- 1½ cups cake flour - **not** self-rising (may use gluten free)
  - ¾ cup sugar
  - ¼ cup cocoa powder
  - 1 teaspoon baking soda
  - ½ teaspoon salt
  - 5 tablespoons vegetable oil
  - 1 tablespoon white vinegar
  - 1 teaspoon pure vanilla extract
  - 1¼ cups water
1. Preheat oven to 350 degrees. Line a 12 cup muffin tin with cupcake liners; set aside.
  2. In a medium bowl, whisk together flour, sugar, cocoa powder, baking soda and salt; set aside.
  3. In the bowl of an electric mixer fitted with the paddle attachment, mix together oil, vinegar, vanilla and water until well combined. Add flour mixture to the mixer and mix until smooth, scraping down the sides of the bowl with a spatula as necessary. Batter should look & feel more water than normal cake batters.
  4. Pour batter into prepared muffin tin, filling each cup ½ to ¾ full. Transfer to oven and bake, rotating pan halfway through cooking, until a cake tester inserted into the center of one of the cupcakes comes out clean, 20-25 minutes.
  5. Immediately remove cupcakes from muffin tin and transfer to a wire rack. Let cool completely before frosting.

**Divvies® Vanilla Frosting**

- 1¾ cups confectioner's sugar
  - ½ cup dairy-free margarine, chilled (ex. safflower)
  - 1/8 teaspoon salt
  - ½ teaspoon pure vanilla extract
  - 1 tablespoon rice milk
1. In the bowl of an electric mixer fitted with the paddle attachment, combine 1 ¼ cups confectioner's sugar, margarine, salt & vanilla, scraping down the sides of the bowl with a spatula as necessary.
  2. Add rice milk and continue mixing until well combined, scraping down the sides of the bowl with a spatula as necessary. With the mixer running, slowly add remaining ½ cup confectioners' sugar, mix until well combined. Store in an airtight container, refrigerated, up to 1 week.

**Blackberry Sorbet****Yield: Approx. 4 cups.**

- 1 cup water
- 1 ¼ cup sugar
- 2 tablespoons fruit liqueur (optional)
- 1 pound frozen, unsweetened blackberries
- 2 tablespoons lemon juice

Note: if sorbet sweetness needs adjusting after freezing, add a little sugar syrup to add sweetness or a little water if it's too sweet then re-freeze. The sorbet will not be affected by thawing & refreezing.

1. In a small saucepan, bring water to boil & stir in sugar until completely dissolved. Pour this sugar syrup into a heatproof container, cover and refrigerate until completely chilled (about 1 hour).
2. Meanwhile, thaw blackberries. When thawed, place in a blender or food processor & process until pureed. Add blackberry puree to the chilled sugar syrup, then strain mixture to remove seeds. Add lemon juice and, if desired, liqueur. Cover & refrigerate until thoroughly chilled.
3. Once thoroughly chilled, place in ice cream machine & process according to manufacturer's instructions. When finished, transfer to a chilled container & store in freezer. When frozen solid, you may need to place in the refrigerator for about 20 minutes so it is soft enough to serve.
4. If you do not have an ice cream machine: pour mixture into an 8 or 9 inch stainless steel pan, cover with plastic wrap & freeze. After 1 to 1½ hours, check sorbet. When mixture is frozen to the point that a firm ring of ice has formed around sides of the pan & soft slush in center, remove from freezer. Transfer partially thawed sorbet to food processor and process until mixture is uniform slush. This breaks up large ice crystals that have formed on the sorbet & gives it the fluffy texture. Place sorbet back into pan, return to freezer and repeat this process at least two more times at 1 to 1½ hour intervals. After 3<sup>rd</sup> processing, return sorbet to freezer for about 1 hour before serving to freeze firm enough to serve.

## Lemon Sauce

- 1 cup orange juice
- 1½ tablespoons arrowroot powder
- 2 tablespoons lemon juice
- 1/3 cup honey
- 1 teaspoons lemon zest

In a small saucepan over low heat, whisk together the orange juice & arrowroot powder. Whisk in lemon juice & honey, and cook, stirring, until thickened. Stir in lemon zest & serve.

## Candied Lemon Zest (garnish)

- 2 lemons
  - 1/3 cup water
  - 1/3 cup sugar
  - Sugar to coat zest strips
1. Wash lemons thoroughly. Trim zest from lemons using vegetable peeler. Cut wide strips, being careful not to cut into the white pith layer below. Cut zest strips lengthwise to create thin julienne strips.
  2. Place julienne strips in a small saucepan & cover with cold water. Cook over medium heat until water comes to simmer. Continue to simmer for 6 minutes.
  3. Remove from heat, drain strips, then return to the saucepan. Add water & sugar to the strips in saucepan. Bring mixture to simmer. Continue to cook over low heat until lemon strips turn translucent, approximately 10 – 15 minutes. The water & sugar should be starting to thicken.
  4. When done cooking, remove strips from pan & spread out on a sheet of wax paper. Separate the strips on the wax paper so that they are not in clumps.
  5. Once the strips have cooled slightly, roll in sugar until well coated.

## Amy Knoles

## 1<sup>st</sup> Place Award Winner!

Grilled Pineapple with Banana Passion Sorbet, Clear Caramel Sauce and a Banana Chip

- 1 fresh pineapple
- 2 oz granulated sugar
- 1 firm banana
- ½ cup simple syrup
- Banana Passion Sorbet (recipe follows)
- Clear Caramel sauce (recipe follows)

Cut away the rind of the pineapple and slice it approximately ¾ inch thick.

If needed, trim each slice to make an octagon, then using a ¾ inch round cookie cutter, remove the core from each slice. Makes 6 slices.

Sprinkle each slice with sugar evenly on both sides.

Cook on a hot nonstick grill just long enough to leave a nice grill pattern. Give each slice a quarter turn for a criss-cross effect. Remove from grill.

Heat oven to 250°F and have ready a ½ sheet pan lined with a silpat.

Peel the firm banana and slice very thin lengthwise being carefully not to break them (a meat slicer or mandolin work well). Dip each banana slice into the simple syrup, letting the excess run back into the bowl. Place on the prepared sheet pan and bake until dried, 1 to 2 hours. To check, remove one from the oven, place on a cool surface, if it does not get crisp within a minute, put back in the oven a little longer.

Remove and cool, these can be made well in advance and will keep in an airtight container indefinitely.

Sorbet:

6 ½ oz sugar  
10 oz water  
1 ½ oz Trimoline  
8 ½ oz banana puree  
11 ½ oz passion fruit puree  
1 Tbsp fresh orange juice

Combine sugar and water, bring to a boil, add trimoline and remove from heat. In a separate bowl, combine fruit purees and juice, add hot syrup and mix well. Chill. Process mixture in an ice cream machine. Store in freezer until ready, can be made 1-2 weeks in advance.

Caramel sauce:

2 pounds of sugar  
1 tsp fresh lemon juice  
1 ¼ cup HOT water  
¼ cup passion fruit rum (such as Parrot Bay or Malibu)

Place sugar and lemon juice in a small heavy bottom saucepan. Cook over medium heat, stirring constantly with a wooden spoon, until sugar is melted. Continue to cook and stir the sugar until it reaches a light to medium golden color. Be careful not to over caramelize.

Immediately remove pan from heat and carefully pour in the hot water. Stand back as you did this because the syrup may splatter.

Return the pan to heat and cook, stirring constantly to remove any lumps.

Stir in rum, you can cook off the alcohol if you want at this point, or leave it for a stronger flavor.

Let the sauce cool completely, then thin with water if necessary, to a sauce consistency.

To assemble this dessert: Pour a round pool of sauce on the plate and place 1 slice of grilled pineapple on top. Place a scoop of the sorbet in the center of the slice and garnish with a banana chip. You can drizzle more caramel sauce over top if desired. Serve immediately.

Banana Chips

oil for deep frying  
1/4 tsp turmeric powder  
salt according to taste  
5-6 raw bananas

1. Peel and slice bananas and put in plenty of salted iced water.
2. Mix in in turmeric.
3. Keep for 10 minutes, remove out water fully.
4. Spread out on a kitchen cloth to take off moisture.
5. Heat up oil in a wok till smoky.
6. Fry banana slices in one-layer batches for a minute or two or until crisp.
7. Lift chips out with slotted spoon and remove on paper towels.
8. Sprinkle with salt before serving.
9. Coat with honey or maple syrup