

2006  
J. Kings

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# South Fork Food Show



# Recipes



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## ASPARAGUS AND PORTOBELLO SALAD

### Ingredients

97002	2 bunch	asparagus, trimmed
99665	3 lb	Portobello mushroom, cleaned
97326	2 each	Red peppers, seeded
97237	1 pint	Grape tomatoes
62555	12 oz	Feta cheese, crumbled
9000607	1 lb	Hampton Mesclun mix
<i>Dressing</i>		
99905	6 each	shallots, roasted or grilled till tender
31891	8 oz	Olive oil
22006	1 oz	Mustard
46356	4 oz	Red wine vinegar
99676	½ cup	Chives, fresh chopped
21836	1-2 oz	Honey

### Method

- Trim and clean, peppers, asparagus and Portobello mushroom, drizzle with olive oil and grill on char grill till tender keeping crisp in color, set aside to cool then cut into strips
  - Roast shallots in oven or on char grill till tender and browned, set aside to cool and mince fine
  - In stainless steel bowl combine minced shallots, mustard, honey and vinegar and mix well
  - Incorporate oil slowly while mixing with whisk, Adjust seasoning with salt and pepper, set aside
  - Combine lettuce, cheese, asparagus, red pepper, Portobello, grape tomatoes, and dressing, mix well and served immediately on chilled plates
- Serves 8 people

## BABY SPINACH AND STRAWBERRY SALAD

### Ingredients

98007	1 lb	Baby spinach
97726	2 pint	Strawberries, sliced
66180	1 lb	Brie, sliced thin
99005	3 each	Bosc pears, peeled & sliced thin
63461	8 oz	Walnuts,
19070	8 oz	Honey Tarragon Vinaigrette

### Method

- In stainless steel bowl combine spinach, strawberries, pears, walnuts and dressing and toss
- Serve onto chilled salad plates or serving platter and top each with sliced brie, serve immediately

Serve 8 people

## BABY LETTUCE AND HUMBOLDT FOG GOAT CHEESE

### Ingredients

9090100	1 lb	Baby Lettuce, mixed
65370	6 oz	Pignoli nuts, toasted
99785	8 oz	Sun dried tomato, julian cut
97237	1 pint	Grape tomatoes
66720	16 oz	Humboldt fog goat cheese, cut into thin slices
98981	2 each	Lemons, fresh juiced
31891	8 oz	Olive oil
32221	1 oz	Whole black pepper, fresh cracked

### Method

- Combine, lettuce, nuts, tomatoes, sun dried tomatoes and mix well
- Drizzle lemon juice and olive oil over green and toss with a little fresh cracked black pepper
- Serve on chilled salad plates or serving platter and top with Humboldt Fog goat Cheese, serve immediately

Serves 8 people

## CHESAPEAKE CRAB SALAD IN MINI VOL-AU-VENTS

### Ingredients

15366	2 lb	Jumbo lump crabmeat
99120	4 oz	diced celery ¼"
99675	½ cup	Chives, diced fine
99621	2 tbs	Tarragon, fresh
17081	6 oz	Mayonnaise
56121	2 oz	Sour Cream
98981	2 tbs	Lemon juice
22006	1 tbs	Dijon mustard
40770	1 tsp	Old bay seasoning
97626	2 oz	Parsley, chopped fresh
37670	75 each	Vol-au-vent, mini pastry

### Method

- Combine all ingredients, except crabmeat and mix well, gently fold in the crabmeat and gently mix
- Fill pastry shells with crabmeat and garnish with dusting of old bay seasoning and chopped parsley

## CENTER OF THE PLATE

### FRENCHED RACK OF AMERICAN LAMB MADIERA MINT REDUCTION

### Ingredients

95485	3	American Lamb Racks
09595	1 ½ LB	Redskin Mashed Potatoes
99686	1-T	Fresh Mint
93126	1 /2 T	Sea Salt
32151	1/2T	Cracked Pepper
36130	4 OZ	Demi Glace
	1 ½ OZ	Madiera Wine

### Method

- Season lamb generously with salt and pepper
- Sear on hot flattop grill
- Finish in 275° oven to 130°
- Deglaze roasting pan with madiera and reduce by 70%
- Add demi and mint, simmer 5 minutes and strain
- In center of plate, place one portion of mashed potato
- Slice racks and teepee 5 - 6 chops on potatoes
- Drizzle both meat and potatoes with sauce, serve

## GRILLED N.Y. STRIP STEAK, CIPOLINI ONION DEMI

### Ingredients

97980	1	Chairmans Reserve Ox1 Strip
45535	3PC	Cipolini Onions
36130	11/2OZ	Culinart Demi
97002	4	Asparagus Spears - grilled
93126	PINCH	Sea Salt
32151	PINCH	Cracked Pepper
66775	11/2OZ	Butter (Vermont)

### Method

- Heat large sauté pan
- Cut and trim 16 oz steak from strip
- Season meat with salt and pepper
- Place in hot pan, seared well, turn and finish to temp
- Remove from pan and let rest 2 minutes - add onions to pan
- Deglaze pan with splash of red wine and sherry vinegar
- Add demi and reduce-MOUNT WITH BUTTER
- Arrange steak and asparagus on plate, gently sauce and place onions on top of steak

## GRILLED VEGETABLE IN PASTRY SHELLS

### Ingredients

91780	5 lb	Grilling Vegetables
31891	2 oz	Olive oil
36216	½ cup	Olives, chopped
40761	1 tbs	Black pepper
45201	1 oz	Balsamic syrup
97256	½ cup	Basil, chiffonade
97673	1 cup	Scallions, minced
61140	2 oz	Pecorino Romano
37700	100 each	Pastry Shells

### Method

- Mix vegetables with olive oil and season with salt and pepper, grill or bake in oven until tender, set aside to cool and then chop into ¼" dice
- Add olives, cheese and ½ of the scallions
- Fill Pastry shells with mix
- Drizzle each with balsamic syrup and top with minced scallions
- Serve immediately

## KEY LIME MOJO SHRIMP, JICAMA, MANGO AND WATERCRESS SALAD

### Ingredients

15695	16 each	Shrimp, 16/20 P&D
31891	2 tbs	Olive oil
00000	1 cup	Key Lime Mojo
91943	2 tbs	Cilantro, chopped
99973	1 cup	Jicama, julian cut
99365	1 cup	Mango, julian cut
99642	1 cup	Watercress
97326	1 each	Red pepper, julian
99081	2 oz	pecans, toasted
93126	1 tsp	Sea salt, course

### Dressing

42501	1/3 cup	Walnut oil
31891	1/3 cup	Olive oil
50241	1/3 cup	Champagne vinegar
99081	3 tbs	Pecans chopped
99676	1 tbs	Chives, chopped
93126	½ tsp	Sea salt
32191	½ tsp	Black pepper

### Method

- In stainless steel bowl combine shrimp, olive oil and heat large pan until very hot
- Add shrimp and sauté for 2 minutes then add mojo and bring to simmer for 1 minute, remove from heat, and finish with chopped cilantro
- In separate bowl combine olive oil and walnut oil and whisk together with vinegar, add chopped pecans and chives, season with salt and pepper, set aside
- In bowl combine mango, red pepper, jicama and watercress, season with salt and pepper and toss with pecan vinaigrette
- Set onto serving plates, top each plate with 4 shrimp and toasted pecans

## LOBSTER SALAD IN VOL-AU-VENTS

### Ingredients

15360	2 lbs	Lobster Meat
99621	1 tbs	Minced Tarragon
17081	3 oz	Mayo
56201	2 oz	Sour Cream
99120	1 cup	Diced Celery
97870	½ cup	Diced Onion, red
93126	1 t	Sea Salt
09741	1 oz	Lemon Juice
32151	¾ t	Cracked Pepper

### Method

- Combine diced lobster meat, onion and celery
- Add mayo and sour cream and tarragon
- Add lemon and mix
- Season with salt and pepper
- Place in Vol-au-vent

## OYSTER BAR COLD

### CHILLED OYSTERS ON ½ SHELL

#### Ingredients

S3340		Chilled Oysters on ½ Shell
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### MIGNONETTE SAUCE

#### Ingredients

45806	2 qts	Good White Vinegar
98586	2/3 cup	Minced Shallots
32151	½ cup	Butcher Grind Black Pepper

### COCKTAIL SAUCE

#### Ingredients

59886		Golds
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### JALAPENO MANGO SAUCE

#### Ingredients

24016	1 qt	Mango Puree
66550	2 oz	Jalapeno Sauce, McHelleney's
97628	2 t	Chopped Parsley
93126	1 t	Sea Salt

### CILANTRO LIME VINAIGRETTE

#### Ingredients

32026	4 oz	EVO
09756	1 qt	Lime Juice
74047	½ cup	Chopped Cilantro
93126	½ t	Sea Salt
90840	¼ cup	Minced Red Onion

### OYSTER SHOOTERS

Bloody Mary Mix  
Premium Pepper Vodka (Absolut) (Suedka)

Margerita Mix  
Premium tequila (J. Querus)

## OYSTERS IN PASTRY SHELLS

### Ingredients

37700	24	Pastry Shells
99676	½ Cup	Chiffonaded Chives
72325	2 Cups	½" Diced White Leeks
99621	2T	Fresh Chopped Tarragon
99681	1T	Fresh Chopped Thyme
66775	2Tbs	Butter
	4 oz	Sherry
39730	1/4T	Smoked Paprika
53340	2 Dz.	Oysters, Shucked in Juice
50180	12 oz	Heavy Cream

### Method

- Sweat Leeks & Herbs in butter until soft
- Add Sherry and reduce 90%
- Add Cream & Paprika, bring to boil
- Add Oysters and juice, simmer until oysters curl
- Place in shells and serve
- Garnish with Chives

## OYSTERS CASINO

### Ingredients

53340	2 dz	Shucked Oysters & Juice, shells reserved
66775	¼ lb.	Butter
19505	½ cup	Chopped Applewood Bacon, crisp
97870	¼ cup	Chopped Red Onions
9003470	¼ cup	Chopped Red Peppers
9003480	¼ cup	Chopped Green Peppers
9003150	¼ cup	Chopped Yellow Peppers
99711	1 tbs	Chopped Garlic
97628	1 tbs	Chopped Parsley
09741	1 t	Lemon Juice
66550	½ t	Jalapeno Sauce

### Method

- Place oysters in shells and sprinkle with juice
- Melt butter, sweat peppers, onions, garlic until wilted , add bacon and cook 2 minutes
- Blend in parsley, lemon & Jalapeno sauce
- Top each oyster with mixture
- Bake in 475° oven 8 - 10 minutes

## OYSTERS DIABLO

### Ingredients

53340	24	Oysters on ½ Shell (Large)
	1 ½ qts	Salsa Fresca

### SALSA

97208	2 cups	Diced Tomatoes
90840	½ cup	Diced Red Onions
30306	2 oz	EVO
74047	1 tbs	Chopped Cilantro
74033	1 cup	Mixed Diced Peppers
65660	2 tbs	Tabasco
93126	1 ½ t	Sea Salt
09756	2 tbs	Lime Juice

### Method

- Place oysters on tray
- Bake 2 minutes at 475°
- Top with salsa, bake 3 - 4 more minutes
- Plate and garnish with chiffonade of parsley

## DANISH OYSTERS

### Ingredients

53340	24	Med to Lg Oysters on ½ shell
99120	2 cups	Finely Diced Celery Hearts
66775	½ lb	Butter
90840	½ cup	Chopped Onions
33321	1 oz	Worcestershire Sauce
66005	2 cups	Good Blue Cheese or Stilton
	1 cup	Fresh White Bread Crumbs
32151	1 t	Cracked Pepper
56201	½ cup	Sour Cream

### Method

- Melt butter and sweat onions and celery
- Add Worcestershire and sour cream, bring to boil
- Add cheese and melt
- Tighten with crumbs
- Season with pepper and salt, if needed
- Top each oyster with mixture and bake at 450° until bubbling on top

## OYSTERS ROCKEFELLER

### Ingredients

53340	24	Med to Lg Oysters on ½ Shell
98426	4 bags	Spinach - double washed
19775	½ cup	Culinary Cream
54011	1 cup	Shredded Parmesan Cheese
98586	¼ cup	Minced Shallots
99711	2 tbs	Minced Garlic
93126	3 oz	Pernod or Ricard Sea Salt
66775	2 oz	Butter
32151		Cracked Pepper

### Method

- Sweat garlic and shallots in butter in large sauce pan
- Add spinach and pernod cook until tender
- Add culinary cream and shredded parmesan cheese blend well and cook 2 minutes
- Top each oyster with mixture, sprinkle with grated parmesan cheese, salt & pepper
- Bake at 450° until brown & bubbly
- Plate on bed of hot rock salt

## PAN SEARED ASHLEY FARMS FRENCH CUT CHICKEN BREAST EXOTIC MUSHROOM RAGOUT

### Ingredients

94345	4	Ashley Farms Chicken Breast
23035	1 LB	White Toque Exotic Mushroom Mix
36150	6 OZ	Culinarte - Glace DePoulet
99621	1 T	Fresh Chopped Tarragon
91391	1 OZ	Roland White Balsamic

### Method

- Add EVO to large hot sauté pan
  - Dust chicken with salt and pepper
  - Sear chicken, skin down and when browned, turn and finish
  - Remove from pan, set on serving platter
  - Add chopped exotic mushrooms
  - Deglaze pan with splash of white balsamic vinegar, (remove).
- Then add the demi and finish
- Sauce with pat of butter
  - Place mound of mushrooms center of plate, top with chicken and lightly sauce
  - Garnish with baby vegetables - Yellow patty pans  
Baby zucchini  
Peeled carrots with tops

## PAN SEARED BREAST OF DUCK, PORT WINE - SUNDRIED CHERRY DEMI GLACE

### Ingredients

93335	4	Crescent Duck Breasts - halved
	2 oz	Port Wine
36150	4 oz	Glace De Poulet
91336	2 oz	Sun Dried Cherries
66775	1 oz	Vermont Butter
93126	Pinch	Sea Salt
32151	Pinch	Cracked Pepper
32026	2 oz	EVO
97694	¼ lb	Bulls Blood
97682	¼ lb	Popcorn Shoots

### Method

- Add EVO to hot sauté pan
- Place duck in pan, skin down, cook until crisp and turn
- Remove when duck is medium rare
- Pour off oil and De Glace pan with port wine
- Add cherries and demi, reduce by ½
- Slice duck and Fan across micro greens
- Drizzle with sauce

## SERANO WRAPPED OYSTERS WITH CHIPOTLE AIOLI

### Ingredients

S3340	24	Shocked oysters – save shells
48290	2 oz	Egg Yolks
99711	2 tbs	Minced Garlic
09741	2 oz	Lemon Juice
18385	2 oz	CHIPOTLE base
32026	2 cups	EVO
93126	2 oz	Sea Salt
25881	2 cups	Flour
32261	½ t	Cayenne
30861	½	Chili Powder
96527	1 ½ lbs	Paper thin Serano
32151		Cracked Pepper

### Method

- Season flour with chili powder, Cayenne and salt
- Wrap each oyster completely in serano
- In robo coup or blender, add yolks, garlic, lemon and CHIPOTLE, puree until smooth, slowly add 2 cups EVO until aioli is formed – season with salt and pepper
- Heat sauté pan, add EVO, sear the oysters until crisp on both sides
- Place oysters in shells and top each with ½ t of aioli

## SERANO WRAPPED SCALLOPS IN MINI BRIOCHE

### Ingredients

93126	¼ t	Sea Salt
16930	1 ½ lbs	20-30 Dry Sea Scallops
96527	1 lb	Serano Ham
74047	2 oz	Cilantro Oil
23005	24	Mini Brioche

### Method

- Wrap scallops in thinly sliced ham
- Pan sear both sides
- Place in brioche
- Drizzle with cilantro oil
- To make oil, infuse EVO with fresh cilantro

## SLICED DUCK WITH CITRUS SUMMER GREENS

### Ingredients

97650	3 each	Oranges, segmented
97611	2 each	Endive, sliced thin
97846	2 head	Radicchio, bite size cuts
99697	1 head	Frisee, cleaned, trimmed
97642	1 bunch	Watercress
93335	6 each	Duck breast cooked MR, sliced thin
93191	2 oz	Red onion, sliced thin
63461	½ cup	Walnuts

### Dressing

74605	¼ cup	Orange juice
31891	¼ cup	Olive oil
42501	¼ cup	Walnut oil
98981	2 tsp	lemon juice
49876	1 tbn	raspberry vinegar
22006	½ tsp	paprika
30866	½ tsp	Brown sugar

### Method

- In stainless steel bowl whisk together orange juice, lemon juice, vinegar and slowly whisk in Olive oil and walnut oil, season with salt and pepper
- To make salad combine endive, radicchio, frisee, watercress, orange segments and toss with dressing
- Serve onto salad plates and top with sliced duck breast, toasted walnuts and shaved red onion, drizzle remaining dressing and serve immediately

## SMOKED SALMON BRUSCHETTA

### Ingredients

39590	1 ½ lbs	Smoked salmon
66811	2 tbs	Capers
09741	¾ oz	Lemon Juice
97870	½ cup	Minced Red Onions
91936	1 tbs	Chopped Dill
32026	1 ½ oz	EVO
		Salt and Pepper
29840	24	Mini Toast

### Method

- Dice the salmon
- Toss with EVO
- Blend in remaining ingredients
- Season with salt and pepper
- Plate on toast mini's

## SOUTHWEST STYLE BONELESS PORKLOIN DEMI GLACE

### Ingredients

98000	3	Farmland center cut Pork Loins, well trimmed
18345	6-OZ	Minors Ancho Chili Base
36130	1-QT	Culinarite Glace De'Veau

### Method

- Cut ends off pork loins, leaving only the center 75%
- Rub sparingly with ancho chili base
- Quick sear on flattop grill
- Slow roast at 275° on rack until 155° internal temp
- Deglaze pan with dry red wine, then add demi, reduce and strain
- Slice to desired thickness
- Plate and sauce

## TRUFFLE MOUSSE IN FILO SHELLS

### Ingredients

29836	1 lb	Truffle Mousse
66771	3 oz	Crème Fraiche
29840	24	Mini Toasts

### Method

- Mix in robo coup mousse and crème fraiche
- Place in pastry bag with large star tube
- Pipe onto toast mini's and garnish

## TUNA NICOISE ON MINI TOAST

### Ingredients

65435	3 lb	Tuna Steaks, seasoned cooked MR and diced fine
74036	1 cup	Red pepper diced fine
96985	1 cup	French green beans, blanched and sliced thin
97208	1 cup	Tomatoes, diced fine
61235	½ cup	Capers, drained
91905	½ cup	Parsley, chopped
36211	½ cup	Olives, minced
47820	1 cup	Egg, hard cooked, chopped fine
18531	¼ cup	Mustard, Dijon
45830	3 tblspn	Vinegar, red wine
30200	½ cup	Olive oil
54010	1 lb	Parmesan cheese

### Method

- Combine tuna, capers, olives, tomatoes, parsley, red pepper and green beans in stainless bowl and combine
- In another bowl mix together vinegar and mustard and slowly whisk in olive oil
- Combine dressing with salad and refrigerate for at least one hour
- Spoon salad on top of Mini Toast and top with fine chopped hard boiled egg
- Serve immediately