



Chef Carmen Barquero March 30th 2019

KALE AND CITRUS SALAD

Ingredients:

5 large oranges, peeled and segmented, trimmings reserved
4 large oranges, peeled and segmented, trimmings reserved
4 tbsp. honey
Salt and pepper, to taste
2 tbsp. olive oil
8-10 cups baby kale (or mature kale, stemmed and torn into bite-sized pieces)
3 tbsp. hulled pumpkin seeds, toasted
2-3 medium shallots, peeled, thinly sliced, and soaked in cold water for 10 minutes
1 ½ cups ricotta cheese

Method:

1. Squeeze juice from orange and grapefruit trimmings into a large mixing bowl to make ½ cup juice.
2. Add honey, salt and pepper, and whisk in oil.
3. Add kale, pumpkin seeds, shallots, orange and grapefruit segments, and toss to coat with the dressing.
4. Season to taste with salt and pepper. Add small dollops of ricotta cheese and very gently toss to combine before serving.
- 5.

Zucchini Corn Cakes

Makes 10-12

Ingredients:

1 lb. zucchini (about 2 large)
1 c. corn frozen kernels
2 green onions, thinly sliced
3 large eggs, beaten
1/4 tsp. garlic powder
1/2 tsp. parsley flakes (dry spice)
1/2 tsp. basil leaves (dry spice)
black pepper
kosher salt
1/2 c. Parmesan cheese, grated
3/4 c. all purpose flour

2-3 Tbspn. olive oil
1/2 c. Greek yogurt
1 tbsp. Sriracha

Method:

1. On the large holes of a box grater, grate zucchini. Using a cheesecloth or clean dishtowel, squeeze out as much liquid as possible.
2. In a large bowl, combine shredded zucchini with corn, scallions, eggs, and spices. Season with pepper and salt, then mix in Parmesan and flour.
3. In a large skillet over medium-high heat, heat olive oil. For each pancake, scoop ¼ cup of batter, flatten to about ½ inch and cook until golden, 2 minutes per side. Add more olive oil between batches, or as needed.
4. In a small bowl, mix Greek yogurt with Sriracha. Serve pancakes with sauce on the side.

Hot Cross Bun Bread and Butter Pudding

Ingredients:

6 traditional hot cross buns
4 Tbspn. unsalted butter – soft – room temp
3 egg yolks
3 whole eggs
½ c. granulated sugar
½ c. raisins
2 tspn. vanilla extract
2 c. 2% milk
1 ¼ c. 35% cream

Method:

1. Slice each bun into and spread each with the butter. Cut into cubes, spread out into an ovenproof dish, sprinkle raisins evenly.
2. In a medium pot, heat up milk, cream, sugar and vanilla extract.
3. Whisk egg yolks, whole eggs until well combined. Add milk and cream, mix well and pour over bread and set aside for 15 minutes to absorb. Preheat oven to 350°F. Sprinkle with granulated sugar – option.
4. Place dish into oven and bake for 35 minutes or until set and golden.
5. Serve warm.