



## **Nevada State Leadership Conference**

### **Culinary Arts STAR Events Menu**

**2019-2020**

#### **MENU**

Waldorf Salad

Swedish Meatballs

Tomato Spaetzle

Glazed Carrots/ Fresh Peas

Trifle Parfait

## Waldorf Salad

2 Servings

Amount	Ingredient
2 each	Granny Smith apples- small dice
2 each	Fuji or Gala apples- small dice (use ½ for garnish)
1 each	lemons- for juice- as needed
.5 cup	golden raisins
.25 cup	walnuts- chopped
1 oz.	celery-Brunoise
.5 cup	mayonnaise
2 T.	sour cream
2 T.	light brown sugar
6 each	Boston Bibb lettuce leaves

Procedure:

1. Combine all ingredients except for lettuce
2. Taste and adjust seasoning
3. Place 2 portions on 2 plates
4. Garnish appropriately
4. Keep chilled

<b>Swedish Meatballs</b>	
2 slices	High-Quality White Sandwich bread, crusts discarded and bread quartered
¼ cup	Half & Half
8 oz	Ground Beef (85% Fat)
8 oz	Ground Pork
1 each	Egg yolk
1 small	Onion, grated on the large holes of a box grater
1/8 Tsp.	Nutmeg
1/8 Tsp.	Allspice
To Taste	Salt and Pepper
1-1 cups	Vegetable oil
<b>Sauce</b>	
1 Tbl.	Butter
1 Tbl.	Unbleached AP Flour
1 ¾ cup	Chicken Broth (low-sodium)
1 Tbl.	Dark Brown Sugar
2 each	Bay Leaves
½ Cup	Heavy Cream
2 Tbl.	Lemon Juice
1 Tbl.	Fresh dill or parsley leaves
To taste	Salt and pepper
<b>For the Meatballs:</b>	
<ol style="list-style-type: none"> <li>1. In a large bowl, mash the bread and half &amp; half together to form a smooth paste 2. Add the ground meats, egg yolk, onion, nutmeg, allspice, ½ teaspoon salt, and ¼ teaspoon pepper and mix until uniform.</li> <li>2. Shape the mixture into 1-inch-round meatballs.</li> <li>3. Measure ¼ inch of oil into a 10" or 12" sauté pan and heat over medium-high heat; test the temperature of the oil with the edge of a meatball.</li> </ol>	

4. When the oil sizzles, add the meatballs in a single layer and fry, turning as needed, until lightly browned on all sides, 7 to 10 minutes. Adjust the heat as needed to keep the oil sizzling but not smoking.
5. Transfer the browned meatballs to a paper towel-lined plate and set aside.

For the Sauce:

1. Discard the oil in the pan but leave behind any browned bits.
2. Add the butter and melt over medium-high heat.
3. Stir in the flour and cook for 30 seconds.
4. Stir in the broth, sugar, and bay leaves and bring to a simmer, scraping up the browned bits.
5. Cook until the sauce thickens, about 5 minutes.
6. Stir in the cream and meatballs and simmer, turning them occasionally, until heated through, about 5 minutes.
7. Off the heat, discard the bay leaves
8. Stir in the lemon juice and dill
9. Season with salt and pepper to taste.

## Tomato Spaetzle

2 Servings

Amount	Ingredient
1.5 cups	Flour, all purpose
.25 teaspoon	Iodized salt
pinch	Ground nutmeg
2 each	Whole eggs- beaten
.5 cup	Spring water
2 T.	Tomato paste
2 T.	Whole butter
To taste	Salt and black pepper-
pinch	Fresh dill- finely copped

Procedure:

1. Combine all dry ingredients in a mixing bowl
2. Add the eggs, tomato paste and  $\frac{1}{2}$  the water
3. Add enough water to form a smooth soft batter
4. Fill a pot with salted water and bring to a boil.
5. Cut the dough into small dumplings as desired and place in boiling water until the dumplings float.
6. Remove the dumplings and shock in ice water
7. Heat the butter in a sauté pan and place the dumplings in the pan to brown.
8. Season with salt, pepper and dill prior to serving

**Glazed Carrots and Fresh Peas****2 Servings**

<b>Amount</b>	<b>Ingredient</b>
1 cup	Carrots- medium diced
2 T.	Whole butter
.5 cup	Chicken stock
2 T.	Lite brown sugar
To taste	Salt and white pepper
.5 cup	Fresh green peas

## Procedure:

1. Heat a sauté pan and add butter
2. Add the carrots and sweat
3. Add the chicken stock and the brown sugar
4. Cook until carrots are tender, and a syrup is formed
5. Add the peas to heat and maintain their color

## Trifle Parfait

2 Servings

Amount	Ingredient
For the pudding	
2 cups	Whole milk
3 oz.	Granulated sugar
3 T.	cornstarch
pinch	salt
3 each	Egg yolks- beaten
1 tsp.	Vanilla extract
For the whip cream	
1 cup	Heavy whipping cream
¼ cup	Powdered sugar
1 Tbs.	Vanilla extract
1 Tsp.	Fresh orange- zest
Main ingredients	
4 slices	Angel Food or Sponge cake- prepared
1.5 cup	Assorted fresh berries- (straw, rasp, blue, black)
2 each	Fresh mint- sprig

Procedure:

### **Pudding:**

1. In a heavy bottom saucepan, add the milk, sugar and cornstarch
2. Heat and stir mixture on medium heat until thickened
3. In a separate bowl whisk and temper in ½ the hot milk mixture into the egg yolks
4. Combine the egg mixture back into the milk mixture
5. Cook until mixture is thick
6. COOL rapidly

### **Whip Cream:**

1. Place a mixing bowl over an ice water bath
2. Add the cream, and whisk until a stiff peak forms
3. Add the sugar, vanilla and the orange zest

### **Assemble:**

1. In a tall parfait glass, place layers of cake, pudding, cream and fruit inside
2. Garnish with a crown of fresh whip cream and mint