Keep Cooking Class 1
with Chef John Eisensmith

Egg Day - Eggs Every Style
● Learn how to cook eggs every which way!
● We’ll flip, scramble, boil (ramen eggs), poach, until you’re an egg master and finish with making hollandaise
● Kitchen Exercise- Eggs benedict/florentine with Hollandaise

Eggs!

Eggs are one of the most important and versatile ingredients in any kitchen. Originally, chef hats had 101 folds in them representing the 101 ways a chef was capable of cooking/using an egg.

Eggs are primarily composed of the yolk and the white and can be used as whole eggs or separated and used as individual parts.

Egg whites are primarily composed of water and a protein called albumen. The ability of an egg white to form a relatively stable foam is important in the structure of many foods such as angel food cakes, soufflés, and meringues. Egg whites can also be used as a binder in different instances like in making meatloaf, meatballs, of for mousselines.

Egg yolks are made of protein, a good amount of fat, and an emulsifier called lecithin. Yolks are also able to foam and because of that and the lecithin they contain, are very important in making mayonnaise, hollandaise and sabayon (a sweet wine and egg custard sauce).

Whole eggs are a staple of many breakfasts and breakfast dishes, used extensively in baking, as a glaze or to add nourishment, flavor or color to many baked goods. Never use eggs that are cracked or broken as they may be contaminated with harmful bacteria. Raw egg yolks are also a potentially hazardous food due to the fact that, although rare, they have the possibility of containing salmonella.

***Eating eggs with runny yolks should be done at one’s own risk.***
Egg Cookery

Eggs are extremely versatile and can be cooked in a multitude of ways. Below is a list of the most common ways that eggs are often cooked so you know the differences and attributes to look for when cooking eggs, any style.

When cooking eggs in a fat, it is generally accepted that they taste better if cooked in butter or clarified butter because of the additional flavor butter adds to the eggs. Bacon fat is also often used because of the smoky, meaty flavor it imparts but feel free to use any fat you desire!

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Keep Cooking Class 2
with Chef John Eisnesmith

Custards and Chocolate Mousse
- You'll learn to make some of the best desserts on the planet!
- Creme Brulee, Flan, Creme Caramel, Vanilla Ice Cream, Creme Anglaise, and Chocolate Mousse
- Fresh Fruit Coulis
- Kitchen Exercise- Make Creme Brulee, Flan, Strawberry Coulis, and Chocolate Mousse

Intro

Cream and Mousse based desserts are signature desserts for restaurants all over the world. As cooks, these desserts teach us many of the wonderful ways we can combine cream, sugar and eggs to make delicious magic. By seeing, feeling, and tasting how they interact when making the various Creams and Mousses in this class, not only will you learn how to make some of the most delicious desserts out there, but you will also deepen your understanding of some of the most basic and most versatile ingredients in food. Understanding these ingredients increases your ability to adjust recipes to your specific tastes, preferences, and desires just as professional Chefs do. Being able to make some of the most delicious desserts on the planet is a nice little side effect of learning about these ingredients... Let’s get started!

Custard and Pudding, A Brief History...

Pudding is a category of food primarily made of thickened liquid that can be sweet or savory. Historically, puddings were thought of primarily as savory meat based dishes cooked in a casing, similar to sausages, and some you will still find in the U.K. today. The most well known examples of these are black pudding, white pudding, steak and kidney pudding, and haggas. To make it even more confusing, today in the UK, pudding may refer to these, or sweet desserts, or to refer to the
category of dessert, as a whole. In America though, pudding is generally recognized as referring to a sweet dessert of thickened milk and sugar. This is what we are going to deal with today.

- Puddings are made with milk and/or cream and can be **thickened by eggs, starch or a combination of both** possibly with the addition of chocolate or other flavorings.
- Custards are made with milk and/or cream and are thickened only by eggs possibly with the addition of chocolate or other flavorings.

**Custards**

Almost all Custards begin with or are a variation of Vanilla Sauce, better known as Creme Anglaise. Creme Anglaise is a sweet sauce of egg and cream that is flavored with vanilla.

Creme Anglaise is made by heating cream and/or milk with sugar and vanilla bean seeds and pod until steaming. Egg yolks (and sometimes whole eggs) are whisked with sugar then a little of the cream mixture is slowly added to temper the egg mixture before adding it into the cream mixture. The sauce is then cooked slowly, stirring constantly, until it thickens before being strained and cooled.

**Variations on Pudding Recipes**

Recipes will vary using cream and/or milk, but that just changes the amount of fat in the final preparation. When trying to alter a recipe (either for health, flavor, or fun) don’t forget about consistency because using (more) milk (instead of cream) will require more of the thickening agent used in the preparation (egg/ gelatin /whipped cream/ chocolate) to achieve the same consistency and vice versa. For this reason, recipes will vary on base ingredients (milk/cream) and thickening ingredients (eggs/
yolks/ gelatin/ chocolate) and occasionally on steps, but the end result will be the same.

**Food as Ideas, not Recipes**

This is why I teach food as ideas, not as recipes. With more knowledge of food, techniques, and food science, different ways to achieve the same result will emerge. Starting with the classical way gives you an ideological framework that all new information and variations can be placed upon and given a reference point. There are many ways to skin a cat, crack an egg or make a custard or mousse.

**Chocolate Mousse**

Mousse is a category of desserts that are very similar to puddings and custards so it makes sense to teach them in the same class. A mousse is a light, airy dessert made of whipped egg white, yolk, and cream, most commonly flavored with chocolate, but can also be flavored with fruit purees, liquors, or extracts. In some recipes, gelatin is added to increase stability, but a properly prepared mousse will not require gelatin to set up.

**Tips for Great Mousse!**

- When whipping the cream, make sure the bowl, whip, and cream are very cold and store the whipped cream in the fridge until ready to fold into the mousse.

- When separating the eggs, be sure not to get any fat in the whites or they will not whip into a foam. Also make sure the bowl and whip do not have any fat or oil residue before whipping the egg whites.

- Making sure to whip the egg yolks until they turn light in color and are frothy. This makes them lighter (thus adding more air to the mousse) and also makes sure the sugar is dissolved.
Mousse is all about air! Making sure each whipped component is whipped well (stiff) will help keep as much air as possible when folding them together.

Start with the heaviest ingredient then move, one by one, to the lightest to keep the most air possible in the final mixture. (ie. Start with the chocolate (or flavoring), then add egg yolks, then egg whites, then whipped cream)

Don’t over mix!! Fold gently and from the bottom of the bowl until just incorporated to not mix away all of the air in the mousse that you so diligently added with each step.

Be patient. Don’t be concerned if it is a little thinner than you would like it when you are done mixing. Mousse will set up and solidify even more after it chills completely.

**Serving Puddings**

Puddings are great served on their own or you can choose to add additional garnishes or accompaniments to make them more interesting or part of a composed dessert.

- Spiced or toasted nuts, cookies, brittle, chocolate or tuiles are great ways to add varying textures to a pudding centered dish.
- Fruit (fresh, poached, stewed, or as a sauce) is another way to add a more subtle textural variety to puddings as well as possibly adding a bit of acid to contrast the creaminess of the pudding.
- Caramel (possibly spiced with Bourbon, Rum, or another flavor) is another sauce that goes great with puddings, especially chocolate ones!
- Mint (either as syrup or added directly into the pudding) is another way to add some complexity and dimension to a pudding.

Or experiment with your favorite sweets and flavors to see what happens! The best thing about cooking is that once you know the basics, the rest is whatever excites and makes you happy!
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**Recipes**

**Crème Brûlée**

Yield- 4 ea. 4 oz ramekins

1 ½ c. Heavy Cream
1/2 Vanilla Bean, split and scraped
6 ea. Egg Yolks
½ c. Sugar, plus some for burning

Whisk together the yolks and half of the sugar. Heat the cream, remaining sugar, and vanilla until it just begins to simmer. While whisking the yolks, slowly add a couple of ladles of the warm cream mixture to temper the yolks before adding the rest of the cream slowly. Strain the mixture through a mesh strainer. Pour the custard base into the ramekins, filling them not quite full. Place the ramekins in a pan and add water in the pan submerging the ramekins about halfway. Be careful not to get water in the ramekins! Bake at 325°F for about 45 mins, until just barely set (middle will be slightly wobbly). Cool then refrigerate until fully cold and fully set. When ready to serve, sprinkle with sugar and burn with a blowtorch to create the crust on top. Serve immediately.

**Basic Recipe for Chocolate Mousse**

Yield- 3 ½ cups

6 oz Chocolate (Dark, Milk, White, Ruby)
3 Tbsp. Butter
3 Eggs, separated
1 c. Cream
½ c. Sugar

Put chocolate and butter in a bowl and put over simmering water to melt. Whip cream to stiff peaks and put in the fridge. Put egg whites in a bowl and begin to whip to stiff peaks with a hand mixer or stand mixer. In another bowl, add the sugar to the egg yolks and whip over simmering water until they increase in size and begin to get a little fluffy. When all parts are whipped and the chocolate is melted, you are ready to
start folding. Start with the chocolate first and gently fold in the egg yolks, little by little. When they are all incorporated, gently fold in the whites, little by little. Then gently fold in the whipped cream, little by little until fully incorporated. Pour into cups or a serving bowl and chill for at least 1 hour, or until set.

Variation- Add a liquor or extract, to taste, at the end to flavor the mousse. Or you can add a spice (cinnamon, cardamom, cayenne, etc.) to the chocolate after it is melted and before beginning to fold.

**Fruit Coulis**

Yield- 1 ½ c.

2 c. Fresh or frozen Fruit of Choice  
¼ c. Water  
2-4 Tbsp. Sugar/Honey (optional)

Combine all ingredients in a small saucepan and bring to a simmer. Cook for 5-8 minutes then puree and strain. Cool.

**Chocolate Pot de Crème**

Yield- 9 ea. (4 oz Portions)

3 c. Cream  
3/4 c. Milk  
8 oz. Chocolate, chopped or chips  
8 Egg Yolks  
1/2 c. Sugar

Preheat the oven to 325° F. Heat milk and cream until steaming, not boiling. Remove from the stove, add in the chocolate and whisk until smooth. In a bowl, whisk together the yolks and sugar. Slowly whisk in a few ladle fulls of the chocolate mixture into the eggs to temper before mixing in the rest of the chocolate mixture. Strain into a heatproof pitcher then pour into 9 each 4oz. ramekins. Place ramekins in a baking dish and fill the dish with water about halfway up with water. Be careful
not to get water in the ramekins! Loosely cover with foil and bake at 325° F for 45-55 min or until the edges begin to set center will still be wobbly. Cool to room temperature then refrigerate until fully chilled.
Keep Cooking Class 3
with Chef John Eisensmith

Take Out at Home! Homemade Pizza, Garlic Knots, and Greek Salads

- Learn a simple pizza dough recipe, how to stretch a handmade pizza, prepare pizza sauce and choice of toppings.
- Also learn how to make garlic knots and a Greek side salad to accompany your pies!
- Kitchen Exercise- Make homemade pizza dough, garlic knots, pizza sauce, and a Greek salad

Pizza Dough

Yield- 1 large pizza (16-18”) or 2 medium pizzas (12-14”)

1 c. Warm Water (100°-110° F)  1 Tbsp. Extra Virgin Olive Oil (or Olive, Canola, or Avocado)
1 Tbsp. Active Dry Yeast
1 Tbsp. Sugar
2 -2 ½ c. AP Flour
1 ½ tsp. Salt

In a large bowl, stir together the water, yeast, and sugar. Let stand for 5-10 minutes until you start to see bubbles forming on the top. Next, mix in the salt and oil, then add 2 cups of the flour and stir with a wooden spoon or spatula to combine. You may need to add a little more flour to get it to combine into a dough ball. It will be rather soft. When it has formed into a ball, put onto a floured surface and knead for 2-3 minutes, adding additional flour if it becomes too sticky. When the dough has formed into a smooth ball, round it to smooth any edges or creases and place onto a lightly oiled plate or bowl. Cover loosely with plastic wrap or a towel and let rest 5 minutes at room temperature or in the fridge for up to 8-10 hours. If storing for more than 8-10 hours, place in a freezer safe bowl or container, wrap tightly and freeze for up to 2 months. If freezing, thaw slowly and completely before using.
When ready to make your pizza, preheat the oven to 450 F. Bring your dough up to room temp and form your pizza. You can hand stretch it or roll out using a rolling pin. Place it on a baking sheet and add toppings. Bake at 450 F for 12-15 minutes or until the edges are brown and the bottom is crispy. If possible, bake on a pizza stone for a crispier crust.

**Pizza Sauce**

Yield- 1 ¼ c. (enough for 1 large or 2 medium pizzas)

1 c. Crushed Tomatoes
2 Tbsp. Tomato Paste
¾ tsp. Salt
½ tsp. Dry Oregano

¼ tsp. Dry Basil
½ tsp. Sugar
½ tsp. Crushed Red Pepper (optional)

Stir to mix thoroughly.

**White Sauce**

Yield- 2 c. (enough for 1 large or 2 medium pizzas)

2 c. Ricotta (whole milk preferred, but part skim is also great!)
2 tsp. Salt
½ tsp. Pepper
½ tsp. Granulated Garlic

Optional Spices

¼-½ tsp. Crushed Red Pepper
¼ tsp. Dried Thyme
½ tsp. Dried Oregano
¼ tsp. Dried Basil

Mix all ingredients and adjust seasonings to your preferences! These should be relatively strong since you'll be spreading it thinly on the pizza.
Greek Salad Dressing

Yield - 1 c.

¼ c. Red Wine Vinegar
2 tsp. Dijon
2 tsp. Honey
½ c. Neutral Oil (canola, vegetable, etc.)
¼ c. Extra Virgin Olive Oil
2 tsp. Garlic, minced

½ tsp. Dried Oregano
¼ tsp. Dried Basil
½ tsp. Dried Thyme
⅛-¼ tsp. Crushed Red Pepper
½ tsp. Black Pepper
1 tsp. Salt

Whisk together the vinegar, dijon, and honey in a medium bowl. Mix the two oils into a measuring cup with a good spout for pouring. While whisking constantly, slowly add the oil to emulsify the vinaigrette. Add the rest of the ingredients and adjust any seasonings to taste.
Keep Cooking Class 4
with Chef John Eisensmith

Secrets of the Perfect Cupcake!
- Intro to Baking terms, recipes, and ingredients
- Secrets of making light and fluffy cupcakes and decadent frostings
- Kitchen Exercise- Each student will make their own cupcakes with choice of frosting

Vanilla Cupcakes
Yield: 12 ea

| 1 c. AP Flour              | 1 c. Sugar   |
| ½ tsp. Baking Powder      | 2 Eggs       |
| ¼ tsp. Baking Soda        | 1 ½ tsp. Vanilla Extract |
| ¼ tsp. Salt               | ½ c. Sour Cream or Greek Yogurt |
| 4 oz. Butter (1 stick)    |              |

Preheat oven to 350°F and line a cupcake pan with liners.
Sift together the Flour, Baking Powder, Baking Soda, and Salt and set aside.
In another bowl, or in a stand mixer with the paddle attachment, beat the butter and sugar together until fluffy, about 2-3 minutes.
Add the eggs in one at a time, beating well after each, then mix in the vanilla extract.
Add in half of the flour mixture and mix on low until just combined.
Add in the Sour Cream or Yogurt and mix until combined then add the other half of the flour mixture and mix until just combined.
Fill the cupcake liners ⅔ of the way full and bake at 350°F for 20-24 minutes or until a toothpick comes out clean.
Cool completely before frosting.
### Chocolate Cupcakes

Yield- 18

- 1 c. AP Flour
- ½ c. Cocoa Powder
- 1 Tbsp. Cornstarch
- ½ tsp. Baking Soda
- ¼ tsp. Salt
- 2 oz. Butter (½ stick)
- 1 c. Sugar
- 2 oz. Semisweet or Dark Chocolate
- 2 Eggs
- 2 Egg Yolks
- 2 tsp. Vanilla Extract
- ½ c. Sour Cream or Greek Yogurt
- ½ c. Milk

Preheat oven to 350°F and line a cupcake pan with liners.

Sift together the Flour, Cocoa Powder, Cornstarch, Baking Soda, and Salt and set aside.

In another bowl, or in a stand mixer with the paddle attachment, beat the butter and sugar together until fluffy, about 2-3 minutes.

Melt the chocolate in a bowl over top of simmering water or microwave 30 seconds at a time until fully melted.

Add the chocolate to the Butter and Sugar Mixture and stir until combined.

Add the eggs in one at a time, beating well after each, then mix in the Yolks and the Vanilla Extract.

Add in half of the flour mixture and mix on low until just combined.

Add in half of the Sour Cream/Yogurt and half of the Milk and mix until combined.

Then repeat adding the other half of the flour mixture and rest of the Sour Cream/Yogurt and Milk mixing each until just combined.

Fill the cupcake liners ⅔ of the way full and bake at 350°F for 18-22 minutes or until a toothpick comes out clean.

Cool completely before frosting.
**Vanilla Buttercream**

Yield- about 3 c.

- 8 oz. Butter, softened (2 sticks)
- 3-5 c. Powdered Sugar (15-20 oz.)
- 2 Tbsp. +2 tsp. Milk

| 2 tsp. Vanilla Extract |
| 2 tsp. Lemon Juice |

Beat the butter with a hand mixer or in a stand mixer with a paddle attachment until soft and fluffy. Add in about 1 c. of the Powdered sugar and mix slowly until combined to avoid making a giant mess then whip on high to add volume. Repeat with the next 2 cups of Powdered Sugar. Add the Milk, Vanilla and Lemon Juice and whip to combine. Taste for sweetness. If you like a sweeter icing, add the remaining 2 cups of Powdered Sugar or use as is.

**Chocolate Buttercream**

Make 1 batch Vanilla Buttercream as directed above.

Melt 8 oz. Chocolate (dark, semisweet, milk, white, ruby) in a bowl over top of simmering water or microwave 30 seconds at a time until fully melted. Add into the Vanilla Buttercream and Whip to combine.
Keep Cooking Class 5  
with Chef John Eisensmith

Class 5- Gourmet Feast!

The class will combine to cook a Gourmet Feast!
- Lemon Ricotta Stuffed Chicken Breast in Pesto Cream Sauce
- Creamy Roasted Red Pepper Soup with Smoked Pimenton Oil, Chevre, and Pickled Shallots
- Spring Risotto with Roasted Baby Carrots, Peas, Thyme and Parmesan
- Roasted Cauliflower Salad with Roasted Red Peppers, Blue Cheese, Grilled Red Onion, Parsley, Charred Lemon, EVOO
- Shaved Asparagus, Crispy Mushroom, and Mint Salad
- Lemon Blueberry Pound Cake with Macerated Strawberries, Whipped cream, and Salted Bourbon Caramel Sauce

Concepts:
Teamwork, Batch Cookery, Timing, Caramel Making, Searing, Recipe Converting, Culinary Recipes vs. Baking Recipes

- **Team 1**- Lemon Ricotta Stuffed Chicken Breast, Pesto Cream Sauce
- **Team 2**- Creamy Roasted Red Pepper Soup, Smoked Pimenton Oil, Chevre, and Pickled Shallots
- **Team 3**- Spring Risotto with Roasted Baby Carrots, Peas, Thyme
- **Team 4**- Roasted Cauliflower with Roasted Red Peppers, Blue Cheese, Grilled Red Onion, Parsley, Charred Lemon, EVOO
- **Team 5**- Asparagus, Crispy Mushroom, and Mint Salad, Sherry Lemon Vinaigrette, Pesto (for Team 1)
- **Team 6**- Lemon Blueberry Pound Cake with Macerated Strawberries, Whipped cream, and Salted Bourbon Caramel Sauce
Lemon Ricotta Stuffed Chicken Breast Roulades

(Make 5x for Class)

Yield - 4 portions

4 ea. 6 oz. Boneless Skinless Chicken Breast, cleaned
8 ea. 4” Skewers
2-3 Tbsp. Canola Oil
Salt

For the Ricotta Filling:
1 c. Ricotta Cheese
½ c. Parmesan Cheese, grated
2 Tbsp. Lemon Zest
¼ tsp. Black Pepper (to taste)
½ tsp. Salt (to taste)

Combine the ingredients for the Ricotta Filling and adjust seasonings (it should be pretty aggressively flavored!). Slice one side of a gallon Ziploc bag to open it up. One by one, take each Chicken Breast and place it in the bag and pound it with a meat mallet until it is about ½” thick. Next, place about ¼ c. of the filling in a line across each chicken breast and roll around the filling, securing it closed with the skewers.

Preheat the oven to 375°F. Heat 2-3 Tbsp. canola oil in a saute pan until hot and almost smoking. Season the chicken roulades with salt and seat in the pan until
they are golden all the way around. When seared, place the chicken breasts in a baking dish and cook in the oven until an internal temperature of 165° F. If you wish, you may put a sauce over the chicken roulades and finish them in the oven with the sauce.

**Pesto Cream Sauce**

*(Make 6x for Class)*

_Yield - 2 c._

For the Bechamel:

- 2 Tbsp. Butter
- 2 Tbsp. Flour
- 2 c. Whole Milk
- Salt (to taste)
- Black Pepper (to taste)

For the Pesto:

- 1 c. Basil leaves
- 1-2 cloves. Garlic
- ¼ c. Parmesan, grated
- ¼ c. Nuts, toasted (optional)
- ¼ c. Oil (Extra Virgin, flavored or not)
- 1 Lemon, juice to taste!
- Salt - Season to Taste

Make the Pesto First- Put 1 clove of garlic, Basil, parmesan, nuts, and oil in a food processor. Puree until smooth. Be careful not to let it run too long as the heat from the machine can turn the basil brown. Taste and add some lemon juice, and salt to taste. Adjust the flavor with more garlic, lemon juice, salt, parmesan or thin with oil (or a few drops of water) if too thick for your liking. Set aside and make the Bechamel.

For the bechamel- Heat the butter in a pot over medium heat until melted then add the flour and mix to make a paste called roux. Using a whisk, slowly whisk in the milk to the roux and bring to a simmer to thicken. Add some salt and black pepper to taste. When ready to serve, whisk in the pesto and serve immediately as the heat of the sauce will turn the color of the sauce quickly.
Creamy Roasted Red Pepper Soup

Yield- 2 qt.

(Make 3x for Class)

2 Tbsp. Extra Virgin Olive Oil
2 c. Onion, roughly diced
4 cl. Garlic, minced (~2 Tbsp)
½ tsp. Black Pepper
¼ tsp. Crushed Red Pepper
2 Tbsp. Tomato Paste
3 c. Roasted Red Peppers (peeled and deseeded)

2 ea. Idaho Potatoes, peeled and roughly sliced
1 ½ qt. Vegetable Stock (or Chicken Stock)
Salt- to taste
1-2 Tbsp. Sherry Vinegar (to taste)

In a pot over medium heat, sweat the onions in the olive oil until they are translucent, then add the garlic and sweat until the garlic smells sweet. When the garlic smells cooked, add the black and crushed red peppers and cook briefly to toast then add the tomato paste. Cook for another 1-2 minutes then add the roasted red peppers, potatoes and stock. Add some salt to taste and bring to a simmer. Simmer until the potatoes are fully cooked. Remove from the heat and puree with a hand mixer or a stand mixer. If using a stand mixer, fill the mixer only half full, place a towel over the closed lid, and puree in batches until smooth. When pureeing a hot soup, the towel is for safety as the blender can explode hot soup if too full!! Be careful!!!! Return the pureed soup to the pot, add sherry and adjust salt and vinegar to taste. The vinegar should be subtle and not aggressive, just a little acidity to balance out the creaminess.
Smoked Pimenton Oil
Yield- ¼ c.
(Make 3x for Class)

¼ c. Canola Oil (or neutral flavored oil)
1 Tbsp. Smoked Paprika (aka Pimenton)

Heat oil to 300° F and remove from the burner. Add the paprika and let infuse for 2-5 minutes then strain through a fine strainer. **Be careful not to have the oil too hot or it will burn the paprika and it will taste burnt and bitter!!**

Pickled Shallots
Yield - 1 c.
(Make 2x for Class)

1 1/2 c. White Wine Vinegar 1 Tbsp. Salt
2 Tbsp. Sugar ¾ c. Shallots, sliced in rings
2 cl. Garlic, smashed

Heat all except shallots until boiling in a small pot. Add shallots and let cool.
Team 3
Spring Risotto with Roasted Baby Carrots, Peas, Thyme

Basic Risotto Recipe
(Make 5x for Class)
Yield - 2-4 portions

2-4 Tbsp. Canola/Olive Oil
½ c. Onion, minced
1 Tbsp. Garlic, minced
6 oz. (~1 ¼ c.) Arborio Rice
½ c. White Wine (optional)

~ ½ qt Stock (Chicken/Vegetable), hot
½-¾ c. Parmesan, freshly grated - not the shaker stuff!
1 stick (4 oz.) Butter, unsalted, diced
Salt

In a 2-3 qt. Pot, heat the oil over medium heat and sweat the onions until they begin to turn translucent then add the garlic. Continue cooking until the garlic begins to smell sweet then add the rice and cook for another 1-3 minutes to toast the rice. Then add the wine, if using and let reduce to almost dry. Then add in some salt and ~ 4-8 oz of the stock and stir occasionally and gently to not beat up the rice while it is cooking. Continue adding stock, 4-8 oz. at a time, stirring occasionally and gently until the rice just begins to soften and lose it’s bite. Taste often! When it just begins to lose its bite and is al dente, reduce the last of the stock until there is just about 2-3 Tbsp left in the pot. Next add the cheese and about half of the butter and stir quickly to bring out the starch in the rice. Adjust consistency with stock, butter and cheese and taste for seasoning. Serve immediately.

Variations: Risotto is made for variations! Add any protein, vegetables, herbs, cheeses, or spices or combinations you like! Be sure to think about the cooking time and add them in at the appropriate time to ensure any additions are cooked properly (larger, denser items go in earlier, herbs and cheeses at the end). Some
additions might need to be precooked to not overcook the rice. You can also vary the stock or the wine to further enhance and add flavor! Have fun with it!

**Risotto Additions for Keep Cooking Class**

3 qt. *Roasted Baby Carrots*- cut in bite size pieces and roast in the oven with salt, pepper, and a little oil until just tender (about 10-15 minutes depending on temperature and size)

1 qt. *English Peas*- put in at the end of cooking the risotto. No need to precook.

2-4 Tbsp. *Fresh Thyme*- Pick and chop this then add to taste at the end.

**Team 4**

Roasted Cauliflower with Roasted Red Peppers, Blue Cheese, Grilled Red Onion, Parsley, Charred Lemon, EVOO

**Roasted Cauliflower Salad**

*(Make 3x for Class)*

Yield: 6-8 servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>1 head of Cauliflower, cut into medium sized florets</td>
<td>4 ea. Lemons</td>
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<tr>
<td>4 ea. Red Peppers</td>
<td>4-5 cloves Garlic</td>
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<tr>
<td>1 ea. Red Onion</td>
<td>½ c. Extra Virgin Olive Oil</td>
</tr>
<tr>
<td>1 bunch Parsley, roughly chopped</td>
<td>½ c. Chopped Pistachios (optional)</td>
</tr>
<tr>
<td>⅓-1 c. (3-6 oz.) Blue Cheese, crumbled</td>
<td>Salt, to taste</td>
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<td>Black Pepper, to taste</td>
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</table>
Prepare each of the ingredients as follows before combining.
Place the garlic cloves in a small pan or pot and add the Extra Virgin Olive Oil. Turn to medium heat just until you see small bubbles then turn to the burner to the lowest setting and cook until the garlic is soft, about 10-15 minutes. Be careful not to let it brown too far!

For the peppers, preheat the oven to 475° F. Lightly oil the red peppers and place them on a baking sheet. Bake in the oven until they are nicely browned and the skin is soft, about 10-15 mins. Transfer them to a bowl and cover with plastic wrap to steam until cool. Alternatively, you can burn the skins over an open flame until blackened and place in the bowl to steam. When they are cool to the touch, peel the outside skins off and remove the seeds, saving any liquid that has accumulated in the bottom of the bowl. Slice the peeled peppers into strips.

Next (or while the peppers are in the oven), toss the cauliflower florets with a little oil, season with salt and pepper, and place them on 1-2 baking sheets being careful not to overcrowd the trays. Bake at 475° F until they begin to caramelize and are just cooked through, about 15-20 minutes. If they begin to brown and are not cooked, lower the oven to 350° F and continue cooking until done.

Slice the Red Onion into ½” rings, oil, and season with salt and pepper. Grill these until they are cooked through.

Slice the lemons in half and grill, cut side down, until they are nicely charred.

Now you are ready to combine the salad. In a large bowl, smash the roasted garlic cloves and add the liquid from the roasted peppers. Squeeze 2 of the lemons into the mixture, add half of the chopped parsley, and stir in a few tablespoons of the Roasted Garlic Extra Virgin Olive Oil. Next add in the Cauliflower, Roasted Red Pepper strips, and Grilled Onion Rings in the bowl with half of the Blue Cheese. Toss to combine. Taste and adjust with salt, pepper, and the juice of the remaining 2 charred lemons. If desired, garnish the salad with the remaining Blue
Cheese and Chopped Parsley. May be served warm, room temperature, or chilled. Garnish with chopped Pistachios if desired!

**Team 5**

Asparagus, Crispy Mushroom, and Mint Salad, Sherry Lemon Vinaigrette, Pesto
(for Team 1’s dish- See Team 1 Recipes for Pesto Recipe)

**Asparagus, Crispy Mushroom, and Mint Salad**
(Make 6x for Class)

1 bunch Asparagus
4-6 oz. Shiitake Mushrooms
1-1 ½ c. Canola Oil
1 med. Shallot, finely shaved
2 Tbsp. Mint, fine chiffonade
1-2 oz. Pecorino Cheese, shaved

For the Vinaigrette:
1 Tbsp. Sherry Vinegar
2 tsp. Honey
1 Tbsp. Lemon Juice
1 tsp. Lemon Zest
3 Tbsp. Extra Virgin Olive Oil
3 Tbsp. Canola Oil from frying the Shiitakes (if not overheated and bitter)
Salt, to taste
Black Pepper, to taste

Start by frying the Shiitake Mushrooms to make them crispy. Remove the stems from the mushrooms and then slice the caps as thinly as possible. Heat the Canola in a small pot to 300° F- 350°F (use a thermometer!). You may need to add more oil based on the size of your pot, but you want about 1” of oil in the pot. When the oil is ready, slowly fry the sliced shiitakes **in small batches** until they just about stop bubbling in the oil then transfer to a paper towel lined plate or baking tray. Sprinkle them with salt immediately. Continue frying in small batches until all have been fried then cool the oil.

Slice the shallot very finely and soak in cool water for 10-15 minutes to soften the flavor. Drain when finished.
Next prepare the Asparagus. Start by snapping the ends off where they turn woody. This salad can be made with raw asparagus, lightly cooked asparagus, or a combination of the two; you decide. If you have large Asparagus, you can peel them into thin strips and lightly blanch the tops or leave raw. If you have skinny asparagus, you can slice them on a bias into bite size pieces or leave them whole and prepare this as a composed salad! I’d recommend lightly blanching in salted boiling water if using skinny asparagus to soften the flavor (big pieces = more flavor, blanching = softer flavor). If blanching, bring a large pot of salted water to a boil and blanch in batches (lose the boil, lose the color) for about 1 minute before transferring to an ice bath to stop the cooking process. When cool, drain and transfer to a large mixing bowl.

Now prepare the vinaigrette. Place the Vinegar, Lemon Juice, and honey in a bowl and whisk to combine. Combine the oils (make sure the shiitake oil is cold if using) into a small pitcher and slowly add to emulsify then add the Lemon Zest, Salt and Pepper. Taste and adjust Salt and Pepper (or lemon/acidity) to your preference.

To assemble the salad, mix the asparagus with half of the shiitakes, half of the shallots, mint, and half of the pecorino with the dressing to marinate for 10-15 minutes. Then toss to recombine, taste and add salt and pepper if desired, and put in a serving platter. Garnish with the remaining pecorino and crispy shiitakes. Enjoy!
Lemon Blueberry Pound Cake

(Make 3x for Class)

Yield- 9” x 5” loaf or 8 individual 4oz. Cakes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 1/4 c. Flour</td>
<td>2-3 Tbsp. Lemon Juice</td>
</tr>
<tr>
<td>1/2 tsp. Salt</td>
<td>3 Eggs, room temp</td>
</tr>
<tr>
<td>1/4 tsp. Baking Powder</td>
<td>1/2 c. Heavy Cream</td>
</tr>
<tr>
<td>1/4 tsp. Baking Soda</td>
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</tr>
<tr>
<td>1/2 c. (4 oz.) Butter, room temp</td>
<td>¾ c. Blueberries, fresh</td>
</tr>
<tr>
<td>1-1 1/2 Tbsp. Lemon Zest</td>
<td>2-4 Tbsp. Flour</td>
</tr>
<tr>
<td>1 1/2 c. Sugar</td>
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</table>

Preheat oven to 325º F. Grease and flour a 9x5 loaf pan or individual tins.

Sift together all the dry ingredients (except the sugar) and set aside. Next, using a mixer with a paddle attachment or hand mixer, cream together the butter and lemon zest until smooth. Slowly add in the sugar and beat the mixture until it is fluffy. Add the lemon juice, then while it is mixing, add the eggs, one at a time until fully incorporated.

Turn the mixer to low and add half of the flour mixture. Next add the cream and mix to just combine. Finally, add the rest of the flour mixture and mix until just
combined. Wash the blueberries, then toss in the blueberries with flour to coat and gently fold them into the batter.

Pour into a greased and floured 9x5 loaf pan. Bake for about 60 mins or until the center is done.

A skewer or paring knife should come out clean when the cake is done. Cool for 20-30 mins in the pan then remove from the pan and cool completely.

If baking individual cakes, follow all directions above but reduce baking time to 45-50 minutes. Only fill the tins ¾ full as they will rise in the oven.

Macerated Strawberries
(Make 4x for Class)

Yield- ~2 c.
1 qt. Strawberries
¼ c. Granulated Sugar

Hull and slice or quarter the strawberries. Toss with the sugar and let sit at room temp for 20-40 minutes, stirring occasionally. Serve with or without the juice that will accumulate in the bowl.

Salted Bourbon Caramel Sauce
(Make 2x for Class)

Yield- 2 cups

1/4 c. Water
1 pinch Cream of Tartar or 1 tsp
Lemon Juice
1 ½ c. Sugar (10 oz. by wt.)
3 Tbsp. Corn Syrup (2 oz. by wt.) (can substitute honey if necessary)
2 Tbsp. Butter (1 oz. by wt.)
1 ½ c. Cream
1 tsp. Salt
1 tsp. Vanilla Extract  
2 Tbsp. Bourbon (or liquor of choice)

Put water, cream of tartar, sugar, and corn syrup in a pot and stir to combine. Clip the candy thermometer to the pot and put it on a medium high heat. BE CAREFUL NOT TO LET IT BOIL OVER. Cook the syrup until the temperature reaches 350 degrees, the sugar will be turning a deep amber. DO NOT LET IT TURN BLACK AND BURN. Then take off the burner and, CAREFULLY, add the butter in the syrup and swirl until melted. Then SLOWLY pour in the cream while swirling the pot. BE CAREFUL because it will bubble and pop while you are pouring the cream. When all of the cream has been added, put it back on the burner and bring it back to a simmer while stirring occasionally until it becomes smooth again. When it begins to simmer and is smooth, pour it through a mesh strainer into a heat resistant container. Then stir in the salt, bourbon, and vanilla. Cool.

**Whipped Cream**
(Make 4x for Class)

Yield - 2 cups

1 c. Cream  
¾-½ c. Powdered Sugar (optional)

Combine if using sugar and whip it, whip it good... (until desired stiffness, by hand or with a mixer)