Vinaigrette-Style Dressing

Yield: 1 pint [480 ml]
Number of Servings: 20
Serving Size: 1/2 fluid ounce [15 ml]

1 ½ teaspoons arrowroot
8 fluid ounces [240 g] vegetable or chicken stock
4 fluid ounces [120 ml] red wine vinegar
4 fluid ounces [120 mL] extra-virgin olive oil
½ teaspoon seasoning*
¼ teaspoon salt

1. Combine the arrowroot with enough cold stock to form a slurry.

2. Bring the remaining stock to a simmer and stir in the slurry. Return to a simmer and stir constantly until the stock thickens. Remove from the heat, stir in the vinegar, and let cool and add the aromatics.

3. Gradually whisk in the oil. Add the seasonings and salt. Refrigerate until needed.

4. The dressing thickens as it cools. It can be stored under refrigeration for up to one week.

*Seasoning choices include prepared mustards, chopped fresh herbs, pepper, capers, onions, garlic, and citrus zest.

Variations Orange or tomato juice, apple or pear cider, and fruit nectars may be used to replace the stock. Thick juices require little additional thickening, if any. Oils other than olive may be used. Special vinegars such as balsamic, sherry, and rice wine give the dressing a distinct character, as do citrus juices.
Hearty Greens and Wild-Ripened Cheddar with Hazelnut Verjus Mustard Dressing

Yield: 10 servings

Hazelnut verjus mustard dressing
2 ¼ fluid ounces [70 mL] verjus
4 ¼ fluid ounces [60 mL] Vegetable stock
2 fluid ounces [60 mL] Dijon mustard
½ teaspoon salt
¼ teaspoon ground black pepper
2 fluid ounces [60 mL] hazelnut oil

5 ounces [140 g] frisée, washed and dried
5 ounces [140 g] radicchio, washed and dried
3 ½ ounces [100 g] arugula, washed and dried
2 ½ ounces [70 g] beet greens, washed and dried
2 ½ ounces [70 g] trimmed spinach, washed and dried
3 ½ ounces [100 g] red seedles grapes, halved
5 ounces [140 g] wild-ripened cheddar cheese, diced
1 ½ ounces [70 g] hazelnuts, chopped

1. To prepare the dressing, combine the verjus, stock, mustard, salt, and pepper in a small bowl. Whisk in the oil.

2. Tear or cut greens into bite-sized pieces. Combine all of the greens and refrigerate until needed.

3. For each serving: Toss 2 ounces [60 g] mixed greens and 1/3 ounce [10 g] grapes with 2 tablespoons of the dressing. Garnish the salad with 1/2 ounce [15 g] of the cheese and a small amount [4 g] of the hazelnuts.
Stone Fruits with Mint Syrup

Stone Fruits with Mint Syrup

Yield: 10 servings

40 fluid ounces [1.2 L] white grape juice
3 tablespoons turbinado raw sugar
½ bunch mint
6 ounces [170 g] sliced nectarines
6 ounces [170 g] sliced peaches
6 ounces [170 g] sliced plums
6 ounces [170 g] sliced apricots
6 ounces [170 g] pitted sweet cherries
5 fluid ounces [150 mL] nonfat yogurt

1. To make the syrup, combine the grape juice and the sugar in a saucepan. Bring to a boil, stirring occasionally. Continue to boil until the syrup is reduced by half to 20 fluid ounces [600 ml]. Remove from the heat. Reserve several of the nicest mint leaves for a garnish and immerse the remaining mint in the hot syrup. Steep for 2 hours or until the flavor is well developed. Strain the syrup and set aside until needed.

2. Combine all of the fruits in a large bowl. Serve immediately or refrigerate until needed.

3. For each serving: Place 3 ounces [90 g] of the fruits in a glass or serving dish. Pour 2 fluid ounces [60 ml] of the syrup over the fruits. Garnish with 1 tablespoon of the yogurt and a few mint leaves.
Smoked Salmon Canapés with Herbed Cream Cheese
Yield: 20 Pieces

10 oz Smoked Salmon
5 oz/170 g low-fat cream cheese
2 tbsp/30 mL minced herbs
1 tbsp/30 mL dijon mustard
½ ounce/17 g heavy cream
20 ea Cucumber Slices

1. Blend the cream cheese, Dijon mustard and herbs. Add heavy cream if needed, to get a smooth spreading consistency.

2. Thinly slice the salmon and roll into a rosette.

3. Pipe the cream cheese mixture into each rosette. Place on a cucumber slice and garnish with chives.
Smoked Corn Chowder

Yield: 2 quarts [2 l]
Number of Servings: 10
Serving Size: 8 fluid ounces [240 ml]

4 ounces [115 g] leeks, diced
½ ounce [15 g] butter
1 ¼ pints [600 mL] skim milk
1 ¼ pints [600 mL] Chicken stock
10 ounces [285 g] Smoked Roasted Corn kernels (recipe follows)
8 ounces [225 g] russet potatoes, peeled, diced
2 teaspoons Worcestershire sauce
½ teaspoon salt
1 Sachet d’Epices*
6 fluid ounces [180 mL] evaporated skim milk
2 fluid ounces [60 mL] heavy cream
1 ounce [15g] arrowroot
1 tablespoon chopped chives
1 tablespoon chopped chervil

1. In a soup pot, sweat the leeks in the butter until tender.

2. Add the skim milk, stock, corn, potatoes, Worcestershire sauce, and sachet. Simmer until the potatoes are tender, about 20 minutes. Adjust the seasoning with salt and pepper.

3. Remove and discard the sachet.

4. Combine the evaporated milk, cream, and arrowroot. Add to the soup and simmer until thickened.

5. Garnish each serving with the herbs.

* 3 parsley stems, 1 bay leaf, ½ teaspoon dried thyme, ½ teaspoon cracked peppercorns, 1 crushed garlic clove (optional)
Roasted Corn

Yield: About 20 ounces [570 g]
Number of Servings: 10
Serving Size: 2 ounces [60 g]

6 ears of corn on the cob
2 tablespoons chopped chives
2 tablespoons chopped chervil
2 teaspoons crushed black peppercorns

1. Loosen but do not remove the husks from the corn. Remove the corn silk. Sprinkle each ear with the herbs and pepper. Tie the husks around the ears and dampen with water.

2. Place the corn on a sheet pan and roast in a 400ºF [205ºC] oven until tender, 30 to 45 minutes. Remove the husks and cut the corn from the cob.

Smoked Roasted Corn After roasting the corn, remove the husks and place the ears on a rack in a roasting pan containing a thin layer of hardwood chips. Cover with a tight-fitting lid and place over low direct heat. Smoke for 6 to 8 minutes.
Roasted Vegetables
Yield: 10 portions

1 lb fennel bulb, cut into quarters or eights, core and tops trimmed
12 oz sweet potato, cut into chunks
4 oz green bell peppers, cut into chunks
4 oz red bell peppers, cut into chunks
12 oz zucchini, cut into chunks
12 oz summer squash, cut into chunks
1/2 tsp salt
1/4 tsp ground black pepper
1/2 fl oz olive oil (in spray bottle)

1. Preheat oven to 375°F/190°C.

2. Place cut vegetables in a baking pan, being careful not to overcrowd.

3. Spray vegetables lightly with the olive oil and season evenly with salt and pepper.

4. Put sheet tray in oven for about 20 to 30 minutes or until vegetables are evenly browned.
Cold Green Bean Salad
Yield: 12 portions

1 1/4 pound green beans
3 ounces vegetable oil
6 ounces red onion slivers
6 ounces small-dice red pepper
4 ounces small-dice celery
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 teaspoon celery seed
3 ounces rice wine vinegar
1 ounce water
1 tablespoon chopped oregano
1 tablespoon chopped marjoram
2 tablespoons chopped flat leaf parsley

1. Trim the green beans and rinse. Blanch by steaming or cooking in boiling salted water. Drain and cool.
2. Heat the oil in a sauté pan over medium high heat. Add the onions and celery and cook, stirring frequently, until tender and translucent. Season with a little of the salt and pepper. Add the celery seed, vinegar, water, the red bell pepper and fresh herbs. Remove from heat. Let the dressing cool slightly before combining with the green beans. Toss until evenly coated. Adjust the seasoning with salt and pepper. Keep cold. Serve on chilled plates.
Wheat Berry and Barley Pilaf

Yield: 2 pounds [900 g]
Number of Servings: 10
Serving Size: 4 ounces [113 g]

2 ½ ounces [70 g] wheat berries
15 fluid ounces [450 ml] chicken stock
2 teaspoons butter
1 ounce [30 g] leek, diced
1 ounce [30 g] carrot, diced
½ ounce [15 g] celeriac, diced
2 teaspoons minced shallots
6 ½ ounces [185 g] pearl barley, toasted
5 fluid ounces [150 mL] amber beer
¼ teaspoon salt
Pinch ground black pepper
5 ounces [140 g] collard or mustard greens, chopped

1. Soak the wheat berries for 8 to 10 hours in 3 times their volume of water. Drain the berries and combine with the chicken stock. Cover and simmer until tender, about 1 hour. Drain any excess stock and reserve.

2. Heat the butter in a medium saucepan. Add the leeks, carrots, celeriac, and shallots. Sweat until the vegetables are tender.

3. Add the barley, beer, salt, pepper, and the reserved wheat berry cooking liquid. Bring the liquid to a simmer and cover the pot tightly. Cook in a 325°F [165°C] oven until the barley is tender and has absorbed all the liquid, about 45 minutes.

4. Cook the greens in boiling salted water until tender. Drain very well.

5. Combine the wheat berries, barley, and greens.
Amaranth and Bulghur Pilaf with Vegetables

Yield 2 pounds [900 g]
Number of Servings: 10
Serving Size: 3 ounces [85 g]

1 tablespoon vegetable oil
7 ounces [200 g] onion, chopped
2 ounces [60 g] parsnip, chopped
1 ounce [30 g] celery, chopped
1 ounce [30 g] carrot, chopped
5 ¾ ounces [165 g] bulghur
3 ½ ounces [100 g] brown amaranth
1 tablespoon minced garlic
2 teaspoons dried marjoram
18 fluid ounces [540 mL] water
¼ teaspoon salt
1 tablespoon chopped sage
1 tablespoon chopped parsley
1 tablespoon chopped chives
½ ounces [15 g] pine nuts, toasted

1. Heat the oil in a large saucepan. Add the onions, parsnips, celery, and carrots; sauté until the onions are translucent, about 8 minutes.

2. Add the bulghur, amaranth, and garlic. Mix thoroughly.

3. Stir in the marjoram and water. Cover and bring to a simmer. Stir the mixture well, scraping the bottom of the pan. Cover, and place in a 350°F [175°C] oven for approximately 30 minutes or until the bulghur is tender. Season with the salt.

4. Stir in the herbs and pine nuts just before serving.

Serving Suggestions: Use as a stuffing for grape leaves, zucchini, or peppers, or serve as a side dish with grilled meats and poultry.
Sweet Potato Cakes

Yield: 2 pounds [900 g]
Number of Servings: 10
Serving Size: 2 cakes, about 3 ounces [85 g]

20 ounces [570 g] russet potatoes
20 ounces [570 g] sweet potatoes
5 ½ ounces [155 g] bread crumbs
4 fluid ounces [12 mL] skim milk
1 ½ ounces [40 g] mayonnaise
2 tablespoons chopped chives
2 tablespoons chopped dill
1 teaspoon crushed black peppercorn
Salt to taste

1. Peel and quarter the russet and sweet potatoes. Keep separate.

2. Simmer the russet and sweet potatoes separately in water until tender. Drain and place the potatoes on a sheet pan in a warm oven to steam dry, about 5 minutes.

3. Purée the hot potatoes using a ricer or food mill. Cool to room temperature.

4. Combine the remaining ingredients with the potatoes.

5. Form the mixture into small 1 1/2-ounce [40g] cakes. Arrange on a sheet pan lined with parchment paper and refrigerate until needed.

6. For each serving: Bake 2 cakes in a 425°F [245°C] oven until thoroughly heated, about 8 minutes.
Soba Noodles  
(Buckwheat Noodles)

Yield: 4 3/4 pounds [2.15 kg]  
Number of Servings: 19  
Serving Size: 4 ounces [115 g]

2 1/4 pounds [1.25 kg] semolina flour  
12 ounces [340 g] buckwheat flour  
10 1/2 ounces [300 g] egg whites  
13 fluid ounces [368 mL] water  
1 oz. [30 mL] Soy Sauce

1. In a mixer, combine the ingredients with a dough hook.* The dough should appear moist and mealy. If necessary, adjust the consistency with more water or flour.

2. Press the dough into a ball and wrap tightly with plastic. Allow the dough to rest under refrigeration for 1 hour before rolling and cutting.

To roll out the dough, pass small 1/2-pound [225 g] pieces through the widest setting of a pasta machine. Fold the dough into thirds and repeat 2 more times, trying to achieve a rectangular shape. Pass the dough through successively smaller settings until the desired thickness is reached. Cut into spaghetti or other shapes.

* The dough may also be mixed in a food processor or by hand.
Lavash

Yield: 20 flatbreads (about 3 ounces [90 g] each)
Number of Servings: 20
Serving Size: 1 flatbread

2 tablespoons honey
2 teaspoons dry yeast
1 1/2 pints [720 mL] lukewarm water
28 ounces [800 g] bread flour
5 ounces [140 g] whole wheat flour
1 tablespoon salt
Vegetable oil spray as needed
Cornmeal as needed

1. Combine the honey, yeast, and water. Let stand for 10 minutes.

2. Add 22 ounces [625 g] of the bread flour, the whole wheat flour, and the salt. Knead for 5 minutes until the dough is smooth and elastic, adding more bread flour as needed.

3. Place the dough in an oil-sprayed mixing bowl and cover with plastic wrap. Place in a warm area until doubled in size, about 1 hour.

4. Punch the dough down and scale into 3 ounce [85 g] balls. Place on a cornmeal-dusted sheet pan, cover with plastic wrap, and allow to double in size again, about 1 hour.

5. Roll the dough balls into paper-thin circles, about 13 inches in diameter. Place on a sheet tray and bake in a 425° F oven ( 218° C) Serve warm.
Black Bean Chili

Yield: 2 quarts [2 l]
Number of Servings: 8
Serving Size: 8 fluid ounces [240 mL]

3 lbs [1 kg 350 g] canned black beans, drained and rinsed
2 fluid ounces [60 mL] olive oil
12 ounces [340 g] onion, diced
1 tablespoon minced garlic
4 ounces [115 g] celery, diced
5 ounces [140 g] red pepper, diced
4 ounces [115 g] green pepper, diced
1 jalapeño, minced
2 tablespoons cumin seeds, toasted, ground
2 tablespoons coriander, toasted, ground
1 tablespoon hot paprika
¼ teaspoon ground cinnamon
2 pounds [900 g] canned peeled whole tomatoes
½ ounce [15 g] cocoa or Mexican chocolate
1 teaspoon salt
½ teaspoon crushed black peppercorns

1. Soak the beans for 4 to 8 hours in enough water to cover by 3 inches.* Drain the beans and rinse with cold water.
2. Combine the beans with enough fresh water to cover in a large stockpot. Simmer until the beans are tender, about 1 1/2 hours, adding more water as necessary to keep the beans covered. Drain the beans and reserve until needed.
3. Heat the oil in a large soup pot. Add the onions and sauté until the onions are caramelized.
4. Add the garlic and sauté for 1 minute. Add the celery and sauté for 1 minute.
5. Add the peppers. Sauté until aromatic, about 2 minutes.
6. Add the tomatoes, spices and beans. Simmer until the vegetables are tender and the flavors have developed, about 20 minutes.
7. Just before serving, season the chili by adding the cocoa, salt, and pepper.

* To reduce the length of soaking time, bring the beans and water to a boil, remove from the heat, and soak for 1 hour. Continue with the recipe.
Salmon Fillet with Smoked Salmon and Horse Radish Crust

Yield: 10 portions

3 3/4 lb/1.75 kg salmon fillet

Marinade
2 fl oz/60 mL lime juice
2 tsp/10 mL minced shallots
2 tsp/10 mL minced garlic
2 tsp/10 mL peppercorns

Crumb Mixture
1/4 tsp/1 mL minced shallots
1/2 tsp/3 mL minced garlic
3 oz/85 g butter
5 oz/140 g fresh bread crumbs
5 oz/140 g smoked salmon
1 oz/30 g prepared horseradish

1. Cut the salmon into 10 portions, 5 to 6 oz/140 to 170 g each. Rub the salmon fillet with the lime juice, shallots, garlic, and crushed peppercorns.

2. To prepare the crumb mixture, sauté the shallots and garlic in the butter until aromatic. Combine all of the ingredients for the crumb mixture in a food processor and process to a fine consistency.

3. Portion the crumb mixture onto the salmon fillets and place on a rack on a baking sheet.

4. Bake at 350°F/175°C for 6 to 7 minutes, or until the salmon is cooked through (flesh should be opaque and firm).
Fillet of Snapper En Papillote

Yield: 10 portions

3 3/4 lb/1.75 kg red snapper fillet, skinless
10 oz/285 g butter
salt, to taste
pepper, to taste
1 pt/480 mL fish velouté
4 fl oz/120 mL dry white wine
2 tbsp/30 mL minced shallots
5 oz/140 g thin-sliced scallions
5 oz/140 g sliced or quartered mushrooms

1 Cut the fish into 10 equal portions, 6 oz/170 g each. Cut 10 pieces of parchment paper into heart shapes large enough to enclose the fillets. Butter both halves of the parchment paper.

2 Place a portion of velouté (1 to 1½ fl oz/30 to 45 mL) on one side of the parchment heart. Place a portion of fish on top. Sprinkle with the wine, shallots, and scallions. Shingle the sliced mushrooms on top.

3 Fold the paper over and seal the sides tightly.

4 Place the bag on a hot, buttered sizzler platter, or sheetpan.

5 Place in a 400° to 425°F/205° to 220°C oven for 5 to 8 minutes, or until fish is cooked through. Serve immediately in the paper.
Duck and Shrimp Stir-Fry

Yield: 10 servings

Duck Marinade
3 ½ tablespoons reduced-sodium soy sauce  
2 tablespoons sherry vinegar  
2 tablespoons rice wine vinegar  
1 teaspoon sesame oil  
1 teaspoon minced garlic

1 pound [450 g] boneless, skinless duck breast, cut into strips

Shrimp Marinade
1 tablespoon hoisin sauce  
2 tablespoons rice wine vinegar  
1 teaspoon minced garlic  
1 teaspoon minced fresh ginger  
1 teaspoon fish sauce  
½ teaspoon five-spice powder  
¼ teaspoon sesame oil  
¼ teaspoon Tabasco sauce

1 pound [450 g] peeled, deveined shrimp (16/20 count), split lengthwise

1 ½ ounce [45 g] arrowroot  
15 fluid ounces [445 mL] Chicken Stock  
10 fluid ounces [300 mL] veal stock, thickened with arrowroot  
1 tablespoon vegetable oil  
10 ½ ounces [300 g] sugar snap peas  
10 ounces [285 g] red pepper julienne  
8 ounces [225 g] fresh shiitake mushrooms, sliced  
3 ½ ounces [100 g] scallions, thinly sliced  
2 pounds [900 g] napa cabbage chiffonade  
5 teaspoons reduced-sodium soy sauce  
1 teaspoon sesame oil  
1 pound [450 g] soba noodles, cooked and cooled

1. Combine the duck marinade ingredients in a shallow bowl. Add the duck and toss to coat. Marinate under refrigeration for at least 1 hour.
2. Combine the shrimp marinade ingredients in a shallow bowl. Add the shrimp and toss to coat. Marinate under refrigeration for at least 1 hour.
3. Combine the arrowroot with enough of the stock to make a slurry. Combine the remaining chicken stock and Fond de Veau in a small saucepan and bring to a simmer. Add the slurry and simmer until the stock thickens, about 2 minutes. Keep warm.
4. For each serving: Heat 3/4 teaspoon of the vegetable oil in a wok or large sauté pan. Add 1 1/2 ounces [45 g] of the duck and stir-fry for about 2 minutes, and set aside. Repeat with 1 1/2 ounces [45 g] of shrimp.

5. Add 1 ounce [30 g] each sugar snap peas and peppers, 3/4 ounce [20 g] mushrooms, and 1/3 ounce [10 g] scallions, 3 ounces of napa cabbage, 2 ounces of thickened stock and a few drops of sesame oil. Stir-fry until almost tender, and cabbage has wilted.

7. Return shrimp and duck to pan.

8. Add 4 ounces [115 g] of the noodles to pan and add more of the thickened stock as needed.

Chicken Stir-Fry Substitute 2 1/4 pounds [1 kg] boneless chicken breast strips and 1 ounce [30 g] each of minced garlic and minced fresh ginger for the marinated duck and shrimp. For each serving, stir-fry 1 teaspoon each garlic and ginger in 3/4 teaspoon vegetable oil until aromatic. Add 3 1/2 ounces [100 g] chicken and stir-fry for about 2 minutes. Continue with step 5.
Quesadillas with Shredded Roasted Pork and Mango Salsa

Yield: 10 portions

Mango Salsa
2 cups ripe mangoes (approximately 3 ea), diced
1 cup ripe papaya (approximately 1 ea), diced
1 canned Chipotle, minced
2 ½ fluid ounces orange juice
3 tablespoons Cilantro, chopped
¼ teaspoon salt

Quesadilla Filling
2 ½ pounds Roasted pork, shredded
10 ounces lowfat jack cheese
6 ounces scallions, thinly sliced

20 Tortillas

Toss together the ingredients for the salsa and reserve until needed.

To assemble the quesadillas, place 3 ½ ounces pork, 1 ounce cheese and ½ ounce scallions on a tortilla. Top with another tortilla.

Repeat with remaining ingredients to make 10 quesadillas.

Place 1 quesadilla on a heated griddle or in a heated nonstick saute pan.

Lightly brown on both sides, making certain that the cheese is melted in the middle before removing from heat.

Cut the quesadilla into fourths and serve with 3 ounces of the salsa.

Recipe developed by The Culinary Institute of America for the National Pork Board.
Arizona Buffalo Chili

Yield: 21 1/2 quarts [2.5 l]
Number of Servings: 10
Serving Size: 8 fluid ounces [240 ml]

3 pounds [1 kg] buffalo top round, trimmed, cubed
1 pint [480 ml] veal stock
6 ounces[170g] onion, diced
2 ounces [60g] garlic, minced
2 ounces [60 g] tomato paste
2 1/4 pounds [1 kg] canned peeled whole tomatoes
1/2 ounce [15 g] ancho chiles, toasted, diced
1/2 ounce [15 g] mulatto chiles, toasted, diced
1/2 ounce [15 g] chipotles, toasted, diced
1 teaspoon cayenne
1 teaspoon salt
3/4 teaspoon crushed black peppercorns

1. Working in batches, dry-sear the buffalo in a large saucepan (spray pan for 3 seconds with vegetable spray with each batch). Set the meat aside.

2. Moisten the pan with a small amount of the veal stock. Add the onions and garlic and sweat until the onions are translucent.

3. Add the tomato paste and cook until the paste has browned slightly.

4. Deglaze with the remaining veal stock. Add the tomato concassé, chiles, cayenne, salt, and pepper. Bring to a simmer, and add the meat.

5. Cover and place in a 350°F [175°C] oven. Braise until the meat is fork tender, 45 minutes to 1 hour.

Serving Suggestion: The chili can be served in a flour tortilla bowl made by baking a flour tortilla weighted with pie weights or dry beans in an ovenproof bowl. When crisp, fill the bowl with chili and serve with Tomato Salsa, diced red peppers, sliced green onions, grated cheddar cheese, cooked rice, and sour cream or nonfat yogurt.
Berry Napoleon

Yield: 10 Servings

10 ounces [285 g.] part-skim ricotta cheese
2 tablespoons honey
½ teaspoon vanilla extract
30 Honey Crisps (recipe follows)
½ ounce [15 g] powdered sugar
30 ounces [850 g] blackberries and raspberries
10 fluid ounces [300 mL] Blackberry and Raspberry Coulis (recipe follows)

Purée the ricotta, honey, and vanilla in a food processor until smooth.

For each serving: Place one honey crisp in the center of a plate. Arrange berries on the crisp. Spoon 1 teaspoon of the ricotta mixture in the center of the berries. Top the berries with one crisp. Repeat another later of berries and ricotta on this crisp. Top with another crisp and dust with powdered sugar. Spoon the coulis around the napoleon in six ½-teaspoon pools.
Fresh Berry Coulis

Yield: 1 pint [480 mL]
Number of Servings: 8
Serving Size 2 fluid ounces [60 mL]

5 ounces [150 g] Blackberries, fresh, frozen, thawed*
5 ounces [150 g] Raspberries, fresh, frozen, thawed*
2 fluid ounces [60 mL] honey
2 fluid ounces [60 mL] dry or sweet white wine
1 tablespoon kirshwasser

In a blender, purée the berries, honey, wine and kirshwasser.

Check the consistency and taste of the coulis. The coulis may need to be adjusted, depending on the sweetness of the berries. Add more wine for a smoother texture, more honey for a sweeter taste.

Strain the coulis through a fine-meshed sieve to remove the seeds.

* Frozen berries should be individually Quick Frozen (IQF) or low-sugar.

The coulis may be stored in the refrigerator for 5 to 8 days or frozen for 2 to 3 months.
Honey Crisps

Yield: 5 ½ ounces [160 g] batter (about twenty 3-inch crisps)
Number of servings: 10
Serving Size: 2 crisps

2 ounces [60 g] honey
1 ounce [30 g] butter, softened
1 ounce [30 g] powdered sugar
1 ½ ounce [40 g] all-purpose flour
1 large egg white

Combine the honey, butter, and sugar in a food processor and process until smooth.

Add the flour and process until fully incorporated.

Turn a sheet pan upside down and either spray the bottom lightly with oil or cover with a silicone baking mat. Spread a thin layer of batter over the prepared sheet pan bottom.*

Bake in a 375º F (190º C) oven until golden, 10 to 12 minutes. Remove from the oven and cut into desired shapes.

* This batter makes a variety of delicate cookies. To make a shell for glace and sauces, place a template on the prepared sheet pan and spread the batter thinly, filling the opening of the template. Remove the template and bake as directed above. While the cookie is still not, lift it from the baking sheet and shape by draping over a rolling pin, inverted cup, or similar object.

Store crisps for up to 1 week in an airtight container.