

Salt Lake Community College

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2002-2003 Scrapbook: SLCC Culinary Arts Team

Salt Lake Community College

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Salt Lake Community College

Team #2

Salt Lake City, UT.

Nicholas Lees, Capitan

Amy Covington, Dessert

Yu Sakai, Entrée

Debbie Sigman, Salad

Chantelle Fairbanks, Soup

Ricco Renzetti CEC CCE FMP, Coach

Peter Hodgson CEC, Coach

Jacob Smith RD, Nutrition

Salt Lake Community College
Team #2

Nicholas Lees, Capitan

Amy Covington, Dessert

Yu Sakai, Entrée

Debbie Sigman, Salad

Chantelle Fairbanks, Soup



Salt Lake Community College
Team #2 Coaches

Ricco Renzetti, CEC CCE FMP

Peter Hodgson, CEC

Jacob Smith, RD





Appetizer

Chicken Consommé

Floweret

long grain rice, tomato floweret, chives, Italian mushrooms

Salad

Vineyard Salad

niagara and concord grapes, watercress, radicchio, brown mustard vinaigrette

Entrée

Beef Roulade a la Marsala

asparagus, shitake mushrooms, julienne of carrot, apple risotto, stuffed mushrooms, sauté snow pea and water chestnut

Dessert

Hazelnut Cappuccino Mousse

*chocolate mugs, crème anglaise, raspberry coulis,
fresh raspberry with mango fans*

Chicken Consommé Floweret

Recipe

(Makes 4 servings)

Consommé

96 oz. chicken stock
1 lb. 7% lean ground beef
1 cup diced onions
2 cups diced celery
2 cups diced carrot
1 sachet – 1 bay leaf
3 parsley stems
3 cloves of garlic
2 sprigs of thyme
crushed peppercorns

8 oz. egg whites
1 lemon (for juice)
coarse salt as needed

Rice

2 oz. uncooked long grain rice
1 small shallot
olive oil as desired
1 garlic clove
salt, pepper, chopped chives
1 oz. chicken stock

Garnish

4 roma tomatoes
4 Italian mushrooms
12 fresh chives

Procedure

Consommé

- Combine meat, mirepoix, egg whites, lemon juice and sachet in a stockpot. Mix with a utility whisk.
- Stir in cold stock, and be sure it is well mixed with the other ingredients.
- Set pot on a medium heat burner and bring it to a simmer stirring every couple of minutes.
- When it comes up to a simmer discontinue stirring.
- Lower heat and let simmer until ready to strain (30-40 min.).
- Strain through a china cap lined with several layers of cheese cloth to degrease the consommé.
- also use brown paper towels to absorb grease
- Season to taste with coarse salt.

Tomatoes

- Blanche four roma tomatoes
- Peel, seed, and flat the tomatoes out.
- Using a circle mold cut 9 rounds per plate out of tomato, and form a flower in the empty bowl.

Rice

- Heat olive oil in a sauté pan.
- Sauté light brown rice with shallots, and garlic.
- Add stock and reduce to a simmer.
- Add chopped chives.
- Remove when rice is tender, and place on top of tomato floweret

Garnish

- Sauté quartered brown mushroom
- Cut fresh chives in 2" length



Vineyard Salad

Recipe

(makes 4 servings)

Dressing

½ anchovy fillet
1 large garlic clove
2 tsp. Mustard
3 Tbs. Malt vinegar
1 tsp. Cracked black pepper
1 Tbs. Extra virgin olive oil
2 tsp. Salt

Garnish

4 nasturum blossoms
4 grape leaves blanched in baking soda and water
clusters of niagara and concord grapes

Salad

24 Niagara Grapes
6 oz. Watercress
1 oz. Fine julienne radicchio
8 Whole leaves of radicchio
4 oz. Chevre goat cheese
2 oz. Finely ground walnuts



Procedure

Garnish

- Begin simmering a pot of water with baking soda and salt
- Set up 50/50 ice bath
- Blanche grape leaves and place them into ice bath
- Arrange clusters of grapes

Dressing

- Mix and puree all ingredients except olive oil
- Slowly drizzle in olive oil

Salad

- Slice grapes
- Julienne radicchio
- Set up radicchio cups
- Pick watercress
- Toss salad mix with dressing
- Place in radicchio cups
- Coat 1 oz portions of chevre with nuts
- Sauté them in a pan or bake in a 350-degree oven till lightly toasted

Beef Roulade Marsala

Recipe

(makes 4 servings)

Roulade/Marsala

16 oz. Beef
4 asparagus
8 oz. Carrot
16 oz. Marsala wine
20 oz. Stock
1 oz. Fresh fennel
8 oz. Shitake mushrooms

Stuffed Mushroom

12 medium mushrooms
6 oz. Green peas
6 oz. Small diced onions
12 mushroom stalks small diced
2 oz. Parmesan cheese
Olive oil as needed

Apple Risotto

4 oz. Arborio rice
4 oz. Diced shallots
6 oz. Stock
4 oz. Gin
4 oz. Apple juice
2oz. Ginger root grated
1 whole apple grated
2 tsp. Cumin
2 tsp. Fresh basil chopped
1 whole apple peeled, cored, and sliced
4 whole basil leaves

Veggies

4 oz. Snow peas
4 oz. Water chestnuts



Procedure

Roulades

- Bring stock to a boil and cook carrot, asparagus, and shitake until they are tender
- Flatten the beef into desired equal portions and season
- Cut carrots into fine julienne, and shitakes into julienne
- Place asparagus on when edge of the beef and begin to roll
- When the asparagus is covered layer shitakes and carrots until they are 1 inch from the edge and tie with butchers twine
- Sauté roulades in sauté pan until browned
- Fill pan with the marsala half way up the height of the roulades
- Cover and cook for one minute
- Add fennel and remove the roulades, then reduce the marsala to 2/3rd

Risotto

- Sauté shallots in butter -Add rice and make sure each grain is covered oil -Add gin and flame off alcohol -Add ginger and apples -Bring to a boil, and reduce to simmer and cover
- Bake apple slices covered in a 350 degree oven

Stuffed Mushrooms

- Sauté peas, stalks, and onions -Blend to a puree -Cover caps in olive oil -Stuff caps with puree
- Bake in a 350 degree oven for 15-20 minutes -Sprinkle with Parmesan

Water chestnuts and Snow peas

- Sauté and season to desired taste

Hazelnut Cappuccino Mousse

Recipe

(makes 4 servings)

Crème anglaise

2 egg yolks
2 oz. Sugar
8 oz. Milk
½ vanilla bean

Tuiles

1 ½ oz. butter
2 oz. confectioner sugar
1 ½ oz. egg whites
1 ¼ oz. cake flour
pinch of cinnamon

Garnish

12 fresh raspberries
1 mango peeled, seeded, and fanned

Raspberry coulis

8 oz. raspberries
2 oz. sugar
2 oz. raspberry liquor
½ oz. butter

Mousse

1 ½ oz. egg yolks
1 1/3 oz. sugar
1 oz. water
6 oz. chocolate
11 oz. heavy cream
3 oz. hazelnut liqueur
3 oz. hazelnuts

Procedure

Crème anglaise

- heat milk in a sauce pan
- add split vanilla bean
- steep for one minute
- mix flour, egg yolks, and sugar in a separate bowl
- temper with the scalded milk
- pour back into the sauce pan
- heat until it coats a spoon
- cool using a 50/50 ice bath

Chocolate Mugs

- melt chopped chocolate
- dip medium size blown up balloons in the chocolate
- hand pipe through a paper cone handles
- let the chocolate set for about 45 minutes

Mousse

- in a round-bottomed stainless steel bowl whip the egg yolks until pale
- make a syrup with the sugar and water and boil to 244 degrees, then whip the hot syrup into the yolks and continue whipping until cool
- melt the chocolate and fold into the egg mixture
- whip the cream until it forms soft peaks, whip one third of the cream into the chocolate mixture, then fold in the remaining cream until well incorporated

Raspberry coulis

- bring everything to a boil in a sauce pan except butter
- strain the raspberries
- whisk in the butter
- let cool

Tuiles

- cream together butter and the sugar
- whip egg whites and fold together with butter
- sift flour and cinnamon
- fold into the mixture



CHICKEN CONSOMME FLOWERET

Total Calories	134
% Calories from fat	13%
Total Fat Grams	2 g
Saturated Fat Grams	< 1g
Cholesterol	5 mg
Sodium	1002 mg
Total Carbohydrate	18 g
Fiber	2 g
Sugars	6 g
Protein	13 g
Vitamin A %DV	23%
Calcium %DV	3%
Vitamin C %DV	61%
Iron %DV	7%

VINEYARD SALAD

Total Calories	179
% Calories from fat	61%
Total Fat Grams	13 g
Saturated Fat Grams	5 g
Cholesterol	13 g
Sodium	144 mg
Total Carbohydrate	11 mg
Fiber	1.5 g
Sugars	3 g
Protein	8 g
Vitamin A %DV	29%
Calcium %DV	7%
Vitamin C %DV	14%
Iron %DV	7%

BEEF ROULADE MARSALA

Total Calories	1037
% Calories from fat	42%
Total Fat Grams	48 g
Saturated Fat Grams	21 g
Cholesterol	151 mg
Sodium	1598 mg
Total Carbohydrate	80 g
Fiber	9 g
Sugars	27 g
Protein	54 g
Vitamin A %DV	187%
Calcium %DV	27%
Vitamin C %DV	86%
Iron %DV	43%

Group #1 (Typewritten Group)

HAZELNUT CAPPUCINO MOUSSE

Total Calories	1209
% Calories from fat	59%
Total Fat Grams	79 g
Saturated Fat Grams	37 g
Cholesterol	711 mg
Sodium	246 mg
Total Carbohydrate	104 g
Fiber	7 g
Sugars	81 g
Protein	20 g
Vitamin A %DV	91%
Calcium %DV	34%
Vitamin C %DV	45%
Iron %DV	24%













