

## Danish Pancakes with Sweet or Savory Fillings

### Ingredients:

- 1 cup of all-purpose flour
- 2 teaspoons of sugar
  - a pinch of salt
  - 2 cups of milk
    - 2 eggs
- European butter for frying
  - grated lemon peel
- optional filling for the pancakes (below)

### Directions:

1. Mix flour, sugar, salt and milk in a medium bowl until all clumps are gone.
2. In a separate bowl, beat eggs well. Add to bowl with flour and mix well.
3. Let the batter sit in a large measuring cup for 20 to 30 minutes.
4. Now you are ready to start frying pancakes! Add a bit of butter to a non-stick skillet and heat until medium warm.
5. Tilt the pan approx 90 degrees and pour batter from the top. The batter will, run down and fill the pan from rim to rim. You can also pour the batter in the middle of the pan and quickly make circling motions to distribute the batter all over the pan. The goal is to have as thin a batter layer as possible.
6. Cook until the pancake is a bit stiff. Before you flip the pancake be sure the pancake is firm on the edges.
7. When ready flip over the pancake. You will see it is nice and golden brown. Cook the other side for another 1 minute. The pancake should be light brown on both sides.
8. When ready, remove the Danish pancake from the frying pan.
9. Repeat the steps until you have used up all of the batter and fill with fruit or vegetables!

### Filling ideas:

Sweet: sugar, fresh fruit, sweet whipped cream

Savory: sautéed mushrooms, shallots and spinach with whipped goat cheese cream

### Goat Cheese & Herb Whipped Cream

(recipe created by Laura Brodkey and Emily Vaughn)

- 8 oz goat cheese
- 8 oz whipping cream
- mixed herbs (thyme, rosemary, sage) **minced super fine**

1. Add goat cheese and a few TBSP's of cream to large bowl and whip until fluffy
2. Separately, whip remaining cream until fluffy and add to goat cheese mixture.
3. Add herbs, salt and pepper to taste!

# Original Chicken Cordon Bleu

## INGREDIENTS

4 large boned and skinned chicken breast halves (about 1 1/2 pounds)  
4 thin slices smoked ham  
4 slices Swiss cheese  
1/4 cup flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 large egg, beaten  
3/4 cup fresh bread crumbs  
1/4 cup unsalted butter  
1/2 cup plus 2 tablespoons chicken stock  
1/2 cup white wine, heavy cream or additional chicken stock

## PREPARATION

### Step 1

Lay the chicken breasts between pieces of wax paper and use a mallet to pound them to between 1/4 inch and 1/8 inch thick. Take care not to pound holes in the chicken. Layer each breast with the ham, and cheese. Roll up or fold to completely enclose the ham and cheese and secure with toothpicks.

### Step 2

In a medium bowl, combine the flour, salt and pepper. Lightly dredge the chicken in the seasoned flour, then dip in the egg and coat with bread crumbs. Place on a baking sheet and chill at least 15 minutes and up to 4 hours.

### Step 3

Bake at 400\* for 15-18 minutes until cooked through (and skip next steps) **OR** In a large skillet over medium heat, heat the butter. Add the chicken and cook, turning carefully with tongs, until browned, about 8 to 10 minutes. Add 1/2 cup of the stock to the skillet, reduce the heat to medium-low, cover and simmer until the chicken is cooked through, 10 to 15 minutes.

Move the chicken to a warm platter.

### Step 4

Add the remaining 2 tablespoons of stock to the skillet, raise the heat to high, and cook, stirring up browned bits clinging to the bottom, for 1 minute. Add the wine (or heavy cream or additional stock), lower the heat and simmer, uncovered, until the consistency of gravy, about 45 seconds. Pour over the chicken breasts and serve.

Adapted from "American Gourmet," by Jane and Michael Stern, HarperCollins, 1991

See reverse for side dish Haricots Verts

# Haricots Verts (French String Beans)

## Ingredients:

1 ½ pounds French string beans, both ends removed

Kosher salt

2 TBSPs unsalted butter

1 TBSP olive oil

2-3 cloves of garlic, sliced

Freshly ground pepper

## Preparation:

Blanch the string beans in a large pot of boiled salted water for 1-2 minutes. Drain immediately and immerse in a large bowl of ice water to stop cooking. When they are cool, drain and set aside.

Heat butter and olive oil in a very large sauté pan over a medium heat and cook garlic for 1-2 minutes, tossing occasionally until lightly browned. Add the beans, sprinkle with salt and pepper and toss until beans are heated through. Serve!

# Project Lunch Tray Competition Recipe

## Herb Crusted Chicken Orzo with Garden Herbs Citrus Roasted Broccoli

Recipes created by Falk Cooking Club and  
Chef Jessica Lewis of Smallman Galley & Carota Café

### Herb Crusted Chicken

#### Ingredients:

6 skinless boneless chicken breast halves  
6 TBSPs fresh lemon juice  
2 TBSPs butter  
2 TBSPs olive oil  
1 ½ cups dry breadcrumbs  
6 TBSPs fresh parsley, chopped  
6 TBSPs fresh rosemary, chopped  
6 TBSPs fresh sage, chopped  
6 TBSPs fresh thyme, chopped  
1 ½ tsp salt  
1 tsp pepper  
lemon wedges

#### Preparation:

1. Place one chicken breast in plastic wrap, pound out chicken breast using meat mallet to ½ inch thickness.
2. Place all chicken into shallow bowl or plastic Ziploc bag and cover with lemon juice. Marinate in refrigerator for 1 hour or massage and let sit for 10 minutes.
3. Preheat oven to 450\* F. Melt butter with oil in small saucepan over medium heat, cool slightly
4. Mix breadcrumbs, herbs, salt and pepper in a bowl
5. Brush chicken with butter/oil mixture
6. Coat with breadcrumb mixture & place on baking sheet
7. Bake until cooked through, breadcrumbs golden brown ~ approx. 20 minutes.
8. Serve immediately with orzo, broccoli and lemon wedges.



## Orzo with Garden Herbs

### Ingredients:

4 cups cooked orzo, unrinsed  
1-2 TBSPs olive oil  
6 TBSPs mixed herbs (parsley, thyme, sage and rosemary)  
salt and pepper to taste

### Preparation:

1. Heat 1 TBSP olive oil in large pan over medium heat and toss fresh herbs for 1 minute.
2. Take pan off heat and add orzo and toss quickly.
3. Add more olive oil if necessary and season with salt and pepper to taste.

## Citrus Roasted Broccoli

### Ingredients:

1 large head broccoli, cut into small florets  
2 TBSPs olive oil  
juice of 1/2 lemon  
1 tsp salt  
1 tsp pepper

### Preparation:

1. Preheat oven to 450\* F.
2. Toss broccoli with olive oil, 1/2 of lemon juice and salt and pepper in large bowl or directly on baking sheet
3. Roast for 10-12 minutes until bright green and slightly crispy
4. Toss in a bit more lemon juice for a super citrusy flavor!

## Summer Rolls + Two Dipping Sauces

### Ingredients (2 servings)

- 6 rice papers (preferably the circular sheets)
- 2-3 medium carrots, cut into match sticks or 1/4 inch sticks
- 1/2 cucumber, cut into match sticks or 1/4 inch sticks
- ½ Avocado, peeled, pitted, sliced
- 1/4 red cabbage, thinly sliced
- greens of choice: leafy lettuce, pea shoots, spring salad mix or micro greens
- radishes, thinly sliced (optional)
- organic tofu (firm or extra firm), sliced (optional)
- mint, small handful of leaves, de-stemmed
- cilantro, small bunch of sprigs, de-stemmed
- basil, small handful leaves, de-stemmed
- 3oz Rice Vermicelli, cooked per directions on box

### Sweet Chili Sauce (2 servings)

- 1/4 cup unseasoned rice vinegar
- 2 tablespoons tamari or soy sauce
- 2 tablespoons warm water
- 2 tablespoon maple syrup
- 1 clove garlic, minced or grated
- 1 teaspoon red pepper flakes, or to taste
- juice of 1 lime

### Peanut Sauce (2 servings)

- 3 heaping tablespoons peanut or almond butter
- 1 tablespoon tamari or soy sauce
- 2 tablespoon maple syrup
- 2 tablespoon warm water
- 1 – 2 tablespoon rice vinegar, optional
- juice of 1 lime
- 1 teaspoon red pepper flakes, optional

- Mix each dipping sauce together first, let set so the flavors can mingle. It will taste much different after a few minutes. Taste for flavor before serving.
- Serve with choice of dipping sauce.
- See reverse for detailed instructions on rolling!

## How to ROLL a Spring Roll!

- Put one wrapper in the warm water, submerge it, and rub it with your hand, flip it, and rub the other side, leaving it in the water just long enough to make sure the whole thing gets wet. It will still feel slightly firm when you pull it out of the water, but it will continue to soften -- it might take some practice to figure out what the right amount of firmness feels like. Leave the wrapper in the water for too long, and it will start sticking to itself and get too soft for you to work with.
- Lay the rice paper wrapper out flat and place ingredients in the bottom third of the wrapper. Aim for placing them in the shape you want the spring roll to be -- long and thin.
- Treat each roll like a burrito: Distribute the ingredients evenly, so you don't have all of one ingredient at one end; and layer the ingredients so you get a little of every flavor in each bite. Don't overstuff the roll -- leave enough space on all sides to wrap it up. The rice paper wrapper takes a minute or two to soften up once it's out of the water, so by the time you've got all of your ingredients on the wrapper, it should be pliable enough to roll.
- Pull the bottom (the part closest to you) of the rice paper wrapper up and over the filling, tucking it under a little bit to pull the ingredients closer together. Gently pull the left side of the wrapper over the middle, and then the right, to close up the ends of the roll.
- Roll it up away from you, continuing to gently tuck the filling in tighter as you go. The tucking helps the roll keep a nice shape, and guards against loose, unraveling rolls.
- Eat immediately or keep for 1-2 hours under a moistened paper towel in the refrigerator

# Sushi Rolls

## Special equipment you will need:

One bamboo sushi mat  
Flat paddle-like spatula, preferably wooden  
Large bowl  
A hand fan – can use a magazine, or piece of cardboard (clean!)

## Sushi Rice:

### Ingredients

1 cup Japanese short grain rice  
1 ¼ cups water

### Sushi Vinegar for 2 cups of rice:


4 Tbsp. rice vinegar  
2 Tbsp. sugar  
1 tsp. salt

### Instructions

1. Put rice in a large bowl. Rice absorbs water very quickly when you start washing, so don't let the rice absorb the unclear water. Gently wash the rice in a circular motion and discard the water. Repeat this process about 3- 4 times.
2. Let the rice soak in water for 30 minutes. Transfer the rice into a sieve and drain completely.
3. Combine the rice and water in a heavy bottom pot and bring it to a boil over medium heat.
4. Take a quick peek to see if water is boiling (otherwise do not open the lid).
5. Once water is boiling, turn the heat to low and cook covered for 12 to 13 minutes, or until the water is completely absorbed (take a quick peek!). If you see there is water left, close the lid and continue cooking for a little longer.
6. Remove the pot (with the lid on) from the heat source and let it steam for another 10 minutes.
7. Fluff the rice with a rice paddle when it' s done.
- 8 To make sushi vinegar, combine rice vinegar, sugar, and salt in a small saucepan and bring it to a boil over medium high heat. Whisk until the sugar is completely dissolved. You can also put the ingredients in a microwave safe bowl and microwave for 1 minute, or till sugar is dissolved. Set aside to let it cool.
9. When the rice is cooked, moisten a large bowl with water so the rice will not stick. Transfer the cooked rice into the bowl and spread out evenly so the rice will cool faster. While it' s hot, pour sushi vinegar over the rice.
10. With a rice paddle, slice the rice at a 45 degree angle to separate the rice grains instead of mixing.
11. While slicing rice, fan quickly with a 8X8 piece of cardboard (or other makeshift fan) to expedite cooling process.
12. Gently flip the rice in between slices. Repeat this process till rice is cooled.

### Notes

A heavy bottom pot with a tightfitting lid is recommended.  
Rice to Water Ratio is 1: 1.2  
Can cook in rice cooker according to appliance directions.



Please make sure to read  
all directions before  
starting!



## Sushi Rolls

### Fillings:

- 1 Seedless cucumber, peeled cut into matchsticks
- 1 Carrot, Peeled cut into match sticks
- 1 Avocado, peeled, pit removed, sliced
- 1 egg, beaten, fried into super-thin omelet
- 2 Scallions, trimmed, cut into match sticks
- Any other fillings! – Steamed, shelled shrimp, crab, sashimi grade tuna or salmon, tamari braised shitake mushrooms,

### Everything Else:

- 5 full sheets nori (roasted seaweed)
- Vinegar water for hand-dipping (1c water + 2TBSP rice vinegar)
- Sesame seeds
- Soy sauce
- Wasabi (optional)
- Pickled ginger (optional)

### Instructions

1. Prepare Sushi Rice as instructed above. Cover the sushi rice and the completed rolls with a damp cloth/plastic wrap at all times to prevent from drying.
2. Make Hand-dipping water by combining ¼ cup water and 2 tsp. rice vinegar in a small bowl. Applying this water to your hands prevents rice from sticking to your hands.
3. Place the sushi mat on a working surface. The bamboo strings should go sideways so you can roll them up. And put the nori half sheet on the bamboo mat, with one of nori's long side close to the back edge of the mat. Leave about ¾ slats visible on the side nearest to you. The shiny side of nori should face DOWN.
4. Moisten your hand before you touch sushi rice.
5. Scoop a scant ½ cup of sushi rice into your hand. One trick is to use a ½ cup measuring cup. That way the amount of rice for each roll is the same and the rolls will be equal size. Make sure to wet the measuring cup so the rice won't stick.
6. Spread the rice across the nori, leaving a 1" space along the top edge of the nori. Use your right hand to spread the rice toward the right and use your left fingers to keep the rice away from the 1" space on the top of the nori.
7. Spread the rice evenly with both fingers, still keeping the 1" space on the top. Wet your fingers in dipping water if rice starts to stick to your fingers.
8. Place the filling near the bottom edge of the rice. If your filling is a bit too short, add extra pieces on the end.
9. Gently fold over the bottom edge closest to you and begin to roll the sushi away from you, while holding roll tight.
10. Without using the sushi mat yet, gently shape and tighten the roll with your fingers.
11. Gently fold the mat up and over the roll – again, away from you, and use the mat to squeeze the roll tight on top, while gently pulling the bottom of the mat away from you.
12. To cut a sushi roll, wet your knife with a damp towel and cut the roll in half first. You should "push then pull" the knife while cutting through the sushi. Wet the knife again and cut each half roll into 3 pieces for a total of 9.
13. Sprinkle with sesame seed and serve with soy sauce, wasabi, and pickled ginger.