

FALL/WINTER 2021

# KEYS TO THE KITCHEN



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WITH CONTRIBUTIONS FROM:  
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CAROLINE BAUMGARTNER, DARIUSZ NALTNER, WALTER STRYCHARZ AND DAIJIRO TAKAHASHI.



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## KEYS TO THE KITCHEN

Just in time for the holidays, the talented Chefs at UBS would like to introduce the second edition of our Keys to the Kitchen electronic cookbook! We've compiled an exciting lineup of recipes to keep you warm this fall and winter season.

We understand that this time of year can be stressful for some, so we've created dishes that are fast, easy, and sure to please, so you can spend more time with your loved ones and less time in the kitchen. We've also stressed the importance of wholesome, fresh ingredients, just like the meals you've come to love in our café and livestream cooking school sessions. So, join us in creating simply elegant dishes in a fraction of the time and become a famous chef from the comfort of your own home.

## MEET OUR CHEFS



**JOHN NUNZIATA**  
REGIONAL CHEF UBS

John graduated from the Culinary Institute of America in 1997 and is a 20+ year veteran of Restaurant Associates. Shortly after graduating he began his culinary career in Manhattan working for the Drake Swiss Hotel, Delaware North Restaurant Group, and Inwood Country Club. John came to Restaurant Associates in October of 2000 working in the Corporate Dining Division at Goldman Sachs. He was soon promoted to the role of Executive Chef, taking on high profile accounts such as Viacom, Ernst & Young, Citigroup, Time Warner, and Barclays. In 2016 John was recognized for his excellent performance and achievements and was promoted to Corporate Regional Chef. Currently, John is the Regional Chef at UBS. John is a passionate culinary professional who applies an innovative forward-thinking approach to his menus and management style.



**VERONICA FLORES**  
COOKING SCHOOL EXECUTIVE CHEF

Veronica Flores is a Bronx native, born to Mexican parents. Living in a very diverse neighborhood with a mother who made fresh tortillas regularly, she found a love for food and baking at a very young age. She made her way into a professional kitchen working and learning from acclaimed chefs. Over her 13-year career, Veronica has worked at cafes, catering companies and several NYC restaurants honing her craft and mastering multiple cuisines. She has fed celebrities such as Ashton Kutcher, Ellie Krieger fashion designer Raf Simmons and Calvin Klein, just to name a few. In 2016, Veronica competed and won the title of Chopped Champion on The Food Network show, 'Chopped'. Her desserts also made an appearance at Gracie Mansions Latinx reception in 2017 & 2018.



**CHRISTOPHER METZLER**  
EXECUTIVE CHEF

Chris Metzler—a native New Yorker raised in Freeport, Long Island—fondly remembers clamming in the Great South Bay with his dad; and making Fire Island clam pie with his mother. He graduated from Johnson & Wales with a Bachelor of Science in business management. Within a year he then applied for a job at then Paine Webber Lincoln Harbor (now UBS) as a prep cook. Throughout his career with UBS, he has worked at many locations including NY (1285) and Stamford and returned to Lincoln Harbor, NJ as the Executive Chef. Chris enjoys gardening, using his fresh herbs and vegetables while cooking with his children.



**DARIUSZ NALTNER**  
EXECUTIVE CHEF

Chef Dariusz Naltner grew up in Gdansk, Poland by the Baltic Sea, where he learned at an early age that fresh seafood and locally grown ingredients are essential components of quality living. After graduating from the Culinary Institute of America in 1996, Dariusz further honed his craft at the very finest restaurants of New York City, including the Rainbow Room and Windows on the World. He later started his corporate career as Executive Chef at JPM Private Bank and then the Washington Post Company, before his appointment as Executive Chef at UBS. Dariusz loves to lead a healthy lifestyle through fitness and wholesome cuisine. He is an avid home gardener as well as an advanced martial arts student. His goal as a Chef is to encourage his guests to make healthy food choices and to show them that eating healthy doesn't mean sacrificing flavor or variety.

## MEET OUR CHEFS



**CAROLINE BAUMGARTNER**  
COOKING SCHOOL SOUS CHEF

Cari Baumgartner grew up in New Jersey and has always loved science and art. She realized that the two disciplines most perfectly come together in the kitchen and has pursued that path ever since. Past endeavors include creating menus and cooking for the kids at a small school in Seattle, running the galley on a schooner along the coast of Maine and head baker and recipe development for several boutique bakeries in Santa Fe and Albuquerque, NM. Baking holds a special place in her heart and she especially enjoys trying new flavor combinations and creating delicious treats for various dietary needs. When she steps away from the oven Cari enjoys riding her bicycle, drawing, and hanging out with her giant dog, Floyd. Happy to be home in New Jersey she looks forward to seeing you at the cooking school!



**DAIJIRO TAKAHASHI**  
SOUS CHEF

Chef Takahashi has over 20 years of experience working in kitchens in Japan and the United States, including 9 years with UBS in NY and NJ. Chef Takahashi enjoyed cooking at a very young age. He mastered one of Japan's artful culinary traditions early in his career. This cuisine is known as Japanese Kaiseki. It was a great experience where he was able to develop a full understanding of the cuisine while working at the famous Kappo Kaga Restaurant in Tokyo, Japan. Japanese Kaiseki is known for its meticulous preparation, fresh seasonal ingredients, and beautiful artistic presentation. It is a cuisine that Chef Daijiro still prepares at home for his family when he is not out enjoying his second passion, golfing.



**PAUL SHIN**  
SOUS CHEF

Paul Shin is a first-generation Korean-American born and raised in the most culturally diverse neighborhood of Jackson Heights, Queens. Growing up, his father worked long hours and dinner was the one meal that his family was able to all sit down and eat together. Paul looks back on those meals fondly, the whole table filled with different entrees and banchan, or side dishes. These meals ultimately influenced the flavors of his dishes that he enjoys creating today and inspired his culinary journey at a young age. Paul has worked at many restaurants, including Michelin-starred Jungski, Salt and Fat, and Pok Pok. After getting married and starting a family, Paul decided to transition into the corporate dining world, where he began his career with Restaurant Associates at the Members Dining Room of the Metropolitan Museum of Art before his appointment as Sous Chef at UBS.



**WALTER STRYCHARZ**  
SOUS CHEF

Walter Strycharz is a native New Yorker, born and raised in East Meadow, Long Island. His career in the industry began quite early, starting out as a dishwasher in his father's Long Island restaurant and working his way up to cook. While still in his teens, his grandfather, a corporate Executive Chef with the Hilton corporation, took him under his wing and Walter apprenticed at the New York Hilton Hotel training in all areas of the culinary field. Over his 25-year career, Walter has worked in hotels, restaurants, catering companies and corporate dining. Walter also enjoys cooking for community events and fundraisers and volunteers his time at Camp Marcella for the blind and disabled. When not in the office, Walter can be found spending time with his family in Northern New Jersey. He enjoys golfing, traveling and experiencing new cultures and cuisines.

## KITCHEN ESSENTIALS

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ESSENTIALS TO ALWAYS HAVE ON-HAND

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# KITCHEN ESSENTIALS

THE BARE MINIMUM

## SAUCES/ CONDIMENTS

Salt  
Pepper  
Olive oil  
Canola oil  
All-purpose flour  
Baking Powder  
Baking Soda  
Granulated sugar  
Brown Sugar  
Ketchup  
Vinegars  
*(balsamic, cider, white, sherry,  
and wine vinegars)*  
Soy Sauce  
Worcestershire Sauce  
Hot Sauce  
Honey

## STARCHES/ DRY GOODS

Pasta  
*(in various shapes,  
strands, and tubes)*  
Rice  
*(white and/or brown in long-grain  
or short-grain varieties)*  
Lentils  
Quinoa  
Farro

## CANNED GOODS

Chicken stock or broth  
Beef stock or broth  
Canned tomatoes  
Tomato sauce  
Tomato paste  
Garbanzo Beans  
Black Beans  
Pepitas  
Dried Cranberry  
Dried Apricot  
Dried Cherry  
Dried Figs  
Canned Pumpkin  
Pecans  
Raisins  
Maple Syrup

## PRODUCE

Potatoes  
Onions  
Garlic  
Carrots  
Celery  
Red Pepper  
Cucumber  
Broccoli  
Cauliflower  
Butternut Squash  
Acorn  
Delicata

Blue Hubbard Squash

Turnips  
Rutabega  
Celery Root  
Parsnips  
Beets  
Brussels Sprouts  
Kohl Rabi  
Pumpkin  
Kale  
Cabbage  
Collard Greens  
Kale  
Mustard Greens  
Leeks  
Sage  
Rosemary

## THE FRIDGE

Eggs  
Milk or milk alternative  
Butter or margarine  
Mustard  
*(yellow, Dijon, whole grain)*  
Mayonnaise  
Parmesan cheese  
Other cheese  
*(cheddar, swiss, etc)*  
Beef/Pork/Fish/Chicken/Tofu  
Apple Cider  
Game Meats  
*(Pheasant, Pigeon, Lamb, Goat,  
Rabbit, Venison)*

## SPICES

Salt  
Black Pepper  
White Pepper  
Bay leaves  
Cayenne or  
crushed red pepper flakes  
Curry powder  
Chili powder  
Coriander  
Cumin  
Cinnamon  
Garlic powder  
Onion powder  
Oregano  
Paprika  
Allspice  
Cloves  
Ginger  
Nutmeg  
Coriander  
Dill  
Marjoram  
Dry Mustard  
Italian Seasoning  
Rosemary  
Sage  
Tarragon  
Thyme

## THE FREEZER

Frozen corn  
Frozen spinach  
Frozen peas  
Ground beef  
Chicken breasts

## THE EXTRAS

Lemons  
Limes  
Fresh ginger  
Capers  
Canned chiles  
Prepared horseradish  
Anchovy  
*(paste or whole)*  
Vanilla extract  
Cooking spray  
Cornstarch  
Confectioner's sugar  
White Beans

## EQUIPMENT

Stock Pots  
Stainless Steel Sauté Pan  
Non-Stick Sauté Pan  
Cast Iron Pan  
Stainless Steel Mixing Bowl  
Sheet Pans  
Roasting Pan  
Kitchen Spoons  
Kitchen Ladle  
Two-pronged Fork  
Heat Resistant Plastic Spatula  
Stainless Steel Spatula  
Stainless Steel Tongs  
Whisk  
Chef's Knife  
Paring Knife  
Boning Knife  
Serrated Knife  
Cutting Board  
Digital Thermometer



## BREAKFAST

SWEET POTATO AND TURKEY BACON HASH

BANANA BREAD

EGG BOWL, POTATO MUSHROOM HASH, PEPPER CURED BACON

PUMPKIN PIE FALL PROTEIN SMOOTHIE

AVOCADO TOAST

EGG WHITE GOAT CHEESE FRITTATA, FLAMED VEG, CHIVES

SPICED APPLE & SWEET POTATO CHIA PUDDING

*Chef Veronica's*

## SWEET POTATO & TURKEY BACON HASH



**SERVES**  
4



**METHOD**  
SAUTÉ/BAKE



**MINUTES**  
35

**3 tablespoons** olive oil or coconut oil

**2 medium** sweet potatoes, peeled and diced

**1 small** spanish onion, diced

**½ cup** sweet bell peppers, diced (yellow, red and green)

**8 ounces** turkey bacon, diced into 1" squares

**½ teaspoon** smoked paprika (optional)

**1 teaspoon** thyme or sage, chopped (optional)

sea salt and pepper to taste

Preheat oven to 400F.

Add oil to heavy bottom, non-stick pan.

Slowly sauté the diced sweet potato, stirring while cooking. Evenly brown and sprinkle with paprika, sea salt and pepper.

Add onions, peppers and diced turkey bacon, cooking continuously until potatoes are browning. Adjust heat to prevent burning. Cook until potatoes are soft inside, 10 to 12 minutes. Add the optional herbs and paprika in the last 5 minutes of cooking if applicable.

Season to taste at the end.



Chef Walter's

## BANANA BREAD

SERVES  
10METHOD  
BAKEMINUTES  
50

**½ cup** banana, mashed (about 3 bananas)

**1/3 cup** coconut oil, melted

**¾ cup** dark brown sugar

**¼ cup** greek yogurt

2 large eggs, lightly beaten

**1 teaspoon** vanilla extract

**1 cup** all-purpose flour (organic preferred)

**1 cup** whole wheat flour (organic preferred)

**¾ teaspoon** baking soda

**1 teaspoon** cinnamon

**1 pinch** mace, ground

**½ teaspoon** salt

**¼ cup** walnuts, chopped (optional)

Preheat oven to 350F. Oil a 5-inch loaf pan.

Place mashed bananas in a large bowl. Stir in coconut oil, dark brown sugar and greek yogurt; constantly stir until well mixed.

Add eggs and vanilla extract, mix well.

In a separate bowl, add both flours, baking soda, spices and salt. Sprinkle this dry mixture across the surface of the batter and mix, being careful not to over-mix. Gently fold in walnuts (if using).

Pour the batter into the prepared loaf pan and bake until golden brown, about 50 minutes. Check internal doneness with a wooden skewer, ensuring the center is thoroughly baked.

Transfer the pan to a wire rack and allow to cool for 10 minutes (keep loaf in pan). Then, remove the loaf from the pan to completely cool.

VEGETARIAN

Chef John's

## EGG BOWL WITH POTATO MUSHROOM HASH &amp; PEPPER CURED BACON

SERVES  
4METHOD  
SAUTÉ/BAKEMINUTES  
30

**1 cup** pecorino cheese, peeled into ribbons

**4 tablespoons** olive oil

**1 pound** Idaho potatoes, shredded (this should yield approximately 4 cups)

**1 teaspoon** black pepper

**1 teaspoon** kosher salt

**2 cups** cremini mushrooms, sliced

4 parsley sprigs

**4 cups** lacinato kale, chiffonade

*For Assembly:*

**1 cup** pepper-cured bacon (recipe below)

**4 "6-minute"** eggs (recipe below)

*For Pepper-Cured Bacon:*

**1 pound** smoked bacon, sliced

**¼ cup** light brown sugar

**2 tablespoons** ground black pepper

*For "6-minute" Eggs:*

4 eggs

**2 quarts** water

Prepare 6-minute eggs and pepper-cured bacon according to recipes below.

Heat olive oil in a pan and sauté shredded potatoes with salt and pepper. Cook for 1-2 minutes. If you do not have a pan large enough to make a thin even layer cook in 2 batches or 2 pans.

Add mushrooms. Sauté another 5-10 minutes until potatoes are golden brown.

TO PLATE:

Add about 1 cup each of the potato mushroom hash and kale to the base of your bowl, keeping them separated. Top with 1 "6-minute" egg, sliced in half.

Garnish with ¼ cup of the pepper-cured bacon, ¼ cup of the pecorino cheese, and 1 parsley sprig.

FOR PEPPER-CURED BACON:

Lay sliced bacon on sheet pan. Sprinkle evenly with brown sugar and black pepper. Roast at 350F until crisp (about 10 minutes). Chop into 1-inch pieces.

FOR "6-MINUTE EGG":

In a medium pot, add eggs and cover with cold water. Bring to a boil on medium high heat. After water begins to boil, set timer for 6 minutes of cooking time. After the 6 minutes have concluded, remove egg and pot from heat. Rinse the egg with cold water. Crack the shell and peel gently. Set aside to cool. Yolk should be soft/runny and not fully cooked.

Chef Chris'

## PUMPKIN PIE FALL PROTEIN SMOOTHIE



SERVES

1



METHOD

BLEND



MINUTES

5

**½ cup** 100% pure pumpkin puree

**½ cup** unsweetened vanilla almond milk

**½ banana**, frozen\*

**½ tablespoon** organic honey

**½ teaspoon** pumpkin pie spice

**½ teaspoon** vanilla extract

**1 scoop** vanilla protein powder

**½ teaspoon** chopped pecans, optional

Blend all ingredients together (except pecans, if using) until smooth. Garnish with optional chopped pecans.

*\*If using fresh fruit instead of frozen, add 1 cup of ice cubes. Adjust ice or liquid accordingly for desired consistency.*

VEGETARIAN



Chef John's

## AVOCADO TOAST



SERVES

1



METHOD

TOAST



MINUTES

20

**1 slice** white batard, thick sliced**1** hard boiled egg**¾ teaspoon** fresh chives, chopped**1 teaspoon** hot chili oil*For the Avocado Spread:***½** fresh avocado**1/8 teaspoon** kosher salt**¼ teaspoon** extra virgin olive oil**¼ teaspoon** fresh lemon juice

In a medium pot, add egg and cover with cold water. Bring to a boil on medium high heat. After water begins to boil reduce heat to a simmer and cook for 10 minutes. Remove the pot from heat. Rinse the egg with cold water. Crack the shell and peel gently. Set aside to cool.

Make the avocado spread: combine all avocado spread ingredients in a small bowl and mix until incorporated.

Toast bread. Top with avocado spread. Slice egg and shingle on avocado. Drizzle chili oil on top and garnish with chives.



VEGETARIAN

Chef Johns's

## EGG WHITE GOAT CHEESE FRITTATA

SERVES  
12METHOD  
BAKEMINUTES  
45

**4 ounces** zucchini, chopped  
**4 ounces** asparagus, cut into 1" pieces  
**4 ounces** grape tomatoes, cut in half  
**1 ½ tablespoons** canola oil  
**½ teaspoon** kosher salt  
**1/3 cup** goat cheese, softened at room temperature  
**2 teaspoons** butter  
**3 ¾ cups** liquid egg whites  
**¾ teaspoon** kosher salt  
**¾ cup** whole milk  
**½ teaspoon** ground black pepper  
**1 ounce** chives

Toss together zucchini, asparagus, and tomatoes with oil and salt. Roast at 375F degrees for 12 minutes until golden brown and tender. Allow to cool and toss vegetables with goat cheese.

Coat a standard 12 cup muffin tin with the butter. You can also use 4oz ramekins.

Divide roasted vegetable and goat cheese mixture evenly among muffin cups.

In a bowl, mix together egg whites, half of the chives, salt, milk, and pepper. Pour egg mixture evenly into muffin cups. Egg mixture should fill muffin cups almost to rim.

Bake at 325F degrees for about 12 to 15 minutes or until set. Garnish with the remaining chives.

Use paring knife and an offset spatula to unmold frittatas.

VEGETARIAN

Chef Chris'

SPICED APPLE & SWEET POTATO CHIA  
PUDDINGSERVES  
1METHOD  
MIXMINUTES  
1 DAY SOAK + 5 MINUTES

**1 cup** almond milk  
**¼ cup** chia seeds  
**½ cup** sweet potato, cooked & pureed  
**1 teaspoon** maple syrup  
**1 teaspoon** vanilla extract  
**½ teaspoon** pumpkin pie spice  
**1 apple**, diced

In a small pot add the sweet potato and cover completely with water. Simmer for 30 minutes on medium heat until tender. Peel and press through a ricer.

Combine all ingredients in a bowl, glass, or jar and mix well. Cool in the refrigerator overnight, or at least a few hours.

VEGAN

## SOUPS & SALADS

GREEN CURRY LENTIL & CHICKPEA SOUP

QUINOA, GINGER, BUTTERNUT SQUASH ARUGULA SALAD

BUTTERNUT SQUASH BISQUE, CALVADOS BRANDY

WARM BRUSSELS SPROUTS, PEARS, AND PINE NUT SALAD

BRAISED SHORT RIB & ACORN SQUASH CHILI

ZUPPA DI LENTICCIE





*Chef Dariusz's*

## GREEN CURRY LENTIL & CHICKPEA SOUP



**SERVES**  
4



**METHOD**  
SIMMER



**MINUTES**  
35

**2 tablespoons** virgin coconut oil

**3 ounces** onion, finely chopped

2 garlic cloves, finely chopped

**1 tablespoon** ginger, finely chopped

$\frac{1}{2}$  **teaspoon** kosher salt, plus more

$\frac{1}{4}$  **cup** thai green curry paste

**1 medium** sweet potato, peeled and cut into  $\frac{1}{2}$ " cubes

$\frac{3}{4}$  **cup** french green lentils

**4 cups** vegetable broth

**1  $\frac{1}{4}$  cup** chickpeas, cooked

**1-13.5 ounce** can unsweetened coconut milk

**4 cups** kale, shredded

$\frac{1}{2}$  **teaspoon** fish sauce

$\frac{1}{4}$  **cup** cilantro leaves

4 lime wedges

Heat coconut oil in a large saucepan over medium. Add onion, garlic, and ginger; season with salt to taste. Cook, stirring often, until onion is translucent and starts to soften, about 3 minutes.

Add curry paste and cook, stirring and scraping bottom of pan constantly, until paste is fragrant and slightly darkened and mixture starts to stick to pan, about 3 minutes.

Stir sweet potato and lentils into onion mixture, then add broth and  $\frac{1}{2}$  tsp kosher salt and bring to a boil. Reduce heat to a simmer and cook soup, stirring occasionally, until sweet potatoes are cooked through and lentils are tender but not mushy, add chickpeas and simmer 15 minutes.

Add coconut milk to soup; return to a simmer. Add shredded kale and fish sauce and cook just until kale is wilted, about 30 seconds. Taste soup and season with more salt and/or fish sauce if needed.

Ladle soup into bowls and top with cilantro leaves. Serve with lime wedges.

Chef Cari's

## QUINOA, GINGER, BUTTERNUT SQUASH, ARUGULA SALAD



**SERVES**  
4



**METHOD**  
ROAST/MIX



**HOURS**  
1

2 **tablespoon** extra virgin olive oil

1 medium shallot, sliced

¼ **cup** pickled sushi ginger

1 **tablespoon** brown sugar

1 **pinch** chili powder

½ **teaspoon** salt

ground black pepper, to taste

2 **cups** water

1 **cup** red or white quinoa

2 **cups** butternut squash, diced

1 **cup** kale, chopped

3 **cups** wild baby arugula

¼ **cup** red onion, julienned (optional)

¼ **cup** dried cranberries

¼ **cup** cider vinegar

1 **tablespoon** honey

2 **tablespoons** dill, chopped

Preheat oven to 375F.

Combine butternut squash, olive oil, shallots, pickled ginger, brown sugar, chili powder, salt and pepper.

Place mixture on a baking tray. Bake until tender, tossing once about 25 minutes into baking and return to the oven for approximately 10 more minutes or until the butternut squash becomes tender.

Remove from oven and cool.

Bring water to a boil, add quinoa. Reduce heat to low and cover. Cook until tender, 20 to 25 minutes.

Drain and cool.

Combine butternut squash, quinoa, kale, arugula, onions, dried cranberries, honey, cider vinegar and dill.

Season to taste.

VEGETARIAN



Chef Veronica's

## BUTTERNUT SQUASH BISQUE, BRANDY



**SERVES**  
8



**METHOD**  
ROAST/SIMMER/BLEND



**HOURS**  
2.5

**8 teaspoons** pumpkin seeds  
**3 pounds** butternut squash, halved and deseeded  
**3 ounces** olive oil, divided  
**1 ¼ cups** spanish onions, diced  
**1 ½ cups** carrots, diced  
**1 teaspoon** sea salt  
**½ teaspoon** ground black pepper  
**1 ¼ teaspoons** nutmeg, ground  
**6 cups** vegetable stock  
**2 ounces** brandy  
**1 cup** half & half  
**8 tablespoons** heavy cream

Heat oven to 350F, toast the pumpkin seeds for 4 to 6 minutes.

Line a baking sheet with foil and place the squash, cut-side down, on the sheet. Lightly drizzle the squash with 1 ounce of olive oil. Place in the oven and roast for 1 to 1 ½ hours or until you can easily insert a fork or knife into the softened flesh of the squash.

Remove from the oven and allow to cool. Once cool, scoop out the flesh of the squash using a spoon and discard the skin.

In a medium-sized pot, add the remaining 2 ounces of olive oil and heat over medium-high heat. Add the onion, carrots, salt, pepper and nutmeg and sauté until the onions are tender, about 8-10 minutes.

Then, add the reserved squash and cook for an additional 5 minutes. Add the vegetable stock and bring the mixture to a boil. Once boiling, reduce heat to low-medium and simmer until the carrots are tender, about 8-10 minutes.

Using a blender, food processor or immersion blender, puree the mixture until completely smooth. Once smooth, return to the pot to medium-high heat, add the brandy and simmer for 2 minutes then add the half & half cream. Heat mixture until hot, but not to a boil.

To serve, ladle soup into a bowl, drizzle with 1 tablespoon of heavy cream, a pinch of fresh nutmeg, and 1 teaspoon of toasted pumpkin seeds.

VEGETARIAN

Chef Walter's

## WARM BRUSSELS SPROUTS, PEAR & PINE NUT SALAD



**SERVES**  
4



**METHOD**  
ROAST



**MINUTES**  
50

**1 pound** brussels sprouts, halved lengthwise  
**3 tablespoons** olive oil  
**½ teaspoon** salt  
**¼ teaspoon** black pepper  
**1** bosc pear, halved lengthwise and cored  
**¼ cup** pine nuts, chopped coarsely  
**½** lemon, juiced

Preheat oven to 425F. Place the brussels sprouts on a baking sheet and pour on the olive oil, salt, and pepper. Mix with clean hands. Place the pear halves, cut sides-down, on the baking sheet, making sure there is enough oil to coat their cut surfaces.

Roast the brussels sprouts and pear for about 20 minutes. Then turn the brussels sprouts with a metal spatula so that both sides will get caramelized. Check the pear—it may not be caramelized at this point.

After another 10 minutes, turn the brussels sprouts again. Flip the pear. Reduce the oven heat to 375F.

Add the pine nuts—you just want to heat them up and toast them slightly.

After 5 minutes, remove the baking sheet from the oven. Squeeze lemon juice directly over all the ingredients. Remove the pear halves, slice them ¼" thickness and return them to the pan. Toss everything thoroughly, check the seasoning, and serve on a platter or in a bowl.

VEGAN

*Chef Dariusz's*

## BRAISED SHORT RIB & ACORN SQUASH CHILI



**SERVES**  
4



**METHOD**  
SIMMER/SEAR



**HOURS**  
4

**2½ pounds** cross-cut bone-in short ribs (flanken style), 2" thick, cut into 2x2" pieces

Kosher salt, to taste

**2** dried guajillo or ancho chiles, seeds removed

**6 ounces** onion, sliced into 1/2"-thick rounds

**5** garlic cloves, unpeeled

**1 teaspoon** crushed red pepper flakes

**1 teaspoon** ground coriander

**1 teaspoon** ground cumin

**½ teaspoon** ground cinnamon

**3 tablespoons** vegetable oil, divided

**2 tablespoons** tomato paste

**½** acorn squash, about 1 pound, seeds removed, sliced lengthwise into 1" thick wedges

**2 ounces** greek yogurt

**1** lime, cut into quarters

Season ribs with salt to taste. Let sit at room temperature 1 hour, or chill, uncovered, up to 12 hours. If chilling, let sit at room temperature 1 hour before cooking.

Meanwhile, place chiles and 5 cups hot water in a blender and let sit while you prep onion and garlic.

Heat broiler. Broil onion and garlic on a rimmed baking sheet, undisturbed, until charred on top (don't worry if they get super dark), 8 to 10 minutes.

Pop garlic out of their skins and place garlic, onion, red pepper flakes, coriander, cumin, and cinnamon in blender with chiles. Blend until smooth but still speckled with chiles; season purée lightly with salt. Set aside.

Heat 2 tablespoons of vegetable oil in a medium heavy pot over medium-high. Working in 2 batches, cook ribs, turning occasionally and reducing heat if needed, until browned all over, 10 to 12 minutes per batch. Transfer to a plate.

Carefully pour off oil and wipe out pot. Pour remaining 1 tablespoon vegetable oil into pot and place back over medium-high heat. Add tomato paste and cook, stirring often, until tomato paste begins to separate and stick to pot, about 3 minutes. Stir in chile purée. Return ribs to pot and bring liquid to a simmer. Partially cover pot and cook, reducing heat to low to maintain a very gentle simmer, turning ribs occasionally, and skimming any excess fat from surface, until meat is very tender, 3 to 3½ hours. (If sauce gets thick before meat is done, add water as needed to thin out a bit.)

Add squash to pot and push down so it's mostly submerged. Bring to a simmer and cook, uncovered, until squash is tender and liquid is thickened and saucy, 18 to 20 minutes.

Serve ribs and squash, topped with yogurt and cilantro, with lime wedges.

Do Ahead: Ribs (without toppings) can be made 3 days ahead. Cover and chill.



*Chef Dariusz'ss*

## ZUPPA DI LENTICCIE



**SERVES**  
6



**METHOD**  
SIMMER



**HOUR**  
1

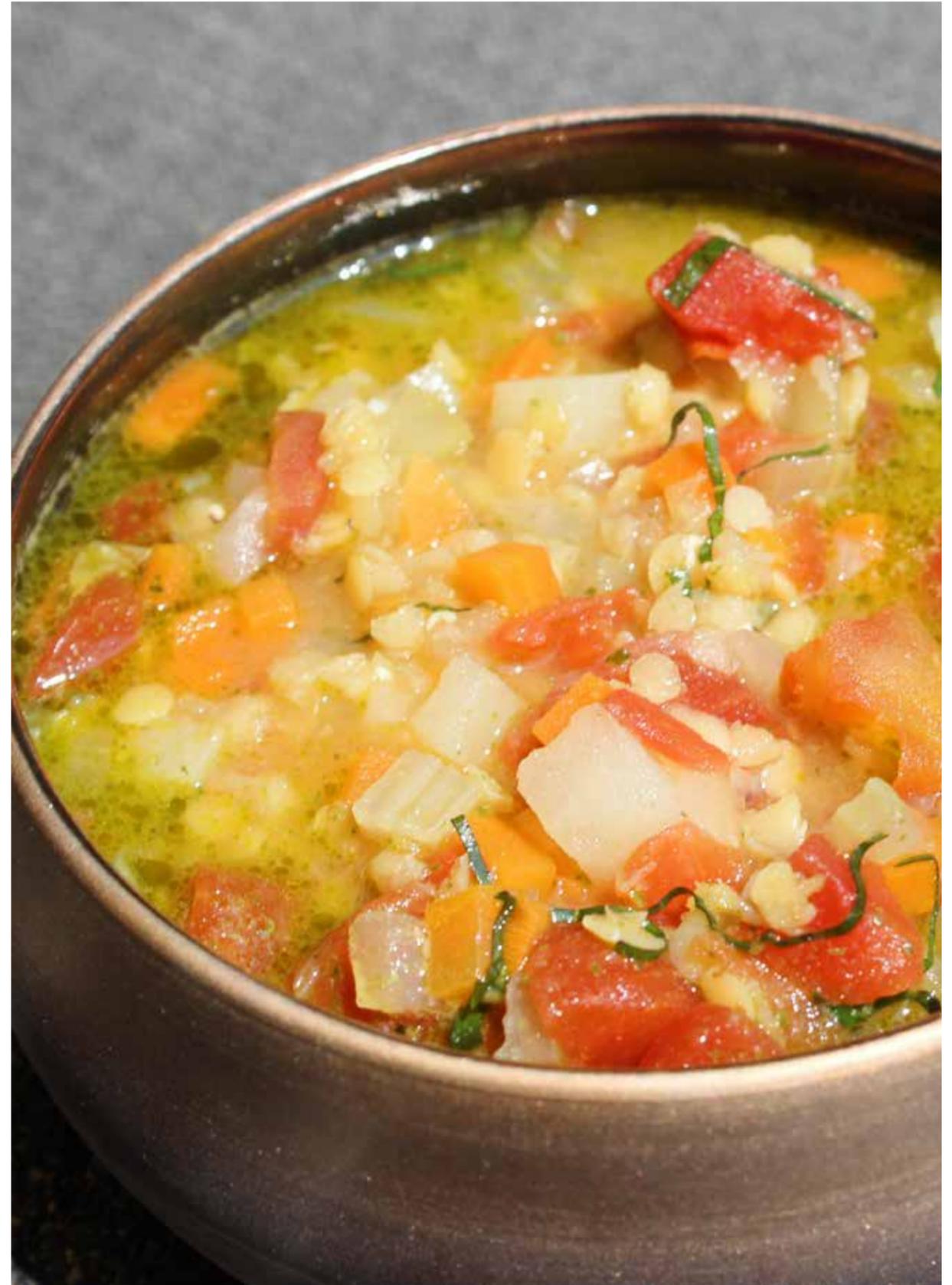
1 ½ quarts vegetable stock  
2 ounces celery, diced  
3 ounces onion, diced  
3 ounces carrot, diced  
3 ounces Idaho potato, peeled and diced  
4 garlic cloves, minced  
2½ ounces tomato, diced  
6 ounces dried yellow lentils  
1 teaspoon lemon zest  
1½ teaspoons lemon juice  
1½ teaspoons basil, chopped  
1 teaspoon kosher salt

Place a 3 quart stock pot on medium heat and add olive oil. When oil is hot sauté the celery, onions, carrots, and garlic until tender.

Add the vegetable stock, potatoes, and lentils and bring to a boil. Once boiling reduce heat and simmer until the lentils are tender, about 45 minutes.

Add the tomatoes, lemon juice and zest, and salt and let simmer for another 10 minutes.

When the soup is done garnish with the basil.



VEGAN



## APPETIZERS

BUTTERNUT SQUASH FRITTERS

CHICKEN EMPANADAS

CAULIFLOWER TOTS

CRANBERRY BRIE BITES

PORK & CHIVE DUMPLINGS

CROCKPOT CAPONATA

*Chef Chris'***BUTTERNUT SQUASH FRITTERS****SERVES**  
8**METHOD**  
FRY**MINUTES**  
30

1 butternut squash (about 3 pounds), peeled and shredded

1/3 cup all-purpose flour

2 garlic cloves, minced

2 large eggs, beaten

1/2 teaspoon thyme, chopped

1/4 teaspoon sage, chopped

Pinch of nutmeg

Kosher salt and freshly ground black pepper, to taste

2 tablespoons olive oil

In a large bowl, combine butternut squash, flour, garlic, eggs, thyme, sage and nutmeg; season with salt and pepper, to taste.

Heat olive oil in a skillet over medium high heat. Scoop tablespoons of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1 to 2 minutes longer.

Serve immediately.

VEGETARIAN



Chef Veronica's

## CHICKEN EMPANADAS



**SERVES**  
5



**METHOD**  
SAUTÉ/BAKE



**MINUTES**  
50

**1 pound** boneless, skinless chicken thighs (about 3 thighs)

**½ medium** yellow onion, finely chopped

**½ medium** red bell pepper, finely chopped

**½ medium** green bell pepper, finely chopped

**2 plum** tomatoes, cored and finely chopped

**¾ teaspoon** fine salt, plus more for seasoning the chicken

**¼ teaspoon** freshly ground black pepper, plus more for seasoning the chicken

**¼ cup** dry white wine

**1 tablespoon** oregano, chopped

**2 tablespoons** green olives, finely chopped

**14 ounce** package of 5" empanada dough rounds (10 rounds), thawed

**1 cup** of oil for frying (canola, vegetable, or blended works best)

**2 tablespoons** cilantro, finely chopped

**½ teaspoon** distilled white vinegar

Pat chicken dry with paper towels and season generously with salt, pepper, dash, or garlic powder and paprika. Heat a large frying pan or skillet place to medium high heat, add chicken and cook until golden brown, about 5 minutes. Flip and cook other side until golden brown, about 4 minutes more. Transfer to a plate and set aside.

Reduce heat to medium add onion, bell peppers, oregano, tomato, salt, and pepper. Cook, stirring occasionally, until onion has softened, about 4 minutes. Add wine, vinegar and olives, stir to combine, and bring to a simmer.

Cut chicken into pieces and place back into the pan along with any accumulated juices, cover, and reduce heat to low. Simmer until chicken is no longer pink, about 10 minutes. Add the cilantro and adjust seasoning if needed. Place mixture into a cooled bowl to help speed up cooling process.

Place about 2 tablespoons of water in a small bowl and set aside. Remove dough disk from the refrigerator and place one dough round flat on a lightly floured work surface.

Place about 2 tablespoons of the filling in the center of a dough round. Dip your finger in the water and trace around the edge of the round to moisten. Place the empanada in your hand and fold the sides up like a taco. Squeeze the bottom left and right sides together at the edges, and then continue squeezing toward the middle until the entire empanada is sealed or lay the empanada flat, fold over and crimp with a fork sealing all edges nice and tightly.

To cook we will deep fry or bake. To deep fry: pre-heat oil over medium heat (to 350° - 365°). Place 2-3 empanadas in the oil and cook for about 5 min, turning once. Repeat in batches with remaining.

To bake: Spread out on sheet tray and bake at 375° for 15- 20 min, or 400 10- 15 min, until golden.



*Chef Chris'***CAULIFLOWER TOTS****SERVES**  
6**METHOD**  
BAKE**MINUTES**  
30

Olive oil

**4 cups** cauliflower florets,  
steamed (about 1/2 large  
cauliflower)**1 large** egg, lightly beaten**1 cup** cheddar, shredded**1 cup** parmesan, freshly grated**2/3 cup** panko breadcrumbs**2 tablespoons** fresh chives,  
chopped

Kosher salt, to taste

Freshly ground black pepper,  
to taste**1/2 cup** ketchup**2 tablespoons** sriracha

For the oven: preheat oven to 400F. Grease a large baking sheet with olive oil.

In a food processor, pulse steamed cauliflower until riced. Place riced cauliflower on a clean kitchen towel and squeeze to drain water. Transfer cauliflower to a large bowl with egg, cheddar, parmesan, panko, and chives and mix until combined. Season with salt and pepper to taste.

Spoon about 1 tablespoon of the mixture and roll it into a tater-tot shape with your hands. Place on prepared baking sheet and bake for 15 to 20 minutes, until tots are golden.

Meanwhile, make spicy ketchup: Combine ketchup and sriracha in a small serving bowl and stir to combine.

Serve warm cauliflower tots with spicy ketchup.

For the air fryer: in a food processor, pulse steamed cauliflower until riced. Place riced cauliflower on a clean kitchen towel and squeeze to drain water. Transfer cauliflower to a large bowl with egg, cheddar, parmesan, panko, and chives and mix until combined. Season with salt and pepper to taste.

Spoon about 1 tablespoon of the mixture and roll it into a tater-tot shape with your hands. Working in batches, arrange in basket of air fryer in a single layer and cook at 375F for 10 minutes, until tots are golden.

Meanwhile, make spicy ketchup: Combine ketchup and sriracha in a small serving bowl and stir to combine.

Serve warm cauliflower tots with spicy ketchup.

VEGETARIAN



*Chef Chris'***CRANBERRY BRIE BITES****SERVES**  
24 PIECES**METHOD**  
BAKE**MINUTES**  
30**1 (8 ounce)** tube crescent dough

Cooking spray, for pan

**3 tablespoons** flour, for surface**1 (8 ounce)** wheel of brie**½ cup** whole berry cranberry sauce**¼ cup** pecans, chopped**2 sprigs** of rosemary, picked and chopped fine

Preheat oven to 375F and grease a mini muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough, and pinch together seams. Cut into 24 squares. Place squares into muffin tin slots.

Cut brie into small pieces and place inside the crescent dough. Top with a spoonful of cranberry sauce, some chopped pecans, and one little pinch of rosemary.

Bake until the crescent pastry is golden, about 15 minutes.

VEGETARIAN

Chef Veronica's

## PORK &amp; CHIVE DUMPLINGS



**SERVES**  
36 DUMPLINGS



**METHOD**  
MIX/SAUTÉ



**MINUTES**  
45

**8 large napa cabbage leaves**, thinly sliced (about 4 cups)

**1 tablespoon** kosher salt

**1 pound** ground pork (not lean)

**1 cup** chives, minced

**3 tablespoons** soy sauce

**1 tablespoon** fresh ginger, peeled and finely chopped (about 1" knob)

**2 teaspoons** toasted sesame oil

**1 (16 ounce)** package round wheat dumpling wrappers

**4 tablespoons** vegetable oil, plus more as needed

*Soy chili dipping sauce:*

**½ cup** soy sauce

**½ cup** rice wine vinegar

**½ teaspoon** fresh ginger, minced

**½ teaspoon** scallions, sliced finely

**1 tablespoon** sugar

**1 tablespoon** chili sauce or sriracha

**1 teaspoon** sesame oil

Make the dipping sauce: mix all ingredients to combine and set aside. Sauce will keep for one month in the fridge.

Make the dumplings: place the cabbage in a large bowl with the salt. Toss well and set aside for at least 5 minutes.

In a large bowl, combine the ground pork, chives, soy sauce, ginger, and sesame oil. Use your hands to mix all the ingredients thoroughly together. Set aside.

Take the cabbage in your hands and squeeze out as much water as you can. Add the cabbage to the pork mixture. Mix well with your hands until the filling is well combined.

Fill a small bowl with warm water. Lay a dumpling wrapper on a clean work surface and scoop about 1 tablespoon of the filling into the center of the wrapper. Dip your finger in the water and paint all around the edge of the wrapper to moisten.

Fold the wrapper over in half to look like a taco. Pinch just the top of the wrapper together, leaving the sides exposed and open. Start pleating the left side of the dumpling: hold the dumpling on the top, fold a pleat on one side of the wrapper about halfway down the arc toward the center of the dumpling and press it into the facing side of the wrapper. Repeat the pleating almost to the bottom of the arc so that you have two pleats on the left side of the dumpling. Repeat the pleating process on the right side of the dumpling, again pleating toward the center.

When the dumpling is completely pleated, you should be able to sit the dumpling on its bottom without tipping over.

Continue with the rest of the dumpling wrappers and filling until the filling has been used up.

Heat a large skillet with a lid over medium high. Add 2 tablespoons of vegetable oil. When the oil starts to shimmer, carefully add as many dumplings as will comfortably fit in the skillet and turn the heat down to medium.

Cook without moving until the dumpling bottoms are golden brown, about 3 minutes. Check by lifting them up with your fingers and peeking underneath.

Add about ½ cup of water to the pan and immediately cover with the lid. The pan will sizzle and steam up immediately, so don't be startled. Let the dumplings steam until the water has evaporated, about 5 minutes. Uncover and continue to cook until the bottoms are crisp. Serve with dipping sauce.



Chef Veronica's

## CROCKPOT CAPONATA



**SERVES**  
10-15



**METHOD**  
STEW



**HOURS**  
3

**2 cups** eggplant, peeled and diced

**½ cup** onion, diced

**½ cup** red bell pepper, diced

**½ cup** celery, diced

**½ cup** zucchini, diced

**¼ cup** extra virgin olive oil

**4 cloves** garlic, smashed and chopped

**1-14 ounce** can stewed diced tomatoes

**1 tablespoon** tomato paste

**1 tablespoon** oregano

**2 tablespoons** capers

**1 sprig** thyme (optional)

**3 bay** leaves

**1 teaspoon** black pepper

**1 tablespoon** sea salt

**¼ cup** raisins

**1 pinch** red pepper flakes

**1 tablespoon** honey

**½ cup** balsamic vinegar

**¼ cup** water

**¼ cup** basil, chopped (garnish)

To a 3 - 4 quart crock pot, add the eggplant, onion, peppers, celery, zucchini, oil, garlic, tomato and tomato paste. Stir until combined well. Turn the cooker on high for 1 hour.

Add the remainder of ingredients except basil, stirring to combine. Cover and cook until eggplant is tender, the raisins are plump and the sauce is quite thick. This will take approximately 2 to 2 ½ additional hours on low heat.

Cook caponata until all ingredients have thoroughly blended. Season to taste.

Cool caponata and garnish with chopped basil.

Suggested items to serve with: crostini, grilled pita, or use as a condiment for any grilled fish or meat.

VEGETARIAN



## ENTRÉES

PUMPKIN GUAJILLO CHILI CHICKPEA FALAFEL

SHRIMP TACOS, PINEAPPLE SALSA, LIME CREMA

SPICY TUNA ROLL

CHILI RELLENOS

ONE PAN SHRIMP, BUTTERNUT SQUASH RISOTTO

LEMON ROSEMARY CHICKEN, POTATO, ASPARAGUS

STEAK AU POIVRE & FRITES

SPINACH STUFFED CHICKEN BREAST



Chef Dariusz'ss

## PUMPKIN GUAJILLO CHILI CHICKPEA FALAFEL

SERVES  
4-6METHOD  
BAKEMINUTES  
1 DAY SOAK + 25**1 cup** dry chickpeas**½ cup** onion, roughly chopped**2 tablespoons** parsley, chopped**2 tablespoons** cilantro, chopped**1 teaspoon** kosher salt**1 ½ teaspoons** guajillo chilies, dried and ground (can substitute chili powder)**4** garlic cloves**½ cup** pumpkin or butternut squash, grated (use a cheese box grater on the large hole cutter)**1 teaspoon** cumin**¼ cup** extra virgin olive oil**1 teaspoon** baking powder**4 tablespoons** chickpea flour (can substitute all-purpose flour)

Soak chickpeas in cold water. Let soak overnight and then drain.

In a food processor, add onion, parsley, cilantro, salt, guajillo chili, garlic, shredded pumpkin or butternut squash, cumin and olive oil.

Process until well blended (be sure not to blend into a puree).

Add baking powder and chickpea flour. Dough should form a small ball and no longer stick to hands.

Place into a bowl, cover and refrigerate for several hours.

Form chickpea mixture into 20 small balls or patties.

Preheat oven to 425F. Place the falafel balls or patties on to an oiled baking tray, bake for 10 to 15 minutes. Turn occasionally to ensure both sides are crisp. Do not overcook or they will become dry.



VEGAN



*Chef Cari's*  
**SHRIMP TACOS WITH PINEAPPLE SALSA,  
 LIME CREMA**



**SERVES**  
4



**METHOD**  
SAUTÉ/MIX



**MINUTES**  
50

*Shrimp:*

**1 pound** raw shrimp, peeled and deveined  
**1 tablespoon** olive oil  
**1 teaspoon** lime juice  
**½ teaspoon** garlic, minced  
**½ teaspoon** coarse kosher salt  
**½ teaspoon** paprika  
**1/8 teaspoon** cayenne pepper (if you like it spicier add more)  
**2 tablespoons** olive oil

*Pineapple salsa:*

**2 cups** fresh pineapple, cut into ½" pieces  
**¼ cup** red onion, finely diced  
**¼ cup** cilantro, chopped  
**1 jalapeno**, finely diced (seeded and membranes removed if you want it less spicy)  
**2 tablespoons** lime juice  
**½ cup** fresh tomato, diced  
 Salt and pepper, to taste

*Lime crema:*

**1 cup** sour cream  
**1 lime**  
 Salt and pepper, to taste

*Tortillas:*

**1 cup** masa harina  
**½ teaspoon** kosher salt  
**½ cup plus 2 tablespoons** lukewarm water  
 Olive oil to coat pan

For the tortillas: mix masa harina, salt, and lukewarm water together in a bowl using your fingertips until dough forms and pulls away from the sides, 2 to 3 minutes.

Form into a firm, flattened ball and divide into 8 equal portions.

Roll each portion into a ball. Keep dough balls covered with a damp paper towel.

Place 1 dough ball between 2 sheets of plastic or parchment. Flatten to form a small circle about 1/8 to 3/16 inch thick.

Heat a non-stick sauté pan or skillet to medium high heat and coat with oil, sauté the tortilla lightly on both sides. Place in a clean kitchen towel to keep warm

For the shrimp: in a medium bowl, add the shrimp and remaining shrimp marinade ingredients. Marinate in the fridge while you prep the pineapple salsa.

For the pineapple salsa: mix everything and let the flavors blend for a few minutes in the fridge while the shrimp are cooking.

Heat a skillet over medium heat with the olive oil. Add the shrimp, cook for 2 to 3 minutes per side until shrimp turn pink and are opaque (not see through).

Make the crema: in a small bowl combine sour cream and the juice of one lime. Also add the zest for maximum lime flavor. Season with salt and pepper to taste.

Add some shrimp to each tortilla and top with pineapple salsa and lime crema.

Chef Daijiro's  
**SPICY TUNA ROLL**



**SERVES**  
1



**METHOD**  
SIMMER/STEAM



**MINUTES**  
45

*Sushi Rice:*

**1 cup** sushi rice

**1 ¼ cups** water

**¼ cup** unseasoned rice wine vinegar

**1 tablespoon** sugar

**¾ teaspoon** kosher salt

*Spicy Mayo:*

**3 ounces** sriracha

**1 ¼ ounces** sesame oil

**1 ½ ounces** mirin

**4 ounces** sugar

**1 cup** mayonnaise

*Spicy Tuna Roll:*

**3 ½ ounces** yellowfin tuna, sushi grade

**2 ounces** spicy mayo, recipe above

**2 ounce** tobiko caviar

**1/3 ounce** scallions, sliced finely

**3 ounces** seasoned sushi rice, recipe above

**½ nori** seaweed sheet

**1 teaspoon** toasted sesame seeds

*Sushi Rice:*

Put rice in a large bowl and wash with cold water. Repeat washing until water becomes clear. Combine rice and water in rice cooker or steamer and cook for 40 minutes. Final cook temperature will be 180F.

Turn rice out into casserole dish or sushi rice wooden box to cool.

Mix together rice vinegar, sugar and salt in a sauce pan. Heat over low heat until the sugar dissolves.

Cool mixture. Once rice is between 105-112F, pour in vinegar mixture and fold rice with flat wooden spoon until it has reached room temperature and vinegar mixture is fully incorporated and evenly distributed.

*Spicy Mayo:*

Combine all ingredients together.

*Spicy Tuna Roll:*

Prepare sushi rice and spicy mayo according to the recipes.

Thaw tuna if necessary and cut into ¼" cubes. In a mixing bowl add the tuna, spicy mayo, tobiko, and scallions and mix gently.

Press 3 ounces of sushi rice onto nori, spreading rice out and leaving approximately one inch of uncovered nori at each end (it helps to wet your fingers with cold water when you are patting the rice onto the nori).

Sprinkle sesame seeds on rice.

Add the tuna filling on top of the rice. Roll the filling into the center, then finish rolling into tube. Squeeze roll tightly together with a bamboo mat

Place roll on a flat cutting board. Using a sushi knife, slice the sushi roll first down the middle. From there cut it into 6 equal pieces (wet the knife between each cut to make it easier to cut and keep the rice from sticking to the knife).



*Chef Veronica's*  
**CHILI RELLENOS**



**SERVES**  
4



**METHOD**  
ROAST/SAUTE



**HOURS**  
1.5

**4 large** poblano peppers

**8 ounces** oaxacan cheese or monterrey jack or any melting shredded cheese

**3 cups** oil, for frying

3 large eggs

**1/2 cup** all-purpose flour

**1/2 teaspoon** sea salt

**2 ounces** queso fresco or cotija cheese

**1/4 cup** cilantro, chiffonade

*For the salsa roja:*

**6 roma** tomatoes, quartered

**3 ounces** yellow or white onion, halved

3 garlic cloves

**1 jalapeno**, stem and seeds removed (optional)

**5 sprigs** cilantro

**1 teaspoon** coarse kosher salt, plus more to taste

**1 teaspoon** olive oil

Roast the peppers: line a large baking sheet with aluminum foil and place poblano peppers on top. Set your oven rack directly underneath the broiler and turn the broiler on.

Broil poblanos for 5 minutes, or until the skin is blackened and blistered. Carefully flip them over and broil for another 5 minutes, or until the skin is blackened and blistered.

Remove them from the oven and loosely cover the baking sheet with aluminum foil or plastic wrap to keep in some of the heat and help them steam. Let them sit for 5 minutes.

Peel the peppers: peel and rub off as much of the loose skin on the peppers as possible. It doesn't have to be perfect, just as much as you can.

Cut a small slit down the middle of the peppers with a knife. (If you don't want the peppers too spicy, you can remove some of the seeds. I like to leave them in as poblanos are a more mild pepper, but that's personal preference.)

Stuff the peppers: carefully stuff the peppers with the oaxacan cheese (or whichever melting cheese you've chosen). Some of the peppers will be extra fragile because of the roasting process and may tear – that's okay. Just do the best you can.

Gently close the opening of the peppers and secure it shut with 1-3 toothpicks. Use as many as you need to ensure that the cheese won't ooze out during the frying process. Set aside.

Prepare for frying: heat the oil frying oil in a large saucepan or deep skillet over medium-high heat. Line a baking sheet with paper towels and set aside. While oil is heating up, prepare the batter.

*Continued on next page.*

**CHILI RELLENOS**  
*continued*



**SERVES**  
4



**METHOD**



**HOURS**  
1.5

Make the batter: separate the egg whites from the yolks into two separate bowls – the whites into a large mixing bowl and the yolks into a small bowl. Using an electric hand mixer, beat the egg whites until stiff peaks form.

While continuing to beat the egg whites on low, add in the egg yolks one at a time until all of them are fully mixed in. The batter should be light, fluffy and smooth.

Coat the peppers with batter: place the flour and salt into a separate shallow bowl or plate. Mix together to combine. Gently roll the stuffed peppers in the flour mixture, then give them a gentle tap to remove any excess. Then dip them in the egg batter and gently place them in the hot frying oil.

Fry the chile rellenos: fry the peppers for 3 to 5 minutes per side, until the batter is golden brown and crispy. Try not to overcrowd the peppers in the pan – I usually fry 2 at a time depending on the pan I'm using. Transfer the peppers to the lined baking sheet to drain off any excess oil.

For the salsa roja and assembly: add tomatoes, onion, garlic, jalapeno, cilantro and salt to a blender. Puree until smooth.

Heat olive oil in a small saucepan over medium-high heat. Add blended salsa and bring to a boil.

Reduce heat to low and simmer, stirring occasionally for 8 minutes. Remove from heat, taste and season with more salt if desired.

Immediately serve chile rellenos on a plate with some salsa, freshly chopped cilantro and some cotija cheese. (Don't forget to remove the toothpicks when you first cut into the peppers! You can try to remove them before serving onto plates, but I find it easier to remove them when you first cut into them.)

VEGETARIAN

Chef Veronica's

# ONE PAN SHRIMP, BUTTERNUT SQUASH RISOTTO



**SERVES**  
4



**METHOD**  
SAUTÉ



**MINUTES**  
35

**½ cup** onion, finely diced  
**2 cloves** garlic, minced  
**4 tablespoons** unsalted butter  
**2 cups** arborio rice  
**1 cup** butternut squash, shredded  
**1 cup** dry white wine  
**4 cups** vegetable stock with tomato  
**8 ounces** large raw shrimp, peeled  
**1 teaspoon** lemon zest  
**2 tablespoons** lemon juice  
**2 tablespoons** parmesan cheese, grated  
**1 tablespoon** dill, chopped  
**1 tablespoon** parsley, chopped  
**1 tablespoon** extra virgin olive oil  
 Sea salt and black pepper to taste

In a large, heavy bottom pan, sauté the onions, garlic, olive oil and butter. Sauté the mixture until soft, then add rice and butternut squash. Continuously stir until the grains are toasted thoroughly without browning.

Raise the heat to high. Add wine and lemon zest and reduce it until nearly all of the liquid is absorbed into the rice.

Stir in 1 cup of the vegetable stock, continuously agitating the rice kernels (this will produce a creamier risotto). Continue to add the remainder of the stock in 1 cup increments after each addition of liquid is absorbed into the rice.

Add shrimp with the last addition of vegetable stock. Lower heat to medium. Stir rice every 3 to 4 minutes, allowing liquid to absorb. Check the rice grains to determine doneness (the rice is considered “al dente” when the grains are soft with a light center crunch).

Garnish with lemon juice, chopped herbs and parmesan cheese. Season to taste with salt and pepper.



*Chef Veronica's*

## LEMON ROSEMARY CHICKEN, POTATO, ASPARAGUS



**SERVES**  
4-6



**METHOD**  
ROAST



**HOURS**  
1



**6 tablespoons** extra virgin olive oil, plus more for serving

**2 tablespoons** dijon mustard

5 garlic cloves, minced or grated

**1 ounce** shallot, finely chopped

**2 tablespoons** fresh rosemary, chopped

**1 teaspoon** smoked paprika

1 lemon, juiced & zested

**2 pounds** bone-in chicken pieces

**3 to 4** medium russet potatoes, cut into 2" pieces

**1 tablespoon** sesame seeds

**1 bunch** asparagus, ends trimmed

Kosher salt and black pepper to taste

Preheat oven to 425F. In a medium bowl, combine 4 tablespoons olive oil, mustard, garlic, shallot, rosemary, paprika, lemon zest, lemon juice, and a pinch each of salt and pepper. Add the chicken and toss well to combine. Let sit 15 to 20 minutes or marinate overnight for more flavor.

On a rimmed baking sheet, toss the potatoes with the remaining 2 tablespoons olive oil and the sesame seeds. Season with salt and black pepper. Roast for 15 minutes.

Remove the potatoes from the oven and push them to one side of the pan. Put the chicken on the other side. Return the pan to oven and roast for 20 minutes more.

Pull tray and line asparagus on the side, drizzle with olive oil, salt and pepper and cook for 5 more minutes or until the chicken reaches 165F internal temperature.

Chef Veronica's

## STEAK AU POIVRE &amp; FRITES



SERVES

4



METHOD

SEAR/SIMMER



MINUTES

30

*Steak au poivre:*

4 tenderloin steaks, 6 to 8 ounces each and no more than 1 1/2" thick

Kosher salt to taste

2 tablespoons whole peppercorns

1 tablespoon unsalted butter

1 teaspoon olive oil

1/3 cup cognac, plus 1 teaspoon

1 cup heavy cream

*Frites:*

3 russet potatoes

1 to 2 tablespoons oil

Salt and black pepper to taste

Make the steaks: pre-heat oven to 450F. Remove the steaks from the refrigerator for at least 30 minutes and up to 1 hour prior to cooking. Sprinkle all sides with salt.

Coarsely crush the peppercorns with a mortar and pestle, the bottom of a cast iron skillet, or using a mallet and pie pan. Spread the peppercorns evenly onto a plate.

Press the fillets, on both sides, into the pepper until it coats the surface. Set aside.

In the meantime, make the frites: cut potatoes into 1/4" x 1/4" width by about 3" long sticks (batonnet) and soak in cold water, anywhere from 10 minutes to a few hours. Remove and pat dry. If time allows, lay the potatoes out to air-dry further.

Transfer to bowl and drizzle with oil and salt and pepper to taste. Toss to coat. Lay out in single layer, using two pans if necessary to avoid overcrowding. Bake at 450F for 20 to 30 minutes, flipping once or twice, until edges are browned.

Continue with the steaks while the frites cook: in a medium skillet over medium heat, melt the butter and olive oil. As soon as the butter and oil begin to turn golden and smoke, gently place the steaks in the pan. For medium-rare, cook for about 4 minutes on each side.

Once done, remove the steaks to a plate, tent with foil and set aside. Pour off the excess fat but do not wipe or scrape the pan clean.

Off of the heat, add 1/3 cup cognac to the pan and carefully ignite the alcohol with a long match or firestick. Gently shake pan until the flames die. Return the pan to medium heat and add the heavy cream.

Bring the mixture to a boil and whisk until the sauce coats the back of a spoon, approximately 5 to 6 minutes. Add the teaspoon of Cognac and season to taste with salt.

Add the steaks back to the pan, spoon the sauce over, and serve with the frites.





*Chef Veronica's*

## SPINACH STUFFED CHICKEN BREAST



**SERVES**  
4



**METHOD**  
ROAST



**MINUTES**  
40

4 boneless skinless chicken breasts

2 **teaspoons** paprika

1 **teaspoon** cumin

½ **teaspoon** chili powder

½ **teaspoon** garlic powder

4 **ounces** cream cheese, softened

½ **cup** frozen spinach, defrosted and drained

½ **cup** shredded mozzarella

4 **strips** bacon, cooked and chopped

2 **tablespoons** extra virgin olive oil

Kosher salt and Freshly ground black pepper to taste

Pinch crushed red pepper flakes

Line a large baking sheet with foil. Make a slit in chicken lengthwise creating a pocket in the thickest section of the breast, be careful not to cut all the way through chicken. Season with salt and pepper and spices listed. Place on prepared baking sheet.

In a medium bowl, combine cream cheese, bacon, spinach, and mozzarella. Season with salt, pepper, and a pinch of red pepper flakes. Fill the chicken cavity with the cream cheese mixture. Use a wooden skewer to close the slit weaving it through the chicken.

Heat a nonstick skillet to medium high heat and add the oil, season the chicken with salt & pepper and sear on all sides. Transfer to a 300F oven and roast for approximately 12 to 15 minutes or until an internal temperature of 165F is reached.



## SIDES

POMEGRANATE, CARAMELIZED BRUSSELS SPROUTS

CHEESY DELICATA SQUASH GRATIN

AUTUMN GRAIN BOWL, APPLE BROWN BUTTER VINAIGRETTE

WINTER SQUASH AU VIN

SALT ROASTED HEIRLOOM CARROTS, HONEY GARLIC REDUCTION, TOASTED  
PISTACHIO

MAC & CHEESE, PARMESAN CRUST

*Chef Cari's*

## POMEGRANATE, CARAMELIZED BRUSSELS SPROUTS



**SERVES**  
10



**METHOD**  
BOIL/SAUTÉ



**MINUTES**  
45

**2 pounds** small, firm brussels sprouts

**¼ cup** sugar

**¼ cup** balsamic vinegar

**½ cup** water

**¾ teaspoon** salt

**¼ cup** butter

**¼ cup** pomegranate molasses

**1 large** pomegranate, seeds removed

Peel and cut stem of brussels sprouts. Score the stem to ensure even cooking of the brussels sprouts.

Preheat a heavy bottom, large skillet. Add sugar to the bottom until melted and light brown. Add balsamic vinegar, cook for 1 minute. Add water and salt.

Bring mixture to a boil. Add brussels sprouts, simmer for 6 minutes, covered.

Remove cover, cook for 15 minutes until most of the liquid is absorbed, remove from the heat then add the butter and stir until incorporated. Sprouts should be coated with a golden glaze. Add molasses and seeds from the fresh pomegranate, cook for 3 more minutes. Stir occasionally.

Keep warm until served.

VEGETARIAN





*Chef Dariusz's*

## CHEESY DELICATA SQUASH GRATIN



**SERVES**  
4-6



**METHOD**  
SAUTÉ/BAKE



**HOURS**  
1.25

**5 tablespoons** olive oil, divided, plus more for pan

**3½ pounds** delicata squash, halved, seeds removed, cut crosswise ¼" thick (can substitute acorn squash)

**1** onion, thinly sliced

**10** garlic cloves, thinly sliced

**3 teaspoons** kosher salt

**6 ounces** spinach, blanched, squeezed well

**½ teaspoon** crushed red pepper flakes

**1 tablespoon** thyme leaves, plus sprigs

**2 cups** heavy cream

**4 ounces** parmesan, finely grated, divided

**3 cups** country-style bread, torn into ½" pieces, approximately 4 slices

**2 ounces** butter, melted

Preheat oven to 400F. Coat the baking dish with 1 tablespoon oil and arrange squash in dish.

In a skillet add 4 tablespoons of oil, cook onion and garlic until onion is softened and starting to turn golden brown, season it with 1 ½ teaspoons kosher salt and red pepper flakes. Stir in spinach, red pepper flakes, and thyme. Using tongs, scatter onion mixture over squash, evenly.

Combine cream, three ounces of Parmesan, and 1½ teaspoons kosher salt in skillet and cook about 3 minutes.

Carefully pour over squash, using tongs to turn squash to coat evenly. Cover tightly with foil, bake squash about 25 to 30 minutes. Remove foil and continue to cook until cream is thickened and no longer watery and squash is very tender, about 20 minutes. Remove from the oven.

Coat the bread with the melted butter and toast on low heat until light golden brown. Let cool.

Heat broiler. Scatter breadcrumbs over gratin, crushing into smaller pieces as you go, then top with remaining 1 ounce of parmesan. Transfer gratin to top rack and broil until bubbling and browned at the edges, about 3 minutes.

VEGETARIAN

Chef Cari's

## AUTUMN GRAIN BOWL, APPLE BROWN BUTTER VINAIGRETTE



**SERVES**  
4



**METHOD**  
SIMMER/MIX



**MINUTES**  
30

**8 ounces** bulgur wheat

**1 teaspoon** kosher salt, divided

**3 tablespoons** unsalted butter

**2 tablespoons** almonds, coarsely chopped

**1 ½ ounces** shallot, thinly sliced

**1 teaspoon** coriander seeds, gently crushed with a chef's knife

**¼ teaspoon** red pepper flakes, or more to taste

**1 bunch** lacinato kale, thick stems removed and sliced into thin ribbons

**2** honey crisp apples, cut into 1" cubes, divided

**1** lemon, juiced

**1 tablespoon** apple cider vinegar (or additional 1 tablespoon lemon juice)

**1** sweet potato, cubed and roasted until tender

**2 ounces** gruyère, coarsely grated

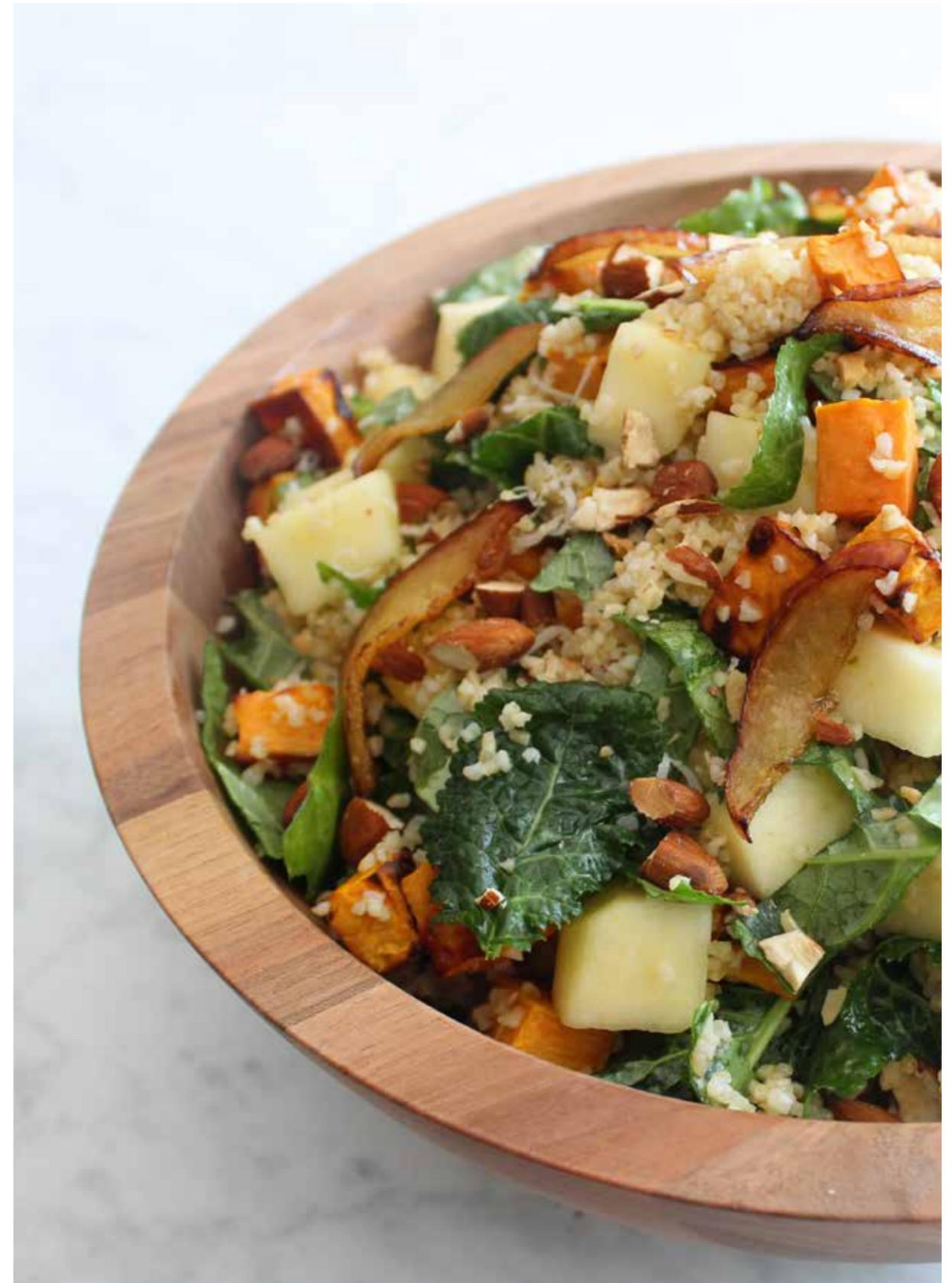
Bring 2 cups water to a boil, add ½ teaspoon salt, and the bulgar wheat. When it begins to simmer turn off the heat and cover. Let sit for 10 minutes, then drain any excess water and fluff.

While the bulgur soaks, make the vinaigrette. In a medium-sized skillet, melt the butter. When it's just starting to color and smell fragrant, add the almonds, shallot, coriander seeds, and red pepper flakes. Cook, stirring, until the shallots relax and the butter starts to brown, 3 to 4 minutes.

In the same skillet, add half of the diced apples, ½ teaspoon salt, lemon juice, and apple cider vinegar, if using. Cook for about 45 seconds, until the apple has absorbed about half of the liquid.

Pour the dressing over the kale, bulgar, sweet potato, and remaining apple. Mix in the cheese, adjust seasoning with salt and lemon.

VEGETARIAN





*Chef Dariusz's*

## WINTER SQUASH AU VIN



**SERVES**  
12



**METHOD**  
SAUTÉ/SIMMER



**HOURS**  
1.25

**5 tablespoons** extra virgin olive oil, divided

**4 ounces** crimini mushrooms, quartered

**4 ounces** onion, thinly sliced

**4 ounces** shallots, thinly sliced

**5** garlic cloves, thinly sliced

**1¼ cups** dry white wine

**¾ cup** farro, barley, or freekeh

**3 tablespoons** red or white miso

**2 ½ pounds** kabocha squash, halved, seeds removed, cut into 2"-thick wedges

**¾ pound** delicata squash, halved, seeds removed, cut into 2"-thick wedges

**1 cup** fresh parsley leaves with tender stems

**½ teaspoon** lemon zest

**1** garlic clove, finely chopped

Kosher salt, to taste

Heat 2 tablespoons oil in a skillet and add mushrooms, tossing occasionally, until browned and crisp, let it cool.

Heat skillet over medium heat with 3 tablespoons of oil. Cook onion, shallots, and thinly sliced garlic stirring occasionally, until softened and starting to brown, 6 to 8 minutes. Add wine; simmer, stirring once, until reduced by half.

Add farro, miso, and 6 cups water. Bring to a boil, stirring to dissolve miso. Reduce heat and simmer, uncovered, stirring once or twice, until farro is halfway cooked, about 20 minutes.

Taste broth and season with salt to taste. Add squash (submerge the best you can), cover, and cook until tender, about 30 minutes. Add mushrooms; cook just until heated through.

Ladle stew into bowls; top with parsley, lemon zest, and chopped garlic.

VEGAN

*Chef John's*

## SALT ROASTED HEIRLOOM CARROTS, HONEY GARLIC REDUCTION, TOASTED PISTACHIO



**SERVES**  
4-5



**METHOD**  
ROAST/SIMMER



**MINUTES**  
30

**40 ounces** all-purpose flour

**2 cup** water

**1 tablespoon** caraway seed

**1 ¼ pound** baby tri color carrots

**1 ounce** unsalted butter

**¼ cup** garlic, chopped

**1 cup** vegetable stock

**¼ cup** honey

**¼ cup** fresh chives, chopped

**4 ounces** kosher salt

**¼ cup** pistachios, toasted

Preheat oven to 350F. In a large mixing bowl combine flour, water, salt and caraway seeds; mix to form a dough. Put extra flour on a flat surface and knead the dough for 5 minutes. Separate the dough into four equal parts.

Flatten one piece of the dough on a sheet pan lined with parchment paper. Arrange half of the carrots in a single layer on top of the sheet of dough, pressing the carrots lightly into the dough. Cover the carrots with another piece of the dough, completely encapsulating the carrots. Repeat procedure for the rest of the carrots.

Bake carrots in dough at 350F for 25 minutes. Break open dough and remove carrots. Discard the dough.

While carrots are baking, begin preparing the honey garlic reduction. Melt butter in a pan with chopped garlic. Simmer until garlic is cooked to create garlic butter. Place in the freezer to cool.

Combine vegetable stock and honey in a saucepan and reduce by half. Reduce heat to low and monte au buerre the sauce with the garlic butter. (monte au beurre essentially is the process of whipping cold butter into a sauce that has just been removed from the heat which slightly thickens the sauce and gives it a velvety texture.)

Lay out carrots and lightly coat with the honey garlic reduction, top with the chives and pistachios.

VEGETARIAN



*Chef Veronica's*

## MAC & CHEESE, PARMESAN CRUST



**SERVES**  
2



**METHOD**  
SIMMER/BAKE



**MINUTES**  
35

**2 tablespoons** butter, divided

**1 cup** elbow macaroni (or any short pasta)

**1 tablespoon** all-purpose flour

Salt and pepper, to taste

**½ cup** milk

**½ cup** cheddar cheese, shredded (any melting cheese works)

**½ cup** white cheddar cheese, shredded (any melting cheese works)

**¼ cup** breadcrumbs

**½ cup** parmesan cheese, shredded or finely grated

Preheat oven to 425F. Fill one small pot with water and bring to a rolling boil on medium high heat. While water is heating, begin to heat a second pot on low heat. Add in 1 tablespoon butter and let melt.

Meanwhile, add in a teaspoon of salt to water and once boiling add in pasta. This will cook for 6 to 7 minutes.

While pasta is cooking, add flour to melted butter and whisk together to create a roux (first steps to cheese sauce). Cook the roux until the consistency is that of wet sand and the color is blonde. Add in milk and whisk well to eliminate any clumps.

Simmer milk mixture on low heat until thickened stirring often to prevent sticking.

When proper consistency is reached start adding in the cheddar cheeses gradually until all cheese (excluding parmesan) is mixed in and mixture is cheesy.

Strain pasta (be sure to save 1 cup of the cooking liquid to loosen consistency if necessary) and add in to cheese sauce. Mix well and add to a baking dish that the mixture will just fill.

Melt the remaining butter and mix together with breadcrumbs, and parmesan cheese and top your mac and cheese with it. Place in center rack of oven uncovered and let bake for 8 to 10 minutes or until crispy and golden on top.

VEGETARIAN





## PLANT-BASED COOKING

BEYOND MEATBALLS

VEGAN PLANTAIN BOWL, ANCHO SAUCE

SWISS CHARD SOBA NOODLES

CASHEW BLACK BEAN BURRITO

STUFFED ACORN SQUASH, WILD RICE, CRANBERRIES, SAGE

PUMPKIN PIE PARFAIT, COCONUT CREAM, CANDIED PECANS

JUICES

POWER GREENS

SPICY CUCUMBER

RAINBOW

JUICY CARROT

GINGER BERRY

SMOOTHIES

BERRY GOGI SMOOTHIE

GINGER ALMOND SMOOTHIE

Chef John's

## BEYOND MEATBALLS

SERVES  
10-12METHOD  
BOIL/ROASTMINUTES  
45

2 ¼ **ounces** ground flax seed

2 ¼ **quarts** vegetable stock

3 ¼ **pounds** spanish onions, diced

2 **ounces** garlic cloves, minced

6 ¾ **pounds** vegan Beyond beef

8 **ounces** panko breadcrumbs

1 **pound** vegan parmesan cheese shreds

2 ¼ **ounces** parsley, chopped fine

½ **ounce** black pepper

1 **ounce** kosher salt

Bring vegetable stock to a simmer

In a large mixing bowl, combine flax seed and 2 ¼ ounces simmered vegetable stock. Set aside to allow mixture to thicken.

Add onion and garlic to a food processor and pulse until pureed. Transfer pureed contents to mixing bowl with thickened flax seed.

Add remaining vegetable stock, thawed Beyond beef, breadcrumbs, vegan parmesan, parsley, salt and pepper to mixing bowl with thickened flax seed. Mix well to combine.

Form the mixture into vegan meatballs using a 1 ounce scoop and arrange on a parchment lined sheet pan. Place in a 375F oven and cook for approximately 10 minutes or until golden brown and internal temperature reaches 165F.



VEGAN



*Chef Veronica's*  
**VEGAN PLANTAIN BOWL, ANCHO SAUCE**



**SERVES**  
6



**METHOD**  
BAKE/SIMMER



**MINUTES**  
45

3 ripe plantains (yellow with brown spots), peeled and cut in ½" slices on a bias

2 **cups** cooked rice of choice – or any cooked grain, leftover is fine

1-15 **ounce** can black beans, strained and rinsed

1 avocado, sliced thin

1 **cup** purple cabbage, shredded

½ **cup** carrots, shredded

1 lime

*Ancho sauce:*

5 ancho chili peppers

1 **tablespoon** vegetable oil

½ **cup** white onion, chopped

½ **cup** red onion, chopped

4 garlic cloves, chopped

1 roma tomato, chopped

2 **tablespoons** red wine vinegar

1 **teaspoon** cumin

1 **tablespoon** mexican oregano

1 to 2 **tablespoons** maple syrup (optional)

1 **cup plain** vegan yogurt

Salt and pepper to taste

*Soaking water from ancho chili peppers or stock (for thinning sauce)*

*Optional: lime wedges, avocado, cilantro for garnish*

Bring a skillet to medium heat, add ancho chili peppers and toast until fragrant, then add to a pot with hot water and cover with a lid. Cook for 10 to 15 minutes. Drain, saving the cooking liquid for later.

Prepare beans by warming homemade or store-bought beans on the stovetop in a small saucepan and adding salt as needed to taste. Optional: Season with ground cumin and chili powder to taste. Heat over medium heat. Then, once bubbling, reduce to a simmer to keep warm.

You have two options for cooking the plantains, stovetop or oven:

To sauté plantains on the stovetop: over medium heat, add enough oil to coat the bottom of the skillet. Pan fry plantain slices for 4 minutes each side or until golden brown. Place on paper towel and set aside.

To bake or air fry plantain: toss plantains with oil (or maple syrup) and salt. Then bake for about 15 to 20 minutes at 425F or until golden brown and slightly caramelized. Set aside.

Prepare slaw by adding shredded cabbage and carrot to a mixing bowl with a squeeze of lime and toss to combine. Prepare any other desired toppings at this time, such as sauce of choice, avocado or guacamole, or fresh cilantro.

For the sauce, strain chilis from water and place in blender with all other ingredients except yogurt. Blend until smooth, adding a little ancho water to thin out if too thick.

Combine about half of the sauce with the yogurt and mix well. Taste and season if necessary.

To serve, layer rice, beans, plantains, vegetable slaw, and any other desired toppings or sauces (such as lime wedges, avocado, and cilantro.)

VEGAN

Chef Cari's

## SWISS CHARD SOBA NOODLES

SERVES  
2-3METHOD  
BOIL/SAUTÉHOURS  
1**1 tablespoon** sesame oil**1** medium onion, julienned  
finely**4** garlic cloves, chopped finely**1** bunch swiss chard (about 8 big  
leaves)**6** ounces soba noodles*For the sauce:***3 tablespoons** tamari**3 tablespoons** maple syrup**2 tablespoons** vegan sriracha**1 tablespoon** cashews, chopped**½ teaspoon** black sesame seeds**1 tablespoon** scallions*For pickling stems:***¼ cup** red wine vinegar**¼ cup** hot water**2 teaspoons** sugar**1 teaspoon** salt

Fill a large pot with water and bring to a boil.

Wash the swiss chard leaves then cut the leafy bits from the thick stems. This can be done by laying the leaf flat on a chopping board and running a sharp knife down either side of the stem to remove it.

The stems kind of look like celery. Slice them up as you would celery and shred the leaves into bite sized pieces and set aside.

To a small bowl, add the red wine vinegar, hot water, sugar, and salt. Stir and add half of the stem pieces. Let sit for up to one hour.

Mix the sauce ingredients up in a small bowl and set aside within easy reach.

Heat a wok or skillet over a high heat and add the sesame oil, then the onions and the remaining chopped chard stems.

Stir the onions and chard stems around for about 2 to 3 minutes then add the garlic and shredded leaves. Cook for 1 more minute, stirring around frequently.

Drop the noodles into the boiling water. Remember that soba noodles cook quickly (usually about 4 minutes) so make sure everything else is ready before you do this.

Quickly drain the noodles and throw them into the pan with the chard then pour over the sauce.

Stir to coat everything and give it a minute to warm through then serve immediately. Serve with pickled stems and chopped cashews or sesame seeds.



VEGAN



*Chef Dariusz's*

## CASHEW & BLACK BEAN BURRITO



**SERVES**  
4



**METHOD**  
SAUTÉ



**MINUTES**  
40

**1 tablespoon** olive oil  
**3 ounces** yellow onion, diced  
**1 cup** cashews, chopped  
**1 ½ cups** black beans, cooked  
**1** garlic clove, chopped  
**1 teaspoon** chili powder  
**1 teaspoon** cumin  
**¾ teaspoon** salt, divided  
**¼ teaspoon** smoked paprika  
**1 tablespoon** tomato paste  
**1 teaspoon** vegan sriracha  
**1** avocado  
**1/8 teaspoon** cayenne pepper  
**2 tablespoons** lime juice  
**4** burrito-sized tortillas (10" or 12")  
**2 cups** kale, shredded  
**1 teaspoon** coriander

Heat a large pan with the olive oil and sauté the onion on medium-low heat until translucent, about 10 minutes.

Add in the garlic, black beans and cashews and stir well, gently mashing the black beans. I like to leave some pieces whole for texture.

Season with the chili powder, coriander, cumin, ½ teaspoon salt, smoked paprika, tomato paste and sriracha and cook on a medium-low flame for about 10 more minutes.

Mash the avocado in a bowl and season with ¼ teaspoon salt, cayenne pepper and freshly squeezed lime juice.

Spread ¼ of the mashed avocado mixture onto the center of one wrap, top with about 1 cup of the cashew/bean mixture, then top with ½ cup of the shredded kale. Fold the bottom of the wrap over the mixture, fold in both sides, and roll.

Heat the burrito on a greased skillet for 1-2 minutes per side to get it crispy.

VEGAN

Chef John's

## STUFFED ACORN SQUASH, WILD RICE, CRANBERRIES, SAGE, & PECAN



**SERVES**  
6



**METHOD**  
ROAST/SAUTÉ



**HOURS**  
1.15

3 small acorn squash (about 1 ½ pounds each, or 4 ½ pounds total)

2 **tablespoons** olive oil, divided

1 **tablespoon** maple syrup

½ **teaspoon** kosher salt, divided

1/8 **teaspoon** black pepper

½ **cup** wild rice

2/3 **cup** pecans, chopped

1 **tablespoon** canola oil

½ **cup** onions, chopped

1 **cup** celery, medium dice

½ **tablespoon** garlic, minced

1 **tablespoon** fresh sage, minced

½ **cup** dried cranberries

1 **teaspoon** balsamic vinegar

Wash the acorn squash and cut them in half. Scoop out the seeds and place on a pan with the cut side up. Brush with 1 tablespoon of olive oil and maple syrup on each half. Sprinkle with salt and black pepper. Roast in a preheated 350F degree oven until tender, about 20 to 30 minutes.

Place wild rice in a pot of cold water and bring to a boil, then simmer and cook until 1/3 of the rice opens, about 30 minutes. Drain and set aside.

Place pecans on a sheet pan and toast in a 300F degree oven until fragrant, about 5 minutes. Set aside.

Heat canola oil in a hot pan and sauté onions, celery and garlic until tender. Remove from pan and place in a large bowl; add the remaining ingredients: sage, dried cranberries, salt and black pepper to taste, 1 tablespoon of olive oil, balsamic vinegar, as well as the cooked wild rice and toasted pecans. Mix to incorporate. Stuff into cooked acorn squash (each will hold about ½ cup of stuffing). Return to oven to heat through for 5 to 10 minutes just prior to serving.

VEGAN

Chef John's

## PUMPKIN PIE PARFAIT, COCONUT CREAM, TOASTED PECANS



**SERVES**  
4



**METHOD**  
BAKE



**MINUTES**  
30

*For the pudding:*

1 **cup** pumpkin puree

½ **cup** raw cashews, soaked 4-6 hours, drained and rinsed

½ **cup** full-fat coconut milk

¼ **cup** maple syrup

1½ **teaspoons** cinnamon

1½ **teaspoons** vanilla extract

¼ **teaspoon** sea salt

*For the coconut cream:*

2-13.5 **ounce cans** full-fat coconut milk, refrigerated overnight

2 ½ **tablespoons** maple syrup

1 **tablespoon** vanilla extract

1 **tablespoon** lemon zest

1/8 **teaspoon** sea salt

1 **tablespoon** lemon juice

*For assembly:*

½ **cup** pecans

Make the pudding: blend all pudding ingredients together until smooth and creamy. Transfer to a bowl, cover, and chill for 4-6 hours or overnight (the pudding will be thicker if it sets overnight).

Make the coconut cream: scoop the coconut solids that have risen to the top of the coconut milk can and transfer it into a stand mixer fitted with the whisk attachment. (Make sure the solids have separated from the coconut water in the can - if it mixes, your coconut cream will not whip.)

Beat the coconut cream on high speed until it begins to thicken and stiff peaks form. Don't over-mix or your cream will soften too much.

Add the maple syrup, vanilla extract, salt, and lemon zest, and mix until combined. If your coconut cream is very thick, add the lemon juice as needed. If your cream isn't thick enough for the additional liquid, skip the lemon juice.

Chill the cream in the fridge until you're ready to serve.

Lay out pecans on a sheet pan and bake at 325F for 6 to 8 minutes or until the pecans are lightly golden.

To assemble the parfaits, divide the pecans evenly between 4 small serving dishes. Add the pumpkin pudding and top with a dollop of coconut cream to each dish.

VEGAN

Chef John's

**POWER GREEN JUICE****SERVES**

1

**METHOD**

JUICE

**MINUTES**

5

2.75 oz spinach, baby  
 3.75 oz kale  
 1 oz lemon  
 11 oz apples, red delicious  
 13.5 oz celery

Wash all vegetables thoroughly. Place vegetables in the juicer chute and press through until all juice is extracted.

VEGAN

Chef John's

**SPICY CUCUMBER JUICE****SERVES**

1

**METHOD**

JUICE

**MINUTES**

5

6 oz apples, red delicious  
 19 oz cucumbers, english  
 1.5 oz basil  
 1.25 oz jalapeno  
 1 oz ginger root  
 2.5 oz lemon

Wash all vegetables thoroughly. Place vegetables in the juicer chute and press through until all juice is extracted.

VEGAN

*Chef John's***RAINBOW JUICE****SERVES**

1

**METHOD**

JUICE

**MINUTES**

5

7.5 oz beets  
 9.25 oz carrots  
 7.75 oz apples, red delicious  
 1 oz ginger root  
 1.75 oz kale, chopped  
 1.75 oz parsley  
 1.25 oz lemon

Wash all vegetables thoroughly. Place vegetables in the juicer chute and press through until all juice is extracted.

VEGAN

*Chef John's***CARROT JUICE****SERVES**

1

**METHOD**

JUICE

**MINUTES**

5

15.5 oz carrot  
 4 ea orange

Wash all vegetables thoroughly. Place vegetables in the juicer chute and press through until all juice is extracted. Juice the oranges with a citrus juicer. Combine the orange juice and the carrot juice.

VEGAN

Chef John's

## GINGER BERRY JUICE



SERVES

1



METHOD

JUICE



MINUTES

5

11.75 oz strawberries  
1/2 oz ginger root- minced  
13 oz apples, red delicious

Wash all vegetables thoroughly. Place vegetables in the juicer chute and press through until all juice is extracted.

VEGAN

Chef John's

## BERRY GOGI SMOOTHIE



SERVES

1



METHOD

BLEND



MINUTES

5

1/2 cup raspberries, frozen  
2.5 oz banana, frozen  
1 tbsp chia  
1/2 oz goji berries  
8 fl oz soy milk  
1 oz whey vanilla protein powder  
1 oz dates

Place all ingredients in a high speed blender. Puree on low speed for the first 20 seconds to allow the blender to break down the frozen items, then puree on high speed for an additional 10 seconds.

VEGAN

*Chef John's*

## GINGER ALMOND SMOOTHIE

**SERVES**

1

**METHOD**

BLEND

**MINUTES**

5

7 **fl oz** almond milk  
4 **oz** banana frozen  
2 **tbsp** almond butter  
1/2 **oz** ginger juice  
1/2 **tsp** almond extract  
1-1/2 **tbsp** maple syrup  
1 **oz** hemp protein powder

Place all ingredients in a high speed blender. Puree on low speed for the first 20 seconds to allow the blender to break down the frozen items, then puree on high speed for an additional 10 seconds.

VEGAN



## DESSERTS

SM'OREO BREAD PUDDING

ZABAGLIONE

CHOCOLATE RASPBERRY CRÈME BRÛLÉE

FIG & PEAR CLAFOUTIS

CRANBERRY-ALMOND APPLE TART

FRENCH CRÊPES

CRANBERRY MACAROONS

Chef Cari's

## SM'OREO BREAD PUDDING

SERVES  
6METHOD  
BAKEMINUTES  
55

3 ½ **cups** brioche roll, diced into 1" cubes

½ **cup** cinnamon graham crackers, coarsely broken

16 oreo cookies, coarsely broken

2 **cups** skim milk (or almond milk)

½ **cup** sugar

¼ **cup** butter, melted

2 large eggs

1 **teaspoon** vanilla extract

½ **teaspoon** cinnamon

1 **tablespoon** cocoa powder

1 **teaspoon** baking powder

½ **cup** dark chocolate, chopped

1 **cup** mini marshmallows

6 **ounces** whipped vanilla yogurt (optional)

Preheat oven to 350F.

In a large bowl, combine oreo pieces, brioche bread cubes and cinnamon graham crackers.

In a separate bowl, blend milk, sugar, butter, eggs, vanilla extract, cinnamon, cocoa powder and baking powder. Pour over bread mixture. Stir to coat evenly. Add chopped dark chocolate and mini marshmallows. Fold all components together until well mixed.

Pour into a greased 1 ½ quart casserole dish. Bake 45 to 50 minutes or until set.

Serve warm with whipped vanilla yogurt, if desired.

VEGETARIAN



*Chef Cari's*  
**ZABAGLIONE**



**SERVES**  
2-4



**METHOD**  
DOUBLE BOILER



**MINUTES**  
20

**4 large** egg yolks

**¼ cup** granulated white sugar  
or brown sugar

**¼ cup** marsala wine  
(traditional), or any white wine

pinch of salt

optional: spices, vanilla extract,  
and any toppings of choice

In a large stainless steel or glass bowl add the egg yolks and sugar. Whisk until the mixture becomes light yellow and frothy.

Sir the wine into the egg/sugar mixture. Stir in the salt and any spices or extracts, if using.

Place the bowl over a pot of simmering water. Be sure the water does not touch the bottom of the bowl.

Gently whisk continuously and cook until thickened (about 5 minutes). The whisk should just be able to leave a slight trace in the mixture when done. Be careful not to overcook.

Remove from the heat immediately. Pour into serving glasses and enjoy!

Top with fruit, crumbled cookies (such as gingersnaps or sugar cookies), spices, toasted nuts, or anything else you'd like!

VEGETARIAN



*Chef Dariusz's*

# CHOCOLATE RASPBERRY CRÈME BRÛLÉE

**SERVES**  
6**METHOD**  
BAKE**HOURS**  
1.5

1 large whole egg  
 4 egg yolks  
 ½ cup sugar  
 3 cups heavy cream  
 8 ounces bittersweet or dark chocolate, chopped  
 1 teaspoon instant espresso  
 ¼ cup kahlúa  
 1 teaspoon vanilla extract  
 ½ pint fresh raspberries  
 2 tablespoons sugar in the raw

Preheat oven to 275F.

Place 6, 8-ounce ramekins in a roasting pan (large enough to hold them completely flat).

In a large, heat-proof bowl, whisk together whole egg, egg yolks and sugar until combined. Slowly scald the heavy cream in a saucepan. Add the chopped chocolate and espresso. Turn off the heat. Whisk until the chocolate is melted.

Slowly whisk the cream mixture into the egg mixture. Then whisk in the kahlúa and vanilla extract.

Evenly pour into the prepared ramekins until full. Evenly distribute and place raspberries on top of each ramekin.

Place the roasting pan in the oven and carefully pour extremely hot tap water into the pan (fill with enough water to surround the ramekins halfway up the sides).

Bake 40 to 50 minutes until custards are set on the edges but still retain movement when lightly shaken.

Remove the ramekins from the water.

Cool to temperature, wrap in plastic and refrigerate until firm.

To serve, spread the sugar in the raw evenly across the top of custards. Heat the sugar with a kitchen blow torch held 1" from its surface until it caramelizes. Allow to cool. Garnish with additional raspberries.

VEGETARIAN





Chef Walter's

## FIG & APRICOT CLAFOUTIS



**SERVES**  
6-8



**METHOD**  
MIX/BAKE



**HOURS**  
1.5

**½ cup** almonds

**1** vanilla bean

**1 teaspoon** anise seeds

**3 tablespoons** unsalted butter,  
plus more for the dish

**2 tablespoons** honey

**20** black mission figs, stems cut  
off and quartered lengthwise

**2** apricots, pitted and sliced

**3** large eggs

**1 teaspoon** lemon zest

**½ cup** sugar, plus more for the  
dish

**¾ cup** heavy cream

**¾ cup** whole milk

**1 tablespoon** calvados brandy

**6 tablespoons** all-purpose flour

Preheat the oven to 400F. Butter and sugar a 10 ½" round baking dish.

Spread the almonds on a sheet tray and toast in the oven for 6 to 8 minutes, until nicely golden. Remove from the oven and set aside.

Place the anise seeds in a small, dry sauté pan over low heat and toast gently until fragrant. Remove from heat and let cool.

Slice the vanilla bean in half lengthwise and, using a sharp knife, scrape the seeds out of the pod and onto a small plate. Heat a large sauté pan over medium-high heat, and when ready, add the butter, honey, half of the vanilla seeds, and the entire vanilla pod, stirring well.

Add the figs, apricots, a pinch of salt, and the anise seeds. Cook, tossing occasionally, 2 to 3 minutes, until the figs and apricots start to soften and are well coated with the honey butter.

Pour the figs and apricots into the prepared baking dish, and spread evenly across the bottom. Remove the vanilla pod, and sprinkle with the toasted almond pieces.

In the bowl of a stand mixer fitted with a whisk attachment, blend the eggs until frothy, add the remaining vanilla seeds, lemon zest, sugar, heavy cream, milk, and calvados brandy. Mix well until combined. Add the flour and a pinch of salt, and mix until well incorporated, 1 to 2 minutes. Let rest 15 minutes.

Pour the batter over the fruit mixture and place the dish in the center of the preheated oven. Bake until the center puffs and turns a deep golden color, and the clafoutis feels firm and set, about 30 to 40 minutes.

Transfer to a cooling rack. Serve slightly warm, or at room temperature, dusted with powdered sugar, and topped with a dollop of freshly whipped cream, if desired.

VEGETARIAN

*Chef Cari's*

## CRANBERRY-ALMOND APPLE TARTS



**SERVES**  
8



**METHOD**  
MIX/BAKE



**HOURS**  
1.5

**1** 9-inch tart (filled with your favorite pie dough, unbaked)

**7 ounces** almond paste

**1 cup** fresh cranberries

**¼ cup** sugar

**1 teaspoon** cinnamon

**5 cups** apples, sliced (preferably granny smith)

**½ cup** uncooked rolled oats

**½ cup** brown sugar

**6 tablespoons** unsalted butter, very cold and cut into small pieces

**½ cup** all-purpose flour

**¼ cup** raw almonds, sliced

Preheat oven to 350F.

Flatten almond paste on wax paper with rolling pin to form an 8-inch circle. Lay the almond paste disk at the bottom of the tart shell.

In a bowl, combine the flour, oats and brown sugar. Stir in the very cold butter pieces until crumbs are formed. Set aside.

In another bowl combine the fresh cranberries, sugar, cinnamon and apples. Pour the cranberry mixture into the tart shell.

Spoon the crumb mixture evenly over the top of the cranberry-apple mixture, forming into a semi-open tart.

Crimp the edges of the tart crust with your fingers.

Bake 50 to 60 minutes. Sprinkle with sliced almonds and bake another 5 minutes. Serve warm.

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Chef Cari's  
**FRENCH CRÊPES**



**SERVES**  
8



**METHOD**  
MIX/SAUTÉ



**MINUTES**  
20

**½ cup** flour

**1** large egg

**1 tablespoon** butter, melted

Pinch of salt

**1 to 4 teaspoons** sugar, depending on whether you'd like sweet or savory crêpes

**¾ cup** whole milk (or any type of milk will work)

Filling of choice (see notes to the right for a few ideas – or make up your own!)

Heat a 10" or 12" nonstick pan over medium heat.

Make crêpe batter by combining all ingredients in a blender or with a whisk (ideally you will refrigerate batter for about an hour before use).

Add enough butter to coat the pan, then add about a quarter cup of the crêpe batter and swirl the pan to cover it in a thin, even film (use a rubber spatula to help, if needed). Cook on the first side for about 2 minutes, until the bottom takes on a deep golden brown color. Flip and cook for a few minutes longer, until the bottom is golden brown.

Fill and fold as desired. Repeat to make a few more crêpes.

Savory Filling Option 1: sliced deli ham, very thin sprinkle of gruyere cheese, 1 sunny side up or fried egg, Dijon mustard, and arugula

Savory Filling Option 2: sautéed mushrooms, spinach, goat cheese, and toasted pecans

Sweet Option: Nutella, sliced strawberries, and fresh whipped cream

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Chef Veronica's  
**CRANBERRY MACAROONS**



**SERVES**  
25



**METHOD**  
BAKE



**MINUTES**  
45

**5 1/3 cups** sweetened coconut flakes

**1 cup** sweetened condensed milk

**1 teaspoon** vanilla extract

**½ cup** dried cranberries, chopped

**2** large egg whites

**¼ teaspoon** salt

**4 ounces** semisweet chocolate, optional for dipping

Preheat oven to 325F.

Set oven rack near center of oven. Line baking trays with parchment paper.

In a medium bowl mix together the coconut flakes, condensed milk, vanilla extract and dried cranberries.

Whisk egg whites and salt together until stiff peaks form.

Use a large rubber spatula to fold the egg whites into the coconut mixture.

Using two spoons, form heaping tablespoons of the mixture into mounds on the prepared baking sheets, spacing 1" apart from each other.

Bake for 23 to 25 minutes. Rotate the pans from the top rack to the bottom rack and from front to back until the tops and edges are golden.

Let cool on the pans for a few minutes then transfer to a wire rack to cool completely.

If dipping the macaroons in chocolate, melt the chocolate in a microwave-safe bowl (stir after 30-second intervals) until smooth and creamy. Dip the macaroon bottom in the chocolate, let excess drip back into the bowl. Place on lined baking tray and refrigerate for 10 minutes until chocolate has set.

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## MOCKTAILS

HYDRATION PUNCH

APPLE MOSCOW MULE

AUTUMN SPICED GREED ICED TEA

ROSEMARY FIZZ

PEAR LEMONADE, THAI BASIL

POMEGRANATE APPLE SPRITZER

*Chef John's***HYDRATION PUNCH****SERVES**  
4-6**METHOD**  
MASH/MIX**MINUTES**  
10**3 cups** coconut water**1 cup** apple juice**1 cup** ice**1 cup berries of choice** (strawberry, raspberry, blueberry – or a mix of your favorites)**1 tablespoon** honey

A splash of your favorite freshly squeezed citrus juice such as orange or lime, optional

Place ice, coconut water, and apple juice in a mason jar or a container with a tight fitting lid.

Mash berries with a fork. Add them to the juice mixture along with the honey and citrus juice (if using) and shake vigorously.

Pour into cups and enjoy immediately or store in the fridge for later. Will stay good in the fridge for 1 week.

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*Chef Chris'***APPLE MOSCOW MULE****SERVES**  
4-6**METHOD**  
STIRRED**MINUTES**  
10**Pinch** of cinnamon**Pinch** of nutmeg

Ice

**½ cup** ginger beer**½ cup** apple juice**1 tablespoon** lemon juice**1** cinnamon stick**1** apple slice, for garnish

Sprinkle cinnamon and nutmeg into the bottom of the glass. You don't need too much, just a light dusting.

Add the ice. Then pour the ginger beer, apple juice, and lemon juice into the glass.

Lightly stir with a cinnamon stick and add an apple slice garnish. Serve immediately.

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Chef Chris'

## AUTUMN SPICED GREEN ICED TEA

SERVES  
12METHOD  
SIMMERMINUTES  
30

5 tea bags  
 5 cups boiling water  
 5 cups unsweetened apple juice  
 2 cups cranberry juice  
 ½ cup sugar  
 1/3 cup lemon juice  
 ¼ teaspoon pumpkin pie spice

Place the tea bags in a large heat-proof bowl; add boiling water. Cover and steep for 8 minutes. Discard tea bags. Add the remaining ingredients to tea; stir until sugar is dissolve. Serve warm or over ice.

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Chef Cari's

## ROSEMARY FIZZ

SERVES  
2METHOD  
SIMMER/MIXMINUTES  
35

2 ounces lemon or meyer lemon juice, about 2 lemons  
 2 ounces rosemary lavender simple syrup, or substitute plain simple syrup (recipe below)

2 egg whites

2 ounces club soda

*For simple syrup:*

¼ cup sugar

¼ cup water

1 sprig fresh rosemary

½ teaspoon lavender flowers

Make simple syrup: bring water, sugar, rosemary and lavender to a simmer over medium heat, then turn to low and stir for 2 minutes. Turn off heat and let sit 15 minutes. Strain and chill.

To make the mocktail: add the lemon juice, simple syrup and egg white to a shaker and vigorously shake (without ice) for 30 seconds.

Add a handful of ice cubes and shake vigorously until well chilled, 15 to 30 seconds more.

Strain into a tall glass (such as a Collins glass) and top with club soda. Garnish with a lemon wedge or rosemary sprig.

\*Alternatively rosemary and lavender may be subbed or omitted according to preference

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Chef Chris'

## PEAR LEMONADE, THAI BASIL

SERVES  
4METHOD  
PUREEMINUTES  
10

1 large bartlett pear,  
de-stemmed and roughly  
chopped

1 cup freshly squeezed lemon  
juice

½ cup granulated sugar

12 to 15 large thai basil leaves  
(or other basil that you like)

2 cups water

Ice cubes (for serving)

Basil sprigs (as garnish)

Place the chopped pear, lemon juice, sugar and basil leaves in the jar of a blender. Put the lid on and pulse the mixture 10 or 12 times, then run the blender until the mixture is smooth.

Strain the mixture through a fine-mesh sieve and into a 1-quart or larger pitcher, pressing the solids through with the back of a spoon. Pour in the water and stir to combine. Serve in glasses filled with ice cubes, garnished with basil sprigs.

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Chef Chris'

## POMEGRANATE APPLE SPRITZER

SERVES  
4METHOD  
MASH/MIXMINUTES  
5

2 cups apple non-alcoholic  
cider

¾ cup pomegranate juice

1¼ cup soda water

2 limes

Pomegranate seeds (optional)

Lime wedges (optional)

Mix together apple cider, pomegranate juice and soda water.

Cut lime wedges and add the juice of two wedges to each serving. Garnish with lime wedges and pomegranate seeds.

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