

TUSCAN KALE

AND CHICKPEA FRITTER SALAD

INGREDIENTS

TUSCAN KALE

1 cup Tuscan baby kale, loosely packed and cleaned
¼ cup frisée, loosely packed and cleaned
¼ cup roasted oyster mushrooms
¼ cup heirloom beefsteak tomato
2 pickled gold bar squash coins
1 ounce red onion
¼ cup black quinoa
2 ½ ounces citrus-tahini vinaigrette
5 chickpea fritter pieces

CHICKPEA PANELLE

1 cup chickpea flour
2 cups water
½ bunch finely chopped parsley leaves
1 teaspoon kosher salt
¼ cup extra virgin olive oil
1 sliced garlic clove
¼ cup Parmesan cheese
Olive oil
1 large egg

CITRUS-TAHINI VINAIGRETTE

2 ½ teaspoons Dijon mustard
1/3 cup honey
¼ cup tahini paste
½ cup rice wine vinegar
1 ½ cups blended oil
1 cup lemon juice
Kosher salt to taste

BREAD & BUTTER PICKLE

3 cups white wine vinegar
2 ¼ cups sugar
2 ½ tablespoons kosher salt
1 teaspoon lightly toasted mustard seed
½ teaspoon turmeric
¼ teaspoon celery seed
¼ teaspoon chili flakes

INSTRUCTIONS

Tuscan Kale - Clean oyster mushrooms, then season with salt, pepper and olive oil and roast. Cut tomato into chunks, season with salt, pepper and olive oil. Slice and pickle the gold bar squash coins. Rinse the quinoa and cook in boiling salted water. Let cool. Cut red onion into quarters, thinly slice and rinse in cold water. Toss all ingredients in a stainless-steel bowl. Plate onto a cold plate.

Chickpea Panelle - Dissolve chickpea flour in water in a large pot. Stir in chopped parsley, salt, olive oil, garlic clove and egg. Place the saucepan over medium heat and continue mixing until ingredients combine to form a thick paste. Remove the pan from heat and allow the dough to cool. Pour dough onto lined sheet pan. With a spatula, evenly spread the mixture to a thickness of ½ an inch. Place the sheet pan in a preheated 350°F oven and bake until firm. Remove from the oven and cut into 2-inch squares.

Heat oil in large pan. Place the squares into hot oil, being careful not to splatter the hot oil. Working in batches of 6, fry the fritters until golden-brown. Using the same spoon, remove the finished fritters to a serving plate covered with clean paper towels to absorb the oil.

Citrus-Tahini Vinaigrette - In a stainless-steel bowl, place the Dijon mustard, honey and tahini paste. Whisk together and add in the rice vinegar. Whisk in the blended oil and alternate with the lemon juice. Adjust the seasoning with salt.

Bread & Butter Pickle - Combine all ingredients. Bring to a simmer. Cool. Pour over cucumber or gold bar squash coins.

RECIPE SUBMISSION:

Chef Lou Piuggi | Vice President of Culinary, Food and Beverage

MOFONGO

WITH VEGETABLE STEW

INGREDIENTS

SOFRITO

- ½ large green bell pepper, sliced (use remaining in stew)
- ¼ large onion, sliced (use remaining in stew)
- 2 garlic cloves, minced
- ¼ cup chopped fresh cilantro
- 1 teaspoon extra virgin olive oil
- 1 small red chili
- 1 teaspoon ground annatto

STEW

- 1 teaspoon extra virgin olive oil
- ½ large green bell pepper, coarsely chopped
- ¾ large onion, coarsely chopped
- 1 small summer squash (yellow or green)
- 1 (14.5-ounce) can fire-roasted tomatoes, with juice
- ½ cup tomato sauce
- 1 (15-ounce) can kidney beans, rinsed, drained
- Pinch sea salt (optional)

MOFONGO

- 4 green plantains
- 3 tablespoons extra virgin olive oil
- 1 teaspoon adobo salt seasoning (buy prepared, or mix equal parts salt, paprika, black pepper, oregano, cumin, onion powder, garlic powder, and chili powder)
- 2 garlic cloves, minced

INSTRUCTIONS

Make sofrito by placing all sofrito ingredients in a food processor or chopper and processing until finely chopped, but not liquefied. Alternatively, chop finely by hand.

Make stew by heating 1 teaspoon olive oil in a large skillet or saucepan. Add sofrito and sauté for about 3 minutes. Add bell pepper, onion, squash and sauté for an additional 8 minutes. Add tomatoes, tomato sauce, and beans. Cover and simmer for an additional 5-10 minutes until thickened and tender. Season with salt as needed. While stew is cooking, prepare mofongo.

Peel plantains by slitting the peels and peeling off the skin (plantains do not peel as easily as bananas), and then slice.

Heat 3 tablespoons olive oil in a large skillet until very hot. Add sliced plantains. Cook plantains, turning over with tongs to cook both sides. Cook about 4-5 minutes until dark golden-yellow in color (but not brown).

Remove cooked plantains and place on a plate lined with paper towels to drain off excess oil.

Place cooked plantains in a medium bowl with adobo seasoning and garlic, and mash until soft, leaving some chunks.

Fill 4 small soufflé cups or ramekins with plantain mixture and pat firmly.

To serve, turn out formed mofongo on a dinner plate, and top with a generous portion of stew. Makes 4 servings (about ¾ cup mofongo + 1½ cups stew per serving).

RECIPE SUBMISSION:

Chef Juan Carlos Velez | Fort Lauderdale-Hollywood International Airport

SEARED POLENTA

WITH GRILLED VEGETABLES & BASIL VINAIGRETTE

INGREDIENTS

POLENTA

- 4 cups vegetable stock
- 1 cup coarsely ground polenta
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 tablespoon vegetable oil

VEGETABLES

- 1 eggplant sliced into ½ inch slices
- 1 pint of cherry tomatoes
- 1 zucchini sliced into ½ inch slices
- 4 ounces button mushrooms
- 6 cloves of minced garlic
- Olive oil
- Salt & pepper

VINAIGRETTE

- 1 roughly chopped shallot
- 2 cups tightly packed fresh basil leaves, stems removed
- 1 clove garlic
- ½ teaspoon red pepper flakes
- ½ cup olive oil
- 2 tablespoons red wine vinegar
- 1 teaspoon kosher salt

INSTRUCTIONS

In a medium, heavy-bottomed pot, combine the vegetable stock, salt, pepper and oil, and bring to a boil. Whisk in the polenta, lower the heat, and whisk continuously for 3 minutes until the mixture is very thick.

Pour polenta mixture into a greased and parchment lined 8 x 12 baking sheet for thicker slices or a 17 ¼ x 12 ¼ baking sheet for thinner slices. Cover with greased parchment paper and refrigerate for at least 4 hours (preferably overnight).

Remove the top layer of greased parchment paper and invert the baking sheet onto a cutting board and remove the other layer of greased parchment. Cut into any shape. Pan sear polenta shapes in a sauté pan with olive oil until edges are golden.

Coat vegetable ingredients in olive oil, salt and pepper. Grill and set aside.

Make vinaigrette by combining all the ingredients except the olive oil into a food processor or blender. Slowly add the olive oil to the ingredient mixture with the blender or food processor on.

Assemble by arranging seared polenta and grilled vegetables on a plate, then drizzle with basil vinaigrette.

RECIPE SUBMISSION:

Chef Alexander Kolitwenzew | Peaks of Otter Lodge

THAI CURRY NOODLES

WITH COCONUT SESAME SAUCE

INGREDIENTS

2 ounces cooked rice noodles
2 ounces vegetable broth
2 ounces coconut milk
½ teaspoon fresh minced ginger
1 ounce sesame oil
2 tablespoons chopped cilantro
4 ounces blanched broccoli florets
2 ounces quartered button mushrooms
1 jalapeno, sliced into rings
1 ½ ounces julienned carrot
2 ounces julienned red bell pepper
1 tablespoon curry paste

INSTRUCTIONS

Heat the sesame oil in a sauté pan just until it smokes.

Add ginger, mushrooms and bell pepper. Sauté until peppers are al dente.

Add curry paste and toss with the vegetables. Add vegetable stock and coconut milk, then reduce by half.

Add remaining ingredients, toss and cook until hot (2 or 3 minutes). Plate and enjoy!

(TVP) TORTELLINI

TEXTURED VEGETABLE PROTEIN

INGREDIENTS

1 cup Textured Vegetable Protein (TVP)
¼ cup tamari or soy sauce
½ cup warm water
½ onion, diced
2 tablespoons ginger
½ Fresno chili, minced
2 cloves minced garlic
3 tablespoons sherry vinegar
1 package wonton, thawed
¾ cup macadamia ricotta (recipe follows)
2 tablespoons vegetable oil
½ cup flour

MACADAMIA RICOTTA

¾ pound of raw macadamia nuts
1 juiced lemon
1 tablespoon salt
1 cup filtered water

MUSHROOM BROTH

¼ pound dry shitake mushrooms
1 onion
2 stalks celery
2 carrots
2 inches ginger
1 cinnamon stick
2 star anise

INSTRUCTIONS

Hydrate the TVP with tamari and warm water, and mix well. Let the mixture sit for approximately 10 minutes. Meanwhile, bring large sauté pan to medium-high heat, add vegetable oil, add vegetables and cook for a few minutes until translucent. Add TVP and mix thoroughly. Let the mixture get a little brown and then add vinegar and approximately ¾ cup water to deglaze the pan. Let all the ingredients simmer on reduced heat for approximately 5 minutes. Remove from heat and cool in refrigerator.

Make the macadamia ricotta by soaking macadamia nuts overnight, then drain. In a blender, add ½ cup water, nuts, lemon juice and salt. Blend, increasing speed as needed. Scrape down a few times to get a smooth mixture, and add more water as needed. Mixture should resemble that of traditional dairy ricotta when finished. Add ricotta to TVP once it has cooled.

Bring a large pot of salted water to a boil. Working in batches, put the wontons on a clean surface, eight at a time. Cover remaining wontons with a wet paper towel so they do not dry out. Spoon one tablespoon of TVP/ricotta mixture onto center of each wonton. Then wet the perimeter of the wontons with a wet brush or finger. Fold the top and the bottom together and seal the corners together. Place finished wontons on a flour-dusted sheet tray. Repeat with remaining wontons. (These also freeze well if not cooking them all at once.) Working in batches, boil the wontons for 4 minutes or until wrappers are tender.

For the mushroom broth, sauté vegetables in a large stockpot until tender. Add dry mushrooms and spices. Cover with 8 cups of water and let simmer for approximately one hour. Strain stock.

To complete the dish, bring stock to a simmer and add cooked wontons. For an entrée-size portion, serve 6 wontons and broth to cover. Garnish with scallions, furikake or any cooked green vegetables or herbs of your choice.

Note: TVP is a texturized vegetable protein that can be used in any recipe that calls for ground beef or pork, such as chili, ragout, or lettuce wraps. It is a great way to reduce carbon footprint by eating less meat or lowering fat intake. TVP is an affordable way to make a simple change.

RECIPE SUBMISSION:

Chef Morgan Jarrett | The Empire State Building

BLACK-EYED PEA

& HOMINY SALAD

INGREDIENTS

BLACK-EYED PEA MIXTURE

3 cups cooked black-eyed peas, drained
1½ cups cooked hominy, drained
1 large sweet bell pepper, diced small (about 1 cup)
½ large red onion, diced small (about ½ cup)
1 minced garlic clove
½ chipotle in adobo, minced
1 teaspoon adobo sauce
1 teaspoon dried oregano
2 teaspoons ground cumin
2 to 3 tablespoons lime juice
3 tablespoons canola oil
3 tablespoons extra virgin olive oil
Salt and black pepper to taste
¼ cup chopped fresh cilantro

SALAD

3 heads romaine lettuce hearts, washed and leaves torn
5 cups cooked plain quinoa (optional)
2 to 3 sliced ripe avocados
24 ounces halved cherry or grape tomatoes
8 ounces queso fresco or crumbly feta cheese
Olive oil
Fresh lime wedges

INSTRUCTIONS

Combine everything from black-eyed peas through cilantro. Season to taste, and marinate for about 30 minutes.

Cook quinoa if using and prepare the garnishes.

For each serving, spoon ½ cup quinoa and ½ cup bean salad mixture on a bed of romaine lettuce. Top with avocado, cherry tomatoes and a sprinkle of cheese. Serve with olive oil and lime wedges on the side.

Makes approximately 5 cups (10 servings).

RECIPE SUBMISSION:

Chef Priscilla Yeh | McKinsey & Company



VEGAN CAULIFLOWER

GENERAL TSO-STYLE

INGREDIENTS

CAULIFLOWER

1 pound cauliflower, cut into small florets
1 cup Silk soymilk
½ cup Dijon mustard
1 cup all-purpose flour
1 cup cornstarch
Salt & pepper
Vegetable oil
Steamed broccoli
Scallions
Sesame seeds
4 cups cooked white rice

GENERAL TSO SAUCE

¼ cup light soy sauce
½ cup vegetable broth
3 tablespoons seasoned rice wine vinegar
1 tablespoon Vietnamese chili garlic hot sauce (sambal)
2 tablespoons oyster sauce
2 tablespoons hoisin sauce
1 teaspoon chopped garlic
1 tablespoon sesame oil
¼ cup honey
1 tablespoon cornstarch
2 teaspoons water

INSTRUCTIONS

Chop cauliflower into small florets. Mix soymilk and Dijon mustard. Combine cornstarch, flour, salt and pepper. Dredge cauliflower in flour mixture, then in soymilk mixture, then back in the flour mixture.

Heat 3-inch layer of vegetable oil in tall pot for frying – oil should be about 350°F. Carefully place cauliflower in batches in the hot oil – it should be able to float loosely. Fry until golden-brown. Once fried, drain on paper towels.

Make the General Tso sauce by heating all ingredients except for the cornstarch and water. Bring to a simmer. In a separate bowl, combine cornstarch and water to make a slurry. Add slurry slowly to thicken sauce.

Re-crisp cauliflower in hot oil for a few seconds, then toss in the hot General Tso sauce. Top with sesame seeds and thin-sliced scallions. Serve with rice.

RECIPE SUBMISSION:

Chef John Greenwald | Wheeling Island Hotel-Casino-Racetrack

BLUFF CITY

MUSHROOM BURGER

INGREDIENTS

1 sliced lion's mane mushroom
4 whole pink oyster mushrooms
3 whole blue oyster mushrooms
2 quartered chestnut mushrooms

1 ounce white wine sauce
1 ounce reduced balsamic BBQ sauce
1.5 ounces micro arugula

1 ounce olive oil
Salt and pepper

1 gourmet roll

INSTRUCTIONS

On a flattop or cast iron pan, add the oil. When the oil is hot, sear the mushrooms and season with salt and pepper. When the mushrooms are caramelized on all sides, deglaze the pan with white wine sauce. Toast the gourmet bun.

To assemble, add the balsamic BBQ to both bottom and top of the bun, then add the arugula to the bottom of the bun. Top with the mushrooms.

PORTOBELLO

"BEEF" ON WECK

INGREDIENTS

MUSHROOM JUS

1 pound portobello mushrooms stems
1 pound whole mushrooms, cut in half
4 garlic cloves
4 fresh thyme sprigs
4 fresh cilantro sprigs
Salt and pepper
½ gallon water

AQUAFABA HORSERADISH AIOLI

2 medium cloves minced garlic
1 tablespoon fresh lemon juice
2 teaspoons Dijon mustard
3 tablespoons aquafaba (liquid from a can of chickpeas)
2 tablespoons chickpeas
¼ cup fresh grated horseradish
½ cup canola oil
¼ cup extra virgin olive oil
Kosher salt and freshly ground black pepper to taste

SANDWICH

1 large portobello mushroom
1 slice each sweet Vidalia onion
2 ounces Aquafaba Horseradish Aioli
2 ounces mushroom jus
2 teaspoons salt and caraway mixture
1 ounce olive oil
Potato buns

RECIPE SUBMISSION:

Chef Stephen Forman | Key Bank Center Arena, and Chef Evan Wargo | Patina 250

INSTRUCTIONS

Mushroom Jus - Add all ingredients into a 1-gallon soup pot and place over medium heat. Once the jus begins to boil, reduce heat to low and let simmer for 1 hour. Strain the jus and reserve for sandwiches.

Aquafaba Horseradish Aioli - Combine garlic, lemon juice, mustard, chickpea liquid, chickpeas and horseradish in a blender. Blend at high speed until completely smooth. With the blender running, slowly drizzle in vegetable oil. A smooth, creamy emulsion should form.

Slowly drizzle in olive oil. Season to taste with salt and pepper. Aioli will keep in a covered container in the fridge for up to one week.

Sandwich - Prepare the mushroom to be grilled by removing the "ribs." Turn the mushroom bottom side up and begin to pull the dark flesh of the mushroom until you see the whiteness of the mushroom. Peel the Vidalia onion and slice into ¼-inch slices. Rub the olive oil onto the mushroom and onion and grill both until tender. Cooking times will vary with these two items.

"Weck" the potato bun by rubbing water on the top of the bun and sprinkling weck spice evenly. When the mushroom and onion are cooked and tender, place the mushroom on the bottom portion of the bun and then place the onion onto the mushroom. Spread aioli on the top part of roll. Flip back over onto onion and serve.

SMOKED BRIE

WITH APRICOT JALAPEÑO JAM

INGREDIENTS

SMOKED BRIE

2 brie cheese wheels
½ cup hickory wood chips
6 ¼ cups tap water

APRICOT JALAPEÑO JAM

1 cup unsalted butter
2/3 cup brown sugar
1 ½ cups apricot preserves
1 cup diced jalapeños
2/3 cup Dijon mustard
7/8 cup whole grain mustard
¾ cup lemon juice
¾ teaspoon cayenne pepper
½ teaspoon crushed red pepper
Green onions, sliced

GRILLED BAGUETTE BREAD

Sliced baguette bread
¼ cup olive oil

INSTRUCTIONS

Smoked Brie - Place the hickory wood chips in a bowl and submerge the chips in water for at least 15 minutes. Place the soaked wood chips in the fire box and place the fire box on the coals, gas grates or cal-rod and make sure it is in place. Place 2 pieces of parchment paper on racks. Place an ice bath above the coals, gas grates or cal-rod on the bottom rack. Place the brie wheels evenly on the rack, leaving space between. Smoke the brie for 40 minutes, without any heat. It should have a slight grey color to it when it's done.

Apricot Jalapeno Jam - Place butter and sugar into a saucepot and melt on medium heat, whisking occasionally. Once melted, add remaining ingredients to the saucepot and whisk until fully incorporated. Allow the jam to simmer for approximately two minutes. Remove from heat and transfer into an ice bath to cool properly. Once jam has cooled, transfer to an appropriate container and place in the refrigerator.

Grilled Baguette Bread - Place the bread slices onto a hot section of a broiler. Grill the bread for approximately 30 seconds on each side, turning to achieve patterned grill marks.

Place the smoked brie on a microwavable tray and heat it in the microwave for 40 seconds. Place 3 ounces of the jelly in the microwave for 20 seconds. On a service plate, arrange the brie on the far right and pour jelly over the brie. Place the baguette in a row, slightly overlapping the brie cheese.
Serve immediately.

RECIPE SUBMISSION:

Chef Kevin Miller, Vice President of Food and Beverage for Sportservice

HEMP SEED DONUT

INGREDIENTS

DONUTS

2 vegan egg substitutes (equivalent to 2 eggs)
2 tablespoons coconut oil
1 cup gluten-free flour
1 cup sugar
2 tablespoons cacao powder
2 teaspoons baking powder
½ teaspoon instant coffee
¼ cup almond milk
½ vanilla bean

ICING

2 ½ cups powdered sugar
¼ cup cacao powder
3 tablespoons water
5 ml CBD Oil, 1,000mg
1 ounce hemp seeds

INSTRUCTIONS

Donuts - Mix all wet ingredients in mixer to combine thoroughly.

In a separate bowl, mix all the dry ingredients.

Slowly sift dry ingredients into wet ingredients until well incorporated.

Portion into donut molds.

Bake at 350°F for 12-15 minutes. Let cool.

Icing - Mix ingredients together thoroughly. Frost the cooled donuts and top with hemp seeds.

RED AND GOLD BEET CAKES

INGREDIENTS

BEET CAKE

1 cup unbleached all-purpose flour
2 tablespoons Dutch-processed unsweetened cocoa powder
1 teaspoon baking powder
½ teaspoon sea salt
1 cup unrefined and cold-pressed coconut oil
1 cup sugar
1 cup minced or grated roasted beets
½ cup almond milk
1 teaspoon pure vanilla extract

GANACHE

24-ounces high-quality vegan dark chocolate (72% - 74%)
2 cups Rich's plant-based cream
¼ cup coconut oil
1 teaspoon sea salt
2 teaspoons pure vanilla extract

MIRROR GLAZE

1 ½ cups granulated sugar
¾ cup + 1 tablespoon sweetened condensed coconut milk
5/8 cup water
8 teaspoons pectin
½ cup water
12.5-ounces vegan white chocolate
Food coloring

MANGO BEET PURÉE

¾ cup golden beets
1 1/3 cups frozen mango
½ cup sugar
¼ cup orange juice
1 teaspoon arrowroot
1 teaspoon salt
3½ teaspoons lemon juice

BEET CHIP

2/3 cup roasted beet
2½ teaspoons sugar
½ teaspoon salt
1/3 cup fryer oil

INSTRUCTIONS

Beet Cake - Preheat oven to 375°F. Spray cake pan with nonstick spray. Sift together the flour, cocoa powder, baking powder and salt. Set aside.

In a food processor, process the milk, vanilla and beets until thick and ingredients are incorporated, about 20 seconds.

In a stand mixer using the paddle attachment, mix the coconut oil and sugar on medium-high for about two minutes, or until incorporated.

For the next series of steps, be sure to scrape down the bowl all the way to the bottom after mixing in each new addition. With the machine off, add all of the beet mixture. Mix on medium for about 20 seconds. Add half the flour mixture. Mix on medium for about 30 seconds or until incorporated. Add the remaining flour mixture. Mix on medium for about 20 seconds. The batter will be thick - be sure not to over-mix. Place batter into a 10" cake pan. Bake at 375°F for 9 minutes. Cool for 15 minutes in pan and then turn out onto a cooling rack before assembling.

Ganache - Place the chocolate in a medium mixing bowl. Set aside. In a small saucepot, add the cream, coconut oil, salt and vanilla extract. Heat the milk mixture on medium-high heat until it scalds (watch for bubbles to form around the outer edge of milk). Watch the milk closely as you do not want it to boil over.

Pour the milk mixture over the chocolate. Give the bowl a shake to make sure the chocolate is covered. Let set for 2 minutes. Stir gently to incorporate the milk and chocolate. Once all the chocolate is melted and the ganache is smooth, place a piece of plastic wrap directly over the top of the ganache. This will eliminate a skin forming over the top. Place in fridge for one hour.

Mirror Glaze - Add the sugar, sweetened condensed milk, and first quantity of water to a medium-sized saucepan and heat over medium-low heat, stirring occasionally. Pour the second quantity of water into the pectin and mix with a spoon. Leave to fully absorb for a few minutes. When the sugar, milk and water mixture begins to simmer, remove from heat and add the pectin. Stir until the pectin has dissolved.

Pour the hot liquid on top of the chocolate chips and leave to sit for 5 minutes to melt. Use a whisk to stir the glaze until the chocolate has completely melted. Add the gel food coloring and stir until well-mixed. Leave the glaze to cool. Once the glaze has cooled, place the cake on top of a cup with a plate under it and pour the glaze over it. Leave the glaze to set for 15 minutes before using a spatula to remove the drips. Transfer the cake to the fridge to set for a few hours before serving.

Mango Beet Purée - Roast beets until fork tender. Combine beets with the rest of the ingredients (minus the arrowroot) and bring to a boil. Mix arrowroot with water and add. Let cool, purée in blender and strain.

Beet Chip - Roast beets until fork tender. Chill. Slice thin on slicer into "chips." Fry until golden and crispy. Place on paper towel, sprinkle with salt and sugar immediately.

RECIPE SUBMISSION:
Parks and Resorts, Culinary Challenge

VEGETARIAN "SCALLOP"

INGREDIENTS

2 ½ ounces red quinoa
½ ounce fresh radishes
1 ounce fresh tomatillos
½ ounce chopped green onion
½ ounce olive oil
½ ounce fresh cilantro
¼ ounce fresh lime juice
½ ounce white wine champagne vinegar
3 ounces cremini mushrooms
1 diced bay leaf
¼ teaspoon fresh thyme
½ sucrose esters

INSTRUCTIONS

Salsa Verde - Open tomatillos halfway; add salt, pepper and oil. Roast at 350°F until soft. After roasting, peel and put in food processor. Once cooled, add cilantro and season to taste. Fold in charred green onions.

"Scallops" - Slice cremini mushroom stalks into scallop-size pieces. Poach in olive oil and champagne vinegar. Sear in pan.

Lime Foam - Mix lime juice with sucrose ester and mix with an immersion blender until foamy.

Slice radish on mandolin and cook quinoa until soft.

Assemble dish.

TAPENADE-GHANOUSH FALAFEL WRAP

INGREDIENTS

1 each cauliflower wrap
2 ounces baby greens
2 ounces baba ghanoush spread
2 ounces tapenade relish
2 each falafel nuggets

BABA GHANOUSH

1 large eggplant
2 tablespoons tahini paste
2 cloves minced garlic
1 tablespoon lemon juice with zest
1 teaspoon cayenne pepper
½ teaspoon sumac
Salt and pepper to taste
1 ounce olive oil

TAPENADE

1 ½ cup chopped black olives
1/3 cup olive oil
1 tablespoon lemon juice with zest
1 tablespoon chopped capers
2 cloves minced garlic
Fresh chopped thyme
1 teaspoon black pepper
1 tablespoon chopped pimentos
½ cup chopped green olives
½ cup chopped reconstituted sundried tomatoes

FALAFEL

1 (15-ounce) can chickpeas, rinsed and drained
1 cup tightly packed fresh parsley leaves
1 cup tightly packed fresh cilantro leaves
½ cup diced yellow onion
1/3 cup chickpea flour
1 tablespoon fresh lemon juice
1 ½ teaspoons baking powder
1 ½ teaspoons ground cumin
1 teaspoon fine sea salt
½ teaspoon black pepper
6 small, chopped garlic cloves

INSTRUCTIONS

Baba Ghanoush - Preheat oven to 350°F. Cut the eggplant in half and rub olive oil on both halves. Place on a cookie sheet and roast for 20 minutes. Carefully scoop out the “meat” of the eggplant using a spoon. Place the “meat” and remaining ingredients in a food processor and pulse until smooth. Season to taste. Place in refrigerator to chill. Serve cold as a spread or use as a dip.

Tapenade - In a 1-quart mixing bowl, add all of the ingredients and mix well. Taste and season, adding seasonings if needed.

Falafel - Add chickpeas, cilantro, parsley, onion, chickpea flour, lemon juice, baking powder, cumin, salt, black pepper and garlic to a food processor. Pulse until the mixture reaches a coarse crumb texture, stopping partway through to scrape down the sides of the bowl if needed. Transfer mixture to a sealed container and refrigerate for 1-2 hours or until chilled. Using a spoon, measure out 2 tablespoons of the dough and roll it into a ball with your hands.

Place the ball on parchment paper, and gently flatten it slightly with your hand so that it is about 1/2-inch thick. Repeat with the remaining dough until all of the falafel disks are prepared. Heat oil in a large heavy-bottomed skillet over medium-high heat until it is 350°F. Carefully transfer 4 or 5 falafel disks to the hot oil and fry for 2-3 minutes, until both sides of the disk are browned. Transfer to a paper towel-lined plate to drain. Repeat with the remaining falafel disks.

Presentation - Spread the baba ghanoush on a cauliflower wrap. Add baby greens, then the tapenade and then the falafel. From the edge of the wrap closest to you, begin to wrap. Complete the fold, cut the wrap in half and serve.

RECIPE SUBMISSION:

Chef Stephen Forman, Key Bank Center Arena,
and Chef Evan Wargo, Patina 250

MEATLESS ARANCINI DI RISO

INGREDIENTS

MACADAMIA RICOTTA

5 ounces raw macadamia nuts
6 ounces oat milk
½ lemon juiced
1 tablespoon extra virgin olive oil
Salt and pepper to taste

RISOTTO

2 chopped garlic cloves
1 small onion, diced
2 tablespoons extra virgin olive oil
1 cup Arborio rice
½ cup dry white wine
1 ¾ quart of boiling water with a pinch of saffron

MEATLESS BOLOGNESE

1 tablespoon extra virgin olive oil
1 small onion, diced
½ carrot, diced
1 medium king oyster mushroom, diced
½ stalk of celery, diced
1 cup ground meatless meat
1 tablespoon tomato paste
1 cup red wine
1 ½ cups of water

BREADING

Tapioca or rice flour
Oat milk
Gluten-free panko crumbs

RECIPE SUBMISSION:

Chef Franck Deletrain | Vice President of Food and Beverage for Patina Restaurant Group

INSTRUCTIONS

Macadamia Ricotta - oak macadamia nuts in the oat milk for two hours, keeping it cold. Using a blender, process the macadamia nuts until smooth. Remove from the blender, season with salt, pepper and add lemon juice and extra virgin olive oil. Set aside.

Risotto - Sauté the onions and garlic with the extra virgin olive oil. Add the rice and wine. Add the boiling broth one ladle at a time. Keep adding broth as it gets absorbed.

Cook the rice for at least 25 minutes, until well cooked, then adjust the seasoning. Remove from the pot, then spread the risotto evenly on a sheet tray to cool.

Meatless Bolognese- Sauté the vegetables (onion, carrot, celery and mushroom) in extra virgin olive oil for about 5 to 7 minutes on medium heat. Add the meatless ground meat, then the tomato paste. Combine well.

Deglaze with the wine and let evaporate for about two minutes. Reduce heat to medium-low flame, add the water, season with salt and pepper, and cook for about 20 minutes or until the sauce is reduced. Set aside.

Form a patty of risotto rice, about 1.5 tablespoons, add Bolognese in the center and cover with another patty of risotto rice. Form a ball about two inches in diameter. Repeat for the remaining rice. Makes 8 arancini.

Breading- Roll the arancini in tapioca or rice flour, then roll them in oat milk. Finally, roll in the gluten-free panko crumbs. Chill for one hour.

Cooking and Garnishes
Preheat oven to 350°F.

Shallow deep-fry each arancini ball on medium heat in corn oil or canola oil. Cook evenly by turning often. Bake at 350°F for 5 minutes to heat through.

Presentation - One scoop of the macadamia ricotta, 2 tablespoons of the meatless Bolognese, arugula dressed with EVOO, salt and pepper, macadamia nut shaved on the micro plane to mimic grated parmesan cheese and roasted mushrooms.