

Acknowledgements

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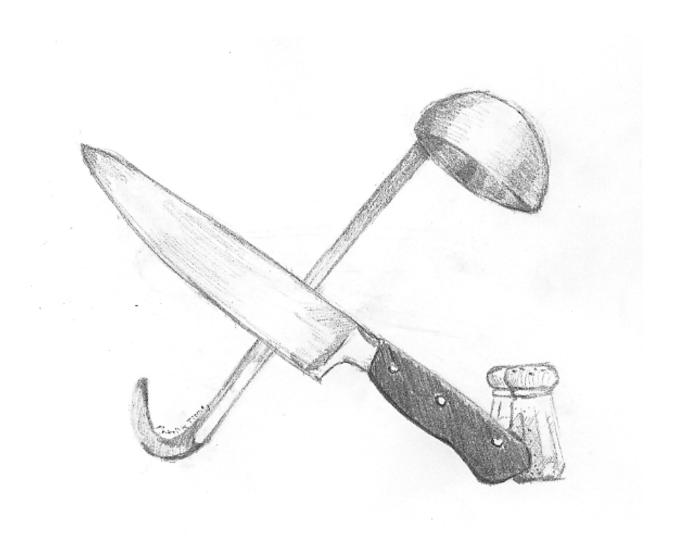
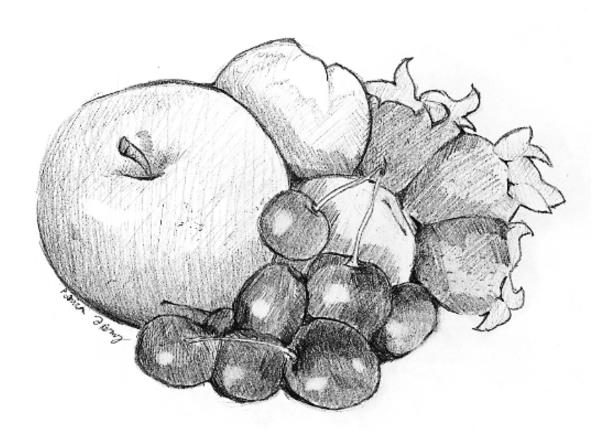


Table of Contents

Introduction	5
Spring	7
Summer	15
Fall	23
Winter	31
Grilled Pizzas	41
Bakery	47
Contributors	61
Index	62
Acknowledgements	63



Introduction

Orchards full of apples, pears, and peaches, farms exploding with vegetables, blueberries growing wild over the mountains, maple syrup flowing freely into buckets, and grass-fed cows dotting pastureland are just some of the wonderful things that make this area a culinary dream. It is our passion for this region and its foods that inspired the students of the Dutchess County Board of Cooperative Educational Services Career and Technical Institute to publish this cookbook. We come from different towns, different backgrounds, and we have very different personalities, but we all share a connection to food and this region. Over the last two years here at CTI, we have not only learned to cook food, but also to bring all kinds of people together to share new tastes and create memories.

The title of this cookbook, *Four Seasons, Five Senses, One Valley*, expresses our collective love of the culinary arts and the Hudson Valley. Local, seasonal foods are the ingredients chefs love. Not only are they the freshest and most flavorful, using foods from local sources also supports the local economy and reduces the amount of energy spent to get food from the field to our plates. For these reasons we decided to focus on local, seasonal foods from the Hudson Valley region, and we wanted these recipes to appeal to all five senses. We hope the foods you create with these recipes look and smell appetizing, roll over your tongue to wake up your taste buds, and even sound good, as you bite into a crisp, locally grown apple, or listen to a steak sizzle. Although we tried to use mostly ingredients from the Hudson Valley, there are some foods that may have to travel a ways to reach your kitchen. We decided that you wouldn't mind this since the recipes are too delicious to leave out.

We know that as we grow and then leave the Culinary Program here at CTI to join the workforce or continue our studies at institutions like the Culinary Institute of America in Hyde Park, NY, or Johnson and Wales in Providence, RI, we can recreate fond memories simply by leafing through this book and preparing one of the dishes learned from Chef Daniel Tierney and Chef Darcy Sala. We hope you enjoy sharing some of these memories with us as you try the recipes in this book for yourselves.



Asian Noodle Salad Vegetable Fried Rice Pasta Carbonara Falafel Spring Strata Balinese Cucumber Salad

Spring

When it comes to seasons, the first thing that comes to mind is spring. I can't think of one thing that I don't like about this season -- from its clear blue skies and the 70 degree weather, to the refreshing rain showers that bring forth the stunning, beautiful flowers. My greatest memories from this time of the year are from when my Uncle Joe has his annual Memorial Day parties. There is always so much amazingly delicious food ranging from the standard cookout food to filet mignon, racks of lamb, ribs, and strawberry shortcake made with super sweet strawberries from our local farm-stand for dessert.

What makes spring a good season for cooking? This is the perfect time to gather extremely fresh ingredients. When I think of spring, I think of fruits and vegetables and the many local farms producing these seasonal ingredients. Spring's seasonal foods include asparagus, sugar snap peas, fiddlehead ferns, kohlrabi, spinach, and fingerling potatoes. All these ingredients are the best from March to May when they are in peak flavor and freshness.

—Lucio Battista

Asian Sesame Noodle Salad with Peanut Dressing

Yield: 4 to 5 servings

Ingredients:

Peanut Dressing:

1/2 cup smooth peanut butter
1/4 cup tamari (or soy sauce)
1/4 cup warm water
1 tablespoon honey

2 tablespoons lemon juice

1 tablespoon fresh ginger, peeled and minced

1 teaspoon fresh garlic, minced

1 1/2 tablespoons sesame oil

1/2 teaspoon dried red pepper flakes (or to taste)

1/4 teaspoon hot sesame oil – optional

Noodles:

1 pound buckwheat or soba noodles (or use thin spaghetti)

2 tablespoons vegetable oil

1 medium onion, small dice

1 clove garlic, minced

2 carrots, julienned

1 red bell pepper, seeded and julienned

Garnish:

2 tablespoons toasted sesame seeds 1/4 cup chopped peanuts

Method:

- 1. Cook pasta as per directions, drain and rinse well under cold water, toss with 1 tablespoons vegetable oil, chill.
- 2. Lightly sauté the vegetables, garlic, and onions in 1 tablespoon oil just until tender, transfer to a large bowl, cool and combine with the cooked pasta.
- 3. Using a blender, pure all the dressing ingredients until smooth (about one minute).
- 4. Just before serving, pour the dressing over cooked pasta and veggies, toss well to combine, garnish with toasted sesame seeds and/or chopped peanuts.

Chef's note:

Add any vegetables that are in season and look appealing, such as zucchini, broccoli, cabbage, or green beans.

Vegetable Fried Rice

Yield: 4 servings

Ingredients:

4 tablespoons corn oil

2 eggs

2 tablespoons ginger, finely minced

 $2\ {\rm tablespoons}\ {\rm garlic},$ finely minced

1/2 cup scallions, thick slices

1/2 cup onion, medium dice

1/2 cup cabbage, medium dice

1/2 cup carrot, medium dice

1/2 cup mushroom, sliced

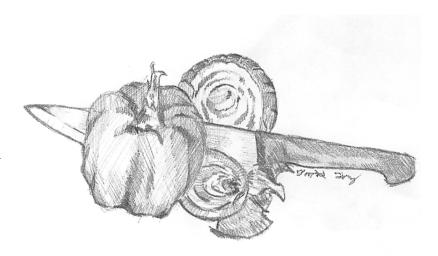
2 cups cooked white or brown rice

4 tablespoons soy sauce

2 tablespoons sesame oil (optional)

Method:

- 1. Cook rice and let it cool (one-day-old rice is best.).
- 2. Heat 2 tablespoons oil; cook eggs to a soft scramble and set aside.
- 3. Add 2 tablespoons oil; on very high heat add ginger, garlic, cabbage, carrots, and mushrooms, tossing very quickly for about one minute.
- 4. Add rice, soy sauce, and sesame seed oil, tossing very quickly for another minute.
- 5. Turn off heat; add egg and scallions. Toss and serve.



Chef's note: Zucchini, peas, celery, squash, parsley, mint, and tomatoes could all be used as well. Make it your own!

Pasta Carbonara

This traditional recipe probably isn't anything like the Pasta Carbonara you may have eaten in a restaurant. The sauce here is light and silky, and it coats the pasta perfectly. It is also magically simple to prepare.

Yield: 4 to 6 servings

Ingredients:

1 pound pasta (angel hair or spaghetti)

2 large eggs

4 strips bacon, diced

1/2 medium onion, diced

2 cups grated Romano cheese

1 cup peas, fresh cooked

2 tablespoons fresh Italian parsley, rough chop

Freshly ground pepper

The Boiler
Steam rattles the lid
Submerges angel's long
hair

- 1. In a sauté pan, fry the diced bacon until golden. Remove bacon, and sauté onions in bacon fat until translucent.
- 2. Remove onions and add to bacon on the side.
- 3. In a large bowl, whisk eggs. Add 1 cup of cheese, bacon, onions, peas, and freshly ground pepper.
- 4. Boil pasta in salted water until it is al dente. Remove from the boiling water and immediately put hot pasta into egg mixture, and toss the mixture together. *This is what cooks the eggs, so be sure to put the pasta in while it is still very hot.
- 5. Garnish with parsley and serve immediately with remaining cup of Romano cheese on the side. Serve immediately.

Falafel

Yield: 4 to 5 servings

Ingredients:

3 cans (15 ounce each) chick peas/ garbanzo beans 7 cloves garlic, minced 1 cup parsley leaves—packed, minced 2 tablespoons cumin seed 2 teaspoons coriander 1/8 teaspoon cayenne pepper 3 eggs, lightly beaten 1 teaspoon kosher salt (or to taste) 1/3 cup flour 1/4 cup canola oil (for frying)

- 1. Process chickpeas in a food processor or food chopper until coarsely chopped.
- 2. Add garlic, parsley, chives, cumin, coriander, and cayenne. Mix.
- 3. Add eggs, salt and flour, mix, refrigerate for one hour.
- 4. When the mixture is chilled, shape into walnut-sized balls and flatten.
- 5. Heat oil in skillet until very hot but not smoking. Fry falafel patties on each side (about 1-2 minutes until golden brown and hot).
- 6. Drain well and hold in warm place. Serve over salad or in warmed pita bread with lettuce, tomato, and yogurt sauce or tahini sauce.

Spring Strata

Strata is delicious, economical and an easy way to feed a large group. This is one version, but it is also delicious with all kinds of vegetables, meats, and cheeses. Don't be afraid to serve this for dinner. With some crusty bread and a salad, this makes a hearty meal.

Yield: 8-10 servings

Ingredients:

1 tablespoon olive oil

6 slices stale bread (grain or wheat is best)

9 eggs

3 cups milk

1 package cream cheese, small cubes

4 cups fresh spinach, cleaned, and stems removed

1 1/2 cups goat cheese, crumbled

1 large onion, small dice

1/4 teaspoon nutmeg, fresh grated

2 tablespoons fresh thyme, stems removed

Salt and pepper to taste

Shrek says:

"Onions have layer just like ogres have layers."

That is very funny stuff!

- 1. Whisk eggs and milk together. Add nutmeg and thyme, set aside.
- 2. Sweat onions in olive oil until translucent. Add spinach and toss until just wilted. Set aside.
- 3. Line the bottom of an 8 x 12 inch pan or casserole dish with bread.
- 4. Dot bread with cream cheese, add the spinach and onions, then pour egg mixture over the top, dollop goat cheese into egg.
- 5. Cover the strata with foil, and bake at 325° for 30 40 minutes. Remove the foil and continue to bake until golden at the edges and the center is set. Let cool for 15 minutes and serve.

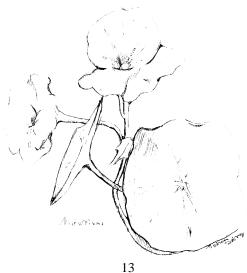
Balinese Cucumber Salad

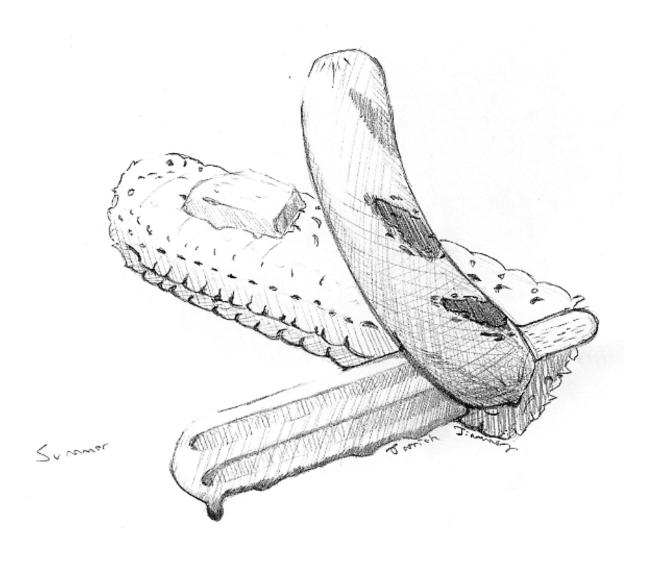
Yield: 4 to 6 servings

Ingredients:

1/4 cup peanuts, coarsely chopped 4 large cucumbers 1 large sweet onion, such as Vidalia 1/2 cup rice vinegar 2 tablespoons sugar 1/2 teaspoon kosher salt

- 1. Set a dry sauté pan over medium heat. Add the peanuts and heat until lightly browned, about 2 minutes, shaking the pan occasionally. Transfer to a plate to cool.
- 2. Peel, cut in half and seed cucumbers, cut into thin 1/2 moon shape slices
- 3. Cut onion into thin 1/2 moon slices
- 4. Combine vinegar, sugar and salt in a serving bowl and whisk until the sugar and salt are dissolved.
- 5. Add the cucumbers and onions, sprinkle with peanuts and serve.





Grilled Tomato Pasta Tabouleh Baked Stuffed Red Peppers Tomato Cheese Tart Chef T's Spinach Salad

Summer

Summer is the season of flavor and fun. Most of the fruits and vegetables we eat are grown and harvested in the hot and sunny weather. For example, squash, tomatoes, corn, beans, peppers, onions, cucumbers, okra, eggplant, sweet potatoes, peaches, watermelon, cantaloupe, honeydew, pears, plums, raspberries, and blueberries are just some of the many foods that ripen in the hot summer sun.

Another part of summer is the gathering of family and friends to make lasting memories. One of my own favorite memories is walking down to the garden with my dad to pick out fresh and succulent home grown vegetables. We walked up and down the aisles of the garden in the back yard putting the mouth-watering vegetables in our baskets before the heat became too strong to endure any longer. After gathering our valuable crop we made our way back to the house and prepared a variety of vegetable dishes. In my mind I remember saying "Who knew such a feast can be made with things right from our back yard." At that moment I realized summer was the season of flavor. I mean, sure, spring, autumn, and winter all have wonderful crops, but nothing compared to summer's bounty. Summer picnics and poolside barbecues, along with a myriad of outdoor activities with friends and family, offer the perfect mix of food, flavors, and fun.

—Jennifer Bailey

Grilled Tomato Pasta

Yield: 4-6 servings

Ingredients:

3 pounds fresh plum tomatoes cored and halved lengthwise 5 tablespoons extra-virgin olive oil 1 tablespoon fresh thyme, chopped Salt and pepper to taste 1 pound cooked linguine 1/2 cup finely grated parmesan

- 1. Heat grill to high.
- 2. In a large bowl, toss 3 pounds plum tomatoes and 3 tablespoons olive oil and fresh thyme
- 3. Season with salt and pepper.
- 4. Place tomatoes, cut side down, directly on the grill. Grill until soft and charred, flipping the tomatoes once (approx. 5-6 minutes per side).
- 5. Return grilled tomatoes to bowl; cut into rough pieces with kitchen shears or knife.
- 6. Add 2 tablespoons olive oil, 1/2 cup parmesan, and tomatoes to linguine. Toss lightly and serve immediately.

Tabouleh

Yield: 2 Cups

Ingredients:

2 bunches of parsley (flat leaf Italian is best)
1 bunch fresh mint
1 tomato, small dice
1/4 red onion
3 tablespoons bulgur wheat
1 tablespoon fresh lemon juice
Salt and pepper to taste
2 tablespoons olive oil

Method:

- 1. Wash bulgur with water and drain, add lemon juice and soak in water for 1/2 hour.
- 2. Remove the stems from mint and parsley and finely mince.
- 3. Small dice the tomato and onion.
- 4. Drain water from bulgur and mix all ingredients together. Serve with pita chips.

As the days get longer I start to anticipate the arrival of an old friend,

The seeds have not been altered in over thirty years,

Leaving this Brandywine and German Stripe just as nature intended it to be.

The first slice makes my mouth water,

I pick the perfect bread, the perfect spread.

The first bite is always better than I remember,

Hoping that some how it will keep regenerating itself so it will never end...

The days grow shorter I anticipate the arrival of an old friend,

The seeds have not been altered in over thirty years,

Leaving this green Brandywine and green German Stripe just as nature intended it to be.

I pick the perfect eggs, the perfect crumbs of bread,
The first bite is always better than I remember,
Hoping that some how it will keep regenerating itself so it will never end...

Baked Stuffed Red Peppers

Yield: 4 servings

Ingredients:

2 red peppers, halved, seeds and ribs removed 1 cup cherry tomatoes (Sungold, if possible) 1/2 cup feta cheese, small chunks (goat's milk, if possible) 1 teaspoon fresh thyme, minced 8 basil leaves, sliced thinly 1 tablespoon olive oil

- 1. Preheat oven to 400°.
- 2. Put the peppers in baking dish, cut side up.
- 3. Mix ½ tablespoon of olive oil, cherry tomatoes, feta cheese, thyme and basil together and stuff pepper with mixture.
- 4. Drizzle with remaining olive oil.
- 5. Cover with foil and bake until peppers are soft (about 30 min). Remove foil, continue to bake until tomatoes burst and cheese begins to brown (12-15 min).

Tomato Cheese Tart

This is one of the best ways to present the abundance of juicy ripe tomatoes that only arrive in late summer. It is most delicious and beautiful if you can find heirloom varieties. Choose meaty tomatoes in different shades of red, pink, yellow, and purple to create a masterpiece!

Yield: 6 servings

Ingredients:

2 cups fresh breadcrumbs, coarsely ground 1/4 cup olive oil 2 cups whole-milk ricotta 3/4 cup parmesan cheese, grated 4 large eggs 1/2 cup fresh basil, rough chop 1 1/2 pounds beefsteak tomatoes, thinly sliced Salt and pepper to taste



- 1. Pre-heat oven to 450°.
- 2. In a 9-inch spring-form pan, toss breadcrumbs with olive oil; press evenly into bottom. Toast in the oven for 5 minutes, or until light golden.
- 3. In a bowl, whisk together the ricotta, parmesan, eggs, and basil; season with salt and pepper.
- 4. Spread cheese mixture over cooled breadcrumb crust.
- 5. Arrange tomatoes tightly (they will shrink as they cook) over the top of the cheese mixture and brush lightly with a small amount of olive oil.
- 6. Bake until tomatoes are almost dry (35 to 45 minutes).
- 7. Let cool. Unmold and serve at room temperature.

Chef T's Spinach Salad

In the hottest months of the year, what is more appealing than a huge mound of cool crisp greens, fresh from the local market or your own garden? Many of us felt skeptical of salad when we first arrived at CTI, but after tasting a few of Chef Tierney's blends of greens and dressings, we were hooked. Here is one of his outstanding combinations.

Spinach Salad with Balsamic Vinaigrette

Yield: 10 servings

Ingredients:

2 bunches spinach cleaned and dried 1 small red onion, sliced 5 eggs, hard-boiled, quartered 10 strips bacon 10 mushrooms, cleaned and sliced 1 cup balsamic vinaigrette

- 1. Peel and slice the red onion as thin as possible.
- 2. Hard boil and peel eggs, cut into quarters.
- 3. Wash and slice the mushrooms (a little on the thick side).
- 4. Cook bacon until crispy and cut into half inch pieces.
- 5. Mix spinach and about half of the other ingredients together (toss lightly).
- 6. Arrange the remaining ingredients artfully on top of the salad.
- 7. Drizzle with balsamic vinaigrette, toss and serve.

Balsamic Vinaigrette

Yield: 2 cups

Ingredients:

1 teaspoon Dijon Mustard
1 clove garlic, minced
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
1 tablespoon of a selection of fresh herbs: parsley, chives, thyme, tarragon, or basil, minced
1/2 cup balsamic vinegar
1 cup olive oil

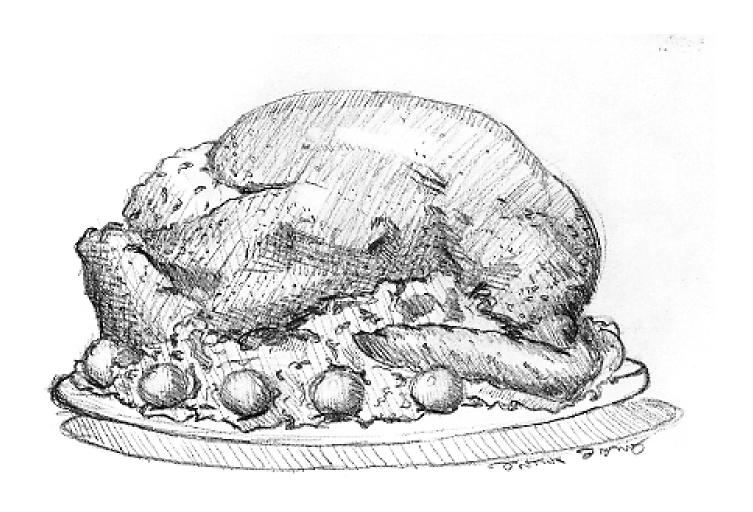
Method:

- 1. Mix all ingredients, except olive oil together.
- 2. While whisking vigorously, slowly add olive oil in a thin stream to emulsify.
- 3. Chill or use immediately.

Chef's note:

Add some crumbled local cheese to this dressing to make a fresh and cheesy dressing.

Gentle warm breezes Sneaking into my garden Snap – green beans in hand



Turkey Croquettes Hunter's Chicken Chicken with Balsamic Apple Chutney Butternut Squash Velvet Soup Roasted Brussels Sprouts Medley

Autumn

Fall--when the air gets crisp, and the leaves start to change. The Hudson Valley is at its best. This season is great for cooking; the temperature starts to drop, and it is the start of hearty stews and soups and even better, pies. I love the atmosphere of fall. I love the smell, and I love the feeling. There is nothing better than going on an autumn hike in the woods while the trees are blazing with color, then coming home to sit by a warm crackling fire, watching a Giants game and eating a flavorful meal cooked for you with love while you were out. The only thing that could make that day more perfect is a win for the Giants and some apple pie for dessert.

—Sabrina Eberhard

Thanksgiving Leftover Turkey Croquettes

Hello, my fellow food enthusiasts! I present you this dish that I originally created for a nation-wide scholarship contest held by the Culinary Institute of America. The criteria of the contest simply consisted of creating a dish using Thanksgiving leftovers. I recorded a five-minute video demonstration of my dish and submitted it along with a photograph. My recipe was selected as one of the top seven finalists. As a finalist my video demonstration was placed on youtube.com for further voting where I was ranked fourth in the nation. Although I did not receive an award or scholarship, I was thrilled for the recognition. This was the first dish I ever created from scratch, and I'm glad that I can share it with others. Bon Appetit!

—Sean Stoorvogel

Yield: 6 servings

Croquette Ingredients:

1 cup turkey, cooked, finely chopped
1/2 cup stuffing
1/4 cup corn
1/4 cup green peas
4 cups mashed potatoes
1/4 teaspoon cayenne pepper
2 teaspoons fresh parsley, rough chop
1 tablespoon granulated garlic
2 eggs
3 cups all purpose flour
2 cups Panko bread crumbs
1 cup Pecorino Romano cheese, grated
Vegetable oil, for frying

Cranberry-Shiitake Turkey Gravy Ingredients: 2 shallots minced 1/2 cup sherry wine 2 cups shiitake mushrooms sliced 1/4 cup cranberries, fresh or frozen 3 cups turkey gravy 1 ounce butter

Method for Croquettes:

- 1. Season cooked turkey with cayenne pepper, garlic, salt and pepper.
- 2. In a large mixing bowl, add stuffing, corn and green peas to seasoned turkey and mix together well. Set aside.
- 3. Take mashed potatoes and flatten them into a small patty about 4-5 inches in diameter*.
- 4. Take a heaping tablespoon of the turkey mixture and place in the middle of the mashed potato patty.
- 5. Form the mashed potato around the turkey filling making a ball. Once formed only the mashed potato should be on the outside and turkey filling on the inside.
- 6. Dip croquette in all-purpose flour**, then the eggs, then the Panko bread crumb and Pecorino Romano cheese mixture.
- 7. In a large saucepan heat 2 inches of the oil until a deep-fat thermometer registers 365°. In the saucepan, fry the croquettes in batches for 1 to 1 1/2 minutes on each side or until they are golden brown, and transfer them with a slotted spoon to paper towels to drain.

Method for Gravy:

- 1. Sauté shallots in butter.
- 2. Add sherry and cranberries and reduce for about 3 minutes.
- 3. Sauté sliced shiitake mushrooms in a separate pan and let simmer 3-5 minutes.
- 4. Add 1 cup of turkey gravy to pan with cranberries; let simmer 3-5 minutes then strain to remove cranberries and seeds.
- 5. Once strained, pour sauce back into sauté pan and add 2 additional cups of turkey gravy.
- 6. Add cooked shiitake mushrooms, butter, sugar, and heavy cream. Let simmer for 2 minutes and pull. Serve hot under croquettes.

Chef's Notes:

- * Work cold potatoes with your hands to make them more consistent and less likely to break apart before forming your patty.
- ** During the first stage of breading make sure that there is only enough flour to thinly coat the croquette.

Chicken in Hunter Sauce

Yield: 4 servings

Ingredients:

1 tablespoon oil
2 shallots, sliced
3 cloves garlic, minced
6-8 mushrooms, sliced
1/4 cup chicken stock
1/4 cup chicken glace
1 teaspoon tarragon
2 tablespoons butter
1/4 cup tomato sauce
White wine to deglaze pan
4 boneless skinless chicken breasts
Salt and pepper

- 1. Place chicken breasts flat in a single line and salt and pepper. Meanwhile have a sauté pan heating on the side with the olive oil.
- 2. Add the chicken to the hot pan and sear. After you get a nice brown on both sides remove from the pan and set aside.
- 3. Leave pan on heat add butter, garlic, and shallots until softened
- 4. Add sliced mushrooms and cook until soft
- 5. Deglaze pan with white wine, followed by the marinara and tarragon.
- 6. Add chicken stock and chicken glace.
- 7. Reduce sauce.
- 8. Return the chicken to the pan and simmer. Garnish with parsley and serve.

Balsamic Apple Chutney Chicken

What makes a career worth pursuing? For some people it may be money, but for others it is a passion for a particular field that makes them feel they have no choice but to follow their dream. For me, that dream is the culinary arts. There is nothing better than the smells of a busy kitchen, the way a carrot sounds when you snap it, or the taste and eye appeal of a well designed entrée. I love every aspect of cooking from the most complex skills to the most mundane tasks. I hope someday to show people original recipes they've never even thought of before and have them be wowed by new enticing flavor combinations like the one I created here with my Balsamic Apple Chutney Chicken. Enjoy! —Lucio Battista

Yield: 5 Servings

Chicken Ingredients:

5 six ounce boneless/skinless chicken breasts

2 tablespoons dried parsley

4 cups Italian breadcrumbs

3 cups all-purpose flour

5 eggs

1/2 cup canola oil

Balsamic Apple Chutney Ingredients:

1 tablespoon butter

4 cloves garlic (minced)

2 tablespoons shallot (small dice)

1/4 cup white wine

1 teaspoon dry oregano

1 teaspoon crushed red pepper flake

1 teaspoon black pepper

2 tablespoons chicken stock

1/2 cup balsamic vinegar

3 tablespoons balsamic glaze

1 red onion (small dice)

1 Granny Smith apple (small dice)

10 grape tomatoes (halved)

Chicken Method:

- 1. Halve the chicken breasts.
- 2. Add the parsley to the bread crumbs
- 3. Place chicken in all-purpose flour, shake off excess, dip in the egg, then coat with bread crumbs.
- 4. In a large sauté pan heat oil. Add chicken breasts and sauté for 3 minutes on each side.
- 5. Place the chicken on an oven safe pan and place in a 350 ° oven for 8 minutes. Set aside.

Balsamic Apple Chutney Method:

- 1. Condition your sauté pan and add butter.
- 2. Add the garlic and shallot and sauté until translucent.
- 3. Add the white wine and spices. Simmer.
- 4. Add the chicken stock, balsamic vinegar, and balsamic glaze and let reduce over low heat.
- 5. Add the red onion, apple, and tomatoes and cook until soft. Serve over chicken.

Butternut Squash Velvet Soup

Yield: 8 servings

Ingredients:

2 cups apple cider (approximate)

2 butternut squash peeled and diced (reserve and roast seeds)

1 leek

3 medium onions

2-3 carrots

1 sweet potato

1 large potato

7-8 garlic cloves

1 tablespoon herbs de Provence (or a mix of dried thyme and basil)

1 teaspoon ginger

Grated nutmeg (to taste)

Dash sesame oil

Salt and pepper (to taste)

Water

3 tablespoons olive oil

- 1. Cut up all the vegetables and put in a large roasting pan with apple cider, olive oil, and herbs de Provence. Bake at 350 for 1-1 and 1/2 hours, until vegetables are tender.
- 2. When done, put the vegetables in a large soup pot with 8-10 cups water, ginger, nutmeg, and sesame oil. Bring to a simmer, and simmer for 10 minutes.
- 3. Puree in small batches.
- 4. Serve immediately, and garnish with roasted squash seeds, if desired.

Roasted Brussels Spouts Medley with Pecan Gremolata

Yield: 8 sevings

Ingredients:

1 pound medium carrots, peeled, halved lengthwise, then crosswise

1 pound medium parsnips, peeled, cut in half lengthwise, then crosswise

1 pound turnips, peeled, halved, cut into 1-inch-thick wedges

1 1/4 pounds brussels sprouts, trimmed, halved

6 tablespoons olive oil, divided

3/4 cup pecans

1/4 cup grated Parmesan cheese (about 1 ounce)

1/4 cup finely chopped fresh parsley

2 tablespoons fresh lemon juice, divided

1 tablespoon finely grated lemon peel

1 small garlic clove, minced

Roasted Vegetables Method:

- 1. Preheat oven to 425°. Toss carrots, parsnips, turnips, and Brussels sprouts in large bowl with 3 tablespoons oil. Transfer to rimmed baking sheet; sprinkle with salt and pepper. Roast until vegetables are tender, tossing often, about 1 hour.
- 2. Transfer vegetables to large platter.

Gremolata Method:

- 1. Using on/off turns, chop pecans in processor until coarsely ground. Transfer ground pecans to small bowl.
- 2. Stir in grated cheese, parsley, 1 tablespoon lemon juice, lemon peel, garlic, and 1 tablespoon oil. Season gremolata to taste with salt.
- **3.** Drizzle vegetables with remaining 2 tablespoons oil and remaining 1 tablespoon lemon juice. Sprinkle gremolata over vegetables just before serving.



Nonni's Risotto Roasted Pork Loin Moussaka Big Butt Fire Good Chili Hungarian Goulash Boston Clam Chowder

Winter

Winter is a great time to bundle up and make all different varieties of hearty comfort foods. It is also a wonderful time of year to cook because when it becomes too frigid outside, you cam warm up to a delicious home cooked meal. There are all types of dishes that are perfect to prepare for the winter season. A thick and meaty chili or beef stew is excellent to start off your cold and wintry afternoon. Once dinner comes and the snow drifts away, a warm cheesy baked ziti or chicken parmesan will please your taste buds and fill your stomach for the night. Aside from the great food that winter has to offer, there are awesome snow sports such as snow tubing, sleigh riding, snow boarding and skiing. These are not only great for exercise and entertainment, but they can help you work up an appetite for more delicious winter food. In case you are trying to keep a slim figure for the summer with all of these snow sports, you can dive into all sorts of flavorful healthy soups. Winter is great for making Italian wedding soup, chicken noodle, split pea, or even a creamy clam chowder to warm up your bones.

I have very fond memories of winter. I would sleigh-ride down hills all day long until I heard the sound of my mother's voice calling me inside for hot chocolate and warm pasta fagioli. This special winter meal was always greatly appreciated when I was covered in frosty snow from all of my hand-crafted snow-men. I enjoy all of the other seasons, but winter has always been my favorite because of the thick, meaty, hot and fulfilling foods that are best made in the cold winter season.

—Dana Galente

Nonni's Risotto

Chef Sala's grandmother brought this recipe with her from Milan, Italy, when she came to America many years ago.

Yield: 4 servings

Ingredients:

1 pound ground beef

2 tablespoons olive oil

1 large onion, small dice

3 cloves garlic, minced

2 cups white rice (not Arborio)

 $4~1/2~\mathrm{cups}$ beef stock

Heavy pinch saffron

1/2 cup grated Pecorino-Romano cheese (or more to taste)

Salt and pepper to taste

- 1. On medium-high heat in a deep skillet or pot, lightly sauté ground beef in one tablespoon oil. Remove to a separate bowl when the beef is browned.
- 2. In the same skillet sauté onions and garlic in oil until translucent. Add salt and pepper.
- 3. Add white rice and mix.
- 4. Add beef and saffron and mix.
- 5. Begin adding beef stock one cup at a time. Simmer after each cup is added, until very little moisture remains, then proceed with the next cup, reserving the last 1/2 cup.
- 6. Cook until rice is al dente, then add the remaining 1/2 cup of stock.
- 7. Serve and garnish with Pecorino-Romano cheese.

Roasted Pork Loin with Dill Garlic Mashed Potatoes

Yield 7- 6 ounce portions

Pork Loin Ingredients:

3 pound pork loin

1 large onion (large dice)

2 celery stalks (large dice)

1 carrot (large dice)

2 teaspoons salt

2 teaspoons pepper

1 teaspoon sugar

Stuffing Ingredients:

4 large red skinned potatoes
1/4 cups heavy cream
20 Ritz crackers (finely crushed)
1 tablespoon fresh dill (finely chopped)
1 clove garlic (minced)
1/4 cup Pecorino Romano cheese (grated)

Stuffing Method:

- 1. Cook potatoes leaving the skin on until proper doneness. When finished place in large bowl and mash. Heat heavy cream until simmer, mix with cheese and add to mashed potatoes. Set aside.
- 2. Combine remaining ingredients and add to potato mixture. Combine until mixture is thick and moist. Set aside.

Pork Loin Method:

- 1. Place onion, celery, and carrot on bottom of roasting pan. Add one teaspoon each of salt and pepper. Set aside.
- 2. Place the loin upside down, and slit down the middle causing it to open up like a book. Place stuffing down the middle of the lion and close.
- 3. With butcher's twine, tie knots in the lion about every inch just to keep it closed, but loose enough so the stuffing doesn't come out the ends.
- 4. Place loin stuffing side down on a wire rack over vegetables in the roasting pan, and season with the remaining salt, pepper, and sugar.
- 5. Place in 350° oven and roast until outside is golden brown, and loin reaches an internal temperature of 150°. Let rest, remove twine, and enjoy!

Moussaka

Yield: 12 servings

Ingredients:

- 2 large onions (peeled and diced)
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cups mushrooms, minced
- 1 pound ground beef, turkey, or lamb
- 3 canned tomatoes (peeled and pureed)
- 3 tablespoons tomato paste
- 3/4 cup dry wine
- 1/2 cup parsley (chopped)
- 1 teaspoon cinnamon
- 1 tablespoon garlic (freshly chopped)
- 1 tablespoon oregano
- 1 teaspoon sugar

Béchamel Sauce:

4 cups milk

1/2 cup butter

6 tablespoons flour

1/8 teaspoon nutmeg

1/4 teaspoon white pepper

Topping:

Olive oil

- 3 lbs eggplant
- 2 cups ricotta cheese
- 1 cup dry breadcrumbs
- 2 cups parmesan cheese, grated

Moussaka Method:

- 1. Sauté onions in 2 tablespoons oil and 2 tablespoons butter over moderate heat until they are soft and lightly colored (about 8 minutes). Add mushrooms and sauté. Add ground meat and sauté until browned. Stir in tomatoes, tomato paste, wine, parsley, seasonings and sugar.
- 2. Reduce heat to low and simmer uncovered, for 30-45 minutes, stirring occasionally, until most of the liquid has evaporated, and the mixture is quite thick. Remove skillet from heat and let it cool completely.
- 3. Start seasoning the eggplant: peel eggplants and slice vertically, 1/8 to 1/4 inch thick. Sprinkle lightly with salt and let sit for 30 minutes.
- 4. Now make the Béchamel sauce. Use a mixer or blend by hand the egg and ricotta mixture. Place the milk in a saucepan, and heat it just until tiny bubbles appear along the edges. Remove and set aside.
- 5. Melt the butter in 3-quart saucepan over very low heat until foamy, being careful not to brown. Slowly add the 6 tablespoons flour, stirring constantly until smooth (3-4 minutes), and still being careful not to let it brown.
- 6. Add the milk slowly, whipping with a wire whisk. When the mixture is thick and smooth, remove it from the heat and stir in seasonings.
- 7. Stir ricotta cheese until it is smooth and creamy. Gently fold it into the béchamel sauce. Stir in beaten eggs until thoroughly incorporated.
- 8. Back to the eggplant: rinse well with cold water; squeeze gently and pat dry. Dredge the eggplant in 1 1/2 cups flour, and sauté each in olive oil until it is brown on both sides.
- 9. Remove and discard any excess oil that has risen to the top of the tomato mixture. Lightly grease a 16x10 baking pan that is at least 3 inches deep, and sprinkle the bottom with a few breadcrumbs.
- 10. Place a layer of eggplant in the pan, and follow with a layer of the tomato mixture. Sprinkle with breadcrumbs and grated cheese. Repeat as many times as you have eggplant to last. Pour the béchamel-ricotta sauce over the top and bake at 300 ° for one hour, or until a golden-brown crust has formed on the top.
- 11. Remove moussaka from oven and let it stand undisturbed 20-30 minutes before serving; the delay allows the layers to fuse.

Big Butt Fire Good Chili

Yield: 8 servings

Ingredients:

1/4 cup olive oil

6 strips bacon (minced)

2 pounds top sirloin (small cubed)

1 cup red wine cabernet

2 tablespoons tomato paste

1 - #10 can plum tomatoes (cube tomato, reserve juice)

2 red peppers small diced

2 green peppers small diced

8 cloves garlic minced

1/4 cup toasted fennel seeds

6 tablespoons chili powder

2 tablespoons oregano

1/4 cup fresh basil

1/4 cup fresh Italian parsley

Salt and pepper

- 1. Add olive oil to hot pot and sweat bacon on medium heat.
- 2. Add meat and cook on medium heat until gray (not brown).
- 3. Deglaze with wine and cook on high heat for 1 minute.
- 4. Add tomato paste cook on medium heat for 2 minutes.
- 5. Add tomatoes cook for 5 minutes.
- 6. Add red and green peppers, onion and garlic, cook for 5 minutes.
- 7. Add fennel seeds, chili powder and oregano, and cook for 10 minutes.
- 8. Add reserved liquid from tomatoes as needed. Bring to a simmer, cover and let cook for 1 hour.
- 9. When the meat is fork tender, remove from heat, check salt and pepper, add parsley, basil, stir, and serve hot.

Hungarian Beef Goulash

This is a dish that Master Chef Fritz Schonnenschmidt of the CIA demonstrated for us here at CTI BOCES last winter. There are less than 100 master chefs in the United States, and we felt honored to have Chef Schonnenschmidt visit us and teach us this recipe. We hope you enjoy it as much as we did.

Yield: 10 servings

Ingredients:

2 pounds onions, sliced

2 tablespoons olive oil

1 tablespoon apple cider vinegar

4 tablespoons sweet Hungarian paprika

1 teaspoon marjoram, powdered

3 garlic cloves, minced

1 teaspoon lemon zest

1 teaspoon Kosher salt, or to taste

1 quart beef stock

4 ounces tomato paste

5 pounds beef shank or cubed beef for stewing

- 1. Sauté the onions in oil until they are brown.
- 2. Add the vinegar, spices, garlic, lemon zest, and salt; Cook over moderate heat until nearly dry.
- 3. Add the stock and tomato paste and bring the mixture to a simmer.
- 4. Add the beef shank, cover the pan, and braise it until the meat is very tender, approximately 1 1/2 hours or longer.
- 5. Degrease the sauce and adjust the seasoning with salt and pepper to taste.

Boston Clam Chowder

Yield: 1 quart

Ingredients:

3 14 ounce cans canned clams/with juice
4 cups fish stock or water
4 strips bacon, chopped
1 medium onion, chopped
2 stalks celery, chopped
1 clove garlic, chopped
1 teaspoon thyme
2 medium potatoes diced
3 tablespoons roux
1 cup cream
1 cup milk
A dash of Tabasco, to taste
A dash of Worcestershire sauce
Salt and pepper to taste
1/4 teaspoon mace

- 1. Simmer the potatoes in the clams, clam juice and fish stock or water until just tender. Allow the potatoes to cool in the liquid.
- 2. Combine the milk and cream, warm to a simmer, and reserve.
- 3. In a large saucepan sauté the bacon until lightly browned. Add the onions, celery, and continue to cook until the vegetables are almost tender. Add the garlic and thyme and continue to cook 2 to 3 minutes.
- 4. Add all of the liquid from the clams and the potatoes, bring to a simmer and add enough roux for a medium consistency. Simmer for another 15 to 20 minutes.
- 5. To finish the soup, add the potatoes, the cooked clams, and the warm milk and cream. Return to medium heat and just bring soup to a simmer. Be very careful that the soup does not boil because it may separate and lose its smooth texture and become grainy. If this happens, strain all of the ingredients from the soup and blend the liquid in a blender. Then add the solid ingredients back into the soup.
- 6. Adjust seasoning with Tabasco, Worcestershire, salt, pepper, and mace. Serve hot.

Chowder

To make a good chowder and have it quite nice Dispense with sweet marjoram, parsley and spice; Mace, pepper and salt are now wanted alone. To make the stew eat well and stick to the bone. Some pork is sliced thin and put into the pot; Some say you must turn it, some say you must not; And when it is brown, take it out of the fat, And add it again when you add this and that. A layer of potatoes, sliced, quarter inch thick, Should be placed in the bottom to make it eat slick; A layer of onions now over this place, Then season with pepper and salt and some mace. Split open your crackers and give them a soak; In eating you'll find this the cream of the joke On top of all this, now comply with my wish And put in large chunks, all your pieces of fish; Then put on the pieces of pork you have fried I mean those from which all the fat has been tried. In seasoning I pray you, don't spare the cayenne; 'Tis this makes it fit to be eaten by men. After adding these things in their regular rotation You'll have a dish fit for the best of the nation.

—Kevin Thomas



Arugula Pizza Spinach and Mushroom Pizza Herby Tomato Pizza Baby Beetaroni Pizza Meat Lover's Pizza

Four Seasons of Grilled Pizza

Grilled pizza is a surprising and delicious way to utilize seasonal ingredients. All you need is some pizza dough, a grill, and some imagination to create countless variations of mouthwatering pizza with whatever fresh produce is available. Pizza dough is very easy to make at home, but if you are short on time, it is also easy to buy at any pizza place and many grocery stores. We have included five of our favorite varieties here, but feel free to substitute any toppings you can think of to invent your own grilled pizza masterpiece!

Basic Grilled Pizza

Yield: Two 12 inch pizzas

Dough Ingredients:

1 cup warm water

1/4 teaspoon sugar

1 envelope (1/4 ounce) active dry yeast

2 3/4 cups unbleached all-purpose flour (plus more, for dusting)

1 teaspoon salt

1 1/2 tablespoons olive oil

Method:

- 1. In a small bowl, sprinkle sugar and yeast over warm water; stir with a fork until the sugar and yeast are dissolved. Let stand until foamy, about 5 minutes.
- 2. In a food processor, pulse flour and salt to combine. Add yeast mixture and oil, then pulse until the mixture is slightly tacky (dough should pull away from your fingers when you squeeze it).
- 3. Turn dough onto a lightly floured work surface. Knead to form a smooth ball.
- 4. Place the dough in a lightly oiled bowl, smooth side up. Cover with plastic wrap and let rise in a warm place until doubled in bulk, about 30 to 40 minutes.
- 5. Punch down dough and turn onto a lightly floured work surface. Divide dough into two equal pieces. Knead each a few times, then form a smooth ball. Return one ball to oiled bowl. Pat remaining ball into a flat disk and cover with plastic wrap. Let rest 5 minutes.
- 6. Using your hands or a rolling pin, stretch or press dough into desired shape, always working from center outward. Place on a cookie sheet.

Method for Grilling Pizza dough:

- 1. Preheat your grill to medium high.
- 2. Brush the top of the pizza dough with olive oil, then flip, oiled side down, onto the hot grill. Work quickly to return the dough to your desired shape on the grill.
- 3. Allow grill to cook until bubble start to form on top. Then begin checking the bottom periodically. When the bottom is golden and a bit stiff, brush oil on the top and flip the dough over.
- 4. Cook until the bottom is also golden. Then proceed with one of the following recipes.

*Each of the following recipes will make enough topping to cover one 12 inch pizza.

Spring:

Arugula Pizza

1 head roasted garlic cloves

1 tablespoon olive oil

1/2 cup mozzarella

1 large bunch arugula (to cover pizza generously)

1 ounce shaved Pecorino Romano cheese

- 1. Drizzle grilled crust with olive oil, top with mozzarella, arugula, garlic cloves, and shaved Pecorino Romano cheese.
- 2. Bake at 375° until the arugula is wilted and the mozzarella is melted.

Spinach and Mushroom Pizza

2 cups assorted local and in season mushrooms, sliced

1 bag baby spinach—washed

2 cloves garlic, sliced

1 tablespoon butter

2 tablespoons olive oil

2 teaspoons thyme

1 cup grated mozzarella

1 cup quartered cherry tomatoes

salt and pepper to taste

- 1. Sauté one clove garlic and mushrooms in butter, 1 tablespoon olive oil, and thyme. Set aside.
- 2. In the same pan, sauté the remaining clove of garlic and spinach in the remaining 1 table-spoon of olive oil. Set aside.
- 3. Top grilled pizza with mozzarella, spinach mixture and mushroom mixture. Season tomatoes with salt and pepper to taste, and place on top.
- 4. Bake at 375° until the cheese is melted.

Summer:

Herby Tomato Pizza

3 large heirloom tomatoes, sliced, or two cups cherry or grape tomatoes, halved

4 springs mint, chopped

7 large leaves basil, chopped

2 teaspoons fresh thyme—finely chopped leaves chopped

3 sprigs oregano, chopped

1/2 bunch sliced white and green scallions

1 tablespoon Balsamic vinegar

3 tablespoons olive oil

1 cup Ricotta cheese

3/4 cup shredded mozzarella

1/4 cup pecorino Romano

salt and pepper to taste

- 1. Marinate sliced tomatoes in 3 tablespoons olive oil, 1tablespoon balsamic vinegar, salt and pepper to taste. Set aside for at least five minutes.
- 2. Top grilled crust with mozzarella, tomatoes, herbs, and salt and pepper to taste.
- 3. Dollop ricotta on top and finish with pecorino Romano.
- 4. Bake at 375° until the tomatoes are soft and the cheese is melted.

Fall:

Beetaroni Pizza

4 baby beets with tops 2 tablespoons olive oil 1/2 cup shredded mozzarella 3/4 cup goat cheese, crumbled

- 1. Separate beets from greens. Wash greens and set aside. Slice the beets extremely thinly—about 1/8 inch (use a mandolin if possible).
- 2. Finely chop beet tops and sauté with sliced garlic, salt and pepper and olive oil until the beets are tender. Set aside.
- 3. Drizzle 1 Tb olive oil on grilled pizza, top with mozzarella, reserved greens, beet slices and crumbled goat cheese.
- 4. Bake at 375° until The beets are soft and the mozzarella is melted.

Winter:

Meat Lover's Pizza

14 ounces pizza/marinara sauce
2 sweet Italian links, casing removed
1/2 cup sliced pepperoni
8 ounces lean ground beef
2 cups shredded mozzarella
1/4 cup parmesan
1 tablespoon olive oil
salt and pepper

- 1. Sauté sausage and ground beef in olive oil, seasoning with salt and pepper while breaking up with wooden spoon until small crumbs of cooked meat appear. Drain; set aside.
- 2. Top grilled crust with sauce, mozzarella cheese, sausage, beef, pepperoni, parmesan, and salt and pepper to taste.
- 3. Bake at 375° until the cheese is melted and bubbly.



Chocolate Death
Orange Flan Cake
Mudpuddles
Zucchini Bread
Aunt Louise's Carrot Cake
Lavender Crème Brule
Maple Pumpkin Bread
Apple Tart Tatin

Bakery

We opened the CTI bakery to see what it would be like to run a real world business. Our attempt at opening the bakery was a huge success. Our customers always came back for more each time we were open. They were hooked on our goodies. We always had a long line stretching all the way out of the dining room.

The hardest thing about the whole bakery operation was that some of the students didn't like making the same things over and over every week. I, personally, loved it. To have a great business, enthusiasm has to be a part of the process. Things like that do happen in the real world though. Every business is made to run in a utopian style, but most of the time, not everything goes the way it was expected to be. The best thing about the bakery operation was that it gave me and some others an experience of what it would be like in the future for us since we're going to be bakers. Making one dessert, cleaning up and moving right into the next one was pretty much what we did. The customers (the staff) loved the bakery. We started each afternoon with a full case of goods and ended the day with pretty much nothing left. Some of the best sellers were the flan cake, death by chocolate cake, and the chocolate mud puddle cookies.

Our top seller was by far the death by chocolate cake that I personally made. A funny thing that happened was that one of the men who bought this cake every week said, "It doesn't matter what kind of trouble I'm in with my wife, as long as I bring home a slice of this cake . . . I'm golden." We hope you enjoy these recipes that we tested in our bakery. We can guarantee that who ever you make them for will think that you are golden too!

—Jesse Jackson

Chocolate Death Cake

Yield: 10 to 12 servings

Cake Ingredients:

12 tablespoons unsalted butter (1 1/2 sticks)

1 3/4 cups unbleached all-purpose flour

4 ounces unsweetened chocolate, coarsely chopped

1/4 cup Dutch-processed cocoa

1/2 cup water, hot

1 3/4 cup sugar

1 1/2 teaspoons baking soda

1 teaspoons salt

1 cup buttermilk

2 teaspoons vanilla extract

4 eggs, large

2 egg yolks, large

Ganache Frosting Ingredients:

16 oz. Semisweet Chocolate, finely chopped 2 cups heavy cream

Ode to Chocolate

My love, how are you today?

Dark and mischievous?

White and bright?

Smooth and milky?

How can I fulfill your desires?

Shall I devour you?

Melt you? Drink you?

I'm here for you.

I have a sickness.

Can you help me figure out what it is?

It gives me cravings for something sweet.

Something smooth and delightful.

Something rich and sinful.

Something with a delicious aroma.

I need a cure.

Cake Method:

- 1. Adjust oven rack to middle position; heat oven to 350°. Grease two 9-inch round by 2-inch high cake pans with softened butter; dust pans with flour and knock out excess.
- 2. Combine chocolate, cocoa powder, and hot water in medium heatproof bowl; set bowl over saucepan containing 1 inch of simmering water and stir with rubber spatula until chocolate is melted, about 2 minutes. Add 1/2 cup sugar to chocolate mixture and stir until thick and glossy, 1-2 minutes. Remove both from heat and set aside to cool.
- 3. Whisk flour, baking soda, and salt in medium bowl.
- 4. Combine buttermilk and vanilla in small bowl.
- 5. In bowl of standing mixer fitted with whisk attachment, whisk eggs and yolks on medium -low speed until combined—about 10 seconds. Add remaining 1 1/4 cups sugar, increase speed to high, and whisk until fluffy and lightened in color, 2 to 3 minutes.
- 6. Replace whisk with paddle attachment. Add cooled chocolate mixture to egg/sugar mixture and mix on medium speed until thoroughly incorporated, 30 to 45 seconds, pausing to scrape down sides of bowl with rubber spatula as needed.
- 7. Add softened butter one tablespoon at a time, mixing about 10 seconds after each addition.
- 8. When butter is incorporated, add about one-third of flour mixture followed by half of buttermilk mixture, mixing until incorporated after each addition (about 15 seconds). Repeat using half of remaining flour mixture and all of remaining buttermilk mixture (batter may appear separated). Scrape down sides of bowl and add remaining flour mixture; mix at medium-low speed until batter s thoroughly combined, about 15 seconds.
- 9. Remove bowl from mixer and fold batter once or twice with rubber spatula to incorporate any remaining flour. Divide batter evenly between prepared cake pans. Smooth batter to edges of pan with spatula.
- 10. Bake cakes until toothpick inserted into center comes out with a few crumbs attached, 25 to 30 minutes. Cool cakes in pans 15 minutes, then invert onto wire rack. Cool cakes to room temperature before frosting, 45 to 60 minutes.

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Chocolate Death Cake (continued)

Method: Ganache

- 1. Heat cream to just under a boil.
- 2. Pour over chocolate in a heat proof bowl. Stir to melt chocolate.
- 3. Set aside to cool. Use when it is spreadable (about 30 minutes).

Frosting the cake:

- 1. Place one cake on a platter and coat with ganache. The easiest way to do this is to use a pastry bag, as the frosting will be quite thick. If you do not have a pastry bag, just gently spread the frosting directly onto the cake. The frosting will be thick—if it is too difficult to work with you may need to warm it up before it is spreadable.
- 2. Top the first layer with the second cake, and coat both layers evenly. Chill until about two hours prior to serving.

Peanut-Butter Bomb Variation

You can turn Chocolate Death into a Peanut-Butter Bomb simply by filling the center with this great peanut butter mouse:

Peanut Butter Mousse Ingredients:

1/2 cup heavy cream
1 1\2 cup confectionary sugar
1 1\2 cup peanut butter
3/4 cup cream cheese
2 cups heavy cream

- 1. Blend 1/2 cup heavy cream with sugar, peanut butter, and cream cheese.
- 2. Whip 2 Cups of heavy cream (soft peaks) and fold into peanut butter mixture.
- 3. Proceed with instructions for the Chocolate Death Cake, above, but use a pastry bag to fill the center of the two layers with peanut-butter mouse instead of ganache. Top with the second layer, and spread or drizzle ganache over the entire cake. Decorate with miniature peanut-butter cups, if desired.

Orange Flan Cake

Yield 2—8 inch cakes (16 servings)

Ingredients

Cake:

1 box yellow cake mix 2 teaspoons orange zest

Flan:

1 cup milk

2 tablespoons orange flavored liqueur or orange juice

1 teaspoon orange zest

4 egg yolks

2 whole eggs

1 can sweetened condensed milk

Caramel:

1 cup sugar

1/2 cup water

- 1. In 2 quart sauce pan, heat sugar and 1/2 cup water to boiling. Reduce heat to medium. Cook without stirring 18 to 22 minutes or until sugar turns light golden brown in color and is caramelized. Be sure not to burn caramel.
- 2. Into two un-greased 8 x 2 inch round, or three 6 x 2 round cake pans (do not use dark or nonstick pans), quickly pour caramelized sugar and immediately tilt pans so sugar covers bottoms; set aside.
- 3. Fill shallow pan half full with water and place on the middle oven rack. Heat oven to 325°.
- 4. In medium bowl, beat 1 cup milk, the liqueur or orange juice, 1 teaspoon orange zest, egg yolks, whole eggs, and sweetened condensed milk with wire whisk or fork until blended. Pour milk mixture over caramelized sugar in each pan.
- 5. In large bowl, prepare cake mix according to box directions. Spoon mixture evenly over milk mixture in pans.
- 6. Bake cakes in water bath on middle rack 45 to 55 minutes or until cake springs back when touched lightly in center. Cool 30 minutes; run knife or spatula around edges of pans. Place serving plate upside down on each pan; turn plate and pan over. Leave pans over cakes 1 minute so caramel can drizzle over cakes. Serve warm or cold. Store covered in refrigerator.

Mudpuddles

If you love chocolate, then you will swoon for these most chocolate filled cookies ever!

Yield: 2 dozen cookies

Ingredients:

8 ounces bittersweet chocolate (60%—70% cacao), roughly chopped

4 tablespoons unsalted butter

2/3 cup all purpose flour

1/2 teaspoon baking powder

1/2 teaspoon salt

2 large eggs

3/4 cup packed light brown sugar

1 teaspoon vanilla extract

1 package bittersweet or semisweet chocolate chunks (if you can't find chunks, Ghirardelli's double chocolate chips work well).

- 1. Preheat oven to 350°. Melt chopped chocolate together with butter in a double boiler or microwave using 20 second increments until almost melted (do not overcook).
- 2. In another bowl, whisk together flour, baking powder, and salt.
- 3. In a mixing bowl, beat eggs, brown sugar, and vanilla on high speed until fluffy. Reduce speed to low.
- 4. Beat in melted chocolate, then mix in flour until just combined. Stir in chocolate chunks. The dough will be very thick.
- 5. Drop heaping tablespoons full of dough 2-3 inches apart on baking sheets. Bake, rotating sheets halfway through, until cookies are shiny and cracking but still soft in the centers, about 11-14 minutes. Cool on sheets for ten minutes, then transfer to racks to continue to cool.

Zucchini Bread

Yield: 2—9 x 5 loaf pans

Ingredients:

3 /12 cups all purpose flour 1 teaspoon salt 2 teaspoons baking powder 1/2 teaspoon baking soda 1/2 teaspoon cinnamon 1/2 teaspoon nutmeg 1/4 teaspoon ground clove 1 1/2 cups grated zucchini 1 cup sugar 4 eggs 1/2 cup canola oil 1 cup chopped pecans

- 1. Heat oven to 350°. Grease and flour loaf pans.
- 2. In a large bowl, combine flour, salt, baking powder, baking soda, and spices.
- 3. In a separate bowl, whisk or blend eggs and vegatable oil. Once the mixture is smooth, add sugar and blend. Add zucchini and pecans and stir to combine.
- 4. Add dry ingredients to wet ingredients and mix just to combine.
- 5. Divide mixture evenly between loaf pans and bake for about 1 hour or until a toothpick inserted in the center comes out clean. Be sure not to over-bake.

Aunt Louise's Carrot Cake with Ginger Cream Cheese Frosting

Yield: 2—9 inch cakes

Ingredients: Cake

2 cups all purpose flour

1 teaspoon baking soda

1 teaspoon cinnamon

1 teaspoon salt

2 cups sugar

1 1/2 cups oil

3 eggs

2 cups grated carrots

1 cup chopped pineapple

1 cup coconut, toasted

1 cup chopped nuts, toasted (almonds, walnuts, pecan, pine, or pistachio)

1 teaspoon vanilla

Method: Cake

- 1. Preheat oven to 350°. Grease and dust 2—9 inch cake pans with sugar.
- 2. In a small bowl, whisk together flour, baking soda, cinnamon, and salt.
- 3. In a mixer, blend eggs, vanilla, and oil. Add the sugar, carrots, pineapple, and coconut and blend.
- 4. Add the flour mixture and the nuts and blend just to combine.
- 5. Pour the batter into the prepared cake pan and bake for 30 40 minutes or until golden and springy. The cake should be very moist—do not over bake.
- 6. Let cool on a rack for 30 minutes, then remove from pan and let cool completely. Frost with ginger cream cheese frosting as desired.

Ingredients: Ginger Cream Cheese Frosting

- 1 1/2 sticks unsalted butter, room temperature
- 3 packages (8 ounces each) cream cheese, room temperature
- 2 cups confectioner's sugar, sifted
- 3/4 teaspoon finely grated orange zest
- 1 tablespoon plus 1 teaspoon grated, peeled fresh ginger

Method: Frosting

- 1. In the bowl of an electric mixer, beat butter on medium high, until light and fluffy.
- 2. Add cream cheese and beat until combined and fluffy, scraping down the sides as needed.
- 3. Add remaining ingredients, and beat 5 minutes.
- * Frosting can be kept at room temperature, covered, for up to two hours.

Lavender Crème Brule

Yield: 6 servings

Ingredients:

8 egg yolks
1/2 cup granulated white sugar
2 cups heavy cream
1 teaspoon pure vanilla extract
1/4 cup granulated white sugar
3 sprigs lavender

- 1. Pre-heat oven to 300°.
- 2. In a large bowl, whisk together egg yolks and ½ cup sugar until the sugar has dissolved into a thick, pale yellow mixture.
- 3. Put heavy cream in a pot with ¼ cup sugar and lavender flowers. Bring cream and lavender mixture to a simmer and steep lavender flowers for five minutes. Do not boil.
- 4. Strain lavender flowers from cream.
- 5. Add lavender cream to egg yolk mixture and whisk until well blended.
- 6. Divide mixture into six ramekins.
- 7. Place in a large baking pan filled with an inch or two of hot water.
- 8. Bake until edges are firm and center is like Jell-O (approx. 30 minutes).
- 9. Remove ramekins from pan and let cool in a cool water bath.
- 10. Remove the ramekins from the water bath and allow them to cool in the refrigerator for at least 2 and up to 24 hours.
- 11. Before serving, sprinkle remaining ¼ cup sugar on top of the custards (coat each thickly with sugar). Then either torch using a hand-torch to caramelize, or place them under the broiler for approximately 5 minutes until golden and bubbly.
- 12. Serve immediately, or return ramekins to the refrigerator.

Maple Pumpkin Bread

Yield: 2—9 x 5 loaf pans

Ingredients:

15 ounce can pumpkin puree

4 eggs

1 cup vegetable oil

2/3 cup water

1 1/2 cups white sugar

3/4 cup maple syrup

3 1/2 cups all purpose flour

2 teaspoons baking soda

1 1/2 teaspoons salt

2 teaspoons cinnamon

1 1/2 teaspoons nutmeg (fresh grated)

1/4 teaspoon clove

1/2 teaspoon ground ginger (or 1 tsp fresh grated)

- 1. Preheat oven to 350°.
- 2. Butter and flour loaf pans.
- 3. Mix together all wet ingredients and sugar.
- 4. Mix together all dry ingredients in another bowl.
- 5. Stir or mix together wet and dry ingredients.
- 6. Pour into pans (fill to about an inch from top).
- 7. Bake for about 1 hour 10 minutes (until inserted toothpick comes out clean).
- 8. Allow to cool 20 minutes in pans, then remove to wire racks to cool completely.

Apple Tart Tatin

This is the simplest, most delicious way to transform just picked Hudson Valley apples into an elegant dessert. For this recipe you will need an oven-proof skillet measuring 7-8 inches across the bottom, and 10-12 inches across the top. Cast iron works great, but they also sell pans made specifically for tart tatin in kitchen supply stores (recipe adapted from the *Joy of Cooking*).

Ingredients:

1/2 recipe CTI pie crust

3 pounds apples—experiment with your favorite varieties fresh from your local orchard. (We often use a mixture of Winesap, and Golden Delicious (about 6 large).

8 tablespoons butter (1 stick)

1 cup sugar

Method:

- 1. Roll out dough to a 12 inch round. Refrigerate.
- 2. Preheat oven to 350°.
- 3. Peel, core, and quarter apples.
- 4. Melt butter in an oven-proof skillet (see note, above).
- 5. Remove pan from heat and sprinkle sugar evenly over butter.
- 6. Arrange the apples in concentric circles in the pan. Be sure that you nestle them very closely to each other—you don't want any space left when you are done.
- 7. Return pan to highest heat possible and cook, gently stirring until the juices turn to a deep amber.
- 8. Remove skillet from heat and flip the apples with a fork. Return to heat and cook about five minutes more, or until the apples are golden on both sides.
- 9. Remove the skillet from heat. Organize the apples in concentric circles, then gently place crust on top of the apples, tucking the sides in around the edges.
- 10. Bake for 25-30 minutes, or until crust is golden brown. Cool ten minutes on a rack, then flip onto a serving platter to serve.

Chef's note: The tart can sit in the skillet at room temperature until you are ready to serve, but you must warm the bottom over the stove before you attempt to release the tart from the skillet. Once the caramel is warmed and loosened, slide a knife around the edge of the skillet, then flip the tart over onto your serving dish.

C.T.I. Pie Crust

Yield: 2 9 inch pie crusts

Ingredients:

3 cups flour 8 ounces frozen butter, grated 1/2 cup very cold water (up to) 1 teaspoon salt

Method:

- 1. Mix flour and salt together.
- 2. Add grated butter and cut in with a pastry blender or fork until you have pea-sized lumps.
- 3. Add water just until dough comes together. Pat dough into a disc, and chill in the refrigerator for 30 minutes.

In the spring you come into sight
By the end of summer you're nice and ripe
I like them all—yellow, red and green
Even more than jelly beans
My favorite ones are juicy and crisp
Just thinking of them makes me lick my lips
Apples are just so delicious
After eating one I feel ambitious
—Brittany Duffy



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Afterword

For the majority of my life I have been moved from home to home. Not having a steady life has sometimes been difficult for me. On the flip side, I have had a chance to experience things that not many people my age get to experience. Even though my location and families have changed the one thing that has been consistent is my love for food.

Although it was hard each time I had to move to new family, there was always the excitement of new tastes to discover. Living with different people was always weird at first. However, living with people who have different ethnic backgrounds and learning different ways of cooking was a great experience for me.

As a kid I had no idea I could make a profession out of my love for food. I wanted to know how dishes were made, why food changes appearances, and why the flavors mix together in certain ways. I was curious and I was a nosy little girl. I remember living with a Jamaican family and having oxtails, curried chicken, and jerked goat for the first time. I thought that the food looked disgusting, but the aroma lured my nose right to the plate; it was unforgettable. It felt like my senses were ten times more powerful. My mouth watered, and my stomach was overwhelmed because of the allure of the food, which I couldn't wait to eat. When I finally tasted it, all the flavors and spices surprised me. It made me so happy and I asked lots of questions about what was in the dishes. The short time I was a resident in that home, I always observed the whole cooking process. Since the moment that I ate that delicious, flavorful meal, I have craved the excitement of new food.

Since then I have lived with Hispanics, vegetarians, Italians, and many different types of people. In 2005 I finally met my permanent family. Both of my parents are decent cooks, but usually I do the cooking now. When I first started cooking for my family, I never considered that I could someday become a chef. The first time I heard of the idea I was skeptical, mainly because I was unsure if I could do it. As time went on my skills, my knowledge, and my passion for the culinary arts increased dramatically. I changed my mind and decided that I could become a chef. My parents and siblings supported me when I made my decision to go into the culinary arts field, and after two years here at Dutchess County BOCES Career and Technical Institute, I am looking forward to many more years of new food discoveries in my career as a professional chef.

-Thea Sucato

Index

Apple Tart Tatin	58	Hungarian Goulash	37
Asian Noodle Salad	8	Hunter's Chicken	26
Aunt Louise's Carrot Cake	54	Lavender Crème Brule	56
Baked Stuffed Red Peppers	18	Maple Pumpkin Bread	57
Balinese Cucumber Salad	13	Mudpuddles	52
Balsamic Apple Chutney Chicken	27	Nonni's Risotto	32
Big Butt Fire Good Chili	36	Orange Flan Cake	51
Boston Clam Chowder	38	Pasta Carbonara	10
Brussels Sprouts Medley	29	Roasted Pork Loin	33
Butternut Squash Velvet Soup	28	Spring Strata	12
Chef T's Spinach Salad	20	Tabouleh	17
Chocolate Death Cake	27	Tomato Cheese Tart	19
Falafel	11	Turkey Croquettes	24
Grilled Tomato Pasta	16	Vegetable Fried Rice	9
Grilled Pizzas	42	Zucchini Bread	53

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