

Beautiful by Flavour
COCO BISTRO

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RESTAURANT

Turks & Caicos Islands

Basic Recipes



Mushroom & Mozzarella

Mushroom Duxelles

INGREDIENTS

- ½ lb button and baby portabella mushrooms—brushed clean
- 2 tbsp whole butter
- 3 tbsp finely diced shallots
- salt and pepper to taste
- 1½ tbsp fresh thyme—finely chopped
- ¼ cup dry white wine
- 2 oz heavy cream

DIRECTIONS

1. In a 350 degree preheated oven, season the mushrooms with a touch of oil, salt, pepper and thyme.
2. Roast the mushrooms until golden brown and most of the moisture has been removed.
3. Remove the mushrooms from the oven and chop finely or use a food processor and pulse until chopped semi finely (less than bite size chunks are OK).
4. Heat a large (10 inch) non-stick skillet over a burner set on medium heat. Add 1 tbsp of the butter and swirl around to melt and avoid burning.
5. Add the shallots, a pinch of salt, a pinch of pepper and thyme. Cook, stirring frequently, until the shallots are translucent and soft.
6. Add the white wine and reduce until dry.
7. Then add the heavy cream and season again to taste with salt and pepper.
8. Remove and reserve.

Balsamic Port Reduction

INGREDIENTS

- ½ cup apple juice
- ¼ cup aged balsamic vinegar
- 2 cups port wine
- ¼ cup sugar
- 1 cup good red wine, merlot works best
(Note: better quality liquids will equate to a nicer reduction)

DIRECTIONS

1. Bring all the ingredients to a boil and reduce until it coats the back of a spoon.
2. Remove and cool.

Garlic French Bread Toasts

INGREDIENTS

- 1 fresh French baguette
- 3 garlic cloves
- 5 oz olive oil
- 1 pinch of salt and pepper

DIRECTIONS

1. With a bread knife, slice the baguette on a 45 degree angle, 1 inch thick cuts.
2. Next brush the olive oil onto the bread and season with a pinch of salt and pepper.
3. Grill and then slice the garlic cloves in half and rub the cut side of the garlic onto the bread surface. Make sure you grill first as the toasted surface of the bread acts like a grater!
4. Place the bread slices on a baking sheet, lined with parchment paper, and cook in a 300 degree oven to help the bread become a little crispier (should be crisp and golden brown), approximately 15 minutes.
5. Cool and reserve in a dry place on paper towels.



Conch Soup

Step One—Stock (2 liters)

INGREDIENTS

- 1 white onion—roughly chopped
- 4 whole fresh garlic cloves—smashed
- 1 jumbo carrots—peeled and roughly chopped
- 1 cup white cooking wine
- 1 lb of assorted fish bones
- 1 tsp whole white peppercorns
- 1 bay leaf
- 2 liters cold water
- 4 cups ice water

DIRECTIONS

1. Sweat the onion, garlic, and carrots until soft but not colored.
2. Add the fish bones, peppercorns, bay leaf, and white wine and reduce by $\frac{1}{2}$.
3. Top with cold water and simmer for 40 minutes, constantly skimming the impurities/foam from the surface.
4. After 40 minutes, add 4 cups of ice water and stir lightly to bring all the leftover impurities to the surface to skim a final time.
5. Pass through cheesecloth and a sieve and reserve.

Step Two—Soup Base (Puree)

INGREDIENTS

- 1 white onion—roughly chopped
- 3 white potatoes—peeled and quartered
- 2 heads of fresh peeled garlic—smashed
- 3 cups chopped canned tomatoes
- $\frac{1}{4}$ cup tomato paste
- $\frac{1}{2}$ cup white wine
- fish stock from step one
- $\frac{1}{4}$ cup fresh thyme
- 1 scallion—chopped

DIRECTIONS

1. Sweat the onion, scallions, and garlic until soft, then add the white wine, tomato paste, canned tomatoes, and potatoes.
2. Cook for 5 minutes then add the fish stock. Cook for 30 minutes or until potatoes are soft.
3. Add the thyme and blend until smooth.
4. Strain and reserve.

Garlic French Bread (4 Toasts)

INGREDIENTS

- 1 fresh French baguette
- 3 garlic cloves
- 5 oz olive oil
- 1 pinch of salt and pepper

DIRECTIONS

1. With a bread knife, slice the baguette on a 45-degree angle, 1 inch thick cuts.
2. Brush the olive oil onto the bread and season with a pinch of salt and pepper.
3. Grill and then slice the garlic cloves in half and rub the cut side of the garlic onto the bread surface. Make sure you grill first as the toasted surface of the bread acts like a grater!
4. Place the bread slices on a baking sheet, lined with parchment paper, and cook in a 300-degree oven to help the bread become a little crispier (should be crisp and golden brown); approximately 15 minutes.
5. Cool and reserve in a dry place on paper towels.



Conch 2 Ways

Hot Pepper Vodka

INGREDIENTS

- ½ liter of vodka
- 3 scotch bonnet pepper cut in wedges
- 1 lime cut into wedges
- 1 tsp black peppercorns
- 2 kaffir lime leaves

DIRECTIONS

1. Mix everything together and let it sit at room temperature for at least a week.

Sweet & Sour Sauce (3 cups)

INGREDIENTS

- 1 cup white vinegar
- 1 cup white sugar
- 1 tsp fresh ginger—minced
- 1 tsp Sriracha Red Rooster Thai chili sauce
- 4 tbsp kitchen spoon ketchup
- 1 tbsp cornstarch
- 30 ml cold water
- 4 tbsp soya sauce

DIRECTIONS

1. Bring the vinegar, pineapple juice, sugar, ginger, Rooster sauce, soya, and ketchup to a simmer for 15 minutes.
2. Mix the cornstarch and the cold water together and whisk it to thicken the sauce. Let simmer for 5 more minutes and reserve.



Lobster Spring Rolls

Court Bouillon for Poaching Lobster (2 liters)

INGREDIENTS

- 1 medium carrot—peeled and thinly sliced
- 1 small white onion—peeled and thinly sliced
- 1 stalk of celery—washed and chopped
- 1 cup white wine
- 1 oz whole white peppercorns
- 1 slice of fresh lemon
- 1 bouquet garni—tied together with a string:
1 bunch fresh thyme, 1 bay leaf, ½ oz parsley
- 1 oz vegetable oil
- 2½ liters of cold water
- 1 pinch of kosher salt

DIRECTIONS

1. In a large pot, over a medium flame, add the oil and vegetables.
2. Cook very lightly until the vegetables start to become soft but without making them brown in color.
3. Add the white wine, bouquet garni, peppercorns, lemon, and water.
4. Bring to a boil and then reduce heat to simmer for 10 minutes.
5. Remove from heat, strain through a sieve, and reserve.

Poaching of the Lobster:

1. Poach the lobster in boiling poaching liquid, approximately 6 minutes.

2. Remove lobster and submerge in ice water to stop the cooking process.
3. When cool, dry the lobster, remove the shell and the vein and slice into about ¼ oz pieces long-ways.

Thai Dressing (2 cups)

INGREDIENTS

- 1 cup fresh lime juice
- 3 fresh garlic cloves—finely chopped
- ¾ cup fish sauce
- 3 tbs brown sugar
- 2 tbs sweet chili sauce
- ½ tbs Sriracha Red Rooster Thai chili sauce
- 3 tbs soya sauce

DIRECTIONS

1. Mix together until sugar is dissolved.

Thai Sweet Chili Sauce (½ cup)

INGREDIENTS

- ½ cup rice wine vinegar
- ½ cup white granulated sugar
- ¼ cup water
- 3 tbs fish sauce
- 2 tbs sherry
- 3 garlic cloves—minced
- 1 tbs dried crushed chili
- 1½ tbs cornstarch dissolved in ¾ tbs cool water

DIRECTIONS

1. Place all ingredients, except for the cornstarch mixture, in a pot and bring to a rolling boil.
2. Reduce the heat to medium and simmer for 10 minutes or until reduced by ½.
3. Reduce the heat to low and stir in your cornstarch mixture; it will start to thicken the sauce. Cook for another 2 minutes.
4. Taste the sauce. You should taste sweet first followed by sour then spicy and salty notes. If the sauce is not sweet enough, add some more sugar, if not spicy enough, add more chili.



Lobster Ravioli

Lobster Stock Reduction (2 liters)

INGREDIENTS

- 1 lb lobster
- 1 medium carrot—peeled and thinly sliced
- 1 small white onion—peeled and thinly sliced
- 1 celery stalk—washed and chopped
- 2 small curly parsley stems
- 1 cup white wine
- 1 oz whole white peppercorns
- 1 bay leaf
- 1 slice of fresh lemon
- 1 oz vegetable oil
- 2½ liters cold water
- 1 pinch of kosher salt

DIRECTIONS

1. In a large pot, over a medium flame, add the oil and vegetables.
2. Cook very lightly until the vegetables start to become soft but without making them brown in color.
3. Add the fish bones, white wine, spices, lemon, parsley stems, and water.
4. Bring to a boil and then reduce to medium heat and reduce by $\frac{2}{3}$, or until the stock has a nice strong lobster flavor.
5. Remove from heat, strain through a sieve, and reserve.

Fish Stock (2 liters)

INGREDIENTS

- 1 lb fish bones
- 1 small white onion—peeled and thinly sliced
- 1 stalk of celery—washed and chopped
- 1 cup white wine
- 1 bouquet garni—tied together with a string: 1 bunch fresh thyme, 1 bay leaf, ½ oz parsley
- 5 whole black peppercorns
- 1 slice of fresh lemon
- 1 oz vegetable oil
- 2½ liters cold water
- 1 pinch of kosher salt

DIRECTIONS

1. In a large pot, over a medium flame, add the oil and vegetables.
2. Cook very lightly until the vegetables start to become soft but without making them brown in color.
3. Add the fish bones, white wine, bouquet garni, peppercorns, lemon, and water.
4. Bring to a boil and then reduce heat to simmer for 30 minutes.
5. Remove from heat, strain through a sieve, and reserve.

Tomato Pasta Dough

INGREDIENTS

- ¼ cup tomato paste
- ¼ cup cold water
- 4 cups 00 fine flour
- 12 egg yolks
- 1 whole egg
- 1 tbsp kosher salt
- 1 tsp white pepper
- ⅛ cup olive oil
- semolina flour for dusting

DIRECTIONS

1. Start off by cooking out the rawness of the tomato paste in a skillet over medium heat, stirring constantly to avoid burning, approximately 12 minutes. Cool and reserve.
2. In a mixer with a dough hook, slowly start with the whole eggs and ½ the flour. Next incorporate the rest of the ingredients, including the cooked tomato paste (cold), and mix at low speed until it forms crumbles.
3. Next sprinkle some semolina flour on a flat work surface and knead the dough by hand until it comes together and is smooth. Wrap and refrigerate for 20 minutes.



Wedge Salad

Blue Cheese Dressing

INGREDIENTS

- ½ white onion—diced
- 2 cups of blue cheese (preferably gorgonzola)
- 1 lemon—juiced
- ¼ cup white vinegar
- 1 tbs white sugar
- 4 cups mayonnaise (store bought or homemade)
- 1 fresh garlic clove
- salt and pepper to taste

DIRECTIONS

1. Puree all ingredients in a blender and season to taste. Refrigerate.

Balsamic Port Reduction

INGREDIENTS

- ½ cup apple juice
- ¼ cup aged balsamic vinegar
- 2 cup port wine
- ¼ cup sugar
- 1 cup good red wine (merlot is best)

(Note: better quality port, balsamic, and red wine will equate to a nicer reduction)

DIRECTIONS

1. Bring all ingredients to a boil and reduce until it coats the back of a spoon.
2. Remove and cool.

Chorizo Oil

INGREDIENTS

- ½ lb chorizo sausage—julienned

DIRECTIONS

1. In a medium heated skillet, sauté the chorizo until crispy.
2. Strain out the oil and pat dry the chorizo on paper towels.
3. Reserve the oil and the chorizo.



Rack of Lamb

Lamb Demi-Glace (4 cups)

INGREDIENTS

- 5 lbs lamb bones and trimmings/fat caps
- 2 cups celery—diced
- 2 cups white onion—diced
- 2 cups carrot—diced
- 1 sprig of curly parsley with the stem
- 1 bay leaf
- 1 tbsp black peppercorns
- ½ cup tomato paste
- 2 cups red cooking wine
- 10 liters of cold water

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. In a heavy roasting pan, roast the bones for about 20 minutes with some vegetable oil drizzled over them.
3. Next add the vegetables and tomato paste. Cook until the vegetables become brown and roasted nicely, around 30 minutes.
4. Remove the pan from the oven and transfer the ingredients to a heavy large soup pot.
5. Deglaze the pan with the red wine to scrape up all the leftover brown bits from the pan.
6. Add the bits to the pot.

7. Add the cold water and peppercorns, bay leaf and parsley, then simmer on low heat for 5 hours, skimming all the foam and impurities from the top periodically.
8. Strain the stock and reduce it by ⅔.
9. Reserve.

Caicos Beer Lamb Sauce

INGREDIENTS

- 1½ cups pureed garlic
- 1½ cups white onions—finely julienned
- 2 bottles of Turk's Head lager or any other type
- 1 liter of lamb demi-glace
- 1 tbsp rosemary—finely chopped
- salt and pepper to taste
- 2 oz cold butter

DIRECTIONS

1. In a small pot, caramelize onions and garlic until golden and sweet, add beer and reduce by ½.
2. Then add the lamb demi-glace and reduce by ½.
3. Add in the freshly chopped rosemary then salt and pepper to taste.
4. Whisk in the cold butter.

Herbed Breadcrumbs

INGREDIENTS

- 1 loaf of fresh bread—cubed and crust removed
- 4 cloves of fresh garlic—finely chopped
- ½ bunch of curly parsley—finely chopped
- ¼ cup rosemary—finely chopped
- ¼ cup fresh thyme—finely chopped
- 4 tbsp olive oil

DIRECTIONS

1. Place all ingredients in a food processor and pulse until finely chopped.
2. Finish by adding the olive oil and mixing it by hand to ensure even distribution without making the breadcrumbs pasty (putting in the blender will make it become pasty).

Sweet Potato Mash

INGREDIENTS

- 4 orange sweet potatoes—peeled and large diced
- 1 Idaho potato—peeled and large diced
- ½ cup heavy cream
- 1 oz each salt and pepper
- 1 tbsp liquid honey
- 2 oz butter melted

DIRECTIONS

1. Boil all potatoes in salted water, when fork tender, drain well and return to pot for a few seconds to evaporate the remaining water.
2. Pass the potatoes through a food mill or large holed sieve to help aerate the potatoes. This will ensure there are no lumps and the final product is fluffy and light.
3. Transfer to a mixing bowl and whisk at high speed with the butter, cream, and seasoning.
4. Whip until all ingredients are incorporated and mixture is smooth.
5. Keep warm and reserve.

Beet Paint

INGREDIENTS

- 2 whole beets—peeled and quartered
- 4 tbsp extra virgin olive oil
- 2 oz fresh thyme—finely chopped
- 5 fresh garlic cloves

DIRECTIONS

1. Toss quartered beets in a mixing bowl and toss with 1 oz of the oil and the garlic cloves, salt, and pepper.
2. Place in an oven-proof covered roasting pan and cook in the oven until fork tender, approximately 40 minutes at 325 degrees Fahrenheit.
3. When tender, add to blender and puree with the thyme and remaining olive oil until extremely smooth.
4. Optional: 1 tsp honey, if desired.



Blackened Chicken

Blackening Spice

INGREDIENTS

- 2 cups flour
- 3 tbsp cayenne pepper
- 8 tbsp paprika
- 2 tbsp yellow curry
- 1 tbsp garlic salt
- 1 tbsp white pepper
- 1 tbsp fresh chopped thyme

DIRECTIONS

1. Mix all ingredients well.

Red Thai Curry Paste

(1 large curry)

INGREDIENTS

- 1 shallot—chopped
- 1 stalk fresh lemongrass—minced
- 2 red chillies OR 1 tsp cayenne pepper, OR 3 tsp Thai chili sauce
- 4 garlic cloves
- 1 thumb size piece of galangal OR ginger—sliced
- 2 tbsp ketchup
- 1 tsp ground cumin

- $\frac{3}{4}$ tsp ground coriander
- $\frac{1}{4}$ tsp ground white pepper
- 2 tbsp fish sauce, OR vegetarian option, 2 tbsp soya sauce
- 1 tsp shrimp paste, OR vegetarian option, 1 tbsp golden mountain spice (both available at Asian stores)
- 1 tsp sugar
- $\frac{1}{2}$ tbsp chili powder
- 3 tbsp coconut milk
- 2 tbsp lime juice—freshly squeezed

DIRECTIONS

1. Place all the ingredients in a food processor or blender and puree until smooth, adding more coconut milk if it is too thick and wont puree.
2. To finalize the sauce: In a medium heated saucepot, fry the paste with a touch of vegetable oil to release the flavors for about a minute. Add 2 cans of coconut milk and cook out the sauce for 20 minutes.
3. Before serving, do a taste test! If not salty or flavorful enough, add more fish sauce or salt. If too salty, add another squeeze of lime juice. If too sour, add a little more sugar. If too spicy, add more coconut milk.

Red Thai Curry Sauce

INGREDIENTS

- 1 white onion—finely julienned
- 2 lime leaves—finely julienned
- 1 small can red curry paste
- 3 cans coconut milk
- 3 tbsp fish sauce
- 1 garlic clove—finely chopped
- 1 tbsp Sriracha Red Rooster Thai chili sauce
- 1 oz lime juice
- 1 tbsp cane sugar

DIRECTIONS

1. Sautee the onion with a touch of vegetable oil until caramelized.
2. Add garlic and curry paste and cook for 3 minutes on medium heat to cook out the rawness of the paste.
3. Add the remaining ingredients and simmer for 15 minutes. Reserve for service.

Jasmine Rice (2 cups)

INGREDIENTS

- 1 cup white jasmine rice
- 2 cups water
- ½ tsp salt
- 1 tbsp vegetable oil or butter

DIRECTIONS

1. First, rinse the rice in a colander to eliminate any extra dusty starch.
2. Boil water in a saucepot with a lid.
3. When the water is boiling, add the ingredients and bring back to a simmer. Cover the pot and turn the heat down to low. Do not remove the lid while the rice is cooking—this lets the steam out and affects the cooking time.
4. Approximate cooking time is 18–25 minutes.
5. Start checking the rice at the 18-minute mark. When done, the rice will be firm but tender, and no longer crunchy. It is fine if it is slightly sticky but shouldn't be gummy. If there is water still at the bottom of the pot but the rice is cooked, just strain out the water, let sit for 3 minutes and fluff with a fork.

Mango and Apple Chutney

INGREDIENTS

- 1 small white onion—diced
- ¼ cup ginger—minced
- 4 ripe mangos—peeled and medium diced
- 3 green apples—peeled and medium diced
- ½ cup white sugar
- ½ cup white vinegar
- vegetable oil

DIRECTIONS

1. In a medium-size pot over medium heat, sauté the ginger and onion with a touch of vegetable oil until the onion become translucent.
2. Add the sugar and white vinegar and cook until reduced by ⅓.
3. Add the mangos and apples and simmer for 30 minutes or until all the fruit is soft and fully cooked.
4. Taste the sauce—if more acid is needed, just add some more vinegar; and if not enough sugar, add a tablespoon more at a time until you have reached the sweet level that you desire.



Lobster Thermidor

Béchamel Sauce

INGREDIENTS

- 5 tbsp whole butter
- 4 tbsp all-purpose flour
- 4 cups whole milk
- 2 tsp salt
- ½ tsp fresh nutmeg—grated
- ½ white onion with 3 whole cloves pressed into the sides (onion cloute)
- 1 bay leaf

DIRECTIONS

1. In a medium saucepan, heat the butter over medium-low heat until melted. Add the flour and stir until smooth.
2. Over medium heat, cook until the butter and flour mixture turns a light golden color, about 5–7 minutes.
3. Meanwhile, heat the milk, bay leaf, studded onion cloute in a separate pan until it is just about to boil.
4. Strain the milk mixture into the flour mixture while whisking until smooth.
5. Cook for 10 minutes, then add the salt and nutmeg. Reserve.



Jerk Pork

Spiced Rum Port Reduction (1 cup)

INGREDIENTS

- ½ cup apple juice
- ¼ cup spiced rum
- ¼ cup good quality red wine
- 2 cups port wine
- ¼ cup sugar
- hot sauce to taste

(Note: better quality port will equate to a nicer reduction)

DIRECTIONS

1. Bring all ingredients to a boil and reduce until it coats the back of a spoon.
2. Remove and cool.
3. Add the hot sauce to taste.

Chorizo Laced Ratatouille (4 cups)

INGREDIENTS

- ½ cup chorizo sausage—small dice
- 1 cup green zucchini—small dice
- 1 cup yellow zucchini—small dice
- 1 red onion—small dice
- 1 each red, green, and yellow bell pepper—small dice
- 2 tbsp fresh thyme—chopped
- 1 tbsp fresh rosemary—chopped
- 1 cup tomato sauce or tomato puree

DIRECTIONS

1. In a medium-sized pot over medium heat, start by sautéing the chorizo until crisp.
2. Remove the chorizo and one by one, add the rest of the ingredients and cook them for about 5 minutes in the chorizo oil.
3. Cook and reduce the vegetable mixture until it is thick in consistency. Add the diced chorizo back to the mixture.

Wet Jerk Marinade (1½ cups)

INGREDIENTS

- 1 white onion—finely chopped
- ½ cup scallion—chopped
- 2 tsp fresh thyme—chopped
- 1 tsp salt
- 2 tsp brown sugar
- 1 tsp Jamaican pimento seed (or allspice)
- ½ tsp ground nutmeg
- ½ tsp ground cinnamon
- 1 hot pepper (Scotch Bonnet works best)
- 1 tsp ground black pepper
- 3 tbsp soya sauce
- 1 tbsp vegetable oil
- 1 tbsp white vinegar

DIRECTIONS

1. Place all ingredients in a food processor or blender and puree until smooth.
2. Refrigerate for up to one month.

Dry Jerk Rub

INGREDIENTS

- 20 tbsp Jamaican pimento
- 20 tbsp fresh thyme—chopped
- 30 tbsp brown sugar
- 10 tbsp cinnamon
- 10 tbsp paprika
- 10 tbsp nutmeg
- 10 tbsp fresh ginger—chopped
- 10 tbsp cayenne pepper
- 10 tbsp kosher salt
- 15 tbsp black pepper
- 5 tbsp onion powder
- 5 tbsp garlic powder

DIRECTIONS

1. Mix together and reserve in a cool dry place.

Tomato Beurre Noisette Sauce (4 cups)

INGREDIENTS

- 6 roma tomatoes—cut in halves
- 2 garlic cloves
- 1 shallot—chopped
- salt and pepper
- ½ lb whole butter
- 1 sprig of fresh thyme

DIRECTIONS

1. In a pre-heated 350 degree oven, toss all the ingredients except the butter in a bowl with some vegetable oil and roast for 20 minutes or until there is some browning of the tomatoes.
2. Remove from oven and puree in a food processor. Add your salt and pepper to taste.
3. In a separate pan over medium heat, melt the butter until it starts to brown and give off a nutty aroma.
4. Fold this butter into the tomato puree and reserve warm.



Mahi Mahi Tropical Salsa

Panko Potato Cakes (4 cakes)

INGREDIENTS

- 4 large Idaho potatoes—quartered
- 1 tbsp wasabi powder (or more if desired)
- 1 tbsp salt
- ¾ cups heavy cream
- 4 oz unsalted butter
- 4 cups Japanese panko breadcrumbs
- 3 whole eggs
- 1 cup milk
- 1 cup all-purpose flour
- salt and pepper

DIRECTIONS

1. Boil the potatoes in salted water until fork tender. Strain and then return the potatoes to the pot to dry out the remaining extra moisture.
2. Pass the potatoes through a food mill or large holed sieve to help aerate the potatoes. This will ensure there are no lumps and the final product is fluffy and light.
3. Whip the potatoes with all the other ingredients until smooth and fluffy. Do not over whip the potatoes or they will obtain glue-like consistency. Reserve.
4. Form the mash with your hands into disks approximately 1 inch thick and 3½ inches wide.
5. Coat the disks of potato with a dusting of flour, then mix the eggs with the milk and dip the cakes in. Finally roll them in the panko breadcrumbs and deep fry at 350 degrees until golden brown.

Tomato and Papaya Salsa

INGREDIENTS

- 5 ripe plum tomatoes—seeded and diced
- 1 white onion—diced
- 2 ripe mangos—diced
- 1 large ripe papaya—diced
- 1 oz cilantro—chopped
- 1 oz tomato juice
- 1 oz mango puree
- 1 oz lime juice
- salt and pepper
- 1 oz olive oil

DIRECTIONS

1. Mix all diced ingredients and season (at last minute) with tomato juice, mango puree, lime juice, olive oil, salt and pepper to taste.

Lime and Ginger Beurre Blanc

INGREDIENTS

- 2 shallots—finely chopped
- juice of 2 limes
- juice of 1 lemon
- 1 tbsp freshly ginger—chopped
- ¼ cup heavy cream—used as a stabilizer
- ½ lb of unsalted butter—cubed
- salt and pepper to taste

DIRECTIONS

1. Sweat shallots and ginger with a tsp of butter, add lemon and lime juice, cream and simmer.
2. When cream is simmered, whisk in cubed room temperature butter a little at a time until butter is used up. Using a room-temperature butter ensures that the sauce will not split.
3. Season with salt, pepper, and keep at room temperature to keep from splitting.



Tuna

Lime and Ginger BBQ Sauce (5 cups)

INGREDIENTS

- 4 cups hoisin sauce
- ½ cup ginger—minced
- ½ cup garlic—minced
- ½ cup lime juice
- 6 oz vegetable oil
- kosher salt
- fresh cracked pepper

DIRECTIONS

1. In a sauce pot over medium heat, add the vegetable oil and sauté the ginger and garlic until slightly caramelized.
2. Add the hoisin sauce and lime juice and cook for 5 minutes, constantly stirring to avoid burning.
3. Remove from the stove and place the sauce in a high-speed blender and puree until smooth.
4. Season to taste.

Wasabi Mashed Potato (4 servings)

INGREDIENTS

- 4 large Idaho potatoes—quartered
- 1 tbsp wasabi powder (or more if desired)
- 1 tbsp salt
- ¾ cups heavy cream
- 4 oz unsalted butter

DIRECTIONS

1. Boil the potatoes in salted water until fork tender. Strain and then return the potatoes to the pot to dry out the remaining extra moisture. Pass the potatoes through a food mill/ or large holed sieve to help aerate the potatoes. This will ensure there are no lumps and the final product is fluffy and light.
2. Whip the potatoes with all the other ingredients until smooth and fluffy. Do not over whip the potatoes or they will obtain glue-like consistency.
3. Reserve.



Manhattan Striploin

Egg Pasta Dough (16 ravioli)

INGREDIENTS

- ¼ cup cold water
- 4 cups 00 fine flour
- 12 egg yolks
- 1 whole egg
- 1 tbsp kosher salt
- 1 tsp white pepper
- ⅛ cup olive oil
- semolina flour for dusting

DIRECTIONS

1. In a mixer with a dough hook, slowly start with the whole eggs and ½ the flour.
2. Next incorporate the rest of the ingredients and mix at low speed until it forms crumbles.
3. Next sprinkle some semolina flour on a flat work surface and knead the dough by hand until it comes together and is smooth.
4. Wrap and refrigerate for 20 minutes.

Gorgonzola Ravioli (16 ravioli)

INGREDIENTS

- 2 lbs pasta dough
- 12 oz gorgonzola cheese
- 1 whole egg
- 1 tbsp water
- flour for dusting

DIRECTIONS

1. On a clean working surface dusted with flour, roll out the pasta dough until it's about 3 mm thick and then cut it in half to make 2 separate sheets of dough.
2. Lay out the first sheet of pasta and make 4 separate piles of gorgonzola, about 3 oz each.
3. Mix the egg with the water in a bowl and using a brush, paint the egg wash around the piles of cheese and then place the second sheet of pasta over top and press lightly to seal the "pasta sandwich."
4. Cut out the ravioli with a round cutter leaving a lip around the pocket of cheese to form one ravioli.

White Wine Shallot Demi-Glace (4 cups)

INGREDIENTS

- 4 cups demi-glace
- ¼ cup white wine
- 2 shallots—finely diced
- 1 tbsp whole butter

DIRECTIONS

1. In a saucepot over medium heat and with a touch of oil, add the shallots and sauté until translucent and soft.
2. Add the white wine and reduce by ½.
3. Then add your demi-glace and bring to a boil for 2 minutes.
4. Remove from the stove and whisk in 1 tbsp of whole butter to finish.

Veal Stock (4 cups)

INGREDIENTS

- 5 lbs beef or veal bones
- 2 cups celery—diced
- 2 cups white onion—diced
- 2 cups carrot—diced
- 1 sprig of curly parsley with the stem
- 1 bay leaf
- 1 tbs black peppercorns
- ½ cup tomato paste
- 2 cups red cooking wine
- 10 liters of cold water

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. In a heavy roasting pan, roast the bones for about 20 minutes with some vegetable oil drizzled over them.
3. Next add the vegetables and tomato paste. Cook until the vegetables become brown and roasted nicely, around 30 minutes.
4. Remove the pan from the oven and transfer the ingredients to a heavy large soup pot.
5. Deglaze the pan with the red wine to scrape up all the leftover brown bits from the pan. Add the bits to the pot.
6. Add the cold water and the peppercorns, bay leaf and parsley and simmer on low heat for 5 hours, skimming all the foam and impurities from the top periodically.
7. Strain the stock and reduce it by $\frac{2}{3}$. Reserve and cool. When cool, it should look like beef jelly.



Seared Scallops and Coconut Hummus

Chick Pea Preparation (2 lbs)

INGREDIENTS

- 2 lbs dried garbanzo beans (chickpeas)
- 2 tbsp salt
- cold water
- ¼ white onion—finely diced
- salt and pepper
- olive oil

DIRECTIONS

1. Before cooking, you will need to soak the beans. You can soak them overnight, if you have the time. Place them in a large bowl and cover with cold water. The chickpeas will expand to over double their size, so make sure you cover by several inches of water to allow for expansion. Cover the bowl with a clean towel and let them soak overnight.
2. Drain the water and rinse the beans before cooking.
3. To cook the beans, add a touch of butter to a medium heated saucepot and sauté the onions until soft.
4. Add your soaked and dried chickpeas, a touch of salt and pepper and splash of olive oil.
5. Remove from the pan and cool.

Coconut Hummus

INGREDIENTS

- 2 lb of chickpeas
- 1 can of coconut milk
- 1 tbsp garlic—freshly pureed
- 1 tbsp salt
- 1 tsp cayenne pepper
- 1 tbsp of lemon juice
- 2 cups toasted shredded coconut

DIRECTIONS

1. Place all the ingredients in a food processor and pulse until all ingredients are mixed well.
2. Don't over puree as the mix should be a little bit chunky.

Piña de Gallo

INGREDIENTS

- ½ pineapple
- 1 mango
- 2 tomatoes
- ½ white onion
- 1 oz cilantro—chopped
- 1 tsp fresh ginger—grated
- 2 tbsp lime and lemon juice
- 2 oz pineapple juice
- 1 oz tomato juice
- ½ tsp cayenne pepper, or habanero pepper if you dare
- 1 tbsp olive oil
- salt to taste

DIRECTIONS

1. Small dice all ingredients and combine together.
2. Season with lime, tomato and pineapple juices. Salt and pepper to taste.
3. Refrigerate.

Orange Butter Sauce (Beurre Blanc)

INGREDIENTS

- 5 oz orange juice concentrate
- 1 shallot—finely diced
- ½ lb whole butter—cubed
- 1 oz white wine
- 1 oz heavy cream (used as a stabilizer)
- 1 tsp kosher salt
- 1 pinch of cayenne pepper

DIRECTIONS

1. In a small sauce pot, over medium heat, add a touch of butter and shallots, and sauté until the shallots are translucent and soft.
2. Add the white wine and reduce until almost gone.
3. Add the orange concentrate and heavy cream.
4. Once simmering again, whisk in slowly the cubed butter until the sauce has thickened and the butter is all melted.
5. Remove from heat and reserve in a container at room temperature.



Sorbet

Simple Syrup (6 Cups)

INGREDIENTS

- 5 cups white granular sugar
- 5 cups water

DIRECTIONS

1. Simple syrup is a 1:1 ratio of water to sugar.
2. Place in a stainless steel pot and warm on the stove over medium heat until sugar has dissolved. Cool and reserve.



Banana Bread Pudding

Banana Bread

INGREDIENTS

- ¾ lb all-purpose flour
- 5 oz white sugar
- ¾ oz baking powder
- 1 tsp salt
- 5 oz whole pecans—toasted and chopped
- 5 oz whole eggs
- 1 lb banana pulp
- 4 oz whole butter

DIRECTIONS

1. Whip eggs, banana, and butter in bowl and then add all the dry ingredients. Mix until there are no lumps in your batter.
2. Line hotel pan with butter and dust with flour (to prevent sticking) and pour in the mixture until the pan is $\frac{2}{3}$ full to allow for rising.
3. Bake at 350 until cooked, approximately 25 minutes; until a toothpick can be inserted and removed with no residue on the toothpick.
4. Cool on cooling racks, then wrap and store in refrigerator.

Chocolate Custard (1 liter)

INGREDIENTS

- 7 egg yolks
- 5 oz sugar
- 1 liter cream
- ½ lb semi-sweet chocolate chips

DIRECTIONS

1. Whisk egg yolks and sugar together until pale in color, light and fluffy, then set aside.
2. In a double-boiler, heat cream to a boil, stir in chocolate until smooth.
3. Temper the eggs and sugar mixture slowly by adding small amounts of the chocolate and cream mixture to the eggs and sugar mixture.
4. Strain through a fine sieve to ensure there are no lumps.
5. Refrigerate.

Chocolate Custard Banana Bread Pudding (4 servings)

INGREDIENTS

- banana bread loaf—cut into 1 inch cubes, about 20 pieces
- 5 oz coconut rum
- 3 cups chocolate custard mixture, or until dish is $\frac{3}{4}$ full

DIRECTIONS

1. Cut banana bread into small cubes and lightly soak in coconut rum.
2. Place 5 banana bread cubes in individual baking dishes, add $\frac{3}{4}$ cup of the chocolate custard.
3. Place dishes in an oven safe pan and cook at 300 degrees in a hot water bath until custard sets, approximately 30 minutes.

Vanilla Ice Cream (1 liter)

INGREDIENTS

- 1 cup whole milk
- 1 pinch of salt
- $\frac{3}{4}$ cup white sugar
- 1 vanilla bean—split lengthways
- 2 cups heavy cream
- 5 large egg yolks
- 1 tsp pure vanilla extract
- 1 tbsv vanilla vodka

DIRECTIONS

1. Heat the milk, salt and sugar in a saucepan over medium heat until simmering.
2. Using a paring knife, scrape the vanilla from inside the bean and put it into the milk. Remove from the heat and let it infuse for 20 minutes.
3. To make the ice cream, set up an ice bath by placing a 2 liter bowl in a larger bowl partially filled with ice and water. Set a strainer over the top of the smaller bowl and pour the heavy cream into the bowl.
4. In a separate bowl, stir together the egg yolks, re-warm the milk, then gradually pour some of the milk into the yolks, whisking constantly as you pour. Scrape the warmed yolks and milk back into the saucepan.
5. Cook over low heat, stirring constantly and scraping the bottom with a heat-resistant spatula, until the custard thickens enough to coat the spatula.
6. Strain the custard into the heavy cream.
7. Stir over ice until cool, add the vanilla extract and the vanilla vodka, then chill in the refrigerator overnight.
8. Remove the vanilla bean and freeze the custard in your ice cream maker according to the manufacturer's instructions.



Coconut Pie

11 inch Sweet Dough Pie Shells

(2 Pie Shells)

INGREDIENTS

- 450g all-purpose flour
- 250g cold cubed butter
- 160g powdered white sugar
- 6 egg yolks
- 2 tbsp ice cold water
- 2 11 inch bottom removable flan pans

DIRECTIONS

1. In food processor, combine sugar, flour, and butter; mix until it appears like fine breadcrumbs. With machine on, add eggs and water until it basically comes together.
2. Transfer the dough to a lightly floured surface and make into 2 even disks. Wrap and refrigerate for 30 minutes.
3. After cooling, place dough in between 2 pieces of parchment paper and roll out to 3 mm thick, remove the top parchment paper, and place (pastry side down) the dough gently in the lightly buttered flan pans. Refrigerate for 5 minutes, then remove top parchment paper, poke pastry with a fork, place paper back, and top with weights (beans).
4. Par-cook for 15 minutes with beans. Remove beans and cook until golden brown.
5. Remove from oven and let rest until room temperature achieved. Leave dough in flan pans when filling with mixtures.

Caramel Sauce

INGREDIENTS

- 3 cups sugar
- 90 ml unsalted butter
- 1½ cups heavy cream

DIRECTIONS

1. In a stainless steel pot over low/medium heat, melt the sugar until it caramelizes and is free of lumps.
2. Whisk in the butter and then take off the fire and stir in the heavy cream.

Chocolate Sauce

INGREDIENTS

- ¾ lb sweet milk chocolate chips—high-grade chocolate equates to a nicer sauce
- 250 ml heavy cream
- ½ lb unsalted butter
- ½ lb white sugar

DIRECTIONS

1. Over medium heat, melt and simmer the cream, sugar, and butter.
2. Remove the liquid mixture from flame and pour in chocolate; mix with a wooden spoon until smooth.

Strawberry Sauce

INGREDIENTS

- 1 lb individually quick frozen (IQF) strawberries in syrup
- 1 tbsp white icing sugar

DIRECTIONS

1. Blend ingredients in a high speed blender until smooth.



Key Lime

Key Lime Filling (4 servings)

INGREDIENTS

- 2 cans (14 oz size) sweet condensed milk
- 1 liter heavy cream
- 20 key limes, OR 10 regular limes—juiced
- zest of 3 limes

DIRECTIONS

1. In a large stainless steel bowl or mixer with a paddle, add the condensed milk, and then fill the can with the heavy cream and add that as well. The ratio for the sweet condensed milk and heavy cream is 1:1.
2. Next add the lime juice and the zest. The lime juice will thicken your mixture.
3. Transfer to a container with a lid and refrigerate for 30 minutes to set. It should be like jello consistency after it has set.

Graham Cracker Crumbs (2 cups)

INGREDIENTS

- 2 cups graham cracker crumbs
- ½ cup melted butter
- ¾ cup white sugar

DIRECTIONS

1. Mix all ingredients together and cook over medium heat in a non-stick pan with a wooden spoon until sugar has dissolved.
2. Cool at room temperature and store at room temperature. Should be nice and crunchy after cooled.

Whipped Cream

INGREDIENTS

- 250 ml heavy cream
- 1 tbsp powdered icing sugar

DIRECTIONS

1. In a large stainless steel bowl or mixer, whisk the cream and sugar until it forms soft peaks.
2. Transfer to a pastry bag with a star-shaped piping tip and refrigerate until needed.