



Cooking With Chef Ash

October 14th, 2012

Roasted Apple Butternut Squash Soup

Roasted Beet Quinoa Salad

Crab Cakes

Braised Beef Brisket

Crème Brule

Baklava

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Cooking Class

Roasted Apple & Butternut Squash Soup

Ingredients:

- 2lb roasted butternut squash
- 2lb sliced apples
- 1 cup leak
- 1 cup butter
- ½ cup brown sugar
- Chicken stock
- 1 tbsp cinnamon
- 1 tbsp star anise
- 1 tbsp tarragon

Prep:

- Ladle
- Sauce Pot
- Serving Bowl

Cooking:

1. Heat butter
2. Add leaks to soften
3. Add apples, cook for 5 min
4. Add sugar, cinnamon star anise and tarragon
5. Add squash and chicken stock
6. Cook for 20 min then puree

Serving:

1. Ladle soup into serving bowl
2. Garnish with fresh herb



Cooking Class

Roasted Beet & Quinoa Salad

Ingredients:

- 1 lb roasted beets
- ½ cup vegetable oil
- ¼ cup cooked quinoa
- ¼ cup diced carrots
- ¼ cup radish
- ¼ cup lemon juice
- 3 tbsp honey
- 2 tbsp chopped onion
- 1 tbsp chopped mint
- 1 tbsp parsley
- 1 tbsp mustard
- Salt
- Pepper
- Gorgonzola cheese

Prep:

- Hand blender
- Large bowls

Cooking:

Vinaigrette

1. Mix lemon juice with honey & mustard with hand blender
2. Slowly add oil
3. Put aside

Salad

4. Mix remainder of ingredients together
5. Add vinaigrette

Serving:

1. Serve on salad plate
2. Top with gorgonzola



Cooking Class

Crab Cakes

Ingredients:

- 1 lb jumbo lump crab meat
- 1 cup diced onion
- 1 cup celery
- 1 cup old Italian bread chopped roughly
- 2 tbsp mayonnaise
- 2 tbsp flour
- 1 tbsp mustard
- 1 tsp wasabi
- Salt and pepper

Prep:

- Sauté Pan
- Mixing Bowl
- Serving Plate

Cooking:

1. Sauté onions and celery in sauté pan
2. Once vegetables are soft and tender, remove from flame
3. Place vegetables in large mixing bowl
4. Add crabmeat, mayonnaise, mustard, wasabi, bread and flour to bowl
5. Season with salt, pepper and hot pepper
6. Mix all items together
7. Form medium crab cakes
8. Cook crab cakes in butter until golden brown

Serving:

1. Serve crab cake on serving dish
2. Garnish with lentil relish





Cooking Class

Braised Beef Brisket

Ingredients:

- 5 lb beef brisket
- 1 lg Spanish onion
- 2 lg carrots
- 4 celery stalks
- 1 qt chicken stock
- 3 bay leaves
- 2 cup red wine
- 2 cup vegetable oil
- 2 cup tomato puree
- 1 cup flour
- Fresh Thyme
- Salt and Pepper

Prep:

- Brine brisket over night
- Preheat oven 450°
- Large pans
- Dice onion, carrots and celery

Cooking:

1. Season brisket with flour
2. Heat oil in large pan. Do not let the oil start smoking
3. Braise brisket in pan for 5 min
4. Transfer short ribs to second pan
5. Sauté vegetables in first pan
6. Add red wine, tomato puree, bay leaves salt and pepper to the short rib
7. Cover with chicken stock
8. Bake at 450° for 45 min
9. Lower the temperature to 350° and bake for 2 more hours

Serving:

1. Plate brisket
2. Garnish with fresh herbs



Cooking Class

Crème Brule

Ingredients:

- 12 eggs yolks
- 1 qt cream
- 1 cup sugar
- ¼ cup raw sugar
- 2 tbsp vanilla

Prep:

- Mixing bowl
- Food torch
- Whisk

Cooking:

1. Mix eggs with sugar until the eggs get pale white
2. Add the cream and mix in vanilla
3. Bake at 325° for 45 min
4. Let chill and place in refrigerator for 2 hrs

Serving:

3. Top with raw sugar and caramelize sugar with torch



Cooking Class

Baklava

Ingredients:

- 1 lb of fillo dough
- 1 lb of sweet butter
- 2 cups of roasted chopped walnuts
- 3 cup of sugar
- 1 ½ cup of water
- 2 tablespoon lemon juice

Prep:

- Preheat oven
- ½ sheet pan
- Large sauce pot
- Brush
- Spoon

Cooking:

5. Melt butter
6. Brush cooking pan with melted butter
7. Put 1 sheet of fillo dough down
8. Brush with butter
9. Repeat with 7 sheets
10. Top with walnuts
11. Add butter
12. Top with 7 sheets of fillo dough brushed with butter
13. Top with walnuts
14. Top with 7 sheets of fillo dough brushed with butter
15. Cut it
16. Bake 350 degrees for 35 min until golden brown
17. Top with simple syrup and let sit for 1 hour
Simple Syrup (ready before making baklava)
18. In large sauce pot, add water and sugar

Serving:

4. Serve on dessert plate
5. Garnish with whip cream & fresh mint

