



# Cooking Class

November 18<sup>th</sup>, 2012

**Roasted Apple Sweet Potato Leek Soup**

**Zucchini & Feta Cheese, Sicilian Rice Balls & Lamb Kofta Combination Appetizer**

**Fatoush Salad**

**Cider Brined Turkey with Star Anise & Cinnamon**

**Roasted Pear Cranberry Pomegranate Relish**

**Roasted Sweet Potato Gnocchi with Turkey Giblets**

**Cauliflower & Raisin Casserole**

**Pumpkin Bread Pudding with Dulce De Leche**

**Cinnamon Apple Spring Rolls**

**Caramel Covered Dates**

*By Chef Ash*

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## Cooking Class

### Roasted Apple, Sweet Potato and Leek Soup

#### Ingredients:

- 2lb roasted sweet potato
- 2lb sliced apples
- 1 cup leek
- 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 leeks to soften
3. Add apples, cook for 5 min
4. Add sugar, cinnamon star anise and tarragon
5. Add sweet potato and chicken stock
6. Cook for 20 min then puree

#### Serving:

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



## Cooking Class

### Zucchini & Feta Cheese

#### Ingredients:

- 2 cup squash
- ½ cup onion
- ½ cup celery
- ½ cup feta cheese
- ½ cup yogurt
- 2 tbsp mustard
- 2 tbsp water
- 1 ½ tbsp dill
- 1 ½ tbsp garlic
- 1 tbsp mayonnaise
- 1 tbsp butter
- Salt
- Pepper
- Breadcrumbs
- Flour
- Egg

#### Prep:

- Hot skillet
- Baking tray
- Parchment paper
- Spoons
- Gloves
- Mixing Bowl

#### Cooking:

1. Heat butter
  2. Add onions and heat for 3 min
  3. Add celery, 1 tablespoon garlic & squash and heat till tender
  4. Transfer to bowl to chill
  5. Add mustard, salt, pepper, feta cheese, breadcrumbs, 1 tablespoon dill and shape
  6. Cover in flour, egg & breadcrumbs
  7. Fry in hot oil
- Yogurt Sauce*
8. Add ½ tablespoon garlic, ½ tablespoon dill, 2 tablespoon water, salt, pepper to yogurt
  9. Mix

#### Serving:

1. Pat dry
2. Serve with yogurt sauce



## Cooking Class

### Sicilian Rice Balls

#### Ingredients:

- 1 lb Arborio rice
- ½ lb butter
- 6 eggs
- 3 cup oil
- 2 cup flour
- 2 cup breadcrumbs
- 1 cup pecorino cheese
- ½ cup green peas
- ½ cup leeks
- Chicken stock
- Salt
- Pepper

#### Prep:

- Sheet pan
- Parchment paper
- Spoons
- Gloves
- Mixing Bowl

#### Cooking:

1. Cook risotto with leeks, butter and chicken stock for 25 min
2. Let chill
3. Stuff with peas and cheese
4. Cover in flour, egg and breadcrumbs
5. Place on oiled sheet pan and bake at 375° for 30 min

#### Serving:

1. Serve on plate
2. Top with shaved pecorino



## Cooking Class

### Lamb Kofta

#### Ingredients:

- 1 lb ground lamb
- 2 onion
- 1 lemon
- 8 whole garlic
- 1 cup grape tomatoes
- 1 cup Japanese bread crumb
- ½ cup extra virgin olive oil
- ¼ cup crumbled feta cheese
- 2 tbsp tarragon
- 1 tbsp Dijon mustard
- Salt
- Pepper
- Fresh thyme

#### Prep:

- Slice 1 onion
- Dice 1 onion
- Cut & grill lemon
- Hot skillet
- Sheet pan
- Parchment paper
- Spoons
- Gloves
- Mixing Bowl

#### Cooking:

1. Sautee diced onions with 1 tbsp butter
2. Chill onions
3. Add rest of onions to lamb
4. Add mustard, salt, pepper, grilled lemon, bread crumbs and 2 tbsp of olive oil
5. Mix and shape into ball
6. Place on sheet pan
7. Bake 15 min at 400°
8. Hot skillet – caramelized onions,
9. Add olive oil, garlic, grape tomatoes, rest of grilled lemon

#### Serving:

1. Scoop vegetables into large bowl
2. Add lamb kofta
3. Top with fresh thyme and feta cheese



## Cooking Class

### Fatoush Salad

#### Ingredients:

- 2 cucumber
- 2 red tomato
- 1 head romaine
- 1 small red onion
- ½ cup feta cheese
- 4 tbsp red wine vinegar
- 2 tbsp Za'atar
- 2 tbsp olive oil
- Salt, pepper
- Garlic croutons

#### Prep:

- Chop romaine
- Cut tomato, cucumbers and red onions into small pieces
- Large bowl

#### Cooking:

1. Mix all ingredients
2. Add vinegar and oil

#### Serving:

1. Serve on large salad plate
2. Top with feta cheese



## Cooking Class

### Cider Brined Turkey with Star Anise & Cinnamon

#### Ingredients:

- 2 qts & 1 cup apple cider
- 1 cup kosher salt plus more
- 1 cup soy sauce
- ½ cup packed light brown sugar
- 16 whole black peppercorn
- 8 whole star anise pods plus more for garnish
- 6 garlic cloves, smashed
- 6 scallions, white part
- 6 ¼ " thick slices unpeeled ginger
- 5 dried shiitake mushrooms
- 2 cinnamon sticks plus more for garnish
- 2 springs cilantro
- 1 12-14lb turkey
- 2 Granny Smith apples
- Melted unsalted butter or vegetable oil
- Fresh pepper

#### Prep:

- Smash garlic cloves
- Trim scallions, split lengthwise
- Cut apples into 6ths
- Large pot
- Large roasting pan with rack
- Kitchen twine
- Instant read thermometer
- Baster
- Brush
- Large platter
- Sauce pan

#### Cooking:

1. Bring 2 qts cider, 1 cup salt and the next 10 ingredients to boil in large pot
2. Let chill to room temperature
3. Stir in 1½ gal of cold water, then add turkey and press down to submerge
4. Cover and refrigerate overnight
5. Remove turkey from brine and pat dry
6. Season with salt and pepper
7. Place turkey, breast side up, on rack in roasting pan with legs tied
8. Let stand for 1 hr
9. Preheat oven to 375°
10. Combine remaining cider and 3 cups of water in roasting pan. Add apples
11. Brush turkey with butter
12. Roast turkey, breast side down, basting occasionally, for 1 hour.
13. Flip turkey
14. Continue to roast and baste until instant-read thermometer registers 165° in thickest part of thigh. 1-1½ hr longer

#### *Cider Jus*

15. Strain juices from roasting pan into sauce pan, reserving apples
16. Simmer over medium heat for 10 min until thickened

#### Serving:

1. Serve turkey on platter with apples
2. Serve Cider Jus garnished with star anise pods and cinnamon sticks
3. Carve turkey



## Cooking Class

### Roasted Bosc Pear Cranberry Pomegranate Relish

#### Ingredients:

- 4 bosc pear
- 2 star anise
- 1 pomegranate
- 1 red onion
- 2 cup apple cider
- 1 cup dried cranberries
- ¼ cup brown sugar
- ½ tbsp. cinnamon

#### Prep:

- Slice red onions
- Seed the pomegranate
- Large bowl
- Roasting pan

#### Cooking:

1. Roast pears whole with apple cider and brown sugar for ½ hour
2. After pears have cooled, core and dice pears into small piece
3. Cook onion and pomegranate until tenders
4. Add cranberries, pomegranate, cinnamon and red onions

#### Serving:

1. Serve on large platter
2. Drizzle with left over apple cider reduction



## Cooking Class

### Roasted Sweet Potato Gnocchi with Turkey Giblets

#### Ingredients:

- 3 lb roasted sweet potatoes
- 4 eggs
- 2 cup flour
- 1 cup mushrooms
- ¼ cup chopped onion
- 2 tbsp butter
- Turkey giblets
- White wine
- Chicken stock
- Fresh sage
- Salt
- Pepper

#### Prep:

- Wash all giblets with salt then dry and chop into small pieces
- Sauté pan
- Large bowl
- Grater

#### Cooking:

##### *Sauce*

1. Sauté onions
2. Add mushrooms, giblets, sage, white wine, chicken stock and butter

##### *Pasta*

3. Grate sweet potato into mixing bowl
4. Add eggs and flour
5. Cut gnocchi
6. Cook and add to sauce

#### Serving:

1. Serve on dinner plate
2. Garnish with cheese and fresh herbs



## Cooking Class

### Cauliflower & Raisin Casserole

#### Ingredients:

- 1 head cauliflower
- ½ cup bread crumbs
- ¼ cup raisins
- ¼ cup pecorino cheese
- 1 tbsp parsley
- Extra virgin olive oil
- Chicken stock
- Anchovy

#### Prep:

- Cut cauliflower into florets
- Sheet pan
- Sauté pan

#### Cooking:

1. Add oil to cauliflower and bake in oven for 20 min until crisp
2. Toast bread crumb with garlic, oil and anchovies.
3. Mix cauliflower with raisin and parsley

#### Serving:

1. Top cauliflower mixture with bread crumbs



## Cooking Class

### Pumpkin Bread Pudding with Dulche De Leche

#### Ingredients:

- 2 lb pumpkin
- 10 egg yolk
- 5 bananas
- 1 ½ cup cream
- 1 cup Italian bread
- ½ cup sugar
- ¼ cup brown sugar
- ¼ cup bourbon
- 2 tbsp cinnamon
- Vanilla extract

#### Prep:

- Preheat oven
- Roast pumpkin
- Slice bananas
- Cut bread
- Vanilla ice cream
- Baking pan
- Large bowl
- Sauté pan

#### Cooking:

1. Mix egg yolk with sugar for 5 min
2. Add cream, vanilla extract and cinnamon
3. Sauté bananas with butter & brown sugar
4. Add bourbon & pumpkins
5. Add banana mixture to cream mixture over bread pieces
6. Put in baking pan
7. Bake in oven at 375° for 45 min

#### Serving:

1. Serve warm with ice cream
2. Garnish with fresh mint



## Cooking Class

### Cinnamon Apple Spring Rolls

#### Ingredients:

- 4 granny smith apples
- 1 cup ginger
- ½ cup raisin
- ½ cup bourbon
- ¼ cup butter
- 2 tbsp cinnamon
- 2 tbsp corn starch
- 1 tbsp water
- 1 bag spring roll
- Oil for frying

#### Prep:

- Peel and dice apple into small pieces
- Sauté pan

#### Cooking:

1. In sauté pan melt the butter and sugar for 3 min
2. Add the apple and cook for 4 min
3. Add the bourbon and cook off alcohol
4. Add raisins, cinnamon then strain
5. Let chill
6. Wrap in spring rolls
7. Seal with corn starch and water
8. Fry in oil at 350 until cooked

#### Serving:

1. Serve with ice cream
2. Garnish with mint



## Cooking Class

### Caramel Covered Dates

#### Ingredients:

- 1 cup sugar
- ½ cup dates
- ¼ cup cream
- 1 tbsp butter

#### Prep:

- Cut dates
- Sauce pot
- Vanilla ice cream

#### Cooking:

1. Cook sugar
2. Add hot cream
3. Mix
4. Add butter then mix again
5. Sauté dates with butter and caramel

#### Serving:

1. Serve dates warm on a plate with ice cream