



## Cooking Class

December 16<sup>th</sup>, 2012

**Lamb Empanadas**

**Fatoush Salad with Haloumi**

**Orrechietta Pasta**

**Braised Short Ribs**

**Cinnamon Apple Spring Rolls**

**Almond Pound Cake**

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## Cooking Class

### Lamb Empanadas

#### Ingredients:

- 1lb ground lamb
- 1 small onion
- 1 large egg
- 1 stick butter
- 2 ¼ cups flour
- 1 cup celery
- 1 cup carrot
- ½ cup red wine
- ½ cup yogurt
- 1/3 cup ice water
- 1 ½ tsp salt
- 1 tbsp distilled white vinegar
- Fresh thyme
- Fresh mint

#### Prep:

- Cut butter into ½ inch cubes
- Large bowl
- Small bowl
- Hand blender
- Spoon
- Diced mint, onion and carrots

#### Cooking:

##### *dough*

1. Sift flour with salt into large bowl and blend in butter
2. Beat together egg, water and vinegar in small bowl. Add to flour mixture
3. Turn out onto floured surface. Knead gently.
4. Form dough into rectangle and chill.
5. Cut into circles

##### *empanada*

6. Saute onion and celery with lamb
7. Add red wine, salt and pepper
8. Spoon into dough and seal
9. Fry at 350 for 2 min until crispy

#### Serving:

1. Serve on plate
2. Drizzle with mint yogurt sauce
3. Garnish with fresh thyme



## Cooking Class

### Fatoush Salad with Grilled Haloumi Cheese

#### Ingredients:

- 2 cucumber
- 2 red tomato
- 1 head romaine
- 1 small red onion
- Haloumi cheese or 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 or haloumi



## Cooking Class

### Homemade Orecchietta with Lamb Ragu

#### Ingredients:

- 1½ lb ricotta
- 3 eggs
- 1 lb grape tomatoes
- 1 lb chopped lamb
- 5 cups all-purpose flour
- 5 cloves garlic
- 1½ cup tomato sauce
- ½ cup extra virgin olive oil
- ½ cup grated pecorino cheese
- ¼ cup red wine
- ¼ cup pistachio nuts crushed
- ¼ cup each chopped celery, onion and carrot
- 2 tbsp goat cheese
- 1 tbsp fresh thyme
- salt and pepper

#### Prep:

- Large bowl
- Large pan
- Large sauce pot
- Pasta strainer
- Large spoon
- Large pasta bowl

#### Cooking:

##### *pasta*

2. Mix eggs, flour, salt and pepper for dough
3. Shape into log and cut into small pieces
4. Put in boiling salted water for 5 min
5. Strain

##### *sauce*

6. Sauté onions, celery and carrots in olive oil for 2 min
7. Add lamb and fresh thyme
8. Add red wine and cook for 5 min
9. Add tomato sauce
10. Salt and pepper to taste

#### Serving:

1. Mix pasta and sauce
2. Serve in pasta bowl
3. Garnish with pistachio and goat cheese



## Cooking Class

### Braised Short Rib

#### Ingredients:

- 5 lb short rib, cut small
- 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:

- Preheat oven 450°
- Large pans
- Dice onion, carrots and celery

#### Cooking:

1. Season short ribs with flour
2. Heat oil in large pan. Do not let the oil start smoking
3. Braise short ribs 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 short ribs
2. Garnish with fresh herbs



## 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

### Almond Pound Cake

#### Ingredients:

- 1 lb almond paste
- 8 eggs
- ¾ cup butter
- 1 cup sugar
- 1 cup flour
- ¼ cup honey
- 2 tbsp butter
- Almond extract

#### Prep:

- Parchment paper
- Round pans
- Mixer
- Preheat oven 350
- Dice butter
- Line pans with parchment paper

#### Cooking:

1. Put almond paste in mixer
2. Add sugar and mix for 3 min
3. Add butter and mix for 3 min
4. Add eggs, almond extract, honey and flour
5. Pour mix into pans
6. Bake for 45 min

#### Serving:

1. Serve chilled
2. Garnish with whip cream and fresh mint