



Cooking Class

February 10th, 2013

Shrimp Bisque Soup

Mix Greens with Raspberry Vinaigrette

Salmon with Roasted Turnip Apple Puree

Lamb Osso Bucco

Chocolate Truffle

Strawberry Zabaglione

By Chef Ash

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Cooking Class

Shrimp Bisque

Ingredients:

- 10 shrimp shell on
- 6 cup water
- 1 cup celery
- 1 cup onion
- 1 cup carrots
- 1 cup tomato, chopped
- ½ cup fennel
- ½ cup corn
- ¼ cup brandy
- ¼ cup cream
- ¼ cup butter
- ¼ cup leeks
- 1 tbsp fresh tarragon
- Salt
- Pepper

Prep:

- Peel and clean shrimp
- Large pot
- Sauté pan

Cooking:

1. Sauté onion, celery, carrots and fennel until tender
2. Add shrimp shell and cook for 2 min
3. Add brandy and cook
4. Add tomato and tarragon
5. Add water and cook covered for 45 min
6. Sauté leek, corn and shrimp
7. Add shrimp stock, salt, pepper and tarragon

Serving:

1. Serve in a soup bowl
2. Garnish with shrimp and fresh tarragon



Cooking Class

Mixed Greens Salad

Ingredients:

- Goat cheese
- Pistachio chopped
- 2 tbsp Dijon mustard
- ½ cup raspberry
- 1 cup vegetable oil
- Salt
- Pepper

Prep:

- Hand blender
- Large bowl

Cooking:

1. Mix raspberry, mustard, salt & pepper with hand blender.
2. Slowly add vegetable oil.
3. Mix field greens with vinaigrette
4. Roll goat cheese into balls
5. Cover goat cheese with pistachio

Serving:

1. Place greens on salad plate
2. Top with goat cheese



Cooking Class

Salmon with Roasted Turnip Apple Puree

Ingredients:

- 2 lb salmon
- 1 lb turnip
- 1 lb granny smith apples
- 1 cup vegetable oil
- 2 tbsp extra-virgin olive oil
- 2 tbsp butter
- 2 sprigs of fresh thyme
- Salt & Pepper

Prep:

- Cast-iron skillet
- Pans
- Hand blender
- Food processor

Cooking:

1. Cut salmon into 4 pieces
2. Add salt, pepper, a touch of olive oil and fresh thyme to pan
3. sear salmon, 2 min each side
4. roast turnips and apples
5. Puree turnip and apples together

Serving:

1. Large plate
2. Center puree
3. Top with salmon
4. Garnish with fresh herb or mint oil



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Lamb Osso Bucco

Ingredients:

- 5 lb Lamb shank
- 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 skillet
- Large sauté pans
- Dice onion, carrots and celery

Cooking:

1. Season lamb shank with flour
2. Heat oil in skillet. Do not let the oil start smoking
3. Braise lamb shank in skillet for 5 min
4. Transfer to second pan
5. Sauté vegetables in first pan
6. Add red wine, tomato puree, bay leaves salt and pepper to the lamb shank
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 Lamb Shank
2. Garnish with fresh herbs



Cooking Class

Chocolate Truffle

Ingredients:

- 8 oz semi-sweet chocolate
- ¼ cup cream
- ¼ cup sugar
- 2 tbsp butter
- Truffle coating
- Cocoa powder
- Chopped walnuts, almonds & pecans

Prep:

- Heavy saucepan
- Heat cream

Cooking:

1. Heat sugar until caramelized
2. Add hot cream and cook for 2 min
3. Add butter and mix
4. Add chocolate and mix
5. Chill to room temperature
6. Place in refrigerator for 3 hours
7. Shape into small balls

Serving:

1. Coat with nuts and serve



Cooking Class

Strawberry Zabaglione

Ingredients:

- Strawberries
- 3 egg yolks
- ¼ cup sugar
- 2 tsp olive oil
- 2 tsp triple sec
- Fresh mint
- Salt & Pepper

Prep:

- Mixing bowl
- Whisk

Cooking:

1. Season strawberries with salt, pepper, oil and triple sec
2. Grill for 5 min, let cool
3. Whisk egg yolk, sugar over low heat for 5 min, until eggs and sugar are cooked

Serving:

1. Arrange strawberries in bowl.
2. Top with zabaglione
3. Garnish with fresh mint