



Cooking With Chef Ash

April 14th, 2013

Shrimp Bisque Soup

Five Grain Salad

Salmon with Roasted Vegetable Quinoa

Lamb and Chicken Kofta

Mediterranean Baklava

Strawberry White Balsamic 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

Five Grain Salad

Ingredients:

- 1 lb Five Grains
- 1 lb fresh strawberries
- 1 small red onion
- 1 cup fresh chopped romaine
- ½ cup vegetable oil
- ¼ cup ricotta salata
- ¼ cup red wine vinegar
- 2 tbsp honey
- 2 tbsp mustard
- Fresh mint

Prep:

- Cook the five grains for 20 min
- Chop onion
- Chop mint
- Shred ricotta salata
- Slice strawberry
- Chop romaine

Cooking:

1. Add ½ lb strawberries chopped to red wine vinegar and honey
2. Mix very well
3. Slowly add vegetable oil and blend it

Serving:

1. Mix all the ingredients with the vinaigrette
2. Top with ricotta salata



Cooking Class

Salmon with Roasted Vegetable Quinoa

Ingredients:

- 2 lb salmon
- 1 cup quinoa
- 1 cup vegetable oil
- ½ cup sliced onions
- 2 tablespoons extra-virgin olive oil
- 2 sprigs of fresh thyme
- 1 bunch of fresh mint
- Salt & Pepper
- Mixed vegetables

Prep:

- Large pot
- Spoon
- Colander
- Saute pans
- Food processor

Cooking:

1. Cut salmon into 4 pieces
2. Add salt, pepper, a touch of olive oil and fresh thyme to pan
3. Cook quinoa 20 min with 3 cup of water
4. Drain quinoa, put aside
5. Hot skillet - add onions cook for 5 min
6. add mixed vegetables
7. add salt, pepper & thyme to taste
8. add quinoa
9. mix together
10. Another hot skillet – sear salmon, 2 min each side

Mint Oil:

11. Chop mint in food processor
12. Add vegetable oil
13. Blend 2 min
14. Put aside for 2 hours and then strain.

Serving:

1. Large plate
2. Center vegetables
3. Center quinoa
4. Top with salmon
5. Drizzle with mint oil



Cooking Class

Lamb & Chicken Kofta

Ingredients:

- 1 lb ground chicken
- 1 lb ground lamb
- 8 whole garlic
- 1 onion
- ½ lemon
- 1 cup Japanese bread crumb
- ¼ cup crumbled feta cheese
- 2 tbsp fresh tarragon
- 1 tbsp Dijon mustard
- Fresh thyme
- salt & pepper

Prep:

- Dice onion
- Cut & grill lemon
- Hot skillet
- Baking tray
- Parchment paper
- Spoons
- Gloves

Cooking:

1. Sautee diced onions 1 tablespoon butter
2. Chill onions
3. Add half of the onions to chicken
4. Add salt & pepper, Dijon, 1 tablespoon tarragon & ½ cup of bread crumbs.
5. Mix and shape into ball
6. Place on sheet pan
7. Add rest of onions to lamb
8. Add Dijon, salt, pepper, grilled lemon & rest of bread crumbs
9. Mix and shape into ball
10. Place on sheet pan
11. Bake 15 min 400 degrees

Serving:

1. Plate chicken and lamb kofta
2. Top with fresh thyme and feta cheese



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:

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

Serving:

1. Serve on dessert plate
2. Garnish with whip cream & fresh mint



Cooking Class

Strawberries with White Balsamic Zabaglione

Ingredients:

- ½ lb Strawberries
- 3 egg yolks
- ½ cup white balsamic vinegar
- 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, white balsamic 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