



FALL/WINTER 2022

KEYS TO THE KITCHEN

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WITH CONTRIBUTIONS FROM:
JOHN NUNZIATA, VERONICA FLORES, DARIUSZ NALTNER, LAUREN WIDAWSKY & DANA MOORE



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KEYS TO THE KITCHEN

The talented Chefs at UBS bring you our third edition of Keys to the Kitchen seasonal cookbook. Daily life can be busy so we've created dishes that are fast, easy, and sure to please, so you can spend more time with your loved ones and less time in the kitchen. Each recipe is carefully crafted to combine fresh, wholesome ingredients while reducing food waste and keeping sustainable cooking top of mind, just like the meals you've come to love in the Cooking School sessions.

MEET OUR CHEFS



JOHN NUNZIATA
REGIONAL CHEF UBS

John graduated from the Culinary Institute of America in 1997 and is a 20+ year veteran of Restaurant Associates. Shortly after graduating he began his culinary career in Manhattan working for the Drake Swiss Hotel, Delaware North Restaurant Group, and Inwood Country Club. John came to Restaurant Associates in October of 2000 working in the Corporate Dining Division at Goldman Sachs. He was soon promoted to the role of Executive Chef, taking on high profile accounts such as Viacom, Ernst & Young, Citigroup, Time Warner, and Barclays. In 2016 John was recognized for his excellent performance and achievements and was promoted to Corporate Regional Chef. Currently, John is the Regional Chef at UBS. John is a passionate culinary professional who applies an innovative forward-thinking approach to his menus and management style.



VERONICA FLORES
COOKING SCHOOL EXECUTIVE CHEF

Veronica Flores is a Bronx native, born to Mexican parents. Living in a very diverse neighborhood with a mother who made fresh tortillas regularly, she found a love for food and baking at a very young age. She made her way into a professional kitchen working and learning from acclaimed chefs. Over her 13-year career, Veronica has worked at cafes, catering companies and several NYC restaurants honing her craft and mastering multiple cuisines. She has fed celebrities such as Ashton Kutcher, Ellie Krieger, and fashion designers Raf Simmons and Calvin Klein, just to name a few. In 2016, Veronica competed and won the title of Chopped Champion on The Food Network show, 'Chopped'. Her desserts also made an appearance at Gracie Mansions Latinx receptions in 2017 & 2018.



CHRIS METZLER
EXECUTIVE CHEF

Chris Metzler—a native New Yorker raised in Freeport, Long Island—fondly remembers clamming in the Great South Bay with his dad; and making Fire Island clam pie with his mother. He graduated from Johnson & Wales with a Bachelor of Science in business management. Within a year he then applied for a job at then Paine Webber Lincoln Harbor (now UBS) as a prep cook. Throughout his career with UBS, he has worked at many locations including NY (1285) and Stamford and returned to Lincoln Harbor, NJ as the Executive Chef. Chris enjoys gardening, using his fresh herbs and vegetables while cooking with his children.



LAUREN WIDAWSKY, RDN
WELLNESS MANAGER

Lauren Widawsky, RDN has a BS in speech language pathology from Towson University and a BS in nutrition and dietetics from Queens College. She completed her dietetic internship through Aramark at Lifebridge Sinai Hospital before working a year as a clinical dietitian. From there, Lauren moved into higher education through Aramark at NYU before making the switch to Restaurant Associates in September 2019. Since then she has spent time at WarnerMedia and UBS.



DANA MARIE MOORE
COOKING SCHOOL INSTRUCTOR, SOUS CHEF

Dana Moore is the Sous Chef at the cooking school at UBS based in Weehawken, New Jersey. Although born in New Jersey, she has lived and/or worked in New York, Chicago, South Florida, and North Carolina. Each new place has given Dana great opportunity for growth in her career. She has always loved cooking and working with food. Her professional background includes restaurants, catering establishments, commissary kitchens, and being a private chef. During her free time, and especially before the pandemic, Dana has had the travel bug, and had some amazing experiences tasting and cooking food from various countries around the world. Her specialty is comfort food. She cooks to create amazing food memories for the guest. Working in the cooking school has given her the tremendous opportunity to showcase and teach what she have learned over the years.

KITCHEN ESSENTIALS

ESSENTIALS TO ALWAYS HAVE ON-HAND



KITCHEN ESSENTIALS

THE BARE MINIMUM

SAUCES/ CONDIMENTS

Salt
Pepper
Olive Oil
Canola Oil
All-Purpose Flour
Baking Powder
Baking Soda
Granulated Sugar
Brown Sugar
Ketchup
Vinegars
(*Balsamic, Cider, White, Sherry,
And Wine Vinegars*)
Soy Sauce
Worcestershire Sauce
Hot Sauce
Honey

STARCHES/ DRY GOODS

Pasta
(*in various shapes,
strands, and tubes*)
Rice
(*white and/or brown in long-grain
or short-grain varieties*)
Lentils
Quinoa
Farro
Pepitas
Pecans
Dried Fruit of Choice

CANNED GOODS

Chicken Stock or Broth
Beef Stock or Broth
Canned Tomatoes
Tomato Sauce
Tomato Paste
Garbanzo Beans
Black Beans
Maple Syrup

PRODUCE

Potatoes
Onions
Garlic
Carrots
Celery
Red Pepper
Cucumber
Broccoli
Cauliflower
Beets
Kale
Cabbage
Parsley

THE FRIDGE

Eggs
Milk or Milk Alternative
Butter or Margarine
Mustard
(*yellow, Dijon, whole-grain*)
Mayonnaise
Cheese
(*parmesan, cheddar, swiss, etc.*)
Proteins
(*beef, pork, fish, chicken, tofu*)

SPICES

Salt
Black Pepper
Bay Leaves
Cayenne or
Crushed Red Pepper Flakes
Chili Powder
Cumin
Cinnamon
Garlic Powder
Onion Powder
Oregano
Paprika
Ginger
Dill
Italian Seasoning
Rosemary
Sage
Thyme

THE EXTRAS

Lemon
Lime
Fresh Ginger
Capers
Canned Chile
Prepared Horseradish
Anchovy
(*paste or whole*)
Vanilla Extract
Cooking Spray
Cornstarch
Confectioner's Sugar
White Beans

EQUIPMENT

Stock Pots
Stainless Steel Sauté Pan
Non-Stick Sauté Pan
Cast Iron Pan
Mixing Bowl
Sheet Pans
Roasting Pan
Kitchen Spoons
Kitchen Ladle
Two-Pronged Fork
Heat-Resistant Plastic Spatula
Stainless Steel Spatula
Stainless Steel Tongs
Whisk

Chef's Knife
Serrated Knife
Cutting Board
Thermometer

SUGGESTED ENHANCEMENTS TO YOUR PANTRY:

Pumpkin (*fresh or canned*)
Squash (*butternut or delicata*)
Acorns
Rutabaga
Turnips
Celery Roots
Parsnip
Brussels
Apple Cider
Cranberries
Nutmeg





BREAKFAST

SHAKSHUKA EGGS, HARISSA, GRILLED PITA

QUINOA EGG SCRAMBLE, SPINACH

CRANBERRY & WHITE CHOCOLATE PANCAKES

TROPICAL GREEN SMOOTHIE BOWL

PANCETTA & SWEET POTATO HASH

Chef Veronica's

SHAKSHUKA EGGS, HARISSA, DILL, GRILLED PITA



SERVES

4



METHOD

SIMMER/GRILL



MINUTES

30

2 tablespoons | 30 grams olive oil

1 small yellow onion, coarsely chopped

1 medium garlic clove

1 28 ounce can | 800 grams whole peeled tomatoes, undrained

1 large red or orange bell pepper, coarsely chopped

3 tablespoons | 45 grams harissa

1/4 teaspoon | a pinch of ground cumin

1/4 teaspoon | a pinch of salt

4 large eggs

2 tablespoons | 30 grams chopped dill

2 pitas

olive oil

Put tomatoes and their liquid into a medium bowl and crush with your hands.

Heat the oil in a heavy-duty 12-inch (30.48 cm) skillet over medium-high heat. Add the onion and cook, stirring, until tender for about 2 minutes.

Add bell pepper, stir and cook until soft. Add the garlic and cook until fragrant for about 30 seconds. Add the tomatoes and their juice, harissa, cumin, and salt, and bring to a simmer until thickened slightly for about 20 minutes. Taste and season with more salt, if necessary.

As the sauce is simmering, place grill pan over high heat. Brush each pita with olive oil on both sides. Once pan is hot, place pita on top. Flip once some charring occurs. When both sides are nicely seared, place on a cutting board and cut into wedges.

Reduce the heat to medium, crack the eggs into the sauce, cover, and cook until the whites are set for about 3 minutes. Season each egg with salt. Garnish with the dill and serve with the grilled pitas.

VEGETARIAN



Chef Veronica's

QUINOA EGG SCRAMBLE WITH SPINACH



SERVES
2



METHOD
SAUTÉ



MINUTES
20

1 tablespoon | 15 grams olive oil

6 large eggs

2 tablespoons | 30 grams milk

4 tablespoons | 60 grams
shredded mozzarella

2 cups | 455 grams fresh
spinach, roughly chopped

2 tablespoons | 30 grams extra
virgin olive oil

2 cloves garlic, chopped

1/2 cup | 115 grams cooked
quinoa

4 tablespoons | 57 grams
microgreens **optional*

pinch salt and pepper

Heat extra virgin olive oil and garlic in a small frying pan.

Whisk eggs with milk in a small bowl and pour into pan with olive oil and garlic.

Once eggs start to cook, add spinach, cheese, and quinoa. Mix together. Season with salt and pepper. Once eggs are cooked, garnish with more cheese and microgreens.

VEGETARIAN



Chef Veronica's

CRANBERRY & WHITE CHOCOLATE PANCAKES WITH CRANBERRY MAPLE SAUCE



SERVES
6



METHOD
SIMMER/MIX/GRIDDLE



MINUTES
30

1 1/2 cups | 195 grams all-purpose flour

2 tablespoons | 28 grams sugar

1 1/2 teaspoons | 2.8 grams baking powder

3/4 teaspoon | 3.4 grams baking soda

3/4 teaspoon | 4.5 grams kosher salt

1 1/2 cups | 360 grams buttermilk

2 eggs

1 cup | 230 grams dried cranberries

1 cup | 230 grams white chocolate chips

3 tablespoons | 45 grams melted butter

1 teaspoon | 5 grams vanilla extract

For Sauce:

1 12 ounce | 340 grams bag fresh or frozen cranberries

1/2 cup | 120 grams pure maple syrup

1 tablespoon | 15 grams orange zest

1/4 cup | 60 grams orange juice

1/4 cup | 60 grams water

1/4 teaspoon | 1.1 grams ground cinnamon

Place the cranberries in a colander and rinse with cold water. Discard any shriveled or damaged cranberries.

In a medium saucepan, combine the cranberries, maple syrup, orange zest, orange juice, and water. Bring to a boil over medium-high heat, then lower the heat to low and simmer, stirring occasionally, until the cranberries have broken down and thickened into a compote, about 20 minutes. The cranberries will pop. The sauce will continue to thicken as it cools. Remove the cranberry sauce from the heat and stir in the cinnamon. Let cool completely at room temperature.

While the cranberry sauce cools, in a large bowl, whisk the flour, sugar, baking powder, baking soda, and salt together until well combined.

In a medium bowl, whisk the buttermilk, eggs, melted butter and vanilla extract until well combined.

Add the wet ingredients to the dry ingredients and gently fold with a rubber spatula until just combined. A few small lumps are fine. Sprinkle in dried cranberries and white chocolate chips. Fold until just combined.

Heat a lightly greased griddle or nonstick skillet over medium-low heat. Drop the pancakes into the pan by the 1/4 cup (59 ml), making sure to leave plenty of room in between for the batter to expand.

Cook for a minute or two, until the batter bubbles at the edges and browns on the bottom, then carefully flip.

Cook another minute or two, until the batter is completely cooked through and the pancakes are puffy and golden brown. Repeat until all of the batter is used. Serve the pancakes as you make them or keep the pancakes warm as you cook them by setting them on a baking sheet in a 250°F (121°C) oven. Don't forget to dollop plenty of sauce on the pancakes!



VEGETARIAN

Chef Veronica's

TROPICAL GREEN SMOOTHIE BOWL



SERVES
4



METHOD
BLEND



MINUTES
15

3 frozen bananas, sliced

2 cups | 455 grams packed baby spinach

1 cup | 240 grams vanilla yogurt

2 whole kiwi, peeled

1 1/4 cup | 300 ml unsweetened coconut milk

1 cup | 230 grams frozen cubed mango

2 tablespoons | 28 grams chia seeds

12 mint leaves

Topping:

2 ounces | 57 grams kiwi

2 ounces | 57 grams blackberries

2 tablespoons | 28 grams toasted coconut

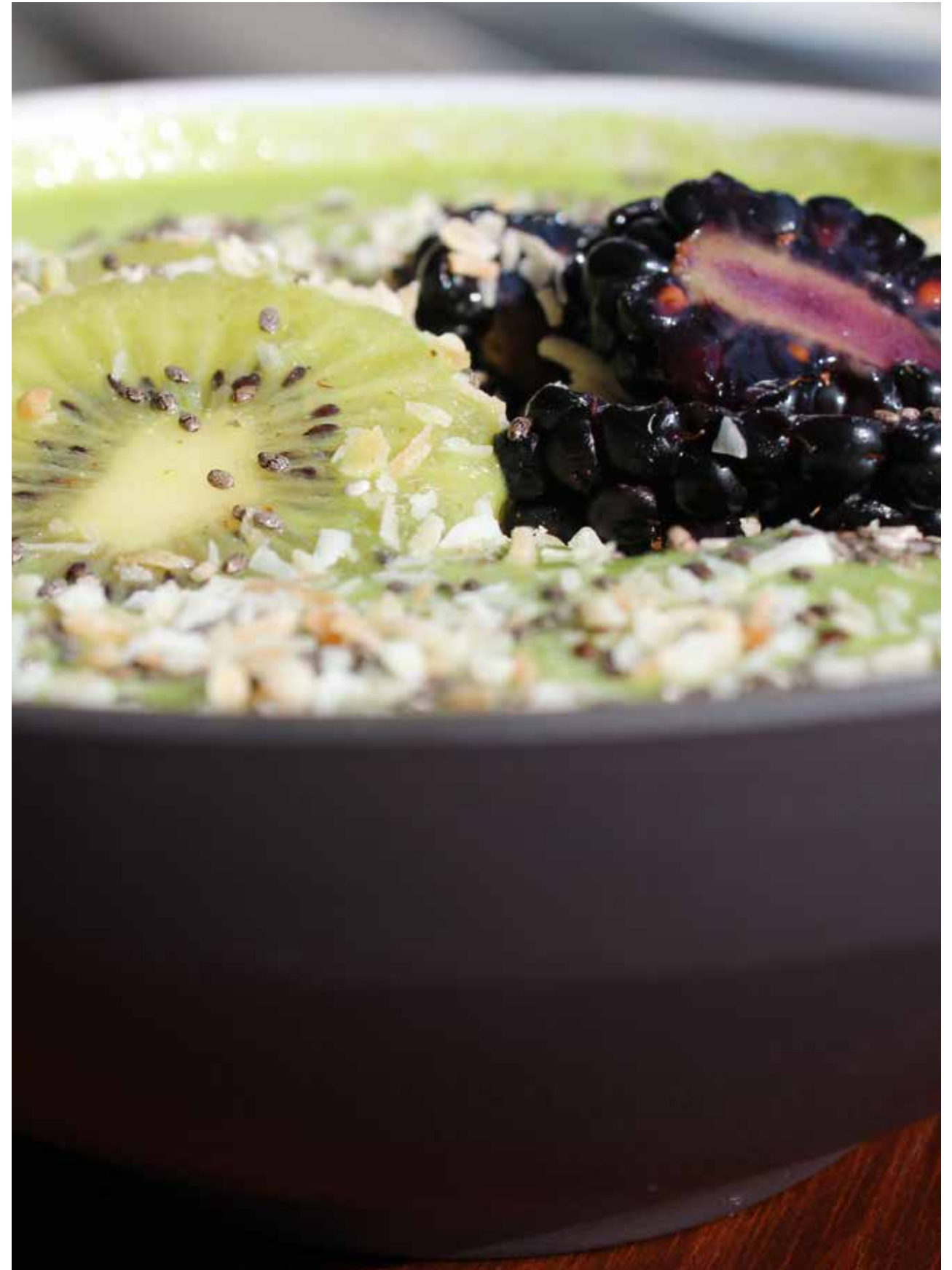
1 teaspoon | 5 grams chia seeds

In a high powered blender add frozen bananas, baby spinach, yogurt, kiwi, coconut milk, mango, chia seeds and mint leaves. Blend on high until smooth.

If the smoothie is too thick, add more coconut milk until you reach desired consistency.

Split between 4 large bowls and top with sliced kiwi, blackberries, toasted coconut, chia seeds.

VEGETARIAN



Chef Veronica's

PANCETTA & SWEET POTATO HASH



SERVES
6



METHOD
ROAST/SAUTÉ



MINUTES
30

2 large white sweet potatoes,
peeled and cut into 1/2-inch |
1.27 cm cubes

2 large orange sweet potatoes,
peeled and cut into 1/2-inch |
1.27 cm cubes

2 tablespoons | 30 grams olive
oil

1/2 teaspoon | 3 grams paprika

1/4 teaspoon | 1.5 grams
granulated garlic

4 thick slices or 6 regular slices
pancetta, cut into 1/4-inch | .635
cm cubes

1 onion, coarsely chopped

2 tablespoons | 30 grams finely
sliced chives

salt and pepper, to taste

Set the oven at 400°F (204°C). Have a rimmed baking sheet on hand.

In a bowl, combine the potatoes, olive oil, paprika, garlic, salt, and pepper. Spread the potatoes on the baking sheet. Roast them for 20 to 25 minutes, turning several times, or until they are tender when pierced with a skewer.

While the potatoes are roasting, in a large skillet, render the pancetta over medium-high heat, turning often, for 8 to 10 minutes. Transfer to paper towels to drain.

Add the onion to the skillet, saute until translucent. Add the potatoes and cook over medium-high heat, stirring constantly, for 10 minutes or until golden and crusty at the edges. Stir in the pancetta. Sprinkle with salt and chives.



LUNCH

SHRIMP CORN & AVOCADO TOSTADA

WHITE BEAN & KALE SOUP

ULTIMATE GRILLED CHEESE

EASY CHEESY CORN FRITTERS



*Chef Veronica's***SHRIMP, CORN & AVOCADO TOSTADA****SERVES**
4**METHOD**
BAKE/SAUTÉ**MINUTES**
30

1 1/2 pounds | 680 grams
shrimp, 21/25 peeled &
deveined, tail off

1 teaspoon | 6 grams smoked
paprika

1/2 teaspoon | 3 grams garlic
powder

1/2 teaspoon | 3 grams dried
oregano

1/2 teaspoon | 3 grams onion
powder

1/4 teaspoon | 1.5 grams chili
powder (adjust to taste)

8 corn premade tostadas or 8
corn tortillas

2 tablespoons | 30 grams light
sour cream

1 cup | 230 grams corn (fresh,
frozen or canned)

1 cup | 230 grams shredded
cabbage (or coleslaw mix)

1 avocado, chopped

1/4 cup | 57 grams cilantro

2 limes

Preheat the oven to 400°F (204°C).

Place the tortillas on a baking sheet and brush them with oil on both sides. Sprinkle with salt. Bake for 8 to 10 minutes or until tostada shells are nice and crispy.

Next, toss the shrimp with olive oil, paprika, garlic powder, oregano, onion powder, chili powder, salt, and pepper.

Mix juice of one lime, sour cream and chipotle. Mix well and set aside.

Heat a skillet over high heat.

Add the shrimp in a single layer and cook for approximately 2 minutes per side until the shrimp are pink and opaque. Remove and set aside. You can also cook the shrimp on the grill or under the broiler.

Assemble the tostadas. Start by layering the shrimp on the tostada, top with corn, shredded cabbage, avocado, cilantro. Drizzle with sour cream mix. Finish with a squeeze of lime juice. Garnish with cilantro and onions.

Chef Veronica's

WHITE BEAN & KALE SOUP

SERVES
4METHOD
SIMMERMINUTES
30

4 tablespoons | 60 grams olive oil, divided

1 yellow onion, diced

4 cloves garlic, minced

1 cup | 230 grams sliced celery

1 cup | 230 grams sliced carrot

1 teaspoon | 6 grams dried oregano

1 teaspoon | 6 grams dried thyme

1 teaspoon | 6 grams dried sage

3 cups | 360 ml vegetable broth

2 (15 ounce | 420 grams) cans cooked white beans, drained and rinsed

3 cups | 680 grams chopped kale

1 tablespoon | 15 grams white wine vinegar

kosher salt and fresh cracked pepper to taste

lemon wedges for garnish
**optional*

Heat oil in a large pot over medium high heat.

Add onion, 2 cloves of garlic, celery and carrots. Cook, stirring frequently for 8 minutes.

Add oregano, thyme, sage and a large pinch of salt and pepper. Cook for 1 minute, stirring frequently.

Add veggie broth and white beans to the pot. Stir to combine.

If desired, remove about two cups of the soup mixture and blend in a high-speed blender for creaminess. Return blended soup to the pot and bring everything to a simmer over medium-high heat. Otherwise continue to cook for 15 minutes.

Stir in kale and vinegar. Cook for a few more minutes. Taste and adjust if needed.

Garnish with fresh parsley and/or squeeze of lemon.

VEGAN



Chef Veronica's

ULTIMATE GRILLED CHEESE SANDWICH



SERVES
4



METHOD
SAUTÉ



MINUTES
30

1/2 cup | 120 ml mayonnaise

4 slices country white
sourdough bread

4 slices gruyere

4 slices of mozzarella

4 slices of muenster cheese or
any melting cheeses you like

4 thin slices prosciutto or bacon
**optional*

6 slices heirloom tomato
**optional*

salt and pepper

Preheat skillet on low flame.

Line cheeses and any add-ins between two slices of bread.

Spread a thin layer of mayonnaise on the outside of the bread.

Place in skillet and top with lid.

Add a teaspoon of water on the side of pan, but not next to sandwich.

Close skillet quickly and let cook for 4 minutes or until golden brown.

Flip and repeat again.

Once golden on both side, remove and let sit for a minute before cutting.



Chef Veronica's

EASY CHEESY CORN FRITTERS



SERVES

4



METHOD

FRY



MINUTES

25

3 cups | 720 ml oil for frying

1 cup | 130 grams sifted
all-purpose flour

1 teaspoon | 6 grams baking
powder

1/2 teaspoon | 3 grams salt

1/4 teaspoon | 1.5 grams white
sugar

1 egg, lightly beaten

1/2 cup | 120 ml milk

1 (12 ounce | 340 grams) can
whole kernel corn, drained

1/2 cup | 115 grams sharp
cheddar cheese

1/4 teaspoon | 1.5 grams
Sriracha spice

Heat oil in a heavy pot over medium-high heat.

While oil is getting hot, in a medium bowl, combine flour, baking powder, salt, pepper, sriracha and sugar. Beat together egg and milk, stir into flour mixture. Mix in the corn kernels and cheese until combined together. Do not over-mix.

Drop fritter batter by spoonfuls into the hot oil, and fry until golden. Drain on paper towels.

VEGETARIAN





DINNER

VEGGIE PAD THAI

SEARED DUCK WITH HUDSON VALLEY APPLE SALAD

SNAPPER VERA CRUZ

CHIPOTLE HONEY WINGS

CRAB SPAGHETTI WITH LEMON GREMOLATA

STEAK FAJITAS

STEAMED COD WITH ORANGE & GINGER

Chef Veronica's

VEGGIE PAD THAI

SERVES
4METHOD
BOIL/SAUTÉMINUTES
30

10 ounces | 280 grams rice noodles
 1/4 cup | 60 grams canola oil
 1 teaspoon | 5 grams soy sauce
 2 eggs
 1 teaspoon | 5 grams rice vinegar
 2 teaspoons | 10 grams fish sauce
 2 teaspoons | 10 grams white sugar
 1/2 teaspoon | 3 grams crushed red pepper
 1 each carrot julienned for garnish
 2 ounces | 56 grams bell peppers – tricolor, julienned
 2 ounces | 56 grams broccoli florets blanched
 2 ounces | 56 grams mushrooms sliced
 2 ounces | 56 grams edamame
 2 ounces | 56 grams cabbage
 1/4 cup | 56 grams crushed peanuts
 1/4 each red pepper thin sliced
 2 each green onions chopped
 1 each lime cut into wedges
 1 cup | 230 grams bean sprouts
 1/4 bunch cilantro for garnish
 *optional

Add the rice noodles to boiling water for 1 minute, then turn off the heat and let sit for 5 minutes. When softened, rinse with cold water and set aside.

Heat pan or wok to medium-high heat and add 1 tablespoon (14 ml) of oil. Add bell peppers and any other hardy veggies and cook 1 to 2 minutes. Add the eggs into hot oil, and chop with a spatula into little pieces as you are cooking them.

Add softened noodles, soy sauce, rice vinegar, fish sauce, sugar and crushed red pepper. Serve topped with bean sprouts, red pepper, carrots, green onions, peanuts, cilantro & lime wedges on the side.

VEGETARIAN





Chef Veronica's

SEARED DUCK WITH HUDSON VALLEY APPLE SALAD

**SERVES**
4**METHOD**
SAUTÉ/ROAST/MIX**MINUTES**
30

1 pound | 455 grams boneless duck breast

1/4 teaspoon | 1.5 grams salt, pepper and granulated garlic

1/2 cup | 115 grams walnut halves

1 tablespoon | 15 grams butter

1 tablespoon | 15 grams honey

1 tablespoon | 15 grams grain mustard

1/4 cup | 60 ml balsamic

1 tablespoon | 15 grams diced shallot

1/2 cup | 120 grams olive oil

Apple Salad:

1 (4 ounces | 115 grams) package arugula, thoroughly washed

1 large apple, thinly sliced

1 cup | 230 grams peeled roasted chestnuts

1 pound | 455 grams assorted mushrooms, trimmed and coarsely chopped

Pre-heat your oven to 350°F (177°C). Place a cast iron skillet or fry pan (10" for 2 people) on the stove and heat it on medium heat until very hot, but not smoking.

Open the package of duck breasts and drain off any liquid. Place the breasts skin side down on a cutting board and trim of excess fat that goes beyond the edges of the meat. Turn the breasts over, fat side up. With a thin, sharp knife, score duck skin about every 1/2-inch (1.27 cm) into a diamond pattern. Slice through the skin and fat, but not into the meat itself. Sprinkle with salt & pepper.

When the pan is hot, turn it down to medium and place the breasts fat side down. The pan should sizzle when the duck hits the surface.

Allow the duck skin to render slowly removing excess fat as needed until crisp and dark golden brown. When the color is achieved, place duck on a sheet pan and pop the pan into the oven for 4 to 6 minutes for medium doneness, the temperature should be about 130°F (54°C).

Remove pan from the oven, allow duck to stand for a few minutes to reabsorb its juices. While duck is resting, make the salad.

Drain the pan of all but a thin layer of duck fat. Heat to high, and add the walnuts and mushrooms. Cook, with minimal stirring, until golden brown.

In a large bowl, combine honey, vinegar, mustard, shallot, and oil. Whisk to combine and season to taste.

Add mushrooms, arugula, apple, and chestnuts. Toss to combine. Divide among plates and top with sliced duck.

Chef Veronica's

SNAPPER VERA CRUZ



SERVES
4



METHOD
SAUTÉ/SIMMER



MINUTES
30

1 1/2 pounds | 682 grams of snapper fillets or a 2 1/2 pounds | 1135 grams whole snapper

4 tablespoons | 60 grams extra virgin olive oil

1 medium onion, chopped

2 chile gueros (yellow) or serranos, veins removed and cut in thin slivers

3 cloves garlic, minced

1 16 ounce can | 475 grams whole tomato, hand crushed

1/4 teaspoon | 1.5 grams salt and pepper

1 teaspoon | 6 grams dry oregano crushed

1 tablespoon | 15 grams lime juice

1/3 cup | 85 grams whole pimiento stuffed green olives, halved

Heat 2 tablespoons (30 ml) olive oil in a medium saucepan. Add onion, sauté until soft and transparent. Add garlic and chile slivers, sauté 1 minute, add tomatoes with juice. Cover, simmer 10 minutes. Stir in olives and capers, which are salty, then taste for salt and pepper. Season fillets with salt, oregano and lime juice.

Heat the remaining 2 tablespoons (30 ml) oil in a large nonstick skillet.

Add seasoned fillets. cooking for 1 1/2 minutes each side. Set the fillets aside then remove any excess oil. Add 1/2 cup (118 ml) of water and stir the bottom to loosen any brown bits. Add the sauce to the pan then place the fillets into the sauce and submerge them until the sauce reaches the top of the fillet, bring to a simmer for about 1 to 2 minutes or until the internal temperature reaches 145°F (62°C). Serve hot.



Chef Veronica's

CHIPOTLE HONEY WINGS



SERVES
4



METHOD
AIR FRY



MINUTES
30

2 pounds | 910 grams chicken wings

1/4 cup | 60 grams chipotle sauce in adobo

2 tablespoons | 28 grams brown sugar

2 tablespoons | 30 grams honey

1 cup | 230 grams roasted red peppers

1 teaspoon | 6 grams garlic powder

1 teaspoon | 6 grams paprika

couple of dashes of favorite tabasco sauce

olive oil to drizzle

salt and pepper

Preheat air fryer to 400°F (204°C). **If you are not using an air fryer set the oven for 500°F (260°C) convection roast.*

In a large bowl add wings and season with salt, pepper, garlic, paprika and a few dashes of favorite hot sauce. Toss together until completely coated.

Drizzle with olive oil and place evenly in air fryer rack.

Cook for 15 to 20 minutes, flipping in between cook time.

Add a few more minutes of cook time for a crisper exterior.

While wings are in air fryer, blend together peppers, chipotle, honey and brown sugar, salt and pepper until smooth. Taste and adjust to your liking. For a sweeter dish, add more honey.

Once wings are crisp, toss in sauce, and plate.

Serve with favorite blue cheese or ranch dip.



Chef Dana's

CRAB SPAGHETTI WITH LEMON GREMOLATA

SERVES
4METHOD
SAUTÉMINUTES
30

1 pound | 455 grams spaghetti
 6 tablespoons | 90 grams butter
 3 tablespoons | 45 grams olive oil
 1 shallot, minced
 3 cloves garlic, minced
 1 cup | 240 ml dry white wine
 1 lemon, juiced, and zested
 1 pound | 455 grams lump crab meat
 1 cup | 230 grams parmesan cheese
 1/2 teaspoon | 3 grams salt
 1 teaspoon | 6 grams red chili flakes

Lemon Gremolata:

3 tablespoons | 45 g olive oil
 1 cup | 230 grams panko breadcrumbs
 1/2 teaspoon | 3 grams salt
 1 clove garlic, minced
 2 tablespoons | 30 grams parsley, chopped
 2 tablespoons | 30 grams lemon zest

Heat small sauté pan. Add panko and constantly stir. Add olive oil and garlic, cook until golden brown and fragrant. Add lemon zest, salt, and parsley.

Fill stock pot 3/4 way with water and bring to a boil. Cook pasta according to the package. Once al dente, drain, and save 2 cups (454 grams) of pasta water.

Heat sauté pan. Once hot, add olive oil, shallot, and garlic. Cook until fragrant. Deglaze with white wine, lemon juice and reduce. Add butter, cleaned lump crab, red pepper flakes, lemon zest, pasta, and parmesan cheese. Garnish with gremolata.





Chef Veronica's
STEAK FAJITAS



SERVES
4



METHOD
SEAR/SAUTÉ



MINUTES
30

1 1/4 pound | 568 grams skirt steak
1/2 large yellow onion, peeled and sliced thin
1/2 red bell pepper, sliced thin
1/2 green bell pepper, sliced thin
1 jalapeño, seeded and sliced thin, leave seeds if you want it spicier
1/2 teaspoon | 3 grams garlic powder
1/2 teaspoon | 3 grams cumin
1/2 teaspoon | 3 grams coriander
6 to 12 flour tortillas
1 cup | 240 grams olive oil
salt and pepper to taste

Garnishes:
Finely chopped cilantro, sour cream, sliced avocado, lime cut in wedges

First marinate the steak. Drizzle just a little olive oil over steak and season with salt and pepper, garlic powder, cumin and coriander.

Massage into steak and set aside. Do not place in fridge - room temperature needed to sear the meat.

Cut onions and peppers in thin strips and set aside. Take jalapeños and cut in half the long way. Remove all seeds and cut into strips. If you love the heat, leave the seeds. Be sure not to touch your face after prepping hot peppers. Wear gloves or wash hands immediately after.

Set skillet to high heat and add just a little oil to coat the bottom. Place steak onto hot skillet and sear without moving for 4 to 5 minutes, then flip, and sear other side. If you have a large steak, you can cut in half and sear in batches. Do not over crowd pan to avoid steaming your steak.

Once steak is done set aside uncut. Leave it resting while you finish cooking. Add a little more oil and cook peppers and onions for about 5 minutes on high heat. Veggies will start to soften. While the veggies are cooking, slice steak into think strips. Cut against the grain to avoid chewiness. Add steak into the skillet with all the juices from the plate. Toss together, if steak is a little under for your liking, cook a little more with peppers until you reached desired doneness and turn off heat.

Heat the tortillas. Wrap in foil, place in 350°F (176°C) oven for 3 to 4 minutes or heat in a clean skillet for a minute on each side. Fill each tortilla with steak and pepper mixture and serve. Garnish with cilantro and serve with sour cream, lime and sliced avocado.

Chef Veronica's

STEAMED COD WITH ORANGE & GINGER



SERVES
4



METHOD
STEAM/SIMMER



MINUTES
30

4 cod fillets, 6 ounces (170 grams) each
 1 tablespoon | 15 grams cornstarch
 1 cup | 240 ml canned coconut milk
 1/2 cup | 120 ml orange juice
 2 tablespoons | 30 grams sweet chili sauce
 1 teaspoon | 6 grams minced fresh ginger
 1 teaspoon | 5 grams soy sauce
 1 can mandarin oranges, drained
 1 green onion, chopped
 2 tablespoons | 28 grams sliced almonds
 1 tablespoon | 15 grams sesame oil
 minced fresh cilantro

In a large saucepan, place a steamer basket over 1 inch of water. Place cod in basket, gently season with salt and pepper. Bring water to a boil.

Reduce heat to maintain a low boil. Steam while covered for 8 to 10 minutes, until fish just begins to flake easily with a fork.

Meanwhile in a small saucepan, whisk cornstarch, coconut milk and orange juice until smooth. Add chili sauce, ginger, and soy sauce.

Cook and stir over medium heat until thickened for 1 to 2 minutes. Stir in oranges, green onion, almonds, and sesame oil. Sprinkle with cilantro. Serve with favorite grain or vegetable.



SUSTAINABLE COOKING

SPICY SKUNA BAY SALMON & MARKET VEGETABLE BOWL

PAN SEARED PACIFICO STRIPED BASS, CHARRED TOMATO SALSA

STEAMED MUSSELS WITH FENNEL & TARRAGON

PASTURE RAISED CHICKEN SCHNITZEL, MUSTARD APPLE SLAW

WILD MUSHROOM BISQUE

SUSTAINABLE SEAFOOD | The ocean is not as inexhaustible as it once seemed. According to The Monterey Bay Aquarium Seafood Watch Program, only consider seafood that is rated 'Best Choice' (Green) or 'Good Alternative' (Yellow) sustainable. Aim to remove all unsustainable wild and farmed seafood and actively drive change to ensure the seafood we purchase is sustainable.

EAT LOCAL | How we eat affects our planet. The average food item has traveled approximately 1,500 miles to our plates, consuming a great deal of energy. Along the way, nutrients and flavor are lost during transport. Nutrients are more likely to be preserved when purchasing fresh and local ingredients.

HOW LOCAL IS LOCAL? The USDA defines "local" as a measurable distance between food production and consumption that is four hundred miles or less. This allows us to support a greater number of farmers and increase the amount of local produce we purchase. Aim to choose local apples and mushrooms by shopping at your local farmers market. By supporting local farms, we support farmers and the local economy.



Chef Veronica's

SPICY SKUNA BAY SALMON MARKET VEGETABLE BOWL



SERVES
2



METHOD
SEAR/STEAM



MINUTES
30

1 cup | 230 grams of cooked brown rice, or any preferred grain

2 each, 4 ounces | 115 grams portions of salmon

1/2 avocado

1/4 cup | 57 grams edamame

1/4 cup | 57 grams mango, diced

1/4 cup | 57 grams watermelon radish, shaved

a few sprigs of cilantro

1/4 red onion

1/4 red, orange or yellow bell pepper

Chili Lime Sauce:

2 tablespoons | 30 grams lime juice, freshly squeezed

1 tablespoon | 15 grams olive oil

1 teaspoon | 6 grams of gochujang or spice of choice

1 teaspoon | 5 ml honey

1/4 teaspoon | 1.5 grams garlic

salt to taste

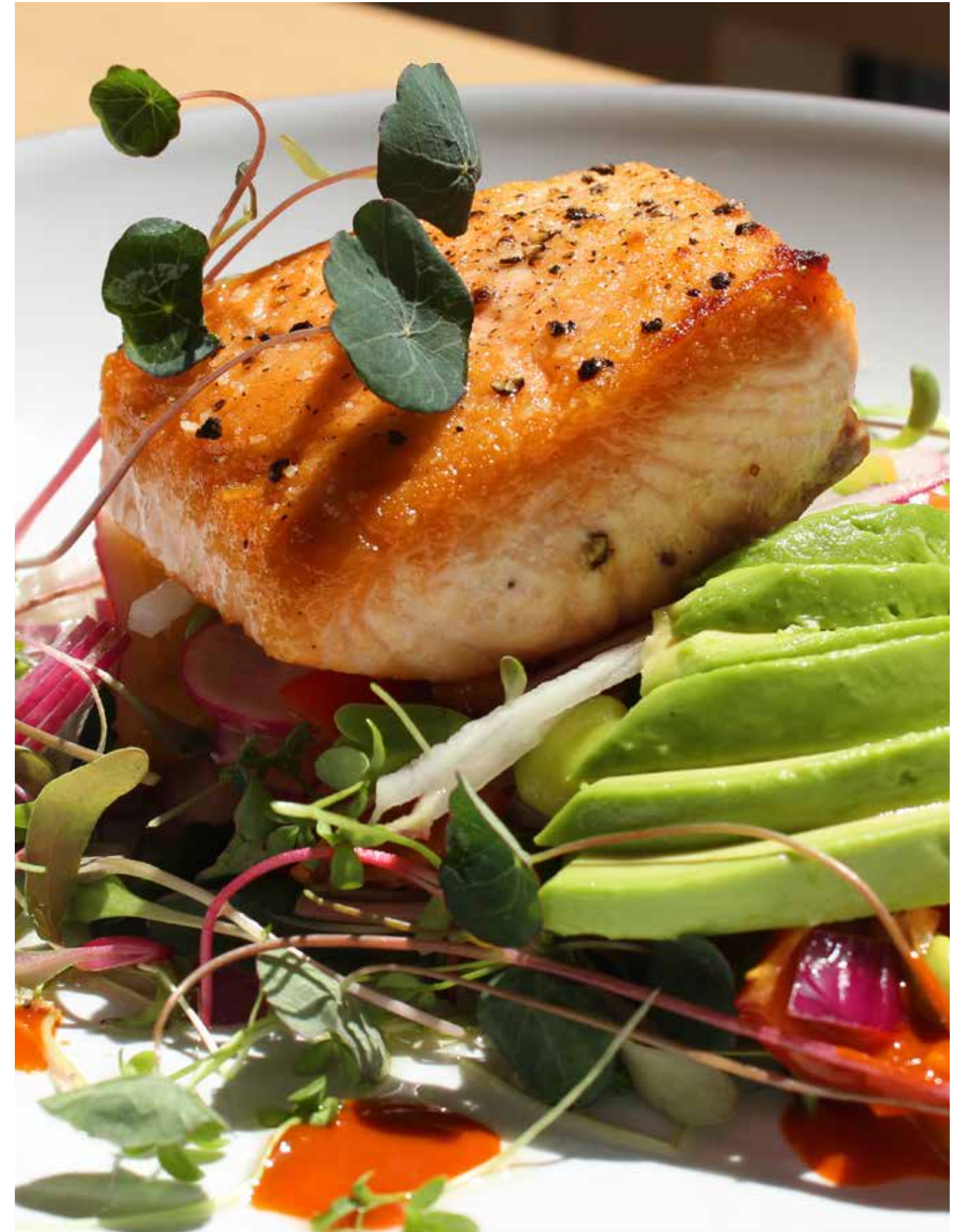
Add sauce ingredients together in a bowl and whisk well and set aside.

Pat dry salmon and season with salt and pepper.

Bring skillet to medium high heat and sear salmon 3 to 4 minutes per side.

In serving bowl, begin with rice and assembly of toppings.

Drizzle sauce all over.





Chef John's

PAN SEARED STRIPED BASS, CHARRED TOMATO SALSA



SERVES
4



METHOD
SEAR/ROAST



MINUTES
30

1 1/4 pounds | 568 grams
pacifico striped bass, skin on

1/8 ounce | 3.5 grams black
pepper

1/3 ounce | 10 grams salt

1 ounce | 30 ml olive oil

Charred Tomato Salsa:
3/4 ounce | 21 grams serrano
pepper

6 each plum tomatoes

2 each garlic cloves - peeled

1/3 tablespoon | 5 grams
salt

1/4 cup | 57 grams cilantro

1 fluid ounce | 30 grams lemon
juice

1 fluid ounce | 30 grams lime
juice

Portion bass into 5 ounce (140 grams) raw fillets.

Heat a nonstick sauté pan on high heat and add the olive oil.

Season bass with salt & freshly ground black pepper. When the oil begins to smoke place bass skin side down and sear until caramelized, approximately 3 minutes.

Flip the bass and place the pan in the oven skin side up and finish in 350°F (177°C) oven until an internal temperature of 140°F (60°C) has been attained. Serve each fillet with 2 fluid ounce (59 ml) ladle salsa.

Charred Tomato Salsa:

Char the chilis, tomatoes, and garlic over high heat in a sauté pan until they are well-charred. Peel off and discard the burnt skin (chilis and tomato). Reserve the garlic.

Grind the chilis and roasted garlic. Chop the tomatoes. Combine tomatoes, chili-garlic mixture, lemon juice, lime juice, cilantro and salt.

Chef Veronica's
**STEAMED MUSSELS WITH
 FENNEL & TARRAGON**



SERVES
4



METHOD
SAUTÉ/STEAM



MINUTES
25

1 tablespoon | 15 grams olive oil

1 small fennel bulb, finely chopped

2 medium shallots, finely chopped

2 garlic cloves, finely chopped

kosher salt and pepper

2 pounds | 910 grams mussels, scrubbed & debearded

1 cup | 240 ml Italian beer or beer of choice

3 tablespoons | 45 grams unsalted butter, room temperature

2 tablespoons | 30 grams chopped fresh tarragon

Clean mussels well and remove the beard.

Heat oil in a medium pot over medium-high heat. Add fennel and shallots and cook, stirring often, until fragrant and beginning to soften for about 2 minutes. Add garlic, season with salt, and cook, stirring constantly, until fragrant for about 1 minute.

Add mussels and stir gently once or twice to coat with oil. Pour in beer and stir once more to coat. Cover pot and steam mussels, stirring halfway through, until they open for about 3 minutes. Discard any mussels that do not open. Add butter to pot and mix until butter is melted into pan sauce and mussels are coated.

Transfer mussels and sauce to a serving bowl and top with tarragon.



Chef Veronica's

PASTURE RAISED CHICKEN SCHNITZEL WITH MUSTARD APPLE SALAD



SERVES

4



METHOD

PAN FRY/MIX



HOURS

1.5

Slaw:

1/2 teaspoon | 3 grams caraway seeds

1 1/2 tablespoons | 22 grams olive oil

2 tablespoons | 30 grams apple cider vinegar

1 1/2 teaspoons | 9 grams sugar

1/4 teaspoon | 1.5 grams salt

3 cups | 345 grams thinly sliced red cabbage

1 small Granny Smith apple, thinly sliced

Sauce:

1/2 cup | 120 ml sour cream

1/4 cup | 60 grams whole grain mustard

1/4 cup | 57 grams chopped dill

Schnitzel:

1/2 teaspoon | 3 grams salt

1/4 teaspoon | 1.5 grams black pepper

2 large eggs, lightly beaten

1 cup | 130 grams flour

2 cups | 455 grams panko

2 tablespoons | 30 grams olive oil, divided

1 tablespoon | 15 grams butter, divided

1 pound | 455 grams thin chicken filets

Slaw: In a small skillet, roast caraway seeds over medium heat for about 2 minutes.

In a large bowl whisk together the caraway seeds, olive oil, vinegar, sugar and salt.

Add in the cabbage and apple slices and toss well to coat evenly. Cover and chill for about 10 minutes, up to 4 hours.

Sauce: Mix the sour cream, whole grain mustard and the dill together in a small bowl. Season to taste with salt and pepper.

Schnitzel: In a shallow bowl, mix the flour with salt and pepper. Take a separate bowl and lightly whisk together the eggs. In the third bowl, mix together the panko and parsley.

Dredge each chicken filet in flour, then egg and finally, the panko mixture.

Heat a large skillet over medium heat with oil and butter.

Cook each side for about 3 to 4 minutes or until browned and the internal temperature has reached 165°F (73°C). Place chicken on a plate lined with a paper towel.

Serve the schnitzel with the apple slaw and sauce.



Chef John's

WILD MUSHROOM BISQUE

SERVES
12METHOD
SIMMERHOURS
1.75

2 quarts | 1.9 liters mushroom stock
 4 ounces | 120 grams butter
 3/4 ounce | 21 grams leeks, chopped
 4 ounces | 115 grams shallots, chopped
 8 ounces | 230 grams celery, diced
 1 teaspoon | 5 grams thyme, chopped
 3/4 ounce | 21 grams kosher salt
 1/4 ounce | 7 grams black pepper
 12 ounces | 340 grams mushrooms, shiitake, stems removed, sliced
 12 ounces | 340 grams mushrooms, crimini, sliced
 1 1/4 pounds | 568 grams mushroom, button caps, sliced
 4 fluid ounces | 120 ml calvados brandy
 4 ounces | 65 grams flour, all purpose
 1 cup | 240 ml heavy cream
 1/2 teaspoon | 3 grams tarragon
 2 ounces chives

Mushroom Stock:

3 pounds | 1365 grams mushroom, button chopped
 4 ounces | 115 grams dried porcini mushroom
 1 1/2 gallon | 5.7 liters water
 2 each leeks chopped
 2 each onions, diced
 1 pound | 455 grams celery, chopped
 2 ounces | 57 grams thyme
 2 ounces | 57 grams tarragon
 3 each bay leaves

For the mushroom stock, chop, and wash the leeks thoroughly in cold water to remove all the dirt. Place all ingredients together in a medium-sized pot. Add water and bring to a boil. Simmer for 1 hour and then strain, reserving the stock.

In a stock pot, sweat the leeks, shallots, and celery in butter until translucent.

Add thyme and season with salt and pepper.

Add sliced mushrooms and cook until mushrooms wilt and release their liquid.

Add 3/4 of the brandy and let it reduce by half.

Add flour and stir to coat vegetables.

While stirring, slowly add in the prepared mushroom stock and bring to a simmer. Simmer for 10 minutes.

Add in the remaining brandy, cream, and tarragon and let simmer for 5 more minutes.



VEGETARIAN



NO WASTE RECIPES

ALMOND CHOCOLATE CHIP COOKIE

PICKLED BREAD & BUTTER BROCCOLI STEMS

ASIAGO SCALLOPED POTATO GRATIN

BASIL & WALNUT PESTO

SESAME PEANUT & ZUCCHINI NOODLE SALAD WITH ROTISSERIE CHICKEN

PUMPKIN WHIPPED RICOTTA TOAST WITH APPLE & ARUGULA

Chef Chris'

ALMOND CHOCOLATE CHIP COOKIE



SERVES

9



METHOD

MIX/BAKE



MINUTES

30

5 1/4 ounces | 157.5 ml butter,
softened

5 1/2 ounces | 165 grams light
brown sugar

1 3/4 ounces | 49 grams sugar

1 egg

1/2 teaspoon | 3 grams vanilla
extract

8 3/4 ounces | 240 grams
almond flour

1/2 teaspoon | 3 grams baking
soda

1/2 teaspoon | 3 grams salt

4 ounces | 115 grams chocolate
chips

Almond Milk:

2 cups | 455 grams raw almonds

9 cups | 2.1 liters filtered water

Place almonds in filtered water and place in the refrigerator for 2 days.

Using an immersion blender or vitamix blender, purée the almonds in the water until smooth. Pass the mixture through a fine chinois and then through cheese cloth. Reserve the almond milk for other applications.

Take the pulp from the homemade almond milk and dry it in the oven at 200°F (93°C) for approximately 2 hours, making sure to move around every so often so it doesn't brown too much. When the pulp is clumpy, grind it in a food processor to flour consistency. Store in a room temperature dry area.

Preheat oven to 350°F (175°C). Line a sheet pan with parchment paper.

In a large bowl cream together the softened butter and sugars with a mixer. When incorporated, add the egg and vanilla and mix. Scrape down the bowl as needed.

In another mixing bowl, whisk the almond flour, baking soda and salt until combined. Add the dry ingredients to the butter, sugar mixture and mix on a low speed until dough forms. Add chocolate chips with a spoon or rubber scraper. Scoop 1.5 ounces (42 grams) portions and roll into balls, placing them on the lined sheet pan. Place in 350°F (175°C) oven for 10 minutes. When done, remove and let cool.





Chef John's

BREAD & BUTTER PICKLED BROCCOLI STEMS



SERVES
5



METHOD
SIMMER/PICKLE



MINUTES
20

8 ounces | 230 grams broccoli stems

4 cups | 1 liter water

1/4 cup | 57 grams onions, julienne

1/2 teaspoon | 3 grams mustard seed

1/2 cup | 120 ml white wine vinegar

2 tablespoons | 28 grams kosher salt

2 tablespoons | 28 grams sugar

1 teaspoon | 6 grams pickling spice

1 each bay leaf

1 cup | 240 ml water

1/2 cup | 120 ml apple cider vinegar

2 tablespoons | 28 grams light brown sugar

1/8 teaspoon | .75 grams turmeric

1/2 teaspoon | 3 grams celery seed

Bring 4 cups of water to a boil and add a pinch of salt. Slice the broccoli stems into 1/2" (1.27 cm) thick pieces. Blanch in boiling water until fork-tender for 2 to 4 minutes.

Remove from the water and cool in a water bath. Drain and set aside to cool.

Bring the mustard seed, white wine vinegar, salt, sugar, pickling spice, bay leaf, water, apple cider vinegar, brown sugar, turmeric and celery seed to a boil in a small saucepan.

Pour over the broccoli and onion and cover.

Let broccoli stems pickle in the mixture for at least 3 to 4 hours. Pickles can be stored for up to 3 days.

VEGETARIAN

Chef Veronica's

ASIAGO SCALLOP POTATO GRATIN WITH CHIVES



SERVES
4



METHOD
BAKE/SIMMER



MINUTES
50

2 1/2 tablespoons | 37.5 ml olive oil

1/8 teaspoon | .75 grams garlic powder

3/4 teaspoon | 4.5 grams salt

1 3/4 pounds | 790 grams yukon potatoes

1/2 tablespoon | 7 grams fresh thyme leaves

1 cup | 230 grams shredded asiago cheese

few sprigs of thinly sliced chives

2 cups | 475 ml of heavy cream

1 garlic clove

cooking spray

Preheat oven to 375°F (190°C). Set an oven rack in the center position.

Coat a standard gratin dish with cooking spray or brush on a thin layer of oil. In a small bowl, mix olive oil, garlic powder and salt together. Set aside. Rinse, scrub, then thinly slice your potato with a mandolin between 1/8 (3.175 mm) and 1/16-inch (1.58 mm) thick.

Place 4 slices of potatoes at the bottom of the dish. Using a silicone brush, lightly brush the potatoes with some of the oil mixture. Sprinkle some chives on top. Continue stacking several layers of potatoes, brushing the oil and sprinkling chives until you have stacked all the potato slices. Each dish should be filled to the top with potato slices.

Sprinkle half of the asiago cheese evenly over the potato.

Bake the dish for 30 minutes, then pull out the potatoes and sprinkle 1/4 cup (58 g) of the cheese on top.

Bake another 5 to 15 minutes, depending on how brown and crispy you want them to be (35 to 45 minutes total).

While in oven place cream in small pot with garlic, bring to a simmer. Add in remainder asiago cheese and whisk well until combined and melted. Taste and season with salt and pepper.

Transfer the desired amount onto a plate or serving dish. Drizzle cheese sauce over and sprinkle with chives.



VEGETARIAN



Chef John's
BASIL & WALNUT PESTO



SERVES
8



METHOD
PURÉE



HOURS
20

1/3 ounce | 10 grams parsley,
italian, chopped

3/4 ounce | 21 grams basil,
chopped

3/4 ounce | 21 grams cheese,
parmesan, grated

1 each garlic cloves, chopped

1/2 ounce | 15 grams nuts,
walnuts, halves & pieces,
chopped

3 fluid ounces | 90 ml olive oil

Prepare the herbs. Use entire parsley, including stems. Chop into small pieces. Chop the basil, including stems. Set aside.

Preheat oven to 350°F (175°C) toast walnuts and let cool. Place half of olive oil and remaining ingredients into a blender. Blend to a paste consistency, stopping to scrape down the sides twice. Switch to a low speed and slowly add remaining oil. Cover and store under refrigeration until internal temperature reaches 40°F (4°C) or less.

VEGETARIAN

Chef John's

SESAME PEANUT & ZUCCHINI NOODLE SALAD, ROTISSERIE CHICKEN



SERVES
4



METHOD
BOIL/ROAST/MIX



MINUTES
25

8 ounces | 230 grams soba noodles

4 quarts | 3.7 liters water

6 ounces | 170 grams whole chicken

1/2 cup | 120 grams peanut butter

1/2 cup | 120 ml warm water

4 teaspoons | 20 grams soy sauce

1/8 teaspoon | .75 grams cayenne

1/4 teaspoon | 1.5 grams sesame oil

2 teaspoons | 10 grams gochujang

4 teaspoons | 20 grams sweet chili sauce

4 tablespoons | 60 grams lime juice

1/4 cup | 57 grams carrot leaves, no stems (reserve stems for future pesto)

8 each basil, chiffonade, stems included

1/4 cup | 57 grams scallion, julienne

4 tablespoons | 57 grams peanuts

1/4 cup | 57 grams cilantro, chopped, stems included

1 each zucchini, julienne

1/4 teaspoon | 1.5 grams kosher salt

1/4 teaspoon | 1.5 grams black pepper

Cook the chicken the day before.

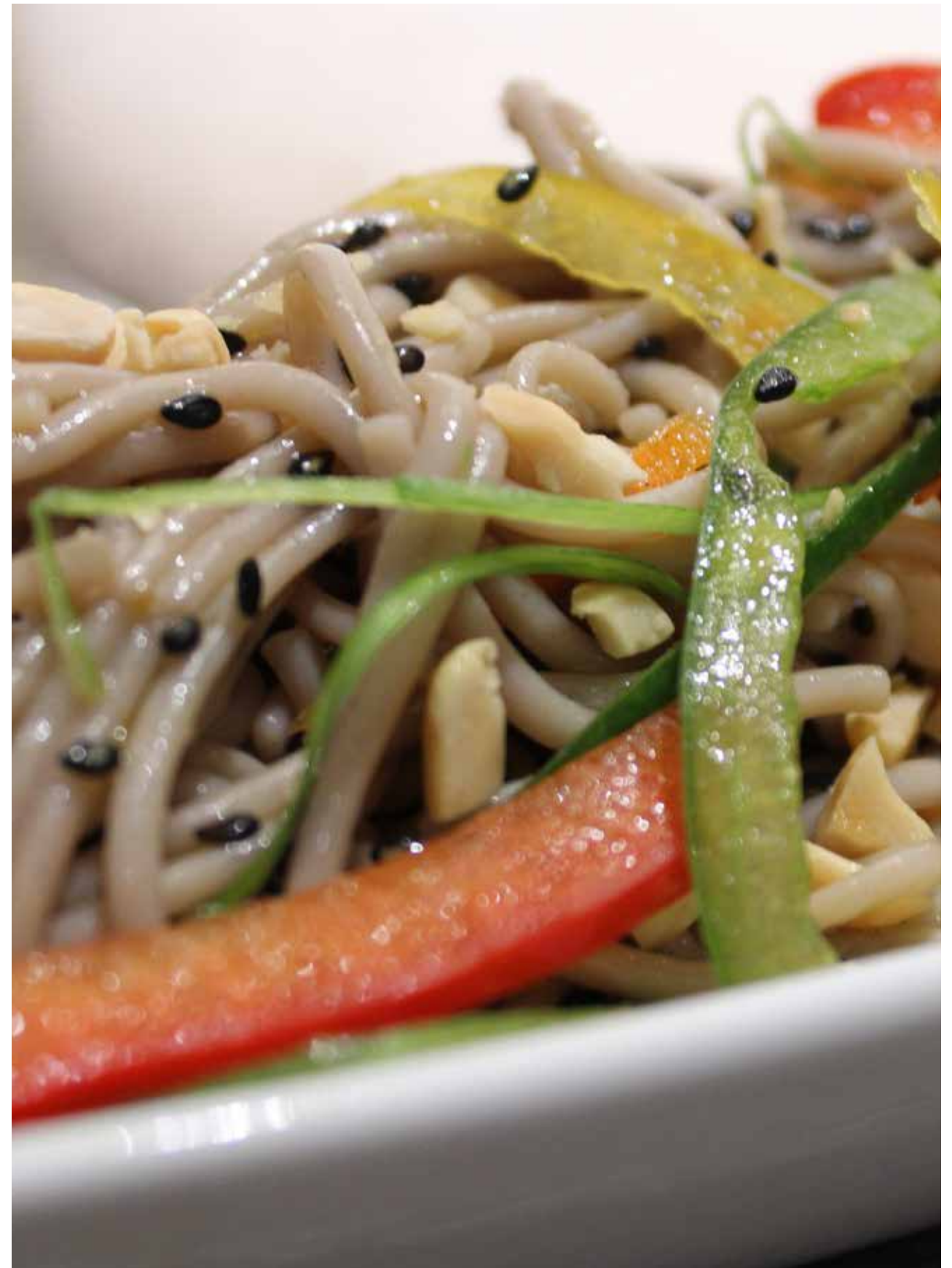
**Rotisserie chicken is preferred for this recipe to speak to 100% utilization.*

Season the chicken with salt and pepper, roast the chicken in a rotisserie or oven until it reaches an internal temperature of 165°F (75°C) and then cool the chicken to 40°F (4°C). Separate the meat from the bones and reserve the bones for a stock, and the meat for the noodle salad.

Cook noodles in 4 quarts (3.7 liters) of salted water. Drain and cool. Set aside.

Combine the peanut butter, water, soy, cayenne, sesame oil, gochujang, lime juice, and sweet chili sauce.

Combine chicken, cilantro, basil, zucchini, scallions, noodles, carrot tops, peanut sauce, salt and pepper in a mixing bowl and toss well. Taste and season with additional lime juice, salt and pepper, if desired.



Lauren's

PUMPKIN WHIPPED RICOTTA TOAST WITH APPLE & ARUGULA



SERVES
4



METHOD
GRILL/PRESS



MINUTES
25

½ cup | 115 grams pumpkin,
canned

1 tablespoon | 15 grams ricotta
cheese, part skim

½ tablespoon | 7 grams ground
cumin

1 tablespoon | 15 grams lemon juice

2 teaspoon | 12 grams fresh ground
black pepper

1 cup | 230 grams arugula lettuce
leaf

1 tablespoon | 15 grams extra
virgin olive oil

1 tablespoon | 15 grams fresh
orange juice

1 tablespoon | 15 grams green
onions, each, thin sliced

4 slice sourdough bread

¼ cup | 57 grams thinly sliced
apples

Mix the pumpkin, ricotta, cumin, lemon juice and pepper together well. Set aside.

In a bowl, toss the arugula with the orange juice and the apple slices. Set aside.

Use artisanal sourdough loaves, sliced 1 ounce each about ½ inch (1.27 cm) thick. Brush both sides with olive oil and grill on a hot grill, griddle or panini press until toasted. Spread the pumpkin mixture over the toast and top with the arugula-apple mix.

Garnish with sliced green onions.

Serve immediately.



TOP 10 PRODUCE AROUND THE WORLD

HEIRLOOM TOMATO POMODORO

LEBANESE STUFFED ONION

NAPA CABBAGE & ASIAN PEAR SLAW

EGGPLANT PARMESAN

CUMIN ROASTED CARROTS, HONEY, MINT

SOUTHWEST STUFFED PEPPERS

ENDIVE SALAD WITH BARTLET PEAR & STILTON

SPINACH EMPANADA

PAN ROASTED GARLIC SHRIMP ALFREDO



Chef Veronica's

HEIRLOOM TOMATO POMODORO

SERVES
12METHOD
SIMMERMINUTES
1.2

6 pounds | 2.7 kg heirloom tomatoes

1 cup | 237 ml olive oil

6 garlic cloves, sliced

1 1/2 teaspoons | 9 grams chili flakes

1 teaspoon | 6 grams salt

4 basil sprigs, leaves left on stems

salt and sugar to taste

Bring a medium pot of water to boil. Meanwhile, cut an "X" across the bottom of each tomato and remove the core. Prepare an ice bath in a bowl and set it next to the stove.

Working in batches, submerge each tomato in the boiling water for 30 to 45 seconds, until the skin around the cut starts to pull back from the flesh. Immediately transfer the tomatoes to the ice bath and allow to cool for a moment. Remove the skins from the tomato. Roughly chop the tomatoes, removing the cores and any tough pieces that remain.

In a large Dutch oven or heavy-bottomed pot over medium heat, add the olive oil, garlic and chili flakes. Cook for 1 to 2 minutes, allowing the garlic to become fragrant, but careful not to burn the chili flakes and garlic.

Add the chopped tomatoes, salt to the pot, stirring to combine. Allow the sauce to simmer, stirring often to prevent burning. Cook for 5 minutes, until the tomatoes begin to break down. Season with salt and sugar to taste.

Simmer for up to 1 hour or until desired consistency is reached, remove from the stove and stir in the basil.

Serve immediately with your favorite pasta, garnished with fresh basil and grated parmesan.

FUN FACT

Tomatoes come in as many colors as in the rainbow and each variety has its own distinct taste. You can find red, orange, yellow, green and even purple tomatoes.

VEGAN





Chef Veronica's

LEBANESE STUFFED ONION



SERVES
4



METHOD
STEAM/MIX/ROAST



MINUTES
60

3 each Spanish onions, large
1 cup | 230 grams white rice
1 tablespoon | 15 grams tomato paste
2 teaspoons | 12 grams cinnamon
1 teaspoon | 6 grams allspice
1 teaspoon | 6 grams cumin
1 teaspoon | 6 grams coriander
1 1/2 teaspoons | 9 grams sea salt
3 tablespoons | 45 grams parsley reserve some for garnish
1 pound | 455 grams ground lamb
2 tablespoons | 30 grams white wine vinegar
3 pinches of sugar
2 tablespoons | 30 grams olive oil
black pepper to taste

The first step is to soak your rice in a bowl cool water. The rice will absorb some of the water. Water will be drained off in a later step.

Fill a pot with water (enough to cover a whole onion by 1") and bring to a boil. Cut off the top and bottom of each onion. Make a cut down one side of each of the onions, cutting into the center from top to bottom. This helps the onion layers cook evenly and makes it easier to peel. Add the onions and let them cook for 10 minutes or until the layers soften and separate easily.

Drain the rice completely. In a large mixing bowl, add the drained rice, tomato paste, cinnamon, allspice, cumin, coriander, salt, pepper, parsley and ground lamb. Mix well.

When the onions have finished cooking, remove, and drain from the boiling water. Let cool and separate out the layers individually and place 1 large tablespoon of the filling, wrap onion around filling, but not too tightly to allow rice to expand during cooking.

In a large oven-safe sauté pan, over medium-high heat, swirl in the olive oil. When pan is hot, place the onions seam-side down.

Let cook for 2 minutes until the bottoms have browned slightly. Add vinegar to the pan and sprinkle the tops of the onions with sugar.

Cover the pan and turn the heat to low. Cook for 20 minutes or until the meat and rice are fully cooked, rotating the onions halfway during cooking.

FUN FACT

If you have leftover red onion, make a quick pickled red onion by slicing and tossing with red wine vinegar and a pinch of salt. Let it sit for 15 minutes while tossing every 5 minutes to coat.

Chef John's

NAPA CABBAGE & ASIAN PEAR SLAW



SERVES
6



METHOD
MIX



MINUTES
15

1 tablespoon | 15 grams
gochujang

1 tablespoon | 15 grams garlic
cloves, minced

1 tablespoon | 15 grams ginger
root, minced

1 tablespoon | 15 grams sesame
oil

1 tablespoon | 15 grams sesame
seeds

Small dash or preferred amount
fish sauce

1 1/2 tablespoon | 22.5 grams
water

1 1/2 tablespoon | 22.5 grams
rice wine vinegar

1 1/2 pounds | 680 grams napa
cabbage, julienne

1 cup | 230 grams carrots,
julienne

1/2 cup | 115 grams scallion,
sliced bias

1/2 cup | 115 grams Asian pears,
thinly sliced

In a bowl, mix together the gochujang, vinegar, sesame oil, sesame seeds, fish sauce, water, garlic and ginger. Whisk to incorporate and set aside.

Core and julienne the pear into thin strips. In a large bowl, mix together the cabbage, pears, carrots, green onions, along with the dressing. Mix through to coat the slaw.

FUN FACT

Cabbage and other cruciferous vegetables are rich in vitamins and minerals such as folate and vitamin K. the darker green the cruciferous vegetable, the greater the source of vitamins A and C and phytonutrients which are plant-based compounds that may help to lower inflammation and reduce risk of developing cancer.



Chef Veronica's

CUMIN ROASTED CARROTS, HONEY, MINT



SERVES
8



METHOD
SAUTÉ/ROAST



MINUTES
35

1 teaspoon | 6 grams cinnamon, ground
 2 teaspoon | 12 grams garlic cloves, chopped
 2 tablespoons | 30 grams orange juice
 2 pounds | 910 grams baby tricolor carrots
 1 teaspoon | 6 grams cumin seed
 1 tablespoon | 15 grams olive oil
 2 tablespoons | 30 grams lemon juice
 2 tablespoons | 30 grams mint
 2 teaspoons | 10 grams honey
 cooking spray

Preheat oven to 400°F (205°C).

Heat olive oil in sauté pan on medium heat. Add cumin seeds and garlic. Cook for 1 minute or until garlic is softened, but not browned. Stir in cinnamon and cook for 1 more minute. Add orange juice to pan and stir to combine.

Toss in carrots and cook covered over medium-low heat for 5 minutes. This is an important step, as the steam helps the carrots coat with the spice mix.

Spray sheet pan with cooking spray. Pour warm carrots on sheet pan in a single layer and bake in oven until tender for about 10 to 15 minutes. Stir twice during the baking process. Remove from oven and allow to cool. Arrange carrots on plate. Drizzle with lemon juice, honey and julienned mint.

FUN FACT

Carrots are available in a variety of colors including white, purple, yellow, orange, and red, although orange is the most popular and highest in beta-carotene.

VEGETARIAN

Chef Veronica's

EGGPLANT PARMESAN

SERVES
4METHOD
BAKEHOURS
1.5

1 medium to large eggplant, cut into 1/2 inch | 1.27 cm slices (or 2 smaller eggplants)

1 teaspoon | 6 grams salt for sprinkling over eggplant

1 large egg

3/4 cup | 170 grams panko or plain breadcrumbs

1/2 cup | 115 grams freshly grated parmesan cheese, plus extra for topping

3 teaspoons | 18 grams fresh parsley

1 clove fresh minced garlic

olive oil for frying

1/2 cup | 115 grams shredded mozzarella

1 cup | 240 ml marinara, warmed

salt and pepper to taste

Place eggplant in a single layer on baking sheets lined with paper towels and sprinkle generously with salt. Let sit for about 20 minutes and then pat dry.

Preheat oven to 350°F (175°C).

Begin to heat a wide skillet over medium heat, add enough olive oil to coat the bottom of the hot skillet.

Whisk eggs in a wide bowl. In another wide bowl, mix breadcrumbs with 1/4 cup (57 g) parmesan, herbs and spices. Dip each well-dried eggplant slice into egg. Let drip and then dip in breadcrumb mixture and place into skillet. Repeat until pan is coated in single layer. Cook for 3 to 5 minutes each side, until browned and tender.

Remove from pan and set aside on paper towels. Cook in batches as needed to finish frying eggplant.

In 8x8" (20x20 cm) baking dish, layer 1/4 cup (60 ml) sauce, then half the eggplant. In another wide bowl, mix breadcrumbs with 1/4 cup (57 g) parmesan, herbs, salt and pepper. Finish with a generous sprinkle of parmesan. Bake in preheated oven for about 25 to 30 minutes, until done to your liking.

FUN FACT

Eggplants are high in fiber and polyphenols, both of which may help control blood sugar and reduce risk for heart disease.

VEGETARIAN



Chef Veronica's

SOUTHWEST STUFFED PEPPERS

SERVES
4METHOD
SAUTÉ/BAKEMINUTES
50

1 pound | 455 grams lean ground beef

1 small onion diced or 1/2 medium onion

1 celery stalk – small dice

2 cloves garlic minced

1 tomato small dice

2 tablespoons | 30 grams tomato paste

1 teaspoon | 6 grams cumin

1 teaspoon | 6 grams chili powder

salt and pepper to taste

1 15 ounces | 420 grams can black beans

1 cup | 230 grams corn

1 3/4 cups | 400 grams cooked long grain rice – or brown rice

1/4 cup | 57 grams cilantro leaves chopped plus more for garnish

4 small to medium size red bell peppers

1 cup | 230 grams pepper jack plus extra to top with

1 jalapeño – small dice

Preheat the oven to 375°F (190°C).

Brown the ground beef in a large skillet over medium-high heat for 5 minutes or until cooked through.

Add the chopped onion, celery, and garlic and cook until vegetables are softened for about 5 minutes. Stir in the diced tomato, tomato paste, cumin, chili powder, salt and pepper and cook for another 4 to 5 minutes. Stir in the black beans, chiles, corn, cooked rice and chopped cilantro.

Meanwhile, cut off the tops of the peppers and spoon out the ribs and seeds, then rinse. Lightly sprinkle the insides with salt and pepper.

Transfer to a baking dish or tray and fill the peppers with meat and rice mixture. Sprinkle the tops with cheese and bake for 20 to 25 minutes or until peppers are tender and cheese is browned. Garnish with additional chopped cilantro.

FUN FACT

Peppers exhibit different levels of spiciness based on the amount of capsaicin they contain. The hotter the chili pepper, the more capsaicin.



Chef Veronica's

ENDIVE SALAD WITH BARTLETT PEAR, TOASTED WALNUTS & STILTON



SERVES
10



METHOD
MIX



MINUTES
20

6 ounces | 170 grams bartlett pear

1 tablespoon | 15 ml lemon juice

6 ounces | 170 grams red belgium endive

6 ounces | 170 grams belgium endive

1 ounce | 28 grams baby watercress

1/2 ounce | 15 grams red onion, julienne

1 1/4 ounce | 37.5 ml champagne vinegar

1/4 teaspoon | 1.5 grams dijon

1/2 teaspoon | 10 grams honey

1/4 teaspoon | 1.5 grams shallots, finely minced

3 1/2 cups | 830 ml olive oil

1/4 teaspoon | 1.5 grams maldon sea salt

2 ounces | 57 grams stilton cheese

1/4 teaspoon | 1.5 grams black pepper

1/2 cup | 115 grams walnut halves

Place the walnuts in a sheet pan and toast at 325°F (165°C) for 6 to 8 minutes. Reserve.

Clean and cut the onions and endive.

Thinly slice the pears, and allow to sit in lemon juice.

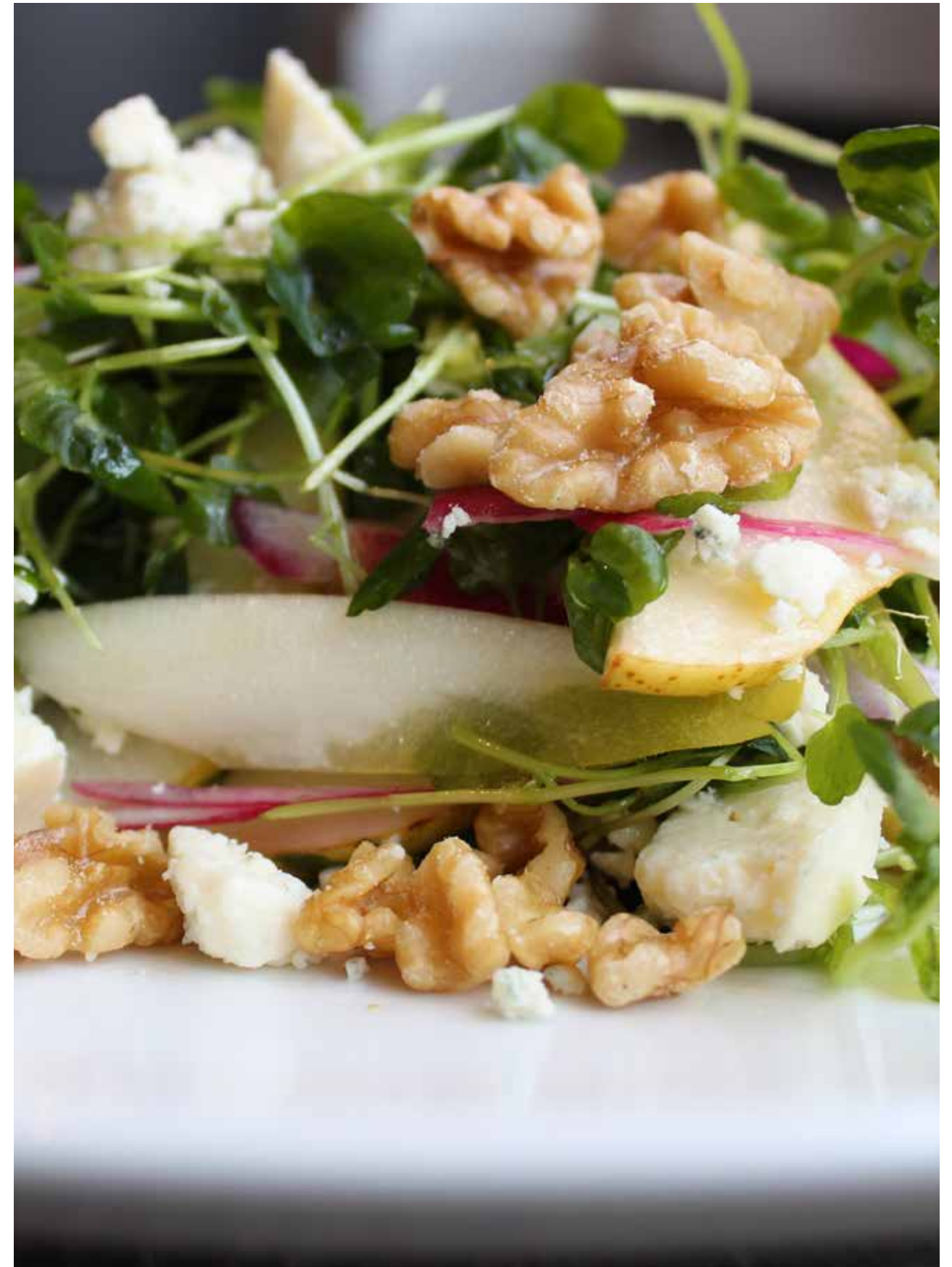
In a mixing bowl, combine the vinegar, shallots, honey, and dijon, whisk rapidly. While whisking, slowly stream oil into mixture until combined to create the dressing. Pour dressing over lettuce and pears. Mix well.

Top with blue cheese. Season with salt and pepper. Mix well.

FUN FACT

Dark leafy greens are a good source of nutrients including iron, calcium, vitamins A, K and C, potassium and folate.

VEGETARIAN





Chef Veronica's
SPINACH EMPANADA



SERVES
6



METHOD
FRY



MINUTES
45

1 tablespoon | 15 grams olive oil
 1 1/2 pounds | 680 grams spinach
 1 teaspoon | 6 grams garlic cloves, minced
 1/4 pound | 115 grams onions, diced
 1/2 pound | 230 grams monterey jack
 1/2 pound | 230 grams mozzarella, part skim
 1/2 cup | 115 grams parmesan
 12 each empanada dough
 1 egg
 1 tablespoon | 15 grams water

Empanada Dough:

3 cups | 360 grams all-purpose flour
 1/4 to 1/2 teaspoon | a pinch of salt
 6 ounces | 770 grams unsalted butter
 1 egg
 1/4 cup to 1/2 cup | 60 to 118 grams of water or milk adjust as needed to obtain a soft and smooth dough

Heat oil in a sauté pan over medium heat.

Add spinach, onion and garlic and sauté for approximately 4 minutes or until spinach is slightly wilted. Remove from heat, and drain excess liquid. Allow to cool. Stir in the cheese.

Preheat fryer to 325°F (165°C).

Lay out empanada discs. Add 2 ounces of spinach and cheese filling in center of disc. Fold empanadas in half and seal the edges.

Beat eggs and stir in water. Brush egg wash onto empanadas and evenly coat.

Transfer empanadas to the fryer and fry for approximately 3 minutes or until internal temperature reaches 160°F (70°C). Remove from fryer and drain excess oil.

Emapanda Dough:

Mix the flour and salt in a food processor. Add the butter and pulse. Add the egg and the water or milk (in small increments) and continue pulsing until a clumpy dough forms. To make the empanada dough by hand, follow the same instruction but use your hands to mix the ingredients together.

Split the dough into 2 large ball, flatten slightly into the shape of disks. The dough can be used immediately or refrigerated until ready to use (1-2 days max). Roll out the dough into a thin sheet and cut out round disc shapes for empanadas (use round molds or a small plate). You can also make small individual balls with the dough and roll out each individual ball to a round shape (doesn't need to be perfectly round) – if you have a tortilla press you can use it to flatten the dough balls.

Use immediately, or store in the refrigerator/freezer to use later.

FUN FACT

Spinach is rich in vitamin K which is critical for the body to clot blood properly. Just one cup provides 89 grams or 85% of the recommended daily intake.

VEGETARIAN

Chef Veronica's

PAN ROASTED GARLIC SHRIMP ALFREDO

SERVES
8METHOD
SAUTÉMINUTES
45

4 cloves garlic minced

1/3 cup | 80 grams olive oil

2 tablespoons | 28 grams
chopped parsley3 pounds | 1.3 kg 21/25 peeled
& deveined – tail on, 8 medium
shrimp per dish

2 tablespoons | 30 grams butter

2 tablespoons | 30 grams
minced onions or shallots2 teaspoons | 12 grams minced
garlic1 cup | 230 grams parmesan
cheese, shredded

3 cups | 720 ml of heavy cream

1 egg

1 pound | 455 grams fettucine

salt and pepper

In a large deep skillet, bring to medium-high temperature.

Season shrimp with salt pepper, and parsley in a bowl.

Sear for 2 minutes on each side or until a nice deep color is formed. Remove and place in bowl.

Grab a large pot of water and add a tablespoon of salt. Water has to be seasoned with salt, bring to a boil.

While that is coming to a boil, in same skillet, on medium heat, add in diced onion/shallot and garlic, sauté for a few minutes until golden.

Add the pasta to the boiling water and cook until al dente (approximate 10 to 12 minutes).

Add in heavy cream and bring to a simmer. In another bowl, separate egg yolk from white, discard the white.

With a fork, break yolk and add in one ladle of warm cream. Stir well and rapidly. Add mixture into pan of cream with half parmesan cheese listed. Mix really well with small whisk of fork.

When cheese melts, add in remainder of cheese, you can keep just a bit for garnish if desired. Continue to stir until all is incorporated.

Add in shrimp and all the juice from the bowl.

Taste and season with salt and pepper if needed. Add in pasta and toss again.

Garnish with any extra parmesan or parsley. Serve immediately. If sauce gets too thick, you can loosen with pasta water, milk or cream.

FUN FACT

Garlic provides an excellent source of vitamins A, C, E and quercetin, a potent antioxidant and anti-inflammatory.





Tips on

KEEPING PRODUCE FRESH

Different kinds of produce need different storage methods based on their water content, the thickness of their skin, and whether they have been cut. Generally some fruits and vegetables secrete gases as they ripen, causing others around them to go bad prematurely. Make sure to store apples, bananas, broccoli, cauliflower, cucumbers, onions, pears, potatoes and watermelon away from other produce. Read on for more tips on keeping your produce fresh.

PANTRY

Some produce like to be stored in cool, dark places, such as a pantry. This includes: Garlic, Onions & Shallots, Hard Squash (Winter, Acorn, Spaghetti, Butternut), Sweet Potatoes, Potatoes, & Yams & Watermelon

COUNTERTOP

Typical “room temperature” is 70°F. The following should be stored at room temperature, away from sunlight and moisture: Bananas & Citrus Fruit. Refrigerate for longer storage: Tomatoes & Stone Fruit.

To ripen more quickly, place in a paper bag at room temperature. For longer shelf-life, store in the refrigerator.

REFRIGERATOR

Your refrigerator temperature should be at 40°F. Always refrigerate cut or peeled produce. Store produce in plastic bags with holes in your produce drawer, unless noted:

- **APPLES & PEARS, BEETS & TURNIPS:** Remove greens before storing and keep loose in the crisper drawer.
- **BERRIES, CHERRIES & GRAPES:** Keep dry in covered containers or plastic bags.
- **BROCCOLI, CAULIFLOWER, CELERY, CARROTS & PARSNIPS:** Remove greens before storing celery.
- **CORN:** Store inside their husks.
- **CUCUMBERS, EGGPLANT & PEPPERS:** Store on the upper shelf (warmer part of the fridge).
- **FRESH HERBS:** Keep basil stems moist and wrap loosely in plastic. You can also keep herb stems in a glass of water in your refrigerator.
- **GREEN BEANS, LETTUCE & LEAFY GREENS:** Wrap loosely in a dish towel and place in a plastic bag in vegetable drawer. Keep stems moist.
- **MELON & MUSHROOMS:** Keep dry and unwashed in store container or paper bag.

