



FALL/WINTER 2024

KEYS TO THE KITCHEN



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WITH CONTRIBUTIONS FROM:

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KEYS TO THE KITCHEN

The talented chefs at UBS are pleased to present the fifth edition of the Keys to the Kitchen cookbook. Highlighting comfort foods, family favorites, and balanced dishes alike, this cookbook is sure to have something for everyone.

Each chef has included at least one sustainable or low waste recipe, but we encourage sustainable cooking whenever possible. This can be achieved in many ways, but a good place to start is working with what you have on hand; this can mean swapping out beef for chicken you already have in the freezer, or using that leftover wedge of onion in your fridge in place of a few scallions. So grab your apron, sharpen your knives, and get cooking with the Keys to the Kitchen cookbook!



MAYA BILLIG
WELLNESS MANAGER

Maya Billig, MS, RD, CDN is a Registered Dietitian and Certified Dietitian Nutritionist. She earned her Bachelors of Science from Muhlenberg College, her dual Masters of Science in Nutrition and Exercise Physiology from Teachers College, Columbia University and completed her Dietetic Internship at New York-Presbyterian Hospital.

Maya joined Restaurant Associates in 2023 and transitioned into the Wellness Manager role at UBS in 2024. She is passionate about promoting nutritious food that is both palatable and safe for omnivores as well as individuals with dietary restrictions and food allergies. In addition to supporting a balanced corporate food culture at UBS, Maya also works with private clients to help them reach their health goals.

EXPLORING THE AROMATIC & GUSTATORY DIFFERENCES BETWEEN OLIVE OILS

Olive oil, often revered as liquid gold, is a staple in many kitchens worldwide. Its versatility in cooking, coupled with its health benefits, makes it a cherished ingredient. However, not all olive oils are created equal. The aromatic and taste profiles of olive oil can vary significantly depending on the region of production. Factors such as climate, altitude, soil, olive variety, proximity to the sea, and production methods contribute to these differences, offering a rich tapestry of flavors and aromas that reflect the unique terroir of each region. Understanding these differences can enhance culinary experiences and appreciation for this ancient ingredient.

MEDITERRANEAN DIVERSITY

FROM SPAIN TO GREECE

SPAIN

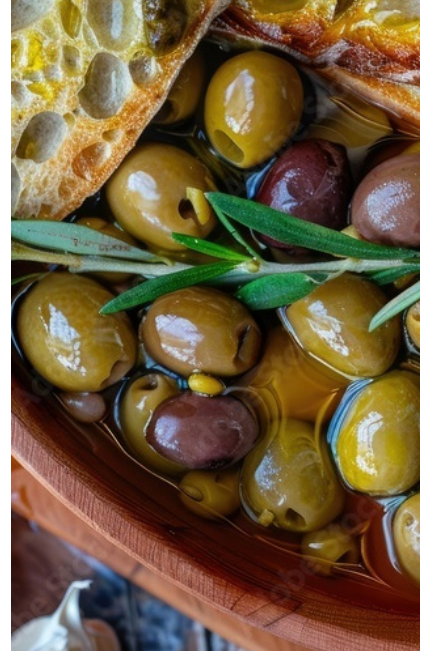
Spain is the largest producer of olive oil, with a variety of flavors influenced by its diverse climates and terrains.²

Andalusia

Andalusian olive oils, especially those from the province of Jaén, are predominantly made from the Picual olive. These oils are robust and full-bodied, with a pronounced bitterness and pungency, and often feature hints of green tomato, fig leaves, and freshly cut grass.

Catalonia

In contrast, Catalanian oils, often made from the Arbequina olive, are known for their mild, buttery flavor with a slight sweetness and nutty undertones. The aroma is typically fruity with hints of apple and banana.³



GREECE

Greek olive oils, particularly those from Crete and the Peloponnese, are celebrated for their balanced and complex flavors.

Crete

Cretan olive oils, primarily made from the Koroneiki olive, are known for their fruity and herbaceous qualities. They often have a slightly peppery finish with aromas of green apple, artichoke, and freshly cut grass.

Peloponnese

Oils from this region, using the Koroneiki and Athinolia olives, tend to be smooth and well-rounded, with a harmony of fruity, bitter, and pungent notes. The aroma can include hints of wild herbs, citrus, and almond.⁶

ITALY

Italian olive oils are renowned for their diverse flavor profiles, which can vary dramatically from region to region.

Tuscany

Tuscan olive oils are often characterized by a robust, peppery flavor with a hint of bitterness. The region's Frantoio, Leccino, and Moraiolo olive varieties contribute to a grassy, artichoke-like aroma with a distinct spiciness on the palate.

Sicily

Sicilian olive oils, on the other hand, tend to be fruitier and more aromatic. Varieties such as Nocellara del Belice and Biancolilla offer a rich, buttery texture with notes of tomato, fresh herbs, and almonds.⁵

Puglia

Known as the olive oil powerhouse of Italy, Puglia produces oils that are typically milder but still rich in flavor, with a balance of fruitiness, bitterness, and pungency. The Coratina olive variety from this region is famous for its intense, peppery taste and high polyphenol content.³



PORTUGAL

Portuguese olive oils, though less internationally recognized, offer unique flavors that are gaining attention.

Alentejo

Alentejo olive oils, often made from the Galega olive, are typically mild and buttery, with a delicate balance of fruity and nutty flavors. The aroma is fresh and green, with notes of apple and freshly cut grass.⁴

BEYOND THE MEDITERRANEAN

OLIVE OIL FROM THE NEW WORLD

CALIFORNIA, USA

California has emerged as a significant player in the olive oil industry, producing oils that can rival those of the Mediterranean. Californian olive oils, often made from Italian and Spanish olive varieties, are known for their fresh, grassy and floral flavors and aromas. The oils are typically well-balanced, with a mix of fruitiness, bitterness, and pungency.⁷



NON-OLIVE OIL ALTERNATIVES

AVOCADO OIL

Avocado oil is prized for its mild, buttery flavor and high smoke point, and heart-healthy fat profile makes it an excellent cooking alternative. Its subtle richness can complement a wide range of foods, from sautéed vegetables to salad dressings.

COCONUT OIL

Known for its distinctive tropical aroma and flavor, coconut oil adds a unique twist to both sweet and savory recipes. It's particularly favored in baking and Southeast Asian cuisine.

SEED OILS

Seed Oils is the umbrella term used for oils that come from seeds such as Sunflower, Safflower and Canola. These oils are usually more processed but fine to consume in small amounts. Culinaricians may opt for seed oils in baking and cooking at higher temperatures due to their neutral taste and high smoke point.

CONCLUSION

Olive oil selection is as diverse as the regions that produce the lustrous ingredient. The aromatic and taste differences between olive oils from different regions highlight the rich diversity of this culinary staple. Each olive oil tells a story of its origin, encapsulating the essence of its environmental conditions. From the robust, peppery oils of Tuscany to the fruity, aromatic oils of Sicily, each region imparts its unique characteristics to the olive oils produced. Whether you're drizzling it over a salad, using it to cook, or simply dipping bread into it, understanding these regional differences can enhance your appreciation of this ancient and versatile ingredient. So next time you reach for a bottle of olive oil, consider the journey it has taken from the grove to your kitchen and savor the flavors that reflect its origin.

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MEET OUR CHEFS



JOHN NUNZIATA
REGIONAL CHEF



SYDNEY WILLCOX
COOKING SCHOOL
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11 MADISON



JOHN NUNZIATA
REGIONAL CHEF

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.

CHEF JOHN'S RECIPES

GNOCCHI AL FORNO

MEDITERRANEAN HALIBUT EN PAPILOTE

LAMB KOFTA

PORT MACERATED STONE FRUIT CROSTINI



Chef John's

GNOCCHI AL FORNO



SERVES

6



METHOD

BAKE, BOIL



TIME

2 HRS, 30 MINS

Ingredients

4 pounds | 1,815 grams potatoes

4 cups | 520 grams all-purpose flour

2 teaspoons salt, plus more for pasta water

½ pound | 225 grams fontina cheese, sliced

½ cup | 113 grams | 1 stick melted butter

METHOD

1. Wash potatoes and boil for 20-25 minutes, or until fork tender.
2. Drain, cool and peel them.
3. Process the potatoes through a ricer into a large bowl or directly onto your work surface.
4. Add the flour and salt and quickly work the mixture into a dough.
5. Break off small pieces and shape them into sausage-like rolls the thickness of a finger, each about 1 inch (2 ½ centimeters) long.
6. Press each piece with your thumb against the concave surface of a fork—this will give each gnocchi the appearance of a shell with a ridge pattern on its back.
7. Place the gnocchi on a floured surface to prevent them from sticking together.
8. Bring a large pot of heavily salted water to a boil and drop in the gnocchi, removing them with a perforated spoon as they rise to the top, about 3 minutes. It is usually better to cook them in batches rather than all at once, otherwise they may stick together.
9. Fill a baking dish with alternate layers of gnocchi and slices of fontina, sprinkling each layer with melted butter.
10. Cover and bake at 350°F (175°C) for 12 minutes.
11. Serve immediately.

LOW WASTE

VEGETARIAN

MEDITERRANEAN HALIBUT EN PAPILLOTE (HALIBUT IN PARCHMENT)



SERVES

4



METHOD

BAKE, SAUTÉ



TIME

50 MIN

Ingredients

TOMATO CONCASSE (SKINLESS, SEEDLESS TOMATOES):

2 medium ripe tomatoes

Water, for boiling

HALIBUT EN PAPILLOTE:

4 6-ounce | 170-gram U.S. wild-caught Pacific halibut filets

3 tablespoons | 25 grams flour

4 tablespoons | 50 grams extra virgin olive oil, divided

4 ounces | 115 grams onion, finely chopped

1 teaspoon finely chopped garlic

2 tablespoons | 20 grams golden raisins, plumped in hot water and drained

2 tablespoons | 15 grams pine nuts

2 celery stalks, finely chopped

2 tablespoons | 30 grams salt-packed capers, rinsed and drained

12 large green olives, pitted and coarsely chopped

Sea salt and freshly ground pepper, to taste

Finely chopped parsley, for garnish

METHOD

1. Prepare the tomato concasse. Using a sharp paring knife, score the bottom of the tomatoes in a cross pattern. These should be shallow incisions. Remove the stem.
2. Place the tomatoes in a large pot of boiling water for about 20 seconds. Using a slotted spoon remove the tomatoes and immediately transfer to a bowl of ice water to stop the cooking process.
3. Once cool, use a paring knife to peel the skin from the tomato. Slice the tomatoes in half and gently squeeze the seeds out from each half. Finely dice the tomatoes and set aside.
4. Make the halibut. Dust each side of the fish with flour, shaking off the excess.
5. Heat 2 tablespoons (27 grams) of oil in a sauté pan over medium-high heat and sauté the fish quickly just until it is golden on each side.
6. Remove the fish and set aside.
7. Lower the heat and gently sauté the onion and garlic until they are soft, if needed add the remaining oil.
8. Then add the raisins, pine nuts, celery, capers, and olives and cook for 2 to 3 minutes.
9. Add the tomato concasse, raise the heat slightly, and cook over medium heat for another 2 to 3 minutes.
10. Place the fish on a large square of parchment paper (or tin foil).

S U S T A I N A B L E

11. Pile the mixture on top, add salt and pepper and fold up the ends of the parchment or foil to form a loose but tightly sealed packet.
12. Place the packet onto a sheet pan or in a shallow baking pan and roast in a 400°F (200°C) oven for 15 minutes or until the fish reaches an internal temperature of 135°F (57°C).
13. Remove halibut steaks from oven and serve with the mixture spooned over them and a sprinkling of parsley.



SUSTAINABILITY NOTE

According to the Monterey Bay Aquarium Seafood Watch, U.S. wild-caught Pacific halibut is a sustainable seafood choice as the species is sustainably managed and responsibly harvested, speak to your local fish monger about the sustainable options available to you.

Chef John's

LAMB KOFTA



SERVES

4



METHOD

SEAR



TIME

30 MIN

Ingredients

8 ounces | 225 grams minced lamb

2 ounces | 55 grams white onion,
finely chopped

2 garlic cloves, crushed with salt

1 tablespoon | 17 grams ketchup

½ teaspoon Aleppo pepper

½ teaspoon allspice

½ cup | 30 grams fresh bread crumbs

3 eggs

½ cup | 30 grams parsley

½ cup | 30 grams dill

Oil, for frying

METHOD

1. In a bowl pound the minced lamb with the onion and garlic.
2. Add all the other ingredients except the oil and knead well, slapping the mixture against the sides and base of the bowl.
3. Shape the mixture into small round balls, flatten them and roll them into an oval shape.
4. Fill a frying pan with about 1 inch (2 ½ centimeters) of oil and heat over medium high heat. Cook about 2 to 3 minutes per side, until all sides of the kofta are deeply browned.
5. Drain on kitchen paper and serve.



Chef John's

PORT MACERATED STONE FRUIT CROSTINI



SERVES

4



METHOD

BAKE, MACERATE



TIME

2 HRS, 15 MIN

Ingredients

3 ounces | 85 grams ripe apricots, pitted and cut into thin wedges

3 ounces | 85 grams ripe Italian plums, pitted and cut into thin wedges

3 ounces | 85 grams ripe peaches, pitted and cut into thin wedges

1 vanilla bean, split lengthwise and seeds scraped

½ cup | 100 grams sugar

2 tablespoons | 30 grams port wine

Room temperature butter, for baking sheet and bread

4 slices sourdough batard

2 tablespoons | 40 grams hot honey

4 ounces | 115 grams whipped ricotta

METHOD

1. Toss the apricots, plums, peaches, vanilla seed and pod, sugar, and port wine in a large bowl until the sugar dissolves. Let stand for at least 20 minutes, but preferably 2 hours.
2. Preheat the oven to 350°F (175°C).
3. Generously butter a small rimmed baking sheet.
4. Generously butter one side of each slice of batard.
5. Arrange batard, buttered side up, in a single layer in the baking sheet.
6. Spoon the fruit and their juices over the bread. Be sure to get a nice mix of colors on each slice.
7. Bake until the bread is browned and crisp and the fruit is tender, about 10-15 minutes.
8. Whip the ricotta with the hot honey and put a spoonful of the ricotta mixture on top of each toast.
9. Serve immediately.



SYDNEY WILLCOX

COOKING SCHOOL
EXECUTIVE CHEF

Sydney discovered her love for all things culinary while spending a semester in Florence, Italy. After returning to New York, she decided to turn her passion into a career. Sydney attended and graduated from the French Culinary Institute and went on to train under Iron Chef Marc Forgione. As Sydney's expertise evolved, she realized her greatest joy was to share her knowledge with others. Sydney became a culinary instructor for many of New York City's top culinary event and retail companies, before joining Restaurant Associates as a Culinary Instructor in 2017. Sydney is dedicated to inspiring a passion for food in others and helping them gain skills and confidence in the kitchen.

CHEF SYDNEY'S RECIPES

THAI GOLDEN BEET SOUP WITH LEMONGRASS & COCONUT

FLEXIBLE BAKED FRENCH TOAST

HOMEMADE FOCACCIA

SOY & CITRUS GRILLED TUNA WITH TROPICAL SALAD

THAI GOLDEN BEET SOUP WITH LEMONGRASS & COCONUT



SERVES

4



METHOD

SIMMER



TIME

1 HR, 20 MIN

Ingredients

2 pounds | 900 grams golden beets, peeled and quartered

Kosher salt, to taste

1 small shallot, finely diced, or 4 scallions (whites and light green), thinly sliced

2 tablespoons | 30 grams rice wine vinegar

2 tablespoons | 27 grams olive oil, divided

1 onion, diced, or 1 leek, outer layers removed, cleaned well and sliced into ½-inch (1 ¼-centimeter) half moons

1 stalk celery, diced

½-inch | 1 ¼-centimeter knob ginger, peeled and minced

1 stalk lemongrass, outer leaves removed, bruised with a meat tenderizer or the back of a chef's knife, and sliced into ¼-inch (⅔-centimeter) pieces

1 hot chili pepper (such as Thai bird, Serrano, or Fresno), minced, optional

Ground black pepper or white pepper, to taste

1 makrut lime leaf, torn, optional

1 lemon or mandarin orange, zested and juiced

1 lime, zested and juiced

1 14-16 ounce | 420-450 milliliter can coconut milk

4 ½ cups | 1 liter vegetable stock

Handful of basil and/or cilantro, chopped or sliced thin

VEGAN

METHOD

1. Place quartered beets in a large pot and add a few pinches of salt; cover with water. Place over high heat and bring to a boil; lower to a gentle boil and cook until tender, about 20-30 minutes; drain. Reserve 2 beet quarters for garnish.
2. While beets are boiling, combine diced shallot (or scallions) and rice wine vinegar in a small bowl.
3. Return pot to medium heat and add about 1 tablespoon (13 grams) oil. When oil is shimmering, add onion (or leeks) and celery; season with salt and pepper and gently sauté until softened, about 4 - 5 minutes. Add ginger, lemongrass, and chili, if using; cook until aromatic, about 1 minute. Add beets (reserving 2 pieces), lime leaf (if using), and a pinch of zest from each citrus fruit. Cook about 5 minutes, stirring occasionally, until vegetables are just beginning take on a golden color; adjust heat as needed to prevent browning. Add coconut milk and scrape any brown bits from the bottom of the pot. Add 4 cups (945 milliliters) of the vegetable stock and season generously; bring to a boil and reduce to a simmer. Cook until the flavors come together, about 10 - 15 minutes.
4. While the soup is simmering, dice remaining beets into small pieces and add to shallot-vinegar mix with a small pinch of salt; mix to combine.

5. When soup is finished cooking, remove from heat; taste and adjust seasoning. Using a standing or immersion blender, puree soup until smooth, adding more vegetable stock if needed to thin consistency. Add a little squeeze of juice from each citrus, as well as a small drizzle of good quality olive oil; puree for only 5 seconds. Taste and add more seasoning, citrus juice or olive oil as desired. Divide into 4 soup bowls.
6. Strain diced shallot-beet mixture and mix in herbs. Spoon mixture over soup to garnish.



NOTE FROM CHEF SYDNEY

Makrut lime leaves, also known as kaffir lime leaves, are often referred to as the bay leaf of Thai cuisine and cooking. They are a hardy herb with a bright and intense citrus flavor. They can be found in most Asian grocery stores in either the refrigerated or freezer section. If you're unable to find them, you can substitute the zest of 1 to 2 limes: using a vegetable peeler, peel the skin of the lime from the fruit, being careful to avoid the bitter white pith. Add to the soup with the other citrus zests, removing the lime peels before blending the soup.

FLEXIBLE BAKED FRENCH TOAST



SERVES
10



METHOD
BAKE



TIME
1 HR, 30 MIN
(PLUS 4-12 HRS TO REST)

Ingredients

½ cup | 113 grams | 1 stick butter
⅔ cup | 135 grams light brown sugar, packed
2 cups | 300 grams mixed fruit, such as fresh berries, thinly sliced apples, pears, peaches, or bananas
1 loaf (14 ounces | 400 grams) bread, such as brioche or challah, sliced 1 ½-inch | 4-centimeters thick or torn into large chunks (preferably stale or lightly toasted)
8 large eggs
2 cups | 480 milliliters milk (whole or 2%)
2 teaspoons vanilla extract
Pinch kosher salt
1 to 2 teaspoons baking spices, such as cinnamon, allspice, ginger, clove, nutmeg, gingerbread spice or pumpkin pie spice
Powdered sugar or maple syrup, for topping

VEGETARIAN

SUSTAINABLE

LOW-WASTE

METHOD

1. Grease a 9x13-inch (23x33-centimeter) baking dish.
2. Make the syrup: If using the stove top, melt the butter in a sauce pot over low heat. Add brown sugar and cook, stirring, until dissolved, 2 minutes. If using the microwave, melt the butter in a microwave safe bowl at 15 second increments, stirring in between, until melted. Stir in brown sugar and mix until well combined; use a whisk and stir vigorously if needed.
3. Assemble: Pour syrup into baking dish and spread into an even layer. Layer fruit over the syrup in the baking dish. Layer your bread over your fruit, tearing it where needed to make an even layer. If you have extra fruit and bread, you can continue to layer them (bread should be the top layer).
4. Make the custard: Whisk together the eggs, milk, vanilla, a small pinch of salt, and spices. Pour the custard evenly over the bread. Place a piece of parchment or foil over and lightly press down to be sure all the bread gets fully submerged. Cover tightly and refrigerate for at least 30 minutes, or between 4-12 hours, ideally.
5. When ready to bake, preheat your oven to 350°F (175°C) and remove the baking dish from the refrigerator, letting it rest until it comes to room temperature, about 15 minutes. Once rested, transfer the baking dish to the oven and cook, covered, for 30 minutes. Remove cover and continue to bake for 15-25 additional minutes (less time = softer texture; more time = firmer texture). Let cool slightly before topping with powdered sugar or maple syrup.



SUSTAINABILITY NOTE

In an effort to reduce waste and create a recipe with sustainability in mind, I've developed this flexible French toast so that you have the freedom to use whatever you have on hand. Day-old bread (or two- or three-...) and slightly over or under ripe produce all works! Just make sure to have fun with it!

Chef Sydney's

HOMEMADE FOCACCIA



SERVES

12



METHOD

BAKE



TIME

1 HR

(PLUS 4 HRS TO REST)

Ingredients

2 cups | 480 milliliters warm water, warmed between 105°F and 115°F (40°C and 46°C), use thermometer to ensure the right temperature

2 teaspoons active dry yeast

2 teaspoons sugar or honey

5 cups | 625 grams bread flour

1 tablespoon | 8 grams kosher salt

½ cup | 120 milliliters extra virgin olive oil, divided

1 to 2 tablespoons | 15 to 30 grams butter, for pan

2 to 4 tablespoons | 6 to 12 grams rosemary or thyme, chopped, optional

1 tablespoon | 18 grams flaky sea salt

METHOD

1. Dough & first rise. In a large mixing bowl, mix warm water and sugar (or honey). Sprinkle the yeast on top and briefly stir it into the water. Let rest until the yeast is foamy, about 5 minutes.
2. Gradually add bread flour, kosher salt, and ¼ cup (50 grams) olive oil to the bowl of proofed yeast. Use a wet wooden spoon or wet hands to mix, dipping the spoon or your fingers into a bowl of cold water to help the dough from sticking. Mix until you form a shaggy dough and then knead lightly until dough comes together, continuing to dip your fingers or spoon often to prevent sticking.
3. Add 2 tablespoons (27 grams) olive oil to a large clean bowl and transfer the ball of dough, flipping over gently so it's generously coated with oil on all sides. Cover the bowl with plastic wrap or a kitchen towel and let rest for 30 minutes.
4. Use wet fingers or a wooden spoon to fold the dough gently, lifting one quarter at a time and lightly folding it up and over to the other side of the bowl; turn the bowl a quarter turn (90 degrees) and repeat the process 3 more times for a total of four folds. Wrap bowl and let rest for 30 minutes, then repeat folding motion. Wrap bowl and let rest until doubled in size, about 1 - 1 ½ hours (pick a warm spot in your kitchen, such as an unheated oven with the light on, to help ensure yeast growth). Alternatively, let rise overnight in the refrigerator for 18 - 48 hours.

VEGETARIAN

LOW - WASTE



5. Second rise. Generously coat a 9x13-inch (23x33-centimeter) baking dish with the butter and then with olive oil; if your baking dish is not a nonstick pan, you may want to use parchment paper to line your pan.
6. When the dough is ready, use wet hands to very gently release the dough from the bowl, working one area and turning the bowl until you've gone around all sides. Gently form a ball by lifting and folding the dough onto itself: lift the dough with both hands on either side, letting the other end fall to the bowl, and gently laying the dough back down over the dough that has fallen. Turn the bowl 90 degrees and gently repeat so that you are now lifting the sides of the dough that fell during the first lift.
7. Gently tilt the bowl and slowly slide the dough into the prepared pan; cover and let rest 10 minutes. Using wet hands, lightly stretch the dough to the edges of the baking sheet; be gentle as the air bubbles are an important character of the bread. Cover and allow dough to rest for an additional one hour for its second rise.
8. Baking. Preheat the oven to 450°F (230°C) with a rack in the middle.
9. Using a pastry brush, generously and evenly coat the top of the focaccia with olive oil, about 1 to 2 tablespoons (13-27 grams), and sprinkle with fresh chopped rosemary or thyme, if using. To dimple, use your fingertips to press to the bottom of the dough to create dimples; dip your fingers in straight, not on an angle; do not overdo it. Sprinkle with flaky sea salt.
10. Transfer to oven and decrease temperature to 425°F (215°C). Bake until golden brown, about 22–30 minutes. Transfer to a cooling rack or cutting board and let cool at least 10–15 minutes before cutting.



SOY & CITRUS GRILLED TUNA WITH TROPICAL SALAD



SERVES

4



METHOD

GRILL



TIME

40 MINS

Ingredients

MARINADE & TUNA:

¼ cup | 60 grams orange juice
¼ cup | 60 grams pineapple juice
3 tablespoons | 45 grams soy sauce
1 tablespoon | 15 grams lime juice
1-inch | 2 ½-centimeter knob ginger, minced
1 hot chili pepper, such as Fresno or Serrano, minced
1 clove garlic, grated or minced
1 bunch scallions, sliced, white and greens separated
Kosher salt, to taste
2 teaspoons sesame oil
2 teaspoons olive oil
4 6-ounce | 170-gram tuna steaks
1 lime, wedged

SALAD:

1 avocado, diced
½ orange, peeled and sliced into half circles
¼ pineapple, diced
1 red bell pepper, diced
1 orange or yellow bell pepper, diced
½ jicama, peeled and diced
1 english cucumber, diced
1 red or sweet onion, diced
4 tablespoons | 12 grams cilantro and/or basil, chopped
2 tablespoons | 6 grams mint, chopped
2 tablespoons | 20 grams toasted sesame seeds

METHOD

1. In a bowl, whisk together the orange juice, pineapple juice, soy sauce, lime juice, ginger, chili, garlic, scallion whites (reserve greens) and a generous pinch of salt. Slowly pour in sesame oil and olive oil while whisking; taste and adjust seasoning or acidity. Reserve 4 tablespoons (70 grams) of marinade and set aside to use later as a salad dressing. Place the tuna in a baking dish large enough to just fit the tuna in a snug single layer and pour remaining marinade over, turning tuna to coat. Let stand at room temperature for about 20 minutes, flipping halfway.
2. While tuna is marinating, prepare salad by dicing all fruit, vegetables, and herbs and combining in a large mixing bowl. Season with salt and pepper and add reserved marinade dressing, tossing to coat. Taste and adjust seasoning, then transfer to plates or platter.
3. Preheat grill to medium high and clean and oil grates. Remove tuna from marinade and gently pat dry with paper towels. Coat tuna with oil and lightly season with salt. When the grill is hot, carefully add tuna to the hottest part of the grill, spacing them out so they are not crowded. Cook for 2-3 minutes then flip and cook an additional 2-3 minutes until charred on the outside with grill marks, but still rare inside. Place cooked tuna over salad plates or platter and garnish with scallion greens, sesame seeds and lime wedges.



BRIAN GWINNER

COOKING SCHOOL
SOUS CHEF

Born in Texas, Brian came to cooking later in life. After he graduated with a Bachelor's in Science, he decided his passion didn't lie in pediatric psychiatry as he thought and, with the encouragement of his mom, Brian moved to NYC to enroll in culinary school and pursue cooking. Brian started as an intern at the Manhattan Ocean Club, while he was still in school, and that eventually turned into a Sous Chef position at Quality Meats. He then worked at Public with Brad Farmerie and Marlow & Sons Diner in Brooklyn with Sean Rembold. Brian transitioned to corporate dining with Restaurant Associates in 2010 and worked with them until 2019 when he was able to become a Culinary Instructor with Wonder and combine his love for teaching and passion for cooking. He is overly excited to join Restaurant Associates at the UBS Cooking School and share his passion and nerdism for food!

CHEF BRIAN'S RECIPES

FRESH FRUIT TARTS WITH VANILLA PASTRY CREAM

RED CURRY SHRIMP WITH SEAWEED

SMASH BURGERS & SPECIAL SAUCE

PORK BELLY BAO, CHAR SIU GLAZE, NAPA SLAW

Chef Brian's

FRESH FRUIT TARTS WITH VANILLA PASTRY CREAM



SERVES

4



METHOD

BAKE, SIMMER



TIME

1 HR, 30 MINS
(PLUS 3 HRS FOR CHILLING)

Ingredients

PASTRY CREAM:

2 cups | 475 milliliters half-and-half

½ cup | 100 grams granulated sugar, divided

Pinch of salt

5 egg yolks

3 tablespoons | 75 grams corn starch

¼ cup | 55 grams | ½ stick cold unsalted butter, cut into 4 equal pieces

1 ½ teaspoons vanilla extract

CRUST:

1 egg yolk

3 teaspoons heavy cream

½ teaspoon vanilla extract

1 ¼ cups | 160 grams all-purpose flour

⅔ cup | 80 grams powdered sugar

¼ teaspoon salt

½ cup | 113 grams | 1 stick cold unsalted butter, cut into ½-inch (1 ¼-centimeter) cubes

Fresh fruit of your choice! Sliced strawberries, washed blueberries or raspberries, halved blackberries, sliced peaches, sliced nectarines, and/or pitted and halved cherries would all work well in this recipe.

VEGETARIAN

LOW-WASTE

METHOD

1. Make the pastry cream. Heat the half-and-half, 6 tablespoons (75 grams) of the sugar, and the salt in a medium heavy-bottomed saucepan over medium heat until simmering, stirring occasionally to dissolve the sugar.
2. Meanwhile, whisk the egg yolks in a medium bowl until thoroughly combined. Whisk in the remaining 2 tablespoons (25 grams) of sugar and whisk until the sugar has begun to dissolve and the mixture is creamy, about 15 seconds. Whisk in the corn starch until combined and the mixture is pale yellow and thick, about 30 seconds.
3. When the half-and-half mixture reaches a full simmer, gradually whisk the simmering half-and-half into the yolk mixture to temper. Return the mixture to the saucepan, scraping the bowl with a rubber spatula. Return to a simmer over medium heat, whisking constantly, until a few bubbles burst on the surface and the mixture is thickened and glossy, about 30 seconds. Off the heat, whisk in the butter and vanilla.
4. Strain the pastry cream through a fine-mesh sieve set over a medium bowl. Press plastic wrap directly on the surface to prevent a skin from forming and refrigerate until cold and set, at least 3 hours or up to 2 days.

5. Make the Crust. Whisk together the egg yolk, heavy cream, and vanilla in a small bowl; set aside. Place the flour, sugar and salt in a food processor and process briefly to combine. Scatter the butter pieces over the flour mixture; process to cut the butter until the mixture resembles coarse meal, about fifteen 1-second pulses. With the machine running, add the egg mixture and process until the dough just comes together, about 12 seconds. Turn the dough onto a sheet of plastic wrap and press into a 6-inch (15-centimeter) disk. Wrap in plastic and refrigerate at least 1 hour or up to 48 hours.
6. Prepare the tart. Remove the dough from the refrigerator (if refrigerated longer than 1 hour, let stand at room temperature until workable). Unwrap and roll out between 2 lightly floured large sheets of parchment paper or plastic wrap to a 13-inch (33-centimeter) round.
7. Transfer the dough to a 9- to 9 ½-inch (23- to 25-centimeter) tart pan. Ease the dough into the pan corners and press the dough against the fluted sides of the pan. If some sections of the edge are too thin, reinforce them by folding the excess dough back on itself. Run the rolling pin over the top of the tart pan to remove the excess dough. Prick the bottom and sides of the dough all over with a fork. Set the dough-lined tart pan on a large plate and freeze for 30 minutes. (The dough-lined tart pan can be sealed in a gallon-size zipper-lock plastic bag and frozen up to 1 month.)
8. Preheat the oven to 375°F (190°C). Set the dough-lined tart pan on a baking sheet, press a square of foil into the frozen tart shell and over the edge, and fill with metal or ceramic pie weights. Bake for 30 minutes, rotating halfway through the baking time. Remove from the oven and carefully remove the foil and weights. Continue to bake until deep golden brown, 5 to 8 minutes longer. Set the baking sheet with the tart shell on a wire rack and cool to room temperature.
9. Assemble the tart. Spread the cold pastry cream over the bottom of the tart shell, using an offset spatula or large spoon. Arrange your favorite fruit on top and serve!



SUSTAINABILITY NOTE

Don't let those egg whites go to waste! Save them for a healthy egg white scramble the next morning or try them in something more indulgent like a whiskey sour or gin fizz

Chef Brian's

RED CURRY SHRIMP WITH SEAWEED



SERVES

4



METHOD

SAUTÉ



TIME

45 MINS

Ingredients

2 tablespoons | 27 grams canola oil
1 onion, thinly sliced
1 red bell pepper, thinly sliced
2 Thai eggplants, de-stemmed and quartered
1 tablespoon | 6 grams minced ginger
2 garlic cloves, minced
Kosher salt and fresh black pepper, to taste
2 tablespoons | 30 grams prepared red curry paste
1 14 ½-ounce | 411-gram can coconut milk
1 pound | 455 grams large shrimp, cleaned and deveined
2 tablespoons | 8 grams chopped fresh seaweed, rinsed and patted dry
1 tablespoon | 15 grams fresh lime juice
¼ cup | 12 grams fresh cilantro, chopped
White rice, for serving

METHOD

1. Add oil to a large, heavy bottomed pot and set over medium heat. Add onion, bell pepper, and eggplant and cook for 8 to 10 minutes, or until the vegetables are softened and starting to brown.
2. Add ginger and garlic and cook for 1 minute more, or until very fragrant. Season with kosher salt and fresh black pepper.
3. Add the red curry paste, stirring with a rubber spatula to coat all of the aromatics with curry paste. Add coconut milk, then fill the can about halfway with water and add that to the pot as well. Bring to a simmer.
4. While the coconut milk simmers, season the shrimp with salt and pepper. When the curry has reduced by a quarter, add the shrimp and seaweed to the simmering sauce, and cook for 3 to 4 minutes, or until the shrimp is cooked through.
5. Remove from heat and stir in lime juice and cilantro before serving with steamed rice.

S U S T A I N A B L E

SUSTAINABLY SOURCED

Seaweed is an incredibly sustainable ingredient. According to the World Wildlife Fund, “seaweed is easy to grow, versatile, and beneficial to ocean ecosystems... Seaweed farming doesn’t require fresh water, pesticides, or fertilizer. As the world looks to meet a growing demand for healthy food, the low environmental footprint of farmed seaweed makes it an important ingredient of the future food supply.”

Chef Brian's

SMASH BURGERS & SPECIAL SAUCE



SERVES

4



METHOD

MIX, SEAR



TIME

1 HR, 30 MINS

Ingredients

CARAMELIZED ONIONS:

2 large sweet onions, thinly sliced
¼ cup | 55 grams | ½ stick unsalted butter
2 teaspoons kosher salt

SPECIAL SAUCE:

1 cup | 235 milliliters mayonnaise
⅓ cup | 90 grams ketchup
1 garlic clove, grated
1 teaspoon sherry vinegar
¾teaspoon smoked paprika
1 teaspoon Dijon mustard
1 teaspoon prepared horseradish
4 to 5 mini cornichons, finely chopped
Kosher salt and fresh black pepper, to taste

BURGER:

2 pounds | 910 grams ground beef, preferably 80/20 mix
Canola oil, for searing
Kosher salt and fresh black pepper, to taste
8 slices American cheese
4 sesame seed hamburger buns, split and toasted
Pickles, for serving

LOW - WASTE

METHOD

1. Caramelize the onions. Melt the ½ stick (55 grams) of butter in a skillet or saucepan over medium-low heat. Stir in the onions and cook for 10 minutes until the onions begin to turn translucent and soften. Reduce heat to low and add salt. Cook the onions, stirring often, until very soft and golden brown, about 30 to 50 minutes. Set aside until ready to assemble burgers.
2. Make the special sauce. Combine all sauce ingredients in a bowl using a whisk or spoon, taste and season with salt and pepper. Chill in the fridge until ready to assemble burgers.
3. Make the burgers. Shape meat into 8 equal-sized balls.
4. Heat a large skillet over medium-high heat. Add canola oil and, working in batches, place the portioned balls of meat in the skillet, spacing at least 3 inches (8 centimeters) apart. Lightly coat the back of a heavy metal spatula with oil and smash each ball to flatten to about ⅓-inch (1-centimeter) thickness. You could also place a small sheet of parchment paper on each meat ball, and smash using a cast-iron burger press; remove parchment.
5. Season each flattened patty in the skillet with kosher salt and fresh black pepper. Cook until bottoms are browned and lightly crisp, about 2 minutes. Flip patties and season again with salt and pepper. Top each patty with 1 cheese slice. Cook until cheese is melted and patties are cooked through, about 2 minutes.
6. Assemble the burgers. Spread a generous spoonful of the special sauce and a scoop of caramelized onions to the bottom bun, top with 2 patties, add a few slices of pickles to the top patty and add the top bun. Serve and enjoy.

Chef Brian's

PORK BELLY BAO, CHAR SIU GLAZE, NAPA SLAW



SERVES

4



METHOD

ROAST, SEAR



TIME

1 HR, 30 MINS
(PLUS OVERNIGHT CHILL)

Ingredients

PORK BELLY:

2 pounds | 32 ounces pork belly skin-on or skinless
4 teaspoons kosher salt
4 teaspoons sugar
Fresh black pepper, to taste

GLAZE:

¼ cup plus 2 tablespoons | 115 grams oyster sauce
¼ cup plus 2 tablespoons | 125 grams hoisin sauce
¼ cup | 50 grams granulated sugar
2 tablespoons | 35 grams ketchup
2 tablespoons | 40 grams honey
1 tablespoon | 15 grams brandy
1 tablespoon | 13 grams vegetable oil
1 ½ teaspoons sesame oil
¾ teaspoon chili oil
2 garlic cloves, minced
¼ teaspoon five spice powder
¼ teaspoon ginger powder
¼ teaspoon garlic powder
¼ teaspoon ground white pepper
2 tablespoons | 30 grams unsalted butter

SLAW:

1 cup | 70 grams shredded Napa cabbage
½ cup | 65 grams julienned jicama
½ cup | 55 grams shredded carrot
2 scallions, sliced
2 tablespoons | 6 grams cilantro, chopped
⅓ cup | 70 grams canola oil
3 teaspoons rice wine vinegar
2 tablespoons | 30 grams fresh lime juice

12 folded bao buns, for serving
Crushed peanuts, for serving

METHOD

1. Pat skin on the pork belly dry with a paper towel. With a sharp knife, score through skin every ½ inch (2 centimeters) at a diagonal, cutting through skin and into fat, but not so deep that you hit meat. Repeat cutting in an opposite diagonal to create a diamond shape pattern. If using skinless pork belly skip this step.
2. Season pork belly with salt, sugar, and a few grinds of black pepper. Cover and refrigerate overnight.
3. Preheat the oven to 450°F (230°C).
4. Roast pork belly for 30 minutes on the middle rack in a heavy, oven-safe pan or skillet, fat side up. Reduce heat to 275°F (135°C) and roast for an hour or more, until tender but not mushy. Larger pieces will need more than an hour. Remove from the oven and cool uncovered in the fridge until chilled through.
5. When fully chilled, slice into planks as thick as your pinky.
6. Whisk all the ingredients for the glaze in a bowl except for the butter.
7. In a large bowl, combine the Napa cabbage, jicama, carrot, scallions and cilantro. Toss the ingredients together.
8. In a small bowl, whisk together the canola oil, vinegar, and lime juice. Drizzle over the cabbage mixture, taste and season with salt and fresh black pepper.

9. Preheat a large non-stick pan over medium heat. Place the slices of pork belly in the pan while it is preheating. When the pork is crisped up and golden brown, flip onto the other side and cook till crispy and golden brown. Remove onto a paper towel lined plate or a rack set over a paper towel. Turn the pan off.
10. Pour the glaze into the still warm pan and mix with a rubber spatula. Turn the pan on medium low and bring to a simmer. Reduce the glaze slightly, turn the pan off, and swirl in the butter. When the butter is fully emulsified into the sauce, add the pork belly slices back into the glaze and flip to coat each one completely.
11. Place the bao buns on a microwavable safe plate, place 2 damp paper towels on top and microwave them for 45 seconds, until they are warm and fluffy.
12. Place one slice of pork in the middle of the bun, top with crushed peanuts and serve with Napa cabbage slaw.





DARIUSZ NALTNER

EXECUTIVE CHEF

1285

Chef Dariusz Naltner grew up in Gdansk, Poland by the Baltic Sea, where he learned at an early age that fresh seafood and locally grown ingredients are essential components of quality living. After graduating from the Culinary Institute of America in 1996, Dariusz further honed his craft at the very finest restaurants of New York City, including the Rainbow Room and Windows on the World. He later started his corporate career as Executive Chef at JPM Private Bank and then the Washington Post Company, before his appointment as Executive Chef at UBS. Dariusz loves to lead a healthy lifestyle through fitness and wholesome cuisine. He is an avid home gardener as well as an advanced martial arts student. His goal as a Chef is to encourage his guests to make healthy food choices and to show them that eating healthy doesn't mean sacrificing flavor or variety.

CHEF DARIUSZ'S RECIPES

SPINACH TORTA

GRILLED OCTOPUS SALAD

HONEY & HAZELNUT CAKE

TOFU & QUINOA SALAD

Chef Dariusz's

SPINACH TORTA



SERVES

8



METHOD

BAKE



TIME

40 MINS

Ingredients

1 cup | 245 grams fresh ricotta

2 pounds | 910 grams fresh spinach or other leafy greens

6 tablespoons | 80 grams olive oil, divided

2 large eggs

½ cup | 120 milliliters skim milk

1 cup | 70 grams parmigiano Reggiano, grated

1 tablespoon | 3 grams fresh oregano, chopped

¼ cup | 55 grams | ½ stick butter, melted

½ teaspoons salt

Black pepper, to taste

METHOD

1. Preheat the oven to 350°F (175°C). Grease a 9-inch (23-centimeter) diameter cake tin and line the base of the pan with parchment paper, greasing the parchment paper as well.
2. Place ricotta in a fine mesh strainer and allow to drain while you cook the spinach.
3. In a large skillet, heat 2 tablespoons (27 grams) olive oil over medium low heat. Add the spinach and sauté until wilted. Transfer the spinach to a colander lined with a clean tea towel and allow to cool.
4. Once cool, use the tea towel to squeeze out the liquid from the spinach. You want the spinach to have as much moisture removed as possible. Roughly chop the greens and place in a mixing bowl.
5. To the spinach, add the drained ricotta, eggs, milk, 3 tablespoons (40 grams) olive oil, ¾ cup (55 grams) parmigiano Reggiano, oregano, butter, salt and pepper. Mix well to combine.
6. Pour the mixture into the prepared pan. Drizzle with the remaining olive oil and sprinkle over the remaining cheese.
7. Bake for 30 minutes, until the torta begins to brown and is well set. Remove from the oven and let cool for 10 minutes. Serve with a simple mixed greens salad or toast.

VEGETARIAN

LOW - WASTE

Chef Dariusz's

GRILLED OCTOPUS SALAD



SERVES

4



METHOD

GRILL



TIME

1 HR

Ingredients

OCTOPUS & POACHING LIQUID:

1 large or 2 small octopus, about 2 ½ pounds | 1,135 grams

1 cup | 235 milliliters white wine

4 cups | 945 milliliters water

2 onions, halved

2 celery stalks, cut into chunks

½ teaspoon salt

½ teaspoon peppercorns

SALAD:

½ small red onion, thinly sliced and soaked in water for 10 minutes, then drained

¼ cup | 15 grams flat leaf parsley, chopped

1 tablespoon | 15 grams capers

¼ cup | 50 grams olive oil

4 teaspoons lemon juice

1 pinch red pepper flakes

Kosher salt and pepper, to taste

Olive oil, for brushing

METHOD

1. Make the octopus. Rinse the octopus under cold running water.
2. Place the octopus and the remaining poaching liquid ingredients in a large pot. Bring to a boil, then reduce to a simmer for 50 minutes or until the octopus is tender. Drain and cool.
3. Using a sharp knife, gently separate tentacles from the head of the octopus.
4. Preheat a grill or grill pan, setting the burners to high.
5. Brush the octopus with olive oil, then grill for 2 minutes on each side or until light golden brown and crispy. Cut into ½-inch (4-centimeter) pieces.
6. Make the salad. In a large bowl, combine the octopus with the soaked and drained red onion, flat leaf parsley, and capers. In a small bowl whisk together the olive oil, lemon juice, red pepper flakes, salt and pepper. Drizzle the dressing over the octopus mixture and toss to combine. Serve warm with roasted fingerling potatoes, lentils, or on its own as a refreshing appetizer!

Chef Dariusz's

HONEY & HAZELNUT CAKE



SERVES

8



METHOD

BAKE



TIME

1 HR

Ingredients

CAKE:

8 ounces | 225 grams self-rising flour, sieved
5 ounces | 140 ground roasted hazelnuts
1 teaspoon baking powder
Pinch of salt
1 cup | 226.8 grams | 2 sticks butter
8 ounces | 235 milliliters pourable honey
4 eggs

CANDIED HAZELNUTS:

8 ounces | 225 grams caster sugar
3 teaspoons water
¼ cup | 30 grams skinned, roasted hazelnuts

WHIPPED CREAM:

1 cup | 235 milliliters heavy whipping cream
2 teaspoons powdered sugar
1 teaspoon vanilla extract

Fresh seasonal fruit, for garnish (such as peaches or pears)

VEGETARIAN

LOW - WASTE

METHOD

1. Preheat the oven to 350°F (175°C). Grease two 9-inch (23-centimeter) diameter cake tins and line the base of each pan with parchment paper, greasing the parchment paper as well.
2. Put the sieved flour, ground nuts, baking powder and salt in a bowl and stir to mix.
3. In a saucepan, melt the butter with the honey on low heat. Pour into a large bowl and allow to cool, then beat in the eggs one at a time.
4. Add the dry ingredients and stir with a wooden spoon until you have a smooth batter.
5. Pour evenly into the 2 cake pans and bake in the middle of the oven for 40-45 minutes or until a toothpick inserted into the center comes out clean.
6. Cool the cakes in the tins for five minutes, then remove to a wire rack to cool completely.
7. To make the candied nuts, put the sugar and water in a pan on a medium heat and stir until the sugar has dissolved and the syrup is clear. Stop stirring at this point or you'll end up with rocks of sugar instead of liquid caramel.
8. Bring to a boil and continue to bubble, swirling the pan occasionally, until it is golden in color. Remove from the heat and allow to cool for 8-10 minutes to thicken.

9. Drop the hazelnuts in the caramel and pour the mixture out onto a nonstick silicone baking sheet liner or a baking sheet lined with parchment paper. Let the mixture cool completely.
10. Add the heavy cream, powdered sugar, and vanilla extract to a bowl and whisk until soft peaks form, about 5 minutes.
11. To assemble, mound fresh fruit in the center of the cake and dollop the whipped cream around the border, finish by cracking the candied hazelnuts over top and enjoy!



Chef Dariusz's

TOFU & QUINOA SALAD



SERVES

4



METHOD

BOIL, MIX



TIME

40 MINS

Ingredients

SALAD:

3 cups | 515 grams dry quinoa, rinsed in a fine mesh strainer

6 cups | 1.4 liters water

1 cup | 150 grams pumpkin seeds

3 15.5-ounce | 439-gram cans chickpeas, rinsed and drained

4 ½ cups | 200 grams baby spinach, roughly chopped

1 bunch fresh parsley, chopped

1 bunch fresh cilantro, chopped

1 bunch green onions, green parts only, chopped

2 pounds | 910 grams tofu, diced

½ cup | 115 grams heirloom grape tomatoes, cut in half

½ cucumber, peeled and diced

¾ cup | 135 grams Greek olives, thinly sliced

Salt and pepper, to taste

TAHINI DRESSING:

¾ cup | 175 milliliters olive oil

¼ cup | 60 grams lemon juice, divided

6 tablespoons | 85 grams tahini

3 large garlic cloves, pressed or minced

1 ½ teaspoons fine sea salt

Black pepper, taste

VEGAN

SUSTAINABLE

METHOD

1. Combine the quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 15 minutes, reducing the heat as time goes on, to maintain a gentle simmer. Remove from the heat, cover, and let the quinoa rest for 5 minutes, giving it time to fluff up.
2. Roast the pumpkin seeds in an oven at 350°F (175°C) for 5 minutes, until they become fragrant. Transfer them to a large serving bowl to cool for a few minutes.
3. Make the dressing. In a small blender, combine the olive oil, 3 tablespoons (40 grams) lemon juice, tahini, garlic, salt and freshly ground black pepper. Blend until smooth, taste and adjust with more lemon juice, salt or pepper if needed.
4. Make the salad. Once the quinoa is ready to use, add it to a large bowl. Add the drained chickpeas, spinach, parsley, cilantro, green onion, tofu, grape tomatoes, diced cucumbers and olives. Drizzle the dressing over the salad and toss to combine. Taste and season with salt and pepper if needed.
5. Serve immediately or let it cool and refrigerate for later. This salad keeps well in the refrigerator, covered, for up to 3 days.



SUSTAINABILITY NOTE

Plant-based diets, such as vegan diets, are considered sustainable as they typically require less energy, land, and water than animal-based diets



GAVIN MODEST

SOUS CHEF

1285

Born in Jamaica, Gavin Modest moved to New York City in 2015. After working for the Ministry of National Security in Jamaica for 10 years, he was ready for a change. By chance he enrolled in a cooking apprenticeship program, which led him to his first kitchen position as a line cook at Cucina Latina. He worked in a number of line cook positions until securing his first Sous Chef role at Epoxy Bar and Restaurant, at which time Gavin decided to return to culinary school, graduating from Kingsborough's culinary arts program. He joined Restaurant Associates in November 2022 as Sous Chef of the Executive Dining Division at UBS NY and has been furthering his passion for food and fine dining ever since.

CHEF GAVIN'S RECIPES

GROUPER IN COCONUT SAUCE

PINEAPPLE CHICKEN

RASTA PASTA

JAMAICAN SWEET POTATO PUDDING

Chef Gavin's

GROUPER IN COCONUT SAUCE



SERVES

5



METHOD

SIMMER



TIME

30 MINS

Ingredients

5 6-ounce | 170-gram U.S. wild-caught red grouper filets

3 teaspoons fresh lime juice

1 tablespoon | 6 grams old bay seasoning

½ red onion, sliced

½ red bell pepper, sliced

1 teaspoon minced garlic

1 ½ teaspoons dried oregano, divided

4 whole allspice berries

½ teaspoon powdered annatto

1 13.5-ounce | 400-milliliter can of coconut milk

½ cup | 120 milliliters tomato sauce

2 tablespoons | 27 grams canola oil

Salt and pepper, to taste

Chopped cilantro, for garnish

METHOD

1. In a large bowl, rinse the fish with lime juice and water, pat dry then season with old bay, salt and pepper. Heat canola in a skillet over medium high heat until shimmering. Gently add the fish, searing on each side until browned, about 2-3 minutes per side. Set aside. The fish does not need to be cooked through in this step, this is just to get some color on the fish.
2. In the same skillet over medium high heat, add onion, bell peppers, garlic, 1 teaspoon of oregano, allspice berries, annatto, salt, and pepper. Sauté for 2 minutes. Add the coconut milk and tomato sauce. Bring the mixture to a boil, then reduce to a simmer and cook until coconut milk thickens, about 10 minutes, stirring occasionally.
3. Add the fish to the skillet in a single layer. Continue to simmer until fish is cooked through, about 10 minutes, spooning liquid over the fish occasionally. Be careful not to stir or move the fish around to keep it from breaking down.
4. Just before removing from the heat, season with more salt and pepper if needed.
5. Transfer to a serving dish and garnish with cilantro.

S U S T A I N A B L E



NOTE FROM CHEF GAVIN

Ground annatto is a spice made from the seeds of the achiote tree, a tree native to South and Central America, Mexico, and the Caribbean. It has a peppery sweet note and can easily be found in the international or spice aisles of most grocery stores.

SUSTAINABILITY NOTE

According to the Monterey Bay Aquarium Seafood Watch, U.S. wild-caught red grouper is a sustainable seafood choice as the species is sustainably managed and responsibly harvested, speak to your local fish monger about the sustainable options available to you.

Chef Gavin's

PINEAPPLE CHICKEN



SERVES

4



METHOD

BAKE



TIME

1 HR, 10 MINS

Ingredients

CHICKEN MARINADE:

2 ½ pounds | 1,135 grams chicken thighs, about 5-6 thighs

Salt and pepper, to taste

2 teaspoons onion powder

1 teaspoon dried thyme

1 teaspoon oregano

1 teaspoon garlic powder

1 teaspoon smoked paprika

½ teaspoon white pepper

½ teaspoon bouillon powder

PINEAPPLE GLAZE:

1 tablespoon | 13 grams or more cooking oil

2 cups | 400 grams chopped pineapple

2 teaspoons minced garlic

¼ cup | 40 grams chopped onion

1 teaspoon smoked paprika

½ teaspoon sriracha, optional

2 cups | 475 milliliters pineapple juice

1 tablespoon | 20 grams honey

1 sprig of thyme

Black pepper, to taste

METHOD

1. Remove excess fat from chicken, wash thighs, wipe with a paper towel. Season with salt and pepper.
2. Combine the chicken marinade spices and mix well. Sprinkle both sides of the chicken thighs with a generous amount of the dry rub.
3. Pre-heat oven to 375°F (190°C).
4. Place about 1 tablespoon (13 grams) or more of oil in a cast iron pan and sear chicken to a nice light brown color and set aside.
5. Clean the pan, add chopped pineapple and caramelize.
6. Add garlic, onions, smoked paprika, and sriracha, if using.
7. Add pineapple juice and honey and bring to a boil. Let it simmer for about 2 minutes. Adjust for seasoning with about 1-2 teaspoons more of chicken rub spices as needed.
8. Place the chicken back in the cast iron pan with a sprig of thyme, then bake for about 35-40 minutes until the chicken reaches an internal temperature of 165°F (74°C).
9. Transfer to a serving dish and enjoy.

Chef Gavin's

RASTA PASTA



SERVES

4



METHOD

SAUTÉ



TIME

30 MINS

Ingredients

1 pound | 450 grams penne pasta
1 tablespoon | 13 grams olive oil
1 red bell pepper, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
1 large spring onion, chopped
3 garlic cloves, minced
1 cup | 235 milliliters vegetable stock
1 cup | 235 milliliters heavy cream
1 tablespoon | 6 grams jerk seasoning
Salt and pepper, to taste
1 tablespoon | 20 grams unsalted butter
1 cup | 80 grams parmesan, grated, plus more for garnish
Fresh parsley, to garnish, optional

METHOD

1. Bring a large pot of water to a boil, salt it generously, and cook the pasta al dente according to the instructions on the package. Reserve 1-2 cups of pasta water before draining.
2. Meanwhile, heat olive oil in a deep pan or shallow cast-iron skillet. Sauté the peppers and spring onion for 2-3 minutes until softened.
3. Next, add the garlic and cook for another minute until fragrant.
4. Deglaze with the vegetable stock and add heavy cream.
5. Season with jerk seasoning, salt, and pepper and cook until sauce starts to thicken, then add in the butter.
6. Stir in the pasta and parmesan. If the sauce is too thin, add in a splash of the reserved pasta water and allow to simmer gently. Once it has reached your desired thickness, transfer to a serving dish and serve immediately, garnished with fresh parsley and parmesan, if using.

VEGETARIAN

JAMAICAN SWEET POTATO PUDDING



SERVES
12



METHOD
BAKED



TIME
1 HR, 45 MINS

Ingredients

½ cup | 43 grams unsweetened desiccated coconut

1 ½ pounds | 680 grams sweet potato

½ pound | 250 grams yam

3 tablespoons | 16 grams freshly grated ginger

1 cup | 235 milliliters water

1 teaspoon ground allspice

1 teaspoon ground nutmeg

1 tablespoon | 6 grams ground cinnamon

2 tablespoons | 30 grams vanilla extract

2 cups | 480 milliliters coconut milk

¼ cup | 57 grams melted unsalted butter

¼ cup | 45 grams cornmeal

⅓ cup | 45 grams AP flour

1 ½ cups | 300 grams sugar

2 teaspoons salt

½ cup | 80 grams golden raisins soaked in 3 tablespoons (45 grams) dark rum overnight (optional)

TOPPING:

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

1 ½ teaspoons vanilla extract

2 tablespoons | 25 grams sugar

½ cup | 120 milliliters coconut milk

Prepared whipped cream, for garnish (optional)

VEGETARIAN

METHOD

1. Preheat oven to 350°F (175°C). Grease a 10-inch (25-centimeter) spring-form pan.
2. Rehydrate the desiccated coconut by soaking in hot water for 15-20 minutes, then strain and squeeze out all the water.
3. Peel the yams, sweet potatoes, and ginger. Set a box grater into a large mixing bowl. Grate the sweet potatoes, yam, and ginger using the zester side of the box grater. This is labor intensive but gives the pudding a great texture.
4. Bring water to a boil in a small pot on medium high heat. Add in the allspice, nutmeg, cinnamon, and vanilla and let boil for 2 minutes. Once this is done, pour the spice mixture into the sweet potato mixture along with the coconut milk and melted butter.
5. Using an electric hand mixer, combine until homogenous.
6. In a medium bowl, combine the rehydrated coconut, cornmeal, flour, sugar, and salt. Then slowly add to the wet mixture, continuing to use the electric mixer at medium speed until combined. (Drain the raisins and stir them in if you are using raisins).
7. Pour the mixture into the prepared pan and bake for one hour in the preheated oven.
8. Make the topping. Combine all topping ingredients in a small saucepan on medium high heat and bring to a boil. Continue to boil until reduced by half, about 10 minutes. Remove from heat and let cool.

9. Remove the sweet potato pudding from oven after one hour of baking time, add the cooled topping, and then continue to cook for 15 more minutes.
10. A wooden skewer inserted into the center should come out clean. You will see caramelization around the edges of the baking pan, but this will not be set like a cake. The consistency will be like that of pumpkin pie with a stiff filling.
11. Let cool for 30 minutes. Use a knife around the edge of the pan and gently remove the side ring. Continue to let cool at room temperature on a wire rack for 2 hours or more, until cooled completely. Gently remove the bottom of the springform pan and transfer to a serving plate. Garnish each slice of pudding with prepared whipped cream just before serving, if desired.





DIO PICHARDO-GOMEZ

SOUS CHEF
1285

Born and raised in the Dominican Republic, Dionilfry Pichardo-Gomez came to New York in 2014. He started his career as a dishwasher in a kitchen where he discovered his passion for food and began to work his way up from line cook to Executive Chef. Before coming to Restaurant Associates, Pichardo-Gomez was the Executive Chef at Cornell Tech University and Group M. In December of 2023, he joined Restaurant Associates and was named Sous Chef at 1285 Avenue of the Americas.

Pichardo-Gomez is dedicated to inspiring his food knowledge to others and helping new and experienced cooks alike to learn different skills and ways to execute food. His main goal is creating a family environment in which every team member feels not only comfortable but confident working and sharing their ideas.

CHEF DIO'S RECIPES

CARNE GUISADA (DOMINICAN PEPPER STEAK)

BEEF EMPANADAS

DOMINICAN-STYLE SPAGHETTI

STEWED EGGPLANT

CARNE GUISADA (DOMINICAN PEPPER STEAK)



SERVES

5



METHOD

SIMMER



TIME

40 MINS

Ingredients

2 pounds | 910 grams beef stew meat, cut into strips

½ white onion, finely diced

¼ cubanelle, minced (or ¼ green bell pepper)

5 garlic cloves, minced

1 teaspoon oregano

2 ½ teaspoons adobo seasoning (or 1 chicken bouillon cube)

3 teaspoons Baldom Ranchero salsa china (or 3 teaspoons soy sauce plus ½ teaspoon sugar)

1 ½ teaspoons sazón (or equal parts paprika and turmeric)

1 lime, juiced

¼ teaspoon black pepper

1 cup | 235 milliliters olive oil, plus 3 tablespoons | 40 grams olive oil, divided

Water

1 onion, sliced

½ red bell pepper, sliced

½ green bell pepper, sliced

1 teaspoon white vinegar

1 teaspoon cilantro, chopped

METHOD

1. In a large mixing bowl, add diced onions, cubanelle, garlic, oregano, adobo seasoning, salsa china, sazón, lime juice, black pepper and 1 cup (235 milliliters) olive oil. Mix until well combined. Add in stew meat strips and mix until the meat is coated.
2. Cover and let marinate for at least 30 minutes, ideally overnight in the fridge is best – up to 2 days.
3. When you're ready to cook the meat, heat up a large deep-sided skillet over medium high heat. Add 3 tablespoons (40 grams) olive oil.
4. Once the oil is hot, add the steak strips and distribute evenly in the skillet, reserving the marinade.
5. Leave the steak undisturbed for about 3 to 5 minutes to begin browning and release its juices, then stir the meat so that all sides are browned.
6. After another 3 to 5 minutes, add the reserved marinade plus enough water to completely cover the meat.
7. Simmer meat on medium heat for 10 minutes. If the water evaporates more than halfway, add more water to cover the meat and simmer for another 10 minutes, or until the meat is tender. The liquid should reduce to a sauce or gravy consistency, but if it reduces too much keep adding water 1 cup (235 milliliters) at a time until the meat is tender.
8. Add sliced onions, sliced bell peppers, and vinegar, stir to combined. Cover the skillet and remove from the heat, allowing the peppers and to steam for about 10 minutes.
9. Garnish with chopped cilantro and serve.



NOTE FROM CHEF DIO

Adobo seasoning, Baldom Ranchero salsa china, and sazón are common ingredients in Dominican cooking, they can be found in the international aisle of the grocery store or online. If you're unable to source these ingredients I've included suggested substitutions, but I strongly encourage you to give them a try!

Chef Dio's

BEEF EMPANADAS



SERVES

4



METHOD

BAKE



TIME

30 MINS

Ingredients

½ pound | 225 grams ground beef

¼ onion, diced

½ teaspoon ground cumin

½ teaspoon chili powder

½ teaspoon salt

4 ounces | 110 grams diced green chiles

4 ounces | 110 grams diced pimento peppers

2 tablespoons | 35 grams tomato paste

½ cup | 55 grams shredded sharp cheddar cheese or Mexican blend

2 refrigerated pie crusts

1 egg, whisked

METHOD

1. Preheat oven to 400°F (205°C) and line a baking sheet with a nonstick baking mat or parchment paper.
2. Unroll pie crusts on a clean, flat surface. Use a 3-inch (8-centimeter) round pastry cutter to cut circles from the dough. (If desired, combine scraps, roll out, and cut again.)
3. In a skillet over medium-high heat, brown the ground beef.
4. Stir in onions, cumin, chili powder, salt, green chiles, and pimento peppers. Sauté 2-3 minutes.
5. Stir in tomato paste, followed by the cheese. Remove from heat.
6. Spoon about 2 tablespoons (30 grams) of the beef mixture into the center of each pie crust circle.
7. Fold dough over and use the flat side of a fork to seal the dough all along the curved edge.
8. Arrange in a single layer, not touching, on prepared baking sheet. Brush empanadas with whisked egg wash.
9. Bake for 10 minutes or until golden brown, serve, and enjoy!

Chef Dio's

DOMINICAN-STYLE SPAGHETTI



SERVES

6



METHOD

SAUTÉ



TIME

30 MINS

Ingredients

1 pound | 455 grams dried spaghetti

1 teaspoon salt

2 tablespoons | 27 grams olive oil

8 ounces | 225 grams salami, cubed
(preferably Dominican salami, but any
type of salami will do)

½ cup | 60 grams red onion, chopped

1 green or red bell pepper, sliced

1 clove garlic, minced

1 plum tomato, chopped

2 tablespoons | 15 grams whole
pimiento-stuffed green olives or
alcaparrado (manzanilla olives,
pimientos, and capers)

1 chicken bouillon cube

½ teaspoon oregano

½ teaspoon ground black pepper

1 cup | 235 milliliters tomato sauce

1 tablespoon | 15 grams unsalted butter

¼ cup | 18 grams freshly grated Parmesan
cheese, for topping

METHOD

1. In a large pot, cook the spaghetti according to the package directions, adding the salt to the water once it is boiling. Drain the water and set the spaghetti aside.
2. In a large skillet, heat the oil over medium heat. Add the salami and cook and stir until browned. Reduce the heat to medium-low. Add the onion, bell pepper, and garlic and cook, stirring occasionally, for 3 to 4 minutes, until the onion becomes translucent. Stir in the tomato, olives (or alcaparrado), bouillon cube, oregano, and black pepper. Cook for about 2 minutes. Stir in the tomato sauce and butter. Let simmer, covered, for 6 to 8 minutes, or until the sauce thickens slightly.
3. Add the cooked spaghetti and stir to combine. Serve hot with the grated Parmesan on the side.

Chef Dio's

STEWED EGGPLANT



SERVES

6



METHOD

SAUTÉ



TIME

30 MINS

Ingredients

3 large eggplants

½ cup | 120 milliliters water

1 tablespoon | 8 grams salt

2 tablespoons | 27 grams olive oil

½ cup | 120 ml water

1 onion, sliced

¼ red bell pepper, sliced

3 garlic cloves, sliced

1 teaspoon white vinegar

1 ½ teaspoons vegan adobo seasoning (or
1 vegetable bouillon cube)

Black pepper, to taste

½ teaspoon oregano

1 tablespoon | 10 grams vegan sazón (or
equal parts paprika and turmeric)

2 tablespoons | 35 grams tomato paste

1 lime

METHOD

1. Peel and dice eggplant and add to large mixing bowl.
2. Add water and salt. Let eggplant sit in water for 5-10 minutes, 20 minutes at most. The longer you let eggplant sit in water the more seeds it will release. As the eggplant is sitting in water, feel free to massage eggplant to loosen seeds as well.
3. Once eggplant is done soaking in water, rinse water from mixing bowl.
4. In medium skillet with deep sides, add oil and heat on medium flame.
5. Add pre-soaked eggplant and water. If your pan isn't large enough to hold all of the eggplant at once, you can add the eggplant in stages until it all fits.
6. As the eggplant begins to soften, mash with a potato masher or wooden spoon. Continue to mash and stir until eggplant forms somewhat of a homogenous puree.
7. Once mashed, add onion, bell pepper, garlic and vinegar. Mix and let simmer for 2 minutes.
8. Next add adobo seasoning, black pepper, oregano, and sazón. Mix until well combined.
9. Add tomato paste and mix in well until tomato paste is fully worked into eggplant.
10. Once tomato paste is fully combined, taste to make sure eggplant is well seasoned. Adjust to your taste. Finish off by squeezing a fresh lime over stewed eggplant.

VEGAN
SUSTAINABLE



NOTE FROM CHEF DIO

As mentioned in the Chef's Note for my Carne Guisada recipe, adobo seasoning and sazón are common ingredients in Dominican cooking, they can be found in the international aisle of the grocery store or online. If you're unable to source these ingredients, I've included suggested substitutions in line with the ingredients.

SUSTAINABILITY NOTE

Plant-based diets, such as vegan diets, are considered sustainable as they typically require less energy, land, and water than animal-based diets.



ANDY LEONG

SOUS CHEF

1285

In the early 1990's, Andy Leong emigrated from his home country of Malaysia to New York City. He worked various restaurant jobs as a cook before starting at Emmons Avenue in Brooklyn in 2001. It was there that he realized his skill and passion for sushi making. In 2005, Andy began his career with Restaurant Associates when he was hired as Sushi Chef at Conde Naste. After 3 years, he was moved to UBS Lincoln Harbor as Sushi Chef. He cycled between the various UBS locations in New York, New Jersey, and Connecticut before working full time at the UBS NY location in 2015, where he has remained ever since. While cooking is his true passion, he enjoys playing badminton with his friends on the weekend as well as fishing in the summertime.

CHEF ANDY'S RECIPES

CRISPY DUCK SPRING ROLLS

MANGO PANNA COTTA

PAD THAI WITH SHRIMP & CHICKEN

THAI GREEN CURRY WITH TOFU & VEGETABLES

Chef Andy's

CRISPY DUCK SPRING ROLLS



SERVES

5



METHOD

BAKE



TIME

2 HRS

Ingredients

1 pound | 16 ounces pre-cooked duck legs, such as duck leg confit

1 cup | 235 milliliters low sodium soy sauce

3 tablespoons | 60 grams honey

4 ounces | 115 grams vermicelli noodles

¼ head of cabbage

2 carrots

4 ounces | 115 grams mushrooms

3 spring onions

1 tablespoon | 25 grams corn starch

2 tablespoons | 30 grams water

20 spring roll wrappers

Lettuce and sweet chili sauce, for serving

METHOD

1. Pre-heat oven to 350°F (175°C).
2. In a casserole dish that will snugly fit the duck legs in a single layer, combine the soy sauce and honey. Marinate the duck legs in the soy and honey mixture for 30 minutes.
3. Place the marinated duck onto a parchment lined baking tray and cook for 15 minutes, reserving the marinade for later. After 15 minutes, remove the duck from the oven and set aside. Increase the oven temperature to 375°F (190°C).
4. While the duck is baking, put the vermicelli noodles in a large bowl and cover with cold water. Leave to soak for 15 minutes. Once soaked, trim into more manageable pieces.
5. Chop the cabbage and mushrooms, grate the carrots, and finely chop the spring onions.
6. Combine the veggies and noodles in a large bowl.
7. Debone the duck legs and shred the meat. Add the meat and the reserved marinade to the veggies and noodles. Mix well.
8. Combine the corn starch and water in a small bowl and set aside, this will be used to seal the spring rolls.
9. Place one spring roll wrapper on your work surface in a diamond position, keeping the other wrappers covered with a damp tea towel when they're not being used.

10. Using a #20 cookie dough scoop (3 tablespoon | 45 milliliter | 1 ½ ounce capacity), place one scoop of the duck mixture onto the bottom corner of the wrapper. Roll up halfway, fold the sides in, then finish rolling until there is about ½ inch (1 ½ centimeters) of wrapper left. Brush this corner with the corn starch mixture and finish rolling to seal. Place on a parchment lined baking sheet and continue with the rest of the wrappers.
11. Spray the spring rolls with oil (I use coconut oil) and bake for 25 minutes or until golden.
12. Serve with lettuce and sweet chili sauce.



Chef Andy's

MANGO PANNA COTTA



SERVES

4



METHOD

SIMMER



TIME

30 MINS

(PLUS 8 HRS OF CHILLING)

Ingredients

4 tablespoons | 60 grams warm water, divided

2 ½ teaspoons gelatin, divided

2 cups | 475 milliliters mango puree

1 cup | 235 milliliters whole milk

½ cup | 100 grams granulated sugar

1 cup | 235 milliliters heavy cream

Fresh mango, chopped, for serving

METHOD

1. In a small bowl, sprinkle 1 teaspoon of gelatin over 2 tablespoons (30 grams) warm water. Let sit for about 10 minutes.
2. Add bloomed gelatin along with the mango puree to a medium saucepan and heat over low heat. Mix until well combined and gelatin dissolves.
3. Tilt 4 rocks glasses to about 45 degrees (a muffin tin lined with paper towels works well) and distribute the mango puree evenly between the glasses. Chill in the refrigerator until set, about 4 hours.
4. In a small bowl, add remaining 2 tablespoons (30 grams) of warm water. Sprinkle the remaining 1 ½ teaspoons of gelatin over the water and let it sit for about 10 minutes.
5. In a small saucepan set over low heat, combine the milk, sugar, and heavy cream. Bring to a gentle simmer and stir constantly until the sugar and gelatin dissolves, being careful not to boil the mixture. Let cool for 10-15 minutes.
6. Remove the glasses from the refrigerator and place them level on the counter.
7. Pour the cooled milk mixture over the mango layer and place back in the refrigerator to set, about 4 hours.
8. Serve with more fresh mangoes.

VEGETARIAN

LOW-WASTE

Chef Andy's

PAD THAI WITH SHRIMP & CHICKEN



SERVES

2



METHOD

WOK STIR FRY



TIME

55 MINS

Ingredients

PAD THAI SAUCE:

4 tablespoons | 75 grams fish sauce
3 tablespoons | 65 grams palm sugar (or brown sugar)
1 tablespoon | 18 grams tomato paste
2 tablespoons | 30 grams tamarind paste
2 teaspoons sambal oelek

PAD THAI NOODLES:

8 ounces | 225 grams rice noodles
¼ cup | 50 grams vegetable oil
8 ounces | 225 grams boneless and skinless chicken thighs, cut into ¾-inch (2-centimeter) cubes
6 pieces of shrimp, shells removed
2 garlic cloves, minced
3-4 garlic chives, chopped (or 2 green onions and 1 additional garlic clove)
2 tablespoons | 15 grams cashews, chopped
1 tablespoon | 3 grams cilantro, roughly chopped

Lime wedges, more cilantro, and more chopped cashews, for garnish

METHOD

1. Soak the rice noodles in moderate hot water for 30-45 minutes, until they are firm and white, but not hard.
2. While the noodles are soaking, prep your ingredients; chop the garlic, garlic chives, cashews and cilantro, cube the chicken, and peel the shrimp.
3. Make the pad thai sauce by combining the fish sauce, palm sugar, tomato paste, tamarind paste, and sambal oelek.
4. Heat a well seasoned wok or large non-stick frying pan over medium high heat. Add the oil.
5. When the oil starts to shimmer, add the chicken and cook for two minutes. Add the shrimp. Cook until the chicken is just done and the shrimp are opaque – about 3-5 minutes total.
6. Turn the heat way down, add the garlic, being careful not to burn it. Bring heat to high, mix in the noodles, stirring to coat the noodles with oil. Cook another minute stirring constantly. Be careful not to break the noodles.
7. Add the pad thai sauce and stir. Remove from heat. Mix in the garlic chives, cilantro and chopped cashews.
8. Garnish with cilantro, cashews, and lime wedges and serve.

Chef Andy's

THAI GREEN CURRY WITH TOFU & VEGETABLES



SERVES

4



METHOD

STEW



TIME

45 MINS

Ingredients

2 tablespoons | 27 grams vegetable oil, divided

14 ounces | 400 grams extra firm tofu, drained, pressed, and cut into 1-inch (2 ½-centimeter) cubes

¼ cup | 60 grams vegan green curry paste, or more to taste

1 13.5-ounce | 400-milliliter can of full-fat coconut milk

14 ounces | 415 milliliters vegetable stock

2 cups | 345 grams fresh baby corn, cut into 2-inch (5-centimeter) pieces

½ pound | 225 grams snow peas, cut into 2-inch (5-centimeter) pieces

1 small red bell pepper, roughly chopped

1 tablespoon | 12 grams palm sugar (or brown sugar)

3 teaspoons lime juice

¼ cup | 12 grams fresh Thai basil leaves, chopped

¼ cup | 12 grams fresh cilantro, chopped

Salt, to taste

METHOD

1. Coat the bottom of a large nonstick skillet with 1 tablespoon (13 grams) of the oil and place it over medium heat. Cook the tofu cubes for about 10 minutes, browning on all sides. Transfer to a plate and set aside.
2. Heat the remaining oil in a large pot over medium heat, and then stir in the curry paste.
3. Sauté the curry paste for 1 to 2 minutes, until it becomes very fragrant.
4. Stir in the coconut milk and vegetable stock. Raise the heat and bring the liquid to a simmer.
5. Stir in the baby corn and let it simmer for about 7 minutes. Add snow peas and bell pepper. Continue simmering for another 3 minutes, until the veggies are tender but still crisp.
6. Stir in the cooked tofu, palm sugar, and lime juice. Remove the pot from heat and stir in the cilantro and basil. Season the curry with salt to taste and adjust any other seasonings to your preference.

VEGAN
SUSTAINABLE



NOTE FROM CHEF ANDY

Palm sugar is a subtle sweetener derived from palm trees with a mild caramel flavor. It can be found in most Asian Grocery stores or online. If you cannot find this ingredient you can swap for brown sugar instead.

SUSTAINABILITY NOTE

Plant-based diets, such as vegan diets, are considered sustainable as they typically require less energy, land, and water than animal-based diets.



CHRIS METZLER

EXECUTIVE CHEF
LINCOLN HARBOR

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.

CHEF CHRIS'S RECIPES

FALL APPLE COBBLER

NEW ENGLAND CLAM CHOWDER

BEER CAN CHICKEN

VIETNAMESE LAMB CHOPS

Chef Chris's

FALL APPLE COBBLER



SERVES

12



METHOD

BAKE



TIME

40 MINS

Ingredients

1 cup | 200 grams plus 3 tablespoons | 36 grams white sugar, divided

1 teaspoon ground cinnamon

6 large Granny Smith apples, peeled, cored and sliced

1 cup | 130 grams all-purpose flour

1 large egg

1 teaspoon baking powder

¼ cup | 60 grams water

METHOD

1. Preheat the oven to 350°F (175°C).
2. Combine 3 tablespoons (36 grams) sugar and cinnamon in a bowl.
3. Layer apples in an ungreased 9x13-inch (23x33-centimeter) baking pan, sprinkling each layer with the cinnamon-sugar mixture.
4. Combine flour, 1 cup (200 grams) sugar, egg, and baking powder with a fork. Sprinkle over apples in the baking pan. Lightly drizzle water over top.
5. Bake in the preheated oven until topping is golden brown, about 30 minutes.

VEGETARIAN



Chef Chris's

NEW ENGLAND CLAM CHOWDER



SERVES
8



METHOD
SAUTÉ, SIMMER



TIME
1 HR

Ingredients

4 slices bacon, diced
1 large onion, chopped
4 cups | 680 grams peeled and cubed potatoes
1 ½ cups | 355 milliliters water
1 ½ teaspoons salt
½ teaspoon ground black pepper
3 cups | 710 milliliters half-and-half
3 tablespoons | 45 grams butter
20 ounces | 565 grams clams farmed using off-bottom culture methods, minced
8 ounces | 235 milliliters clam juice

METHOD

1. Place diced bacon in a large stock pot over medium-high heat; cook and stir until almost crisp. Add onion; cook and stir until tender, about 5 minutes.
2. Stir in potatoes and add water; season with salt and pepper and bring to a boil. Reduce heat to low and simmer, uncovered, until potatoes are tender, about 15 minutes. Pour in half-and-half and add butter.
3. Stir clams and clam juice into the soup. Cook until heated through, without boiling, about 5 minutes. Serve and enjoy!

S U S T A I N A B L E

SUSTAINABLY SOURCED

Farmed clams using off-bottom culture methods are considered a Best Choice option with the Monterey Bay Aquarium Seafood Watch; they are considered highly sustainable with minimum environmental impact.

Chef Chris's

BEER CAN CHICKEN



SERVES

8



METHOD

GRILL



TIME

2 HRS, 25 MINS

Ingredients

2 tablespoons | 12 grams garlic powder

12-ounce | 355-milliliter can or bottle of beer, half of the liquid poured out

1 whole chicken (about 4 pounds | 1815 grams), giblets discarded

½ cup | 113 grams | 1 stick butter

2 cloves garlic, smashed

3 tablespoons | 36 grams brown sugar

1 tablespoon | 6 grams paprika

2 tablespoons | 12 grams onion powder

1 tablespoon | 6 grams ground black pepper

1 teaspoon salt

METHOD

1. Preheat oven to 350°F (175°C).
2. Spoon garlic powder into half-full beer can (or bottle). Prop the chicken, tail-side down, onto the beer can so the can goes into the cavity. Place the chicken, with the can or bottle as a stand, into a large oven-proof skillet.
3. Melt butter in a small saucepan over medium-high heat; add smashed garlic cloves and cook until butter starts bubbling, about 2 minutes. Remove garlic and discard.
4. Inject chicken with the garlic-infused butter using a baster or injector until infused butter is evenly distributed throughout the chicken.
5. Mix brown sugar, paprika, onion powder, black pepper, and salt in a small bowl. Coat chicken with brown sugar mixture.
6. Bake in the preheated oven until no longer pink at the bone and the juices run clear, about 2 hours. An instant-read thermometer inserted into the thickest part of the thigh, near the bone, should read 165°F (74°C).

Chef Chris's

VIETNAMESE LAMB CHOPS



SERVES

5



METHOD

GRILL



TIME

45 MINS

(PLUS OVERNIGHT MARINADE)

Ingredients

15 3-ounce | 28-gram lamb loin chops, approximately 1-inch | 2.5-centimeters thick

2 cloves garlic, sliced

1 teaspoon garlic powder

1 pinch chili powder

2 tablespoons | 24 grams white sugar

Salt and freshly ground black pepper, to taste

Juice of 1 lime

3 teaspoons soy sauce

2 tablespoons | 27 grams olive oil

¼ cup | 12 grams fresh cilantro, chopped

2 lime wedges

2 lemon wedges

Pomegranate seeds, for garnish

METHOD

1. Place the lamb chops into a roasting pan, and season evenly with the garlic, garlic powder, chili powder, sugar, salt, and pepper. Drizzle with lime juice, soy sauce and olive oil. Cover and refrigerate overnight.
2. Preheat the oven to 400°F (200°C). Allow the lamb to stand at room temperature while the oven preheats.
3. Roast uncovered in the preheated oven to your desired degree of doneness, about 20 minutes for medium (internal temperature of 130°F or 55°C), or 30 minutes for well done (internal temperature of 150°F or 65°C). Garnish with a sprinkle of cilantro and pomegranate seeds, and squeeze lemon and lime juice over the top before serving.

A NOTE FROM CHEF CHRIS

It's important to allow the meat to rest for at least 10 minutes before serving. During this resting period the meat will continue to cook, so you'll want to remove the meat from the oven before it reaches your desired internal temperature. A good rule of thumb is to remove the meat from the oven when it's 5 to 10 degrees shy of your desired doneness.





MIKE ADAMI
SOUS CHEF
LINCOLN HARBOR

Born in Korea and raised in New York, Mike Adami has been a chef for over 15 years. He started working in a pizzeria as a cook which led him to pursue further opportunities in restaurants such as Masa and Nobu. It was at these restaurants where he realized his passion for both sushi and attention to detail. In 2018, he joined Flik at Panasonic before transitioning to Restaurant Associates in 2023 as the Sushi Sous Chef at UBS Lincoln Harbor.

CHEF MICHAEL'S RECIPES

JAPANESE TAMAGO EGG

CARROT GNUDI

MISO SALMON

SAUSAGE & VEGETABLE FRITTATA

Chef Michael's

JAPANESE TAMAGO EGG



SERVES

2



METHOD

SAUTÉ



TIME

30 MINS

Ingredients

4 eggs

¼ cup | 60 grams prepared dashi

1 teaspoon sake

1 teaspoon mirin

1 teaspoon vegetable oil

METHOD

1. Whisk the eggs in a medium bowl.
2. Add the dashi, sake, and mirin to the eggs and whisk again.
3. Warm a nonstick pan over medium heat.
4. Lightly grease the pan with the oil and add a thin layer of the egg mixture, swirling to coat the pan. Cook until the bottom has firmed up but the top is still runny, about 1 minute or less.
5. Using a rubber spatula, lift up one edge while tilting the pan to roll up the egg layer, allowing the uncooked egg to run out and quickly cook as it's rolled up. Push the rolled egg to one side of the skillet and add in another thin layer of the egg mixture.
6. Repeat this process of cooking, rolling, and add the egg mixture until it's all gone and the egg is rolled up completely, oiling the pan lightly as needed.
7. Remove from the pan, cut into slices, and serve immediately.

LOW-WASTE



Chef Michael's

CARROT GNUDI



SERVES

3



METHOD

BAKE, BOIL



TIME

1 HR, 25 MINS

Ingredients

1 bunch baby (Dutch) carrots, trimmed, leaves reserved

18 ounces | 500 grams carrots, cut into 3/4-inch (2-centimeter) pieces

1/3 cup | 70 grams extra virgin olive oil

Salt and pepper, to taste

1/4 cup | 55 grams | 1/2 stick unsalted butter

1 large onion, finely chopped

2 garlic cloves, finely chopped

9 ounces | 250 grams fresh ricotta

1 egg, lightly beaten

1/2 cup | 40 grams finely grated parmesan, plus extra to serve

3 tablespoons | 25 grams flour, plus extra to dust

Finely grated zest and juice of 1 lemon, plus lemon wedges to serve

METHOD

1. Preheat oven to 350°F (180°C).
2. Wash carrot leaves and set aside. Place chopped carrots and baby carrots on 2 baking trays and drizzle each tray with 2 tablespoons (27 grams) oil. Season with salt and pepper to taste, then roast for 40-50 minutes until tender and lightly caramelized. Set carrots aside to cool.
3. Melt 1 1/2 tablespoons (20 grams) butter in a fry pan over medium-low heat. Add onion and garlic, and cook, stirring, for 5-6 minutes until soft. Transfer to a food processor with chopped carrots (don't add baby carrots) and whiz until almost smooth.
4. Transfer to a bowl with ricotta, egg, parmesan and flour, and stir to combine. Season with salt and pepper to taste.
5. Using two dessert spoons, shape spoonfuls of the mixture into ovals and place on a parchment-lined baking tray dusted with extra flour. Bring a large saucepan of salted water to a boil over high heat.
6. In 3 batches, cook gnudi for 2-3 minutes, until they float. Remove with a slotted spoon and drain on paper towel.
7. Melt remaining 2 1/2 tablespoons (35 grams) of butter in a pan over medium-high heat. Cook gnudi, turning gently, for 3-4 minutes until golden. Remove and keep warm.
8. Add baby carrots, leaves and lemon juice and zest to pan. Season. Cook, tossing, for 2-3 minutes until wilted and warmed through.
9. Serve gnudi with baby carrots, leaves, extra parmesan and lemon wedges.

VEGETARIAN

Chef Michael's

MISO SALMON



SERVES

3



METHOD

BAKE



TIME

25 MINS

(PLUS OVERNIGHT CHILL)

Ingredients

15 ounces | 425 grams Faroe Island Atlantic salmon
5 tablespoons | 90 grams miso paste
1 tablespoon | 12 grams sugar
2 tablespoons | 30 grams sake
3 teaspoons mirin
3 teaspoons soy sauce

METHOD

1. Cut salmon into 5-ounce (85-gram) portions. Place into a medium sized bowl.
2. Mix miso paste, sugar, sake, mirin, and soy sauce in a small bowl until thoroughly combined.
3. Pour over the salmon filets and rotate the salmon to completely coat each filet. Cover with plastic wrap, place in the fridge, and marinate overnight.
4. When ready to cook the filets, preheat your oven to 350°F (175°C).
5. Arrange the filets on a parchment-lined baking sheet and cook in the oven for 20 minutes, or until the internal temperature of the fish reaches 145°F (63°C).

S U S T A I N A B L E

SUSTAINABLY SOURCED

Faroe Island Atlantic salmon is a sustainable seafood choice as the species is sustainably managed and responsibly harvested.

Chef Michael's

SAUSAGE & VEGETABLE FRITTATA



SERVES

3



METHOD

BAKE, SAUTÉ



TIME

30 MINS

Ingredients

6 eggs

1 cup | 235 milliliters milk

½ sweet onion, finely chopped

½ bunch of asparagus, ends removed and chopped

1 pint | 70 grams cherry tomatoes, halved

3 tablespoons | 40 grams butter

8 ounces | 225 grams breakfast sausage

2 tablespoons | 8 grams panko bread crumbs

Salt and pepper, to taste

METHOD

1. Preheat oven to 400°F (200°C).
2. Whisk together the eggs and milk, season with salt and pepper, and set aside.
3. Warm an oven-safe skillet, cast iron works well, over medium heat.
4. Add a drizzle of oil to the pan and add in the sausage, cook until no pink remains. Remove from the skillet and set aside.
5. Add another drizzle of oil to the pan and sauté the onions until they begin to soften, about 3 to 4 minutes. Add the asparagus, salt, and pepper (to taste) and continue to cook until the asparagus is tender but still crisp, about 2 to 3 more minutes. Add in the tomatoes and cook for 1 or 2 more minutes.
6. Lower the heat to low and drop in the butter, swirling the pan to try and evenly coat the bottom. Sprinkle over the reserved, cooked sausage and pour in the egg mixture. Stir to begin to set the eggs for 1 minute then sprinkle over the panko bread crumbs and transfer the whole skillet to the preheated oven.
7. Bake for 15 minutes, or until eggs are cooked through and top is slightly brown.





LENNY BRADY

EXECUTIVE CHEF
11 MADISON

Lenny Brady started with Restaurant Associates in 1999 at UBS Lincoln Harbor as a Deli cook. He excelled in his role and was promoted to Sous Chef at the 1285 Avenue of the Americas location, eventually moving over to the 299 Park Avenue office. In 2010, Lenny was promoted to Executive Chef for Ogilvy. After 4 years he pursued the Executive Chef position at Morgan Stanley 1585 and 1NYP. In 2021 he was tapped to open Nuveen as Executive Chef. He has now come full circle, accepting the Executive Chef position at the UBS 11 Madison location.

CHEF LENNY'S RECIPES

PASTELON DE CARNE Y PLATANO MADURO (BEEF & PLANTAIN CASSEROLE)

ARROZ CON LECHE (RICE PUDDING)

GREEN COCONUT CURRY SNAPPER

POLLO GUISADO (CHICKEN STEW)

PASTELON DE CARNE Y PLATANO MADURO (PUERTO RICAN BEEF & PLANTAIN CASSEROLE)



SERVES

8



METHOD

BAKE, BOIL, SAUTÉ



TIME

45 MINS

Ingredients

2 tablespoons | 27 grams olive oil
1 pound | 455 grams ground beef
1 red onion, chopped
1 green bell pepper, chopped
1 cup | 265 grams tomato paste
3 garlic cloves, minced
1 bunch cilantro, chopped
1 ½ tablespoons | 9 grams salt
1 ½ teaspoons ground black pepper
6 ripe yellow plantains
¼ cup | 55 grams | ½ stick salted butter
1 cup | 110 grams shredded cheddar cheese

METHOD

1. Heat oil in a large skillet over medium heat. Cook and stir ground beef, onion, bell pepper, tomato paste, garlic, cilantro, salt and pepper, adding water if mixture gets too dry, until beef is browned and cooked through, 10 to 12 minutes.
2. Peel the plantains and boil them in salted water until the plantains are fork tender, remove them from the heat.
3. Drain the water right away, and mash them with a fork. Add the butter and keep mashing them until it is very smooth with no lumps.
4. Grease a casserole dish. Put half of the plantain mixture in the dish. Cover with half of the cheese. Cover the cheese with the meat mixture, then distribute the remaining plantain mixture over the meat. Top with the rest of the cheese.
5. Bake in a 350°F (175°C) preheated oven until the top is golden brown, about 15 minutes.
6. Remove from the oven and allow to rest for about 5 minutes before serving.



Chef Lenny's

ARROZ CON LECHE (RICE PUDDING)



SERVES

8



METHOD

BOIL



TIME

1 HR, 40 MINS

(PLUS OVERNIGHT CHILL, IF DESIRED)

Ingredients

1 cup | 180 grams long grain white rice
4 cinnamon sticks
3 whole cloves
1 strip lime zest (a vegetable peeler works well for this)
2 ½ | 590 milliliters cups water
3 cups | 710 milliliters evaporated milk
1 cup | 200 grams granulated white sugar
1 teaspoon salt
3 teaspoons vanilla
½ cup | 80 grams raisins
2 tablespoons | 30 grams salted butter
⅛ teaspoon ground cinnamon

METHOD

1. Give the rice a quick rinse in a strainer. Place the rice, cinnamon sticks, cloves, lime zest, and water in a large, heavy saucepan. Soak for 30 minutes to 1 hour, if possible.
2. Bring the rice mixture to a boil over medium-high heat, uncovered. Reduce heat to medium-low and cook for 10 minutes, uncovered, or until most of the water has been absorbed.
3. Add the evaporated milk, sugar, salt, vanilla, and raisins stirring well to combine. Lower heat to the lowest setting possible and cook, stirring often, until thickened, but still soupy, about 20 to 25 minutes.
4. Once the rice pudding has finished cooking, stir in the butter and cinnamon. Taste it and add more sugar or salt to your taste, if needed.
5. Remove the cinnamon sticks and lime zest. Serve warm, or transfer to a large bowl and place a piece of plastic wrap right on top of the pudding. This will prevent a dry, crusty layer from forming on top. Chill for a few hours or overnight.

VEGETARIAN

LOW-WASTE

Chef Lenny's

GREEN CURRY COCONUT SNAPPER



SERVES

4



METHOD

BOIL, SIMMER



TIME

40 MINS

Ingredients

4 6-ounce | 170-gram filets of U.S. wild-caught red snapper

2 tablespoons | 15 grams fresh lime juice

Salt & white pepper, to taste

2 tablespoon | 27 grams vegetable oil

½ red onion, sliced

½ red bell pepper, sliced

4 ounces | 115 grams snow peas

3 garlic cloves, minced

1 ½ teaspoons minced ginger

4 ounces | 113 grams prepared green curry paste

3 teaspoons fish sauce

1 13.5-ounce | 400 milliliter can unsweetened coconut milk

Zest of half a lime, for garnish

½ bunch of cilantro, chopped, for garnish

Cooked jasmine rice, for serving

METHOD

1. Season the fish with lime juice, salt and white pepper. Set aside.
2. Add the vegetable oil to a 12-inch (30-centimeter) skillet over medium high-heat, add the onions and sauté until softened, about 3-4 minutes. Add the bell pepper and snow peas and sauté another 1-2 minutes more. Add in the garlic and ginger and stir until fragrant.
3. Add in the green curry paste and stir very well to coat all of the vegetables with the paste.
4. Once thoroughly coated, add the fish sauce, coconut milk, plus half a can of water. Season with salt to taste. Bring to a boil. Reduce heat to simmer and cook until coconut milk thickens, about 10 minutes, stirring occasionally.
5. Add the fish to the skillet in a single layer. Continue to simmer until fish is cooked through, about 10 minutes, spooning liquid over fish occasionally. Be careful not to stir or move the fish around too much as it may begin to break down. If the mixture becomes too thick you can continue to add water ¼ cup (60 grams) at a time to reach desired consistency.
6. Just before removing from the heat, taste the curry and adjust seasoning to taste.
7. Transfer to a serving platter and garnish with cilantro and lime zest. Serve alongside jasmine rice.

S U S T A I N A B L E

SUSTAINABLY SOURCED

According to the Monterey Bay Aquarium Seafood Watch, U.S. wild-caught red snapper is a sustainable seafood choice as the species is sustainably managed and responsibly harvested, speak to your local fish monger about the sustainable options available to you

POLLO GUISADO (PUERTO RICAN CHICKEN STEW)



SERVES

4



METHOD

SIMMER



TIME

1 HR, 45 MINS

Ingredients

2 pounds | 910 grams chicken legs & thighs

1 teaspoon ground oregano

½ teaspoon adobo seasoning (or ½ chicken bouillon cube)

1 red onion, sliced

1 ½ teaspoons ground black pepper

2 tablespoons | 30 grams sofrito (or 2 tablespoons | 30 grams mild salsa)

2 tablespoons | 20 grams sazón (or equal parts paprika and turmeric)

3 teaspoons lime juice

2 teaspoons salt

6 garlic cloves, chopped

2 tablespoons | 27 grams olive oil

1 tablespoon | 12 grams brown sugar

½ large red bell pepper, sliced

½ large green bell pepper, sliced

½ cup | 120 milliliters tomato sauce

1 cup | 235 milliliters water, divided, plus more for simmering

2 tablespoons | 6 grams chopped cilantro

Cooked white rice, for serving

METHOD

1. Mix the chicken, oregano, adobo seasoning, onion, black pepper, sofrito, sazón, lime juice, salt, and garlic. Marinate for 30 minutes.
2. In a pot heat the olive oil over medium heat, add the brown sugar, and wait until it begins to caramelize.
3. Add the marinated chicken pieces (reserving all the other ingredients in the marinade for use in the next step) and cook until the meat is lightly browned on all sides.
4. Stir in the bell peppers as well as the reserved onions, along with any marinade left in the bowl. Add 2 tablespoons (30 grams) of water, cover, and simmer over medium heat for 15 minutes, stirring and adding water by the tablespoon (15 grams) as it becomes necessary to prevent it from burning.
5. Add the tomato sauce and a ½ cup (120 milliliters) of water, and simmer over low heat to produce a light sauce. Simmer until the vegetables are very soft, the sauce thickened, and the chicken is fall-off-the-bone tender.
6. Add the fresh cilantro and season with salt and black pepper to taste. Serve over cooked white rice and enjoy!



NOTE FROM CHEF LENNY

Adobo seasoning, sofrito, and sazón are common ingredients in Latin cooking, they can be found in the international aisle of the grocery store or online. If you're feeling adventurous, you can also make your own sofrito from scratch, Chef Raul Del Orbe provided his favorite recipe in the 4th edition of our cookbook series. With that being said, if you're unable to source these ingredients, I've provided suggested substitutions in line with the ingredients.

