

Recipes

2021 DSBN Culinary Skills Challenge

White Chicken Stock

Recipe Courtesy of On Cooking Recipe

Yield – 1 litre

Ingredients:

Chicken Bones	500 g
Cold Water	1.4 l
Mirepoix	100 g

Sachet:

Bay Leaves	0.5 each
Dried Thyme	1 g
Peppercorns, crushed	1 g
Parsley Stems	2 each

Procedure:

1. Cut and wash the bones into pieces approximately 8 to 10 cm long
2. Place the bones in a stockpot and cover them with cold water. If blanching, bring the water to a boil, skimming off the scum that rises to the surface. Drain off the water and the impurities. Rinse the bones, then add the 1.4 litre of cold water and bring to a boil. Reduce to a simmer.
3. If not blanching the bones, bring the cold water to a boil. Reduce to a simmer and skim the scum that forms.
4. Add the mirepoix and sachet to the simmering stock
5. Continue simmering and skimming the stock for 3-4 hours.
6. Strain cool and refrigerate.

Risotto alla Parmigiana

Source: Professional cooking 6th Edition

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Yield: 5- 5 oz portions

<u>Ingredients</u>	<u>Metric</u>	<u>U.S.</u>
Butter	15grams + 15grams	½ ounce + ½ ounce
Vegetable oil	15grams	½ fl. ounce
Onion, chopped fine	30grams	1 ounce
Italian Arborio Rice	225grams	½ pound
Chicken Stock, hot	approx.750ml	approx. ¾ quart
Parmesan Cheese, grated	30grams	1ounce
salt	To taste	To taste

Procedure:

1. Heat the butter (15grams only) and oil in a straight sided sauté pan. Add the onions and sauté until soft. Do not brown.
2. Add the rice and sauté until well coated with the fat.
3. Using a 6-oz ladle, add hot stock in three stages, stir the rice over medium heat until the stock is absorbed, and the rice is almost dry.
4. Add more stock and repeat procedure,
5. Stop adding stock when the rice is tender but still firm. It should be very moist and creamy, but not runny. The cooking should take about 30min.
6. Remove from heat and stir in remaining 15grams of butter and parmesan cheese. Salt to taste.

Pâte Sucrée

Source: Professional Baking 7th Edition

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Yield: 0.426 kg (12.5 oz)

Ingredients	Metric	U.S.
Butter, softened	108 grams	3.25 ounces
Confectioners' sugar	66 grams	2 ounces
Salt	1 gram	¼ teaspoon
Lemon zest, grated	1 gram	½ teaspoon
Vanilla extract	2 drops	2 drops
Eggs, beaten	50 grams	1.5 ounces
Pastry flour	200 grams	6 ounces

Procedure:

1. Cream together the butter, confectioners' sugar, salt, lemon zest, and vanilla until the mixture is smooth and pale.
2. Add the eggs a little at a time and beat well between each addition
3. Add the flour. With a plastic scraper, carefully blend into a soft dough.
4. Wrap in plastic film and flatten out. Chill until firm before use.

Making Baked Tart Shells

1. Remove dough from the refrigerator. Scale the dough as required:

4 to 5 ounces	6 inch (15 centimetre) tarts	115 to 140 grams
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2. Let the dough stand a few minutes or work it briefly with the hands to make it pliable. Dough should be cold, but if it is too cold and hard, it is difficult to roll out without cracking.
3. Roll out the dough on a floured surface or floured canvas. Roll slightly less than $\frac{1}{4}$ inch (5 millimetres).
4. Place the dough in the tart pan. Allow the dough to settle into the pan and then press it into the corners without stretching it.
5. Trim off excess dough.
6. Refrigerate for at least 20 to 30 minutes before continuing. Prick the bottom of the dough all over with a fork. Line the shell with parchment and fill it with dried beans.
7. Bake at 400°F (200°C) until the shells are fully baked and lightly browned, about 20 minutes.
8. Cool the shell completely.

Lemon Tart

Source: Professional Baking 7th Edition

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Yield: two 6-inch tarts

Ingredients	Metric	U.S.
6-inch tart shell	2	2
Sugar	120 grams	4 ounces
Lemon zest, grated	15 millilitre	1 tablespoon
Eggs	4	4
Lemon juice	175 millilitre	6 ounces
Heavy cream	60 millilitre	2 ounces

Procedure:

1. Bake the tart shell until it is golden but not too brown. Cool.
2. In a mixer fitted with the paddle attachment, blend the sugar and zest together thoroughly.
3. Add the eggs. Mix until well combined, but do not whip.
4. Mix in first the lemon juice and then the cream. Pass the mixture through a strainer.
5. Pour the strained filling into the tart shell.
6. Bake at 325°F (165°C) just until the filling is set, no longer, about 20 minutes.
7. Garnish with raspberries, mint and icing sugar provided.

Common Table

Protein	Dairy	Pantry
Chicken Bones	Eggs	Icing sugar
	Parmesan	Sugar
	Butter	Lemon juice
Produce	35% Cream	Italian Arborio Rice
	2% Milk	Vegetable oil
Onion		Olive oil
Carrot		A.P Flour
Celery		Pastry flour
Garlic		Vanilla Extract
Parsley fresh		
Thyme fresh		
Rosemary fresh		
Mint fresh		
Lemons		
Limes		
Raspberries		