

WORLD CULINARY ARTS:  
*Israel*



THE WORLD'S PREMIER  
CULINARY COLLEGE

Recipes from  
Savoring the Best of World Flavors:  
Israel

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# GROUPER FILLET ON BEETROOT CRÈME WITH GOAT CHEESE RAVIOLI

Ingredients	Amounts
Grouper, deboned, skin on, split into 4 portions	160 g
Sage, fresh	1 bu.
Butter	2 Tbsp.
Salt and pepper	to taste
<i>Beetroot crème</i>	
Beetroots, wrapped in foil, oven roasted until soft, peeled	2 ea.
Desiree potato, whole, oven baked, and peeled	1 ea.
Butter	4 Tbsp.
Sherry vinegar, good quality	2 Tbsp.
Sugar	1 pinch
Cumin	1 tsp.
Tabasco	as needed
<i>Pasta dough</i>	
Baker's flour, 00, type 65	100 g
Egg yolks, small	5 ea.
<i>Ravioli filling</i>	
Goats cheese	
Basil, fresh, leaves separated, roughly torn	¼ bu.
Olive oil	2 Tbsp.

## Method

1. *For the dough*, in a food processor, place ingredients for the dough, bring together, kneed by hand for 1 minute, wrap in cling film, and let rest for at least 1 hour.
2. Roll out dough in pasta machine to minimum thickness and cut 60 millimeter circles.
3. Mix filling ingredients. Place a teaspoon of filling on each circle and fold over to make the ravioli. Cook in boiling water for 1 minute.
4. *For the crème*, put ingredients for beetroot crème in a blender and blend till smooth, emulsified texture. Push through fine sieve and let cool.
5. Preheat oven to 425°F, coat grouper fillets with butter, salt, and pepper.
6. Add sage leaves and roast for about 5 minutes or until cooked but not dry.
7. *To serve*, place beetroot crème on a plate, place grouper, top with the ravioli, and drizzle with olive oil. Sprinkle sea salt and serve.

# ONION-WRAPPED FISH KEBAB

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onions, large, unpeeled, cooked whole in salt water until soft	2 ea.
<i>Kebab</i>	
Grouper, skinned, boned	120 g
Bread slices, white, soaked in water and squeezed of excess water	4 ea.
Onion, chopped, fried	1 ea.
Eggplant, chopped to small cubes, fried	½ ea.
Parsley, chopped	¼ bu.
Coriander, chopped	¼ bu.
Egg	1 ea.
Cumin	
Sea salt and ground black pepper	to taste
<i>To serve</i>	
Eggplant, grilled on open flame, peeled, cut into 4 portions	1 ea.
Tahini paste, high quality	¼ cup
Date honey	3 Tbsp.
Hyssop leaf, fresh	2 Tbsp.
Olive oil, high quality	3 Tbsp.

## **Method**

1. Mix the kebab ingredients and season to taste.
2. Peel the onions and open them by making a cut in the center, as if to make wedges.
3. Stuff with the kebab mixture and close onion back up to its original shape.
4. Place the onions in a roasting pan, drizzle with some olive oil, and sprinkle with salt and pepper. Roast for 10 minutes at 329°F
5. On a serving plate, place the eggplant, then the stuffed onion, and drizzle tahini, date honey, olive oil, and fresh hyssop over the top; sprinkle with some sea salt and serve.

**Recipe credit:** Meir Adoni.  
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# SALAD OF ENDIVE, MOZZARELLA, AND FIG

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Endive, cut in quarters, or 6 slices if large	3 ea.
Arugula, young	1 bu.
Roquette, young	1 bu.
Mozzarella, bocconcini	8 ea.
Shallots, thinly sliced	2 ea.
Coconut shavings, not grated, toasted	¼ cup
Figs, fresh, quartered, brulee with a little sugar and ground cardamom	6 ea.
Peaches, quartered, oven roasted at 425°F with 3 Tbsp. honey, 3 Tbsp. butter, and 2 star anise	3 ea.
Olive oil, good quality	3 Tbsp.
<i>Green miso vinaigrette</i>	
Miso paste, white	2 Tbsp.
Orange juice, fresh	½ cup
Ginger, fresh, peeled, coarsely chopped	2 Tbsp.
Onion, white	¼ ea.
Garlic clove	1 ea.
Basil leaf	½ cup
Green chile	¼ ea.
Date honey	3 Tbsp.
Sesame oil	3 Tbsp.
Sherry vinegar, good quality	3 Tbsp.
Canol oil	1 cup

## **Method**

1. *For the vinaigrette:* Place all ingredients except the oil in a blender. Turn blender on and slowly add oil in a thin, steady drizzle, until perfectly emulsified.
2. Strain through fine sieve and keep refrigerated.
3. Gently toss salad ingredients in a bowl with vinaigrette and serve.

**Recipe credit:** Meir Adoni.  
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# STUFFED CALAMARI

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Calamari, medium size, clean, narrow tip cut off	8 tubes
<i>Stuffing</i>	
Bulgur (cracked wheat), thick, pre-soaked for an hour in hot water and drained	1 cup
Lamb, fillet, minced	1 ea.
Shallots, finely chopped	2 ea.
Onion, thinly chopped, sautéed	1 ea.
Tomato, blanched, peeled, chopped into small squares	1 ea.
Lemons, pickled, finely chopped	1 Tbsp.
Parsley, chopped	¼ bu.
Mint, chopped	¼ bu.
Coriander, chopped	¼ bu.
Pine nuts, toasted	3 Tbsp.
Celery stalk, finely chopped	1 ea.
Lemon juice	½ cup
Eggplant, small, grilled on open flame	1 ea.
Butter	150 g
Cumin	1 Tbsp.
Sea salt and ground black pepper	to taste
<i>Sorrel crème</i>	
Sorrel leaf	500 g
Onion, chopped	1 ea.
Garlic cloves	3 ea.
Butter	3 Tbsp.
Stock, chicken	½ cup
Salt	
Sugar, pinch	1 ea.
Pepper, black	
Cumin	1 Tbsp.
Sumac	2 tsp.
Yogurt, goats milk	4 Tbsp.

## **Method**

1. *For the filling:* Mix together all the ingredients, season, and stuff into the cleaned tubes of calamari. Close the end with toothpicks.

2. *For the crème:* Sauté the onion and garlic for 2 minutes, add the sorrel leaves and continue sautéing for 2 more minutes.
3. Add the chicken stock and cook for 10 minutes on low heat. Strain excess liquid out and purée in blender. Add the butter and season. Push through fine sieve and let cool.
4. Sear the calamari in a heavy pan pre heated with some olive oil for about a minute. Add 3 tablespoons water and braise calamari for a few more seconds.
5. On a serving plate, place sorrel crème, the calamari, and some yogurt. Drizzle with good quality olive oil and a pinch of sumac.

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# STUFFED SARDINES

Ingredients	Amounts
Fresh sardines (or anchovies), cleaned and butterflied	4 ea.
<i>For the stuffing</i>	
Cilantro	½ bu.
Parsley	½ bu.
Plain white bread slices, crust removed	4 ea.
Garlic cloves	2 ea.
Cumin	1 tsp.
Hot green chile	1 ea.
Lemon juice	3 Tbsp.
Olive oil	½ cup
Salt	
Black pepper	
<i>For the sorrel crème</i>	
Sorrel leaves	500 g
Onion, chopped	1 ea.
Garlic cloves	3 ea.
Butter	3 Tbsp.
Chicken stock	½ cup
Salt	
Sugar	1 tsp.
Black pepper	

## Method

1. *For the stuffing:* Place all the except the oil ingredients in a food processor. Blend while adding the olive oil in a steady drizzle until a pesto-like consistency is reached.
2. *For the crème:* Sauté the onion and garlic for 2 minutes, add the sorrel leaves and continue sautéing for 2 more minutes.
3. Add the chicken stock and cook for 10 minutes on low heat. Strain excess liquid out and purée in blender. Add the butter and season. Push through fine sieve and let cool.
4. Place a teaspoon of the paste inside each sardine, close over, and secure with a toothpick. Dust the sardines in flour and deep fry until golden brown (about 30 seconds). Place on paper to absorb the excess oil.
5. On a serving plate, place the sardines on the sorrel crème, drizzle with lemon juice, and serve.



# ORANGE BALSAMIC VINAIGRETTE WITH NUT OIL

*Yield: 1-1/3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Balsamic vinegar, artisan produced	2 Tbsp.
Sherry vinegar	2 Tbsp.
Orange juice, fresh	1/3 cup
Orange zest, freshly grated	2 Tbsp.
Sea salt	to taste
Hazelnut oil, toasted	1/3 cup
Extra virgin olive oil	2/3 cup

## **Method**

1. Whisk all the ingredients together in a small bowl.

**Recipe credit:** Joyce Goldstein.

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# BELGIAN ENDIVE, RADICCHIO, AND ORANGE SALAD WITH MINT VINAIGRETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Belgian endive, red or white, small	3 heads
Radicchio, medium	2 heads
Mint leaves, fresh	½ cup
Mint Vinaigrette (recipe follows)	¾ cup
Oranges, blood or navel, peeled, pith and seeds removed, cut into ¼" thick slices	2 ea.
Mint leaves, thinly slivered, for garnish	¼ cup

## **Method**

1. Remove the root ends from the endive and separate the leaves. Cut the radicchio heads in half and pull apart the leaves. Wash and dry thoroughly.
2. Toss the endive, radicchio, and the mint leaves with the vinaigrette.
3. Distribute among 6 salad plates. Top with orange slices. Sprinkle with a little slivered mint if desired. Serve immediately.

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# MINT VINAIGRETTE

*Yield: 1½ cups*

<b>Ingredients</b>	<b>Amounts</b>
<i>Infusion</i>	
Lemon juice, fresh	¼ cup
Mint, fresh, chopped	¼ cup
Red wine vinegar	¼ cup
Lemon juice, fresh	2 Tbsp.
Mint, fresh, chopped, tightly packed	½ cup
Honey	1 tsp.
Sea salt	½ tsp.
Olive oil, mild and fruity	1¼ cup

## **Method**

1. *To make the infusion:* Combine the lemon juice and chopped mint in a small saucepan. Bring to a boil and remove from the heat. Let it steep for about 10 minutes.
2. Strain into a mixing bowl, pressing the leaves against the strainer to extract all of the liquid.
3. *To make the dressing:* Add the remaining ingredients and whisk together.

**Recipe credit:** Joyce Goldstein.

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# BULGAR WHEAT SALAD WITH POMEGRANATE DRESSING

## BAZERGAN

*Yield: 6 to 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Bulgur wheat, fine	2 cups
Salt	
Cumin, toasted and ground	3 tsp.
Coriander, ground	2 tsp.
Allspice	½ tsp.
Cayenne	¼ tsp.
Tomato paste	3 Tbsp.
Lemon juice, fresh	2 Tbsp.
Pomegranate Dressing (recipe follows)	½ cup
Walnuts, coarsely chopped	1 cup
Pine nuts (optional)	¼ cup
Flat leaf parsley, chopped	4 Tbsp.
Pomegranate seeds (optional)	

### **Method**

1. Put the wheat in a bowl and cover with lightly salted water. Let it soak for about 30 minutes, until the grains are tender. Drain well and transfer the wheat to a bowl.
2. Whisk together the spices, tomato paste, and lemon juice, then whisk this mixture into the pomegranate dressing. Taste and adjust seasoning. You may want to add more lemon or oil.
3. Toss the dressing with the drained grains and fold in the nuts and parsley. Mix well. Add a few pomegranate seeds for color, if using. Serve at room temperature.

**Note:** You may add ¾ cup of finely chopped red onion to this salad.

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# POMEGRANATE DRESSING

*Yield: 1 cup*

## Ingredients

## Amounts

Pomegranate molasses	6 Tbsp.
Lemon juice, fresh	3 Tbsp.
Olive oil, mild	½ cup
Salt	to taste

## Method

1. Whisk ingredients together in a bowl.

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# CARROT SALAD WITH TAHINI DRESSING AND PINE NUTS

*Yield: 4 to 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrots, julienned	1 lb.
Garlic clove, smashed	1 ea.
Tahini Dressing (see index)	½ cup
Salt	

## *Garnish*

Mint or dill, chopped  
Pine nuts, toasted

## **Method**

1. Cook the carrots and the garlic in salted boiling water until they become tender. This may take 5 to 7 minutes. Drain them and while they are warm, toss them with the dressing. Garnish the dish with the pine nuts and herbs.

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# BEETS WITH YOGURT DRESSING

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beets, large or 12 small	6 ea.
Cinnamon	¼ tsp.
Yogurt Dressing (recipe follows)	1 cup
Watercress, mâche, or purslane, coarsely chopped	1 bu.
Dill, chopped	2 Tbsp.
Walnuts, toasted, chopped (optional)	3 Tbsp.
Feta cheese, crumbled	

## **Method**

1. Allow 2 small or 1 large beet per person. When they are cooked, peel and dice them. Mix in the cinnamon and yogurt dressing. Toss the beets and greens with the dressing. Top the salad with chopped dill or chopped walnuts.

**Note:** Tahini dressing may be substituted for the yogurt dressing.

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# YOGURT DRESSING

*Yield: 2½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Thick yogurt, drained	2 cups
Extra virgin olive oil	1/3 cup
Lemon juice	4 Tbsp.
Salt	
Garlic cloves, minced (optional)	1 Tbsp.
Mint or dill, chopped (optional)	2 Tbsp.

## **Method**

1. In a bowl, whisk together the yogurt, olive oil, and lemon juice. Season with salt.

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# FENNEL WITH POMEGRANATE SEEDS

Ingredients	Amounts
Fennel bulbs, young, organic	15 ea.
Coarse sea salt	as needed
Lemons, ripe	15 ea.
Chile peppers, red hot	10-15 ea.
Cilantro leaves, separated from the stems	1 L
Pomegranate seeds, separated	3 lb.
Almonds, roasted	1½ lb.
Extra virgin olive oil, fresh	1 L

## Method

1. Slice the fennel bulbs into very thin slices lengthwise. Put them in ice water for 30 minutes. Add the salt, lemon juice, and chile peppers.
2. Mix with the cilantro leaves, pomegranate seeds, and roasted almonds. Add olive oil and sea salt.

**Recipe credit:** Erez Komarovsky.  
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# ROASTED CAULIFLOWER WITH TAHINI AND SILAN

Ingredients	Amounts
Culiflower, baby, organic	15-20 ea.
Lemons	10 ea.
Sage leaves, fresh	as needed
Extra virgin olive oil, preferably koreneiki	1 l
Coarse sea salt	to taste
White pepper	to taste
Tahini, organic	1 l
Date honey (silan)	1/5 l

## Method

1. Cut the cauliflowers into halves. Spice with olive oil, freshly ground white pepper, and sage leaves. Roast in a pizza oven, open fire, for 15 minutes.
2. Serve with tahini and date honey. Lemon juice is optional.

**Recipe credit:** Erez Komarovsky.  
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# KOHLRABI CARPACCIO WITH SUNFLOWER SEEDS

Ingredients	Amounts
Kohlrabi, young, organic, very thinly sliced	15-20 ea.
Sunflower seeds	1 lb.
Sumac, fresh	½ lb.
Green chile peppers, hot	10 ea.
Dill	1 lb.
Lemons, ripe, juice of	10 ea.
Extra virgin olive oil, delicate, preferably laccino	1 L
Coarse sea salt	to taste

## Method

1. Roast the sunflower seeds with sumac and some olive oil.
2. Chop the green chile peppers and dill. Add the chile-dill mixture and the roasted sunflower seeds to the kohlrabi slices. Add the lemon juice and olive oil.

**Recipe credit:** Erez Komarovsky.  
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# BABY LAMB WITH FRIEKE

Ingredients	Amounts
Lamb shoulder, front quarter with cutlets, boned	1 ea.
Lamb stock	2 L
Frieke	1 lb.
Baby leeks, finely chopped	5-6 ea.
Parsley, finely chopped	1 bu.
Pine nuts, roasted	1 cup
Syrian olive oil	1/5 L
Pearl onions, peeled	2 lb.

## *Spice mixture*

Cardamon, whole  
White pepper, whole  
Mace, whole  
Allspice, whole  
Star anise, whole  
Rosebuds, whole

## *Lamb bread*

Durum flour	2 lb.
Baby lamb meat, finely chopped	1 lb.
Sour dough starter	1 lb.
Sea salt	15 g
Coriander seeds	1 Tbsp.
Anise seeds	1 tsp.

## Method

1. Grind the spices with a mortar and pestle. Rub the lamb with the olive oil and rub the spice mixture into the meat.
2. *For the stuffing:* Pour hot water over the frieke and let it stand for 10 minutes. Add the chopped leeks, parsley, pine nuts, and some of the spice mixture to the frieke. Fill the lamb shoulder with the frieke stuffing and sear it in a very large iron pan with very little olive oil.
3. *For the dough:* Mix all the ingredients together except for the salt and spices. Knead the dough for 8 to 10 minutes. Add the salt and spices and knead for another 4 to 5 minutes. Let the dough proof in a cold environment for 12 hours.
4. Put the pearl onions in a large clay pot and place the lamb shoulder over them. Pour in some of the lamb stock and place the lid over the clay pot. Bake the lamb in 160°C oven for 3 to 3½ hours. Take the top off the clay pot, place the lamb bread dough over it, and continue to bake the lamb for another hour.

**Recipe credit:** Erez Komarovsky.

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# BABY BEET, CUMIN, AND PRESERVED LEMON SALAD

*Yield: 4 to 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beets, baby, raw, thinly sliced	10 ea.
Cumin seeds, toasted, crushed in mortar	1 Tbsp.
Baby rahshad, watercress, or baby arugula	2 cups
Preserved lemon	½ cup
Lemons, juiced	1-2 ea.
Wildflower honey	1-2 Tbsp.
Almonds, toasted	1 cup

## **Method**

1. Toss the beets with the cumin seeds and the greens.
2. In a small bowl, mix together the preserved lemon, lemon juice, and honey.
3. Pour over the beets and greens and serve sprinkled with the toasted almonds on top.

**Recipe credit:** Erez Komarovsky.  
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# PUMPKIN SALAD WITH MINT LEAVES AND ROASTED SESAME SEEDS

Ingredients	Amounts
Pumpkin, peeled, thinly sliced	2 lb.
Confectioner's sugar, raw	3 Tbsp.
Sesame oil	1 Tbsp.
Sesame seeds	2 Tbsp.
Mint leaves, fresh	1 cup
Red peppercorns, crushed	1 Tbsp.
Sea salt	to taste
Mandarin juice	½ cup

## Method

1. Put the pumpkin on a tray and sprinkle with the sugar. Let stand for 1 hour and then drain.
2. Heat the sesame oil in a frying pan and then add the sesame seeds. Stir into the mandarin juice and then pour over the pumpkin.
3. Before serving, sprinkle with the mint leaves, crushed peppercorn, and salt to taste over all.

**Recipe credit:** Erez Komorovsky.  
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# EGGPLANT "CARPACCIO"

Ingredients	Amount
Eggplant, shiny and light	4 ea.
Tomatoes, ripe	3 ea.
Garlic	
Parsley	
Lemon	
Tahini, raw	
Extra virgin olive oil	
Chili, fresh	

## Method

1. Burn eggplants on open fire and leave to drain in a strainer, peel.
2. *For Tomato Salsa:* dice tomatoes and season with 1/4 cup chopped parsley, 1 teaspoon minced garlic, 1/4 cup fresh lemon juice, 1/2 cup olive oil and 1 teaspoon salt.
3. Make 'gremolata'- mix 1 cup chopped parsley with 1/3 cup fresh lemon juice, 2/3 cup olive oil, 1 teaspoon grated lemon zest and 1 teaspoon salt.
4. (Gremolata will also be used for the beet ravioli)
5. *To Serve:* Place 2 tablespoons of eggplant in the center of a shallow plate, place saran wrap on top of it, and press down with another similar plate to form 'carpaccio'.
6. Spoon paddles of tomato salsa, gremolata and raw tahini around eggplant.
7. Season with salt, black pepper and chopped chilies.

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# BEET "RAVIOLI" WITH GOAT CHEESE MOUSSE

Ingredients	Amount
Beetroots, big, firm	3 lb.
Goat cheese	20 oz.
Garlic, peeled	4 oz.
Whipping cream	8 fl. oz.
Oregano	1/3 oz.
Parsley	as needed
Lemon juice	as needed
Olive oil	as needed

## Method

1. Cook unpeeled beets in water until cooked but still firm.
2. Chill, peel and slice thin slices using a mandoline.
3. Make baked garlic:
4. Heat oven to 350°F.
5. Mix 4 oz peeled garlic cloves with 2 spoons olive oil and 1/4 teaspoon salt.
6. Bake for 20 minutes.
7. Remove from oven and add 2 tablespoons olive oil
8. For the Cheese: In a food processor blend all the cheese, the baked garlic, oregano, 4 Fl. Oz of whipping cream and 1.5 teaspoon salt.
9. Whip remaining cream and fold into the cheese mixture.
10. Spoon mixture into a piping bag.
11. Fill the beet slices with the cheese to form a half moon shape.
12. Serve 'ravioli' with gremolata (see Eggplant Carpaccio recipe)

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# SEA BREAM CEVICHE ON GAZPACHO

Ingredients	Amount
<i>Gazpacho</i>	
Heirloom tomatoes	1 1/3 lb.
Garlic clove	1 ea.
Chili, fresh	1/2 tsp.
Sherry vinegar	1 Tbsp.
Olive oil	1 Tbsp.
Salt	to taste
<i>Ceviche</i>	
Sea bream, fresh	1 lb.
Avocado	1 ea.
Red onion	1/2 ea.
Heirloom tomatoes	1/2 lb.
Chili pepper, chopped	1 ea.
Cilantro	2 TBS
Mint, fresh	1 TBS
Garlic, minced	1/4 tsp.
Lemon juice	1/3 cup
Olive oil	1/2 cup

## Method

1. *For the Gazpacho:* Peel tomatoes and blend with rest of ingredients, season to taste.
2. *For the Ceviche:* Cut the fish and the avocado into 3/8 x 3/8 inch cubes.
3. Chop onion, tomato, cilantro, and mint.
4. Mix fish with avocado, chopped tomato, 2 tablespoons chopped onion, 2 tablespoons cilantro, 1 tablespoon mint, 1/4 teaspoon garlic, 1/2 tablespoon chili, 1/3 cup fresh lemon juice and 1/2 cup olive oil. Season to taste.
5. *To Serve:* Place a ring in a dip serving plate and fill with ceviche, pour gazpacho around and remove the ring

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# CAMELIZED PEARS, PEAR VINEGAR, TARRAGON OIL, AND GREEN GARLIC

Ingredient	Amount
<i>Dehydrated Caramelized Pears</i>	
Pears, unripe if possible	8 lb.
Grape seed oil	300 g
Vitamin C	10 g
 <i>Green Garlic Purée</i>	
Green garlic, blanched	1 lb.
1# grapeseed oil	1 lb.
500 g ice water	500 g
 <i>White Garlic Purée</i>	
White garlic (stems of green garlic)	1720 g
Grape seed oil	140 g
Salt	60 g
Water	50 g
 <i>Tarragon Oil</i>	
Tarragon, fresh	400 g
400 olive oil	400 g
 <i>Serving</i>	
Mustard or horseradish leaves, chiffonade	2 qt.
Chervil leaves	1 qt.
Pears, unripe, thinly sliced on mandolin	7 lb.
Dehydrated Caramelized Pears (see above)	
Garlic Puree (see above)	
Pear vinegar, reduced	
Pear Vinegar Gel	
Tarragon oil (recipe above)	

## Method

1. *For the Dehydrated Caramelized Pears:* On a mandolin thinly julienne the pears, add to a large bowl, weigh the amount, and salt by 1%. Add vitamin C and mix well.
2. Add the julienned pears to perforated pan, apply weight on the pears and press overnight.
3. Add strained pears to a bowl, add oil and mix well. Heat oven to 212°F to dehydrate.
4. Divide the pears into several sheet trays and roast for 2 hours, mixing occasionally.
5. *For the Green Garlic or the White Garlic Purée:* Steam garlic in grape seed oil with salt until translucent.
6. Purée working in batches in Vitamix and adding water as needed.

7. *For the Tarragon Oil:* Puree tarragon and olive oil in Vitamix blender. Strain using coffee filters.
8. *For Serving:* Plate per chef's demonstration.

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# SALTED APPLES, SMOKED PINE NUT PUREE, CHIVES, AND FERMENTED MUSHROOM JUS

Ingredients	Amount
<i>Smoked Pine Nut Purée</i>	
Pine nuts, toasted	242 g
Grape seed oil	85 g
Ice water	280 g
Salt	8 g
Lemon juice	15 g
Chipotle	1 g
<i>Apples</i>	
Apples, organic, seasonal, or local	60 ea.
Olive oil	
<i>Fermented Mushroom Jus</i>	
Garlic	200 g
Shallots, peeled and halved	3 ea.
Sage	40 g
Thai bird chilies	20 g
Olive oil	100 g
Fermented mushrooms	3 ea.
Water	3 L
<i>Serving</i>	
Chives, chopped	2 qt.
Fermented Potato Chips	

## Method

1. *For the Smoked Pine Nut Purée:* Add the pine nuts, salt, and grape seed oil to a Vitamix and blend on high while smoking with a smoking gun rapidly. Smoke at least 4-5 times.
2. Add water and lemon juice to emulsify. Reserve.
3. *For the Apples:* Peel apples, weigh the apples once peeled. At 1% salt by weight vacuum seal for up to 48 hours.
4. Strain the apples and coat with plenty of olive oil (about 20 grams per apple).
5. Place apples in dehydrator/oven set to 158°F for 35 hours.
6. Cut apples into small dice pieces.
7. *For the Fermented Mushroom Jus:* Sweat garlic, shallots, sage and chilies until translucent.
8. Add mushrooms and liquid, gently simmer for 30 min. Let cool, and strain one day later.