

SUMMER 2021

KEYS TO THE KITCHEN



KEYS TO THE KITCHEN

WITH CONTRIBUTIONS FROM:
JOHN NUNZIATA, VERONICA FLORES, CAROLINE BAUMGARTNER,
CHRISTOPHER METZLER, AND DAIJIRO TAKAHASHI.





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KEYS TO THE KITCHEN

We at UBS are excited to announce the launch of our very own electronic cookbook. We understand the difficulties and stressors that come from working from home, especially alongside children who are learning virtually. It is for this reason that we decided to share with you a digital *Keys to the Kitchen* cookbook that will allow you to not only cook fast and easy meals, but share the experience with your family and friends.

Creating simple and elegantly fun dishes begins with the ingredients! Our recipes are derived from the very same meals that are offered in our café, as well as those delicious meals cooked during our livestream cooking school sessions. These summer recipes and their ingredients take inspiration from various cultures and culinary methods.

MEET OUR CHEFS



JOHN NUNZIATA
REGIONAL CHEF UBS

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



VERONICA FLORES
COOKING SCHOOL EXECUTIVE CHEF

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



CAROLINE BAUMGARTNER
COOKING SCHOOL SOUS CHEF

Cari Baumgartner grew up in New Jersey and has always loved science and art. She realized that the two disciplines most perfectly come together in the kitchen and has pursued that path ever since. Past endeavors include creating menus and cooking for the kids at a small school in Seattle, running the galley on a schooner along the coast of Maine and head baker and recipe development for several boutique bakeries in Santa Fe and Albuquerque, NM. Baking holds a special place in her heart and she especially enjoys trying new flavor combinations and creating delicious treats for various dietary needs. When she steps away from the oven Cari enjoys riding her bicycle, drawing, and hanging out with her giant dog, Floyd. Happy to be home in New Jersey she looks forward to seeing you at the cooking school!



CHRISTOPHER METZLER

EXECUTIVE CHEF

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



DAIJIRO TAKAHASHI

SOUS CHEF

Chef Takahashi has over 20 years of experience working in kitchens in Japan and the United States, including 9 years with UBS in NY and NJ. Chef Takahashi enjoyed cooking at a very young age. He mastered one of Japan's artful culinary traditions early in his career. This cuisine is known as Japanese Kaiseki. It was a great experience where he was able to develop a full understanding of the cuisine while working at the famous Kappo Kaga Restaurant in Tokyo, Japan. Japanese Kaiseki is known for its meticulous preparation, fresh seasonal ingredients, and beautiful artistic presentation. It is a cuisine that Chef Daijiro still prepares at home for his family when he is not out enjoying his second passion, golfing.

KITCHEN ESSENTIALS

ESSENTIALS TO ALWAYS HAVE ON-HAND



KITCHEN ESSENTIALS

THE BARE MINIMUM

SAUCES / CONDIMENTS

Vinegars
*(balsamic, cider, white, sherry,
and wine vinegars)*

Soy sauce
Worcestershire sauce

Hot sauce

Honey

Ketchup

CANNED GOODS

Chicken stock or broth

Beef stock or broth

Canned tomatoes

Tomato sauce

Tomato paste

Garbanzo Beans

Black Beans

Capers

Canned chiles

Anchovy
(paste or whole)

STARCHES / DRY GOODS

Pasta
*(in various shapes,
strands, and tubes)*

Rice
*(white and/or brown in long-grain
or short-grain varieties)*

Lentils

Quinoa

Farro

Dried breadcrumbs or panko

Olive oil

Canola oil

All-purpose flour

Baking Powder

Baking Soda

Granulated sugar

Brown Sugar

Vanilla extract

Cooking spray

Cornstarch

Confectioner's sugar

White Beans

PRODUCE

Potatoes

Onions

Garlic

Carrots

Celery

Red Pepper

Cucumber

Broccoli

Cauliflower

Lemons

Limes

Fresh ginger

THE FREEZER

Frozen corn

Frozen spinach

Frozen peas

Ground beef

Chicken breasts

THE FRIDGE

Eggs
 Milk or milk alternative
 Butter or margarine
 Mustard
(yellow, Dijon, whole grain)
 Mayonnaise
 Parmesan cheese
 Other cheese
(cheddar, swiss, etc)
 Beef/Pork/Fish/Chicken/Tofu
 Prepared horseradish

SPICES

Salt
 Black Pepper
 White Pepper
 Bay leaves
 Cayenne or
 crushed red pepper flakes
 Curry powder
 Chili powder
 Coriander

Cumin
 Cinnamon
 Garlic powder
 Onion powder
 Oregano
 Paprika
 Allspice
 Cloves
 Ginger
 Nutmeg
 Dill
 Marjoram
 Dry mustard
 Italian seasoning
 Rosemary
 Sage
 Tarragon
 Thyme

EQUIPMENT

Stock Pots
 Stainless Steel Sauté Pan
 Non-Stick Sauté Pan
 Cast Iron Pan
 Stainless Steel Mixing Bowl
 Sheet Pans
 Roasting Pan
 Kitchen Spoons
 Kitchen Ladle
 Two-pronged Fork
 Heat Resistant Plastic Spatula
 Stainless Steel Spatula
 Stainless Steel Tongs
 Whisk
 Chef's Knife
 Paring Knife
 Boning Knife
 Serrated Knife
 Cutting Board
 Digital Thermometer



BREAKFAST

GOGI, CRANBERRY COFFEE CRUMB CAKE

WHIPPED GREEK YOGURT, HONEY-DRIZZLED BERRIES

Chef Veronica's GRUYERE, MUSHROOM, KALE E-Z BAKE FRITTATA

Chef Cari's BOURBON VANILLA BRIOCHE, BRULEE FRENCH TOAST

ROASTED LOCAL APPLE, CANDIED GINGER, OVERNIGHT OATS

RACLETTE, LEMON-THYME ROSTI

GOGI, CRANBERRY COFFEE CRUMB CAKE



SERVES

9

METHOD

BAKE

MINUTES

35-45

1 cup all purpose flour

1/2 cup sugar

1/3 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

1 egg, lightly beaten

1/2 cup milk, fat free

1 tablespoon orange juice

1 tablespoon canola oil

1/4 teaspoon almond extract

1/2 cup gogi berries,
soaked in water

1 1/2 cup frozen cranberries

Topping

1/4 cup all purpose flour

3 tablespoons brown sugar

2 tablespoons butter, cold

1/4 teaspoon cinnamon

In a large bowl, combine flour, 1/2 cup sugar, baking soda and salt.

In a separate bowl, mix together the egg, milk, orange juice, canola oil and almond extract. Stir into the combined dry ingredients.

Spoon into 8" square baking dish coated with cooking spray.

Combine gogi berries, cranberries and remaining 1/3 cup sugar.
Spread over batter.

TOPPING

Combine flour, brown sugar, cinnamon and butter.

Mix until crumbly and sprinkle over cranberries.

Bake 375F, 35-45 minutes (until edges pull away from pan)

VEGETARIAN

WHIPPED GREEK YOGURT, HONEY-DRIZZLED BERRIES



SERVES
2



METHOD
MIX



MINUTES
5

1 cup non-fat greek yogurt

3 tablespoons heavy whipping cream *(if desired, add additional sweetener)*

Fresh berries

Combine the greek yogurt and heavy whipping cream *(sweetened to your liking)*.

After combined, place in an immersion blender and blend until thick and creamy. This will take approximately 30 seconds.

Garnish fresh berries with the whipped yogurt.

Drizzle berries with honey and granola.

VEGETARIAN

Chef Veronica's

GRUYERE, MUSHROOM, KALE E-Z BAKE FRITTATA



SERVES
6



METHOD
BAKE



MINUTES
40

1/4 cup olive oil

8 oz mushrooms, cut into slices
(cremini or shiitake work well)

2 small shallots, chopped

8 large eggs
(for egg whites, use 12)

1/2 cup creme fraiche or
sour cream

4 oz gruyere or swiss

2 oz shredded parmesan

1 oz dill, freshly chopped

4 cups kale leaves, chopped

Kosher salt & pepper to taste

Heat oven to 400F. Heat 2 tablespoons of the oil in a large, non-stick skillet over medium-high heat. Add mushrooms and season with 1/4 teaspoon each of salt and pepper. Cook, tossing occasionally until golden, 4 - 6 minutes. Add shallots, tossing frequently until shallots are tender, 2 - 3 minutes.

Transfer to plate. Reserve the skillet.

Whisk the eggs, creme fraiche, 1/2 teaspoon of salt and 1/4 teaspoon pepper. Add in gruyere and half of the parmesan.

Toss the kale with 1 tablespoon of the remaining olive oil.

Heat the remaining 1 tablespoon of olive oil in the reserved skillet over medium heat. Add the egg mixture to the skillet followed by the mushrooms, kale and remaining parmesan. Cook until the frittata is set around the edge, 2 - 3 minutes.

Transfer the skillet to the oven and bake until the frittata is just set, 20 - 24 minutes. Transfer to serving plate.

Serve immediately.

VEGETARIAN

Chef Cari's

BOURBON VANILLA BRIOCHE, BRULEE FRENCH TOAST



SERVES

6



METHOD

BAKE



MINUTES

30

1/2 cup butter, unsalted

1 cup brown sugar

2 tablespoons honey or agave

6 large brioche slices

5 large eggs

1 1/5 cup half and half

1 teaspoon bourbon vanilla

1 teaspoon Grand Marnier

1 1/4 teaspoon Kosher salt

Garnish

Pure maple syrup

Fresh berries

Whipped greek yogurt

In a heavy sauce pan, melt the butter with the brown sugar and honey over moderate heat, stirring until smooth.

Pour into a 13"x9"x2" baking dish.

Arrange brioche slices into one layer in the baking dish.

Ensure bread is flat on butter-sugar mixture.

In a bowl, whisk together eggs, half and half, bourbon vanilla, grand marnier and salt. Combine well and pour over bread.

Cover and chill the bread mixture for at least 8 hours, up to 1 day.

Preheat oven to 350F. Bring bread to room temperature.

Bake bread mixture, uncovered in the middle of the oven until puffed and edges are pale golden.

Serve immediately.

VEGETARIAN

ROASTED LOCAL APPLE, CANDIED GINGER, OVERNIGHT OATS



SERVES

4



METHOD

ROAST



HOURS

24

1 cup rolled quick oats

2 teaspoons cinnamon

2 tablespoons maple syrup

1 cup almond milk,
unsweetened

1 tablespoon agave, *optional*

2 apples, diced
(*baking apples preferred*)

1/4 teaspoon olive oil

2 tablespoons ginger, candied

Mix oats, maple syrup, almond milk and half of cinnamon mix.
Refrigerate overnight.

Season diced apples, olive oil and remainder of the cinnamon.
Roast for 5 minutes at 425F.

Scoop oatmeal mixture into serving bowl, garnish with
roasted apples or fresh, diced apples, a pinch of cinnamon and
diced candied ginger.

Whipped Greek yogurt pairs well with overnight oats, if desired.

VEGAN

RACLETTE, LEMON-THYME ROSTI



SERVES
3-4



METHOD
BAKE



MINUTES
30

1 pound potatoes
(yukon gold or russet)

1 1/2 teaspoon salt

1 1/4 teaspoon black pepper,
ground

1 tablespoon lemon or thyme,
fresh, chopped

4 oz raclette or swiss cheese,
grated

3 tablespoons vegetable or
olive oil

Wash and peel potatoes. Using a hand-grater, shred. The larger the grate, the better the texture of the potato cake. Add in salt, pepper, and chopped, fresh lemon or thyme. Let the seasoning mixture soften the potatoes, 5 minutes. Light decoloration of the potatoes will not affect the final dish.

Preheat the non-stick sauté pan. Add oil, squeeze potato mixture, removing as much liquid as possible.

Spread half of the potato mixture evenly into the hot, seasoned sauté pan, creating a thin first layer. Cover all areas of the bottom of the pan (*ensuring to seal the cheese in the center*).

Work quickly to add cheese into center of layered shredded potatoes. Evenly spread. Leave 1/2" around the outside, creating a tight seal.

Add remaining amount of squeezed, shredded potato, creating an evenly distributed top layer to the potato cake.

Cook bottom layer of cake until golden brown. Top layers should start to look translucent, 12 - 16 minutes.

Flip potato cake, continuing the same process on the opposite side until golden brown. Slow, continuous heat will cook potato cake through. *If desired, flip back until personal doneness.*

The rosti should be tender and well cooked with a large, crispy crust.

Cut into 4 sections, *serve immediately.*

VEGETARIAN



SOUPS & SALADS

Chef John's SUMMER GAZPACHO

TORTILLA SOUP

KALE AND ENDIVE CAESAR SALAD

MANGO CURRY CHICKEN SALAD

HONEY ROSEMARY BALSAMIC DRESSING

Chef John's LEMON TARRAGON VINAIGRETTE

Chef Chris's HARISSA TAHINI VINAIGRETTE

Chef John's

SUMMER GAZPACHO



SERVES
15



METHOD
BLEND



MINUTES
15

9 oz fresh celery, diced

2 1/2 pounds fresh tomatoes,
diced

3 1/2 oz fresh green bell pepper,
diced

1/2 fl oz hot Tabasco sauce

1/2 tablespoon Kosher salt

1 1/4 pounds fresh cucumber,
peeled, seeded, and diced

6 1/2 oz fresh red bell pepper,
diced

7 oz fresh yellow onion, diced

1 tablespoons fresh garlic
cloves, peeled and minced

1 1/2 oz green scallion, sliced

1/2 quarts canned tomato juice

1 1/2 fl oz white distilled vinegar

1/2 oz lemon juice

Blanch and shock celery.

Combine blanched celery, diced tomato, green bell peppers, lime juice, Tabasco, salt, cucumbers, red bell peppers, onions, garlic, scallions, and tomato juice.

Using a stick blender, puree it 2/3 of the way so there are still some vegetable pieces but the gazpacho is relatively smooth.

VEGAN



TORTILLA SOUP



SERVES
4-6



METHOD
SIMMER



HOURS
1

4 roma tomatoes roasted

2 cloves of garlic roasted

1/4 onion roasted

1 large ancho chili boiled and de-seeded

5 cups of chicken stock

Cilantro

Salt and pepper to taste

1 avocado cubed

1-2 chicken breast shredded

Freshly fried tortilla strips

1 lime – garnish

Garnish

Queso fresco or other type of cheese

Crema or sour cream

Sliced jalapenos

Set oven to 400. Drizzle olive oil, salt and pepper over tomatoes, onions, garlic. Roast for 20 minutes.

Boil the chicken, then shred it and set aside the water to use as the chicken stock (*you can use canned chicken stock if you prefer*)

Blend together the roasted tomatoes, garlic cloves, onion and ancho chili. Add the above mixture to the chicken stock with a small amount of olive oil and bring to a boil. Let simmer for 25 minutes.

While the soup is simmering, fry the tortilla strips and set aside. Add the tortilla strips and the shredded chicken to the bowl and then add the soup. Or add tortilla strips on top. Garnish as desired.

KALE & ENDIVE CAESAR



SERVES
4



METHOD
BLEND/BAKE



MINUTES
10

1/4 cup red wine vinegar

2 tablespoons grated Parmesan

4 anchovies,
drained and/or rinsed

1 large egg yolk,
preferably pasteurized

Zest and juice of 1 lemon

1 clove garlic, roughly chopped

3/4 cup olive oil, or
more as needed

Kosher salt and freshly cracked
black pepper

Hot sauce, as desired – *optional*

4 -6 cups baby kale

2 -3 whole endives

Juice of 1 lemon

1/2 cup grated
Pecorino-Romano cheese
(you can substitute Parmesan)

1 cup croutons

Chicken or shrimp or hard
boiled egg – *optional add ins*

DRESSING

Put the vinegar, parmesan, anchovies, egg yolk, lemon zest and juice and garlic in a blender and blend to combine. With the blender running, slowly drizzle in the oil to emulsify. Season with salt, pepper and hot sauce *(if desired)*.

Note: if the dressing is too thick, you can thin it by adding a few drops of water while the blender is running.

SALAD

Put the baby kale in a large mixing bowl, cut off bottom of endive and separate them. Add to kale. Dress to taste with the Caesar dressing and additional salt and pepper. Serve in individual bowls topped with the Pecorino-Romano and croutons.

CROUTONS

Use any old bread, cut into cubes drizzle with oil salt and pepper and bake for 10 minutes at 350 or until all the way crisp. Feel free to also add protein of choice.

MANGO CURRY CHICKEN SALAD



SERVES
8



METHOD
ROAST



MINUTES
35

1 teaspoon olive oil or coconut oil

4 pcs, 6 oz chicken breast

1/4 cup celery, chopped, *1 stalk*

1/4 small spanish onions

1 small mango, firm,
peeled and diced

1/3 cup sundried cranberries

1/4 cup toasted pecans

1/8 teaspoon black pepper

1 teaspoon madris curry powder

1/2 cup mayonnaise

1/4 cup mango chutney (*optional*)

1/4 cup green onions

2 tablespoons cilantro,
chopped (*optional*)

1 tablespoon lemon juice, fresh

Lightly coat chicken breast with curry powder mix.

Slow pan roast until chicken is cooked. Cook chicken to 165F.

Dice chicken until desired size. Add back to pan,
capturing all pan flavoring.

In a bowl, mix cooled, seasoned and diced chicken, celery,
onion, mango, pecans and cranberries. Add mayonnaise and
all other ingredients. Season to taste.

Serve on a sandwich or over greens as a salad.

HONEY ROSEMARY BALSAMIC DRESSING



SERVES
8



METHOD
BLEND



MINUTES
10

1/2 cup aged modena balsamic
vinegar

1/4 cup honey

1/4 cup olive oil

1 teaspoon soy sauce

1 teaspoon rosemary,
finely chopped

1/4 teaspoon black pepper,
ground

Whisk or blend together vinegar, honey, soy, rosemary and pepper.

Slowly add olive oil until dressing is smooth.

VEGETARIAN

Chef John's

LEMON TARRAGON VINAIGRETTE



SERVES
10



METHOD
BLEND



MINUTES
5

1 teaspoon fresh garlic, minced

2 teaspoons honey

4 tablespoons fresh pressed
lemon juice

4 teaspoons dijon mustard

2 teaspoons fresh peeled
shallots, minced

1/8 teaspoon Kosher salt

4 teaspoons fresh tarragon,
chopped

12 tablespoons extra virgin
olive oil

Mince the garlic and shallot.

Chop the tarragon.

Cut the lemon in half, remove any seeds and squeeze by hand or with a citrus juicer.

In a mixing bowl, whisk together the lemon juice, dijon mustard and honey.

Very slowly drizzle in the extra virgin olive oil a little at a time while whisking constantly, until all of the oil is added.

Add the salt, pepper, shallot, garlic and tarragon.

VEGETARIAN

Chef Cari's

HARISSA TAHINI VINAIGRETTE



SERVES
8



METHOD
BLEND



MINUTES
5

1/2 oz harissa paste
3 1/4 oz tahini sesame paste
1 teaspoon Kosher salt
1 1/2 oz fresh pressed
lemon juice
1/4 teaspoon turmeric
2 oz cold water
1 1/2 teaspoon honey

Combine all ingredients except the oil and mix well.

Then slowly stream in oil while whipping until
completely incorporated.

VEGETARIAN



APPETIZERS

Chef Daijiro's QUICK PICKLED CRUDITE

ZA'ATAR TOASTED PITA CHIPS

LEMON GREEK YOGURT CUCUMBER TZATZIKI SAUCE

Chef John's CHEESEBOARD GUIDELINES

MINT EDAMAME HUMMUS

Chef Daijiro's CORNFLAKE CRAB CAKES WITH SRIRACHA OLD BAY AIOLI

Chef Daijiro's

QUICK PICKLED CRUDITE



SERVES

6



METHOD

PICKLED



HOURS

48

1 pound family favorite farm vegetables
(carrots, celery, cherry tomato, cucumber, green beans, underutilized radish, daikon, swiss chard stalks, watermelon rind, beets, wax beans, melon)

2 sprigs herbs, fresh
(thyme, dill, rosemary preferred)

1 tablespoon whole spices
(black pepper, mustard seed, coriander, fennel all are optional)

2 garlic cloves, smashed

1 cup vinegar
(white wine, cider or rice; the darker the color vinegar the darker the pickled vegetable)

1 cup water

1 tablespoon kosher or sea salt

1 tablespoon sugar or honey
(both optional)

Prepare vessels for storing your pickles.
Mason jars are preferred however, any glass will work.

Clean and cut all chosen vegetables.
Separate into individual containers.

Pack vegetables as tight as possible.
Evenly divide spices, herbs and garlic into the jars.

Combine vinegar, water, salt and sugar. Using a small sauce pan, over high heat, bring to a boil, stirring to dissolve all ingredients. Let boil for 3 minutes. Pour boiling liquid over jarred vegetables.

Covering the top of the vegetables, fill the jar with 1/2" space at the top. Gently tap the jar against the counter to remove excess air bubbles in container.

Cover tightly. Let container cool to room temperature.
Refrigerate at least 48 hours. The flavor of the vegetables will improve as they age.

Creating your own secret brine recipe is a product of tasting and experimenting with new flavor combinations. Tastes change seasonally so, for best results use peak of freshness as your guide.

VEGETARIAN

ZA'ATAR TOASTED PITA CHIPS



SERVES
8



METHOD
BAKE



MINUTES
20

4 tablespoons za'atar spice
(available at Middle Eastern specialty shops)

**Quick Mixture:*

2 tablespoons thyme, chopped

2 tablespoons sesame seeds, toasted

2 teaspoons sumac, ground

1/2 teaspoon sea salt

4 pita bread, Brooklyn baked,
cut into chips

1/4 cup extra virgin olive oil

Sea salt

Thoroughly toss pita chips with olive oil, evenly coating.

Dust olive oil pita chips with za'atar spice.

Place on baking tray.

Bake at 400F for 10 - 12 minutes.

Turn occasionally until golden brown.

VEGAN

LEMON GREEK YOGURT CUCUMBER TZATZIKI SAUCE



SERVES
6



METHOD
MIX



MINUTES
15 (PREP TIME)

1 cup english cucumber,
shredded, 'half peeled'

1 teaspoon salt

3 cloves garlic, finely minced
(*elephant is preferred*)

1/4 cup lemon juice

1 teaspoon lemon zest

2 cups Greek yogurt

2 tablespoons dill, chopped

2 tablespoons extra virgin
olive oil

Wash and peel strips from cucumber skin.

Half way peeled is a good balance of flesh and garnish.

Using a box grater, coarsely grate cucumber. Discard center seeds.

Combine greek yogurt, salt, lemon zest and garlic.
Transfer into a cheese cloth lined colander. Place into refrigerator
and allow yogurt-cucumber mixture to drain for 12-hours.

In a bowl, combine the balance of ingredients together and mix
well. Cover and refrigerate for at least 1-hour for best flavor.

VEGETARIAN

Chef John's

CHEESE BOARD GUIDELINES



SERVES
4



METHOD
SLICING



MINUTES
15

1 pound fresh Brussels sprouts
(smaller size preferred)

1/4 cup grated Parmigiano-
Reggiano or Pecorino Romano
cheese

Rosemary Balsamic Vinaigrette,
to taste (*recipe follows*)

Salt, to taste

Ground black pepper, to taste

1 egg poached (*see Note*)

Rosemary Balsamic Vinaigrette
1/4 cup balsamic vinegar

1/2 teaspoon fresh rosemary,
minced

Salt, to taste

Ground black pepper, to taste

1/4 cup olive oil

Heat oven to broil. Wash Brussels sprouts, remove any wilted or discolored outer leaves, and cut in half (*if sprouts are large, cut in fourths*).

Place bacon or pancetta in a heavy sauté pan over medium-high heat. Cook, turning frequently, until crisp and evenly browned. Remove from pan and place on a paper towel-lined plate to drain. Reserve sauté pan and fat for cooking sprouts.

Place Brussels sprouts in sauté pan and cook, constantly stirring or tossing, until sprouts are well coated with fat (*about 2 minutes*).

Spread sprouts in a single layer on an oven-proof baking dish, place under broiler and cook until outer leaves darken, about 5 minutes. (*Brussels sprouts will still be crisp*).

Place sprouts in a salad bowl and toss with vinaigrette, to taste. Add bacon or pancetta and cheese and toss again. Season with salt and black pepper, to taste.

Top salad with poached egg and serve immediately.

VEGETARIAN

MINTED EDAMAME HUMMUS



SERVES
4



METHOD
BOIL



MINUTES
20

1 1/2 cup frozen edamame,
shelled

1/4 cup tahini paste

1/4 cup water, cold

1/2 teaspoon lemon zest, grated

1 clove garlic, smashed

3/4 teaspoon sea salt

1/2 teaspoon cumin, ground

1/4 teaspoon coriander, ground

2 tablespoons extra virgin
olive oil

2 tablespoons mint leaves,
freshly chopped

Boil the beans in salted water for 4 - 5 minutes. Drain and cool.

Toast cumin, olive oil, coriander and garlic in small sauce pan until garlic is lightly golden brown. Cool.

Add all ingredients into a food processor and puree until smooth. Season to taste.

VEGAN



Chef Daijiro's

CORNFLAKE CRAB CAKES



SERVES
4-10



METHOD
BAKE/PAN FRY



MINUTES
20

1 pound bluefin crab meat

1 cup corn flake cereal

1 tablespoon mayonnaise

1 tablespoon dill, chopped

1 teaspoon whole grain
mustard

1 teaspoon Old Bay seasoning

2 eggs, beaten

Canola oil for frying

In a bowl, crush the corn flakes. Remove half of crushed corn flake crumbs. Add in mayonnaise, mustard, herbs, spices and worcestershire.

Fold all ingredients together until thoroughly blended.

Add in crab meat and lightly fold all ingredients.

Attempt to keep large chunks of crab meat. Do not over mix.

Add cornflake crumbs to mix if too loose. Mix should be moldable.

Portion crab mixture into desired sizes,
coating each portion with excess corn flake crumbs.

Cocktail: 2 oz cakes

Sandwich: 4 oz cakes

Entree: 5 - 6 oz cakes, separating into 2 balls make for a great presentation or a perfect size for a mixed grill plate

Heat 1/4" of oil in skillet, over medium heat. Pan fry until golden brown on exterior, 2 - 3 minutes per side. Large crab cakes will need to be baked in 350F oven. Time will depend on size however, make sure its internal temperature reaches 165F.

Serve with sriracha old bay aioli. (*Recipe on following page.*)

Serves 4 up to 10 (*if cocktail size.*)

Chef Daijiro's

SRIRACHA OLD BAY AIOLI



SERVES
10



METHOD
WHIP



MINUTES
10

2 tablespoons fresh lemon juice

1 large egg yolk

1 clove garlic, smashed

1 1/4 teaspoon Old Bay seasoning

1 cup canola oil

1 tablespoon sriracha pepper sauce

1 tablespoon cilantro leaves

Kosher salt to taste

In a food processor, blend the fresh lemon juice, egg yolk, garlic, old bay and sriracha until thoroughly blended. Slowly add the canola oil and mix with cold water, thoroughly emulsify, 2 minutes.

Season aioli with salt and add cilantro leaves.

Pulse the food processor until cilantro is finely chopped.



TRADITIONAL AMERICAN FARE

ROAST CHICKEN, BABY CARROTS, BABY POTATO, HERB VINAIGRETTE

HONEY GLAZED SALMON, GARLIC, SPINACH

Chef Veronica's CHICKEN POT PIE

Chef Cari's SPAGHETTI BOLOGNESE

CHAR-GRILLED PORK CHOP, CITRUS MOJO

ROAST CHICKEN, BABY CARROTS, BABY POTATO, HERB VINAIGRETTE



SERVES

4



METHOD

BAKE



MINUTES

30

4 - 5 **large** boneless skinless chicken thighs, trimmed of excess fat

20 **oz** baby red or yellow potatoes, quartered or halved if very small

10 **oz** baby carrots

2 **tablespoons** olive oil

1 **teaspoon** onion powder

1 **teaspoon** garlic powder

3/4 **teaspoon** paprika

Salt and freshly ground black pepper, to taste

2 **tablespoons** olive oil

2 **tablespoons** white wine vinegar

1/2 **teaspoon** dijon mustard

1 1/2 **tablespoons** parsley, very finely minced

1 1/2 **tablespoons** basil, very finely minced

1 **tablespoon** fresh oregano, very finely minced

1 **clove** garlic, minced

Preheat oven to 450 degrees.

Coat a large 18 by 13-inch tray with oil.

Place chicken on upper half of the baking sheet then place potatoes and carrots on lower half.

Drizzle everything with olive oil and toss.

Keep both chicken and veggies separate.

Season everything with onion powder, garlic powder, paprika, salt and pepper and toss veggies.

Turn chicken and season opposite side with salt and pepper.

Roast in preheated oven until chicken is cooked through and veggies are tender, about 25 - 28 minutes.

Check on vegetables, toss if the bottom side turns too dark.

Meanwhile, for the vinaigrette, in a small mixing bowl whisk together olive oil, white wine vinegar, mustard, parsley, basil, oregano, garlic and season with salt and pepper to taste.

Once chicken and veggies are done roasting, pour vinaigrette over everything and spread across chicken.

Serve warm.



HONEY GLAZED SALMON, GARLIC, SPINACH



SERVES
2



METHOD
ROAST/SAUTÉ



MINUTES
25

1/4 cup honey

3 tablespoons soy sauce
(*all purpose or light soy sauce*)

1 tablespoon apple cider
vinegar

4 large garlic clove minced –
divided

2 salmon filets, skinless and
6 to 8 oz ea

1 tablespoon olive oil

Salt and pepper to taste

Finely sliced scallions

1 lb of fresh spinach

1/2 teaspoon chili flakes

1 lemon, cut into slices

Preheat cooking method of choice: air fryer to 375° and line basket with foil OR oven to 400° OR skillet over medium heat

Meanwhile: Season each salmon fillet with salt and pepper.

In a small bowl add soy, vinegar, honey, crushed garlic. Mix well
Place the fillets into the air fryer basket lined with foil, add lemon slices alongside of salmon. Pour have the glaze over salon and cook them at 375°F for about 8 minutes (*air fryer*) or 400° for 12-15 min (*oven*) or in skillet with lid for about 15 min.

About a minute or two before the time is up,
glaze each fillet with remaining sauce

While salmon is cooking, bring skillet to medium heat.
Add a little olive oil half garlic amount and chili flakes.

Once oil is hot and garlic is looking slightly toasted,
place spinach and toss well.

Cook only half way until spinach is wilted. Season with salt.

Serve salmon over spinach and garnish with green onion

Chef Veronica's

CHICKEN POT PIE



SERVES
6



METHOD
BAKE



HOURS
1 HR 15 MIN

1 pound skinless, boneless
chicken cooked - cubed

1 cup sliced carrots

1 cup frozen green peas

1/2 cup sliced celery

1/3 cup butter

1/3 cup chopped onion

1/3 cup all-purpose flour

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon celery seed

1 3/4 cups chicken broth

2/3 cup milk

2 (9 inch) unbaked pie crusts

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed.

Add in celery, carrots and peas. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside. Place the chicken mixture in bottom pie crust. Pour hot liquid mixture over.

Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly.

Cool for 10 minutes before serving.

Chef Cari's

SPAGHETTI BOLOGNESE



SERVES
4



METHOD
SAUTÉ/SIMMER/BOIL



MINUTES
40

1 medium onion, small dice

2 garlic cloves, minced

1/2 carrot, small dice (*optional*)

1/4 **teaspoon** crushed
red pepper

1 **pound** ground beef – *ground
chicken/turkey/pork work well too*

One **28-ounce can**
crushed tomatoes

1/4 **cup** flat-leaf Italian parsley,
small chop

8 fresh basil leaves, small chop

Salt and freshly ground
black pepper

1/2 **cup** of red wine

1/4 **cup** freshly grated pecorino
romano or parmesan –
optional garnish

1 **pound** of spaghetti, uncooked

In a large skillet heat the olive oil. When hot add the onion, garlic and crushed red pepper. Sauté over medium heat until the onions become very soft, about 8 minutes. Add the carrot and sauté for 5 minutes.

Raise heat to high and add the ground beef. Sauté, stirring frequently and breaking up any large lumps and cook until meat is no longer pink, about 10 minutes. I love using my whisk to break up any large pieces of ground meat. This little trick works very well. Let come to a full browning and deglaze with wine if using, cook for 2 minutes then add tomatoes. If not add the tomatoes straight away, parsley and basil and cook over medium low heat until the sauce thickens. Season with salt and pepper.

This will take approximately 1/2 hour.

While sauce is cooking, bring large pot of water to a rolling boil. Add a good amount of salt. When cooking pasta you want to flavor your water with salt, this is the first step of seasoning your pasta.

Follow the cook time on the package for best results!

Once pasta is done strain and drizzle with a little olive oil to prevent noodle from sticking to one another.

Taste your meat sauce and get ready to plate.

Top off bolognese with Pecorino Romano or parmesan cheese and a little basil or parsley for garnish.

CHAR-GRILLED PORK CHOP, CITRUS MOJO



SERVES
10



METHOD
GRILL



MINUTES
20

1 tablespoon fresh orange zest

1/2 cup fresh orange juice

1 tablespoon fresh chopped mint

2 teaspoons fresh garlic cloves,
minced

2 teaspoons fresh chopped
oregano

1 1/2 teaspoons ground cumin

1 teaspoon Kosher salt

1/4 teaspoon fresh ground
black pepper

1/4 cup canola oil

2 fluid ounces fresh pressed
lime juice

Pork Chop

1/2 cup Mojo Marinade

5 pounds Pork Chop
(Center Cut, Bone In – 8 oz.)

80 spray, Cooking Spray Oil

1/2 tablespoon Kosher Salt

1/4 tablespoon Fresh Ground
Black Pepper

MOJO

Combine all ingredients in a high speed blender and puree until fully incorporated.

PORK CHOP

Prepare marinade according to recipe.

Coat pork chops in marinade and refrigerate overnight.

Sprinkle pork evenly with salt and pepper.

Brush the grill with olive oil and grill pork chops to a minimum internal temperature of 145F degrees.



WORK-FROM-HOME CLASSICS

PEPPERJACK CHICKEN QUESADILLA

Chef Chris's CHEDDAR CHEESE TOASTS

Chef Chris's TAYLOR HAM CROQUE MONSIEUR

Chef Veronica's PIZZA AT HOME

ORRECHIETTE, ARTICHOKE, SPRING PEAS, MINT PESTO, PARMESAN

PEPPERJACK CHICKEN QUESADILLA



SERVES

METHOD

MINUTES

4

BAKE/SEAR/ROAST

35

4 ea 10" whole wheat tortilla

8 oz pepperjack cheese,
shredded

1 tablespoon cilantro, chopped

12 oz chicken breast,
cooked, diced

1 teaspoon olive oil

2 tablespoons green onions,
finely sliced

2 tablespoons jalapeno pepper,
fine dice (*optional*)

Salt & pepper to taste

Lay out 2 of the tortillas and top with the pepperjack, chicken, cilantro, green onion, and jalapeno. Top with the remaining tortillas and lightly press evenly.

Heat a sauté pan to medium low heat and add half olive oil.

Add the quesadilla and cook until golden brown, flip the quesadilla and cook the other side until golden brown.

Repeat this step for the remaining quesadilla.

Cut the quesadilla into 8 slices.

Chef Chris's

CHEDDAR CHEESE TOAST



SERVES
4



METHOD
PAN ROAST



MINUTES
25

4 slices french baguette,
diagonal cut

2 tablespoons extra virgin
olive oil

1 garlic clove, crushed

1 teaspoon ancho chile powder,
ground

4 oz cheddar cheese, aged,
NY state

1 tablespoon green onion,
chopped

Pan roast each slice of french baguette with
olive oil until it's a light golden brown.

Rub each slice with crushed garlic, ancho chile powder,
salt and pepper.

Mix cheddar cheese with green onions and bake
until cheese is melted and golden brown.

Serve with chile.

VEGETARIAN

Chef Chris's

TAYLOR HAM CROQUE MONSIEUR



SERVES
2



METHOD
BAKE/BROIL



MINUTES
45

2 **tablespoons** butter
 2 **tablespoons** all purpose flour
 1 **cup** whole milk
 1 **pinch** nutmeg
 1 **each** bay or laurel leaf
 4 **slices** bread, whole grain, firm
 8 **oz** trenton taylor ham, slices
 4 **oz** gruyere cheese, slices
 1 **tablespoon** butter, melted
 1/4 **cup** gruyere cheese, grated
 2 **teaspoon** chives, chopped

Melt butter in a small sauce pan over medium heat. Add flour, stirring until light brown. Gradually, whisk in milk. Add nutmeg and bay (*or laurel*) leaf.

Increase heat to medium-high heat and boil until sauce thickens, about 2 minutes. Whisk constantly until sauce is smooth (*no flour lumps*). Season with salt and pepper to taste.

Preheat broiler, toaster oven or oven.

Lightly toast the bread. Lay half the bread out on a sheet pan and top with the taylor ham and half of the gruyere cheese. Place the other slice of bread on top and coat liberally with the bechamel being sure to coat all the way to the edge of the bread then top with the remaining gruyere cheese.

Bake in a 350 degree oven for 3-5 minutes or until the cheese is melted then transfer to the broiler and cook until the top is golden brown and bubbling. Garnish with chives.

Chef Veronica's

PIZZA AT HOME



SERVES

2-4 (MAKES 2 12" PIZZAS)



METHOD

MIX/BAKE



HOURS

1.5-2

1 tablespoon melted unsalted butter

12 ounces deli sliced part skim mozzarella

1 pound bulk Italian sausage

8 ounces thinly sliced pepperoni

One 28-ounce can whole San Marzano tomatoes, crushed by hand

Parmesan cheese for topping – *optional*

Pizza Dough

2 2/3 cups warm water

4 1/2 teaspoons instant or active dry yeast

2 tablespoons sugar

4 tablespoons olive oil

2 teaspoons salt

7 cups high gluten flour, plus more for hands and surface
(All Purpose flour can be used but when stretching the dough it will not stretch as easily)

PIZZA DOUGH

Whisk the warm water, yeast, and granulated sugar together in measuring cup. Let stand 5 min, until foamy.

In the bowl of your stand mixer fitted with a dough hook attachment: add the salt and flour. Add in yeast mix plus olive oil and stir. Mix on medium-low speed for 7- 8 minutes. Or turn the dough out onto a lightly floured surface. With lightly floured hands, knead the dough for 8-10 minutes.

After kneading, the dough should still feel a little soft. Poke it with your finger – if it slowly bounces back, your dough is ready to rise. If not, keep kneading.

Lightly grease a large bowl with olive oil. Place the dough in the bowl, turning it to coat all sides in the oil. Cover the bowl with a clean kitchen towel.

Allow the dough to rise at room temperature for 60-90 minutes or until double in size. Dough is now ready to use.

Gather favorite toppings, veggies or meats and sauce of choice.

PIZZA PIE

After the dough has rested, grease 2 12" pans lightly with butter. Cut the dough into 2 even portions and place in the greased 12" pan.

Knead the dough evenly to the outer edge of the pan.

Cover with plastic and rest for 20 minutes in a warm area of the kitchen.

After the dough rises knead slightly to ensure there are no large air bubbles and spread slightly again if necessary. Crimp the edge of the dough slightly on the outer edge to form your crust

Top with a thin layer of cheese, add toppings at this stage if you are incorporating, layer 6-8 oz of sauce over the cheese and top with remaining cheese.

Bake at 450 in a conventional oven (*375-400 degrees for Convection Oven*) for approximately 16-20 minutes.

ORRECHIETTE, ARTICHOKE, SPRING PEAS, MINT PESTO, PARMESAN



SERVES
6



METHOD
BOIL/SAUTÉ



MINUTES
30

6 large artichokes –
jarred or frozen

Zest and 1 tablespoon juice
from

1 large lemon

3 tablespoons and
1/3 cup extra-virgin olive oil,
plus more as needed

1 small onion, chopped

1 1/4 teaspoons salt,
plus more as needed

1/2 cup water,
plus more as needed

2 cups peas – fresh or frozen

1 big bunch fresh mint
(about 1 1/2 cups mint leaves)

2 garlic cloves

1/4 cup almonds, walnuts,
pistachios or pine nuts

1/2 cup Parmesan cheese

1-pound orecchiette, penne, or
any pasta of your choice

Salt and pepper to taste

If using fresh artichokes, trim them by removing the outer tough leaves and the sharp tips. Cut away any bright green bits until you get to the soft heart. Slice thinly and put in a bowl of water to which you have added about a tablespoon of fresh lemon juice. If using jarred strain well and remove as much oil or juices possible.

In a large sauté pan over medium heat, warm the 3 tablespoons of olive oil. Add the onion and 1 teaspoon of the salt and cook until the onion has softened but not browned, about 8 minutes. While that happens bring a large pot of salted water to a boil. Add the pasta and cook until al dente. Drain the pasta, reserving 1 cup of the pasta cooking water.

Add artichokes to the pan, stir, and add about 1/2 cup of pasta water. Simmer until softened, but not browned, adding a bit more water if needed.

Put the mint, garlic, nuts of choice, lemon zest, remainder of peas, salt and pepper in a small food processor and puree until smooth. (*You may have to add a bit of olive oil to make it blend.*) Then add the rest of the 1/3 cup of olive oil until the mixture is well chopped and combined.

When the artichokes are almost done, add half the peas, and cook until tender. Taste and adjust with more salt if needed but remember the pesto will also add flavor. Transfer the pesto to a small bowl and add the grated cheese.

If the pesto seems very thick, add a ladle full of the reserved pasta cooking water to thin it out a bit, and then add to the pasta, tossing to mix it well. At this point, you can also add a bit more of the reserved cooking water to loosen things up and make it a bit creamier if desired. Top with parmesan cheese.

Chef Notes: Have all ingredients and equipment in front of you and water for pasta at a simmer before you begin

VEGETARIAN





SUMMER BBQ FAVORITES

Chef Chris's 50/50 MUSHROOM, SHORT RIB, SWISS SLIDERS

Chef Daijiro's GRILLED SWEET CHILI, WHOLE GRAIN MUSTARD SALMON KABOBS

DRY RUBBED BBQ CHICKEN, KANSAS CITY BBQ

SLOW ROASTED TEXAS BBQ BRISKET

CAROLINA PULLED PORK SLIDERS, VINEGAR SLAW

Chef Chris's

50/50 MUSHROOM, SHORT RIB, SWISS SLIDERS



SERVES

METHOD

MINUTES

5 (2 SLIDERS EACH)

GRILL/PAN SEAR/ROAST

45

1 pound butcher grind beef,
short rib blend

1 1/2 lbs cremini mushrooms,
large slices for garnish

1/4 cup onion

1 tablespoon olive oil

1 teaspoon worcestershire
sauce

1 large egg

1/4 cup fine herbs, chopped
(*parsley, dill, chives*)

Sea salt and pepper to taste

4 oz swiss and gruyere cheese,
slices

Garnish

10 pcs hamburger roll, slider
size (*Martin's cocktail work well*)

1 cup baby arugula or spinach

Brooklyn steak sauce
(*Luger's house favorite*)

Sliced roasted mushroom
(*from above*)

Slice the largest cremini mushroom and
reserve on the side of baking tray for garnish.

Coarsely chop the remainder of the mushrooms and season all with
onions, olive oil, salt and pepper. Roast for 10 minutes at 350F.

Cool cooked mushroom mix.

Separate the sliced mushroom and set aside for slider garnish.

Place mushroom and onion mix in a food processor.

Pulse until mixture is coarsely chopped, not pureed.

In a large bowl, add chopped beef short rib meat, roughly chopped
mushroom mixture, egg, herbs and worcestershire sauce.
Add salt and pepper to taste. Mix all ingredients thoroughly.

Portion beef-mushroom mixture into 2 oz patties.

Grill, pan sear or roast in the oven. All techniques work well.
Cook until desired doneness. Ground beef should be cooked until
its internal temperature reaches 165F.

Build the burger slider with desired accompaniments.

Serve immediately.

Chef Daijiro's

GRILLED SWEET CHILI, WHOLE GRAIN MUSTARD SALMON KABOBS



SERVES

2 (OR 4 APPETIZERS)



METHOD

GRILL, PAN SEAR OR ROAST



MINUTES

25

1 pound salmon fillet
(wild salmon preferred; responsibly raised)

1 cup asian sweet chili sauce
(Mayplay and Roland brands recommended)

3 tablespoons french mustard,
whole grain

1 tablespoon rice wine vinegar

1 tablespoon ginger, finely
chopped

1 teaspoon black pepper,
coarsely ground (preferred)

1 tablespoon cilantro leaves,
chopped

1 tablespoon canola
sunflower oil

1 tablespoon green onion,
scallion, chopped

CUTTING SALMON

There are several different methods when portioning salmon fillets. Traditionally, 1-inch cube cuts fit nicely onto a seasoned skewer laced with aromatic vegetables. Perpendicular slices are very effective on smaller fillets. The 1-inch rule works well with this cut. Either skewer the portion or simply season and cook.

GLAZE

Combine all ingredients except the cilantro and scallions in a blender. Blend until all are well incorporated. Add cilantro and scallions at the end. Pulse until well mixed, be careful not to puree.

Extremely fresh salmon or any fish does not require any marination. This particular glaze works well for fish that has been refrigerated (or froze) for less than 24-hours.

SEASONING

Season the salmon with sea salt and pepper to taste. Grill, pan sear or roast under high heat. Quick caramelization of the fish is recommended. Baste the kabob or fillet. Continue to baste while cooking to your preferred doneness.

DRY RUBBED BBQ CHICKEN, KANSAS CITY BBQ



SERVES
10



METHOD
BAKE



MINUTES
45

2 ounces McCormick's bbq
spice

1 ounce olive oil

4 pounds skinless, raw, chicken

1/8 teaspoon Kosher salt

1/8 teaspoon ground black
pepper

1/2 cup Kansas City classic bbq
sauce

Preheat the oven to 375 degrees and
evenly coat a sheet pan with olive oil.

Butcher chicken, breaking it down to into 10 pieces.

In a mixing bowl rub the chicken with the bbq rub, salt & pepper.
Lay the chicken out on the sheet pan and
roast for approximately 30 minutes.

Check that the internal temperature is approximately 160 degrees
then remove the chicken from the oven and brush with the BBQ
sauce. Return the chicken to the oven for approximately 5 minutes
or until the internal temperature has reached 165 degrees.

SLOW ROASTED TEXAS BBQ BRISKET



SERVES
8



METHOD
SLOW ROASTED



HOURS
5-6

1 (5/6-pound) beef brisket,
point cut with a fat cap
preferred

1/2 cup yellow mustard

2 tablespoons liquid smoke

2 tablespoon garlic powder

1/4 cup Kosher salt

1 tablespoon chili powder

3 tablespoons coarsely ground
black pepper

1 tablespoon onion powder

Trim the brisket if needed. Chances are high that your brisket will come trimmed and ready for cooking, but before seasoning, take a look at it and trim off any tough bits of silverskin (*the white film on meat*). Also trim the fat cap to about 1/2-inch thick if needed.

Place the mustard and liquid smoke in a small bowl and stir to combine. Brush the brisket on all sides with mustard mixture to coat—this will also help the salt and pepper mixture stay in place.

Place the salt, pepper, garlic powder, chili powder, and onion powder in a small bowl and stir to combine. Sprinkle the salt mixture all over the brisket, then use your hands to rub it in, getting as much into every nook and cranny as possible.

Place the brisket on a rimmed baking sheet fitted with a wire rack inside. Cover the whole brisket and baking sheet with aluminum foil. Refrigerate overnight, 10 to 12 hours (*optional but recommended*).

Heat the oven to 300°F. Arrange a rack in the middle of the oven. Remove the brisket from the refrigerator and let it sit at room temperature for about a half hour still covered in the foil, while the oven is heating.

Once at room temp place in oven covered for 2 hours. Then remove foil and cook uncovered for 2-3 more hours

Internal temp should be 180 to 200 degrees when done

Serve with slaw, corn, potato bread and or BBQ sauce to dip in.

CAROLINA PULLED PORK SLIDERS, VINEGAR SLAW



SERVES
12



METHOD
SMOKED



HOURS
6

PULLED PORK

Soak the wood chips overnight in water.

Combine the rub ingredients in a mixing bowl. Massage the pork well with half of the rub, transfer it to storage bag or container and refrigerate it overnight.

Remove the pork from the refrigerator 45 minutes before cooking and pat down the pork with the remaining rub and let it stand at room temperature.

Heat the smoker to 200 to 225. Add the wood chips. Transfer the pork to the smoker and cook it approximately 1 hour per pound with a minimum cooking time of 4 ½ hours. Typically an 8 lb butt will cook in 6 ½ hours if proper temperature is maintained throughout the cooking process.

Remove the pork from the smoker and allow it to rest for 20 minutes at room temperature.

When cool enough to handle pull the meat using two tongs to pull it apart.

Transfer to a mixing bowl and add BBQ sauce.

CAROLINA SLAW

In a mixing bowl combine all ingredients and mix well

BBQ SAUCE

In a heavy gauged sauce pot add all the ingredients and simmer 20 -30 minutes until flavors have concentrated.

SLIDERS

Cut the potato buns in half and place approximately 2 oz of pork on each slider bun, top with a small amount of the slaw and top with the other half of the bun.

Pulled Pork
6 – 8 pounds pork butt/shoulder
 Ground black pepper
1/3 cup paprika
1/2 cup turbinado sugar
1/4 cup Kosher salt
4 tablespoons dry mustard
2 teaspoons cayenne pepper
2 teaspoons Aleppo pepper
1/4 cup granulated onion
1 cup cherrywood chips
(6 ounce wood blocks)

Carolina Slaw
1.25 pounds julienned red cabbage
2.5 ounces julienned spanish onion
 1 each julienned carrots
2.5 ounces cider vinegar
4 ounces ketchup
4 ounces sugar
1 ounce bbq sauce

BBQ Sauce
1 quart apple cider vinegar
2 tablespoons ground black pepper
2 tablespoons red pepper flakes
2 cloves chopped garlic
2 tablespoons Kosher salt
1 cup ketchup





PLANT-BASED COOKING

Chef Cari's ZERO WASTE ROASTED CARROTS, CARROT TOP & CASHEW PESTO

BROCCOLI STEM NOODLES WITH SESAME GINGER DRESSING

ZUCCHINI, PESTO ZOODLES

VEGAN CHICKPEA CUTLETS

Chef Veronica's CHARRED CAULIFLOWER STEAK, TAHINI HARISSA SAUCE

Chef Cari's

ZERO WASTE ROASTED CARROTS, CARROT TOP & CASHEW PESTO



SERVES

3

METHOD

ROAST

MINUTES

30

*Roasted Carrots***15 carrots (2 lbs)**

peeled and quartered

3 tablespoons extra-virgin
olive oil

Kosher salt

Freshly ground black pepper

*Carrot Top and Herb Stem Pesto***1 cup** carrot top greens, tough
stems removed**1 cup** of cilantro and/or
parsley stems**1 large clove** garlic,
roughly chopped**1/2 cup (63 g)** roasted unsalted
cashews**1/2 teaspoon** sea salt**1/4 teaspoon** black pepper**1/2 cup (118 ml)** extra virgin
olive oil

ROASTED CARROTS

On a large baking sheet, toss carrots with olive oil and season generously with salt and pepper.

Roast until tender and lightly caramelized, 30 minutes.

CARROT TOP & HERB STEM PESTO

Rinse the carrot top greens to dislodge any dirt. Pick out and discard any dry, yellowed, or otherwise unappetizing looking leaves. Discard tough stems.

Place the carrot tops greens, herb stems, chopped garlic, roasted cashews, salt, and pepper in a food processor. Pulse several times. Scrape the sides down with a rubber spatula.

While the food processor is running, slowly pour in the olive oil in a steady stream. Scrape the sides down with a rubber spatula. Pulse until smooth. Serve hot or cold.

VEGAN

BROCCOLI STEM NOODLES WITH SESAME GINGER DRESSING



SERVES
4



METHOD
MIXED



MINUTES
20

4 large broccoli stems

2 tablespoon toasted sesame oil

2 tablespoon apple cider
vinegar

1 tablespoon coconut aminos
or soy sauce

2 cloves garlic minced

1 teaspoon grated ginger

1/2 teaspoon salt

1/2 teaspoon pepper

1/8 teaspoon red pepper flakes

2 tablespoons toasted
sesame seeds

Wash broccoli stems and trim ends. Cut into noodles using a spiral vegetable cutter (*alternatively, you could shave them using a vegetable peeler*). Place noodles in a large mixing bowl.

In a small bowl, combine sesame oil, apple cider vinegar, coconut aminos or soy sauce, ginger, salt, pepper, and red pepper flakes.

Mix well and set aside

Take florets and cut into small bite size pieces.

Drizzle vinaigrette over broccoli noodles and florets, toss to combine. Sprinkle with sesame seeds.

VEGAN

ZUCCHINI, PESTO ZOODLES



SERVES
4



METHOD
SAUTÉ



MINUTES
35

2 medium zucchini –
cut in ribbons

1 cup of cherry tomatoes –
cut in halves

4 oz sundried tomatoes

*Pinenut Puree – store brought or
follow pinenut puree recipe*

Pinenut Puree

2 tablesoons raw pine nuts –
use walnuts, almonds or
cashews as options

1 cup packed basil leaves

1/3 cup olive oil

2 garlic cloves

1 teaspoon lemon juice

Salt and black pepper, to taste

Garnish

toasted pine nuts – optional

1/4 cup of balsamic vinegar

Balsamic Reduction

1 cup balsamic vinegar

1 cup water

1 cup sugar

In a skillet toast the pine nuts on medium low heat for 5 minutes, tossing gently.

Then place them in your food processor.

Add the remaining pinenut puree ingredients into your food processor except the olive oil. Pulse until the ingredients are mixed.

Turn on your food processor and slowly pour in the olive oil.

Process until your pinenut puree is smooth and creamy, then set aside.

You can leave slightly chunky if you like the texture. Taste and adjust salt and pepper if needed. Store brought works well too.

Cut the ends off each zucchini and use a spiralizer to create zucchini noodles. Place these into a large bowl. If no spiralizer you can use a peeler to make ribbons.

Cut your tomatoes in half and place into the bowl with the zucchini.

Add julienne sundried tomatoes.

Using a spoon or spatula, remove all of the pinenut puree from the food processor and add to the bowl. Mix all of the ingredients together until well combined. To make the reduction if you don't have any, combine all three balsamic reduction ingredients into a small pot and simmer until foaming, turn off and let cool. Once completely cooled it will be nice and thick. Drizzle over final dish! Garnish with pine nuts.

VEGAN

VEGAN CHICKPEA CUTLETS



SERVES
4



METHOD
SAUTÉ



MINUTES
25

1 cup cooked chickpeas

2 tablespoons olive oil

1/2 cup bread flour OR **1/4 cup** flour + **1/4 cup** vital wheat gluten (OR try with just AP flour)

1/2 cup plain breadcrumbs

1/4 cup vegetable broth or
1/4 cup water

2 tablespoons soy sauce

2 garlic cloves (*pressed or grated*)

1/2 teaspoon lemon zest

1/2 teaspoon dried thyme

1/2 teaspoon Hungarian
paprika

1/4 teaspoon dried rubbed sage

Olive oil, for pan frying

Mash the chickpeas and oil together until no whole chickpeas remain.

Add remaining ingredients and knead for 3 minutes until strings of gluten have formed.

Preheat large nonstick skillet over medium heat.

Divide dough into four equal pieces.

Flatten each piece and stretch to roughly 4x6 inches.

Add a thin layer of olive oil to the pan. Place cutlets in the pan and cook on each side for 6 to 7 minutes. They are ready when lightly brown and firm to the touch.

VEGAN

Chef Veronica's

CHARRED CAULIFLOWER STEAK, TAHINI HARISSA SAUCE



SERVES
6



METHOD
GRILLED



MINUTES
35

3 each fresh cauliflower
3 tablespoons olive oil
1 1/4 teaspoon smoked paprika
3 each fresh minced garlic cloves
3 tablespoons toasted pistachios
4 ounces dates, pitted and chopped
1.5 tablespoons Kosher salt
1/2 teaspoon fine ground black pepper
3 ounces tahini sesame paste
4 tablespoons lemon juice
1.25 tablespoons harissa paste
1 tablespoon ground paprika
1 tablespoon water

Remove leaves and cut cauliflower into 2 in slices from the center.

Rub steaks with oil, salt, pepper, paprika, and garlic.

Place on a sheet tray.

Roast for 10-14 minutes at 450 degrees.

Lower the oven to 350 then top with dates and pistachios and bake for an additional 3 minutes.

Whisk remaining ingredients together and reserve until cauliflower steak is done.

VEGAN





SIDES

Chef Veronica's "ELOTE" MEXICAN GRILLED CORN ON THE COB, COTIJA, LIME, HOT SAUCE

BALSAMIC GRILLED PORTOBELLO MUSHROOMS

ROASTED ASPARAGUS, BI COLOR CORN, POBLANO

Chef Cari's CAULIFLOWER FRIED RICE

Chef Cari's GLUTEN FREE PENNE, HEIRLOOM TOMATO RAGU, CANNELLINI BEANS

OVEN DRIED ROMA TOMATO

ZA'ATAR ROASTED ZUCCHINI, HARISSA

GRILLED ASPARAGUS, LEMON ZEST

Chef Veronica's

"ELOTE" MEXICAN GRILLED CORN ON THE COB, COTIJA, LIME, HOT SAUCE



SERVES

12

METHOD

GRILL

MINUTES

20

12 each corn on the cob,
husk removed

1/2 **pound** unsalted butter,
melted

1 1/2 **cup** cheese, cotija

24 each fresh lime wedge

3/4 **cup** fresh chopped cilantro

1 **cup** Light Kraft Mayonnaise

12 **ounces** Franks Red Hot
Buffalo Sauce

Remove ear of corn from husk, and cut in half.
Grill corn until cooked and slightly charred. Hold hot.

Prepare in order, brush with 1 teaspoon butter, smear 2 teaspoons
of mayo, 2 tablespoons of cheese, and 1 tablespoon hot sauce.

Garnish with 1 tablespoon of cilantro and serve with lime wedge.

VEGETARIAN

BALSAMIC GRILLED PORTOBELLO MUSHROOMS



SERVES
5



METHOD
GRILLED



MINUTES
15

5 each mushrooms, portobello,
fresh

1 tablespoon vinegar, balsamic

1 teaspoon fresh garlic cloves,
minced

1/2 teaspoon cracked
black pepper

1 tablespoon olive oil

Trim stems and clean mushrooms. Combine olive oil, balsamic vinegar, garlic, and pepper. Coat mushrooms with marinade and marinate at least 20 min.

Grill mushrooms on both sides until tender.

VEGAN

ROASTED ASPARAGUS, BI COLOR CORN, POBLANO



SERVES
6



METHOD
ROAST



MINUTES
12

1 pound fresh asparagus

6 ounces bi color corn shucked

8 ounces fresh slivered
poblano chili peppers

6 ounces frozen pearl onions

1/4 cup fresh tomatoes
(*cut in half*)

1/2 teaspoon garlic cloves
crushed

1/2 teaspoon chili powder

1 teaspoon fresh chopped
cilantro

1/4 teaspoon cracked
black pepper

1/4 tablespoon ground cumin

1 tablespoon olive oil

Remove 1 inch from the bottom of the asparagus.

Toss all ingredients together and place on sheets pans.
Roast in oven at 400 degrees F for 12 minutes. Chill on sheet pans.

VEGAN

Chef Cari's

CAULIFLOWER FRIED RICE



SERVES
4



METHOD
SAUTÉ



MINUTES
25

1 medium head cauliflower or
1 bag 16 oz shredded
cauliflower

1 tablespoon plus **2 teaspoons**
peanut oil, plus additional for
oiling the pan

1 large eggs, well-beaten

4 ounces shiitake mushrooms,
sliced into 1/4-inch pieces
(*any mushrooms works*)

6 scallions, thinly sliced,
1 tablespoon reserved

1/4 cup coarsely grated carrot
(*from about 1 carrot*)

1 large garlic clove, minced

1 1/2-inch piece ginger,
peeled and minced

2 tablespoons soy sauce

2 teaspoons toasted sesame oil

Salt and pepper

1/2 cup frozen peas, defrosted
in a strainer at room
temperature and rinsed

In a large pan, sauté garlic, ginger and onions in olive oil on a medium/high heat, until onions become soft about 2 minutes.

Next add in carrots and cook until carrots begin to soften and are heated through, about 2-3 minutes.

Next stir cauliflower and soy sauce.

Cook on high heat stirring well.

Add in eggs by drizzling all over rice cook stirring frequently for about 2 more minutes.

Add peas stir well. (*Enjoy adding in your favorite protein and vegetables. Possible add-ins: baby corn, broccoli, cabbage, bok choy, water chestnuts, chicken, and shrimp.*)

VEGETARIAN

Chef Cari's

GLUTEN FREE PENNE, HEIRLOOM TOMATO RAGU, CANNELLINI BEANS



SERVES
6



METHOD
SAUTÉ/SIMMER/BROIL



MINUTES
40

3 cups roasted heirloom tomato sauce

1/2 pound penne pasta
(dry, gluten free)

1 pound fresh heirloom tomatoes

1 ounce fresh basil, chopped

1/4 cup extra virgin olive oil

1/4 teaspoon Kosher salt

3 teaspoons extra virgin olive oil

3 cups cannellini beans,
drained and rinsed

2 ounces fresh baby arugula

Heirloom Tomato Sauce

4 pounds fresh heirloom tomatoes

2 oz fresh basil, chopped

1/2 oz fresh garlic cloves,
peeled and julienne sliced

1/4 cup extra virgin olive oil

1 tablespoon crushed red chili
pepper flakes

1 teaspoon Kosher salt

PASTA

Cook pasta in boiling water until al dente. Drain and rinse.

Cook Heirloom Tomato Sauce according to recipe and set aside.

Remove core from tomatoes and cut into wedges or quarters if small. In a bowl, combine tomatoes with basil, extra virgin olive oil and salt. *Set aside for garnish.*

Heat oil in a pan and add the tomato sauce and cannellini beans. Bring to a simmer and add the pasta. Stir gently until pasta is hot. Add the arugula leaves and toss quickly just to wilt. *Serve with garnish of marinated tomatoes on top.*

HEIRLOOM TOMATO SAUCE

Remove core from tomatoes and rough chop.

Add olive oil, sliced garlic and chili flakes to a heavy bottom pot and slowly begin to warm.

Once garlic begins to toast, add tomatoes.

Simmer slowly for 20 minutes. Season with salt and stir.

Remove from the heat then add basil leaves and stir.

Reserve.

VEGETARIAN

OVEN DRIED ROMA TOMATO



SERVES
15



METHOD
ROAST



HOURS
1.5

6-1/2 pound fresh roma
tomatoes

1/2 teaspoon Kosher salt

1/2 teaspoon fresh ground
black pepper

Core and slice tomatoes in half.

Lay face up on a parchment lined sheet tray.

Sprinkle evenly with salt and pepper.

Bake in a 250F degree oven for 1 - 1-1/2 hours until very shriveled,
but not completely dry.

Best served at room temperature.

VEGAN

ZA'ATAR ROASTED ZUCCHINI, HARISSA



SERVES
8



METHOD
ROAST



MINUTES
15-18

3 pounds fresh diced zucchini

4 ounces harissa paste

1/2 ounce za'atar seasoning

1 tablespoon Kosher salt

1/2 teaspoon black pepper

1 cup olive oil

Toss zucchini with salt and za'atar, allow to sit 5 minutes in a bowl.

Then toss with harissa and oil, and lay out on sheet pans in a single layer.

Roast in a 500F oven for about 15-18 minutes, until charred. Cool.

VEGAN



GRILLED ASPARAGUS, LEMON ZEST



SERVES
5



METHOD
GRILL



MINUTES
20

25 each, asparagus

1/4 teaspoon ground black pepper

1/2 teaspoon fresh lemon zest

1/2 teaspoon Kosher salt

1 teaspoon fresh garlic cloves, minced

1 tablespoon olive oil

Preheat grill to high heat.

In a mixing bowl, combine lemon zest, oil, garlic, salt and pepper.
Coat asparagus with mixture.

Transfer to grill and grill asparagus for approximately 4 minutes.

Hold hot for hot service

PORTION SIZE: 5 SPEARS

VEGAN





DESSERTS

Chef John's KIRSCH CLASSIC CHEESE FONDUE, HARVEST FRUITS

MINT SYRUP

Chef Cari's FUDGY CHOCOLATE CHIP COOKIES

Chef Cari's AVOCADO DARK CHOCOLATE MOUSSE

Chef John's STRAWBERRY APPLE POPS

Chef John's BLUEBERRY APPLE POPS

CHAMPAGNE GRANITA, STRAWBERRY, GRAND MARNIER

Chef John's

KIRSCH CLASSIC CHEESE FONDUE, HARVEST FRUITS



SERVES

4-6

METHOD

BOIL/MIX

MINUTES

30

1 clove garlic, halve cross-wise

1 1/2 cup white wine, dry
(preferably swiss)

1 tablespoon corn starch

3 tablespoons kirsch

2 cups gruyere cheese,
coarsely grated

2 cups emmental cheese,
coarsely grated

Local harvest fruits
(apples, pears)

Roasted chestnuts

Crispy bread

Figs

Boil wine in a heavy stock pot. Add garlic and bring to a simmer over moderate heat. Remove garlic cloves after 2 minutes.

In a cup, stir together corn starch and kirsch.

Gradually, add gruyere cheese to pot and stir constantly in a zig-zag pattern (*not a circular motion*) to prevent cheese from 'balling up.'

Cook until the cheese is melted and creamy. Do not let boil.

Stir corn starch mixture into fondue. Bring fondue to a simmer and cook, stirring until thickened, 5 - 8 minutes.

Transfer to fondue pot, set over a flame and serve.

VEGETARIAN

MINT SYRUP



SERVES
2



METHOD
BOIL



MINUTES
20

1 cup water
1 cup sugar
1 cup fresh mint leaves
2 tablespoons creme de menthe
1 cup mint leaves (*for garnish*)

Combine water, sugar and mint leaves in a small saucepan.
Bring to a boil, stirring until sugar dissolves.

Simmer for 1 minute then, remove from heat.

Let steep for 30 minutes.

After syrup has cooled, strain.

Add to sterilized glass jar.

Garnish with mint leaves.

VEGAN

Chef Cari's

FUDGY CHOCOLATE CHIP COOKIES



SERVES
15



METHOD
BAKE



MINUTES
8-10

1 cup butter, softened

1 1/2 cups white sugar

2 large eggs

2 teaspoons vanilla extract

2 cups all-purpose flour

2/3 cup cocoa powder

3/4 teaspoon baking soda

1/4 teaspoon salt

2 cups semisweet chocolate chips

1/2 cup chopped walnuts –
optional

In large bowl, beat butter, sugar, eggs, and vanilla until light and fluffy. Combine the flour, cocoa, baking soda, and salt; stir into the butter mixture until well blended. Mix in the chocolate chips and walnuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets.

Bake for 8 to 10 minutes in the preheated oven, or just until set. Cool slightly on the cookie sheets before transferring to wire racks to cool completely.

VEGETARIAN

Chef Cari's

AVOCADO DARK CHOCOLATE MOUSSE



SERVES
12



METHOD
DOUBLE BOILER



MINUTES
20

1 cup semi-sweet chocolate chips

7 each avocado, peeled, cubed

1 cup agave nectar

1/4 cup powdered sugar

1/4 cup pure vanilla extract

1/2 teaspoon Kosher salt

1/4 cup almond milk,
unsweetened

1 cup baking cocoa

Place chocolate chips in a double boiler, until chocolate is melted and completely smooth. Set aside.

Put remaining ingredients into a high powered blender, and add melted chocolate. Blend until smooth, scraping the sides as needed. Cover and place in cooler, preferably to set up overnight (*chocolate flavor intensifies as it sits overnight & is easier to pipe next day*). Pipe the mousse into individual mason jars.

VEGETARIAN

Chef John's

STRAWBERRY APPLE POPS



SERVES

5



METHOD

BLEND/FREEZE



HOURS

5

2 cups frozen strawberries

1/4 cup apple juice

2 tablespoons honey

1/2 juiced lemon

1 pinch salt

Combine strawberry pop ingredients in a blender and blend until smooth. Pour into 5 pop molds.

Place in freezer for at least 5 hours or overnight.

If you do not have ice pop molds you can use 3-ounce plastic cups. Pour the pop mix into each cup, cover with foil and insert pop stick through the center of the foil into the cup.

Place in freezer for at least 5 hours or overnight.

To remove from the cup submerge the bottom 2/3 of the cup in hot water for about five seconds. Pull on the stick and voila.

VEGETARIAN

Chef John's

BLUEBERRY APPLE POPS



SERVES

5



METHOD

BLEND/FREEZE



HOURS

5

2 cups frozen blueberries

1/4 cup apple juice

1 tablespoon honey

1/2 fresh juiced lemon

1 pinch salt

Combine blueberry pop ingredients in a blender and blend until smooth. Pour into 5 pop molds.

Place in freezer for at least 5 hours or overnight.

If you do not have ice pop molds you can use 3-ounce plastic cups. Pour the pop mix into each cup, cover with foil and insert pop stick through the center of the foil into the cup.

Place in freezer for at least 5 hours or overnight.

To remove from the cup submerge the bottom 2/3 of the cup in hot water for about five seconds. Pull on the stick and voila.

VEGETARIAN

CHAMPAGNE GRANITA, STRAWBERRY, GRAND MARNIER



SERVES
6



METHOD
FREEZE



MINUTES
OVERNIGHT

1 cup sugar

3/4 cup water

1 1/2 pounds large ripe
strawberries

1 1/2 cups fresh grapefruit juice

1 1/2 cups dry Champagne

1/2 cup fresh lemon juice

1/4 cup Grand Marnier or
other orange liqueur

Combine $\frac{3}{4}$ cup sugar and $\frac{3}{4}$ cup water in heavy small saucepan. Stir over medium heat until sugar dissolves. Increase heat and boil 1 minute. Cool. Refrigerate syrup until cold, about 45 minutes.

Puree enough strawberries (*about 6 large*) in blender to yield $\frac{1}{2}$ cup puree. Transfer strawberry puree to large bowl. Mix grapefruit juice, Champagne, lemon juice and chilled syrup into strawberry puree. Pour mixture into 13x9x2-inch metal baking pan.

Freeze Champagne mixture until icy at edge of pan, about 55 minutes. Whisk to distribute frozen portions evenly. Freeze again until icy at edge of pan and overall texture is slushy, about 40 minutes. Whisk to distribute frozen portions evenly.

Cover and freeze until mixture is solid, about 3 hours.

Meanwhile, slice remaining strawberries.

Place in large bowl and toss with remaining $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ cup Grand Marnier. Cover with plastic wrap and refrigerate at least 30 minutes and up to 3 hours.

Using fork, scrape granita down length of pan, forming ice flakes. (*Granita can be prepared up to 2 days ahead of time. Cover and freeze until ready to serve.*) Divide sliced strawberries equally among 6 wineglasses. Top with granita and serve immediately.

VEGAN



