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KEYS TO THE KITCHEN

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WITH CONTRIBUTIONS FROM:

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KEYS TO THE KITCHEN

We proudly introduce the fourth installment of the Keys to the Kitchen cookbook! This edition will focus on our chefs and highlight not only their culinary skills, but their lives outside of the kitchen as well. We hope that these recipes will become as important to you and your family as they are to ours.

Additionally, with our zero-waste-to-landfill goal approaching, sustainability and waste reduction has been at top of mind. Each recipe includes a sustainability tip that we hope supports you in your journey to divert potential waste from the landfill and live a sustainable lifestyle whenever possible.

MEET OUR CHEFS



JOHN NUNZIATA
REGIONAL CHEF



SYDNEY WILLCOX
COOKING SCHOOL
EXECUTIVE CHEF



BRIAN GWINNER
COOKING SCHOOL
SOUS CHEF



DARIUSZ NALTNER
EXECUTIVE CHEF



GAVIN MODEST
SOUS CHEF



WALTER STRYCHARZ
SOUS CHEF



ANDY LEONG
SOUS CHEF



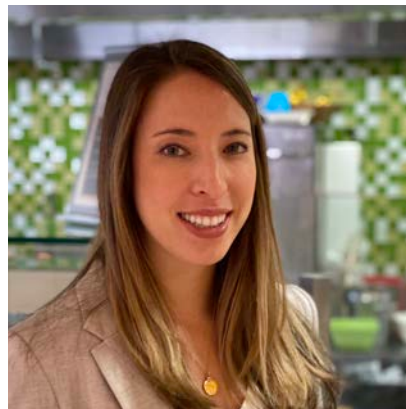
CHRIS METZLER
EXECUTIVE CHEF



MIKE ADAMI
SOUS CHEF



RAUL DEL ORBE
SOUS CHEF



LAUREN WIDAWSKY
WELLNESS MANAGER

KITCHEN CARE

HOW TO TAKE CARE OF YOUR CAST IRON,
NONSTICK PAN, STAINLESS STEEL PAN



KITCHEN CARE

HOW TO TAKE CARE OF YOUR CAST IRON,
NONSTICK PAN, STAINLESS STEEL PAN

CAST IRON

Contrary to popular belief, soap is okay! For everyday cleaning, follow the below steps:

Start with a small amount of mild dish detergent and the abrasive side of your sponge to remove the majority, if not all of the food particles. If there are tough to remove bits, you can switch to a chainmail scrubber to finish the job.

Rinse well then towel dry.

Place your cast iron over medium high heat for 2 to 3 minutes to fully dry the surface, allow to cool so it's easy to handle.

Using a neutral oil such as canola, vegetable, or avocado, apply a thin layer to the entire pan with a paper towel or lint-free dish cloth. Wipe away any excess with a clean towel.



NONSTICK PANS

Avoid any abrasive cleaning solutions as well as any harsh cleaning tools such as steel wool or stiff scrubbing brushes. Typically, a mild detergent with a soft sponge or cloth will remove the majority of debris. For extremely stuck-on messes, the abrasive side of a soft sponge can assist, but should be used sparingly and only when absolutely necessary.

Additionally, while some pans may be advertised as "dishwasher safe", in order to preserve the nonstick coating and ensure a long life for your pan, it is recommended to always wash them by hand and dry immediately.

Lastly, the type of cooking utensils used on nonstick pans is incredibly important. Never use metal utensils such as spatulas, tongs, or spoons as these can scratch the surface of the pan. Instead, stick to gentle materials such as silicone and wood, these will glide over the nonstick coating rather than scrape it.

STAINLESS STEEL PANS

Stainless steel pans have a much more durable coating than that of a nonstick pan, and therefore can withstand a more abrasive cleaning solution and cleaning tools.

Start off with the abrasive side of a soft sponge along with a mild dish detergent. For stubborn food debris, steel wool or a chainmail scrubber should successfully remove these particles along with a dish detergent. To avoid water spots, be sure to dry your stainless steel pans immediately.

When cooking, be sure to properly pre-heat your pan before adding in your cooking oil. To know if your pan is hot enough, carefully splash a small amount of water in the pan, if the water particles 'dance' across the surface then you know you're ready to add in the oil. Properly pre-heating the pan creates a nonstick surface for you to cook your food on, this will lessen the amount of cleaning and elbow grease needed to clean your stainless steel pan later on.





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.

CHEF JOHN'S RECIPES

NEAPOLITAN PIZZA

PAN SEARED SWORDFISH, BOUILLABAISSÉ NAGE

GOAT CHEESE FRITTERS

BEEF CARPACCIO

ITALIAN CHEESECAKE

Chef John's

NEAPOLITAN PIZZA

Growing up in Brooklyn, I started working at my uncle's neighborhood pizzeria at just 10 years old. This is the time I credit for teaching me how to cook and work in kitchens. Since then, I've been developing this recipe for over 30 years. I like it simply with homemade tomato sauce and mozzarella to let the dough shine, but feel free to make it your own with your favorite toppings!



SERVES
10-15



METHOD
MIX, BLEND, BAKE



HOURS
2
(PLUS AN OVERNIGHT REST)

Pizza Dough

7¼ cups | 1,100 grams Gold Medal All Trumps high-gluten flour*

3 cups | 710 milliliters lukewarm water

0.3 ounces | 9 grams fresh yeast

1½ ounces | 43 grams sugar

3 tablespoons | 40 grams olive oil

1½ ounces | 43 grams salt

Pizza Sauce

35-ounce | 992-gram can of diced tomatoes

½ teaspoon granulated onion

1 teaspoon granulated garlic

½ teaspoon dried oregano

½ teaspoon red pepper flakes

½ teaspoon black pepper

1½ tablespoons | 20 grams sugar

Assembly

20 ounces | 570 grams shredded mozzarella cheese

Desired toppings such as pepperoni, caramelized onions, crumbled sausage, mushrooms

MAKE THE DOUGH

Add water, sugar, yeast, and olive oil to a stand mixer bowl with hook attachment and mix for 10 to 12 minutes on the lowest speed.

Add flour first, then salt, and mix on the lowest speed for 8 to 10 minutes until dough is smooth and pliable.

Remove dough, lay out on a table, cover it with plastic, and let it sit for 10 minutes.

Cut the dough into 14 ounce (400 gram) portions. This will give you 5 dough balls that will equal a 12 to 14-inch (30 to 35-centimeter) round Neapolitan pizza.

Roll each dough into a ball and place on a lightly oiled pan, cover it and let it sit out at room temperature for 1 hour and 15 minutes. Refrigerate overnight.

Remove dough from refrigerator 1 hour before use and allow it to temper.

MAKE THE SAUCE

Add all ingredients into a tall-sided container and puree with an immersion blender.

ASSEMBLE AND BAKE THE PIZZA

Preheat your oven to 500°F (260°C).

Coat a dough ball with flour and stretch to a 14-inch (35-centimeter) round shape.

Add 4 ounces (110 grams) of sauce to the center and, working in small circles, spread the sauce evenly.

Top with 4 ounces (110 grams) of shredded mozzarella and any other desired toppings and bake at 500°F (260°C) for 6 to 8 minutes.

*** NOTE FROM CHEF JOHN**

This is my preferred brand for a traditional Neapolitan pizza cooked at 500°F (260°C). Caputo pizza flour is more intended for a brick oven that is typically over 600°F (315°C).

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Pizza is a blank canvas! Top with any produce you have on hand or with produce before it gets too old.



Chef John's

PAN SEARED SWORDFISH, BOUILLABAISSE NAGE

I love the flavors of shellfish broth, so whenever we have shrimp at my house, I like to freeze the scraps and make my own shrimp stock. This nage, or flavored broth traditionally made with white wine, aromatic vegetables and herbs, is a great representation of that.



SERVES

4



METHOD

SIMMER, SEAR



MINUTES

45

4 6-ounce | 170-gram swordfish steaks

4 cups | 945 milliliters shrimp stock, homemade or store-bought

4 cups | 945 milliliters tomato juice

¼ cup | 30 grams spanish onion, minced

⅓ cup | 30 grams fennel, minced

4 large cloves of garlic, minced

1 pinch saffron

½ cup | 118 milliliters dry white wine

Salt and black pepper, to taste

4 tablespoons | 50 grams extra virgin olive oil, divided

MAKE THE BOUILLABAISS

Preheat a heavy gauged stock pot and add 2 tablespoons (20 grams) of olive oil. When the oil begins to smoke slightly add the onion and fennel, spread out evenly and do not agitate until the temperature has recovered. Saute until golden brown at which point add the garlic and brown.

Pour mixture into a fine mesh sieve and strain off as much oil as possible, then return the mixture to the pot and place on medium high heat.

Deglaze with white wine and add a pinch of saffron.

Reduce the wine by ¾ then add the tomato juice and the shrimp stock. Simmer on medium heat and reduce by half.

Add a pinch of salt and pepper and strain through a fine mesh sieve. Reserve.

MAKE THE SWORDFISH

Preheat your oven to 300°F (150°C).

Preheat a cast iron pan on high heat and add the remaining olive oil.

Season both sides of the swordfish with a pinch of salt and pepper.

When the oil begins to smoke, place the swordfish in the pan and sear to a dark brown. Turn over the swordfish and place the pan in the oven and cook for approximately 4 minutes until an internal temperature of 145°F (63°C) has been reached.

TO SERVE

Spoon some of the broth in a shallow bowl, nestle the swordfish in the center, and enjoy!

LAUREN'S SUSTAINABILITY TIP

As John mentioned, making your own shrimp stock from seafood scraps is incredibly easy. Save all of your seafood shells and scraps in a sealed container in the freezer until you have enough to fill a pot. Add water to cover and simmer for 40 minutes. Strain and store in the refrigerator or freezer until you're ready to use.

Chef John's

GOAT CHEESE FRITTERS

This is a really fun appetizer that's easy to make with just a few household ingredients. A great dish for all goat cheese lovers!



SERVES
6



METHOD
FRIED



HOURS
1

1 pound | 454 grams goat cheese, room temperature

Zest and juice of 1 lemon

Zest and juice of 1 orange

¼ cup | 48 grams sugar

½ teaspoon baking powder

3 eggs

½ cup | 65 grams flour

4 tablespoons | 80 grams honey

In a mixing bowl stir together goat cheese, citrus zest, sugar, baking powder, eggs & flour until well blended.

Cool mixture until slightly firm.

Scoop and roll into 1-inch (2.5-centimeter) diameter balls and fry at 350°F (175°C) until golden. Remove from the fryer and set on a cooling rack.

Blend honey and citrus juices. Coat fritters in the citrus honey and serve.

LOW WASTE

This dish utilizes every part of the ingredients, except the pith of the citrus.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Purchase local honey! Though honey is technically an animal product, there are no tractors needed to harvest, there are no large machines to collect from the hives and there are no fertilizers used. There are also very few steps from the hive to the cupboard making honey not only one of the most sustainable products out there, but also one of the most natural.





Chef John's

BEEF CARPACCIO

I remember first trying this dish at my uncle's restaurant at 16 years old. It blew me away that something with such simplicity could pack such a huge amount of flavor. I love this dish so much that I've continued to put it on my menus ever since.



SERVES
4



METHOD
SEAR



HOURS
4

8 ounces | 227 grams beef tenderloin, cleaned and trimmed

2 ounces | 57 grams parmigiano reggiano, shaved and crumbled

¼ cup | 50 grams white truffle oil

4 teaspoons micro arugula

2 teaspoons capers

12 baby heirloom tomatoes, cut in half

Grey smoked sea salt, to taste

Cracked black pepper, to taste

4 cups | 70 grams rocket arugula

2 tablespoons | 27 grams olive oil

3 tablespoons | 45 grams aged balsamic vinegar

¼ cup | 50 grams extra virgin olive oil

Preheat a cast iron pan on high heat and add the olive oil.

Season the filet with a heavy amount of the sea salt and cracked pepper.

When the oil begins to smoke, add the filet to the pan.

Sear each side until a deep brown color is achieved.

Transfer the filet onto a plate and put it in the freezer and cool for 30 minutes.

Remove filet from freezer, and cover it with plastic before returning it to the freezer until frozen solid.

Remove the filet from the freezer and allow it to sit at room temperature for 5 to 10 minutes.

Slice using a sharp knife as thin as possible.

To plate, lay out a few slices of the carpaccio in the center of a plate and drizzle with white truffle oil, then add a pinch of sea salt and pepper.

Top the carpaccio with cheese and the micro arugula.

Lay out the rocket arugula surrounding the carpaccio and top with capers and tomato.

Drizzle the salad with aged balsamic then extra virgin olive oil and add a pinch of salt & pepper. Enjoy.

LAUREN'S SUSTAINABILITY TIP

Did you know that cast iron is a sustainable form of cookware? If proper care is taken, (check out our kitchen care section!), your cast iron cookware should last a lifetime and can be handed down for generations to come. Not to mention, cooking with cast iron will also increase the iron content of the food you are preparing.

Chef John's

ITALIAN CHEESECAKE

This cheesecake runs deep in my Italian roots; it's something that my family and I have been making at home for Christmas Eve every year for as long as I can remember. I hope it becomes a part of your family's traditions as well. Buon appetito!



SERVES
12



METHOD
MIX, BAKE



HOURS
2.5

1 pound | 454 grams
mascarpone cheese, room
temperature

2 pounds | 910 grams cream
cheese, room temperature

8 ounces | 230 grams unsalted
butter, room temperature,
divided

5 eggs, room temperature

1½ cups | 300 grams sugar

1 teaspoon cornstarch

1½ teaspoons vanilla extract

1 teaspoon lemon juice

1 teaspoon lemon zest

2 cups | 240 grams graham
cracker crumbs

Extra butter at room
temperature for the springform
pan

Place the graham cracker crumbs in a bowl and mix with 4 ounces (115 grams) of butter and combine to form a paste. Take a springform pan and press the crust mixture onto the bottom into an even layer.

Bake the crust at 325°F (163°C) for 6 minutes. Remove from oven and set aside.

In a mixing bowl, beat the eggs and mascarpone cheese until completely smooth.

Place the cream cheese and the remaining butter in a mixing bowl and whip together.

Place the egg mixture into the cream cheese mixture. Add the remaining ingredients and whip until completely smooth.

Grease the inside walls of the springform pan with butter. Then cut 4 large squares of aluminum foil to cover the base of the exterior of the springform pan. Take each sheet of aluminum foil and mold it to the base of the springform pan and up the sides, repeat the process with the remaining aluminum foil.

Pour the cheesecake mixture into the springform pan then place the cheesecake into a deep casserole dish. Add boiling water to the casserole dish going halfway up the side of the cheesecake. Bake for 2 hours and 15 minutes. Test with a toothpick, making sure it comes out clean.

Chill overnight. Remove the cheesecake from the refrigerator and remove the baking ring from the springform pan. Enjoy.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Use these lemon peels to their full potential! Dry them out and grind them up to a powder. Dried lemon zest can be used in cooking, baking, and added to household cleaning products.





SYDNEY WILLCOX

COOKING SCHOOL
EXECUTIVE CHEF

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

CHEF SYDNEY'S RECIPES

CREAMY TOMATO SOUP

SWORDFISH PICCATA

SHRIMP & GRITS

THANKSGIVING HARVEST SALAD

CARAMELIZED ONION, FIG, & BLUE CHEESE TART

Chef Sydney's

CREAMY TOMATO SOUP

This recipe is near and dear to my heart- it was one of the first dishes that my mom taught me to cook. We did not follow a specific recipe, but after years of making this together we sat down with pen and paper to write down how it is made so we can share it with all of our family, and now with you!



SERVES

4



METHOD

SIMMER, PUREE



MINUTES

45

2 tablespoons | 30 grams butter

1 onion, diced

1 clove garlic, minced

About 4 sprigs thyme

Kosher salt, freshly ground
black pepper and red pepper
flakes, to taste

1 tablespoon | 17 grams tomato
paste

1 1-inch | 2.5-centimeter piece
of parmesan rind

3 14-ounce | 397-gram cans
whole San Marzano tomatoes

1 cup | 235 milliliters vegetable
stock

1 to 3 teaspoons sugar

2 to 4 tablespoons | 30 to 60
grams heavy cream

4 to 6 fresh basil leaves, roughly
chopped

¼ cup | 18 grams freshly grated
Parmigiano Reggiano cheese

Place a heavy bottomed pot or Dutch oven over medium heat and melt butter. Add onion and cook, stirring occasionally with a wooden spoon until very soft and translucent, about 8-10 minutes.

Add the garlic and thyme and season with a generous pinch of kosher salt, freshly ground black pepper, and red pepper flakes; cook until aromatic, about 1-2 minutes. Add the tomato paste and parmesan rind and cook until caramelizing, stirring frequently, about 5 minutes.

Add the canned tomatoes and their juices, the stock, and 1 teaspoons (4 grams) of sugar; season again with salt and pepper. Bring to a boil and reduce to a simmer; cook stirring occasionally, until thickened, about 15 minutes. Stir in the 2 tablespoons (30 grams) of heavy cream and basil. Taste and adjust, adding more cream, salt, spice, or sugar to your liking.

Remove thyme sprigs and parmesan rind. Working in batches, puree the soup in a blender until smooth; taste and adjust seasoning. Serve with freshly grated Parmigiano Reggiano.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Save the rest of the parmesan rind. If there is no waxy coating, you can grill the rind until it becomes soft and chewy and enjoy on a piece of crusty bread.



Chef Sydney's

SWORDFISH PICCATA

Swordfish Piccata was one the first dishes I made professionally for a chef I looked up to. It is a simple dish but allows you to focus on technique for perfectly cooked fish and an emulsified sauce.



SERVES

4



METHOD

SEAR, EMULSIFY



MINUTES

20

4 $\frac{3}{4}$ -inch | 2-centimeter thick
North Atlantic swordfish steaks

Kosher salt and freshly ground
black pepper, to taste

$\frac{1}{2}$ cup | 65 grams flour

2 tablespoons | 25 grams
cooking oil, such as grapeseed,
vegetable or canola

5 tablespoons | 75 grams butter,
cubed into small pieces and kept
cold

2 shallots, minced

1 clove garlic, minced

2 lemons, 1 zested and halved, 1
wedged for garnish

Pinch red pepper flakes, optional

$\frac{1}{3}$ cup | 80 grams dry white
wine

3 tablespoons | 45 grams capers,
rinsed

Handful chopped parsley for
garnish

Place a wide skillet over medium-high heat. Gently pat swordfish with paper towels and season both sides with salt and pepper. Lightly flour the fish on both sides, patting with your hand to remove any excess flour.

Add cooking oil to the preheated pan; once oil just begins to smoke, gently place the swordfish in the pan. Cook undisturbed until a golden crust forms, about 3-4 minutes. Flip and brown on the other side, 3-4 minutes. Do not overcrowd the pan; work in batches as needed to keep space in between fish. Transfer cooked swordfish to serving plates and loosely tent with foil; discard excess fat from the pan.

Return pan to stovetop and lower heat to medium. Add 1 tablespoon (15 grams) butter; once butter is melted, add shallot and stir to evenly coat in butter. Sauté 1 minute until aromatic, adjusting temperature as needed to prevent browning. Add garlic and zest of 1 lemon to the pan with a pinch of salt, black pepper, and red pepper. Stir and cook until aromatic, about 1 minute.

Deglaze pan by adding wine and using a wooden spoon to scrape the browned bits from the bottom; let wine simmer until reduced by half. Stir in capers and the juice of $\frac{1}{2}$ the lemon and cook for 30 seconds; taste and add more seasoning or lemon juice, as desired (it will be very acidic at this stage, but will become balanced once the butter is added).

Turn off heat and begin adding the remaining cubes of cold butter 1 tablespoon (15 grams) at a time while constantly swirling the pan. This process will emulsify the sauce to create a velvety texture. Once all the butter is added, stir in the parsley; taste again for seasoning and acidity, then spoon the sauce over the swordfish steaks and serve immediately with lemon wedges.

SUSTAINABLY SOURCED

The North Atlantic swordfish is recommended as a sustainably sourced fish by the Monterey Bay Aquarium Seafood Watch.

LAUREN'S SUSTAINABILITY TIP

If your garlic cloves start sprouting, bury them in soil with only the green shoot visible in direct sunlight. The garlic should regrow and you'll know it's time to harvest when the tops start to turn yellow or brown.

Chef Sydney's

SHRIMP & GRITS

This recipe is from my Aunt Carol in Georgia, where my dad is from. We don't get down to see them often enough, but when we do Aunt Carol always makes us Shrimp and Grits for brunch.



SERVES
4



METHOD
SAUTÉ, BOIL



MINUTES
45

2 cups | 475 milliliters water

2 cups | 475 milliliters milk

1 cup | 180 grams stone-ground grits

Kosher salt and freshly ground black pepper, to taste

2 to 3 tablespoons | 30 to 45 grams good quality butter

½ cup | 55 grams sharp cheddar cheese, shredded (optional)

¼ pound | 115 grams bacon, chopped

1 pound | 454 grams large shrimp, peeled and deveined, at room temp

1 lemon

1 bunch scallion, minced

1 bunch parsley, minced

Hot sauce, optional

Combine water, milk and grits in a bowl and soak overnight in refrigerator; gently skim any hull pieces that have floated to the top during the soaking period (optional step).

Transfer grits and soaking liquid to a pot that is double their size (grits expand during cooking). Place over high heat and whisk until mixture comes to a boil. Reduce heat to a low simmer and whisk periodically (careful, as the grits tend to splatter). Begin tasting for doneness (a smooth and silky texture) after about 25 minutes. It may take up to an hour so continue tasting every 10 minutes until a creamy texture is reached. Add salt, pepper, 2 tablespoons (30 grams) butter, and cheddar cheese (if using); stir, taste and add more seasoning or butter if desired.

While grits are cooking, add the bacon to a skillet and place over medium heat. Cook, stirring occasionally, until bacon is crispy; use a slotted spoon to transfer the bacon to a paper towel-lined plate. Leave a thin layer of bacon fat in the pan but drain off if there is excess.

Increase heat under skillet to medium high; season the shrimp with salt and pepper. Add the shrimp to the skillet and cook until deep golden, about 2-3 minutes. Flip shrimp in pan, return bacon and add the juice of ½ the lemon and the scallions. Shake pan to loosen any brown bits on the bottom. Shrimp should cook through within 1-2 minutes; they will be opaque pink and white throughout.

Place the grits in a serving dish and top with sauteed shrimp, bacon and scallions; garnish with parsley, hot sauce and more lemon, if desired.

LAUREN'S SUSTAINABILITY TIP

Check your local farmers market for good quality butter, and make sure to ask questions! Chances are the butter you find at the farmers market will be made using locally sourced dairy and will taste delicious too.

Chef Sydney's

THANKSGIVING HARVEST SALAD

For Thanksgiving in 2020, I was unable to spend the holiday with my family for our usual celebrations. To keep everyone feeling close, we all cooked a traditional dish from the meal and celebrated virtually. I developed this salad as a way to get all my favorite holidays flavors in one dish that was easy to create in a small apartment kitchen without a ton of prep or clean up.



SERVES
2



METHOD
MIX, TOAST



MINUTES
40

Cornbread Croutons

4 ounces | 110 grams cornbread, cut into ½-inch (1.3 centimeter) cubes

2 teaspoons finely chopped sage, rosemary or thyme

2 tablespoons | 27 grams olive oil

Kosher salt and freshly ground pepper, to taste

Maple Cranberry Dressing

2 tablespoons | 35 grams cranberry puree

2 teaspoons white balsamic or white wine vinegar

1 teaspoon dijon mustard

½ teaspoon maple syrup

½ shallot, minced

2 tablespoons | 27 grams extra virgin olive oil

Salad

2 cups | 85 grams baby spinach or kale

½ radicchio or 1 red endive

½ cup | 65 grams diced butternut squash, roasted

½ cup | 45 grams shaved brussels sprouts

1 pear or apple, diced

¼ cup | 30 grams dried tart cherries or cranberries

¼ cup | 28 grams toasted or candied nuts (pecans, hazelnuts, almonds, pumpkin seeds)

¼ cup | 28 grams grated aged cheddar, aged gouda, or fresh goat cheese

To make croutons, preheat oven to 375°F (190°C). Line a sheet tray with parchment paper. In a mixing bowl, gently toss croutons with herbs, a pinch of salt and pepper, and a drizzle of olive oil. Transfer to the prepared sheet tray and spread out in a single layer. Cook in the oven until aromatic and golden, about 14 - 17 minutes; remove and let cool.

To make dressing, combine cranberry puree, vinegar, dijon mustard, maple syrup, and shallot in a small bowl with a small pinch of salt and pepper. While whisking, slowly pour in olive oil. Taste and adjust to your liking.

Combine all salad ingredients in a large mixing bowl and add croutons; season lightly with salt and pepper. Dress salad, toss well, and serve immediately.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Store your leafy greens in a ziploc bag or sealed container along with a clean paper towel, replacing the paper towel with a new one every few days.

This will keep the moisture out and keep them fresher longer.





Chef Sydney's

CARAMELIZED ONION, FIG & BLUE CHEESE TART

Before I attended culinary school and began to cook professionally, I took any opportunity I had to cook for friends and share my culinary creations. This savory tart was one of the dishes that people always loved and requested, giving me feedback helped my confidence as a cook when I was just beginning to explore my passion.



SERVES

8



METHOD

BAKE



HOURS

1

1 sheet puff pastry
6 tablespoons | 90 grams butter
2 tablespoons | 27 grams olive oil
4 large onions, halved from root to stem, and thinly sliced
2 teaspoons | 9 grams brown sugar
¼ cup | 60 grams balsamic vinegar
½ cup | 118 milliliters whole milk
2 eggs
⅓ cup | 45 grams pine nuts, chopped
2 tablespoons | 8 grams rosemary leaves, chopped
½ cup | 120 grams fig jam
1 cup | 135 grams blue cheese, such as Stilton, crumbled

Prepare the tart shell by lining a sheet tray with parchment. Lightly flour the work surface and a rolling pin. On the floured surface, lay out the puff pastry and roll out lengthwise to fit the baking sheet. Pierce the pastry with a fork (this allows steam to release as the pastry cooks). Line the top of the pastry with another sheet of parchment and cover with pie weights or additional baking trays. Let dough rest in fridge for 20 minutes.

Preheat the oven to 350°F (175°C). Place the tart shell in the oven and blind bake for 25 minutes. Remove weights and paper, then bake for 5 to 10 minutes more, or until the pastry is golden. Set aside and increase oven temp to 375°F (190°C).

To caramelize the onion, melt the butter and oil in a large skillet over medium heat. Add the onion and sugar and cook gently, stirring often, until deep brown, about 15-20 minutes. Stir in vinegar and season with a generous pinch of salt and pepper, remove to bowl to let cool. In a medium mixing bowl, lightly beat egg with milk then stir in the pine nuts, rosemary and cooled onion.

Spread fig jam over tart shell and evenly crumble cheese over jam, leaving ¼ cup (30 grams) of cheese for top layer. Evenly spread caramelized onion mixture over top and sprinkle remaining cheese over. Transfer tart to oven and bake for 15-20 minutes, until tart is golden brown, and filling is bubbling. Cool slightly before serving.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Swap whole milk for a plant-based milk. Compared to cow's milk, plant based milks use less land, water and greenhouse gases to produce.



BRIAN GWINNER
COOKING SCHOOL
SOUS CHEF

Born in Texas, Brian came to cooking later in life. After he graduated with a Bachelor's in Science, he decided his passion didn't lie in pediatric psychiatry as he thought and, with the encouragement of his mom, Brian moved to NYC to enroll in culinary school and pursue cooking. Brian started as an intern at the Manhattan Ocean Club, while he was still in school, and that eventually turned into a Sous Chef position at Quality Meats. He then worked at Public with Brad

Farmerie and Marlow & Sons Diner in Brooklyn with Sean Rembold. Brian transitioned to corporate dining with Restaurant Associates in 2010 and worked with them until 2019 when he was able to become a Culinary Instructor with Wonder and combine his love for teaching and passion for cooking. He is overly excited to join Restaurant Associates at the UBS Cooking School and share his passion and nerdism for food!

CHEF BRIAN'S RECIPES

3 CHEESE CREAMY MAC & CHEESE

BAKED BRIE IN PUFF PASTRY

CRISPY PEANUT TOFU & SMASHED CUCUMBERS

PUMPKIN VANILLA CHEESECAKE WITH GINGERSNAP CRUST



Chef Brian's

3 CHEESE MAC & CHEESE

I didn't grow up in a fancy food household. My dad could make dinner if he could open a can or pick up the phone. When I was a teenager, my mom would attempt to make dinner but always told us if we didn't like what she made, normally something with spinach, we could make something ourselves. I learned how to make Kraft mac and cheese and it gave me a boost to think I could make something by myself. Mac and cheese, while being incredibly comforting, reminds me of taking the first step towards becoming a chef.



SERVES

4



METHOD

BOIL, SIMMER, BAKE



MINUTES

55

8 ounces | 225 grams dried medium-sized pasta, I prefer to use medium shells

1 tablespoon | 13 grams olive oil

2 tablespoons | 30 grams unsalted butter

½ teaspoon minced garlic

1 teaspoon minced shallot

½ teaspoon chopped thyme

2 tablespoons | 16 grams all-purpose flour

2 cups | 475 milliliters whole milk

6 ounces | 170 grams sharp cheddar, freshly grated

3 ounces | 85 grams fontina, freshly grated

5 ounces | 140 grams Parmigiano Reggiano, freshly grated, divided

¼ cup | 20 grams panko breadcrumbs

Freshly ground black pepper and kosher salt to taste

In a large pot, bring 3 quarts (2.8 liters) of salted water to a boil, add the shells and cook until al dente. Drain and drizzle 1 tablespoon (13 grams) of olive oil and toss.

Preheat the oven to 425°F (218°C).

In the same pot, dry it with a paper towel, place it back on the stove, turn to medium heat and add the butter. When the butter is melted and starts to bubble, add in the garlic, shallot and thyme. Stir until you can smell the aromatics, about 30 to 45 seconds, then sprinkle in the flour. Stir in the flour and cook for 1 minute to ensure the raw flour taste is cooked out.

After 1 minute the flour should start to smell toasty, whisk in the milk. Continue whisking to keep the sauce smooth.

When all the milk is whisked in, turn the heat up and continue to whisk until the sauce thickens. When the sauce bubbles and thickens, turn the heat down to low and whisk in the cheddar, fontina and 3 ounces (85 grams) of parmigiano. Whisk until all the cheeses are completely mixed in. In a separate bowl, whisk together the panko breadcrumbs and the remaining 2 ounces (55 grams) of parmigiano.

Combine the pasta and cheese sauce and mix until completely coated. Transfer to a 9-inch by 9-inch (23-centimeter by 23-centimeter) baking dish, evenly sprinkle the breadcrumb mixture and place in the oven. Bake until the top is crispy and golden brown, about 5 to 10 minutes.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Instead of breadcrumbs, use ingredients you already have in your pantry such as crumbled crackers or croutons.

Chef Brian's

BAKED BRIE IN PUFF PASTRY

We always spent Christmas at my grandparents' house in Maryland and the centerpiece to each Christmas Eve dinner was a baked brie. My grandma taught me how to make jam from scratch to go along with it and we would shop for specialty crackers to serve with it. It is incredibly reminiscent of family, the holidays, and the Christmas season.



SERVES

4



METHOD

BAKE



HOURS

2

(PLUS 3 HOURS OR
OVERNIGHT REST FOR BERRIES)

Baked Brie

1 sheet puff pastry, thawed

8-ounce | 225-gram wheel of brie

1 egg, whisked in a bowl

Flour, for dusting

Grandma Gwinner's Berry Jam

2 pounds | 907 grams berries of choice (blackberries, blueberries, raspberries, or strawberries would all work great), fresh when in season or frozen

1½ cups | 300 grams sugar

Juice of 1 lemon

Crackers or crisps, for serving

MAKE THE JAM

Toss berries and sugar in a bowl and let sit for 3 hours or up to overnight in the refrigerator to macerate, or become soft and release their juices.

Over medium low heat, place the sugar and berry mixture into a pot and bring to a simmer. Simmer until the fruit starts to break down and the mixture begins to boil, about 15 minutes, stirring occasionally. Continue to simmer until the mixture thickens and reduces slightly, about 30 to 40 more minutes. Add the lemon juice and stir to combine another 3 to 5 minutes. Remove from the heat and allow to cool completely.

MAKE THE BAKED BRIE

Preheat the oven to 400°F (205°C) and place oven rack in the middle of the oven.

Sprinkle a small amount of flour onto your clean work surface and spread evenly with your hands. Place the puff pastry onto the work surface and make sure it's fully unfolded. Flour your rolling pin and proceed to roll out the puff pastry to a 12-inch (30-centimeter) square. Place the brie in the middle of the puff pastry and wrap the puff pastry around the brie, making sure the puff pastry fully covers the cheese.

Place the wrapped cheese onto an oven safe sheet pan lined with parchment paper and sprayed with nonstick cooking spray. Brush the beaten egg wash all over the puff pastry.

Place in the oven and cook for 35 to 45 minutes. The puff pastry will be fully golden brown and crispy. Let the cheese cool for 10 minutes and transfer to a serving plate. Serve with the jam and crackers or fancy seasonal crisps!

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Make your own jam for this recipe with fruit that is nearing its end-of-life, imperfect produce, or day-old produce found at the grocery store.

KEYS TO THE KITCHEN



Chef Brian's

CRISPY PEANUT TOFU & SMASHED CUCUMBERS

As a chef, I've never thought tofu could be tasty, but this recipe showed me otherwise! I love to serve this with sticky rice and chili oil to create a crispy, spicy, cooling combination alongside the warm rice.



SERVES
4



METHOD
MIX, SEAR



MINUTES
55

Tofu

1 pound | 455 grams extra firm tofu

Kosher salt

2 tablespoons | 16 grams cornstarch, tapioca starch or arrowroot

High heat cooking oil

Cucumber Salad

1 large english cucumber or 4 small persian cucumbers, washed

1½ tablespoons | 23 grams rice vinegar

1½ tablespoons | 23 grams soy sauce

1 teaspoon honey

2 teaspoons yuzu juice

1 teaspoon sichuan peppercorns

1½ teaspoons sesame oil

1 garlic clove, minced or grated

1 teaspoon toasted sesame seeds

Tofu Sauce

1½ tablespoons | 24 grams smooth peanut butter

3 tablespoons | 45 grams rice vinegar

2 tablespoons | 30 grams soy sauce

1 tablespoon | 21 grams honey

1 teaspoons crushed sichuan peppercorns

PREPARE THE TOFU

Prepare a baking dish with clean kitchen towels or paper towels. Season tofu with salt and place on towels in a baking dish, cover with more towels or paper towels. To press and remove excess liquid from tofu, place a cutting board over the top of the towels and weigh down with a heavy pan; let sit at least 20 minutes and up to overnight. Remove tofu from towels and dice into 1" cubes.

MAKE THE CUCUMBER SALAD

While tofu is draining, smash and salt cucumbers: lay on a clean cutting board and use the side of a cleaver or the bottom of a skillet to hit the cucumber firmly but gently, smashing it from top to bottom. Dice the cucumber into ½-inch (1½-centimeter) chunks and place in a colander set inside a bowl. Add a large pinch of salt and toss; let sit for 10-15 minutes.

Combine 1½ tablespoons (23 grams) rice vinegar, 1½ tablespoons (23 grams) soy sauce, 1 teaspoon honey, 2 teaspoons yuzu juice, 1 teaspoon sichuan peppercorns, sesame oil, and garlic. Whisk until combined, taste and adjust seasoning as desired.

Gently pat cucumber pieces dry with a paper towel and transfer to a clean bowl. Add dressing and 1 teaspoon sesame seeds and toss well; taste and adjust as desired. Toss every 5 minutes while cooking tofu.

MAKE THE TOFU SAUCE

Whisk together peanut butter, rice vinegar, soy sauce, honey, and crushed sichuan peppercorns; set aside.

Cook and Serve

2 teaspoons toasted sesame seeds

4 scallions, thinly sliced

Sticky rice, for serving (optional)

Chili oil or hot sauce, for serving (optional)

COOK AND SERVE

Place a wide skillet over medium high heat and add a thin layer of high heat cooking oil. Carefully and gently toss tofu pieces in cornstarch. Add tofu to pan in a single layer and shake pan to spread tofu (if tofu is piled above 1 layer in pan, remove some and cook in a second batch; tofu will not crisp if it is not directly touching the pan). Let cook undisturbed on each side until deep golden brown on all sides, about 2-4 minutes per side, adding more oil if needed. Using a slotted spatula, transfer the tofu pieces to a paper towel lined plate to drain excess oil.

Add tofu to tofu sauce along with scallions and remaining sesame seeds; toss gently. Serve with cucumbers, sticky rice, and chili oil or hot sauce. Serve with cucumbers, sticky rice, and chili oil or hot sauce.

VEGAN

LAUREN'S SUSTAINABILITY TIP

Save the ends of those cucumbers to infuse and freshen-up water.

Cucumbers are incredibly hydrating, plus they taste great.





Chef Brian's

PUMPKIN VANILLA CHEESECAKE WITH GINGERSNAP CRUST

When I was working as a sous chef in a restaurant, I wanted to increase my knowledge of all parts of the restaurant, so I took a position in the pastry kitchen for a year and worked to improve my pastry skills. Pumpkin cheesecake was the first recipe I learned how to make from my pastry chef mentor and it's always a crowd pleaser!



SERVES
8



METHOD
MIX, BAKE



HOURS
1 H 40 M
(PLUS 4-6 HOURS OF RESTING)

Gingersnap Crust

1/4 cups | 295 grams gingersnap cookie crumbs (use crunchy cookies)

2 tablespoons | 24 grams granulated sugar

4 tablespoons | 60 grams unsalted butter, melted

Filling

24 ounces | 680 grams full fat cream cheese, softened to room temperature

1 cup | 250 grams pumpkin puree

2 large eggs

2 large egg yolks

1 cup | 200 grams granulated sugar

1 teaspoon ground cinnamon

2 teaspoons pumpkin pie spice

2 vanilla beans or 2 teaspoons vanilla extract

Topping

1 cup | 235 milliliters heavy whipping cream

3 tablespoons | 45 grams maple syrup

1 vanilla bean, scraped or 1 teaspoon | 5 grams vanilla extract

Preheat your oven to 350°F (175°C).

Use a gallon-size ziploc bag, place the gingersnap cookies inside, zip it up and crush with a rolling pin. Make the crust by combining the crumbs, granulated sugar, and melted butter together and press the mixture into a springform pan. Place the pan into the oven and bake for 10 minutes. Pull out and cool down.

In a large bowl, or the bowl of a stand mixer, add cream cheese and mix on low until the cream cheese is a smooth consistency. Keep the mixer on low speed as this won't add any extraneous air into the batter and will ensure a dense and delicious cheesecake. Add in the pumpkin puree and mix until entirely combined. Add in the eggs and egg yolks, scraping the sides if necessary to ensure even mixing. Add in sugar, cinnamon, pumpkin pie spice and vanilla. (If using vanilla beans*, split the vanilla beans down the middle lengthwise and scrape out the seeds. Add seeds to batter. If using vanilla extract, add to batter.)

Once all the ingredients are added to the batter and they are evenly mixed, pour the batter into the springform pan. Place a large roasting pan into the oven and place the springform pan into the roasting pan. Pour boiled water (the microwave is perfect for this) into the roasting pan so it comes up 1/3 of the way up the pan. Bake at 350°F (175°C) for 1 hour. When done the cheesecake will jiggle with a uniform consistency. Take the cheesecake out of the oven, cool it to room temperature and then refrigerate it for 4-6 hours or overnight. This will ensure the cheesecake has a beautifully dense and creamy texture.

To make the maple whipped cream, combine heavy whipping cream, maple syrup and vanilla, beans or extract, and whip to stiff peaks with a whisk (if you need a workout) or a hand mixer. Top it over the cooled cheesecake.

* NOTE FROM CHEF BRIAN

Reserve the scraped vanilla beans and use it to flavor sugar or simple syrup for a delicious fall cocktail!

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

If using fresh pumpkin, toss the seeds in some of your favorite spices and roast for a healthy snack.



DARIUSZ NALTNER

EXECUTIVE CHEF UBS

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

CHEF DARIUSZ'S RECIPES

BLUEBERRY PIEROGI

FRESH PASTA WITH PORCINI MUSHROOMS

POTATO LATKES

HEIRLOOM TOMATO & EGG TOAST

CHLODNIK (CHILLED BEET SOUP)



Chef Dariusz's

BLUEBERRY PIEROGIES

Blueberry pierogi are classic Polish dumplings filled with sweet, juicy blueberries. This was my favorite dessert that my *babcia* (grandmother) used to make for us back home in late summer after picking wild blueberries in the forest. There was nothing better than foraging with friends all day and coming home to make these sweet treats.



SERVES
6



METHOD
SIMMER



MINUTES
45

Dough

4 cups | 520 grams all-purpose flour

1 cup | 235 milliliters hot milk

1 teaspoon salt

Blueberry Filling

2 cups | 280 grams blueberries or bilberries (fresh or frozen)

1 tablespoon | 8 grams all-purpose flour

Topping

½ cup | 118 milliliters sweet cream, 12% or 18% fat

Pinch of powdered sugar

MAKE THE DOUGH

Sift the flour, make a well in the flour dome. Pour in a small amount of hot milk and mix it in. Knead rapidly, continually adding enough milk to get a soft, elastic dough.

Divide the dough into a few parts. Spread the first part of the dough on a floured worktop.

Use the rolling pin, roll into a thin piece of dough. Cut the dough using a glass or a round cutter.

MAKE THE BLUEBERRY FILLING

Rinse the berries.

When using frozen berries, remove them from the freezer just before making pierogi (dumplings are easier to put together with frozen fruit).

Dry on paper towels, spread on a tray and sprinkle with 1 tablespoon (8 grams) of flour.

Place 1 teaspoon of blueberries in the middle of each dough circle. Fold dough over filling, press edges together. Continue until you're out of dough and blueberries.

ASSEMBLE AND COOK DUMPLINGS

Bring a pot of lightly salted water to a boil. Reduce the heat to a simmer.

Drop dumplings in and cook for 5 to 6 minutes - until they start to float.

In the meantime, prepare some sweet cream. Place the cream in a bowl, add a pinch of powdered sugar, and mix to combine. Taste and adjust seasoning to your preference.

Remove pierogi from the pot with a slotted spoon. Serve on the plates and drizzle with sweetened cream.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Don't underestimate the power of frozen blueberries. Not only are they frozen at their peak ripeness which preserves their peak nutritional value, they can withstand transportation and long-term storage.

Chef Dariusz's

FRESH PASTA WITH PORCINI MUSHROOMS

Sautéed until tender, these porcini mushrooms (or borowiki as we refer to them in Poland) will retain their bold personality and produce incredible mushroom flavor. In a rich butter-and-garlic sauce tossed with fresh pasta, their essence is further enhanced by fresh parsley, sage and a shaving of top-quality sharp Pecorino Romano cheese.



SERVES

4



METHOD

SAUTÉ, BOIL



MINUTES

90

(PLUS UP TO 2 HOURS OF RESTING)

Fresh Pasta

1½ cups | 195 grams unbleached all-purpose flour, plus more for dusting

1 large egg, plus 3 large egg yolks, room temperature

2 teaspoons extra-virgin olive oil

2 tablespoons | 30 grams warm water

Semolina flour, for dusting

Porcini Butter Sauce

¼ cup | 53 grams extra-virgin olive oil, plus more for drizzling

4 tablespoons | 60 grams unsalted butter

1 egg yolk

4 cloves garlic, smashed and peeled

1 pound | 450 grams fresh porcini mushrooms, halved lengthwise and cut crosswise into ¼-inch | ⅓-centimeter thick slices

1 pinch fresh sage, chiffonade

Kosher salt, to taste

½ cup | 25 grams fresh parsley, coarsely chopped

1 ounce | 30 grams pecorino romano, finely grated

MAKE THE PASTA

Mound flour on a clean work surface or in a large bowl. Make a well in the center. Add egg, yolks, oil, and warm water to well. Using a fork and stirring outward from the center, gradually incorporate flour into egg mixture until a ragged dough forms.

Transfer to a lightly floured work surface and knead until dough is smooth and elastic, 6 to 8 minutes. (Or combine ingredients in a stand mixing bowl and knead with the dough-hook attachment 8 to 10 minutes.) Tightly cover with plastic wrap and let stand at room temperature until soft and pliable, at least 30 minutes and up to 2 hours.

Cut dough into 4 portions. Keep 3 portions covered with plastic, and shape one into a rectangle. With a pasta roller on its largest setting (1 on a KitchenAid stand-mixer attachment), run dough through roller. Fold dough in half and run through largest setting again. Repeat once or twice more. Turn machine to next setting and pass through roller once.

Continue passing dough through, lowering setting each time, until dough has run through the smallest setting (8 on KitchenAid attachment). Transfer to a tray generously dusted with semolina (or all-purpose) flour; dust top with more. Repeat the process with remaining portions of dough, keeping unused portions covered with plastic.

Attach a fettuccine cutter to a pasta machine. Roll each sheet through cutter. Hang in a single layer on a pasta rack or transfer to a tray dusted with semolina and let dry, 30 minutes. (Pasta can be made up to 1 day ahead: Once dry, loosely twirl handfuls of pasta into 6 "nests," generously dust with more semolina, and refrigerate in a single layer in an airtight container.)

MAKE THE PORCINI BUTTER SAUCE

Heat a large straight-sided skillet over medium. Add oil, butter, and garlic. When butter melts and garlic sizzles, add mushrooms; season with salt. Cook, stirring occasionally, until mushrooms are tender and golden brown, 12 to 15 minutes.

COOK AND ASSEMBLE

Cook pasta in a large pot of generously salted boiling water until al dente, 2 to 3 minutes.

Reserving 1 cup (240 milliliters) pasta water, drain the pasta. Add $\frac{1}{3}$ cup (160 milliliters) pasta water to skillet with mushrooms. Bring to a simmer. Add noodles, tossing until sauce thickens slightly and evenly coats pasta, about 1 minute. Remove from heat, fold in 1 egg yolk for a lush creamy sauce.

Add parsley, sage and half of the pecorino romano cheese, tossing to combine. Add more pasta water as needed, a little at a time, until sauce evenly clings to pasta again. Serve topped with more cheese, and fresh herbs.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Submerge leftover herbs in olive oil or water inside of ice cube trays and freeze. The next time you want to cook with that herb, simply heat a cube in a pan.



Chef Dariusz's

POTATO LATKES

Who doesn't love crispy, fragrant potato latkes? An all-time favorite of my kids, and mine. I can have a plateful of these myself. This recipe is from my grandmother, or Babcia. In Poland, she would cook them the traditional way, in lard, but in this recipe I'm using pure grape seed oil instead.



SERVES
6-8



METHOD
PAN FRY



MINUTES
25

3 large russet potatoes, peeled
2 large eggs, whisked
¼ cup | 30 grams onion, finely chopped
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon black pepper, ground
2 tablespoons | 16 grams flour, or more as needed
Grapeseed oil, for frying
Apple sauce, for serving

Peel the potatoes and grate them on a box grater. Wrap grated potatoes in cheese cloth or kitchen towel and remove as much liquid as possible by squeezing firmly.

In a large glass bowl, add grated potatoes, eggs, onions, baking powder, flour, salt and pepper. Mix well.

Allow to sit for 15 minutes in the refrigerator.

In a large skillet, heat ¼ inch ($\frac{2}{3}$ centimeter) of oil over medium high heat until hot. Drop heaping spoonful of potato mixture and cook for 2 to 3 minutes on each side or until crisp and golden brown on the outside.

Serve with apple sauce on the side.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Don't toss those potato peels! Make potato peel chips. In the skin you will find tons of fiber, B vitamins and vitamin C. *Fun fact: American's number one source of vitamin C comes from potatoes in the form of french fries.

KEYS TO THE KITCHEN





Chef Dariusz's

HEIRLOOM TOMATO & EGG TOAST

Gardening is one of my passions. In my garden in New Jersey, I grow heirloom tomatoes along with at least four varieties of fresh basil. In the heart of the season, I love to pick the ripest tomatoes and basil from my own plants for this dish. Great for a healthy breakfast, lunch, or even snack, this is one of the dishes I use to sneak veggies into my daughter's meals, and she loves it!



SERVES

4



METHOD

TOAST



MINUTES

15

1 tablespoon | 14 grams
mayonnaise

1 tablespoon | 15 grams
coarse-ground dijon-style
mustard

1 teaspoon honey

4 slices whole grain bread

½ cup | 60 grams shredded
mozzarella or swiss cheese

4 to 8 heirloom tomato slices

4 hard-boiled eggs, sliced

2 tablespoons | 5 grams fresh
basil, chopped

Balsamic glaze, optional

Cracked black pepper, optional

In a small bowl combine mayonnaise, mustard, and honey. Spread bread slices with mayonnaise mixture and top with cheese.

Place bread slices on a baking sheet. Broil 3 to 4 inches (7½ to 10 centimeters) from heat source for 2 to 4 minutes or until cheese is melted and bread is toasted. Top with tomato slices, eggs, and basil.

If you'd like, drizzle with balsamic glaze and a sprinkle of fresh cracked black pepper.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Tomatoes are the one vegetable that seem to grow in abundance in home gardens. Sun-dry your own tomatoes by placing them on a baking sheet in the sun.

Chef Dariusz's

CHLODNIK (CHILLED BEET SOUP)

My family's favorite dish for hot summer days! What I love most about Chlodnik, apart from the taste, is that it contains both the beet roots as well as greens. Beet greens are very underrated despite being full of goodness and flavor. Together with the beets they create a wonderfully rich, delicious dish, full of flavor as well as color. And nothing gets wasted! This soup is super nutritious, low in fat, and perfect served on a hot day.



SERVES
6-8



METHOD
SIMMER



MINUTES
25
(PLUS 4 HOURS OF REFRIGERATION)

2 small beets with their greens, beets coarsely grated, stems and greens finely chopped

3 tablespoons | 45 grams lemon juice

1²/₃ cups | 395 milliliters vegetable stock

3¹/₄ cups | 900 grams greek yogurt

4 tablespoons | 13 grams dill, finely chopped

4 tablespoons | 11 grams chives, finely chopped

10 radishes, coarsely grated

1 6-inch | 15-centimeter cucumber, coarsely grated

1 garlic clove, crushed

Salt and black pepper, to taste

Hard boiled eggs, for serving, optional

Buttermilk or kefir, optional for thinning the soup

Sliced radish for garnish, optional

Sliced cucumber for garnish, optional

Place the beets greens, beet stems, vegetable stock, and lemon juice in a large pot, cover, and bring to a boil. Simmer for 5 minutes, then remove from the heat and leave to cool completely.

Once the beet mixture has cooled, add the remaining ingredients, season to taste and stir thoroughly. If the soup is too thick, you can use a small amount of buttermilk or kefir to thin it out.

Refrigerate for at least 4 hours before serving. Can be garnished with hard boiled eggs, sliced radish, and sliced cucumber, if desired.

ZERO FOOD WASTE

This recipe utilizes the tops and bottoms of the beets, so there's no waste.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Soup is a great opportunity to utilize what you have on hand or what may be past peak-freshness. Lemon juice can be swapped for another acid or vinegar you may have in the pantry, and Greek yogurt can be swapped out for sour cream. Plus, any leftover garlic can be pulsed in a food processor and frozen in ice cube trays for later use. Toss into any dish directly from the freezer.





GAVIN MODEST

SOUS CHEF UBS

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

CHEF GAVIN'S RECIPES

BROWN STEW CHICKEN

BAKED WHOLE RED SNAPPER

CURRY LAMB

CALLALOO WITH CHICKPEAS

Chef Gavin's

BROWN STEW CHICKEN

Brown stew chicken is a common dish made in the Caribbean, but more so affiliated with Jamaica because of our bold flavors. This dish can be found in any Jamaican restaurant as it is traditionally made for dinner with rice or tubers like yams, sweet potatoes, or cassava.



SERVES

4



METHOD

STEW



HOUR

1

(PLUS 2-3 HOURS OF MARINATING)

8 to 9 chicken pieces, preferably a mix of legs and boneless, skinless thighs (totaling approximately 2 pounds | 910 grams)

1 teaspoon smoked paprika

½ teaspoon Jamaican ground allspice

½ teaspoon ground ginger

Kosher salt & freshly ground black pepper, to taste

1 tablespoon | 20 grams browning sauce*

6 cloves of garlic, minced

½ medium yellow onion, chopped

1 large bell pepper, chopped

3 tablespoons | 38 grams vegetable or canola oil, plus more as needed

4 scallions, chopped

2 medium-sized carrots, chopped

1 8-ounce | 227-gram can tomato sauce

4–6 sprigs fresh thyme

2 bay leaves

1 scotch bonnet pepper, left whole - do not cut!*

3 cups | 710 milliliters chicken stock

In a medium bowl combine paprika, allspice, ginger, salt, pepper, browning sauce, garlic, onion, bell pepper. Add chicken to marinade, cover and refrigerate for 2-3 hours, or overnight.

Remove the onion and bell peppers from the marinade and set aside.

Pre-heat a medium dutch oven over medium heat. Add cooking oil and sear chicken on all sides until golden brown. You're just looking for color here, you don't need to cook the chicken all the way through.

Remove chicken from pot and pour off excess oil. Add the onions, bell peppers, and carrots and sauté until softened, about 3 to 5 minutes. Add the chicken, remaining marinade, chicken stock, tomato sauce, thyme sprigs, bay leaves, and scotch bonnet to the pot. Bring to a simmer and cover for 30 minutes, stirring occasionally. Remove cover and continue to simmer for about 10 minutes until chicken is tender and sauce is reduced to a gravy. Remove scotch bonnet if desired and serve immediately.

* NOTE FROM CHEF GAVIN

Browning sauce is a seasoning very common in Jamaican cooking, it can be found in the spice aisle of your grocery store. Additionally, scotch bonnet peppers are incredibly spicy. I've grown up with them so I am accustomed to their heat level, but feel free to swap out for something more to your tastes such as a serrano (medium heat level) or jalapeno (mild heat level). Alternatively, feel free to omit completely.

LAUREN'S SUSTAINABILITY TIP

Did you know you can regrow scallions? Keep the root plus at least 1 inch (2.5 centimeters) of the white portion of the scallion. Place the scallions, root side down, in a glass and add water just past the root. Position in a windowsill or sunny spot and refresh water as needed. You'll see new growth almost immediately, and they'll be ready to re-use in about 2 weeks!



Chef Gavin's

BAKED WHOLE RED SNAPPER

This dish is one of the most popular methods of preparing delicious whole red snapper in Jamaica. As a child, I remember my older sister making baked red snapper whenever there was a celebration at home. This recipe is a variation of that very same dish my sister used to make.



SERVES

2



METHOD

BAKE



MINUTES

30

2 pounds | 910 grams whole red snapper

2 tablespoons | 25 grams grapeseed oil

1 teaspoon Cajun seasoning

2 cloves garlic, chopped

1 orange, sliced

1 lime, sliced

1 lemon, sliced

2 sprigs fresh thyme

Quarter of 1 red onion

2 tablespoons | 30 grams butter

Preheat the oven to 450°F (230°C).

Clean red snapper inside and out under cold running water. Pat dry with paper towels.

Brush grapeseed oil all over the inside and outside of the fish, and sprinkle with Cajun seasoning on all sides. Insert garlic, citrus slices, onion, butter and thyme sprigs into the cavity of the fish. Set on a baking sheet.

Bake in the preheated oven until fish flakes easily with a fork, about 20 minutes, depending on size of the fish.

LAUREN'S SUSTAINABILITY TIP

While red snapper is a great fish to bake whole, other round fish species will work well, too! Strike up a conversation with your local fishmonger to see what's available and what's being sourced sustainably.

Chef Gavin's

CURRY LAMB

This dish was something I discovered as an adult while cooking at home and turned out to be a dish my friends and family enjoy. Curry is a big part of our culture and when paired with lamb makes for a mouthwatering meal you'll be sure to enjoy.



SERVES

6



METHOD

STEW



HOURS

3.5

2 pounds | 900 grams boneless lamb stew meat, lamb shanks, and/or lamb shoulder steaks (or 3 pounds | 1350 grams bone-in)

1½ tablespoons | 20 grams extra virgin olive oil

1½ tablespoons | 23 grams butter

2 onions, chopped

5 cloves of garlic, crushed

4 tablespoons | 24 grams curry powder

2 teaspoons salt

1 tablespoon | 6 grams black pepper

1 tablespoon | 6 grams ground coriander

1 tablespoon | 6 grams cumin

1 teaspoon fresh rosemary, chopped

1 teaspoon dried thyme

2 peeled and chopped apples, preferably tart green Granny Smith apples

1 1/2 cups | 350 milliliters beef or veal stock

1 1/2 pounds | 680 grams small potatoes, quartered

In a large dutch oven, heat the olive oil and butter over medium-high heat. Brown meat on all sides, making sure not to crowd the pan. Set browned lamb pieces aside.

In the same pot, lower heat to medium low and add the curry powder and allow to bloom for 2 to 3 minutes.

Add the onions and garlic and cook for 5 to 7 minutes until they begin to soften and become fragrant.

Return the lamb to the pan and add the salt, pepper, coriander, cumin, rosemary, thyme, apples, and stock.

Bring to a simmer and cover. Cook until the meat is extremely tender, about 2 hours.

Add the potatoes and continue to cook until a fork easily slides through the potato, about 40 minutes.

Taste and adjust seasoning, serve immediately over rice or by itself!

LAUREN'S SUSTAINABILITY TIP

Curries allow for a wide range of variation, including plant-forward alternatives. For this recipe, replace the stew meat with a meat alternative, canned jackfruit works great. Omit the butter, double the olive oil, and replace the stock with a vegetable variation. Check the jackfruit after simmering for an hour and cook until tender.



Chef Gavin's

CALLALOO WITH CHICKPEAS

Callaloo is traditionally a leafy green vegetable served for breakfast, but it can also be served as a side dish. I paired this green with chickpeas to make a vegan dish that is delicious as well as healthy. Since callaloo can be difficult to source outside of Jamaica, I would recommend collard greens as a substitution, but if you can find true callaloo that's preferred!



SERVES
4



METHOD
SAUTÉ, SIMMER



MINUTES
20

3 tablespoons | 45 milliliters
vegetable oil

4 sprigs of thyme

1 small onion, chopped

2 garlic cloves, crushed

¼ scotch bonnet pepper, seeds
removed and finely chopped*

¾ small red bell pepper, diced

1 small tomato, diced

2½ cups | 400 grams cooked
chickpeas

1½ pounds | 688 grams callaloo
(about 2 bunches), chopped

2 scallions, chopped

¼ teaspoon grams black pepper

Salt, to taste

Add the cooking oil to a saucepan and heat it over medium heat. Add the thyme, onion, garlic, scotch bonnet pepper, bell pepper, and tomato and sauté for 3 to 4 minutes until the vegetables soften.

Add chickpeas and cook for another 3 minutes. Stir in the callaloo. Cover the pot, turn the heat low, and let it simmer for about 10 minutes until the callaloo is tender. Add the black pepper and salt, garnish with scallions, and serve immediately.

* NOTE FROM CHEF GAVIN

As mentioned in my chef's note for Brown Stew Chicken, scotch bonnets are incredibly spicy. If you prefer a dish that is less spicy, consider swapping the scotch bonnet for a serrano (medium heat level) or jalapeno (mild heat level), or omit altogether.

VEGAN

LAUREN'S SUSTAINABILITY TIP

This recipe is plant-forward which tends to have a lower carbon footprint than its meat-forward counterparts, resulting in a positive effect on the environment. As Gavin noted, if callaloo is unavailable, feel free to use what you have, or better yet, what's in season, such as collard greens or kale.

KEYS TO THE KITCHEN



WALTER STRYCHARZ

SOUS CHEF UBS

Walter Strycharz is a native New Yorker, born and raised in East Meadow, Long Island. His career in the industry began quite early, starting out as a dishwasher in his father's Long Island restaurant and working his way up to cook. While still in his teens, his grandfather, a corporate Executive Chef with the Hilton corporation, took him under his wing and Walter apprenticed at the New York Hilton Hotel training in all areas of the culinary field. Over his 25-year career, Walter has worked in hotels, restaurants, catering companies and corporate dining. Walter also enjoys cooking for community events and fundraisers and volunteers his time at Camp Marcella for the blind and disabled. When not in the office, Walter can be found spending time with his family in Northern New Jersey. He enjoys golfing, traveling and experiencing new cultures and cuisines.

CHEF WALTER'S RECIPES

POT ROAST WITH MUSHROOM GRAVY

PAPRIKA CHICKEN WITH SPAETZLE

QUINOA STUFFED PEPPERS

WINTER MUSHROOM RISOTTO



Chef Walter's

POT ROAST WITH MUSHROOM GRAVY

To me, pot roast and mushroom gravy is one of the most comforting dishes you can make. It takes me right back to my childhood home, sitting at the kitchen table with my family, enjoying a meal together.



SERVES
6



METHOD
ROAST



HOURS
5 HOURS, 40 MINUTES (OVEN)
10 HOURS, 40 MINUTES (SLOW COOKER)

5 pounds | 2.27 kilograms chuck roast

1 tablespoon | 13 grams olive oil

1 pound | 455 grams white or cremini mushrooms

1 large yellow onion, chopped

1 1-ounce | 28-gram package dry onion soup mix

2 10.5-ounce | 298-gram cans of cream of mushroom soup

1 cup | 235 milliliters red wine

Buttered noodles, for serving

OVEN METHOD

Pre-heat your oven to 400°F (205°C).

Heat a dutch oven over medium heat with the olive oil. Place the chuck roast in and brown on all sides in the hot oil. Place the mushrooms and onion around the chuck roast.

Whisk together the soup, soup mix and wine until as smooth as possible (a little chunky is ok!), pour over the roast.

Place the lid on top of the dutch oven and place in the preheated oven. Cook for 20 minutes then turn down the oven to 325°F (163°C). Cook for another 4 to 5 hours until the roast pulls apart easily when touched with a fork.

Remove and plate. Whisk together the mushroom, onion and drippings to make a gravy. Serve the pot roast over buttered noodles and drizzle with the gravy.

SLOW COOKER METHOD

Heat a skillet over medium heat with the olive oil. Place the chuck roast in and brown on all sides in the hot oil. Place into the slow cooker.

Place the mushrooms and onion around the chuck roast.

Whisk together the soup, soup mix and wine until as smooth as possible (a little chunky is ok!), pour over the roast and place the lid on the slow cooker. Cook for 8 to 10 hours on low until the roast pulls apart easily when touched with a fork.

Remove and plate. Whisk together the mushrooms and onions and drippings to make a gravy.

Serve the pot roast over buttered noodles and drizzle with the gravy.

LAUREN'S SUSTAINABILITY TIP

Shop local! If you have access to a local butcher this is a great way to source sustainably raised meat. Be sure to ask where the meat comes from, including the name of the farm, the breed of the animal and the location of the farm.

Chef Walter's

PAPRIKA CHICKEN WITH SPAETZLE

One of my all-time favorite dishes that my mother used to make for my brother and me. I used to love watching the spaetzle dough drop into the boiling water because it meant we were about to eat!



SERVES
4



METHOD
SEAR, BAKE, BOIL



HOURS
2

Spaetzle

1 cup | 130 grams all-purpose flour

2 teaspoons salt

2 large eggs

¾ cup | 177 milliliters milk or water

¼ teaspoon black pepper

¼ teaspoon ground nutmeg

1 teaspoon chopped thyme

3 tablespoons | 45 grams butter

Paprika Chicken

1 whole chicken, cut into quarters

2 teaspoons butter

1 medium onion, diced fine

2 teaspoons sweet paprika

½ cup | 118 grams white wine

2 tablespoons | 16 grams flour

2 cups | 473 milliliters chicken stock

½ pint | 237 milliliters heavy cream

1 bay leaf

Chopped chives, for garnish

Salt & pepper, to taste

MAKE THE SPAETZLE

In a bowl, whisk together the flour, eggs, milk or water, and salt, pepper, nutmeg and thyme. Stir until the batter is well combined and develops bubbles. You can also use a mixer. The batter should neither be too thin nor too thick or it will be difficult to make the spaetzle with your spaetzle maker. Let the batter sit for 1 hour.

MAKE THE CHICKEN

While the spaetzle batter is sitting, preheat oven to 400°F (205°C)

Season chicken with salt and pepper. Heat a medium pot over medium high heat melt the butter. Fry chicken until brown on all sides. Then place on plate.

Discard excess fat, leaving only one tablespoon (15 grams). Add onion and cook until translucent. Add paprika and cook until fragrant. Add white wine while scraping the bottom of the pot to dissolve brown bits, reduce wine by half.

Sprinkle in flour and stir to combine. Add chicken, chicken stock, heavy cream and bay leaf. Bring to simmer then cover and bake for 35 to 40 minutes.

CONTINUE MAKING THE SPAETZLE

Bring 3 quarts of salted water to a boil in a large pot, then reduce to a simmer.

To form the spaetzle, hold a large-holed colander or slotted spoon over the simmering water and push the dough through the holes with a spatula or spoon. Do this in batches so you don't overcrowd the pot.

Cook for 3 to 4 minutes or until the spaetzle floats to the surface, stirring gently to prevent sticking. Dump the spaetzle into a colander and give it a quick rinse with cool water.

Melt butter in a large skillet over medium heat and add the spaetzle; tossing to coat. Cook for 1 to 2 minutes to give the noodles some color, then sprinkle with the chopped chives and season with salt and pepper before serving with the chicken.

LAUREN'S SUSTAINABILITY TIP

Keep those eggshells; they are full of calcium, magnesium, keratins, and calcium phosphate and make a great fertilizer for your home garden. You can either add them to your compost pile or add the crushed shells to your soil to help keep pests away from your plants.

Chef Walter's

QUINOA STUFFED PEPPERS

These quinoa stuffed peppers are a great low-calorie recipe that I like to make at the beginning of the work week for a quick meal that reheats beautifully. They're filling and wholesome and just happen to be plant-forward as well!



SERVES
4



METHOD
SIMMER, BAKE



MINUTES
40

½ cup | 90 grams dry quinoa

1 cup | 240 milliliters water

4 bell peppers

2 tablespoons | 27 grams
cooking oil, divided

2 garlic cloves, minced

1 medium yellow onion, diced

½ teaspoon cumin

½ teaspoon smoked paprika

½ teaspoon salt

½ teaspoon black pepper

1 15-ounce | 425-gram can
black beans, drained

1 15-ounce | 425 gram can corn,
drained

2 plum tomatoes, roughly
chopped

Preheat oven to 425°F (218°C).

Bring water to a boil in a small pot over high heat. Add quinoa and reduce flame to low heat, cover and cook until all liquid is absorbed.

In a medium pot, heat 1 tablespoon (13.5 grams) cooking oil over medium heat. Add onions, garlic, paprika, cumin and salt and pepper. Cook until vegetables are soft. Add beans, corn, and cooked quinoa. Stir until combined.

Cut peppers in half lengthwise and remove seeds and ribs (the white parts). Stuff the peppers with the quinoa mixture and place on foiled baking tray.

In a medium saucepan, add 1 tablespoon (13.5 grams) oil, tomatoes and a pinch of salt and pepper. Cook over high heat for 5 to 8 minutes or until tomatoes begin to break down. Use an immersion blender and puree until smooth. Spoon sauce on top of peppers and bake for 8 minutes. Serve immediately.

VEGAN

LAUREN'S SUSTAINABILITY TIP

While plant-forward recipes are a great way to cook sustainably, you can take it a step further by substituting the quinoa for any leftover grains you may have, such as rice. Additionally, if tomatoes aren't in season in your area, they can be swapped out for drained canned tomatoes instead.



WINTER MUSHROOM RISOTTO

This is a great recipe for a celebratory meal, or if you're trying to impress someone special. I know that risotto can seem like an intimidating dish to make, but if you prep and measure your ingredients beforehand and follow the technique below, I promise it will be a breeze!



SERVES

4



METHOD

SIMMER



HOURS

1.5

6 cups | 1,440 milliliters
low-sodium vegetable
broth, chicken broth, or
water

1 pound | 455 grams
fresh mushrooms, such as
cremini, shiitake, oyster,
or a combination

1 large shallot, finely
chopped

½ small bunch fresh thyme

1 ounce | 28 grams
Parmigiano Reggiano or
Pecorino Romano cheese,
freshly grated, plus more
for serving

3 tablespoons | 40
grams olive oil, divided

1 teaspoon kosher salt,
divided, plus more as
needed

¾ teaspoon freshly ground
black pepper

1½ cups | 270
grams arborio rice

½ cup | 120 milliliters dry
white wine

1 tablespoon | 15 grams
unsalted butter

Bring broth or water to a simmer in a medium saucepan over medium heat. Reduce heat to low and keep at a very low simmer.

Tear fresh mushrooms into bite-sized pieces. (If using shiitake, remove and discard woody stems.) Strip the leaves from the thyme sprigs and coarsely chop to get 1 tablespoon (3 grams).

Heat 1 tablespoon (13.5 grams) of olive oil in a large, high-sided sauté pan or dutch oven over medium heat until shimmering. Add half the mushrooms in a single layer. Cook undisturbed until browned on the bottom, about 5 minutes. Season with ¼ teaspoon of the kosher salt and ¼ teaspoon of black pepper and cook, stirring once or twice, until the mushrooms are browned all over and tender, 2 to 3 minutes more. Transfer to a plate.

Add 1 tablespoon (13.5 grams) of olive oil to the pan and cook the remaining mushrooms with ¼ teaspoon kosher salt and ¼ teaspoon black pepper. About a minute before mushrooms are ready, add ¾ of the thyme (reserve remaining for garnish) and sauté until fragrant, about 1 minute. Transfer to the plate of mushrooms.

Add the remaining 1 tablespoon (13.5 grams) olive oil to the pan. Add the shallot and sauté until softened and fragrant, 1 to 2 minutes.

Add rice with ½ teaspoon kosher salt and ¼ teaspoon black pepper. Cook, stirring often, until edges have turned translucent but the center is still opaque, about 2 minutes. You should be able to smell the aroma of toasted rice. Add the wine and simmer, stirring and scraping up any browned bits that have formed on the bottom of the pan with a wooden spoon, until wine is completely reduced and pan is almost dry, 1 to 2 minutes.

Add the warm broth one ladle at a time, stirring often. Wait until the liquid has been almost absorbed by the rice before adding another ladle. After about 15 minutes, begin tasting the rice to gauge how far it has cooked.

Continue adding broth until rice is al dente (still has a bit of chew), the broth is creamy, and the dish has the consistency of thick porridge, 20 to 30 minutes total (you might not use up all of the broth). If you run your spatula through the risotto, it should flow slowly to fill in the space.

Remove pan from heat. Add reserved mushrooms, parmesan and butter, and stir until butter is melted. Taste and season with kosher salt and black pepper as needed. Serve immediately, garnishing each bowl with more grated parmesan and the reserved thyme.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Vegetable broth is a great way to re-purpose vegetable waste that would normally be tossed in the trash. Simply add your veggie scraps to a sealed container in your freezer (carrot and celery tops, onion peels, and mushroom stems work great for this). When you have enough scraps to fill a heavy-bottomed pot, add to the stove with enough water to cover the scraps, bring to a boil and reduce to a simmer. Simmer for 40 minutes and, voila! Homemade vegetable stock.



ANDY LEONG
SOUS CHEF UBS

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

CHEF ANDY'S RECIPES

SALMON POKE BOWL

PORK & BEEF KIMCHI DUMPLINGS

CORIANDER YUZU SEARED TUNA

SPICY TUNA & SALMON ROLL



Chef Andy's

SALMON POKE BOWL

This is my favorite poke bowl recipe; the combination of flavors is so satisfying. The steamed sushi rice is the perfect backdrop against the salty yet refreshingly aromatic salmon marinade, plus the crunch from the cucumber and radish, and the sweetness of the mango all pair perfectly together.



SERVES
4



METHOD
STEAM, MIX



HOURS
1 HOUR 40 MINUTES

Sushi Rice

7 ounces | 207 milliliters
water

7 ounces | 198 grams sushi rice

1 tablespoon | 15 grams mirin
seasoned vinegar

Salmon

4 teaspoons sesame oil

4 tablespoons | 14 grams
scallion, sliced

1 teaspoon ginger, minced

1 shallot, julienned

1 teaspoon soy sauce

¼ teaspoon sea salt

16 ounces | 455 grams sushi
grade salmon (parasite treated),
diced

Assembly

4 ounces | 113 grams wakame
seaweed salad

2 nori seaweed sheets, sliced
into thin 2-inch strips

1 hot house cucumber, diced

2 avocados, diced

2 mangos, peeled, diced

4 radishes, sliced

1 cup | 140 grams edamame

4 teaspoons sesame seeds

MAKE THE SUSHI RICE

Place rice in a large bowl and rinse it until water is clear then drain the rice.

Place the rice in a pot with 7 ounces (207 milliliters) of water and let stand for 30 minutes. After soaking, use the same water and bring the rice to a boil.

Put a lid on the pot, reduce the heat and let it simmer for 8 minutes.

Remove from the heat and let it stand with the lid on for 5 minutes.

Mix the rice and seasoned vinegar gently with a spatula.

MAKE THE SALMON

Mix together all marinade ingredients and add to a bowl with the diced salmon.

Marinate for 15 minutes in the refrigerator. Do not discard marinade.

ASSEMBLY

Divide the sushi rice into 4 bowls. Place 1 ounce (28 grams) of seaweed salad on each rice mound followed by 4 ounces (113 grams) of the salmon mixture.

Divide the remainder of the ingredients amongst each bowl, carefully arranging around the salmon, ending with a sprinkle of sesame seeds and shredded nori.

Feel free to adjust the amount and variety of toppings to suit your preferences!

LAUREN'S SUSTAINABILITY TIP

As always, try to source a sustainably raised fish when purchasing your salmon. Additionally, if mangoes aren't in season in your area, feel free to swap for fresh or even canned pineapples.

Chef Andy's

PORK & BEEF KIMCHI DUMPLINGS

Dumplings remind me of home. When I was young, my family would get together and make a big batch of dumplings, everyone sitting around the table filling and folding the wrappers. Making them now instantly transports me back to that time. I recommend doubling this recipe and freezing the rest. You can cook them from frozen the exact same way, just add 3 to 5 minutes to the cooking time and enjoy!



SERVES
4



METHOD
STEAM



MINUTES
35

½ teaspoon kosher salt
¼ teaspoon Korean chili pepper, minced
1 tablespoon | 15 grams soy sauce
1 tablespoon | 13 grams sesame oil
½ teaspoon ginger, minced
3 garlic cloves, minced
1 large onion, minced
1 cup | 57 grams scallion, finely sliced
4 ounces | 113 grams ground beef
4 ounces | 113 grams ground pork
¾ cup | 170 grams kimchi, finely chopped
16 egg dumpling wrappers
Gyoza dipping sauce, for serving
Chili crisp, for serving

Heat a large sauté pan with 1 cup (240 milliliters) of water on medium heat and place a bamboo steamer on top. Lay a cut piece of parchment on the interior and spray with non-stick spray.

In a mixing bowl, combine all ingredients except the dumpling wrapper. Scoop 1½ ounces (43 grams) of filling into the center of each dumpling wrapper. Pinch wrapper edges together to seal dumpling and then pinch each corner together.

Arrange dumplings 1 inch (2½ centimeters) apart onto the parchment lined steamer basket. Cover and let steam for approximately 10 minutes or until internal temperature reaches 155°F (68°C). Serve with your favorite gyoza dipping sauce or chili crisp.

LAUREN'S SUSTAINABILITY TIP

Dumplings are incredibly versatile and easily lend themselves to plant-based fillings. For this recipe, simply swap out the ground beef and pork for tofu or a mix of mushrooms and any other veggies you have on hand. Just be sure that the dumpling wrappers and kimchi are plant-based as well.



Chef Andy's

CORIANDER YUZU SEARED TUNA

One of my favorite things to do is to have friends over and cook them a delicious meal. This is my go-to recipe for entertaining friends and loved ones because it's easy, quick to cook, and incredibly flavorful. I like to marinate the tuna before everyone arrives and then sear off the fish just before we sit down to eat.



SERVES

4



METHOD

SEAR, BAKE



HOURS

1.5

1¼ teaspoons ginger, minced

1¼ teaspoons rice vinegar

2½ teaspoons pomegranate molasses

1 tablespoon | 18 grams yuzu kosho

1½ tablespoons | 4.5 grams cilantro, chopped

1¼ teaspoons coriander seeds

2 cloves garlic, minced

4 6-ounce | 17-gram wild-caught Pacific yellowfin tuna steaks

2 tablespoons | 27 grams canola oil

4 cups | 170 grams baby mizuna greens

1 tablespoon | 13 grams sesame oil

In a large bowl combine the ginger, rice vinegar, pomegranate molasses, yuzu kosho, cilantro, coriander seeds, and garlic. Let sit for 5 minutes. Reserve 2 tablespoons (15 grams) to drizzle over the tuna at the end.

Place tuna steaks into the marinade. Let marinate for 1 hour then remove tuna from marinade. Pat dry.

Preheat oven to 300°F (150°C).

Heat a non-stick skillet to high and add the canola oil, when the oil begins to lightly smoke add the tuna and sear tuna on all sides then put into the oven for 4 minutes.

Remove tuna from the pan and let it rest for 5 minutes. While the tuna is resting place the mizuna greens in a bowl and toss with sesame oil. Lay greens out on a plate, slice tuna once on a bias and place over the greens. Drizzle reserved marinade over each portion of tuna.

SUSTAINABLY SOURCED

Wild-caught Pacific yellowfin tuna is a sustainable seafood choice as the species is sustainably managed and responsibly harvested.

LAUREN'S SUSTAINABILITY TIP

If you don't have pomegranate molasses on hand, then feel free to use regular molasses, honey, or even agave!

Chef Andy's

SPICY TUNA & SALMON ROLL

Sushi is an art form, it takes patience and precision and benefits from a great deal of practice. I recommend having all components of the sushi roll prepared before you start to build the sushi roll itself, that way you can focus solely on constructing the roll. Take your time and make sure to have fun with it!



SERVES

4



METHOD

STEAM



HOURS

1.5

Spicy Mayo

1½ tablespoons | 23 grams sriracha

½ cup | 820 grams kewpie
mayonnaise

Spicy Tuna

2 teaspoons sesame oil

1 teaspoon kewpie mayonnaise

13 ounces | 370 grams sushi-grade
tuna (parasite treated), chopped
finely

2 tablespoons | 30 grams sambal
oelek

1 tablespoon | 3½ grams scallion,
finely sliced

2 ounces | 57 grams masago fish roe

Sushi Rice

7 ounces | 207 milliliters
water

7 ounces | 198 grams sushi rice

1 tablespoon | 15 grams mirin
seasoned vinegar

Assembly

¼ cup | 14 grams scallions, finely
sliced

1 English cucumber, peeled and
julienned

2 dried nori sheets, cut in half
length-wise

4 ounces | 113 grams tempura
crunchies

7.5 ounces | 213 grams sushi-grade
salmon (parasite treated), cut on the
bias into 3-inch slices (ideally 12
pieces total)

Special Equipment

Bamboo sushi rolling mat

MAKE THE SPICY MAYO

Combine sriracha and kewpie mayonnaise in a small bowl, set aside.

MAKE THE SPICY TUNA

Combine sesame oil, kewpie mayonnaise, tuna, sambal oelek, scallion, and fish roe in a medium-sized bowl, cover, and place in the fridge until ready to use.

MAKE THE SUSHI RICE

Place rice in a large bowl and rinse it until water is clear then drain the rice.

Place the rice in a pot with 7 ounces (207 milliliters) of water and let stand for 30 minutes. After soaking, use the same water and bring the rice to a boil. Put a lid on the pot, reduce the heat and let it simmer for 8 minutes.

Remove from the heat and let it stand with the lid on for 5 minutes. Mix the rice and seasoned vinegar gently with a spatula.

ASSEMBLY

Cover the bamboo sushi rolling mat with plastic wrap. Put a half sheet of nori, rough side up, on top of the mat. Press 4 ounces (113 grams) of sushi rice onto the nori sheet (it helps to wet your fingers with cold water when you are patting the rice onto the nori).

Flip the nori sheet. Arrange 4 slices of cucumber along the center, top with a quarter of the spicy tuna mixture. Starting at the end closest to you, utilize the mat to lift up the edge of the nori and fold over the filling. Begin rolling, using the mat to help you keep the roll tight and maintain a round shape, until the roll is intact. Give the length of the roll one final, firm squeeze to ensure the roll is secure.

Top the roll with 3-5 slices of salmon, cover with a sheet of plastic wrap followed by the bamboo mat, and squeeze the roll tightly together.

Place the roll on a flat cutting board. Using a sushi knife, slice the sushi roll first down the middle. From there cut it into 8 pieces. Place the sushi pieces on a plate, then drizzle spicy mayo over the sushi pieces. Sprinkle 1 ounce (28 grams) tempura crunchies and 1 tablespoon (3.5 grams) scallions on top. Repeat with remaining 3 nori sheets.

LAUREN'S SUSTAINABILITY TIP

Sushi rolls are incredibly versatile and can be a great way to use up items in your fridge or pantry – especially if you don't have easy access to sashimi grade fish. You can swap the spicy tuna filling for imitation crab along with your favorite veggies or even canned tuna mixed with spicy mayo. The options are endless, let your creativity shine!





CHRIS METZLER
EXECUTIVE CHEF UBS

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

CHEF CHRIS' RECIPES

ROAST BEEF TENDERLOIN WITH HERB BUTTER

FLAN

PAN SEARED HALIBUT WITH SWEET CHERRY TOMATO AND BASIL SAUCE

SAFFRON & PRESERVED LEMON CHICKEN

EGGPLANT ROLLATINI

Chef Chris'

ROAST BEEF TENDERLOIN WITH HERB BUTTER

This is my go-to recipe for the holidays. It's always a hit and ensures even doneness since you'll be roasting it in the oven. The herb butter is incredibly versatile since it uses whatever herbs you have on hand; I recommend parsley or basil, but thyme, rosemary, and sage would all work well too!



SERVES
6



METHOD
ROAST, SEAR



HOURS
2.5

Roast

2 pounds | 900 grams center-cut beef tenderloin Chateaubriand from the whole tenderloin

2 teaspoons kosher salt

1 teaspoon coarsely ground black pepper

½ teaspoon granulated garlic

2 tablespoons | 30 grams unsalted butter, softened

1 tablespoon | 13 grams vegetable oil

Herb Butter

4 tablespoons | 60 grams unsalted butter, softened

2 tablespoons | 17.5 grams shallot, minced

1 garlic clove, minced

1 tablespoon | 3 grams fresh herbs of choice (parsley or basil recommended)

¼ teaspoon salt

¼ teaspoon paprika

¼ teaspoon pepper

MAKE THE ROAST

Start with a 12-inch (30-centimeter) piece of kitchen twine and tie the roast. Tie crosswise at 1½-inch (3.75-centimeter) intervals. To tie, wrap a piece of kitchen twine around the beef tenderloin and fasten with double knots, repeating along the length of the roast. Fold the thin ends under the roast, and tie into place. Knots should be snug, but not tight. This will help give the whole roast an even thickness to promote even cooking and prevent over-cooking the thinner end pieces.

Set roast on a plate or in a shallow dish, and sprinkle salt evenly over the roast. Cover with plastic wrap and let stand at room temperature for 1 hour.

Preheat oven to 300°F (150°C), and position oven rack to the middle setting.

After an hour in salt, use a paper towel to pat the exterior of the roast dry. Sprinkle pepper and granulated garlic over the roast and spread the unsalted butter evenly over the surface.

Set beef tenderloin roast on a roasting rack or wire rack inside of a rimmed roasting pan or baking sheet. Do not skip the rack, this allows for even heating.

Roast in preheated oven for 40 to 70 minutes, depending on desired doneness, flipping halfway through roast time. For medium rare (internal temp of 125°F or 50°C) roast 40 to 55 minutes. For medium (internal temp of 135°F or 57°C) roast for 55 to 70 minutes. Use an internal temperature probe or quick read thermometer to monitor the temperature.

MAKE THE HERB BUTTER

Combine all ingredients in a bowl and set aside.

When roast is nearly done roasting, heat the vegetable oil in a 12-inch (30-centimeter) skillet over medium-high heat until oil is hot and just smoking. Remove roast from oven when desired temperature is reached and place in pre-heated skillet, searing all sides until well browned, about 4 to 8 minutes each side.

Once seared, transfer the beef tenderloin roast from the skillet to a cutting board, and spoon 2 heaping tablespoons (50 grams) of the prepared herb butter over the top.

REST THE MEAT

While the butter melts into the meat on the cutting board, let it rest for 15 minutes. Do not touch it or slice too soon. You want to give the juices a chance to redistribute.

CARVE

Cut the twine, and then carve the beef tenderloin into ½-inch (1.25-centimeter) thick slices, and serve with more herbed butter.

LAUREN'S SUSTAINABILITY TIP

Preserving garlic cloves in olive oil is very easy and it makes the olive oil even tastier. Just make sure the cloves are completely submerged in a sealed glass jar in the refrigerator. The garlic will be good for up to seven days. Use the garlic as needed but the infused oil will last even longer.





Chef Chris'

FLAN

This is my mother-in-law's "famous" flan recipe. She made it for me one of the first times that I visited with my then-girlfriend (who I now get to call my wife!). It has since become my recipe for flan as well and holds a special place in my heart.



SERVES
6



METHOD
BAKE



HOURS
1.25

1 cup | 200 grams white sugar

3 large eggs

1 14-ounce | 396-gram can
sweetened condensed milk

1 12-ounce | 354-milliliter can
evaporated milk

1 tablespoon | 15 grams vanilla
extract

Preheat the oven to 350°F (150°C).

Melt sugar in a medium saucepan over medium-low heat until liquified and golden in color. Carefully pour hot syrup into a 9-inch (23-centimeter) round glass baking dish, turning the dish to evenly coat the bottom and sides; set aside.

Beat eggs in a large bowl. Add condensed milk, evaporated milk, and vanilla; beat until smooth. Pour egg mixture into the baking dish; cover with aluminum foil.

Bake in preheated oven for 1 hour. Let cool completely.

To serve, carefully invert onto a rimmed serving plate; let caramel sauce flow over flan.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Purchase these eggs locally as it will lower transportation costs and greenhouse gas emissions. Fun fact: you can tell how fresh an egg is by how "watery" the egg white is. If the white spreads-out when cracked, this usually indicates that the egg is stale.

Chef Chris'

PAN SEARED HALIBUT WITH SWEET CHERRY TOMATO AND BASIL SAUCE

This is my favorite summertime recipe to utilize produce from my garden. In the peak of summer, the tomatoes and basil are sweet and delicious. A simple pan sauce paired with a mild, sustainable white fish really lets the ingredients show through.



SERVES

4



METHOD

SEAR, SAUTÉ



HOUR

1

1 pint | 70 grams cherry or grape tomatoes, halved (preferably mixed colors)

2 medium garlic cloves, minced

1 teaspoon red wine vinegar

Salt and freshly ground black pepper, to taste

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

3 tablespoons | 40 grams olive oil, divided

2 tablespoons | 6 grams fresh basil, chopped

In a medium bowl, combine the tomatoes, garlic, vinegar, a heaping $\frac{1}{4}$ teaspoon salt and pepper. Set aside.

Season the halibut filets all over with salt and pepper.

Heat 2 tablespoons (27 grams) of the oil in a 12-inch (30-centimeter) nonstick skillet over medium-high heat until hot and shimmering. Place the fish, presentation-side down, in the pan and cook, without touching, until golden brown and crisp, about 3 minutes. Flip the fish and lower the heat to medium; continue cooking until the halibut is just firm to the touch and opaque when you pry open a thicker piece with a paring knife, 3 to 4 minutes. Transfer the cooked halibut to a plate or serving platter.

Add the remaining 1 tablespoon (13 grams) of oil to the pan, followed by the cherry tomato mixture. Cook, stirring occasionally, over medium heat until the tomatoes start to break down and release their juices, a few minutes. Stir in basil, then taste and adjust seasoning if necessary.

Serve the halibut filets with the cherry tomatoes spooned over top and alongside.

SUSTAINABLY SOURCED

U.S. wild-caught Pacific halibut is a sustainable seafood choice as the species is sustainably managed and responsibly harvested.

LAUREN'S SUSTAINABILITY TIP

Try drying your own basil! Spread the leaves evenly and in a single layer on a sheet pan in a place with good air circulation. Allow the leaves to dry for a few weeks and then move to an airtight glass container. Crumble when you're going to use them.

Chef Chris'

SAFFRON & PRESERVED LEMON CHICKEN

This is one of the first recipes that I made as an executive chef and remains one of my favorites to this day. The combination of salt, sour, sweet, and smoky creates a complex depth of flavor delicious any time of year.



SERVES
2



METHOD
ROAST



HOURS
1.25

2 6-ounce | 170-gram skin-on chicken breasts

2 preserved lemons

1 teaspoon ground cumin

2 cloves garlic, minced

4 tablespoons | 60 grams unsalted butter

1 pinch saffron

¼ cup | 59 grams white wine

2 tablespoons | 40 grams honey

Salt and black pepper, to taste

Preheat oven to 450°F (230°C).

Cut the preserved lemons into quarters and remove the rinds from the flesh, reserving both. Create a pocket between the skin and meat of each chicken breast. Slide pieces of the lemon rind, pith side down, into each pocket, two pieces per breast. Then rub the chicken with the remaining lemon flesh and minced garlic. Sprinkle the ground cumin over the chicken and season with salt and pepper.

Set chicken breasts in a roasting pan and cook for 20 minutes. Remove the pan from oven and spread butter over the breasts, then drizzle with the honey. Lower oven temperature to 350°F (175°C). Roast for 30 to 40 minutes, or until the skin is a burnished brown.

Remove from the oven and allow to rest for 15 to 20 minutes.

While the chicken is resting, reduce juice from pan with white wine and saffron over medium heat. Pour over carved chicken and enjoy.

LAUREN'S SUSTAINABILITY TIP

Saffron is referred to as “red gold” as it is the world’s most expensive spice.

Saffron has a vibrant color but it is extremely sensitive to light. To get the most out of your red gold, limit exposure to direct sunlight or bright artificial light as this will cause the saffron to lose its potency and flavor.

Chef Chris'

EGGPLANT ROLLATINI

One of the first dishes my mom and I made together was eggplant rollatini. I was young and it was a fairly simple recipe for us to do together, but it packed so much flavor! To this day it remains an incredibly nostalgic dish for me. Here's my favorite way to make it.



SERVES
6-8



METHOD
GRILL, BAKE



HOURS
1.75

2 large eggplants (totaling 2½ pounds | 1,135 grams), cut lengthwise into ¼-inch-thick or ⅓-centimeter-thick slices

Extra virgin olive oil, for brushing

Kosher salt and pepper, to taste

2 cups | 490 grams fresh ricotta cheese

¾ cups | 200 grams coarsely grated mozzarella, divided

⅓ cup | 55 grams freshly grated parmigiano reggiano cheese, divided

2 large eggs, lightly beaten

2 tablespoons | 6 grams parsley, minced

3 tablespoons | 8 grams basil, minced, plus more for garnish

½ teaspoon salt

½ teaspoon pepper

2 cups | 470 milliliters jarred marinara sauce

Light a grill or heat a grill pan and lightly oil the grate. Brush the eggplant slices generously with olive oil, season with salt and pepper and grill over moderate heat, turning occasionally, until lightly charred and softened, about 10 minutes. Transfer to a platter.

In a medium bowl, combine the ricotta with 1 cup (115 grams) of the mozzarella, ½ cup (43 grams) of the parmesan, eggs, parsley, 3 tablespoons (8 grams) of basil, ½ teaspoon of salt and ½ teaspoon of pepper. Fold the ricotta mixture with a rubber spatula until just combined.

Preheat the oven to 400°F (205°C). Lightly brush a 9-by-13-inch (23-by-33-centimeter) baking dish with olive oil. Spoon 1 cup (235 milliliters) of the marinara sauce over the bottom of the dish. On a work surface, place 1 slice of grilled eggplant with the short side facing you. Spread 2½ tablespoons (45 grams) of the ricotta filling over the eggplant. Roll up the slice and place it seam side down in the baking dish. Repeat with the remaining eggplant and filling. Spoon the remaining marinara over the eggplant rolls and sprinkle with the remaining mozzarella.

Cover the dish with foil and bake for 30 minutes, until the sauce is bubbling and the cheese is beginning to melt. Remove the foil and bake for 12 to 15 minutes longer, until the cheese is lightly browned. Transfer the baking dish to a wire rack and let cool for 15 minutes. Garnish with the remaining parmesan, sprinkle with minced basil and serve.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Wrap the basil in a damp, reusable paper towel inside of a reusable bag. The basil will remain fresh for weeks.





MIKE ADAMI
SOUS CHEF UBS

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

CHEF MIKE'S RECIPES

ROASTED BRUSSELS SPROUTS & CRISPY TOFU WITH HONEY-SESAME GLAZE

SWEET & SOUR CAULIFLOWER

KALE & QUINOA SALAD

CHINESE CHIVE FRITTATA WITH TOMATOES

Chef Mike's

ROASTED BRUSSELS SPROUTS & CRISPY TOFU WITH HONEY-SESAME GLAZE

Brussels sprouts are my favorite vegetable, and this is my favorite way to prepare them. I love the combination of textures and flavors coming together to create one delicious meal.



SERVES

4



METHOD

BAKE, SAUTÉ



MINUTES

45

Brown Rice

1¼ cup | 150 grams brown rice, preferably short grain

Roasted Brussels Sprouts

1½ pounds | 680 grams brussels sprouts

1½ tablespoons | 20 grams extra-virgin olive oil

Fine grain sea salt, to taste

Extra Crispy Baked Tofu

1 15-ounce | 425-gram block organic extra-firm tofu

1 tablespoon | 15 grams extra-virgin olive oil

1 tablespoon | 15 grams reduced-sodium soy sauce

1 tablespoon | 8 grams arrowroot starch or cornstarch

Spicy Honey-Sesame Glaze

¼ cup | 60 grams reduced-sodium soy sauce

3 tablespoons | 60 grams honey or maple syrup

2 tablespoons | 30 grams rice vinegar

2 teaspoons toasted sesame oil

1 to 3 teaspoons chili garlic sauce

Assembly

2 tablespoons | 19 grams sesame seeds

Big handful of fresh cilantro leaves, torn by hand

PREP THE TOFU

Position your oven racks in the lower third and upper third of the oven. Preheat oven to 400°F (205°C). Line two large rimmed baking sheets with parchment paper for easy cleanup (and to prevent the tofu from sticking).

Drain the tofu and use your palms to gently squeeze out some of the water. Slice the tofu into thirds lengthwise so you have 3 even slabs. Stack the slabs on top of each other and slice through them lengthwise to make 3 even columns, then slice across to make 5 even rows.

Line a cutting board with an absorbent lint-free tea towel or paper towels, then arrange the tofu in an even layer on the towel(s). Fold the towel(s) over the cubed tofu, then place something heavy on top (like another cutting board, topped with a cast iron pan or large cans of tomatoes) to help the tofu drain. Let the tofu rest for at least 10 minutes while you prep the brussels sprouts.

PREP THE BRUSSELS SPROUTS

Trim the nubby ends and any discolored leaves off the brussels sprouts, then cut the sprouts in halves lengthwise. Toss the sprouts with a light, even layer of olive oil. On a large baking sheet, arrange the sprouts in an even layer, flat sides down, and sprinkle with sea salt.

COOK THE RICE

Bring a large pot of water to boil for the rice. Rinse the rice in a fine mesh colander under running water and set aside.

Once the water is boiling, add the rice. Let the rice boil for 30 minutes, then remove from heat and drain the rice. Transfer the drained rice back to the cooking pot and cover for 5 minutes. Remove lid, add a dash of sea salt and use a fork to fluff the rice. Set aside, partially covered, until you're ready to serve.

BAKE THE SPROUTS AND TOFU

Transfer the pressed tofu to one of your prepared baking sheets and drizzle with the olive oil and soy sauce. Toss to combine. Sprinkle the arrowroot starch or cornstarch over the tofu, and toss the tofu until the starch is evenly coated, so there are no powdery spots remaining. Arrange the tofu in an even layer across the pan. Transfer the pan of brussels sprouts to the lower oven rack and the pan of tofu to the top rack. Bake for 25 to 30 minutes, tossing the contents of each pan halfway through cooking, until the sprouts and tofu are deeply golden on the edges.

MAKE THE GLAZE

In a small saucepan, whisk together the glaze ingredients (start with 1 teaspoon chili garlic sauce and add more to taste). Bring the glaze to a gentle boil over medium heat, stirring often and reducing heat as necessary. Simmer until the glaze is reduced by about half (about 5 to 10 minutes; it's about done when it starts bubbling up substantially). Remove the glaze from the heat and set aside.

ASSEMBLY

Divide the rice onto four plates. Top each plate with sprouts and tofu and drizzle with glaze. Finish each plate with a very generous sprinkling of sesame seeds and a small handful of chopped cilantro.

VEGAN

LAUREN'S SUSTAINABILITY TIP

In moderation, rice water can be used to water your plants! It is acidic and nitrogen-rich, which encourages growth in a number of plants including tomatoes, lettuce, and peppers. There is the potential for starch buildup, so it's best to apply once every 4 to 6 weeks.



Chef Mike's

SWEET & SOUR CAULIFLOWER

Sweet and sour cauliflower is a great option if you're looking for a healthy alternative to traditional comfort food. It's warm and comforting but doesn't leave you feeling guilty since you've had your veggies!



SERVES

2



METHOD

BAKE, SIMMER



MINUTES

45

1 head of cauliflower cut into florets

1 cup | 180 grams white or brown rice

Green onions or parsley, chopped, for garnish

Batter

1 tablespoon | 15 grams white vinegar

1 cup | 235 milliliters almond milk

½ cup | 65 grams all-purpose flour

½ teaspoon garlic powder

Sauce

5 tablespoons | 75 grams water

3 tablespoons | 51 grams ketchup

1 tablespoon | 15 grams hot sauce

1 tablespoon | 18 grams plum sauce

1 teaspoon soy sauce

Preheat oven to 375°F (190°C).

Combine the vinegar and almond milk. Let sit for 5 to 10 minutes to curdle and thicken, effectively creating a vegan "buttermilk".

Cut the cauliflower into florets. Whisk together the flour and garlic powder and toss the cauliflower into that mixture.

Now coat the floured cauliflower with the buttermilk mixture, draining any excess.

Put in an oven safe baking dish. Bake until tender, 20 to 30 minutes. This will depend on how large they are cut. They should pierce easily with a sharp knife and be golden brown in color.

Prepare the rice according to package directions.

While the rice is cooking, combine all ingredients for the sauce in a medium saucepan over low heat. Simmer for about 5 minutes.

Top (or toss) the baked cauliflower with the sauce mixture and serve over the rice.

Garnish with green onions and parsley.

VEGAN

LAUREN'S SUSTAINABILITY TIP

Plum sauce may not be an ingredient readily available in everyone's pantry, but if you have a few duck sauce packets leftover from your last takeout order feel free to swap those in!

Chef Mike's

KALE & QUINOA SALAD

This is my favorite summer salad recipe. I like to utilize ingredients that are in peak season at my local farmer's market since they will impart the best flavor.



SERVES

7



METHOD

SIMMER



MINUTES

45

1 cup | 180 grams quinoa

4¹/₃ cups | 1 liter water, for cooking quinoa and mung beans

3 cups | 200 grams kale, washed, leaves only, torn into small pieces

1 cup | 160 grams mung beans

1 red onion, small, thinly sliced

½ cucumber, washed, cut into small pieces

1 cup | 140 grams cherry tomato, washed, cut in half lengthways

2 cups | 100 grams flat leaf parsley, washed, finely chopped

1 cup | 50 grams mint leaves, washed, finely chopped

Sumac Lemon Dressing

¼ cup | 53 grams extra virgin olive oil

Juice from 1½ lemons

3 garlic cloves, crushed

1 tablespoon | 8 grams sumac powder

1½ teaspoons salt

Thoroughly wash the mung beans and drain any excess water.

In a medium saucepan, add the mung beans along with 3 cups (710 milliliters) of water. Bring to boil, cover and cook on medium heat for 20 to 25 minutes. You want the beans to be cooked but not mushy. Drain the cooked beans and allow them to cool completely before adding to the other salad ingredients.

Next, thoroughly wash the quinoa and drain any excess water.

In another medium saucepan, add the quinoa and 1¹/₃ (315 milliliters) cup of water. Bring to boil, cover and cook on medium heat for 8 minutes. Allow the quinoa to cool completely before adding to the other salad ingredients.

In a large salad bowl, combine the cooked quinoa, kale, mung beans, onions, cucumber, tomatoes, parsley and mint.

MAKE DRESSING

Add the dressing ingredients to a small mixing jug or bowl. Whisk to combine.

When ready to serve, pour the dressing on the salad and toss to mix well. Serve immediately.

VEGAN

LAUREN'S SUSTAINABILITY TIP

If you have an herb garden, this recipe is a great opportunity to utilize what you're growing. Basil, cilantro, chives, and lemon balm would all be delicious additions to this dish!



Chef Mike's

CHINESE CHIVE FRITTATA WITH TOMATOES

This Chinese chive frittata is one that I love to serve to my family on Sundays. It's quick, easy, and packed with flavor. The duo jiao peppers, or Chinese salted chopped chilies, can be hard to find, but I think they add so much depth of flavor to this dish, I encourage you to try it!



SERVES

4



METHOD

BAKE, SAUTÉ



MINUTES

30

5 eggs

¼ cup | 60 grams water

1 scallion, chopped

½ teaspoon salt

1 pinch white pepper

½ teaspoon sesame oil

1 teaspoon Shaoxing wine

1½ cups | 75 grams Chinese chives, chopped

2 teaspoons duo jiao chili peppers (Chinese salted chopped chilies), optional

1 tablespoon | 12.5 grams cooking oil

1 small tomato, sliced

Preheat the oven to broil.

Whisk together the eggs, water, scallion, salt, white pepper, sesame oil, and Shaoxing wine.

Mix in the chives and duo jiao chili peppers (if using).

Heat the cooking oil in a cast iron or other oven-proof non-stick skillet over medium high heat. Pour in the egg mixture and place your tomato slices on top.

Let your tomato chive frittata cook for about 5 minutes until the bottom is set and the top begins to set. Transfer the pan to the oven and broil for about 3 minutes, until fully set. Slice and serve!

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

If you have leftover tomatoes, make more tomatoes! Plant tomato slices directly into soil and have them regrow.



RAUL DEL ORBE

SOUS CHEF UBS

While born in Puerto Rico to Dominican parents, Raul Del Orbe was raised in Washington Heights, New York. He remembers fondly the summers he spent visiting family in Puerto Rico and the Dominican Republic. His first culinary memories are that of cooking and baking with his Dominican grandmother. Although he cherished this time spent with his grandmother, he was sure that food would not be his professional path. He initially studied computer science and psychology, eventually securing a job in sales. But after realizing this was not for him, he went to culinary school, graduating from the Art Institute of NYC in 2006. He started with Restaurant Associates that same year as a cook for notable accounts such as Lehman Brothers, Barclays, L'Oreal, and Citigroup before being promoted to Sous Chef at UBS Lincoln Harbor in November 2022. When he's not in the kitchen, Raul enjoys DJ'ing and spending time with his family.

CHEF RAUL'S RECIPES

BANANA BREAD

PERNIL (ROAST PORK)

DOMINICAN SOFRITO

DULCE DE LECHE CORTADA (CURDLED MILK FUDGE)

DOMINICAN SANCOCHO (MEAT & VEGETABLE STEW)

Chef Raul's

BANANA BREAD

Derived from the joy of baking quick breads with my grandmother, this is my tried-and-true banana bread recipe. I enjoy it simply warm from the oven, but it's also great with a quick swipe of salted butter.



SERVES
8



METHOD
BAKE



HOURS
1.25

1½ cups | 195 grams flour
1 teaspoon baking powder
½ teaspoon salt
4 bananas
1 cup | 200 grams sugar
1 egg
1 teaspoon vanilla extract
⅓ cup | 80 grams melted butter

Preheat the oven to 350°F (175°C) and butter a standard loaf pan.

Sift the flour and baking powder in a bowl then add the salt.

Break up the bananas and place them in the bowl of a stand mixer. Using the paddle attachment on your mixer, start mashing the bananas. As the mixer is mashing the bananas start pouring the sugar followed by the egg and vanilla. Then pour the butter, a little at a time.

Once it has been mixed well, pour in the dry ingredients, a little at a time. Mix until everything is well incorporated.

Pour the mix into buttered pan and bake for 55 minutes or when toothpick inserted in the middle comes out clean.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

Use the potassium found in the banana peels to fertilize your plants. Simply soak the peels in water overnight and use for watering.

KEYS TO THE KITCHEN





Chef Raul's

PERNIL

Pernil, a classic Puerto Rican roast pork dish, is one of the first meals I learned to make with my grandmother. To this day it still reminds me of my cherished memories cooking with her when I was young.



SERVES

10



METHOD

BOIL, BAKE, BROIL



HOURS

4.5

(PLUS AN OVERNIGHT REST)

7 pounds | 3,175 grams skin-on pork shoulder or butt

3 cups | 710 milliliters water, divided

½ cup | 118 milliliters white vinegar

2 heads of fresh garlic, peeled

1 teaspoon dried oregano

3½ tablespoons | 52.5 grams salt

1 chicken bouillon cube

½ tablespoon | 3 grams cumin

1 red onion

1 tablespoon | 6 grams black pepper

2 tablespoons | 9 grams fresh thyme

1 orange, juiced

2 limes, juiced

¼ cup | 53 grams olive oil

Poke holes all over the pernil using a cross method to get small to medium holes. Then place in a large mixing bowl and add 1 cup (236 milliliters) of water and vinegar.

Massage the vinegar and water into the pork and let it sit for 5 to 10 minutes while you mix the marinade.

Combine garlic, oregano, salt, chicken bouillon, cumin, onion, black pepper, and thyme in a food processor and blend, then add the freshly squeezed orange juice, lime juice, and olive oil. Mix again and set marinade aside.

Drain the pernil and season it thoroughly using the marinade. Be sure to massage the marinade into the holes. Cover pernil with saran wrap and let it marinate in the refrigerator for one day.

In a large pot add the pork, skin side up, plus 2 cups (473 milliliters) of water. Be sure to include all of the marinade in the mixing bowl. Boil for 45 minutes to an hour.

Preheat oven to 350°F (175°C). Transfer pork, skin side up, to a sturdy high-sided pan and roast covered for 3 hours, making sure to baste it every hour. The pernil will become light golden brown and juicy during this time. After 3 hours, uncover and let it cook until the internal temperature reaches 190°F (88°C).

Once the pernil has reached the proper internal temperature, broil for 5 minutes to get super crispy skin.

LAUREN'S SUSTAINABILITY TIP

Red onion skins can be used not only to flavor stocks but they can also be used to enrich rice for an extra boost of nutrients.

Chef Raul's

DOMINICAN SOFRITO

Sofrito, or sazón, is a staple condiment in Dominican cuisine. I always like to have a homemade jar on hand to add to marinades, rice, soups, stews – you name it! Here's my favorite version.



SERVES
N/A



METHOD
CHOP, BLEND



MINUTES
20

2 cubanela (cubanelle peppers),
diced

1 green bell pepper, seeds
removed and diced

12 cloves garlic, peeled and
crushed

1 medium red onion, roughly
chopped

3 bunches cilantro, chopped

1 teaspoon achiote powder

2 plum tomatoes, roughly
chopped

1½ teaspoons dried oregano

½ teaspoon salt

1 tablespoon | 13 grams olive oil

Place all ingredients in a food processor or blender and process for about 30 seconds to 1 minute until ingredients come together.

Transfer to a clean jar with a tight-fitting lid. Sofrito is great as a condiment, seasoning, or marinade!

VEGAN

LAUREN'S SUSTAINABILITY TIP

Regrow peppers from the seeds. Simply dry them out and when ready to start growing, place between a damp paper towel until they sprout then transfer to soil.



KEYS TO THE KITCHEN

Chef Raul's

DULCE DE LECHE CORTADA (CURDLED MILK FUDGE)

Dulce de leche cortada loosely translates to “curdled milk fudge”. This is a great way to use up the last bit of milk from the week. The raisins are optional, but I love the sweet burst of flavor that they give!



SERVES

4



METHOD

SIMMER, BOIL



MINUTES

45

¾ cup | 150 grams white granulated sugar

1 egg

2½ cups | 590 milliliters milk

1 cinnamon stick

½ teaspoon lime zest

½ teaspoon orange zest

¼ cup | 60 grams lime juice

¼ cup | 40 grams raisins, optional

Combine sugar and egg, stirring until they are well mixed. Stir in the milk. Pass through a sieve to ensure a smooth mixture.

Mix in cinnamon stick and both citrus zests. Simmer over low heat. Once it breaks the boil, pour in the lime juice in different spots. Simmer *without stirring* unless it is sticking to the pot. The milk mixture will eventually curdle (about 10 minutes), and chunks will float in thin syrup. Add in the raisins, if using.

Once the thin syrup has reduced to about half, remove it from the heat and cool to room temperature. Remove the cinnamon stick. Chill before serving.

VEGETARIAN

LAUREN'S SUSTAINABILITY TIP

If you don't have an immediate use for the citrus juices, freeze in a container or ice cube tray to be used for a future recipe.



Chef Raul's

DOMINICAN SANCOCHO (MEAT & VEGETABLE STEW)

This is my favorite summertime recipe to utilize produce from my garden. In the peak of summer, the tomatoes and basil are sweet and delicious. A simple pan sauce paired with a mild, sustainable white fish really lets the ingredients show through.



SERVES
8



METHOD
SEAR, BOIL, SIMMER



HOUR
2.5

1 pound | 450 grams beef flank, chuck, or round, cut into 1-inch (2.5-centimeter) pieces
1 pound | 450 grams pork butt or shoulder, cut into 1-inch (2.5-centimeter) pieces
Juice of 2 limes
1 teaspoon cilantro, minced
½ teaspoon dried oregano
2 cloves garlic, crushed
1½ teaspoon salt, divided
4 tablespoons | 53 grams vegetable oil
1 pound | 450 grams chicken thighs, cut into 1-inch (2.5-centimeter) pieces
1 pound | 450 grams pork ribs, cut into 1-inch (2.5-centimeter) pieces
1 pound | 450 grams longaniza (spanish pork sausage), cut into 1-inch (2.5-centimeter) pieces (or chorizo if longaniza is unavailable)
2 ears of corn, cut into ½-inch slices, optional
8 cups | 1.9 liters water
½ pound | 225 grams auyama (kabocha squash), cut into 1-inch (2.5-centimeter) pieces
3 green plantains, peeled, 2 cut into 1-inch (2.5-centimeter) pieces, one grated on the largest hole of a box grater
½ pound | 225 grams ñame (yams), peeled and cut into 1-inch pieces
½ pound | 225 grams yautia (taro root), peeled and cut into 1-inch pieces
½ pound | 225 grams yuca (cassava), peeled and cut into 1-inch pieces
White rice, for serving
Sliced avocado, for serving

Place the beef and pork in a large bowl and season with lime juice, cilantro, oregano, garlic, and one teaspoon (5 grams) of salt. Coat meat with the seasoning. Marinate for at least half an hour, preferably one hour.

In a large pot heat the oil over high heat, add the seasoned meats, and stir. Cook stirring until browned. Add the remaining meats (chicken, pork ribs, pork sausage) and corn, and cook stirring for a couple of minutes. Lower heat to medium and add the water. Simmer until it breaks the boil.

Once the water breaks the boil, add in the remaining vegetables. Simmer covered over low heat until the vegetables are tender and cooked through, it should have thickened a bit too. If the water evaporates too much, add more as necessary, or simmer uncovered to reduce if it is not thick enough for your taste.

Season with salt to taste. Remove from the heat and serve with white rice and sliced avocado.

LAUREN'S SUSTAINABILITY TIP

Soak the kabocha squash skins in warm water. These can be pureed and incorporated into the broth to thicken the dish.



