

recipe redux

Low-Fat, Low-Glycemic

Seafood Jambalaya

with Andouille and Tasso

By Walter Zuromski, C.C.C., C.C.E.
and Leah Sarris, Culinary Nutritionist

Recipe:

Ingredients

Seasoning Mix

- 4 whole bay leaves
- 1½ teaspoon salt
- 1 teaspoon ground white pepper
- 1 teaspoon dry mustard
- 1 teaspoon ground cayenne pepper
- 1 teaspoon filé powder
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- ½ teaspoon dried thyme

Jambalaya

- 4 tablespoons lard or bacon fat
- 6 oz. diced tasso
- 6 oz. sliced andouille sausage
- 6 oz. catfish fillet, cut into ½-in. cubes
- 6 oz. crayfish tail meat
- 1½ cups chopped onions
- 1½ cups chopped celery
- 1 cup chopped green bell pepper
- 1½ teaspoons minced garlic
- 2 cups uncooked converted rice
- 4 cups chicken stock

Procedure: Combine the seasoning mix ingredients well in a stainless steel bowl. In a heavy cast-iron skillet, melt the lard. Sear the tasso and the andouille in the lard (approximately 5 minutes), stirring occasionally. Add the catfish, crayfish, onions, celery, bell pepper, garlic, and seasoning mix; cook, stirring occasionally, until well browned (approximately 10 to 12 minutes). Lower the heat and stir in the rice. Cook 2 to 3 minutes longer, being sure to coat the rice with the lard. Deglaze with the stock, scraping the browned-on particles into the liquid. Bring to a boil; then reduce to a simmer. Adjust the seasoning with salt and pepper and simmer covered until rice is tender (approximately 17 to 20 minutes). Uncover and lightly fluff the rice with a fork. Serve immediately in warmed bowls.

Formula:

Ingredients % by Weight

Vegetable stock, low sodium ...	35.42
Soy sauce, low sodium.....	0.55
Olive oil.....	1.06
Brown Rice, precooked, IQF	15.49
Onions, chopped, ¼-in. dice, IQF.....	6.64
Celery, chopped, ¼-in. dice, IQF.....	5.53
Red bell pepper, ¼-in. dice, IQF.....	5.53
Green Bell Pepper, ¼-in. dice, IQF.....	5.53
Garlic, minced, IQF	0.17
Tomatoes, canned, diced, low sodium	5.53
Jambalaya spice, preblended...	0.83
Turkey tasso, ½-in. dice.....	4.43
Turkey andouille, sliced.....	4.43
Salmon, ½-in. dice	4.43
Shrimp, 21/25, P&D, tails off...	4.43
Total:.....	100.00%

Procedure: In a kettle, add the stock, soy sauce and olive oil and heat to 180°F. Add the rice, vegetables and spices; mix with ribbon blender on low until the mixture has returned to 180°F. Nitrogen cool the kettle to a range of 38° to 42°F. Mix the turkey tasso, turkey andouille, salmon and shrimp. Pump fill casserole containers with the seasoned rice-vegetable mixture; then add the meat mixture. Use modified-atmosphere packaging with heat-sealed clear plastic and place into a cardboard sleeve for refrigerated retail packaging. Each package contains 14 oz. with 2 servings per package. *End user:* Reheat in either microwave or oven.

It's no secret that today's consumer is conscientious about reading labels. In light of this fact, we created a robust, full-flavored jambalaya that also has an improved nutritional profile.

The ingredients in our gold standard are rich in fat with the use of ham, pork sausage, crayfish and catfish. We swapped-out these for better-for-you-versions and boosted the nutrient content without compromising the classic jambalaya flavor.

The fat, saturated fat and cholesterol in the gold standard mostly come from the lard, andouille, tasso, catfish and crayfish. We substituted olive oil for lard, which also boosted antioxidant and monounsaturated fat levels, and the ham, sausage, crayfish and catfish with lean turkey tasso—which also cut sodium levels—and turkey sausage, as well as salmon and shrimp to increase omega-3s. The turkey tasso, turkey sausage, salmon and shrimp in the reformulated version are precooked and seasoned to end-manufacturer specifications. Tomatoes and a touch of soy sauce, which contain natural, flavor-boosting umami, help make up for the loss of flavor-enhancing salt.

We increased fiber levels by increasing the amount of vegetables, decreasing the amount of protein, and using unconverted brown rice rather than converted white. The glycemic index (GI) of the scaled-up jambalaya is significantly lowered by using the less-processed rice and reducing the fat level.

This becomes more of an assembly process at the plant level. This product can be launched as a "Better for You Seafood Jambalaya" with "rich in omega-3, low in fat and saturated fat, and a good source of dietary fiber" on the label. ●

recipe redux

Jasmine-Honey Tea

with a High-Fiber, Low-Fat Granola Nut-Fruit Bar and Raspberry Foam

By Walter Zuromski, C.C.C., C.C.E. and Leah Sarris, Culinary Nutritionist

Formula:

Ingredients % by Weight

<i>Jasmine-Honey Tea</i>	
Sugar, cane	9.78
Cinnamon	0.15
Gum Arabic, powdered	5.87
Xanthan gum, powdered	0.17
Honey, fluid	4.89
Water	78.25
Jasmine tea leaves	0.89

Total:**100.00**
Mixed berries, as needed (about 2 oz. per serving)

Raspberry Foam

Water	39.20
Raspberry purée, deseeded, frozen	21.09
Raspberry flavor	0.39
Sugar, cane	11.69
Orange juice, concentrated	16.36
Citric acid	0.19
Nonfat dry milk	7.79
Stabilizer Culinary Foam (hydrocolloid blend)	3.29

Total:**100.00**

Granola Nut-Fruit Bar

Rolled oats	14.29
Sunflower seeds	9.52
Sesame seeds, roasted	5.71
Raisins	11.90
Pecans, toasted chopped	6.43
Walnuts, toasted chopped	6.43
Flaked coconut, toasted	5.71
Gum arabic powder	7.86
Water	6.44
Honey	11.43
Brown sugar	7.62
Vanilla extract	0.95
Corn oil	5.71

Total:**100.00**

Procedure: For the jasmine-honey tea, mix all the dry ingredients together excluding the tea leaves. Add water to steam-jacketed kettle. Under agitation, add the dry ingredients and mix on medium to high until well blended. Heat to 200°F; add the tea leaves and allow to steep for 10 minutes using low agitation. Strain the mixture, then hot-fill into plastic bottles, and seal. Pass product through a cooling tunnel and bundle for shipping. For the raspberry foam, mix all dry ingredients together. Add liquid ingredients to a steam-jacketed kettle. Under low shear, add dry ingredients. Heat under continuous low shear until the mixture reaches 180°F; hot-fill the product into 2-lb. heat-sealed bags. Place into cooling tanks until product reaches a temperature of 38° to 40°F. For the granola fruit-nut bar, mix the rolled oats, seeds, fruit, nuts and coconut in a ribbon blender. In a mixing kettle, hydrate gum arabic powder in water under high shear. Add honey, brown sugar, vanilla and corn oil to the gum arabic solution; mix under low shear. Add dry ingredients and mix under low shear. Extrude mixture onto sheets in 2-oz. portions. Bake in linear tunnel oven at 350°F for 25 minutes, cut into desired portion shape on a linear line, and cool in ambient cooling area. Package in sealed cellophane wrap and box for shipping. **End user:** Dispense foam liquid into a CO₂ whipped-cream canister dispenser. Plate each granola nut-fruit bar with 4 oz. tea, 1 oz. foam and 2 oz. mixed berries.

We are always challenged as culinologists to raise the bar on innovation and to provide uniquely different products. We saw great opportunity to create a dessert with intriguing texture and presentation in the form of liquid dessert that incorporates a fruit bar.

The tea broth incorporates corn syrup to provide light viscosity and suspension for the mixed-berries garnish (such as strawberries, raspberries and blackberries). To add crunch and flavor, we created a fruit bar held together with a light, cakelike batter baked with nuts and dry fruit. This was topped with a raspberry-flavored whipped-cream topping.

To improve the nutrition, we developed a version that is lower in fat, higher in fiber, and more heart-healthy than the gold-standard recipe, and stays under 300 calories per serving. We increased our fiber in the revised version by using gum arabic, rolled oats and increased amounts of nuts and seeds. Creating a binding syrup with gum arabic at over 7% with water and honey, we removed ingredients such as flour, eggs and butter, which significantly lowered calories, saturated fat and cholesterol while binding the mixture. The gum arabic and xanthan gum in the tea syrup also increased overall fiber while adding viscosity. Also, cane sugar replaces corn syrup in the formula to add some “all-natural” appeal.

With trendy foams coming from molecular-gastronomy practitioners, we took a close look at a stable, no-fat topping. One challenge in this conversion was to stabilize the liquid so it would stand up like whip cream and look attractive. In the end, Stabilizer Culinary Foam (a blend of hydrocolloids that can be labeled as “agar, xanthan gum and gum arabic”) worked like a charm.

The components for this dessert could come in kit form with the tea packaged in a plastic milk-type container, the bars vacuum-packed after cooling, and the foam packaged in a heat-sealed 2-lb. pouch.

The resulting dessert came in with great flavor and hit our targeted objective to categorize this item as a heart-healthy, lower-calorie dessert. Restaurant operators might note in the menu description that the dessert is high in fiber and low in fat and cholesterol. ●

Recipe:

Ingredients

Jasmine-Honey Tea

2 cups water
¼ cup corn syrup
¼ cup honey
3 tablespoons granulated sugar
⅛ teaspoon cinnamon
2 tablespoons jasmine tea leaves

Raspberry Cream

1 cup heavy cream
¼ cup raspberry purée, deseeded
2 tablespoons granulated sugar
1 teaspoon whipped-cream stabilizer

Granola Nut-Fruit Bar

¾ cup toasted, chopped pecans
¾ cup toasted, chopped walnuts
2 tablespoons coconut flakes
1¼ cups diced pineapple, dried, with sugar
1¼ cups diced California apricots, dried
1¼ cups all-purpose flour
1½ tablespoons baking powder
½ teaspoon salt
1 cup softened butter, salted
1¼ cups light brown sugar
2 eggs
½ cup corn syrup
⅛ teaspoon vanilla extract

Mixed berries and mint-leaf garnish, as needed

Procedure: For the tea broth, in a saucepan combine the water, sugar, corn syrup, honey and cinnamon on medium heat; bring to a slow simmer (200°F). Add the tea and let steep for 5 to 8 minutes; strain through a fine sieve and allow the broth to cool. Refrigerate and reserve for service. For the raspberry cream, whip cream until soft peaks form. Whip in the raspberry purée, sugar and the stabilizer. Hold for service at room temperature. For the granola nut-fruit bar, grease a half sheet pan. Evenly sprinkle the nuts and dry fruit over the half pan. Sift flour, baking powder and salt together. Cream butter and sugar together. Add eggs, corn syrup and vanilla slowly until well incorporated and creamy. Stir in the flour mixture until fully incorporated. Spread the finished batter over the fruit and nuts. Bake at 350°F for approximately 40 minutes, or until batter is firm in the middle. Remove from oven and allow to cool; cut into 3 oz. portions. To serve, place a portion of the tea in a soup bowl. Then add a granola nut-fruit bar to the center and top with raspberry cream. Garnish with fresh fruit and a mint leaf.