



# Chef to Chef



## Chef To Chef Conference

## Plate Build Recipe

Menu Item **White Bean Pumpkin Cappuccino with Arugula, Endive and Crispy Chickpeas**  
 Menu Category **Vertical Soup & Salad Tasting**  
 Station \_\_\_\_\_

Issued 2/23/2015  
 Revised \_\_\_\_\_  
 Allergens Dairy

#	Qty	Unit	Ingredient	Method of Preparation:
1	6	oz	Pumpkin White Bean Soup	1. Prepare the soup by first heating it to 180°F for holding just before service. Serve the soup in a 6 ounce bouillion cup. Top with Maple Ginger Foam and garnish with toasted pumpkin seeds and chopped parsley. 2. Place the salad that has been pre-tossed with the dressing and seasoned with salt & pepper over two pita bread crisp wedges on the dish next to the cup of soup. 3. Garnish with 3 grapefruit sections and top with crispy chickpeas and crumbled gorgonzola.
2	0.5	oz	Maple Ginger Foam	
3	2	oz	Salad - Endive Arugula	
4	0.5	oz	Grapefruit Dressing	
5	2	ea	Pita Bread Croutons, Gluten Free	
6	0.25	oz	Crispy Chickpeas	
7	0.25	oz	Pepitas - Pumpkin Seeds	
8	0.25	oz	Gorgonzola Cheese	
9	3	ea	Grapefruit Sections	



<b>China:</b>	Rectangle Plate - Soup Cup or Coffee Cup
<b>Garnish:</b>	Pipitas / Chickpeas / Chopped Parsley
<b>Station:</b>	
<b>Prep Time:</b>	

**Critical Control Points**

- Minimize cross contamination by cleaning and sanitizing thoroughly after handling raw PHF's.
- Hot hold cooked foods above 140°F for no more than 2 hours.



# Chef to Chef



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## Plate Build Recipe

Menu Item	<b>Stuffed Savory Chicken Breast with Celriac Sauce</b>	Issued	<b>2/23/2015</b>
Menu Category	<b>Main Course - Entrée</b>	Revised	
Station		Allergens	<b>Dairy,</b>

#	Qty	Unit	Ingredient	Method of Preparation:
1	2	ea	Slices Stuffed Chicken, avg. wt. 3.5-4 ounces	1. Prepare the items accordingly and hold hot. Place the Broccoli Slaw in the center of the plate. 2. Nappe a 2 oz. ladle of the celeriac sauce on the base of the plate. Place the sliced stuffed chicken over the pool of sauce. 3. Add the kale leaf after lightly dipping it into hot water and then tossing with olive oil and seasoned with S&P. Place the golden and red beet on the leaf, top with orange zest, glaze and parsley. 4. Place the potato salad over a sweet potato medallion.  Ensure that all the plates are wiped clean and garnished.
2	2	oz.	Celeriac Sauce	
3	2	oz.	Broccoli Slaw	
4	2	oz.	Golden & Red Beets	
5	1	ea	Orange Zest	
6	1	ea	Kale leaf, blanched	
7	2	oz.	Potato Salad	
8	1	ea	Potato Medallion	
9		A/N	Chopped Parsley	



<b>China:</b>	Rectangle Plate
<b>Garnish:</b>	Fresh Chopped Parsley
<b>Station:</b>	Main
<b>Prep Time:</b>	

- Critical Control Points**
- Minimize cross contamination by cleaning and sanitizing thoroughly after handling raw PHF's.
  - Hot hold cooked foods above 140°F for no more than 2 hours.
  - Handle



# Chef to Chef



The Goldring Center  
for Culinary Medicine

TULANE UNIVERSITY

## Chef To Chef Conference

## Plate Build Recipe

Menu Item **Peanut Butter & Jelly Pannacotta**  
 Menu Category **Dessert**  
 Station **Dessert**

Issued 2/23/2015  
 Revised \_\_\_\_\_  
 Allergens Dairy, Peanuts

#	Qty	Unit	Ingredient
1	1	ea	Panna Cotta
2	0.5	oz.	Wine Jelly
3	0.25	oz.	Peanut Dust
4	0.5	oz.	Granola (Optional)
5	0.5	oz.	Whip Cream (Optional)

**Method of Preparation:**  
 1. Place the pannacotta with the wine jelly in the center of the plate.  
 2. Top with peanut dust and chopped peanuts



<b>China:</b>	Soup Dish
<b>Garnish:</b>	Peanut Dust, Chopped Peanuts
<b>Station:</b>	Dessert
<b>Prep Time:</b>	

**Critical Control Points**

- Minimize cross contamination by cleaning and sanitizing thoroughly after handling raw PHF's.
- Hot hold cooked foods above 140°F for no more than 2 hours.
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