



Chef to Chef



Chef To Chef Conference
Walter Zuromski & Leah Sarris

Recipe - Chef to Chef Conference

White Bean Pumpkin Bisque

Scale to **8** Lbs.

Yield Number of 6 oz. Servings **21** Portions

Nutrition Notes:

High fiber, reduced salt, low in saturated fat, low-calorie, nutrient-dense

Ingredients	Ounces	Pounds	% of Yield
Pumpkin, puree Libby	25.138	1.57	19.64%
White Beans, canned	9.427	0.59	7.36%
Oil blend	0.408	0.03	0.32%
Onions, minced	6.285	0.39	4.91%
Garlic, minced	0.723	0.05	0.56%
Coriander, ground	0.047	0.00	0.04%
Cumin, ground	0.016	0.00	0.01%
Madras Curry Powder	0.236	0.01	0.18%
Vegetable Stock	65.987	4.12	51.55%
Sauce Base, QimiQ	9.427	0.59	7.36%
Agave Nectar, light	8.798	0.55	6.87%
Kosher Salt	0.408	0.03	0.32%
Novation Starch 5300	1.100	0.07	0.86%
Total	128.0	8.0	1.0

Other Soup Prep - NOTE:

Pumpkin Seeds - Foam - Parsley Garnish

Method of Preparation:

1. Heat oil in large saucepan over medium-high heat. Add onion and garlic; cook, stirring occasionally, for 3 to 5 minutes or until tender.
2. Stir in curry powder, coriander, cumin; cook for 1 minute. Add the white beans and agave nectar.
3. Add the vegetable stock; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 10 minutes to develop flavors.
4. Stir in pumpkin; cook, stirring occasionally, for 5 minutes or until heated through. Combine the starch with the sauce base and add the salt.
5. Use an immersion blender or food processor (in batches, if necessary); cover. Blend until creamy. Allow to cool to room temperature, place in a storage container for reheating to serve.

SERVE: 6 ounce portion with .5 ounce of Maple Ginger foam (see Plate Build recipe)

CQCP - Critical Quality Control Points



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Maple Ginger Foam

Scale to **2.5** Lbs.

Yield Number of 0.5 oz. Servings **80** Portions

Nutrition Notes:

Low in saturated fat, low-calorie

Ingredients	Ounces	Pounds	% of Yield
Sauce Base, QimiQ	28.132	1.76	70.33%
Maple Syrup	3.516	0.22	8.79%
Crystalized Ginger, minced	1.284	0.08	3.21%
Kosher Salt	0.035	0.00	0.09%
Water	5.275	0.33	13.19%
Hi-Whip Egg White Solids	1.758	0.11	4.40%

Equipment Needed: ISI Canister & CO2 Cartridges

Total	40.0	2.5	1.0
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Method of Preparation:

1. Combine the sauce base, maple syrup, ginger and Kosher Salt together in a sauce pan.
2. Place the sauce pan mixture on the stove top over medium heat until it just reaches a simmer. Remove and allow this to cool to room temperature.
3. Separately, combine the egg white Hi-Whip solids with warm tap water (100°F) and mix it to blend. Avoid too much aeration.
4. Add the egg solid and water blend to the sauce base mixture. Mix this well and strain out the ginger through a fine sieve.
5. While warm, place this into an ISI thermol canister and charge with 1-2 CO2 charge cartridges.

Reserve this just before service to garnish the soup.



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Nutrition Notes:

Reduced salt, reduced sugar, reduced saturated fat

Ruby Red Grapefruit Dressing

Scale to **1** Lbs.
Yield Number of 1 oz. Servings **16** Portions

Ingredients	Ounces	Pounds	% of Yield
Ruby Red Grapefruit Juice	6.132	0.38	38.32%
Pomegranate Juice	2.000	0.12	12.50%
Red Wine Vinegar	1.466	0.09	9.16%
Raspberry Vinegar	0.933	0.06	5.83%
Water	2.266	0.14	14.16%
Crushed Garlic, fine	0.267	0.02	1.67%
Pepper Medley, McCormick, crushed	0.027	0.00	0.17%
Italian Seasoning, McCormick	0.013	0.00	0.08%
Granulated Sugar	0.267	0.02	1.67%
Sour Cream, Low-Fat	2.399	0.15	15.00%
Salt	0.177	0.01	1.11%
Xanthan Gum	0.053	0.00	0.33%
Total	16.0	1.0	1.0

Method of Preparation:

1. Blend the gum with the dry ingredients.
2. Mix the grapefruit juice, vinegars, and water together. With an immersion blender on medium to low shear blend the gum mixture into the liquid until it begins to thicken. Minimize aeration of the dressing as it will cause undesirable texture.
3. Continue to blend in the additional ingredients into the gum/liquid mixture until the ingredients have been evenly dispersed and the mixture begins to thicken.
4. Chill until ready for use. Place in a squeeze bottle for service. Allow the dressing to sit for a minimum of an hour to reach full hydration. Whisk only after fully blended; minimize mixing too much air into the dressing as it will have an unpleasant texture.

CQCP - Critical Quality Control Points

- > Mix with immersion blender at medium to low settings
- > Avoid blending too much air into the dressing
- > Finished dressing will have a velvety and creamy texture with the thickness and creaminess of a Ranch Dressing



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Arugula (Rocket) Blend

Yield Number of 1.5 oz. Servings

Scale to	1	Lbs.
	10.7	Portions

Nutrition Notes:

Very Low-Calorie, no saturated fat, salt or sugar

Ingredients	Ounces	Pounds	% of Yield
Arugula (Rocket Lettuce)	4.000	0.25	25.00%
Spring Mix	4.000	0.25	25.00%
Belgian Endive, chiffonade	8.000	0.50	50.00%

Other Salad Prep- NOTE:

Chick Peas - Gorgonzola - Pita Croutons - Grape Fruit Sections -

Total	16.0	1.0	1.0
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Method of Preparation:

1. Prepare the endive and toss in lemon juice just to coat it. Allow it to set for 15-30 minutes and drain it well.
2. Combine all the ingredients together cover and reserve cold for service.

Critical Control/Quality Assurance Points

- * Cover label and date
- * Minimize cross contamination by cleaning and sanitizing thoroughly after handling raw PHF's
- * Handle all ready to eat foods with appropriate utensil, deli paper, or approved gloves.



Chef to Chef



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Vegetable Stuffing - For Chicken

Nutrition Notes:

High in fiber, low sodium, low in saturated fat, high in mono-unsaturated fat, nutrient-dense, low-calorie

Yield Number of 1.25 oz. Servings

Scale to	1	Lbs.
	12.8	Portions

Ingredients	Ounces	Pounds	% of Yield
Portabella Mushrooms, cleaned	1.671	0.10	10.44%
White Mushrooms, cleaned	2.228	0.14	13.93%
Oyster Mushroom, cleaned sliced	0.668	0.04	4.18%
Red Pepper, brunoise	0.641	0.04	4.00%
Green Pepper, brunoise	0.641	0.04	4.00%
Onions, brunoise	0.418	0.03	2.61%
Celery, brunoise	0.418	0.03	2.61%
Carrots, brunoise	0.418	0.03	2.61%
Garlic , minced	0.167	0.01	1.04%
Parmesan Cheese, grated	0.557	0.03	3.48%
Red Wine, Cabernet cooking	0.557	0.03	3.48%
Kosher Salt	0.035	0.00	0.22%
Black Pepper, table grind	0.007	0.00	0.04%
Grapeseed Oil	0.279	0.02	1.74%
Vegetable Stock	6.406	0.40	40.03%
Parsley, minced	0.056	0.00	0.35%
Potato, mashed dry flakes	0.836	0.05	5.22%
Total	16.0	1.0	1.0

Method of Preparation:

1. Prepare the vegetables accordingly. Place the portobella and white mushrooms in the Robot Coupe food processor. Remove and hold for cooking.
2. Cut the peppers, onion, celery and carrot into 1/4" dice.
3. Place saute pan on the stove top on high heat. Heat the grapeseed oil and once hot, add vegetables and cook them until tender. Remove them from the pan and reserve. Add the mushrooms; 3/4 of the way cooking, add thee sliced oyster mushrooms and cookuntil dry.
4. Add the red wine and reduce by half. Add the vegetable stock and reduce this by half. Add all the remaining ingredients except for the parsley. Add the cheese, salt, pepper and potato flakes to bind the mixture. If your mixture is not tight like mashed potatoes, add more potato flakes.
5. Fold in the parsley and spread onto a sheet pan. Put in refrigerator until completely cool.

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Chef to Chef



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Recipe - Chef to Chef Conference

Celriac Sauce

Nutrition Notes:

High Fiber, low in saturated fat, low calorie

Yield Number of 2 oz. Servings

Scale to	1	Lbs.
	8	Portions

Ingredients	Ounces	Pounds	% of Yield
Celriac (Celery Root), cleaned, diced	2.683	0.17	16.77%
Celery, cleaned, diced	1.029	0.06	6.43%
Onion, diced	0.894	0.06	5.59%
Vegetable Stock	10.732	0.67	67.08%
Celery Seed	0.036	0.00	0.22%
Sauce Base, QimiQ	0.447	0.03	2.79%
Novation Starch 5300	0.179	0.01	1.12%
Total	16.0	1.0	1.0

Method of Preparation:

1. Clean and dice vegetables and place into a sauce pan. Cover with the stock and bring to a simmer to extract the celery flavor into the broth. This should take about 20-30 minutes.
2. Once the flavor is extracted, strain away half of the celeriac and vegetables. With an immersion blender or in the blender, completely puree the stock into a smooth and silky mixture.
3. Combine the sauce base with the starch and add this to the sauce. Blend well. Strain through a fine sieve, add the celery seed and season if necessary with salt & pepper. Reserve for service.

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Chef to Chef



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Beet Glaze

Nutrition Notes:

Low added sugar; nutrient-dense

Yield Number of .5 oz. Servings

Scale to	1	Lbs.
	32	Portions

Ingredients	Ounces	Pounds	% of Yield
Beet Juice, after cooking	10.725	0.67	67.03%
Sugar	0.358	0.02	2.23%
Honey	0.536	0.03	3.35%
Orange Juice	1.788	0.11	11.17%
Lemon Juice, concentrate	0.259	0.02	1.62%
Lime Juice, concentrate	0.313	0.02	1.96%
Apple Cider Vinegar	1.430	0.09	8.94%
Novation Starch 5300	0.592	0.04	3.70%
Total	16.0	1.0	1.0

Method of Preparation:

1. Prepare the beets by peeling and cutting them into wedges according to the size of the beet. Place them into an appropriate cooking pot and just cover them with water. Cook them on a medium to high heat until they are al dente. Remove and cool.
2. Reserve the beet cooking liquid. Reduce if necessary to get to what you need to make the glaze.
3. Combine all the ingredient in a pot and bring to a simmer for 3-4 minute until it is medium thickness. Reserve this glaze for coating the beets for service.

Critical Control/Quality Assurance Points

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Glazed Beet Preparation

Nutrition Notes:

High Fiber, Nutrient- Dense, High in Mono-Unsaturated Fat, No Saturated Fat, Reduced Sodium

	Scale to	1	Lbs.
Yield Number of .5 oz. Servings		32	Portions

Ingredients	Ounces	Pounds	% of Yield
Beets, red and yellow, peeled and cut into 1/6ths, cooked (liquid reserved for glaze-see Beet Glaze)	12.041	0.75	75.26%
Beet Glaze	3.010	0.19	18.81%
Grapeseed Oil	0.753	0.05	4.70%
Salt, Kosher	0.151	0.01	0.94%
Black Pepper, table grind	0.045	0.00	0.28%
Total	16.0	1.0	1.0

Special Prep - Kale Leaves

Method of Preparation:

1. For service, toss the cooked, cooled red and yellow beets separately with the oil, salt & pepper.
2. Place beets on a sheet pan and heat them in a 350°F oven until hot. While cooking, heat the glaze in sauce pans. Remove the hot beets from the oven and toss them in the glaze to be ready for service.

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Chef to Chef



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Citrus Yogurt Dressing - for Broccoli Slaw

Nutrition Notes:

Reduced Saturated Fat, Reduced Sodium

Yield Number of 1 oz. Servings

Scale to	1	Lbs.
Yield Number of 1 oz. Servings	16	Portions

Ingredients	Ounces	Pounds	% of Yield
Mayonnaise, light	3.645	0.23	22.78%
Dijon mustard, grey poupon	2.543	0.16	15.89%
Yogurt, plain Greek	3.645	0.23	22.78%
Orange Juice	1.822	0.11	11.39%
Sugar	3.645	0.23	22.78%
Apple Cider Vinegar	0.661	0.04	4.13%
Kosher Salt	0.038	0.00	0.24%
Black Pepper , table grind	0.002	0.00	0.01%
Total	16.0	1.0	1.0

Method of Preparation:

1. Gather all the ingredients and get a large mixing bowl.
2. Properly measure each ingredient. Add them into the mixing bowl.
3. Whisk together the mixture.
4. Refrigerate the sauce in a proper container and label it.

Prepare the Broccoli Carrot Slaw build by mixing it 85 / 15 slaw mix to dressing

Critical Control/Quality Assurance Points

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Recipe - Chef to Chef Conference

Broccoli Slaw

Nutrition Notes:

High Fiber, Low in Saturated Fat, Low-Calorie, Nutrient-Dense

Yield Number of 2 oz. Servings

Scale to	1	Lbs.
	8	Portions

Ingredients	Ounces	Pounds	% of Yield
Broccoli Slaw Mix	13.59	0.85	84.92%
Citrus Yogurt Dressing	2.40	0.15	14.99%
Parsley, chopped fine	0.014	0.00	0.09%
Total	16.0	1.0	1.0

Method of Preparation:

1. Mix the slaw with the dressing one hour prior to service. Hold cold until ready to serve. Mix in the parsley for color just before service.

Critical Control/Quality Assurance Points

- * Cover label and date
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- * Handle all ready to eat foods with appropriate utensil, deli paper, or approved gloves.



Chef to Chef



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Yukon Gold & Sweet Potato Salad

Other Potato Prep- NOTE:

Prepare 1 oz. Sweet Potato disk to underline

Scale to **1** Lbs.
Yield Number of 2 oz. Servings **8.0** Portions

Nutrition Notes:

High Fiber, Nutrient-Dense

Ingredients	Ounces	Pounds	% of Yield
Sweet Potatoes, peel cleaned small dice	6.194	0.39	38.71%
Yukon Gold, peel cleaned small dice	6.194	0.39	38.71%
Grapeseed Oil	1.032	0.06	6.45%
Champagne Vinegar	0.516	0.03	3.23%
Rice Wine Vinegar, Marukan light	0.413	0.03	2.58%
Garlic, minced	0.310	0.02	1.94%
Scallion, shaved	1.032	0.06	6.45%
Dijon Mustard, Grey Poupon	0.310	0.02	1.94%
Salt & Pepper to taste	0.000	0.00	0.00%

Prepare Potato Disk to underline

Total	16.0	1.0	1.0
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Method of Preparation:

1. Peel the potatoes, cut them 1/4" dice and cook them to al dente in water. Remove and reserve.
2. Combine the remaining ingredients except the scallions together to make the dressing. Mix with the potatoes. Note: mix the scallions just before service.
3. Taste and adjust salt & pepper.

Critical Control/Quality Assurance Points

- * Cover label and date
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- * Handle all ready to eat foods with appropriate utensil, deli paper, or approved gloves.



Chef to Chef



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Recipe - Chef to Chef Conference

Goat Milk Pannacotta

Yield Number of 4 oz. Servings

Scale to	1	Lbs.
	4	Portions

Nutrition Notes:

High in Fiber - low salt, fat and ETC.

Ingredients	Ounces	Pounds	% of Yield
QimiQ Classic	10.023	0.63	62.64%
Sugar, granulated	2.005	0.13	12.53%
Vanilla Extract	0.011	0.00	0.07%
Goats Milk	3.961	0.25	24.76%
Total	16.0	1.0	1.0

Method of Preparation:

1. Warm the QimiQ Classic, sugar and goat's milk together in a sauce pan on medium to low heat.
2. Don't allow this mixture to boil. Heat until it reaches 180°F, stirring with a wire whisk.
3. Pour 4 ounce portion into molds. Allow to set overnight.



Chef to Chef



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Recipe - Chef to Chef Conference

Wine Jelly

Nutrition Notes:

Reduced Sugar

Yield Number of 1 oz. Servings

Scale to	1	Lbs.
Yield Number of 1 oz. Servings	16	Portions

Ingredients	Ounces	Pounds	% of Yield
Red Wine 40% reduction (Cabernet)	5.059	0.32	31.62%
Muscat Grape Jelly - Bonne Maman	8.221	0.51	51.38%
Sugar, granulated	2.530	0.16	15.81%
Butter, unsalted	0.190	0.01	1.19%
Total	16.0	1.0	1.0

Method of Preparation:

1. Start with 12 ounces of red wine and reduce to 8 ounces / 40%+ reduced.
2. Add the sugar, grape jelly and butter and stir until it is all well blended.
3. Cook this on a low simmer for 2-3 minutes. Remove from the heat and pour 1 oz over each ramekin of pannacotta. Refrigerate to set.



Chef to Chef



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Peanut Dust

Scale to **1** Lbs.
Yield Number of .25 oz. Servings **64** Portions

Nutrition Notes:

Reduced Fat, Reduced Calorie, High Monounsaturated in Fat

Ingredients	Ounces	Pounds	% of Yield
Peanut butter, chilled	9.600	0.60	60.00%
Tapioca Maltodextrin	6.400	0.40	40.00%
Total	16.0	1.0	1.0

Method of Preparation:

1. Whip the peanut butter and maltodextrin together until it is dry. If it is still wet, add more maltodextrin. Blend it very well.