

# *School of Cooking*

Martin's

## **Chef-in-Training Camp**

Hosted by Chef Greg Beachey

July 21-25, 2008

Martin's Super Markets at Heritage Square  
Mishawaka, Indiana

## **Monday & Tuesday: Knife Skills and Meats**

### **Vegetable Beef Soup**

Servings: 5

#### **Ingredients**

1/4 gallon beef stock  
3/4 oz carrots, cubed  
1/8 lb celery, chopped  
2 3/8 oz chopped onions  
1/8 lb potatoes, cubed  
1/8 tbsp salt  
1/8 tsp black pepper  
1/3 qt canned tomatoes (1 #1 size can), diced  
1/4 lb cooked beef, chopped

#### **Instructions**

Heat stock in kettle. Add vegetables and seasonings. Cover and simmer about an hour. Replace water as necessary. Taste for seasoning. Add additional salt if needed. Add chopped beef. Heat to serving temperature: 180 degrees F.

Yield: 1 1/4 quarts

## **Risotto Milanese**

Servings: 4

### **Ingredients**

3/8 qt glace d'canard (chicken stock)  
2/3 oz butter  
7/8 oz onions, minced  
1/4 lb Arborio rice  
1/16 tsp saffron threads  
2/3 oz parmesan cheese, grated

### **Instructions**

Bring the chicken stock to a simmer. Heat 3 oz (90 grams) of butter in a large, heavy saucepan. Add the onion and saute without browning until translucent. Add the rice to the onion and butter. Stir well to coat the grains with butter but do not allow the rice to brown. Stir until completely absorbed. Add the saffron. Add the simmering stock, 4 ounces at a time, stirring frequently. Wait until the stock is absorbed before adding the next 4 ounce portion. After approximately 18-20 minutes, all the stock should be incorporated and the rice should be tender. Remove from the heat and stir in the remaining 1 oz of butter and the grated cheese. Serve immediately.

## **Wednesday: Pasta Workshop**

### **Fresh Egg Pasta**

Servings: 2

### **Ingredients**

3/4 cup all-purpose flour  
1/4 tsp salt  
1 tbsp lukewarm water  
1 egg

### **Instructions**

Put flour in a mound on work surface. Make a well in the center and add the egg. Working from the center outward, gradually mix the flour into the egg to make dough. When the dough is firm enough to knead, begin kneading the dough, incorporating more flour. If the

dough is still sticky when all the flour has been incorporated, add more flour a little at a time. Knead well for at least 15 minutes. Cover the dough and let it rest for at least 30 minutes. Cut the dough into 4 pieces. Roll the dough lightly. Dust the dough with flour and continue to roll thinner a little at a time. Cut pasta into desired shapes and let dry.

Yield: ½ pound

## **Cream Cheese Ravioli in Herbed Cream Sauce**

Servings: 12

### **Ingredients**

8 oz cream cheese  
3 tbsp fresh basil, chopped fine  
2 tsp fresh thyme, chopped fine  
3 tbsp fresh parsley, chopped  
Pepper, to taste  
2 lbs fresh pasta dough  
1 qt heavy cream  
2 oz parmesan cheese, grated  
Salt, to taste

### **Instructions**

To make the cheese filling, combine the cream cheese with 2 tbsp basil, 1 tsp thyme, and all the parsley; season to taste with pepper. Make ravioli using the cheese mixture and pasta. To make the sauce, combine the cream with the remaining herbs and bring to a boil. Reduce by one third and add the parmesan. Season the pasta with salt and pepper. Boil the ravioli until done. Drain, toss gently with the sauce and serve.

Yield: 72 (2-in) raviolis and 1 ½ pints sauce

## **Sauce Bechamel**

Servings: 1

### **Ingredients**

¼ each onion piquet  
¼ gallon milk  
2 oz flour  
2 fluid oz clarified butter  
Salt and white pepper, to taste

### **Instructions**

Add onion piquet to milk and simmer for 20 minutes. In separate pan, make white roux with flour and butter. Remove onion piquet from milk. Gradually add hot milk to the roux while stirring constantly with a whisk. Bring to a boil. Reduce to a simmer, add seasonings and continue cooking for 30 minutes. Strain through cheesecloth. Monte au bierre. To make cheese sauces, add shredded cheese of choice to taste. Add parmesan to make alfredo sauce.

## **Fettuccini Alfredo**

Servings: 4

### **Ingredients**

8 oz fresh fettuccine  
2 oz whole butter  
12 oz heavy cream  
2 oz parmesan cheese, grated  
Salt and white pepper, to taste

### **Instructions**

Boil the pasta, keeping it slightly undercooked. Refresh and drain. To make the sauce, combine the butter, cream and cheese in a sauté pan. Bring to a boil and reduce slightly. Add the pasta to the pan and boil the sauce and pasta until the sauce is thick and the pasta is cooked. Adjust the seasonings and serve.

## **Duchesse Potatoes**

Servings: 5

### **Ingredients**

1 lb potatoes, peeled and quartered  
½ oz whole butter  
Nutmeg, to taste  
½ egg  
1 egg yolk  
Clarified butter, as needed  
Salt and pepper, to taste

### **Instructions**

Boil the potatoes in salted water until tender. Drain and immediately turn out onto a sheet pan to allow the moisture to evaporate. While

still warm, press the potatoes through a ricer or food mill, or grind through a grinder's medium die. Blend in the butter and season to taste with nutmeg, salt and pepper. Mix in the eggs and egg yolks, blending well. Transfer the duchesse mixture to a piping bag fitted with a large star tip. Pipe single portion-sized spirals onto a parchment-lined sheet pan. Brush with clarified butter and bake at 375F until the edges are golden brown; approximately 8-10 minutes. Serve immediately.

## Thursday: Baking

### Chocolate Chip Cookies

Servings: 24

#### **Ingredients**

2/3 cup shortening  
2/3 cup butter  
1 cup brown sugar  
1 cup sugar  
2 each eggs  
2 tsp vanilla  
1 tsp salt  
1 tsp baking soda  
3 1/2 cups flour  
3 cups chocolate chips

#### **Instructions**

Cream fats and sugars. Add eggs and vanilla. Add remaining ingredients. Bake at 350F for 8-10 minutes.  
Yield: 2 dozen

### Pastry Cream

#### **Instructions**

4 oz cake flour  
12 oz granulated sugar  
1 qt milk  
12 egg yolks  
1 vanilla bean, split  
2 oz unsalted butter

### **Instructions**

Sift the flour and sugar together. Whisk 8 fluid oz of the milk into the egg yolks. Then add the flour and sugar and whisk until completely smooth. Heat the remaining milk with the vanilla bean in a heavy non-reactive saucepan. As soon as the milk comes to a boil, whisk approximately 1/3 of it into the egg and flour mixture and blend completely. Pour the egg mixture in to the saucepan with the rest of the milk.

Whisk constantly until the custard thickens. As it thickens, the custard will go through a lumpy stage. Although you should not be alarmed, you should increase the speed of your stirring. Continue to stir vigorously, and it will smooth out and thicken just before coming to a boil. Allow pastry cream to boil for approximately 1 minute, stirring constantly. Remove the pastry cream from the heat and immediately pour it into a clean mixing. Fold in the butter until melted. Do not over mix, as this will thin the custard. Cover by placing plastic wrap on the surface of the custard. Chill over an ice bath. Remove the vanilla bean just before using the pastry cream.

Yield: 3 ½ pints

## **Strawberry Napoleon**

Servings: 10

### **Ingredients**

3-4in x 15in strips puff pastry, docked and baked

1 pint pastry cream

1 qt fresh strawberries sliced

1 pint crème chantilly

Brown sugar glaze, as needed

1 oz dark chocolate, melted

### **Instructions**

Allow the puff pastry to cool completely before assembling. Place a strip of puff pastry on a cake cardboard for support. Pipe on a layer of pastry cream, leaving a clean margin of almost ½ inch on all four sides. Top the cream with a layer of berries.

Spread a thin layer of crème chantilly and top with a second layer of puff pastry. Repeat the procedure for the second layer of puff pastry and chill. Prepare the basic sugar glaze. Place the melted chocolate into a piping cone. When ready to glaze, place the third trip of puff on an icing rack, flat side up. Pour the basic sugar glaze down the length of the pastry and spread evenly with the metal cake spatula.

Allow the excess to drip over the sides. Immediately pipe thin

lines of chocolate across the glaze. Use a toothpick to pull a spider web pattern in the glaze. Chill to set the glaze, then place the top in position on the napolean.

## **Death Bars**

### **Ingredients**

1lb Butter  
2 ½ Cup Brown Sugar  
2 ½ Cup Sugar  
6 Eggs  
1 tbsp Vanilla  
6 ¾ Cup AP Flour  
1 tbsp Baking Soda  
1 tbsp Salt  
1lb Mini Marshmallows  
6 Cups Chocolate Chips

### **Instructions**

Cream together butter and sugars. Add Eggs and Vanilla, mix thoroughly. Add all remaining ingredients and beat well. Scrape bowl to insure even mixing. Spread onto a greased 18x26 sheet pan. Bake at 300F for 25-30 minutes.

## **Friday: Baking**

### **Decorator's Frosting**

### **Ingredients**

28 oz powdered sugar, sifted  
5 oz shortening  
3 oz water  
1 ½ tsp vanilla

### **Instructions**

Cream sugar and shortening in a mixer bowl for 1 minute at low speed. Scrape down the bowl: continue beating at medium speed for 2 minutes. Add water and vanilla slowly to creamed mixture while

beating at low speed. Scrape down the bowl; continue beating at medium speed until smooth.

Yield: 1 quart

## **Banana Nut Bread**

### **Ingredients**

2 ½ fluid oz margarine  
6 ½ oz granulated sugar  
2 ¼ oz eggs (about 5 total)  
6 ½ oz bananas, mashed  
½ lb all-purpose flour  
1 tbsp baking powder  
½ tsp salt  
1/8 tsp baking soda  
2 oz pecans or walnuts, chopped  
1/8 cup milk

### **Instructions**

Cream margarine and sugar on medium speed for 5 minutes, using flat beater. Add eggs to creamed mixture. Beat 2 minutes. Add bananas. Beat 1 minute. Combine dry ingredients and nuts. Add dry ingredients and milk to creamed mixture. Mix on low speed for 1 minute. Scale batter into four greased loaf pans, approximately 2 lb per pan. Bake at 350F for 50 minutes. Cut 16 slices per loaf.

Yield: 1 loaf-5 x 9 inches