

School of Cooking

Martin's

Chef-in-Training Camp

Hosted by Chef Greg Beachey

June 15-19, 2009

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

1 oz cake flour
3 oz granulated sugar
1/4 qt milk
3 egg yolks
1 vanilla bean, split
0.5 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.

Sweet Tart Dough

Ingredients

3 oz. unsalted butter -- softened
2.5 oz. Powdered sugar
2 oz Egg yolks
1 Whole egg
7 oz. All-purpose flour

Instructions

Cream the butter and powdered sugar in a large mixer bowl using the paddle attachment. Combine the egg yolks and whole eggs. Slowly add the eggs to the creamed butter. Mix until smooth and free of lumps, scraping down the sides of the bowl as needed. With the mixer on low speed, slowly add the flour to the butter-and-egg mixture. Mix only until incorporated; do not overmix. The dough should be firm, smooth and not sticky. Dust a half-sheet pan with flour. Pack the dough into the pan evenly. Wrap well in plastic wrap and chill until firm. Work with a small portion of the chilled dough when shaping tart shells or other products.

Fresh Berry Tart

Ingredients

As needed, tart shells Sweet Tart Dough -- fully baked
2 cups Pastry cream
1 pint Fresh berries such as strawberries, blackberries, blueberries or raspberries
Apricot glaze -- as needed

Instructions

Fill the cool tart shell with Pastry Cream. Arrange the berries over the Pastry Cream in an even layer. Be sure to place the berries so that the Pastry Cream is covered. Heat the apricot glaze and brush over the fruit to form a smooth coating.

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 napoleon.

Friday: Baking

Death Bars

Ingredients

1/2 lb Butter
1 1/4 Cup Brown Sugar
1 1/4 Cup Sugar
3 Eggs
1/2 tbsp Vanilla
3 3/8 Cup AP Flour
1/2 tbsp Baking Soda
1/2 tbsp Salt
1/2lb Mini Marshmallows
3 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.

Decorator's Frosting

Ingredients

28 oz powdered sugar, sifted
5 oz shortening
3 oz water
1 1/2 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

Scotcheroos

Ingredients

2 Cups Sugar
2 Cups Corn Syrup
2 Cups Peanut Butter
12 Cups Rice Krispies
2 ½ Cups Choc Chips
1 ½ Cups Butterscotch bits

Instructions

Cook Sugar & Corn syrup over moderate heat, stirring frequently until it boils. Remove from heat. Stir in peanut butter, add rice krispies, stir until coated. Press into greased 18 x 26 pan. Melt chocolate and butterscotch chips together, stirring until well blended. Spread evenly over rice krispies mixture.