

Caesar Salad

Ingredients:

The Dressing

6 anchovy fillets packed in oil,
drained

1 small garlic clove

Kosher salt

2 large egg yolks

2 tablespoons fresh lemon juice,
plus more

¾ teaspoon Dijon mustard

2 tablespoons olive oil

½ cup vegetable oil

3 tablespoons finely grated
Parmesan

Freshly ground black pepper

The Salad

Croutons

3 romaine hearts, leaves separated

Parmesan, for serving

Method

1. Chop together anchovy fillets, garlic, and pinch of salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl
2. Add dijon, oil, lemon juice and stir just enough to make it come together
3. Add eggs and whisk until dressing is thick and glossy. Whisk in Parmesan.
4. Gently toss the lettuce, croutons, and dressing, then top off with the shaved Parmesan
6. Crack black fresh pepper and place on serving plate

Bananas Foster

Ingredients:

¼ cup (½ stick) butter

1 cup brown sugar

½ teaspoon cinnamon

¼ cup banana liqueur

4 bananas, cut in half lengthwise,
then halved

¼ cup dark rum

4 scoops vanilla ice cream

Method

1. Cut bananas lengthwise then in half then set aside
2. Melt butter in pan and add sugar with cinnamon, stir until dissolved
3. Add bananas and cook until sugar caramelizes
4. Add rum with liquor and set ablaze
5. Serve over vanilla ice cream

10TH ANNUAL
CULINARY WEEK

Anderson University Center
April 2-6, 2018



Following the way
food evolves as
populations migrate.



TABLE SERVICE

Hosted by:
Frank Montes





Steak au Poivre

Ingredients:

- | | |
|--|--|
| 4 (3/4- to 1-inch-thick) boneless beef top-loin (strip) steaks (8 to 10 oz each) | 1 tablespoon vegetable oil |
| 1 tablespoon kosher salt | 1/3 cup finely chopped shallots |
| 2 tablespoons whole black peppercorns | 1/2 stick (1/4 cup) unsalted butter, cut into 4 pieces |
| | 1/2 cup Cognac or other brandy |
| | 3/4 cup heavy cream |

Method

1. Melt butter in the pan with oil and add shallots, cook until tender
2. Add steak and brown on both sides
3. Add peppercorns and stir until aromatic
4. Add cognac and set ablaze
5. Add heavy cream and allow to reduce by one third
6. Season with salt and pepper to taste
7. Serve as is or over any kind of hot side

Chicken Marsala

Ingredients:

For the chicken:

- 1 cup all-purpose flour, divided
- 1 teaspoon kosher salt
- 4 large boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 2 tablespoons unsalted butter

For the Marsala sauce:

- 2 tablespoons unsalted butter, as needed
- 1 pint (8 ounces) cremini mushrooms, quartered
- 2 cloves garlic, minced
- 3/4 cup dry Marsala wine
- 3/4 cup low-sodium chicken broth
- 1/4 cup heavy cream

Method

1. Dust chicken in flour and set aside
2. Add oil and chicken to hot pan and brown chicken on both sides
3. Place chicken off to side on serving dish
4. In the same pan add other butter, garlic and stock
5. After the liquid has reduced, add the mushrooms
6. Add wine and reduce again
7. Stir in heavy cream
8. Season with salt and pepper to taste
9. Serve over any kind of hot side or serve with salad