

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Team: The Delicious Duo Contemporary Breakfast Classics



1 loaf whole wheat bread	1 head garlic	
8 eggs	6 oz shallots	
16 oz fresh basil leaves	6 oz sour cream	16 oz honey
2 oz dried oregano	1 lb lemons	6 oz walnuts
¼ cup salt	3 oz fresh dill	2 tsp vanilla extract
¼ cup pepper	16 oz skim milk	1.5 lbs fresh peaches
16 oz olive oil	1 stick butter	1.5 lbs granny smith apples
16 oz smoked salmon	1 cup whole wheat flour	½ cup powdered sugar
2 large bunches kale	1 cup all purpose flour	½ cup light brown sugar
2 lbs red tomatoes	8 oz low-fat vanilla yogurt	4 oz low moisture, part skim mozzarella

Savory French toast with Fresh Herbs, Broiled Tomatoes, Sautéed Kale with Toasted nuts, Smoked Salmon, and Lemon-Dill Sauce

1. Slice the bread and cut on the diagonal, set aside
2. Beat 2 eggs together, add chopped basil, dried oregano, milk, salt and pepper. Dip bread slices into egg mixture and set aside
3. Preheat oven to broil setting, slice red tomatoes and place on baking sheet. Sprinkle salt and pepper, drizzle with olive oil. Broil until wrinkled and a little color appears on the edges
4. Toast nuts until golden brown in a pan over medium heat.
5. Mince garlic and slice shallots, heat sautee pan, add olive oil, then shallots and garlic. Sauté kale until wilted and cook, adding the dried oregano, salt and pepper to taste. Keep warm in oven until needed, sprinkle in nuts when serving.
6. Cook bread slices on the stove until golden brown and crispy on the edges, top with cheese and melt in the oven or under a salamander. Keep warm in the oven until needed.
7. Heat ½ cup milk on the stove in a heavy bottomed saucepan until warm. Beat cornstarch and a little bit of milk together until the cornstarch is dissolved, slowly add to the warm milk and whisk with a whisk until thickened. Squeeze in the juice of 1 lemon, add salt and pepper to taste. Add a touch of honey and the chopped fresh dill Remove from heat and quickly whisk in one egg yolk, separated. Add 1 tbsp of butter, whisk to combine and set aside until needed.
8. Take ¼ cup sour cream and stir in 1 tbsp chopped fresh dill.
9. Slice bread slices into triangles, set on the bottom on the plate, place broiled tomatoes and sautéed kale on top of bread. Top with smoked salmon and dill sour cream and/or lemon dill sauce.

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Whole Wheat Dutch Baby Pancake with Fresh Sliced Peaches, Sauteed Granny Smith Apples, and Vanilla-Honey Yogurt

1. Preheat oven to 350 degrees F.
2. Slice fresh ripe yellow peaches and set aside.
3. Mix $\frac{1}{4}$ cup honey with the vanilla yogurt, set aside.
4. Dice 2 peeled green apples, sautéed in a pan with $\frac{1}{2}$ tbsp butter until semi soft, add in $\frac{1}{4}$ cup brown sugar, cook until sugar is melted. Keep warm in the oven until needed.
5. Butter a skillet, muffin tin, or ramekins, set on a baking sheet and heat in the oven until the batter is prepared.
6. Beat 4 eggs together, add $\frac{1}{2}$ cup of milk, $\frac{1}{6}$ cup of whole wheat flour, and $\frac{5}{6}$ cup AP flour (1:3 ratio), splash of vanilla, and a touch of honey.
7. Pour batter into hot pans and bake, approx 15-20 min. until puffed and golden brown, serve immediately.
8. Garnish by dusting on powdered sugar, placing fruit on top and drizzling with yogurt sauce.