

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Team: Zucchini Squashers Salmon and Asparagus Egg Roulade



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| 2 large eggs, separated | 1 medium (or 3 small) potato(s) |
| 4 Tbsp unsalted butter | 3 Tbsp vegetable oil |
| 6 Tbsp all-purpose flour | 1 tsp rosemary |
| 1 ¼ cup skim milk | 1 tsp thyme |
| 1 Tbsp kosher salt | 2 cloves chopped garlic |
| 1 Tbsp ground pepper | 3 strawberries |
| 1 Tbsp salt | 3 raspberries |
| 4 oz boneless skinless salmon fillet | 6 blueberries |
| 6 stalks asparagus | 1 Tbsp plain yogurt |
| 2 Tbsp goat cheese | 1 lemon |
| 2 tsp dill | 1 tsp honey |

Preheat the oven to 350 degrees F. Line a buttered small jelly roll pan or brownie pan with parchment paper. Butter the paper, dust with flour, and tap out the excess. Melt 2 ½ tablespoons of the butter in a small saucepan over medium-high heat. Add 3 tablespoons of the flour and cook, stirring, for 3 minutes. Whisk in ¾ cup of the milk, and bring to a boil. Simmer on medium for 2 minutes. Transfer to a large bowl and whisk in the egg yolks 1 at a time. Season with the salt and pepper. Beat the egg whites until soft peaks form. Stir 1/3 of the whites into the yolk mixture and fold in the rest. Pour the batter into the bottom of the prepared pan and smooth gently with a metal spatula. Transfer to the oven and cook until golden and firm to the touch, about 15 minutes.

While the egg sponge cooks, add 1 tablespoon vegetable oil to a frying pan. Cook the salmon over medium heat, seasoning with salt, pepper, and dill weed.

Boil a pot of water. Add the asparagus and cook for 2-3 minutes. Microwave potatoes in a little bit of water for 5 minutes. Add ½ tablespoon vegetable oil and ½ tablespoon butter to a frying pan. Add the garlic and potatoes and cook until softened, seasoning with salt, pepper, rosemary, and thyme.

Increase the oven heat to 375 degrees F. Cover the egg sponge with a buttered piece of parchment paper, buttered side down and invert onto a work surface. Peel off the paper from the top. Sprinkle 1 tablespoon of the goat cheese over the sponge, leaving a 1/2-inch border on all sides. Arrange the salmon and asparagus on top. Place a flat baking sheet next to the sponge. Starting with 1 of the longer sides, use the parchment to help roll the sponge up in jelly roll fashion. Carefully roll onto the baking sheet pan. Return the roulade to the upper third of the oven and bake until the cheese has melted, 8 to 10 minutes. While the roulade cooks, melt ¼ tablespoon butter in a small saucepan over medium heat. Add ½ tablespoons of the flour and stir. Whisk in ½ cup milk and bring to a boil, then immediately lower to a simmer. Add goat cheese to taste and let the sauce cook to thicken.

Juice half of the lemon into a small bowl. Arrange the berries on a plate. Combine the plain yogurt and honey with the lemon juice and drizzle over the berries. Use a serrated knife to cut crosswise into slices. Plate the slices and drizzle the goat cheese sauce over them. Serve with the potatoes and berries.