

MASTER CHEF NYU



The Ultimate Cooking Showdown!



The Freedom Fries
Chicken, Spinach & Mushroom Crepe with
Lassi and Homemade Energy Bar

Ingredients:

Crepe:

½ cup all-purpose flour
½ cup whole wheat flour
¼ Tsp Kosher salt
3 large eggs
1 cup skim milk
2 Tbsn melted butter

Crepe Filling:

2 chicken breasts
1 cup fresh spinach
1 cup mushrooms (shiitake)
2 garlic cloves
Fresh basil
Red pepper flakes
Extra virgin olive oil
Fresh mozzarella cheese
Parmesan cheese
Ground black pepper

Sauce:

2 Tbsn balsamic vinegar
1 Tbsn EVOO
½ Tbsn Sugar
Salt and Pepper

Lassi:

32 oz nonfat plain yogurt
32 oz water
2 Tbsn Sugar
2 heafy handfuls of berries
Cardamon seeds
Chopped walnuts to top

Homemade Energy Bar:

1 cup rolled oats
½ cup wheat germ
½ cup oat bran
½ cup vanilla protein powder
1 cup crunchy peanut butter
1 cup raisins or dried fruit (chopped)
1 cup light Karo syrup

Instructions:

Crepes:

1. Sift the all purpose flour into a bowl; stir in the whole wheat flour
2. Make a well in the center of the flours. Add the salt and half of the milk, whisking to make a smooth batter.
3. Whisk in the eggs. Stir in half of the remaining milk and the melted butter
4. Put batter in freezer for ten minutes
5. Just before cooking, stir in the remaining milk, adding more if necessary, so that the batter is the consistency of thin cream.
6. heat an 8" crepe pan or skillet over med-high heat. Sprinkle a few drops of water on the pan; if they sizzle, the pan is ready to use. Brush with the clarified butter.
7. Using a ¼ cup measure fill it with batter and pour it into the skillet. Immediately pick up the pan and tilt and swirl it so that the batter covers the entire bottom of the pan. Pour any excess batter back into the bowl.
8. Loosen the edges of the crepe with a metal spatula and quickly flip it over.
9. cook on the other side until lightly golden (usually less than a minute) and slide it out onto a plate. Repeat with the remaining batter.

Crepe Filling and Sauce:

1. Sautee chicken cubes in EVOO
2. When chicken is almost cooked, add mushrooms
3. After mushrooms cook, add tomatoes
4. When mixture is cooked, add spinach, cheese, and spice. Mix well until cheese melts and spinach wilts
5. Combine sauce ingredients, stir well and add to mixture
6. Wrap mixture in Crepes. Garnish with spinach and parmesan

Lassi:

1. Combine yogurt, water, sugar, berries, and cardamom seeds in blender or food processor. If blender is not large enough, only blend the berries and mix the rest of the ingredients in large bowl.
2. Pour into glasses and garnish with walnuts and mint (optional)

Homemade Energy Bar:

1. Mix it all well. Freeze in bar shapes.