

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Charisma

Chicken Scampi with Baked Apple Dutch Baby Pancakes and Spinach Salad with Spiced Walnuts and Raspberry Vinaigrette

Ingredients:

Baked Apple Dutch Baby Pancakes:

1 ½ Tbs. whipped unsalted butter
¾ cup skim milk
¾ cup all purpose flour
4 eggs
1/3 cup of honey
¼ tsp ground cardamom
1 tsp vanilla extract
1 cup pecans
1/8 tsp salt
2 Granny Smith apples
1 Tbs confectioner's sugar
1 cup fat free vanilla yogurt
¼ cup maple syrup
1 cup mixed berries

Spinach Salad with Spiced Walnuts:

1 ½ pounds spinach
1 Tbs honey
2 tsp extra virgin olive oil
2 cups walnut halves
2 Tbs sugar
1 tsp coarse salt
1 tsp ground cumin
½ tsp ground coriander
1/8 tsp cayenne pepper
3 oz low fat honeyed goat cheese
½ cup raisins

Chicken Scampi:

4 cups whole wheat pasta
1 garlic bulb
5 Tbs extra virgin olive oil
1 cup mushrooms
¼ cup yellow bell pepper
¼ cup green bell pepper
2 cups pounded and cubed raw chicken
1 lemon
2 Tbs cup fresh basil
salt
pepper
parsley
scallion

Raspberry Vinaigrette:

¼ cup raspberries
2 Tbs freshly squeezed lemon juice
2 Tbs raspberry or red-wine vinegar
½ tsp extra virgin olive oil
Salt and freshly ground black pepper

Instructions:

Baked Apple Dutch Baby Pancakes

1. Heat oven to 400. Heat a well seasoned 10 inch cast-iron skillet over high heat. Add butter. When melted, add apple wedges. Cook until softened and lightly golden, about 2 minutes. Stir in honey and cardamom, and remove skillet from heat.
2. In a separate bowl, whisk together remaining ingredients, except toppings/garnish, until smooth. Pour over apple mixture. Bake until puffed and brown, about 20 minutes. Slide pancake onto a serving platter. Serve immediately, cut into wedges, garnished as desired.

Chicken Scampi

1. Put olive oil, spices, and chicken into a frying pan. Cook chicken until almost done—add mushrooms and bell peppers. Sauté. Add lemon juice. Fold in cooked pasta. Simmer, garnish, and serve.

Spinach Salad with Spiced Walnuts

1. In a large nonstick skillet, heat honey, oil, and 1 Tbs water over medium heat. Add walnuts; toss to coat.
2. Sprinkle the sugar, salt, cumin, coriander, and cayenne over the nuts. Cook, tossing and stirring until the nuts are well coated and lightly browned, 2 to 3 minutes. Transfer to a baking sheet to cool completely.
3. Wash and pat spinach dry. Put in medium sized bowl.
4. Break/ crumble goat cheese into pea sized pieces. Sprinkle onto spinach. Add ½ raisins to spinach.
5. Once walnuts have cooled completely, add to salad. Toss gently. Present with dressing on side or drizzled over top.

Raspberry Vinaigrette

1. Using a wooden spoon, push raspberries through a handheld wire strainer to puree.
2. In a medium bowl, whisk together 2 Tbs raspberry puree, lemon juice. Vinegar, and sugar.
3. In a slow but steady stream, whisk in olive oil until emulsified. Season with salt and pepper. Vinaigrette can be made 1 day in advance and stored in an airtight container in the refrigerator.