

MASTER CHEF NYU



The Ultimate Cooking Showdown!



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'Steak and Eggs'

Ingredients:

'Steak'

- 5-7oz filet of Salmon, with skin if possible
- 1.2 L Olive Oil
- 1 Shallot
- 12 Valencia Oranges (2 cups of juiced oranges)
- 2 Tbsp shaved ginger (1 small root or just ginger)
- 1 Tbsp Brown Sugar
- Salt
- Pepper
- ¼ lb chopped almonds
- ½ L Red Wine Vinegar
- 3 cups Sugar

'Nest'

- 4 Eggs
- Few Spears of Asparagus
- 1 Avocado
- 3 Lemons
- 3 Tbsp Butter
- 3 Tbsp Cream
- Ice

Instructions:

'Steak'

Marinade:

1. Sweat Shallots with olive oil
2. Combine marinade ingredients in pot
3. reduce half
4. Put in ice bath (keep aside ¼)
5. Add Salmon to marinade (30 minutes)

Fish:

1. Process almonds (with spices)
2. Partially broil Salmon (Skin side up)
3. Remove from oven and flip over
4. Add almond crust and extra glaze to non-skin side
5. Replace into Oven skin side down

Sauce:

1. Combine and reduce sugar, orange juice, orange zest and red wine vinegar

'nest'

1. Super thin julienned asparagus shafts quickly roasted with olive oil, salt, pepper
2. Either water-bathed eggs in oven or pan cooked thin and thinly sliced
3. 'noodles' mixed; place 'egg' accordingly