

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Manchiladas:

Salmon Wrapped Poached Eggs with Sweet Potato Fries

Ingredients:

- 1/2 cup sour cream
- 1/4 cup olive oil
- 1/8 tablespoon chopped fresh tarragon
- 1/8 teaspoon salt
- 1 small red onion,
- 2 ripe California avocados thinly sliced
- 3 tablespoons fresh lemon juice
- 4 individual brioches or English muffin halves, sorrel or arugula,
- 1/4 teaspoons distilled white vinegar
- 4 large eggs
- 1/4 lb thinly sliced smoked salmon
- Garnish: chopped fresh chives (if available)
- 4 sweet potatoes, cut into large French fries
- 1 tablespoon water
- 1 pinch salt and pepper, various seasoning (Italian)
- 2 tablespoons olive oil

Instructions:

Salmon Wrapped Poached Eggs

- Halve and Peel 2 avocados, then thinly slice
- Toast bread until slightly browned, season with salt and pepper
- Soak red onion in cold water for ten minutes, slice into round slices
- Poach Egg, add vinegar to gently boiling water to help whites coagulate faster
- season egg with seasoned pepper and basil
- Top toasted brioche or English muffin with avocado, onion
- Wrap poached eggs with smoked salmon and place on bread

Sweet Potato Fries

- Preheat the oven to 400 degrees F (200 degrees C).
- Place the cut sweet potatoes into a microwave-safe dish with the water. Cook on in the microwave for 5 minutes on full power. Drain off liquid, and toss with Italian seasoning, lemon pepper, salt, pepper, and olive oil. Arrange fries on a baking sheet in a single layer.
- Bake for 30 minutes, turning once, or until fries are crispy on the outside.