

# MASTER CHEF NYU



## The Ultimate Cooking Showdown!



### Spicy Girls: Post Colonial Omelette

#### Ingredients:

##### Banana Apple Chutney

½ banana (preferably slightly green) – chopped (15th Century Portuguese)  
¼ granny apple – diced (yes, we know this apple is from Washington state but in keeping with our theme – think of the British colony of New York)  
1/8 C reduced balsamic vinegar  
¼ C spiced walnuts

##### Dry-Rubbed Spicy Chicken Breast

Dry Rub: curry, cumin, salt, black pepper: paprika, ginger, allspice, cayenne (In 1583, Queen Elizabeth I dispatched the ship Tyger to the Sub-continent to exploit opportunities for trade.)

##### Grilled Spicy Chicken & Apple Omelets

1 C grilled spicy chicken breast, diced  
1 medium apple, diced  
¼ C spring onion  
Sauté shallots  
3 eggs  
olive oil for greasing pan  
Salt, Pepper

##### Spinach Salad with Sweet Potato Crisps and Vinaigrette Dressing

2 C Fresh baby spinach  
10 “rings” red onion  
1 sweet potato – sliced very thin and sprinkled with dry rub (part of the extensive New World exports after Spanish conquest of Mexico in 1521)  
1 clove garlic – minced

##### Vinaigrette

Juice of ¼ orange  
Balsamic vinegar  
Kosciusko (like the bridge and the good who fought our colonial war) Mustard Garlic Marinated Olive Oil (reserve some for toast)  
Salt, pepper and plus pinch of sugar

##### Berry Tofu Shot

½ C fresh strawberries,  
banana  
½ C blueberries,  
3 ice cubes  
Tofu

#### Instructions:

*Recipe subject to coup d'etat*

##### Dry-Rubbed Spicy Chicken Breast

1. 1 boneless chicken breast (not skinless, you want to cook it first with skin on to give it moisture and taste. [Because, let's admit it, chicken is boring and not very post colonial])
2. Rinse & pat dry chicken breast, roll in spice mixture: let chicken rest
3. Grill, cool, remove skin

##### Banana Apple Chutney

1. Add strawberry puree to taste
2. Mix well

##### Grilled Spicy Chicken & Apple Omelets

1. Separate eggs: beat whites until very foamy. Add two yolks and continue beating:
2. Pour eggs in greased pan, cover and cook until set.
3. Add chicken and apples, fold over omelet.

##### Spinach Salad with Sweet Potato Crisps and Vinaigrette Dressing

1. Mix spinach and onion, dress liberally (in the best post-colonial sense) with vinaigrette
2. Heat oil in non-stick pan, add seasonings & garlic, cook until golden, remove garlic & drain on towel paper
3. Add sweet potato; browning & turning frequently: once crisp on both sides, drain on towel paper & place hot on greens for immediate service

##### Berry Tofu Shot

1. Blend ½ C fresh strawberries, banana & ½ C blueberries, 3 ice cubes with tofu to taste (add sugar if needed)
2. Serve very chilled in shot glass – garnished with finely diced apple

##### Garlic Toast

Toast 4 slices Italian bread  
Brush with garlic marinated olive oil.