

MASTER CHEF NYU



The Ultimate Cooking Showdown!



The Cast Irons: Trio Brunch

Section 1

Whole Wheat French Toast topped with Fresh Berry Compote and Toasted Walnuts

Section 2

Poached Egg over a Nest of Sautéed Asparagus and Caramelized Shallots

Section 3

Avocado Citrus Salad

Ingredients:

4 eggs
2 slices wheat bread
1 cup walnuts
2 cups strawberries
Olive oil
1 bunch Asparagus
1 shallot
2 avocados
2 oranges
Balsamic vinegar

Instructions:

Section 1

(French toast) Crack egg and add a dash of salt. Whip until blended completely. Heat your pan and add ½ tsp olive oil. Dip your whole-wheat toast in your egg and place in heated sauté pan. Turn when browned. Slice and plate. (Compote)-Heat berries and 1 oz water in a small pan stir and heat to thick consistency. (Toasted walnuts) toast on tray for 3min be careful not to burn.

Section 2

(Asparagus) Trim, blanch and shock asparagus. Return to boiling water until soft enough to eat but not mushy. Finish by sautéing with 1 t garlic and 1 t olive oil. (Shallots) Heat your sauté pan. Add 1t olive oil. Add shallots. Let them caramelize in your pan. Salt and pepper to taste.

(Poached egg) Gently crack your egg in simmering water. Cook until egg whites are firm. Gently remove and serve immediately.

To plate- Place your sautéed asparagus and shallots on your plate in a nest form and then top with poached egg.

Section 3

(Avocado) Carefully remove ripe avocado from flesh. Remove pit and slice avocado. Try and keep the integrity of the shape. (Orange) Peel orange. Cut into orange segments.

To plate- carefully fan out your avocado and orange-1 slice orange, 1 slice avocado total 3 slices each product. Crack you salad with fresh sea salt and pepper. Drizzle 1 T olive oil and t balsamic vinegar.