

## OSUIT Cowboy Chef's Table Lunch and Learn Recipe Packet

My menu today is very eclectic. I chose dishes that were based on and inspired by my experiences through my time as a culinary student at OSUIT and through the early part of my career. I love how food always carries such deep-seated memories for everyone. Certain flavors or dishes can instantly take you back to the first time you experienced that dish. Culinary school is all about introducing culinary students to experiences that will grow them for their future careers. It is an honor to share these experiences with you today. Enjoy!

Chef Sarah Leavell

### Amuse Bouche

Maple-serrano waffle dip with salted chicken skin chips

### Salad

Strawberry, watercress, black pepper-pistachio dust, house ricotta, preserved lemon oil and balsamic reduction

### Entrée

Coriander-Chile Rubbed Beef Shoulder Tender  
butternut squash puree, haricot vert, blistered cranberry salsa, salted pepitas

### Dessert

Butter-Pecan Cake and Porter Peach Panna Cotta  
candied Oklahoma pecan crumble, brown sugar cream, Porter peach coulis, micro mint

### Bread and Butter

Handmade "everything" rolls with whipped butter

## Amuse Bouche

Amuse bouche means “amusing bite” in French. Typically, it is a very small appetizer that is served at the beginning of the meal. These are usually chefs’ choice creations and are considered a gift from the kitchen/chef. Amuse bouche are served to wake up the palate prior to the other courses being served.

### Makes 4-8 small appetizers

#### Maple Cream Cheese

4 ounces cream cheese room temperature

2 tbs real maple syrup

Salt to taste

- Whip the cream cheese and maple syrup together until well combined
- Season to taste with salt

#### Quick Pickled Serrano Peppers

¼ cup apple cider vinegar

¼ cup water

2 tbs sugar

1 tsp pickling spice

¼ cup fresh serrano peppers sliced thin on a bias

- Place all the ingredients except the serrano peppers in a small sauce pan and bring to a simmer
- Place the serrano peppers in a heat proof container
- Pour the hot liquid mixture over the serrano peppers and allow the mixture to sit in the refrigerator for one day before use

#### Waffle Crunch

1 day old/leftover waffle

1 tbs real maple syrup

- Preheat an oven to 350 degrees Fahrenheit
- Crumble the waffle up into small bread crumb size pieces
- Toss the crumbled waffle in a small bowl with the maple syrup until coated
- Toast the waffle crumbs for 6-10 minutes in the oven until they are light brown and crunchy

#### Salted Chicken Skin Chips

Skin from 4 chicken thighs (some butchers may have the skin available for sell on its own if you ask the meat counter)

Frying oil as needed

Salt as needed

- Pat the chicken skins completely dry
- Heat the frying oil in a deep fryer or a deep heavy bottomed pan to 350 degrees Fahrenheit
- Carefully fry the chicken skins in the heated oil until they are brown and crispy, they will puff up a little like a pork rind while they are cooking
- Season to taste with salt

#### To Assemble the Amuse Bouche

- Pipe or scoop the maple cream cheese onto small plates
- Sprinkle the waffle crunch over the maple cream cheese
- Garnish the maple cream cheese with a few slices of the quick pickled serrano peppers
- Stick 1-2 pieces of the salted chicken skin chips into the maple cream cheese and serve

## Salad Course

This salad recipe could be modified to use any of your favorite fresh fruits and berries. Try adding grilled chicken to this salad to create an entrée.

### Makes 4 small salads

#### Black Pepper-Pistachio Dust

½ cup toasted pistachios ground fine

Fresh cracked black pepper to taste

- Mix the pistachios and cracked black pepper

#### House Ricotta

1 tsp citric acid

2 tbs cool water

½ gallon whole milk

½ tsp salt

1 tbs heavy cream

- Dissolve the citric acid in the cool water
- Stir the citric acid mixture into the milk
- Add the salt to the milk mixture and stir thoroughly
- Place the milk mixture into a large sauce pan
- Place the sauce pan over medium heat stirring constantly until the mixture reaches 185-195 degrees Fahrenheit
- As soon as the curds begin to separate from the watery milky liquid (whey) remove the pot from the heat
- Allow the mixture to sit undisturbed for 10 minutes
- Line a strainer with cheese cloth
- Ladle the cheese curds into the strainer
- Allow the curds to drain for 20-30 minutes or until the whey has stopped dripping from the curds
- Place the drained curds into a bowl and stir in the heavy cream
- Store in an air tight container for 1-2 weeks

#### Preserved Lemon Oil

2 tbs preserved lemon chopped

½ cup olive oil

- Place the preserved lemon and olive oil in a blender and pulse until smooth and combined

#### To Assemble Salad

House ricotta as needed

1-2 bunches watercress (or any salad green of your choice)

Fresh strawberries sliced as needed

Black pepper-pistachio dust as needed

Preserved lemon oil as needed

Balsamic reduction as needed

- Place a scoop/spoonful of ricotta on the plate
- Strip the leaves from the bunches of watercress and place them on each plate
- Place the strawberries over the greens
- Sprinkle the black pepper-pistachio dust over the plate
- Drizzle with the preserved lemon oil and balsamic reduction and enjoy

## Entrée Course

I love using non-traditional ingredients with more traditional dishes. Cranberry and butternut are both not ingredients typically used in Latin American cuisine. Latin American cuisine is known for its use of tart and sweet components in dishes to balance the spiciness or heat of the dish.

### Makes 4 servings

#### Coriander-Chile Rub

1 tbs. brown sugar

2 tsp. coriander

1 tsp. chili powder

¼ tsp. granulated garlic

¼ tsp. onion powder

¼ tsp. cumin

½ tsp. paprika

½ tsp. salt

1 tiny pinch cayenne pepper (optional)

- Mix all of the ingredients together until evenly combined

#### Coriander-Chile Rubbed Beef Shoulder Tender

1-1 ½ pounds beef shoulder tender/teres major (another type of beef steak would work for this too)

Oil as needed

Coriander-Chile rub as needed

- Preheat an oven to 350 degrees Fahrenheit
- Trim any silver skin off the beef
- Butcher the beef into portions
- Coat the beef in a thin layer of oil
- Coat the beef in a thin even layer of the coriander-Chile rub
- Heat a large skillet over medium-high heat and quickly sear the beef portion on each side
- Place the beef on an oiled sheet tray and roast in the oven until the beef reaches the internal temperature of 120-125 degrees Fahrenheit (or desired doneness to suit your taste)
- Allow the beef to rest for 5 minutes after removing from the oven before serving

#### Butternut Squash Puree

1 large butternut squash (peeled, diced and seeds removed)

¾ to 1 cup warm milk

2 tbs to ¼ cup melted butter

Salt to taste

Pepper to taste

- Steam or boil the butternut squash until it is very tender and soft
- Place the butternut squash into a food processor with a little of the milk and butter
- Puree in the food processor until the mixture is thick and smooth (you may need to add more milk and butter as needed to adjust the consistency as needed)
- Season to taste with salt and pepper

### Haricot Vert/Green Beans

1-pound blanched green beans

Oil as needed

Salt as needed

Pepper as needed

- Place a large sauté pan over medium heat
- Add enough oil to the sauté pan to coat the bottom of the pan
- Sauté the blanched green beans until they are warmed through and lightly browned
- Season to taste with salt and pepper

### Blistered Cranberry Salsa

1 cup fresh or frozen cranberries

Oil as needed

2 tbs chopped fresh cilantro

Juice from 1 lime

¼ cup diced onion

1-3 tbs sugar

Salt to taste

- Preheat an oven to 450 degrees Fahrenheit
- Place the cranberries in a bowl and add enough oil to lightly coat them
- Spread the oiled cranberries on a cookie sheet
- Roast the cranberries in the oven for 8-12 minutes or until they began to brown and blister on the outside
- Allow the cranberries to cool completely and then stir in all the other ingredients
- If you want a smoother salsa instead of this chunky version you can puree the salsa in a blender as desired

### Salted Pepitas

¼ cup raw pumpkin seeds/pepitas

Oil as needed

Salt as needed

- Preheat an oven to 350 degrees Fahrenheit
- Place the pepitas in a bowl and add enough oil to lightly coat them
- Spread the pepitas onto a cookie sheet
- Roast the pepitas in the oven for 5-7 minutes
- Season the pepitas to taste with salt

### To Assemble Entrée

- Place a spoonful of the butternut squash in the center of the plate
- Place the beef shoulder tender on top of the butternut squash puree
- Place the haricot vert/green beans next to the beef
- Garnish the entrée with blistered cranberry salsa and salted pepitas

## Dessert Course

I love a Porter peach! Growing up we would pick Porter peaches during the summer and then freeze them to enjoy throughout the year. You cannot go wrong using an Oklahoma pecan in desserts either. This dessert highlights two of my favorite locally grown ingredients.

### Make 4-6 servings

#### Butter-Pecan Cake

1 cup unsalted butter room temperature  
1 ¼ cup brown sugar  
3 eggs  
3 egg yolks  
1 ½ tsp vanilla extract  
½ tsp salt  
1 ¼ cup all-purpose flour  
½ cup pecan flour (you can find this online)

- Preheat an oven to 350 degrees Fahrenheit
- Generously grease a loaf pan
- Place your butter and brown sugar in the bowl of a stand mixer fitted with a paddle attachment
- Beat the butter and sugar together until the mixture is creamy and well combined
- In a separate bowl combine the eggs, egg yolks, vanilla extract, and salt
- With the mixer running on low slowly add the egg mixture to the butter-sugar mixture
- You may need to stop and scrape the bowl down as needed
- When all the egg mixture is added to the mixer bowl, increase the mixer speed to high and beat for 1 more minute
- In a separate bowl combine the all-purpose flour and pecan flour together
- Reduce the mixer speed down to low and slowly add the flour mixture to the mixer bowl a little at a time until the flour is completely combined
- Scrape the mixer bowl down as needed
- Pour the batter into prepared pans
- Bake in preheated oven for 35-45 minutes or until a toothpick inserted into the middle of the cake comes out clean

#### Porter Peach Panna Cotta

2 tsp unflavored gelatin  
2 tsp cold water  
¼ cup heavy cream  
¼ cup milk  
1 ½ tbs sugar  
½ tsp vanilla extract  
¼ cup pureed peaches

- In a small bowl dissolve the gelatin in the cold water stirring gently, if needed, and set aside (this will eventually set up as a gummy/rubbery texture that is normal)
- In a small saucepan bring the heavy cream, milk, sugar, and vanilla extract to a simmer over medium heat, stirring constantly
- Remove the simmering cream mixture from the heat and immediately add the dissolved gelatin to the warm mixture
- Stir the warm mixture until the dissolved gelatin is completely melted and combined in
- Stir the peach puree into the mixture
- Divide the cream mixture between four small ramekins or fancy glasses as desired
- Set the filled containers of panna cotta mixture onto a sheet tray
- Place the sheet tray in the refrigerator for at least an hour or until the panna cottas are set
- After the panna cottas are set, you can serve them in the containers they are in or follow the optional step below to turn them out onto a plate
- Optional Step: Dip the ramekins into a bowl of hot water for a few seconds and then run a paring knife around the edge of each ramekin and turn them upside down onto a plate to turn them out and unmold them

### Candied Oklahoma Pecan Crumble

1 egg white beaten

½ cup pecan halves or pieces

2 tbs brown sugar

½ tsp. salt

As needed oil for greasing

- Pre-heat an oven to 350 degrees Fahrenheit
- Place the beaten egg white into a bowl
- Add the pecans to the bowl and stir until the egg white has coated the pecans
- Add the sugar and salt to the bowl and stir until the pecans are coated
- Spread the pecans in an even layer on a sheet tray lined with parchment paper and lightly coated in oil
- Toast the pecans in the oven for 6-8 minutes or until they are golden brown
- Cool completely
- Store in an air tight container

### Brown Sugar Cream

1 cup chilled heavy whipping cream

1 tbs. brown sugar

- Place all ingredients into the bowl of a stand mixer and whip to medium peaks

### Porter Peach Coulis

1 cup fresh or frozen peaches diced

Sugar to taste

Lemon juice to taste

- Place the peaches in a small saucepan
- Add sugar and lemon juice to taste
- Bring the mixture to a simmer over medium heat until the peaches are very soft
- Adjust the flavor as needed with additional sugar and lemon juice
- Allow the mixture to cool to room temperature
- Puree the cooled mixture in a blender until it is very smooth

### To Assemble Dessert

- Place a pool of the peach coulis on the plate
- Add a slice of the butter-pecan cake to the plate
- Place the ramekin of panna cotta beside the cake (you can remove the panna cotta from the ramekin if desired following the optional step in the recipe)
- Pipe or spoon the brown sugar cream on top of the cake
- Sprinkle the candied Oklahoma pecan crumble over the dessert
- Garnish with fresh sprigs of mint if desired

## Bread and Butter

My first industry job as a titled chef was as a pastry chef at a fine dining resort. Every Tuesday I would prepare fresh baked bread for the coming week's dinner service. I grew to love those Tuesdays as they were sort of a peaceful start to the busy work week. There is something soothing and relaxing about making bread and I still really enjoy making bread.

### Basic Yeast Dough

¼ cup butter-melted

¼ cup oil

¼ cup sugar

½ tsp. salt

½ cup hot water

1 egg

- Blend together until combined

½ cup warm water

½ tsp. sugar

2 tsp. dry yeast

- Dissolve in separate bowl about 5 minutes until yeast is bubbly
- Add to the first mixture

3 + cups all-purpose flour

- Work 1 ½ cups of flour into the liquid mixture
- Knead 1 ½ + more cups of flour; add the flour a little at a time until dough is no longer sticky and is smooth
- Place dough in a greased bowl and cover tightly with plastic
- Set covered bowl in a warm place and allow dough to rise until the dough has doubled in size (about an hour)
- Punch dough down and turn it in the bowl, recover with plastic. Allow the dough to rise for another 30 minutes
- Shape dough as desired and bake at 375 degrees until the crust is a golden brown and center is no longer doughy

### Everything Topping for Breads

2 tbs. poppy seeds

1 tbs. white sesame seeds

1 tbs. black sesame seeds

1 tbs. dried minced garlic

1 tbs. dried minced onion

1 ½ tsp coarse salt

- Mix all the ingredients together
- Brush the dinner rolls with egg wash and sprinkle with the mixture as heavily as desired
- Bake the dinner rolls according to the recipe's directions
- Serve rolls with whipped salted butter and enjoy

### ***Cookbook Recommendations***

*These are a few of my favorite books that I continue to return to time and again for great recipes and ideas.*

**Simple Desserts**, written by Ken Haedrich, published by Bantam

**Artisan Bread in Five Minutes a Day**, written by Jeff Hertzberg and Zoe Francois, published by St. Martin's Press

**The Perfect Scoop**, written by David Lebovitz, published by Ten Speed Press

**I'm Just Here for More Food**, written by Alton Brown, published by Stewart, Tabori and Chang New York

**Bakewise**, written by Shirley O. Corriher, published by Scribner

**The Organic Seasonal Cookbook**, written by Liz Franklin, published by Love Food

**The Gluten Free Girl and the Chef**, written by Shauna James Ahern and Daniel Ahern, published by Wiley

**The Allergen-Free Baker's Handbook**, written by Cybele Pascal, published by Celestial Arts

**The Food Lover's Companion**, written by Sharon Tyler Herbst and Ron Herbst, published by Barron's

**The Flavor Bible**, written by Karen Page and Andrew Dornenburg, published by Little, Brown

**Notes From the Larder**, written by Nigel Slater, published by Ten Speed Press

**Come in, We're Closed**, written by Christine Carroll and Jody Eddy, published by Running Press

**Made in America**, written by Lucy Lean, published by Welcome Books