各師各法2022 主廚發辦

8月18日

Prepared by Maria Lo (all the information contained on this document is for reference only)

Roasted Tomato Bisque 蕃茄濃湯

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Roasted Tomato Bisque 蕃茄濃湯

Ingredients (for four):

- Grape/Cherry Tomato 600g
- Olive Oil 1 TBSP
- Light Brown Sugar 1 TBSP
- Carrot 1 medium (chopped into cubes same size tomato)
- Shallots 1 (chopped into cubes)
- Garlic gloves 1 (minced)
- Salt & Pepper
- Unsalted butter 1-2 TBSP
- Tomato Paste 1 TBSP
- Chicken stock 1 cup
- Heavy cream/milk ¼ cup
- Basil Leaves (optional)

Roasted Tomato Bisque 蕃茄濃湯

Method

- Mix tomato, carrot, olive oil, brown sugar, shallots, garlic together. Season with salt and pepper
- Baked at 400F for 30 mins
- Use a medium pot, add butter with medium heat. Once butter get melted, add tomato paste and cook for 1-2 min
- Add roasted vegetable & chicken stock
- Bring mixture to boil and lower heat to simmer for 15 min.
- Puree soup using a hand blender
- Add cream/milk to desire thickness.
- Garnish with basil leaves (rolled and sliced) and pepper before serving (optional)

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Tomato Cucumber Salad with Bocconcini

意式蕃茄沙拉

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Tomato Cucumber Salad with Bocconcini
意式蕃茄沙拉

Ingredients:

- Grape/Cherry Tomatoes 1lb (454g)
- Cucumber (same volume as tomatoes)
- Fresh mozzarella pearls 8 oz

Dressing:

- Extra virgin olive oil ¼ cup
- Red wine vinegar 3TBSP
- Minced garlic 1 tsp
- Honey 1 tsp
- Chopped basil 2 TBSP
- Salt & Pepper

Method:

- Mix everything together and marinate for 30 min

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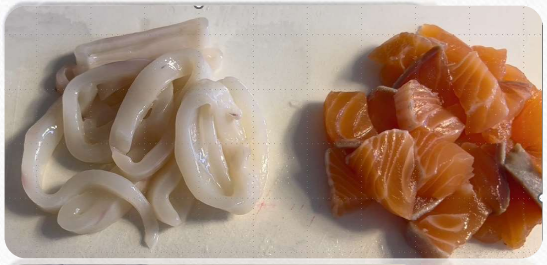
Easy Seafood Rice Skillet
簡易海鮮飯

Easy Seafood Rice Skillet 簡易海鮮飯

Ingredients:

- Bacon 3 pieces, sliced
- Cream of chicken/mushroom soup (any cream soup) 1 can
- ¼ red onion, diced
- Button mushrooms, halved/quartered (can substitute with canned sliced mushrooms)
- Shallot 1, diced
- Garlic clove, minced
- Salmon, diced (can sub with any fillets)
- Squid, sliced
- Scallops
- Cooked clams 8-10
- Frozen mussels 4-6
- Shrimp (marinate with garlic butter)
- Cooked Rice 1 cup (best overnight)



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Easy Seafood Rice Skillet 簡易海鮮飯

Method:

1. In a medium saucepan, cook bacon until grease release.
2. Add garlic, shallot, mushroom and onion to cook. Move mixture aside.
3. Add garlic shrimp to cook. Do not fully cooked.
4. Add salmon cubes and cook.
5. Put cooked seafood on top of mushroom and onion mixture.
6. Add a little bit of olive oil, stir fry squid and scallop. Place mussel meat down to cook.
7. Remove cooked ingredients from saucepan.
8. Add rice to the saucepan and top with cooked seafood.
9. Add cooked clams last.
10. Add can soup over seafood rice and mix all together with ¼ cup of water and gradually add more if needed.
11. Seasoned with black pepper, red chilli flakes and mixed well.

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Baked Stuffed Mussel

焗釀青口

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Baked Stuffed Mussel 焗釀青口

Ingredients:

- Frozen mussel x 10
- Red onion (diced) ¼
- Green pepper (diced) ¼
- Corn ¼ cup
- Shrimp (marinate with garlic butter) (diced) 4 pieces
- Squid (slice and diced) ½
- Garlic powder and black pepper
- Red chilli flakes (optional)
- Grated cheese

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Baked Stuffed Mussel 焗釀青口

Method:

1. Wash mussel and lay over baking tray
2. Prepare all ingredients.
3. Mix onion, pepper, shrimp and squid together. Spoon over to fill up mussel
4. Sprinkle corn on top of stuffing
5. Dust over garlic powder and black pepper
6. Sprinkle some red chilli pepper flakes (optional)
7. Add grated cheese over mussel
8. Bake at 350F for 15-20 mins.

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Bonus Recipe

Almond & Chocolate Chip Biscotti

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Almond & Chocolate Chip Biscotti

Ingredients:

- Sugar 100g
- Unsalted butter 55g
- Whole eggs 1 large
- Vanilla Extract ½ tsp
- Cake & Pastry Flour 205g (if using All Purpose flour, take 1.5 TBSP out and replace with 1.5 TBSP corn starch)
- Baking Powder ½ tsp
- Cinnamon ½ tsp
- Silvered Almonds 65g
- Chocolate Chips 45g
- Instant coffee powder 1tsp
- Zest of ½ orange

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Almond & Chocolate Chip Biscotti

Method:

1. Preheat oven 350F
2. Cream sugar and butter together using mixer and paddle. Speed 4 to mix.
3. Add orange zest and increase to speed 6 to combine until blended.
4. Add egg and vanilla, continue to mix until light and fluffy.
5. At the meantime, sift flour, baking powder, cinnamon together.
6. Add flour mixture to the butter mixture under speed 2 increase to speed 4 to mix.
7. Add coffee powder to butter mixture to combine and ensure everything is completely mixed.
8. Lastly add almonds and chocolate chips together and mix 20 – 30 seconds until speed 6.
9. Roll dough lightly and shape into a 2x12-inch log.
10. Using the scrapper and ruler, flatter the log to 1-inch thick and shape the side.
11. Bake at 350F for 35 min.
12. Let biscotti completely cool down before cutting the log diagonally into thick slices.
13. Bake the cookies again in the oven 325F for 10-15 mins until they are lightly brown.

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