

## WHIPPED FETA – WELCOME APPETIZER

Serves 4

### INGREDIENTS:

8 ounces feta cheese, broken into chunks  
½ cup sour cream or plain Greek yogurt (or both mixed), drained of any additional liquid  
1 small garlic clove, smashed  
2 tablespoons olive oil, plus more for drizzling  
1 teaspoon picked fresh thyme, plus more for garnish  
Kosher salt and freshly cracked black pepper, plus more for topping  
Honey, for drizzling  
12 slices toasted baguette, toasted



### INSTRUCTIONS:

1. Combine the feta, sour cream, garlic, olive oil, and thyme in a food processor and process until smooth, 30 seconds. Season with salt and pepper to taste.
2. Scoop into a bowl, drizzle with olive oil and honey, and sprinkle with thyme and pepper. Serve toasted baguette for dipping.



SALT LAKE  
CULINARY  
EDUCATION

## MIXED GREENS WITH ITALIAN VINAIGRETTE

SERVES 4

### INGREDIENTS:

3 tablespoons balsamic or red wine vinegar  
½ clove garlic, grated on a microplane  
6 tablespoons olive oil  
1 teaspoon minced, fresh herbs  
Salt and pepper, to taste  
Crushed red pepper flake, to taste  
4 cups mixed greens  
½ cup halved cherry tomatoes  
½ cup Ciliegine mozzarella balls  
3 basil leaves, chiffonade

### EQUIPMENT:

1 microplane  
1 cutting board  
1 knife  
1 glass bowl  
1 whisk  
1 salad bowl  
1 pair salad tongs  
4 salad plates

### INSTRUCTIONS:

1. Place the vinegar and garlic in a small bowl. Slowly begin adding the oil while whisking constantly to create a stable emulsion. Add herbs and season to taste with red pepper flakes, salt, and pepper.
2. In a salad bowl, combine greens, tomatoes, and mozzarella and toss with enough dressing to coat evenly. Divide evenly between four plates, sprinkle with basil and fresh pepper, and serve.



## CHICKEN PICCATA

SERVES 4

### INGREDIENTS:

4 boneless, skinless chicken breasts, halved  
Salt and pepper, to taste  
¼ cup all-purpose flour  
1 ½ tablespoon extra-virgin olive oil  
2 tablespoons minced shallots  
1 cup chicken broth  
¼ cup white wine  
¼ cup lemon juice  
2 tablespoons capers  
1 tablespoon unsalted butter

### EQUIPMENT:

1 cutting board  
1 knife  
Plastic wrap  
Meat mallet  
1 large skillet  
1 pair tongs  
1 wooden spoon  
1 citrus juicer

### INSTRUCTIONS:

1. Trim fat from chicken. Place each breast between plastic wrap and flatten them until about 3/8 inch thick. Sprinkle both sides with salt and pepper.
2. Coat both sides of the chicken in a thin layer of flour. Heat a heavy 10-12-inch skillet over medium high and add the olive oil. Once oil is heated, place the chicken in the skillet and cook about 3 minutes. Turn chicken, add lemon and cook for another 2 minutes. Once lemon is browned, set aside on a plate. Once chicken is browned on both sides, set aside with lemons. You may have to do the chicken in batches so that they are not crowded and touching in the pan.
3. Remove excess oil from pan, leaving about 1 tablespoon behind. Turn the heat to medium and add the minced shallots. Cook, stirring until transparent, about one minute. Then add the white wine. Increase the heat to high and add the stock, stirring and scraping the bottom of the skillet with a wooden spoon to dissolve the browned bits.
4. Add the lemon juice and capers and boil until the mixture is reduced, about 3 to 4 minutes. Add any accumulated chicken juices and reduce again. Remove from the heat and swirl in the unsalted butter, if desired. Pour the sauce over the chicken, top with browned lemon slices, and serve!



SALT LAKE  
CULINARY  
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## CREAMY POLENTA

SERVES 4

### INGREDIENTS:

2 tablespoons olive oil  
2 cloves garlic, finely minced  
4 cups chicken or vegetable stock  
1 cup ground polenta  
3 tablespoons unsalted butter  
1 1/2 teaspoons kosher salt  
1/2 teaspoon white pepper  
1/2 - 1 cup heavy cream  
1/4 cup Parmesan cheese, grated

### EQUIPMENT:

1 cutting board  
1 knife  
1 large saucepan  
1 whisk  
1 wooden spoon  
1 serving spoon

### INSTRUCTIONS:

1. Heat olive oil in a large saucepan over medium heat. Add garlic and sauté 1-2 minutes, being careful not to let it burn.
2. Add chicken stock and bring to a boil. Gradually add polenta while whisking to prevent clumps. Cook 8-12 minutes, stirring occasionally, until mixture is creamy and smooth and polenta is cooked.
3. Remove from heat and add salt, pepper and cream and butter. Stir to combine. Taste and adjust seasoning if necessary.
4. Add parmesan cheese and stir in just before serving.



SALT LAKE  
CULINARY  
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**GARLIC ZUCCHINI**  
SERVES 4

**INGREDIENTS:**

1 ½ pounds zucchini, halved lengthwise and sliced into ½ inch half-moon shaped pieces  
3 tablespoons olive oil  
3-4 cloves garlic, minced  
Salt and pepper, to taste

**EQUIPMENT:**

1 cutting board  
1 knife  
1 large bowl  
1 sheet pan  
1 piece of parchment paper  
OR  
1 sauté pan  
1 wooden spoon

**ROASTED:**

1. Preheat oven to 400°F.
2. Place vegetables in a large mixing bowl and drizzle with olive oil. Toss to coat, making sure the veggies are lightly covered with oil. Add the garlic and salt and pepper. Toss again.
3. Line a baking sheet with parchment paper. Place vegetables onto sheet pan and spread into an even layer. Roast for 20-25 minutes, or to desired tenderness. Remove from oven and serve.

**SAUTEED:**

1. To sauté rather than roast, heat a large skillet over medium heat. Once pan is hot, add oil.
2. Add zucchini and sauté until lightly browned.
3. Add a pinch of salt and garlic. Sauté another 1-2 minutes.
4. Season to taste with salt and pepper.



## CITRUS & VANILLA BEAN PANNA COTTA

### INGREDIENTS:

2 vanilla beans, split and scraped, reserving the seeds  
4 cups heavy cream (not ultra-pasteurized)  
3 tablespoons water  
2 1/4 teaspoons powdered gelatin  
1 cup sugar  
1 lemon, zested  
Twists of citrus peel, for garnish

### INSTRUCTIONS:

1. Add the gelatin to the water and set aside to bloom.
2. Meanwhile in a 4-quart saucepan put the vanilla beans and their seeds, the cream, sugar, and lemon zest and stir frequently over medium-low heat to just under a simmer.
3. Add the bloomed gelatin and water mixture to the hot cream and whisk to melt the gelatin.
4. Remove from heat, remove vanilla beans and pour into ramekins or small plastic cups.
5. Cover loosely and refrigerate until set.
6. To serve, dip the ramekin into hot water until it loosens then turn out onto a serving dish and top a twist of citrus peel.

