

MetroCooking DC
The Metropolitan Cooking & Entertaining Show

The Ultimate Foodie Outing!



December 9 - 10, 2017
Washington, DC



SHOP.SIP.SAMPLE

James Beard Stage

Saturday

9 December 2017

Chef Erik Bruner-Yang
11:00am

Chef Guy Fieri
12:00pm

Chef Michael Friedman
1:00pm

Chef Michael Schlow
2:00pm

Chef Victor Albisu
3:00pm

Chef Sherry Yard
4:00pm

STRANGE FLAVOR EGGPLANT

Chef Erik Bruner-Yang

YIELD: 4 TO 6 SERVINGS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
eggplant	cut in half and scored in several places	2	pound
oil, canola		2	ounce
oil, sesame		1	ounce
garlic, fresh	minced	1	head
ginger, fresh	minced	4	ounce
scallion	finely chopped	1	bunch
chile flakes		1	ounce
sauce, soy		3	ounce
sugar, brown, light		3	ounce
vinegar, rice		1	ounce
water, spring	hot	1	bottle

METHOD

1. Preheat oven to 475°F. Cut eggplants in half and score in several places
2. Bake for 25-45 minutes or until the eggplant is fork tender.
3. Remove from the oven, cool to warm, and scrape the pulp into a bowl.
4. Discard the skins.
5. Smash the eggplant into a rustic puree using a potato masher, or by running your knife through the pulp.
6. Combine garlic, ginger, green onion, and red chili flakes in a bowl.
7. Combine soy sauce, brown sugar, rice vinegar, and hot water in a bowl and whisk until smooth.
8. Put your wok on the stove and heat to medium high heat and add vegetable oil.
9. When the oil is hot, add the garlic, ginger, green onion, and red chili flake mixture and cook until fragrant, constantly moving the ingredients around the wok.
10. Stir in liquids and allow the mixture to simmer for 30-60 seconds.
11. Add eggplant puree and stir the entire mixture until heated all the way through.
12. Turn off the heat and stir in sesame oil.
13. Refrigerate overnight. Serve at room temperature with toasted bread slices.

POTATO GNOCCHI

Chef Michael Friedman

YIELD: PORTIONS

METHOD

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
potato, Idaho		2	pound
egg, whole		2	each
cheese, ricotta		4.5	Tablespoon
cheese, Parmesan	grated	3	Tablespoon
oil, olive, extra virgin		1.5	Tablespoon
salt, kosher		2	teaspoon
pepper, black, ground		0.5	teaspoon
flour, all-purpose	plus more for dusting	2	cup

1. Preheat oven to 450°F.
2. Prick the potatoes with a fork, and bake for 1 hour 20 minutes.
3. In a large bowl, mix egg, ricotta, Parmesan, olive oil, salt, and pepper.
4. Once potatoes are out of the oven and cool enough to handle, remove flesh and pass through food mill.
5. While still hot, incorporate potatoes into egg/cheese mixture. Add flour and make a smooth dough.
6. Roll dough into cylinder and cut into four even pieces. Roll the four pieces into cylinders about 18 in. long. Cut those cylinders in half.
7. Take each half cylinder and roll into long tube, about 1/2-inch wide.
8. With a dough scraper, cut gnocchi. Toss with flour and gently place onto a floured sheet tray.
9. Blanch in boiling salted water about one minute (until they float). Shock in ice water.
10. Once cool, toss in olive oil and reserve for service.

GNOCCHI ALLA ROMANA

Chef Michael Friedman

YIELD: PORTIONS

METHOD

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
milk, whole		1	quart
flour, semolina		1.5	cup
cheese, Parmesan	grated <i>plus more for sprinkling</i>	1	cup
butter, unsalted	cut into small cubes	4	ounce
egg, yolk		2	each
salt, kosher		TT	

1. In a saucepan, bring milk to a boil over medium heat
2. While the milk is heating up, butter a sheet tray and keep to the side
3. Preheat your oven to 350°F
4. When the milk is just at a boil, slowly pour the semolina flour in while whisking. The mixture will thicken almost immediately. Continue whisking for 2 minutes, then trade the whisk for a rubber spatula.
5. Add the parmesan and butter to the saucepan and mix well.
6. Take the pot off of the heat and fold in the egg yolks until they are fully incorporated.
7. Pour the mixture into the buttered sheet tray and flatten evenly. Scatter more parmesan on top.
8. Bake the gnocchi for 25-30 minutes at 350°F, or until the parmesan has browned nicely on top. Set aside to cool for 30 minutes.
9. When the gnocchi is cool enough to handle, either cut them on the baking tray or invert the pan onto a cutting board. The gnocchi should slide off the tray easily. Cut into large squares and serve them warm with more parmesan sprinkled on top.

RIGATONI WITH SOPPERSATA, WHITE BEANS, AND BLACK OLIVES

Chef Michael Schlow

YIELD: 1 PORTION

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
rigatoni		4	ounce
oil, olive, extra virgin		2	ounce
soppersata	diced	0.25	cup
salt, kosher		2	pinch
pepper, black, ground		1	pinch
red pepper flakes		1	pinch
rosemary, fresh	chopped	1	pinch
tomato, canned, San Marzano	milled	6	ounce
beans, cannellini	cooked	0.5	cup
olive, Gaeta	torn <i>or less</i>	8	each
butter, unsalted		1	Tablespoon
parsley, fresh	chopped	1	pinch
cheese, Parmesan	grated	0.25	cup

METHOD

1. Bring a large pot of salted water to a boil...drop in rigatoni — cook according to directions on package.
2. While pasta is cooking, start the sauce.
3. Place olive oil in a pan over high heat for 1 minute.
4. Add diced soppersata and cook for about 1 min, tossing occasionally.
5. Add salt, pepper, rosemary, and crushed red pepper
6. Add milled tomato and cook for about 4 minutes over high heat
7. Add cooked cannellini beans and olives until warm, remove from heat
8. Add butter and chopped parsley
9. Add Pasta to sauce and cook until sauce adheres to the pasta.
10. Add grated Parmesan
11. Spoon into bowls and serve.

MOLE VERDE

Chef Victor Albisu

YIELD: 6 CUPS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
duck legs		20	pound
garlic, fresh		6	head
sweetened condensed milk		3	cans
Mexican coke		3	bottle
orange juice		3	cup
salt, kosher		TT	
duck fat		2	quart
star anise		12	each
thyme, dry		2	Tablespoon
laurel leaves		18	each
canela sticks	6" sticks	3	each

METHOD

1. Salt duck legs and allow to cure for a day.
2. Mix milk, juice, and coke together. Combine with the duck.
3. Divide the duck legs between three 4" hotel pans with the coke mixture.
4. Add all the aromatics equally between the three containers.
5. Add duck fat to cover pork about $\frac{3}{4}$ of the way in each hotel pan
6. Roast in the oven at 275°F for about 2½ to 3 hours. Turn the duck legs every 45 minutes.
7. The duck legs are done when tender and easily pulled apart.

MOLE VERDE

Chef Victor Albisu

YIELD: 6 CUPS

METHOD

1. Blend all ingredients together in a food processor

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
vinegar, cider		0.75	cup
cilantro, fresh		0.75	cup
onion, yellow		0.5	each
garlic, fresh		0.25	cup
oregano, fresh		1	Tablespoon
cumin, ground		1	teaspoon
tomatillos		2	each
serrano		1	each
pepitas		6	cup
olive oil		0.75	cup
salt		2	Tablespoon
water		0.5	cup

BRIOCHE CRUSTED CRAB CAKE

Chef Sherry Yard

YIELD: PORTIONS

METHOD

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
crab meat, lump		6	pound
juice, lemon		1	ounce
sugar, cane, granulated		0.5	ounce
crab cake base	see recipe	6	cup
bread, brioche, sliced	made into discs with #50 cutter, 1/8" thick	170	Each
butter, unsalted	clarified	as needed	
remoulade	see recipe <i>missing</i>	as needed	
yuzu vinaigrette	see recipe	as needed	
orange, navel	segmented and cut into thirds	12	each
grapefruit	segmented and cut into thirds	12	each
lime	segmented and cut into thirds	12	each
lettuce, frisee	cleaned and finely picked	25	head
parsley, flat leaf, fresh	leaves picked	3	bunch
chives, fresh	cut into 1/2" sticks	6	bunch
dill, fresh	leaves only	3	bunch

1. Preheat oven to 400°F.
2. With a 6" non-stick pan over medium-low heat, place melted clarified butter and coat surface. (Non-stick pan is slightly hot, but not smoking. You want to slowly toast the brioche).
3. Carefully place crab cakes one at a time and moving them to allow the bread absorb the butter evenly. Lightly toast the brioche to a nice even golden color.
4. With a small offset metal spatula, carefully turn crab cakes. Add more clarified butter (if necessary)
5. Place in the oven for 3 minutes or until hot. (Check by using a cake tester)
6. Remove from oven.
7. *If pre-searing before service* Spray sizzle plate with pan release, not clarified butter, and place into 400°F for 3 minutes. Flip the crab cakes so the other side can become crispy, and return to oven for 2 more minutes or until hot. This will allow the top to get nice and crispy and avoids a soggy product.
8. Place the remoulade on the plate at the 7 o'clock mark, leaving a 1" gap from the lip of the plate. With the back of the spoon, press down and quickly drag the spoon with the residual sauce. Create a curve around the lip of the plate and stopping at the 12 o'clock mark.
9. Place the (3) cooked crab cakes toward the center of the plate exposing the streak of remoulade. Rest one of the crab cakes onto its side to expose the lump crab meat.
10. Gently toss the citrus frisee salad with yuzu vinaigrette and place next to crab cakes. Making sure to keep the citrus segments visible.
11. Serve immediately.

CRAB CAKE BASE

Chef Sherry Yard

YIELD: PORTIONS

METHOD

INGREDIENT LIST

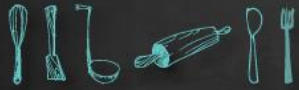
INGREDIENT PREPARATION QUANTITY UNIT

INGREDIENT	PREPARATION	QUANTITY	UNIT
butter, unsalted		0.5	pound
celery		2	pound
garlic		1	head
shallot		1	pound
salt, kosher		TT	
sugar, cane, granulated		0.25	pound
mayonnaise		2	pound
Worcestershire sauce		4	ounce
mustard, Dijon		3	ounce
hot sauce		1	ounce
pepper, cayenne, ground		1	teaspoon
Old Bay Seasoning		0.67	ounce
dill, fresh		1	bunch
chives, fresh		1	bunch
parsley, flat leaf, fresh		1	bunch
apple, Granny Smith		1	pound
juice, lemon		2	ounce
breadcrumbs, panko		2	cup

1. Place a large sauté pan on a burner eye over medium heat. Add butter to the pan and melt.
2. Add the celery, garlic and shallots to the pan and sweat for 5 minutes until translucent and tender. Remove from the heat and transfer the ingredients to the mixing bowl.
3. Once the mixture is at room temperature, add the kosher salt, sugar, mayonnaise, Worcestershire, dijon, Tapatio hot sauce, cayenne and old bay. Mix until well combined.
4. Add the minced dill, chives and parsley to the mixture. Using a rubber spatula, fold in all the ingredients until well combined.
5. Dice the granny smith apple into small brunoise cuts. Add the apple and lemon juice to the mixture. Add toasted panko crumbs to wet ingredients, fold gently. (*do not overwork!*)

MetroCooking DC
The Metropolitan Cooking & Entertaining Show

The Ultimate Foodie Outing!



December 9 - 10, 2017
Washington, DC



SHOP.SIP.SAMPLE

James Beard Stage

Sunday

10 December 2017

Chef Guillermo Pernot
11:00am

Chef Amy Brandwein
12:00pm

Chef José Andrés
1:00pm

Chef Vikram Sunderam
2:00pm

Chef Gavin Kaysen
3:00pm

EMPANADA GALLEGA

Chef Guillermo Pernot

YIELD: PORTIONS

METHOD

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
tomato, roma	halved	1	pound
oil, olive, blend		1	Tablespoon
salt, kosher		1	teaspoon
red pepper flakes		0.25	teaspoon
oregano, dry		0.25	teaspoon
bell pepper, green	julienne	8	ounce
bell pepper, red	roasted, peeled, and seeded julienne	8	pound
onion, yellow	roasted julienne	1	pound
salt, kosher		1	Tablespoon
tuna, canned, in oil	3 to 5 ounce can drained	1	each
puff pastry	or more if desired	1	sheet
egg, whole		1	each

1. Preheat oven 425°F
2. In a mixing bowl toss the tomatoes, the oil, salt, red pepper flakes, and oregano, place on a sheet pan, lined with parchment paper, roast for 15 minutes, remove the skin and quarter
3. In a separate mixing bowl toss tomatoes, both peppers and onions mix well; once mixed fold in the drained tuna
4. Lay the puff pastry on a flat surface and fill with half of the mixture, roll and place on a lined parchment paper sheet pan, repeat with the other sheet of puff pastry
5. Brush with egg wash and bake for 10-12 minutes or until golden brown

EMPANADA DE LANGOSTA

Chef Guillermo Pernot

YIELD: 12 PORTIONS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
lobster meat		1	pound
butter, unsalted	softened	1.25	pound
scallion	chopped	4	Tablespoon
lobster caviar		2.5	ounce
lemon	juiced	1	each
flour, all-purpose		3	cup
salt, kosher	or less	0.5	teaspoon
butter, unsalted		6	ounce
egg, whole		1	each
milk, whole	or less <i>substitute: water</i> enough to obtain soft and smooth dough	0.5	cup

METHOD

1. Mix the lobster meat, butter, scallions, lobster caviar, and lemon juice
2. Refrigerate for ten minutes or more while making the dough
3. Mix the flour and salt in a food processor
4. Add the butter and pulse
5. Add the egg and the water or milk (in small increments) and continue pulsing until a clumpy dough forms.
6. To make the empanada dough by hand, follow the same instruction but use your hands to mix the ingredients together
7. Split the dough into 2 large ball, flatten slightly into the shape of disks. The dough can be used immediately or refrigerated until ready to use (1-2 days max)
8. Roll out the dough into a thin sheet and cut out round disc shapes for empanadas (use round molds or a small plate). You can also make small individual balls with the dough and roll out each individual ball to a round shape (doesn't need to be perfectly round) - if you have a tortilla press you can use it to flatten the dough balls. Use immediately, or store in the refrigerator/freezer to use later.
9. Fill empanada shells and bake

PASTELITOS DE GUAYABA

Chef Guillermo Pernot

YIELD: PORTIONS

METHOD

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
puff pastry sheets		1	package
guava paste		1	bar
cream cheese		1	package

1. Preheat oven to 400°F
2. Thaw the puff pastry according to package directions.
3. Use baking parchment to line your cookie sheet so the guava won't stick
4. Unfold one of the pastry sheets and place on pan
5. Cut guava into ¼-inch slices and place on the pastry sheet
6. Spread cream cheese over guava paste slices (optional)
7. Unfold second pastry sheet and place on top of guava paste
8. Cut into desired size before baking
9. Bake at 400°F for about 25 to 35 minutes or until golden brown

MUSHROOM POLPETTINE, POLENTA & BASIL OIL

Chef Amy Brandwein

YIELD: 20 MEATBALLS — 5 PER SERVING — 4 SERVINGS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
mushrooms, shiitake	stems removed	3	pound
rosemary, fresh		2	sprig
thyme, fresh		2	sprig
oil, olive, extra virgin		0.25	cup
eggs, whole		1	each
onion, yellow	small dice	1	each
cheese, parmesan	grated	0.5	cup
breadcrumbs		1.5	Tablespoon
parsley, Italian		2	Tablespoon
oil, canola	for frying	0.25	gallon
salt, kosher		TT	
pepper, black, ground		TT	
polenta, instant		2	cup
water		8	cup
salt, kosher		1	Tablespoon
cheese, parmesan	grated	0.75	cup
cream, heavy		0.25	cup
butter, unsalted	cold	1	cup
basil, fresh	stems removed	0.25	pound
oil, olive, extra virgin		0.5	cup

METHOD

1. Preheat oven to 450°F. Place herbs on sheet pan and drizzle with 1 olive oil. Place shiitake mushrooms on sheet tray; sprinkle with salt & pepper. Roast in oven for 10 minutes or until lightly brown; remove and let cool. Pulse in food processor until chopped medium finely. Place onions in heavy bottom sauté pan with olive oil. Season with salt and pepper and cook slowly until lightly caramelized. Let cool.
2. Place mushrooms and onions in mixing bowl and mix well. Add eggs, parmesan cheese, breadcrumbs and parsley. Season with salt and pepper. Roll into 1 inch balls. Chill. Warm canola oil in heavy duty pot until temperature reaches 350°F. Fry shiitake balls until light golden. Place on paper towel lined tray to remove excess oil.
3. Bring water to a boil with the salt. Slowly whisk in polenta and cook for about 5 to 7 minutes.
4. Add Parmesan and heavy cream — whisking well
5. Add cold butter and whisk again
6. Add the basil to boiling water for about 45 seconds to 1 minute. Remove to a bowl of ice water to stop it from further cooking. Wring out all excess water, chop roughly and add to a blender
7. Add the olive oil and blend until smooth
8. Strain through cheesecloth into a bowl
9. Add salt and pepper to taste.

CAULIFLOWER BEZULE

Chef Vikram Sunderam

YIELD: UNSPECIFIED

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
cornstarch		2	cup
ginger-garlic paste		1	Tablespoon
chili paste, Kashmiri		3	Tablespoon
salt, kosher		2	teaspoon
egg, whole		1	each
water	cold	¾	cup
cauliflower	cored and broken into small florets the size of large olives (about 4 cups)	1½	pound
oil, canola	for frying — reserve 2 Tablespoons	6	cup
mustard seeds	black or brown	1	Tablespoon
Thai green chili, fresh	thinly sliced diagonally	4	each
curry leaves, fresh		15	each
lemon	juiced	¼	cup

METHOD

1. In a large bowl, whisk together the cornstarch, ginger garlic paste, Kashmiri chili paste, salt, egg, and water to form a smooth batter.
2. Add the cauliflower and stir to coat the florets evenly.
3. Let stand for 10 minutes so that the batter permeates into the florets.
4. Have ready next to the stove a wire rack set over a baking sheet.
5. In a wok, heat canola oil over medium-high heat to 350°F.
6. Work in batches to keep from overcrowding the pan.
7. Fold the batter over the cauliflower, then with your hand, carefully place ⅓ of the florets in the oil individually. (Do this close to the oil so it doesn't splash.)
8. Cook for about 2 minutes, until lightly browned, stirring with a Japanese strainer so the pieces cook evenly.
9. Transfer the florets to the rack with the Japanese strainer.
10. Remove and discard any bits of fried batter floating on the oil.
11. Allow the oil to return to 350°F before frying the remaining batches. Give the batter a good stir to coat the cauliflower just before frying.
12. In a large sauté pan over medium-high heat, heat the reserved canola oil until it shimmers.
13. Add the mustard seeds and let them crackle.
14. Stir in the Thai chilies and curry leaves. Add the cauliflower and lemon juice and toss to coat evenly.
15. Serve hot.

**BEEF SLIDERS WITH MELTED PRÉSIDENT TRIPLE CRÈME BRIE
& SAUTÉED PEPPERS**
Chef Gavin Kaysen

YIELD: 6 PORTIONS

METHOD

INGREDIENT LIST

INGREDIENT PREPARATION QUANTITY UNIT

cheese, brie, triple crème	Président® brand 8-ounce round	1	each
ground beef	<i>substitute: ground lamb leg or lamb shoulder</i>	1	pound
butter, unsalted	diced	0.25	cup
onion, yellow	diced	0.25	cup
bell pepper, red	sliced	4	each
bell pepper, yellow	sliced	2	each
onion, white	sliced	0.5	each
oil, olive, blend		as needed	
slider buns		12	each

1. Combine the ground beef, butter and diced onions in a bowl. Shape into small sliders.
2. Heat the olive oil in a sauté pan, add the white onions and cook until translucent.
3. Add the peppers, reduce heat and cook until very tender.
4. In a hot sauté pan, sear the sliders at a high temp and cook for an additional minute.
5. Top the cooked sliders with peppers and a slice of Président Triple Crème Brie.
6. Place on the buns and serve.

PEANUT BUTTER COOKIES STUFFED WITH HONEY BUTTERCREAM

Chef Gavin Kaysen

YIELD: 16 TO 20 PORTIONS

INGREDIENT LIST

INGREDIENT	PREPARATION	QUANTITY	UNIT
butter, unsalted	Président® brand room temperature	12	ounce
cinnamon, ground	12 oz Président Unsalted Butter, room temperature 1 1/2 tsp. ground cinnamon	0.5	teaspoon
salt, kosher		0.75	teaspoon
sugar, powdered		2.5	cup
honey		0.25	cup
butter, unsalted	Président® brand	1	cup
peanut butter		1	cup
sugar, cane, granulated		1	cup
sugar, brown, light		1	cup
egg, whole		2	each
flour, all-purpose		2.5	cup
baking powder		1	teaspoon
salt, kosher		0.5	teaspoon
baking soda		1.5	teaspoon

METHOD

Honey buttercream method:

1. Beat the Président butter for a few minutes on high until fluffy, scraping down the bowl as needed.
2. Beat in the salt until the texture is smooth.
3. Add the powdered sugar a little at a time, stopping to scrape the bowl down as needed.
4. Stream in the honey, scraping down the bowl as needed.
5. Once all the ingredients are incorporated, beat the mixture on high speed for 1-2 minutes until it is fluffy.

Cookie method:

6. Cream the Président butter, peanut butter and sugars together in a bowl; then beat the eggs.
7. In a separate bowl, sift the flour, baking powder, baking soda and salt; stir into butter mixture. Put the dough in the refrigerator for 1 hour.
8. Roll the dough into 1-inch balls and place on baking sheets. Flatten each ball with a fork.
9. Bake at 350°F for about 8-10 minutes.