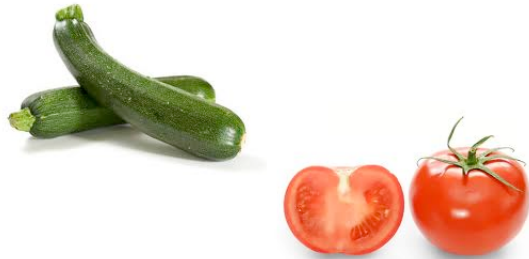


PEGGY CHAN WITH HOMEGROWN FOODS- COOKING CLASS TWO

SATURDAY MARCH 10TH, 2012

BAKED ZUCCHINI FRIES SERVED WITH MARINARA DIP



| Ingredient | Amount |
|------------------------------|-----------------------|
| Zucchini | 2 large pcs |
| Whole Wheat Flour | 50 g |
| Cayenne Pepper | 2 tsp |
| Eggs | 2 pcs |
| Panko Bread Crumbs | 200 grams |
| Parmesan Cheese | 100 grams |
| Salt+Pepper | To Taste |
| Large Red Tomatoes (chopped) | 4 large pcs |
| White Onion (diced) | 1 pcs |
| Garlic (minced) | 2 cloves |
| Carrot (diced) | 1 pc |
| Celery (diced) | 1 stick |
| Thyme | 1 bunch |
| Parsley | 1 bunch |
| Bay Leaf | 1 leaf |
| Basil | 1 bunch |
| Black Peppercorn | 6 pcs |
| Salt+Pepper | To Taste |
| Recipe serves | 2 app portions |

MIXED MUSHROOM BROWN RICE RISOTTO



| Ingredient | Amount |
|--------------------------------|------------------------|
| Shallots (minced) | 2 pcs |
| Garlic (minced) | 2 cloves |
| King Eryngii Mushroom | 50 grams |
| Shiitake Mushroom | 50 grams |
| Brown Button Mushroom | 50 grams |
| Kai Lan | 50 grams |
| Organic Short Grain Brown Rice | 200 grams |
| Dry White Wine | 100 mL |
| Mushroom Stock | 500 mL |
| Thyme | 1 bunch |
| Salt+Pepper | To Taste |
| Grapeseed Oil | |
| Unsalted Butter | 100 grams |
| Parmesan Cheese (grated) | 100 grams |
| Hazelnut (toasted) | 30 grams |
| Hazelnut Oil | 10 mL |
| Recipe serves | 2 main portions |

SALTED CARAMEL AND WARM BANANA BREAD PUDDING



| Ingredient | Amount |
|--|---------------------------|
| Brioche or Soft whole wheat sandwich bread | 4 pcs (3/4 inch slices) |
| Eggs | 2 pcs |
| Sugar | 30 grams |
| Salt | 1 pinch |
| Half and Half Milk | 375 mL |
| Vanilla Extract | 1 tsp |
| Unsalted Butter | 2 tbsp |
| Ripen bananas | 2 pcs |
| Sugar | 100 grams |
| Unsalted Butter | 50 grams |
| Heavy Cream | 60 mL |
| Maldon Sea Salt | 1 pinch |
| Recipe serves | 4 dessert portions |

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SATURDAY MARCH 10TH, 2012

BAKED ZUCCHINI FRIES SERVED WITH MARINARA DIP



Instructions

1. Preheat oven to 425F. Line baking sheet with parchment paper.
2. Cut zucchinis 5 inch sticks.
3. Prepare 3 dishes for bread-crumbing station. Place flour with cayenne, salt and pepper in one dish.
4. Whisk eggs. Dilute with 1 tbsp water. Place in second dish.
5. Toss panko and finely grated Parmesan together and place in third dish.
6. Lightly dredge zucchinis in flour, coat in eggwash, then cover entirely with panko mixture. Place on baking sheet.
7. Bake for 15-18 minutes or until golden brown.
8. For marinara sauce, sweat onions, garlic, carrots and celery on medium heat with grapeseed oil for 5 minutes.
9. Stir in chopped tomatoes, thyme, garlic, bay leaf and black peppercorn. Simmer on low heat for 45 minutes, stirring occasionally.
10. Add in chopped basil, season. Serve with hot freshly baked zucchini fries.

MIXED MUSHROOM BROWN RICE RISOTTO



Instructions

1. Boil brown rice using 1:2 grain:water ratio for about 25 minutes or until just slightly undercooked. Cool on baking sheet so moisture condenses. Place in fridge to cool off completely (or use overnight rice in replacement).
2. Cut up all mushrooms into similar size, 1 inch pieces. Saute in batches with grapeseed oil, season with thyme, salt and pepper, and finish with unsalted butter. Reserve on side.
3. To start risotto, sweat shallots, garlic and slightly undercooked brown rice in medium pot with grapeseed oil until rice grains are completely coated with oil.
4. Toss in sauteed mushrooms, and chopped kai lan, stir and deglaze pan with white wine. Let alcohol evaporate and reduce for 3 minutes.
5. Slowly add stock 100 mL at a time, stirring on medium-low heat so that brown rice grains can absorb the liquid. Once liquid soaks up entirely, add another 100 mL of stock and continue process until rice is cooked to correct texture.
6. Stir in grated parmesan and toasted hazelnuts. When done, consistency of risotto should be creamy and will slowly drip off wooden spatula when lifted off the pan. Taste and season.
7. Plate with more grated parmesan, a drizzle of hazelnut oil and a few sprigs of thyme.

SALTED CARAMEL AND WARM BANANA BREAD PUDDING



Instructions

1. Preheat oven to 350F.
2. Lightly toast bread slices so that it creates a dry surface, about 6 minutes. Cool on baking sheet.
3. Whisk together eggs, sugar and salt in large bowl. Bring milk to a simmer in small saucepan and pour into egg mixture, continuously whisking so that the hot milk doesn't cook the eggs. Strain custard through fine sieve and mix in vanilla essence. Cool on side for about 20 minutes.
4. To assemble, lightly butter 4 ramekins, place 1 layer of toasted bread, then another layer of bananas, then so on so forth until ramekins are stacked. Let pudding sit at room temperature for bread to soak in custard, about 10 minutes.
5. Bake pudding in water bath, covered with foil paper, about 20 minutes. Remove foil paper and bake for another 20-30 minutes until custard is set and the top becomes golden brown. Let stand for 10 minutes.
6. Meanwhile, prepare salted caramel sauce but melting sugar in deep dish pan on low heat, slowly and careful not to burn the sugar. Once all melted, add in the butter, swirling pan continuously. Careful as mixture will foam.
7. Add in cream and a pinch of sea salt. Again, be careful as mixture will foam over.
8. Stir, cook on low heat until desired consistency. Remove from heat and add in one more pinch of sea salt, stir.
9. Serve banana bread pudding with a drizzle of salted caramel sauce.

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