







# SCHOOL OF HOSPITALITY

## A Taste of Excellence: Celebrating 60 Years of MSU Denver Hospitality

Celebrating MSU Denver's 60th anniversary, this cookbook isn't just a collection of recipes; it's an invitation to experience the heart and soul of our School of Hospitality. It's a culinary journey mirroring our students' own, challenging you to master the arts of cooking, baking, mixology, and food and beverage pairing.

Curated by our dedicated faculty and talented students, every recipe—from tantalizing appetizers to decadent desserts and innovative drinks—has been meticulously tested and beautifully photographed right here in our kitchens.

The chapters are a tribute to our curriculum, inviting you to explore the very specializations our students embrace: Culinary Arts, Beverage Management, and Event Management. Within each section, you'll discover recipes that our team believes truly embody the spirit of these disciplines.



## From Our Kitchen to Yours

Just as every culinary professional knows, exceptional food begins with exceptional ingredients. The magic is in the details—that extra bit of time and effort, like a touch of freshly grated garlic, can transform a dish. This dedication to excellence is at the core of our teaching philosophy. It's not just about what we teach, but how we teach it, with genuine care for every student that results in truly great learning experiences.

We hope this book gives you a taste of the passion and excellence we pour into everything we do. Enjoy this delicious piece of our legacy, from our kitchen to yours!



# Credits & Contributions

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# 1. An Introduction to Hospitality



The MSU Denver School of Hospitality was founded in 2012. It is the only program in the US that has a LEED Gold hotel, conference space, a state-of-the-art beverage laboratory, and a commercial brewery on campus. While the school is always evolving, it has held fast to the principle it was founded on: to be an innovative, accessible and experiential hub for hospitality talent. In this section, we go back to our roots with classic recipes from instructors past and present - with a modern twist.



# Summer Rice Salad

Recipe adapted from Chef David Beckwith

## Ingredients

For a Family  
(4 Servings)

For a Larger Group  
(10 Servings)

White or Brown Rice  
Water or Vegetable Stock  
Red Bell Pepper  
Yellow Bell Pepper  
Scallions  
Tabasco/Hot Sauce  
Ancho Chili Powder  
--  
Red Wine Vinegar  
Dijon Mustard  
Garlic, Minced  
Oregano, Minced  
Coarse Kosher Salt  
Black Pepper  
Fresh Lemon Juice  
Olive Oil

1½ c  
3 c  
2 Peppers  
2 Peppers  
1 Bunch  
1 oz  
2 Tbsp  
--  
¼ c  
2 Tbsp  
1 Clove  
½ tsp  
½ tsp, to Taste  
¼ tsp, to Taste  
2 Tbsp  
½ c

3¾ c  
7½ c  
5 Peppers  
5 Peppers  
2 Bunches  
2½ oz  
5 Tbsp  
--  
½ c  
5 Tbsp  
2 Cloves  
1¼ tsp  
1¼ tsp, to Taste  
½ tsp, to Taste  
5 Tbsp  
1¼ c



This is a classic dish from the collection of Chef David Beckwith. This Mediterranean-inspired cold salad has nice bright vegetable flavors that are accentuated by citrus, herbal, and chili flavors in the dressing.

## Procedure:

1. Simmer the rice, water/stock, and a pinch of salt on the stovetop or in the oven, covered with a lid. When al dente (25-35 min), remove it from the heat and let it cool down.
2. In a large bowl, small dice the bell peppers and thinly slice the scallions. Sprinkle the tabasco or other hot sauce and ancho chili powder over the vegetables and toss.
3. Prepare a lemon dressing by blending all remaining ingredients in a blender or by whisking, saving the olive oil for last (you can try to emulsify this dressing, but it is not necessary).
4. For the final assembly, fold the seasoned veggies into the rice, and while folding in, add splashes of the lemon dressing and pinches of salt. Continue dressing until all of the dressing is added and all of the ingredients are evenly combined. Taste and adjust seasoning if needed.



**Pro Tip:**

In our experience, we found that a bit of fresh lime juice, chopped cilantro, and fried onions all made for excellent toppings!

# Salmon with the “Seven Seas”

## Recipe from Chef Jackson Lamb

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Cinnamon, Ground	¼ tsp	½ tsp
Clove, Ground	¼ tsp	½ tsp
Cardamom, Ground	¼ tsp	½ tsp
Chili powder	¼ tsp	½ tsp
Cumin, Ground	¼ tsp	½ tsp
Cayenne Pepper	¼ tsp	½ tsp
Coriander, Ground	2 tsp	5 tsp
Brown Sugar	3 Tbsp	7½ Tbsp
Coarse Kosher Salt	¼ tsp	½ tsp
Black Pepper, Ground	¼ tsp	½ tsp
Salmon fillet, 1” pieces	1-2 lbs	4-5 lbs



When teaching Food Fundamentals or Basic Cooking Skills in the School of Hospitality, we always have a class that focuses on using spices. This recipe gave the students a great insight into the spices of the Mediterranean and Middle East. We call this salmon with the seven seas, as in the letter C.

### Procedure:

1. Preheat the oven to 400°F.
2. Mix all of the dry ingredients together in a bowl until well blended. Dry the salmon pieces with a paper towel and then toss them in with the spice mixture.
3. Spread out the salmon on a foil or parchment-lined sheet pan and bake for about 15 minutes. Check for doneness. You may cook longer if desired.
4. Serve warm over starch or vegetables.

**Pro Tip:**

This flavorful salmon goes well over any cooked grain or starch, as well as grilled or baked vegetables. We recommend the “Freekeh Pilaf with Roasted Carrots” recipe!



# Freekeh Pilaf with Roasted Carrots

## Recipe from Chef Anders Benson



### Ingredients

### For a Family (4 Servings)

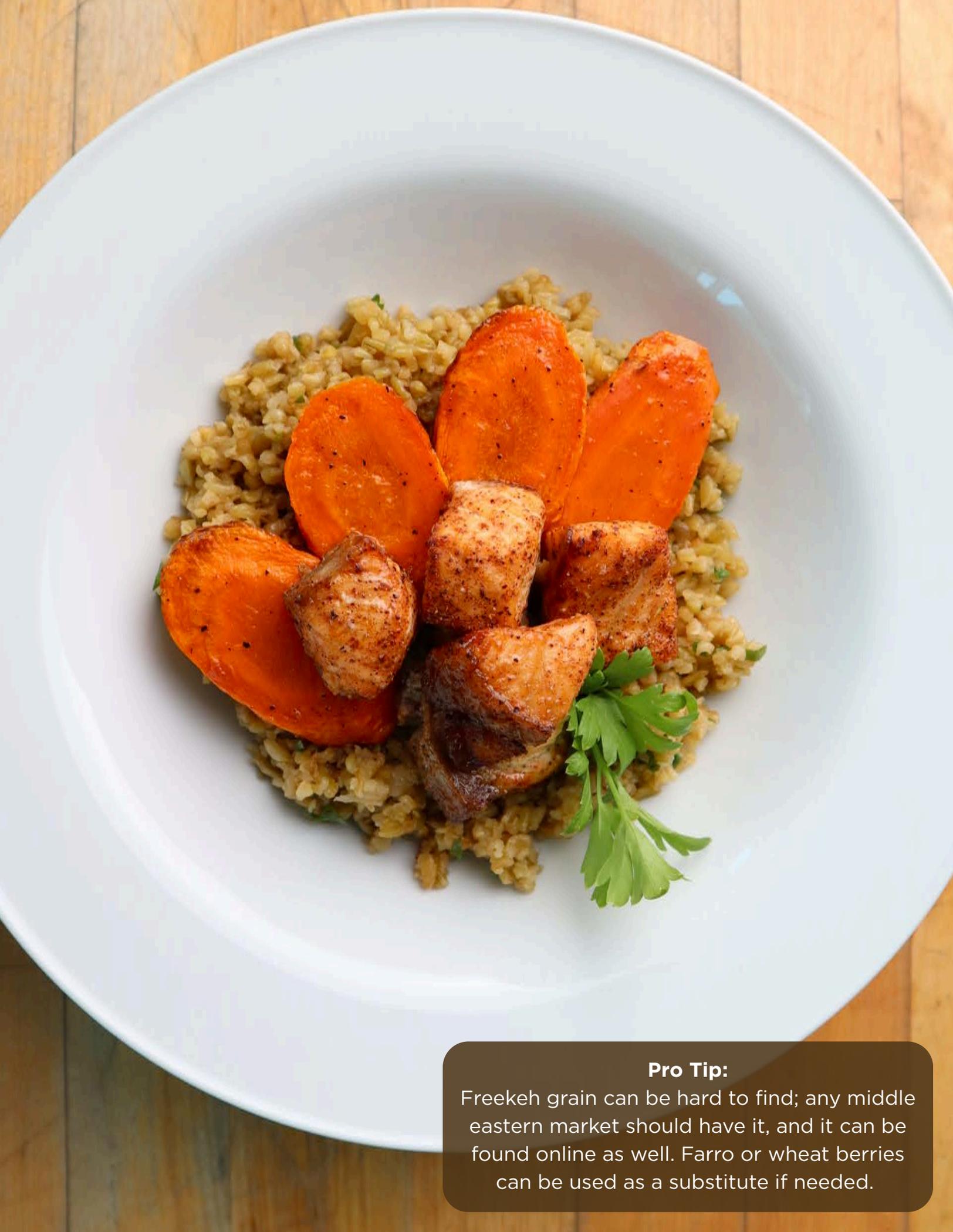
### For a Larger Group (10 Servings)

Olive oil	3-4 Tbsp	8-10 Tbsp
Onion, Finely Chopped	¼ c	½ c
Freekeh Grain	1 c	2½ c
Bay Leaves	2 Leaves	5 Leaves
Water or Stock	2½ c	6¼ c
Large Carrots	4 Carrots	10 Carrots
Parsley Leaves, Minced	¼ c	½ c
Lemon Juice, Fresh	3 Tbsp	7 ½ Tbsp
Salt and Pepper	1 tsp, More to Taste	2½ tsp

This ancient grain makes for a delicious foundation for any meal, cooked in a typical style from the Levant region in the Middle East. This dish goes very nicely with any protein or salad, but we recommend the “Salmon with the Seven Seas” recipe!

### Procedure:

1. Preheat oven to 375°F. Peel and slice carrots into desired shapes (¼" oblique slices look nice) and dress with oil, salt, and pepper. Place the carrots on a pan with parchment and roast until browning and tender, about 15-20 minutes. Hold warm or store in the fridge and reheat for service.
2. Wash the dry freekeh under cold running water to remove dust and debris. In a medium pot over medium-low heat, use the olive oil to sweat the onion for 3-5 minutes. Add the freekeh and stir for about 30 seconds; add the bay leaf, a pinch of salt, and water/stock and cover. Set to a gentle simmer until the liquid has been fully absorbed and the freekeh is just tender.
3. Pull from the heat and carefully mix in the minced herbs, lemon juice, and any more salt to taste. Serve at room temp or store in the fridge and reheat for service.
4. Serve a portion of freekeh, topped with carrots and a protein of choice; any protein will work, ideally seasoned with Mediterranean spices.



**Pro Tip:**

Freekeh grain can be hard to find; any middle eastern market should have it, and it can be found online as well. Farro or wheat berries can be used as a substitute if needed.

# Caesar Dressing

Recipe adapted from Chef David Beckwith

## Ingredients

For a Family  
(4 Servings)

For a Larger Group  
(10 Servings)

Whole Anchovies	3 Anchovies	7 Anchovies
Garlic, Minced	2 Cloves	5 Cloves
Fresh Lemon Juice	1½ Tbsp	3¾ Tbsp
Red Wine Vinegar	1½ Tbsp	3¾ Tbsp
Dijon Mustard	1 tsp	2½ tsp
Egg Yolks	2 Yolk	5 Yolks
Worcestershire Sauce	1 Tbsp	2½ Tbsp
Grated Parmesan Cheese	2½ Tbsp	6 Tbsp
Fresh Ground Black Pepper	½ tsp	1¼ tsp
Olive Oil	¾ c	2¾ c + 2 Tbsp



This is a classic dish from the library of our own Chef David Beckwith. So many culinary students comment on the difference they taste when making Caesar dressing from scratch as opposed to buying it from the store—the aromas and flavor cannot be beat!

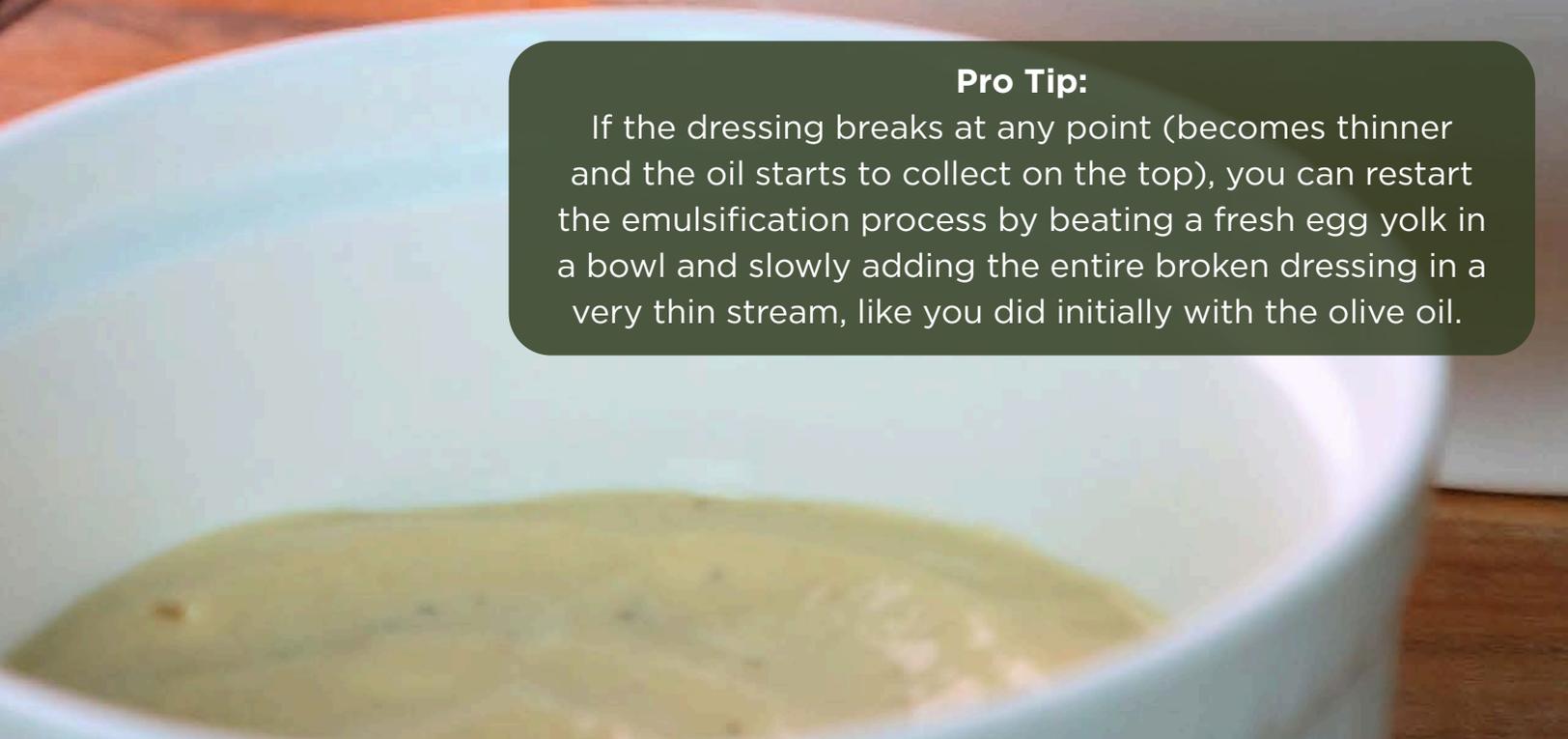
## Procedure:

1. In a food processor or blender, combine anchovies, garlic, lemon juice, vinegar, and mustard. Process for about 2 minutes.
2. Stop and add egg yolks, Worcestershire sauce, parmesan, and pepper. Continue to process and slowly add the olive oil in a very thin, constant stream into the blender. It should become lighter and thicker as the oil is emulsified into the mixture. Refrigerate until ready to use (it should last about 5 days).



**Pro Tip:**

If the dressing breaks at any point (becomes thinner and the oil starts to collect on the top), you can restart the emulsification process by beating a fresh egg yolk in a bowl and slowly adding the entire broken dressing in a very thin stream, like you did initially with the olive oil.



# White and Green Summer Salad

Recipe adapted from Chef David Beckwith

## Ingredients

For a Family  
(4 Servings)

For a Larger Group  
(10 Servings)

Cucumbers	1 Cucumber	2½ Cucumbers
Yellow Onion, Finely diced	½ Onion	1 Onion
Garlic, Minced	1 Small Clove	2 Cloves
Green Grapes, Small Dice	½ lb	1¼ lbs
Vegetable Stock	¼ c	½ c
Half and Half	2 Tbsp	5 Tbsp
Sour Cream	2 Tbsp	5 Tbsp
Plain Yogurt	1 Tbsp	2½ Tbsp
White Wine Vinegar	1 Tbsp	2½ Tbsp
Coarse Kosher Salt	To Taste	To Taste
White Pepper	To Taste	To Taste
Chili Flakes	To Taste	To Taste
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Toasted Almonds, Chopped	1 Tbsp	2½ Tbsp
Italian Parsley, Chopped	1 Tbsp	2½ Tbsp
Scallions, Finely Sliced	1 Tbsp	2½ Tbsp



This recipe is the dark horse of this collection; an original dish from Chef David Beckwith, we had never seen such a recipe (it was originally labeled as a white gazpacho), but it turned out to be a refreshing, cool dish with a unique flavor profile! Think “coleslaw” meets “cucumber salsa”!

## Procedure:

1. To prepare the cucumber, peel off the skin and cut in half lengthwise. Gently use a standard spoon to scrape the seedy interior out. What remains is the part that you will use. In a large bowl, combine cucumber, onion, garlic, and grapes. Stir in the sour cream and yogurt until smooth. In turn, mix in the vinegar, stock, half and half, and season to taste with salt, pepper, and chili flakes.
2. To garnish, top with the toasted almonds, parsley, and scallions.

**Pro Tip:**

For the best results, the salad should sit in the fridge for at least 4 hours and can be made up to 2 days in advance. It has a shelf life of 5 days in the fridge. This dish goes nicely with chips, crackers, or bread.





# 2. Culinary



Our culinary curriculum teaches students cooking skills that will serve them well in a range of careers, ranging from restaurants and catering to healthcare and school nutrition. Put your own kitchen prowess to the test as you dive into recipes our students prepare across a range of courses. From breads to desserts to global delicacies, there is something here for all tastes!



# Quick Focaccia Bread

## Recipe from Chef Jason Rice

### Ingredients

### For a Family (9x13" Loaf)

Warm Water (105-110° F)	9½ fl oz
Active Dry Yeast	1 Tbsp + ½ tsp
Bread Flour	1¾ c
Extra Virgin Olive Oil	6 Tbsp
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Warm Water (105-110° F)	6½ fl oz
Bread Flour	2¾ c
Salt	1 Tbsp, More to Season
Extra Virgin Olive Oil	1 Tbsp, More for the Pan
Fresh Herbs	2-4 Tbsp



This recipe is one that many students make as they learn the fundamentals of baking. It is one of the fastest focaccia methods (about 2 hours total) and produces a firm, golden loaf that is fun to flavor and decorate with your choice of herbs, spices, and vegetables.

### Procedure:

1. Preheat the oven to warm and turn it off. To make the sponge, dissolve the yeast in the first warm water in a small mixing bowl. Let stand for about 5 minutes, then add in the first olive oil.
2. In a separate mixing bowl, measure the first flour, and stir in the yeast mixture, mixing until smooth. Leave the sponge in the medium mixing bowl and place in the warmed oven for 45 minutes to 1 hour, until it has more than doubled in size.
3. Using your hands or a rubber spatula, thoroughly mix in the second group of ingredients into the sponge. This will be a sticky mess--that's fine! The dough should be smooth, and free of lumps.
4. Generously oil a ¼ sheet pan or 9x13" pan with olive oil (about ¼ cup) and pour the dough into the middle of the sheet pan. Gently push or pull the dough to the edges of the sheet pan without tearing it, as evenly as possible.
5. Place in a warm place uncovered and proof until doubled in volume; about 30 minutes. Once risen, preheat the oven to 400°F and use your fingertips to poke slight indentations into the dough. Add a fresh coat of oil, fresh herbs, and flaked sea salt to the top.
6. Bake for about 20-25 minutes, or until the top is golden brown. Remove the bread from the oven and let it sit for about 5 minutes. Gently remove the bread from the pan and place on a cooling rack until cooled.

**Pro Tip:**

As the bread comes out of the oven, you can baste it with garlic oil if you want to add another level of richness to this beautiful bread! The quicker you cover this bread, the softer and moister it will be.



# Gulab Jamun

Recipe from Chef Jay Lee, Adapted from Swasthi's Recipes

Ingredients	For a Family (Makes 10)	For a Larger Group (Makes 25)
Sugar	1¼ c	3 c
Water	1¼ c	3 c
Cardamom Pods	3 pods	8 pods
Rose Water	¾ tsp	2 tsp
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Milk Powder	¾ c	2 c
Cake Flour	¼ c	½ c
Ghee or Butter	2¾ tsp	2 Tbsp
Milk	1-2 Tbsp	2-4 Tbsp
Plain Yogurt	2¾ tsp	2 Tbsp
Baking Soda	1 big pinch	¼ tsp
Oil for Deep Frying	2 c	2+ c
Chopped Pistachios	1 tsp	2 tsp



These decadent, syrupy dough balls are an Indian recipe that students learn to make in our Asian Cooking class. This recipe is a little bit of a balancing act and is time-dependent; you'll want to get it all done in one go, since the balls of dough get fried and then go immediately into the hot syrup.

## Procedure:

1. Prepare sugar syrup: combine sugar, water, and crushed cardamom in a heavy bottomed pot and stir until sugar is dissolved. Put on medium heat just until syrup reaches 220F, (one string consistency), then remove from heat. Stir in the rose water and keep hot (very low simmer) while preparing the gulab jamun.
2. To make the balls, sift together flour, milk powder, and baking soda together in a bowl. Add the ghee and mix well. In a separate bowl, mix together the yogurt and milk.
3. Pour some of the liquid mixture on top of the flour mixture. Mix and knead to form a smooth dough. Add more milk & curd as needed to make a smooth dough; the dough should be a little sticky.
4. Grease your fingers to make the dough into a smooth ball (no cracks). If it feels too dry, add a bit more dairy. Divide dough evenly (by weight or by eye), then keep covered until cooking.
5. Fry at 300-325F until golden, in a deep fryer or 2" of oil in a pot, then allow to drain on a paper towel. Place in the hot syrup and stir to coat. Allow to sit 30-45 minutes before serving. Top with chopped pistachios and serve.

**Pro Tip:**

Don't let the syrup get too hot, or the sugars won't permeate the dough balls the way that they are meant to. These are commonly served in a bowl with a bit of the syrup; if you want to plate them nicely, pomegranate seeds serve as a nice garnish that also forms a sturdy footing to prevent the Gulab Jamun from rolling around.



# Kyselica (Sauerkraut Soup)



## Recipe from Chef Jennifer Watson

### Ingredients

### For a Family (4 Servings)

### For a Larger Group (10 Servings)

Yukon Gold Potatoes  
Sauerkraut, drained  
Bay leaves  
Peppercorns  
Allspice berries  
Yellow Onion, Medium Dice  
Bratwurst,  $\frac{3}{4}$ " pieces  
Bacon, Medium Dice  
Butter  
All Purpose Flour  
Cream or Milk  
Salt and Pepper  
Sugar  
Sour cream

2-3 Potatoes  
 $1\frac{3}{4}$  c  
3 leaves  
6 peppercorns  
3 berries  
1 onion  
1 sausage  
4 strips  
2 Tbsp  
3 Tbsp  
1 c  
To taste  
To taste  
2 Tbsp

6-7 Potatoes  
 $4\frac{1}{2}$ -5 c  
8 leaves  
15 peppercorns  
8 berries  
 $2\frac{1}{2}$  onion  
 $2\frac{1}{2}$  sausage  
10 strips  
5 Tbsp  
 $\frac{1}{2}$  c  
 $2\frac{1}{2}$  c  
To taste  
To taste  
 $\frac{1}{2}$  c



This is a complex, hearty soup that captures the flavor profile of Eastern Europe, specifically Wallachia; students make this recipe in our European cooking class, and they thoroughly enjoy diving into specific geographic regions such as Eastern Europe, Italy, France, and Greece.

### Procedure:

1. Peel potatoes, cut into  $\frac{3}{4}$ " cubes and boil in salt water until tender. Set aside.
2. Squeeze out the juice from sauerkraut into a pot. Chop the sauerkraut and add to the pot with peppercorns, bay leaves, and allspice. Cover with water and simmer for about 15 minutes.
3. Chop onion, bacon and sausage (or similar meat). In a large pan on medium heat, melt the butter and stir-fry the onion, bacon, and sausage. Dust with flour and add the cream.
4. Bring to a simmer, then add it to the sauerkraut with boiled potatoes. Add more water if needed, just to cover everything. Simmer for another 15 minutes. Season to taste with salt and pepper and sugar if it's too sour.
5. Garnish each portion with a minced herb or green of your choice and sour cream.

**Pro Tip:**

If you don't have bratwurst available, any European-style sausage will work fine, or a non-meat substitute like mushrooms, vegan sausage, tempeh, or seitan.



# Olive Oil Chocolate Chip Cookies

Recipe from Chef Jason Rice

## Ingredients

For a Family  
(Makes 1 Dozen)

Extra Virgin Olive Oil	½ c
Brown Sugar, packed	¾ c
White Sugar	6 Tbsp
Large Eggs (ROOM TEMP)	2 eggs
Coarse Kosher Salt	1½ tsp
Espresso Powder	1½ tsp
AP Flour	1¼ c
Baking Soda	½ tsp
Chocolate Chips	1 c
Flaky Sea Salt	As needed



This is a classic around the School of Hospitality. Not only do many students learn how to make these cookies, but they are also featured at many in-house events. They are simple to make and have a depth of flavor that sets the standard for a serious chocolate chip cookie.

## Procedure:

1. Preheat the oven to 350°F. Line 1-2 sheet pans with parchment paper.
2. In a medium bowl, use an electric mixer or a whisk to combine the olive oil, sugars, and egg on high speed for about a minute, or until the mixture is well combined. Add the salt, espresso powder, all-purpose flour, and baking soda and fold in by hand using a rubber spatula.
3. The dough may be a little oily and may take a little work to come together - this is ok! Add the chocolate chips and mix to incorporate.
4. Scoop out 3 Tbsp balls of dough (about 60g per ball) and roll into rough balls. Press additional chocolate onto the top of each ball if desired.
5. Bake the cookies for 10 minutes (12 if dough is frozen), until the edges are set. Remove from the oven and tap the baking sheet briefly on the counter to deflate the cookies slightly. If you would like them perfectly round, use a cookie cutter slightly larger than the cookies to scoot them into a round shape. Finish with flaky sea salt if desired. Allow to cool on the sheet pan for about 20 minutes.
6. Store leftovers in an airtight container at room temperature.

**Pro Tip:**

This dough can be made and frozen in portioned balls ahead of time (store in a freezer bag): just make sure to allow for a little more time in the oven.



# Mak Kimchi

Recipe from Chef Jennifer Watson, Adapted from Maangchi

## Ingredients

For a Family  
(1 quart)

For a Larger Group  
(1 gallon)

Napa Cabbage	1½ lbs
Coarse Kosher Salt	2 Tbsp
Sweet Rice Flour,	2 Tbsp
Sugar	½ Tbsp
Garlic	2 Tbsp
Ginger	¾ tsp
Onion	2 Tbsp
Fish Sauce	2 Tbsp
Hot Pepper Flakes (Gochugaru)	2 Tbsp
Leek, Chopped	¼ leek
Green Onions, Thin Sliced	1-2 onions
Carrot, Julienned	½ c
Korean Radish, Julienned	¼ radish

5 lbs
½ c
¼ c
2 Tbsp
½ c
1 Tbsp
½ c
½ c
1 leek
5 onions
2 c
1 radish



This kimchi recipe may not have the wisdom or finesse of a Korean grandmother's family recipe, but it is a solid formula for a good, simple kimchi. Especially if the mischievous funk of kimchi has challenged you in the past, you need to give this recipe a try; it's tame enough to approach, but complex enough to enhance any meal that needs a pickle!

## Procedure:

1. Prepare the cabbage: trim the discolored outer leaves of the napa cabbage. Cut the cabbage lengthwise into quarters and remove the cores and chop it up into bite size pieces.
2. Soak the pieces of cabbage in cold water, drain and put the soaked cabbage into a large basin and sprinkle the salt over all of it. Every 30 minutes, turn the cabbage over to salt evenly (total salting time will be 1½ hours). 1.5 hours later, rinse the cabbage in cold water, drain the cabbage, and set aside.
3. While the cabbage is salting, make the porridge. Mix 2/3 c (for the 1 qt batch) or 1 ½ c (1 gal batch) water with sweet rice flour, mix well and bring to a simmer. Keep stirring until the porridge makes bubbles (about 5 minutes). Add sugar, stir and cook for a few more minutes until it's thick and gelled. Cool it down. Place the porridge into a large bowl. Now you will add all your ingredients one by one.
4. In a food processor (or mince by hand), combine garlic, onion, and ginger. Pulse until finely minced. Pour into large stainless bowl, add fish sauce, hot pepper flakes and stir well.
5. Add green onions, chopped leek, Korean radish, carrot, and rice porridge: mix all ingredients well and your kimchi paste is done. Add the cabbage to the kimchi paste and mix by hand (wear gloves).
6. Put the kimchi into an air-tight sealed plastic container or glass jar. Allow the kimchi to ferment at room temperature for 1-2 days, then refrigerate. Open the container after the first 2 days to "burp" the kimchi and release the gases that have built up.
7. It should be tart, funky, and soft—but it still has a little crunch. You can eat it fresh right after making or wait until it's more fermented.

**Pro Tip:**

How to know if it's fermented or not: you may see some bubbles with more liquid, cloudiness, or sour/funky smells. That means it's already fermenting!



# Tomato & Preserved Lemon Soup

## Recipe from Chef Jason Rice

### Ingredients

For a Family  
(1 quart)

For a Larger Group  
(1 gallon)

Unsalted Butter	1½ Tbsp	4 Tbsp
Leeks, white part, slices	½ leek	1¼ leeks
Carrots, 1" chunks	½ carrot	1 carrot
Yellow Onions, 1" chunks	½ onion	1¼ onions
Celery-Cut into 1" chunks	½ stalk	1½ stalks
Garlic	½ clove	1½ cloves
Canned Tomato Filets	16 oz	42 oz
Vegetable Juice (V8)	12 oz	28 oz
Veg Stock	4 c	10 c
Preserved Lemons	1½ Tbsp	3½ Tbsp
Bay Leaves	1 leaf	3 leaves
Coarse Kosher Salt	1 pinch	¼ tsp
Black Pepper	1 pinch	¼ tsp
Fresh Basil	2 Leaves	1 Sprig
Heavy Cream	2 Tbsp	¼ c



This recipe may have you skeptical at first glance, but we can't say enough how much everyone loved this dish (that is, whoever was lucky enough to try some before it had all been eaten). Preserved lemons (see recipe on the next page) are rare to find in the market, but they are easily made a couple of weeks ahead of time; and wow do they bring this dish to a whole other level!

### Procedure:

1. Heat butter in large round pot over medium high heat. Add all vegetables (except tomato products), sprinkle with a bit of salt and sweat until vegetables begin to sound like they are frying.
2. Continue to cook for about ten more minutes or until the pot begins to brown a little on the bottom.
3. Add in vegetable stock, followed by the tomato products. Add in lemons, salt, pepper, and bay leaves.
4. Bring to a boil, turn heat down to a simmer and simmer for about an hour. Check seasonings-add in basil sprig and simmer for another 10 minutes.
5. Remove the bay leaves and purée with a blender to desired consistency. Return to the pot, check seasonings and adjust as needed.
6. Add the heavy cream and bring back to a simmer. Adjust the cream and seasonings as needed.

**Pro Tip:**

The portion size of this soup is around 12oz, but it is so good that you will likely need more. Temper the wave of people seeking seconds with garlic bread, grilled cheese, or a plethora of soup crackers.



# Preserved Lemons

## Recipe from Chef Anders Benson



### Ingredients

	For a Family (4 Servings)	For a Larger Group (10 Servings)
Lemons, Whole or Juiced	2 Lemons	5 Lemons
Coarse Kosher Salt	1/3 c	2/3 c
Hot Water	1 c	2 c
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Bay Leaf	1 Leaf	2 Leaves
Black Peppercorns	1 tsp	2 tsp
Chili Flakes	1 tsp	2 tsp
Olive Oil	1 tsp	2 tsp

This is an enhanced ingredient; substitute this in for fresh lemon zest/rind in any Mediterranean recipe or cocktail, and you will be amazed at the added depth of flavor (we will warn you—this is a very salty ingredient)! This recipe is not traditional, but it requires almost no attention and is so simple.

### Procedure:

1. To make the brine, mix the hot water and salt until the salt dissolves completely. This takes a while and it's ok if there is a bit of salt that doesn't quite dissolve at the end. Add remaining flavorings of your choice, none are required.
2. To prepare the lemons, you can use lemon halves that have been juiced for another purpose (a nice use of 'waste'), or you can just cut lemons in half and add the juice to the brine mixture. Cut each lemon half in half again and remove just the inner pulp with a knife or spoon—we are saving the whole peel, pith included.
3. Submerge the lemon peels in the brine and refrigerate; let them 'pickle' for at least two weeks, but their flavor will deepen if you can wait a month or so. Use in any Mediterranean dishes and enjoy!

**Pro Tip:**

Once this version feels easy for you, we encourage you to investigate more traditional recipes that involve fermentation, more attention to detail, etc. In our experience, you can store these in their brine in the fridge almost indefinitely. You can also keep the same batch of brine going for a while by replacing the oldest lemons that you have used with fresh lemon peels.





# 3. Beverage



In our beverage courses, we cover production, service, and management across beer, wine, spirits, and non-alcoholic drinks such as coffee and kombucha. Students explore the culture, economics, and operations behind the drinks people love. They also learn about food pairings, and cooking with beer and wine. This section offers recipes and pairing tips that will elevate any occasion.





# Beer & Food Pairing Table

Developed by Bernardo Llamazares

Beer Style	Flavor Profile	Food Pairings	Notes
 Lagers/Pilsners	Light, crisp, refreshing, often with floral hop notes	Grilled chicken and vegetables, delicate seafood, sausages, backyard food, salads, paella, light sauces and salsas.	Good for lighter meals and as a palate cleanser. Avoid pairing with overly sour oily/greasy foods that might overpower the beer's subtle flavors.
 Wheat Beers	Light, often with citrusy or fruity notes (Belgian) or banana/clove flavors (German).	Salads, sushi, grilled chicken, steamed shellfish, fruit-based desserts, spicy shrimp. Avoid overly acidic/pickled foods.	Versatile and refreshing, can complement citrusy dishes or cleanse the palate from spicier foods.
 Pale Ales/IPAs	Hoppy, bitter, often with citrusy or floral aromas	Spicy wings, burgers, grilled meats (steak, chicken, brisket), fried fish, cheese (cheddar), seafood (lobster, scallops), heavy sauces (adobo), and salsas.	Hop bitterness can cut through richness and spice, while citrus notes complement various dishes. Hazy IPAs work well with smoked meats.
 Amber/Brown Ales	Malty, caramel notes, sometimes nutty	BBQ ribs, pork (pulled pork, BBQ pork), brisket, steak, grilled chicken, aged gouda, pecan pie.	The caramel notes complement smoky and grilled flavors. Can also provide balance to richer meats like brisket.
 Stouts/Porters	Dark, rich, roasted flavors (chocolate, coffee), sometimes sweet	Chocolate desserts, BBQ ribs, brisket, grilled steak, seafood chowders, smoked fish, stews and broths. Avoid overly spicy food.	Enhance the deep, rich flavors of hearty dishes and chocolate desserts.
 Belgian Ales	Fruity esters, sometimes spicy or yeasty notes	Cheeses (Brie, goat cheese, washed rinds), mussels, lobster. Belgian Tripels pair well with rich seafood and desserts. Avoid overly spicy or salty food but be bold and experiment.	The sweetness and depth of flavor can enhance richer dishes.
 Sour Beers	Tart, acidic, sometimes fruity or salty	Shellfish (oysters, mussels, clams), sushi, cheesecake, and fruity desserts. Avoid dairy.	The acidity cuts through richness and complements salty or fruity flavors.

# Thai Mojitos

## Recipe from Jimi Webb



The flavors in this beverage are bold and dreamy! The aromas from the simple syrup are a perfect match for the coconut milk and lime juice; the amounts given make 4 drinks, but the ratios are also listed for making less/more servings.

### Ingredients

### For a Small Group (4 Servings)

Water	1 c
Granulated Sugar	1 c
Fresh Mint Leaves, Lightly Packed	½ c
Thai Chilis, Sliced Thin (Seeds Optional)	1-2 Chilis
Fresh Ginger, Sliced Thin	2" Piece
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Rum, Optional (2 parts)	8 oz
Lime Juice (1 part)	4 oz
Thai Simple Syrup (0.5 parts)	2 oz
Coconut Milk (0.25 parts)	1 oz
Soda Water	As Needed

### Procedure:

1. To make the Thai syrup, gently bruise the mint leaves with your fingers, thinly slice the ginger, and split or slice the Thai chiles.
2. In a medium saucepan, combine the water and sugar. Bring to a gentle simmer over medium heat, stirring until the sugar completely dissolves. Add the ginger and Thai chiles to the saucepan. Simmer gently for 3-5 minutes, allowing the flavors to infuse.
3. Remove the pan from heat. Add the mint leaves to the syrup and gently stir. Let everything steep for 10-15 minutes, tasting after 10 for preferred mint and chili strength. Strain the syrup through a fine-mesh sieve into a clean jar or bottle. Discard the solids. Let cool to room temperature. Refrigerate and use within 2 weeks.
4. To build the cocktail, add the rum (if using), lime juice, Thai syrup, and coconut milk to a shaker. Fill the shaker with ice and shake briefly, until combined. Taste for tartness/sweetness and add more syrup as needed.
5. To serve, strain into a tall glass filled with fresh ice and top with soda water. Stir gently to mix and add a sprig of mint, a lime wheel, and, if desired, a thin slice of chili for appearance and aroma.



**Pro Tip:**

Adjust the amount of chili, syrup, and lime to your preference. For a more pronounced ginger flavor, simmer the ginger for longer before adding chiles and mint. You can add any extra Thai syrup in this recipe for cocktails, lemonade, iced teas, or as a dessert drizzle.

# Pale Ale with Fudge Brownies

Recipe from Chef Ashley Brito, Professor Katie Strain

## Ingredients

For a Family  
(12-16 Pieces)

Unsalted Butter, Melted	10 Tbsp
Granulated Sugar	1¼ c
Cocoa Powder	¾ c + 2 Tbsp
Vanilla Extract	1 tsp
Coarse Kosher Salt	¼ tsp, More to Top
Large Eggs, Cold	2 Eggs
All-Purpose Flour	½ c, Leveled
Chocolate Chips, Nuts, etc.	2/3 c



This recipe pairing was inspired by our Beer and Food class; it pairs a delectable fudge brownie with a traditional Pale Ale. We envisioned a rich, soft brownie with a crispy exterior topped with a little sea salt, which perfectly pairs with a pale ale. The bitterness of the ale cuts through the richness of the brownie, while the brownie helps mute the bitterness of the ale; earthy and floral aromas from the brownie play with the hops and citrus notes of the ale.

## Procedure:

1. Preheat the oven to 325°F. Melt the butter completely using the stove or microwave. In a medium bowl, mix the butter and sugar and stir until fully combined.
2. Stir in the cocoa, vanilla, and salt. Let cool down until it is just warm. Beat in each egg, mixing well. Add in the flour, mixing just until fully combined (40-50 strokes). Fold in any other ingredients of your choosing (chocolate chips, nuts, etc.).
3. Coat an 8-9" square baking pan with non-stick spray or oil (parchment on the bottom isn't a bad idea, either) and carefully spread the batter mixture evenly. Sprinkle a little flake salt if you desire.
4. Bake for 20-30 minutes, until the edges just begin to dry and a toothpick comes out clean of uncooked batter.
5. Let cool completely at room temp, cut into pieces, and enjoy!



**Pro Tip:**

An extra level of flavor complexity (especially if this is a food/beverage pairing) is to add a caramel topping of your choice to the finished brownies. While a little tricky, making a caramel drizzle from scratch is exciting and tastes the best!

# Desert Mezcal Sour

Recipe from Andrew Seidenstat

## Ingredients

	For a Small Group (4 Servings)
Sage Leaves	8, More for Garnish
Sugar	1 c
Water	1 c
Mezcal	6 oz
Lemon Juice	4 oz
Grapefruit Juice	2 oz
Orange Bitters	8 Dashes
Egg Whites, Optional	4 Eggs
Sage Simple Syrup (see below)	4 oz



Need a dusky cocktail with aromas of the Southwest? Look no further; this drink features citrus notes and resinous sage, all enveloped in smoky Mezcal. For this recipe you will need a shaker tin, Hawthorn strainer, ice, a couple of old fashion/rocks glass, and a fine mesh strainer (optional).

## Procedure:

1. To make the sage simple syrup, take the sage leaves and combine with the sugar and water in a saucepan. Gently simmer until sage has started to wilt and syrup has good sage flavor, 10-15 minutes. Take sage out and set aside simple syrup to cool. This recipe should make about one cup of syrup, but we will only use 4oz for this recipe. Store in the fridge.
2. In a shaker tin, add mezcal, lemon juice, grapefruit juice, orange bitter, sage simple syrup, ice, and egg whites if using. Shake vigorously until egg whites are frothy, and strain into a glass.
3. Garnish with fresh sage leaves and/or grapefruit peel.



**Pro Tip:**

The acid from the citrus and the alcohol will denature the egg proteins, making it safe to drink. The egg whites are optional—they just add some texture and foam to the drink.

# Apple Cheddar Beer Pancakes

Recipe from Chef Jennifer Watson

## Ingredients

For a Family  
(4 Servings)

For a Larger Group  
(10 Servings)



AP Flour, Sifted	1 ¼ c	3 1/8 cups
Sugar	3 Tbsp	7½ Tbsp
Baking Powder	1 Tbsp	2½ Tbsp
Baking Soda	1 tsp	2½ tsp
Ground Cinnamon	1 tsp	2½ tsp
Coarse Kosher Salt	½ tsp	1¼ tsp
Cheddar, Shredded	1 c	2½ c
Granny Smith Apple, Shredded	1 apple	2½ apples
Pilsner or Blonde Ale	2/3 c	1 2/3 c
Buttermilk	3 oz	7 oz
Unsalted butter, Melted	3 Tbsp	7½ Tbsp
Large Egg	1 Egg	2–3 Eggs
Butter or Oil for Griddle	2 Tbsp	5 Tbsp

This recipe includes a unique use of the aromatic properties of beer in a food that is traditionally sweet and served at breakfast! The little pop that a pilsner or blonde ale brings is a perfect match to the richness of the cheddar and highlights the tart apple as well. We can say with total confidence that these semi-savory pancakes are a scrumptious and welcome alternative to the traditional classic.

## Procedure:

1. Preheat griddle to 325° F or a large cast iron skillet over medium heat.
2. Sift together flour, sugar, baking powder, baking soda, salt & cinnamon. Add the cheese and apples, stir to combine.
3. In a separate bowl, whisk together beer, buttermilk & melted butter. Add egg and whisk to combine. The butter will re-solidify in this process—it's fine.
4. Make a "well" in center of dry ingredients, add liquid ingredients and stir, just enough to combine.
5. Grease griddle or skillet, drop ¼ cup of batter onto the surface & smooth evenly with back of a ladle or off-set spatula. Cook until they bubble, and the underside has browned and started to dry around the edges, approx. 2-4 minutes. Flip and allow to cook until cooked through, tender but not dry. Serve warm with syrup and your favorite toppings.



**Pro Tip:**

When it comes to how you can enjoy or top these pancakes, we love these with just butter and syrup, but there's nothing stopping you from getting some charcuterie action going, maybe a pickled vegetable of choice, or even a light salad!

# Lager-Braised Cauliflower Tacos

## Recipe from Chef Jennifer Watson

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Cauliflower	1 ½ Heads	4 Heads
Lager-Style Beer	1 c	2½ c
Vegetable Broth	3 oz	7 oz
Lime Juice	1 ½ Tbsp	3¾ Tbsp
Soy Sauce	2 tsp	5 tsp
Hot sauce of Choice	2 Tbsp	5 Tbsp
Garlic, Thin Sliced	2-3 Cloves	5-7 Cloves
Chili Powder	2 tsp	5 tsp
Smoked Paprika	1½ tsp	3¾ tsp
Ground Cumin	½ tsp	1¼ tsp
Garlic Powder	¼ tsp	½ tsp
Olive oil	4 tsp	3 ½ Tbsp
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Small Tortillas	8 Tortillas	20 Tortillas
Avocado (if desired)	1-2 Large	2-3 Large



See the following page for the salsa and slaw recipes. These vegetarian tacos have an excellent flavor, in part from using a Lager-style beer in the braising process! The herbaceous and hoppy aromas of the lager are a fantastic complement to the Latin flavor profile in all of the taco components here.

### Procedure:

1. Preheat the oven to 400° F.
2. Chop the cauliflower into small florets. Warm the beer, broth, lime juice, soy sauce, hot sauce and garlic in a saucepan over medium heat. Add half of the cauliflower and simmer for about 2 minutes. Remove with a slotted spoon and cook the other half the same way. Drain, saving the cauliflower.
3. Mix the spices together in a big bowl and toss in the cauliflower and olive oil. Put the cauliflower on a baking sheet and bake until browned, about 20 minutes, stirring about halfway through. Pull out and let rest for 5-10 minutes.
4. Prepare the tortillas as instructed on the package (toasting in a hot pan is best). Stuff them with the carrot/cabbage slaw and avocado. Add the cauliflower when ready and serve with some fire-roasted salsa on top.

### Pro Tip:

For these tacos, we recommend preparing the salsa the day before and the slaw as well if you would like to save time. The cauliflower is best when braised the same day.

# Fire-Roasted Salsa

## Lime Cilantro Slaw

Recipes from Chef Jennifer Watson

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
<b><u>Salsa:</u></b>		
Fire Roasted Tomatoes	1 c	2 c
White/Yellow onion, Chopped	¼ onion	½ onion
Chopped Green Onion	2 ½ Tbsp	1/3 c
Jalapenos, Chopped	1 Jalapeno	2 Jalapenos
Garlic Cloves, Smashed	4 cloves	8 cloves
Ground Cumin	¼ tsp	½ tsp
Lime juice	1 oz	2 oz
Coarse Kosher Salt and Pepper	To Taste	To Taste
<b><u>Cilantro Slaw:</u></b>		
Shredded Cabbage Carrot Mix	1 lb	2½ lbs
Lime Juice	2½ Tbsp	½ c
Rice Vinegar	2½ Tbsp	½ c
Olive Oil	1½ tsp	3¾ tsp
Coarse Kosher Salt	To Taste	To Taste
Chopped Cilantro	1/3 c	1 c

### Procedure:

1. To make the salsa, use a food processor to blend the tomatoes, onion, green onion, jalapenos, garlic, cumin, and lime juice. Season to taste. Store covered in the fridge.
2. To make the slaw, combine lime juice, vinegar, oil, salt, and cilantro.
3. Toss with cabbage mixture, mixing well with hands. Let marinate for about 30 minutes. Serve with the tacos or keep covered in fridge for up to 2 days.

# Rhubarb Basil Smash Cocktail

Recipe from Andrew Seidenstat



## Ingredients

For a Small Group  
(4 Servings)

Rhubarb, ½" Dice	1 c
Sugar	1 c
Water	¾ c
Rhubarb Simple Syrup (see below)	4 oz
Basil Leaves.	12 leaves
Gin	6 oz
Lemon juice	4 oz
Soda Water	As Needed

This beverage is a delightful, bright sipping drink that celebrates the Spring and Summer in Denver, when the rhubarb and basil are in full swing! If you want a mocktail, do everything the same, just leave out the gin and add more soda water. For this recipe, you will need a shaker tin, Hawthorn strainer, ice, highball or colins glass, and a fine mesh strainer (optional).

## Procedure:

1. To make the rhubarb simple syrup, take the rhubarb stalks and heat in saucepan with the sugar and water. Let that simmer until a sweet, tangy simple syrup develops and rhubarb is soft.
2. Strain the rhubarb stalks out of the simple syrup and set aside to cool. This recipe should make about one cup of syrup, but we will only use 4oz for this recipe. Store in the fridge.
3. To the shaker tin, add rhubarb simple syrup, lemon juice, gin, basil leaves (keep some leaves for garnish), and ice. Shake well and strain over ice in a glass.
4. Top with soda water and garnish with basil leaves.



**Pro Tip:**

To get good aromatics out of the basil leaf, smack it between your hands before adding it to a drink to express the oils. For the best experience, use your favorite gin, but avoid London dry gin.

# Lager with Bacon-Wrapped Dates

Recipe from Shannon Dooley and Roman Fuentes (BVG 3220), Professor Katie Strain



## Ingredients

### For a Family (4 Servings)

### For a Larger Group (10 Servings)

Amber Beer	2¾ Tbsp
Maple Syrup	2¾ Tbsp
Medjool Dates (pitted)	12 Dates
Plain Goat Cheese	1½ oz
Bacon Strips (cut in half)	6 Strips
Ground Peppercorn	½ tsp
Fresh Thyme (Garnish)	As needed

1/3 c
1/3 c
24 Dates
3 oz
12 Strips
1 tsp
As needed

This recipe is the work of a student team in one of our Beer and Food classes! It pairs this savory hors d'oeuvre with an Amber Lager beer. The caramel and toasty malt notes of the lager echo sweetness (like in dates or glazes) while matching the savory umami of meats like bacon or roasted pork. And smoky flavors (like bacon or grilled vegetables) are rounded out by the malt, while the light hop bitterness keeps the palate refreshed.

## Procedure:

1. Preheat oven to 400°F. Using a parchment-covered baking sheet, par-cook the bacon about 4 minutes.
2. In a saucepan over med-high heat, add the amber beer and maple syrup, bring to a simmer, and reduce until slightly thickened. Remove from heat.
3. Whip together the goat cheese and ground peppercorn, then carefully fill each date with mixture using a small spatula or your hands. If the dates don't have a split down one side, slicing one side to the middle will make filling the dates much easier.
4. Wrap each date with ½ strip of bacon and place back on baking sheet; these can be held covered in the fridge overnight at this point.
5. Brush dates with maple-beer mixture, bake 3-5 minutes, flip and brush other side, bake another 3-5 minutes, until crispy.
6. Garnish with fresh thyme leaves.

### **Pro Tip:**

We recommend mixing some chopped fresh thyme leaves into the filling of the dates as well as on top for a garnish; it brings such a nice, bright herbal aroma through the whole dish!



# Kolsch with Parmesan-Crusted Roasted Fennel

Recipe from David Caldwell & Noah Johnson (BVG 3220), Professor Katie Strain



Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Olive Oil	2 Tbsp	5 Tbsp
Lemon Juice + Zest	1 Tbsp	2½ Tbsp
Thyme	½ tsp	1¼ tsp
Fennel	2 large bulbs	5 large bulbs
Coarse Kosher Salt	To taste	To taste
Pepper	To taste	To taste
Panko Breadcrumbs	½ c	1¼ c
Parmesan	½ c	1¼ c
Garlic	2 cloves	5 cloves
Caraway Seed	1 tsp	2½ tsp
Butter, Melted	3 Tbsp	7½ Tbsp

This recipe is the work of a student team in one of our Beer and Food classes! It pairs this fennel hors d'oeuvre with a Kolsch beer. The light fruity aromas and sweet crisp flavor from the Kolsch compliments both the fresh sweet fennel and the tangy lemon notes in the dish. The bready crumble highlights the yeast and wheat characteristics from the Kolsch to create a cohesive flavor profile while accentuating their contrasting elements.

## Procedure:

1. Preheat the oven to 425° F. Halve the fennel and cut into 1" wedges with just enough core still attached to hold the layers together. Toss with the olive oil, lemon, thyme (minced), and salt and pepper to taste. Cover with foil and roast for 25-30 minutes.
2. Meanwhile, combine the breadcrumbs, butter, garlic, parmesan, caraway, and season with salt and pepper to taste.
3. When almost tender, uncover fennel, sprinkle with crumb mixture, return to oven and roast or broil for 5 more minutes, or until golden brown and crispy.
4. Rest for 10 minutes and serve.

**Pro Tip:**

Fennel bulbs range greatly in size, so if you can only find smaller ones, it's best to get a couple more. If you can't find fennel bulbs, you can substitute Yukon gold potato slices and add some crushed fennel seeds to the breadcrumbs!





# 4. Events

Cooking for a party or event? This section has you covered. Our event management students are passionate about creating unforgettable experiences. They learn how to manage vendors, negotiate contracts, create budgets, and execute flawless events. Recipes in this section are designed to help you serve larger groups. So, stop wondering what to bring to that next potluck, and explore these tasty options.



# Chocolate Muffins

Recipe from Randa Elgzil



Ingredients	For a Family (6 Large Muffins)	For a Larger Group (12 Large Muffins)
All-Purpose Flour	¾ cup + 1 tbsp	1½ cup + 2 tbsp
Granulated Sugar	½ cup (100g)	1 cup (200g)
Cocoa Powder	½ cup (40g)	1 cup (80g)
Baking Soda	½ tsp (3g)	1 tsp (6g)
2g (1/4 tsp) salt	¼ tsp (2g)	½ tsp (4g)
Eggs	1 egg	2 egg
Sour Cream	1/3 cup + 1 Tbsp	2/3 cup + 2 Tbsp
Neutral-flavored Oil	(95g)	(190g)
Buttermilk or Milk	¼ cup (60g)	½ cup (120g)
Chocolate Chunks or Chips	¼ cup (60g)	½ cup (120g)
	1 c	2 c

These chocolate muffins are phenomenal and make a regular appearance at events in the School of Hospitality! They are the perfect chocolatey treat that can masquerade as breakfast food—a rare and beautiful thing.

## Procedure:

1. Preheat oven to 425°F and line the muffin tins with squares of parchment paper or muffin liners.
2. Mix the flour, cocoa powder, baking soda, and salt. Set it aside.
3. In another bowl, mix the egg, sour cream, oil, and buttermilk. Whisk in the granulated sugar.
4. Use a spatula to fold the dry ingredients into the wet. Add the chocolate chips.
5. Spoon the batter into the muffin liners and add a few chocolate chunks/ chips on top.
6. Place it in the oven and cook for 5 minutes on 425°F. Then reduce temperature to 350°F and bake for another 15 minutes or until toothpick comes out free of batter. Take them out of the oven and let cool.

**Pro Tip:**

Like a brownie recipe, you are able to mix and match a variety of goodies to add in addition to the chocolate chips; ideas include berries, cherries, macadamia nuts, pecans, or candied orange.



# Brown Butter Green Beans, Pistachios, and Lemon Feta

Recipe from Chef Jason Rice

## Ingredients

For a Family  
(4 Servings)

For a Larger Group  
(10 Servings)

Feta Cheese	8 oz
Greek Yogurt	1 c
Lemon Juice plus zest	1 Lemon
Olive Oil	3 Tbsp
Garlic	2 Cloves
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Pistachios (Chopped)	¾ c
Everything Bagel Seasoning	1¾ Tbsp
Cinnamon	½ tsp
Cumin	¾ tsp
Coarse Kosher Salt	½ tsp
Green Beans, trimmed	1½ lbs
Unsalted Butter	2 oz
Pomegranate Arils	¾ c

20 oz
2½ c
2-3 Lemons
7½ Tbsp
5 Cloves
--
1¾ c
7½ Tbsp
1¼ tsp
1¾ tsp
1¼ tsp
3¾ lbs
5 oz
1¾ c



Green beans can be uninteresting and easily overcooked— you will be happy to know that neither happens in this dish. Quickly cooked and served on a whipped lemon feta sauce, these green beans will be a fantastic addition to your repertoire.

## Procedure:

1. Place Feta, yogurt, lemon juice, olive oil, and garlic in a food processor and blend until whipped and smooth, about 1-2 minutes. Set aside.
2. Bring a large pot of water to a boil.
3. In a small bowl, combine the pistachios, spices and everything bagel seasoning in a small bowl.
4. Place the green beans in the boiling water and cook for about 3 minutes. Drain the beans, and pat dry with a paper towel, but keep warm.
5. Melt the ¼ cup of butter in a large skillet, add the pistachio mixture and toast for about 1 minute. Add in the green beans and sauté for about 2 minutes.
6. Evenly spread the feta mixture out on a large plate or platter, and top with the green beans any way you wish.
7. Top with the remaining pistachio mixture from the pan, and if desired and available, top with pomegranate arils, the lemon juice, and fresh herbs of your choice if you like.

**Pro Tip:**

Julienned rainbow or regular carrots may be used in place of the green beans.



# Rosemary Lemon Cookies

## Recipe from Chef Anders Benson

### Ingredients

Butter, Unsalted, Softened	1 c
Sugar	$\frac{3}{4}$ c
Fresh Rosemary (minced)	2 Tbsp
Lemon Juice and Zest	1 Lemon
Vanilla	1 tsp
Baking Powder	$\frac{1}{2}$ tsp
Baking Soda	$\frac{1}{2}$ tsp
Salt	$\frac{1}{4}$ tsp
Flour	$2\frac{1}{4}$ c

For a Family  
(Makes 14)



These shortbread-style cookies are both interesting and surprising; with the citrus and herbal aroma, these cookies can stand alone as a delectable snack or dessert.

### Procedure:

1. Preheat the oven to 350 F. In a mixing bowl, beat the butter and the first sugar together until light and fluffy. Add the first rosemary, lemon zest, juice, and vanilla, continuing to mix until all the ingredients are well combined.
2. In a separate bowl, combine the flour, baking powder, soda, and salt. Stir the flour mixture gradually into the wet ingredients.
3. Use a portion scoop (#20 / 1.5 oz / 3 Tbsp) to measure equal amounts of batter.
4. Roll the batter into balls and roll the balls in prepared sugar (the second sugar and rosemary).
5. Place on an ungreased cookie sheet with about 1 -2 inches of space between them. Flatten cookies with the bottom of a glass or measuring cup to about  $\frac{1}{2}$ " thick.
6. Bake for 8 - 10 minutes, until they are just starting to brown. Remove from the oven and allow the cookies to cool.



**Pro Tip:**

These are not just for dessert! Pair these with your choice of beverage, aged cheese, tapenade, smoked meat, or roasted vegetable!

# Summer Vegetable Chicken Salad

## Recipe from Chef Jason Rice

### Ingredients

### For a Family (4 Servings)

### For a Larger Group (10 Servings)

Chicken Breast  
Asparagus  
Fava or Lima Beans  
Broccolini Florets  
Red Onion, Julienne  
Persian Cucumber  
Sugar Snaps  
Arugula  
Goat Cheese  
Lemon-juice and zest  
Dijon  
Oil  
Greek yogurt or Ricotta

2 Breasts  
10 oz  
5½ oz  
10 oz  
1/3 Onion  
2 Cucumbers  
6 oz  
4 oz  
1½ oz  
1 Lemon  
¾ Tbsp  
1¾ Tbsp  
1½ c

5 Breasts  
1¾ lb  
¾ lb  
1¾ lb  
¾ Onion  
5 Cucumbers  
15 oz  
10 oz  
3½ oz  
2 Lemons  
1½ Tbsp  
4 Tbsp  
3 ¼ c



This salad offers a mix of Spring and Summer veggies with some nice accents including cheeses and citrus; it presents beautifully as a plated salad and would also be a great buffet-style platter.

### Procedure:

1. To prepare the chicken, season and either grill or bake the chicken breasts until cooked through; allow to cool and cut into ¾" slices. Hold covered in the fridge.
2. Bring a pot of salted water to a boil. Blanch all of the green vegetables (except for the cucumber) separately for 90 seconds each, and shock in ice water for one minute. Place on dry paper towels and pat dry.
3. To make the vinaigrette, whisk together the lemon juice, Dijon, and olive oil. Season to taste. This does not have to be emulsified.
4. Place vegetables, red onion, and goat cheese in a large mixing bowl, and pour lemon vinaigrette over, mixing to thoroughly coat the vegetables.
5. Spread ricotta or yogurt on plates or a large serving platter. Place the dressed vegetables on top. Top the vegetables with the chicken slices and serve.



**Pro Tip:**

This salad has several separate components; most can be made a day or so ahead of time and stored covered in the fridge. Whole fava beans have a protective layer around each bean which needs to be removed before eating; lima beans are easier to find and easier to prepare (buy frozen).

# Blueberry Muffins

Recipe from Chef Ashley Brito

## Ingredients

For a Family  
(1 Dozen)

Melted Butter	½ c
Sugar	1 c
Eggs	2 Eggs
Vanilla Extract	½ tsp
Sour Cream	1/3 c
Milk	1/3 c
Flour	2 c
Baking Powder	1½ tsp
Coarse Kosher Salt	¼ tsp
Frozen Blueberries	2 c
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Melted Butter	1½ Tbsp
Brown Sugar	¼ c
Granulated Sugar	2 Tbsp + 1 tsp
All-Purpose Flour	¼ c
Cinnamon	¼ tsp



These muffins are delicious! They are a solid, go-to blueberry muffin recipe that has a nice balance of sweetness but also has a great crumble as a topping. You can also use any berries you like in place of the blueberries!

## Procedure:

1. Preheat oven to 400°F. For higher elevations (3,000 ft+), reduce baking powder to 1¼ tsp and add 1-2 tbsp extra flour. Grease or line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk melted butter and sugar until smooth. Add eggs one at a time, then stir in vanilla, sour cream, and milk until well combined.
3. In another bowl, whisk together flour, baking powder, and salt. Gradually add the dry ingredients to the wet ingredients, mixing gently until just combined.
4. Separately, toss frozen blueberries in a light coating of flour, then fold them gently into the batter. Divide batter evenly among the muffin cups, filling each about ¾ full.
5. To make the streusel, mix the second flour, cinnamon, granulated sugar, and brown sugar in a bowl. Add melted butter and mix with a fork until crumbly, with pieces of varying sizes. Sprinkle the streusel generously over the batter.
6. Bake for 22-25 minutes or until a toothpick inserted in the center comes out clean. Let muffins cool for 5 minutes in the tin, then transfer to a wire rack to cool completely.



**Pro Tip:**

This recipe is best with the 'wild,' low-bush blueberries, but is also fine with any frozen blueberry. Also, fun fact, dusting the blueberries with flour prevents them from sinking in the batter as it bakes!

# Fresh Cavatelli Pasta

## Recipe from Chef Anders Benson



Ingredients	For a Family (4 Servings)	For a Family (10 Servings)
Ricotta Cheese	1 c	2½ c
Eggs	1 egg	2 eggs
Coarse Kosher Salt	1 pinch	3 pinches
Pepper	1 pinch	3 pinches
Nutmeg	1 pinch	2 pinches
All Purpose or 00 Flour	1¼ c, More for Working	3c, More for Working
Sauce of Choice	~16 oz	~40 oz

This is a made-from-scratch pasta that is relatively simple and not easy to buy from the grocery store! It will take a little practice, but if you make these two or three times, you will find your groove. We also recommend searching the internet for demonstrations of the shaping technique, since it is hard to capture in a book.

### Procedure:

1. In a medium bowl, mix all of the ingredients except for the flour together until smooth. Use a fork to mix the dough—it acts like a whisk, but it will be easy to scrape off the dough. Add the flour while continuing to mix until the dough forms a soft ball and holds its shape. It will feel sticky, that's ok. Let the dough rest for at least 20 minutes covered in the fridge.
2. Shaping this dough takes a little practice, as it is very light and soft; if it gets sticky, sprinkle a little more flour, and be gentle with your motions. One handful at a time, use enough dusting flour to roll the dough into a long rope, about ½" thick. Once you have 2-3 long ropes, cover them well with flour and use a bench scraper or knife to cut them into little square pillows, about ½" in size.
3. Once the dough is all in pillow form, dust with more flour; take one pillow at a time and use a knife to gently scrape them over a gnocchi board or the back of a fork to create ridges. These will hold sauce, as will the middle gap/space.
4. Cooked fresh is best, but they can also be frozen. To cook, cook frozen or fresh cavatelli into salted boiling water and once the water returns to a boil, reduce to a simmer and cook until they float and are al dente (2-3 min fresh, 4-5 min frozen).
5. Strain and serve warm with the heated sauce of your choice.



**Pro Tip:**

The ridges in this pasta hold sauce really nicely; it goes well with a tomato/red sauce, a cream sauce, a pesto, or a light wine sauce. Throw some sauteed vegetables and some sausage in there and you'll have a fantastic homemade meal!



# Cauliflower Steaks with Butterbean Purée

Recipe from Jennifer Watson



Here is a fantastic chance to try the method of searing and basting in a pan. You've likely seen this done to steak, chicken, or other meats, but it works just as well on these cauliflower steaks. They brown perfectly and are fork tender in the end, not to mention the richness that the basting gives to the cauliflower.

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Parsley	1 Large Bunch	2½ Large Bunch
Cilantro	½ Bunch	1 Large Bunch
Garlic	1 Clove	2½ Clove
Red Chilli	1 Chili	2½ Chilis
Red Wine Vinegar	2 Tbsp	5 Tbsp
Extra Virgin Olive Oil	3 ½ oz	8 oz
--	--	--
Jarred Butter Beans	3 c	7½ c
Lemon	2 Lemon	5 Lemons
Garlic	1 Clove	2½ Cloves
Nutritional Yeast	2 Tbsp	5 Tbsp
--	--	--
Cauliflower "Steaks"	2 Heads	5 Heads
Smoked Paprika	2 Tbsp	5 Tbsp
Garlic Cloves	6 Cloves	6 Cloves
Butter	2 oz	5 oz
Coarse Kosher Salt	To taste	To taste
Pepper	To taste	To taste
Olive oil	2 Tbsp	5 Tbsp

## Procedure:

1. First, make the chimichurri: finely chop the fresh herbs into a mixing bowl. Mince the chili and garlic and add the herbs and the vinegar. Season to taste, then slowly add in the olive oil while mixing until thoroughly combined. Set aside.
2. For the butter beans, save the liquor from the cans. Purée the beans in a blender with the lemon juice, salt, pepper, garlic, and nutritional yeast. Use the liquor to get the purée moving in the blender and to reach your preferred consistency.
3. For the cauliflower, carve into steaks—you should be able to get two 1" slabs from the middle of a large head. Save the extra florets for another recipe (tacos, maybe?) or roast in the same method to serve alongside the steaks. Season the steaks with salt, pepper, and paprika on both sides, then drizzle with oil + massage well.
4. Heat a large frying pan to medium high heat. Add 2 tbsp olive oil. Once hot, add the steak and press down to sear. After several minutes, flip and fry the other side until golden brown.
5. Smash the garlic cloves, add to the pan with the butter and baste continuously. Once the steaks are completely cooked, remove from the pan.
6. To serve, spread the bean purée into the middle of a plate. Place the steak on top, drizzle with chimichurri and any garnish of choice.



**Pro Tip:**

For a zero-waste garnish, finely chop up the extra cauliflower leaves and stems. After the cauliflower steaks are done and removed from the pan, add the chopped leaves/stems to the pan; add a splash more oil, cook until golden brown and crispy. Remove from heat.

# Quick Pickles

## Recipe from Chef Anders Benson

Ingredients	For a Family (16 oz)	For a Larger Group (40 oz)
Vinegar (your choice)	2/3 c	2½ c
Water	1 1/3 c	2½ c
Salt	2 tsp	2½ Tbsp
Sugar or Honey	2 tsp	2½ Tbsp
Flavorings	To Taste, 2 Tbsp	To Taste, 5 Tbsp
Vegetables, Sliced Thin	2 c	5 c



This recipe is a flexible method to make a 'quick pickle' that is ready in about 30 minutes. It's not a true pickle, but it makes for an exciting ingredient to top grilled items, poke bowls, or put into a sandwich! Here we offer three types, but you can pick a vegetable, mix and match your vinegar(s) and flavorings, and experiment!

### Procedure:

The method for each style is to bring the brine (vinegar, water, salt, sugar) and all flavorings just to a boil in a small pot, then immediately pour it over the vegetables and let it steep for 30 minutes. Make sure that your vegetables and flavorings are cut relatively thin/small (just under ¼"). The variants below show some possible flavor combinations:

### Classic 'Pickle':

- **Vegetable:** 1 c cucumber, sliced thin.
- **Flavorings:** Use 1/3 c apple cider vinegar, 1/3 c white vinegar; 1 tsp dill, 1 tsp black peppercorn, 2 allspice berries.

### Tangy Mushrooms:

- **Vegetable:** 1 c Hon-shimeji mushrooms or similar, cut apart or thin.
- **Flavorings:** Use 2/3 c rice vinegar; 1 Tbsp soy sauce for the salt, 1 tsp sesame seeds, 1 tsp sesame oil, 1 garlic clove, 2 slices ginger root, 1 tsp wakame seaweed, 1 tsp chili.

### Amazing Onions:

- **Vegetable:** 1c Red onion, sliced very thin.
- **Flavorings:** Use 2/3 c red wine vinegar; 1 Tbsp honey for the sugar, 1 tsp black peppercorn, 1 bay leaf, 2 lemon peels, 1 tsp fresh rosemary.

**Pro Tip:**

Store finished pickles in their brine, covered in the fridge. Left in brine, they will continue to intensify and 'pickle', lasting for several weeks. If you like them crisper and lighter, eat them right away. If you like them softer and more intense, let them sit in the fridge for a few days.



# Root Vegetable Soup with Seared Halloumi

## Recipe from Chef Jason Rice

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Onion	1½ Onions	4 Onions
Garlic	2 Cloves	4 Large Cloves
Parsnips	3½ Parsnips	8 Large Parsnips
Carrots	5 Large Carrots	12 Large Carrots
Vegetable Stock	6-7 c	14-16 c
Olive Oil	3-4 Tbsp	8-10 Tbsp
Ground cumin	1½ tsp	4 tsp
Halloumi, Whole	12 oz	30 oz
Lacinato Kale	½ Bunch	1-2 Bunches
Mixed seeds	4 Tbsp	½ c
Fresh Lemon Juice	1-2 Lemons	4-5 Lemons



Roasted Fall vegetables have a welcome home in this soup; the floral herbal quality of the parsnips really shines through, and the mixed seeds with seared halloumi really gives a perfect topping, in both flavor and texture!

### Procedure:

1. Preheat the oven to 400°F. Peel and quarter the onions and chop the carrots and parsnips into 1" rough chunks. Spread onto a baking tray and toss with olive oil, salt, pepper and cumin and the whole garlic clove (skin on). Roast for 25-30 minutes or until tender and golden brown, tossing half-way through.
2. Meanwhile, slice your halloumi into small chunks/slices and set aside.
3. Once the vegetables are tender, remove from the oven and remove the skin off of the garlic. Put the veg into a large saucepan and add the stock. Place on medium heat and simmer for 2 minutes.
4. Prepare the kale by rinsing, drying, slicing thin, and crunching firmly by hand.
5. Bring a separate pan to medium heat with a dash of oil and the pieces of halloumi. Fry each side for 2-3 minutes until golden and crispy.
6. Blend the soup using a hand blender or bar blender- add more stock if necessary (the consistency should flow but should be thick). Season to taste with salt, pepper, and lemon juice. Pass through a fine sieve.
7. Serve up the soup and top with finely chopped kale, the halloumi croutons, and the seed mix.



**Pro Tip:**

For mixed seeds, we recommend any combination of sunflower, green pumpkin, black or white sesame, and pine nuts; give them a light toasting in a hot pan, let cool, and sprinkle on top of the soup.



# Crackers from Scratch

## Recipe from Chef Anders Benson

### Ingredients

### For a Family (4 Servings)

### For a Larger Group (10 Servings)

Water	1/3 c	2/3 c
Olive Oil	1 tsp, More for Brushing	2 tsp, More for Brushing
All-Purpose Flour	1 c, More for Dusting	2 c, More for Dusting
Salt	As Needed for Seasoning	As Needed for Seasoning
Herbs or Spices	As Needed for Seasoning	As Needed for Seasoning



Home-made crackers are so much simpler than you might imagine, especially if you have a little practice and a pasta-rolling machine. Some of our students have created some fantastic blends of herbs and spices in these crackers, and now you can, too! These can be flavored to accompany any dip, salad, soup, or charcuterie board.

### Procedure:

1. Preheat oven to 450°F.
2. In a medium bowl, mix the water and olive oil. If you want to add herbs or spices into the dough, you may do so now. Use a dining fork to whisk in the flour, a bit at a time, until the dough is firm, smooth, and moist, but is no longer sticking to your hands. Using a pasta-rolling machine or rolling pin, roll out the dough with a little flour to your desired thickness (1/16" or so will give you a nice, breakable, crispy cracker). We take ours to the second-to-last thickness on the pasta roller.
3. Using a fork or dough docker, poke many little holes all over the dough surface. Use a knife or pastry roller, cut the rolled dough into large rectangles and transfer to a sheet tray with parchment. Brush with oil as desired and top with salt, herbs, and/or spices.
4. Bake for about 3-4 minutes (yes, it's very quick), or until the edges are a light golden brown. Don't walk far away while this happens...they can burn quickly. Pull and let cool, keeping dry. Allow to cool all the way to room temperature and serve. You can also store them in an airtight container for a day or two, but fresh is best!

**Pro Tip:**

You can try perforating lines or designs to make the crackers easier to break apart if you like, but the rustic style of hand-broken crackers can be a nice look, too.



# Winter Rainbow Salad



## Recipe from Chef Jason Rice

Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)	Ingredients	For a Family (4 Servings)	For a Larger Group (10 Servings)
Chicken Breasts	2-3 Breasts	6 Breasts	Croutons (ideally fresh)	~1½ c	~4 c
Basil Pesto	3 Tbsp	½ c	Kale	1 Bunch	2 Bunches
--	--	--	Baby Butter Greens	5 oz	12 oz
Grapefruit Juice	1½ Tbsp	¼ c	Red Beets	1-2 Beets	1 Bunch
Pomegranate Juice	1½ Tbsp	¼ c	Golden Beets	1-2 Beets	1 Bunch
Shallot, minced	¼ shallot	½ shallot	Butter	1½ Tbsp	3 Tbsp
Dijon mustard	½ tsp	1 tsp	Delicata Squash	1 Squash	2-3 Squash
Avocado/Grape Seed Oil	~2/3 c	~1 ½ c	Garlic	1 Cloves	2 Cloves
Honey or Brown Sugar	½ tsp	1 tsp	Fresh Thyme Leaves	1 Tbsp	2 Tbsp
			Vegetable Oil	7 Tbsp	1 c
			Coarse Kosher Salt	To Taste	To Taste
			Black Pepper	To Taste	To Taste

### Procedure:

1. Preheat the oven to 350°F. To prepare the chicken, coat the chicken with pesto and roast for about 25-30 minutes at 350°F, or until internal temp reaches 160-165°F. Let rest 8-10 minutes before slicing. Hold slices cold and covered, or plate up immediately.
2. If making fresh croutons, preheat the oven to 400°F. Cut multigrain bread into 1" pieces, season with dried herbs, salt, pepper, and gradually add avocado oil to the croutons, enough to evenly coat. Bake for about 6-8 minutes. They should have some crunch, but still a bit soft. Prepare greens by washing, drying, and tearing into bite-sized pieces.
3. Prepare the vegetable marinade by mixing the garlic, thyme leaves, vegetable oil, and a dash of salt and pepper in a blender for 30 seconds. To prepare the beets, peel and cut into ¾" pieces. For the squash, cut in half, scoop out seeds, and cut into ¼" slices. Toss beets and squash in the marinade and roast on a sheet pan for 15-20 minutes at 400°F, stirring halfway through, until browning and tender. Let cool.
4. To prepare the vinaigrette, combine the juices, mustard, shallots, and sugar/honey in a medium bowl and let sit for about 30 minutes. Gradually whisk in oil to form semi-emulsified vinaigrette.
5. To serve, gently dress the greens and roasted vegetables in the vinaigrette and set on plate/platter; top with croutons and chicken



This salad is a favorite for bringing some much-needed color to the table in the colder months. It includes roasted fall vegetables and early spring greens, as well as several herbal and fruity ingredients to liven up your winter spread!



**Pro Tip:**

This salad has several separate components; most can be made a day or so ahead of time and stored covered in the fridge. Ideally, make the croutons, dress the greens, and cook the chicken the day-of.



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