



Aluminum Chef "Shoot-out" Finalist Recipes 2015

Couscous Salad with Ginger-Peach Dressing

submitted by Terry Gadaire (inspired by a recipe @ Safeway.com)

Ingredients:

For the Salad:

1	teaspoon	Extra Virgin Olive Oil
1	box (10 ounces)	plain couscous
1/2	cup	red bell pepper, diced
1/2	cup	cucumber, diced
1/2	cup	celery, diced
1/4	cup	scallion, thinly sliced
1/2	cup	carrots, shredded, chopped
1	can (8 ounces)	crushed pineapple, well drained

For the Peach Dressing:

1	tablespoon	lemon or lime juice
1/4	cup	seasoned rice vinegar
2	tablespoons	Extra Virgin Olive Oil
1/4	teaspoon	grated fresh ginger
1/4	teaspoon	finely chopped fresh garlic or garlic puree
1	can (8.5 ounces)	sliced peaches, drained
		salt
		hot sauce

Directions:

Pour 2 cups boiling water into a 4 to 5 quart non-plastic container with a lid.

Stir in oil and couscous. Cover tightly for 5 minutes.

When grains are hydrated, fluff them with a fork, re-cover and place in the refrigerator to cool for 30 minutes.

When cooled, fluff and separate couscous grains again with a fork.

While couscous is cooling, make the peach dressing.

In a blender or food processor, puree lemon juice, vinegar oil,, ginger, garlic and peaches. Add salt and hot sauce to taste.

Gently mix the red bell pepper, cucumber, celery, scallion, carrot, and pineapple into the cooled couscous.

Add the peach dressing and mix until the dressing is evenly distributed.

Serve immediately.

Peach-Pineapple Salsa

submitted by Terry Gadaire (inspired by food blog thekitchenismyplayground)

Ingredients:

1	each	fresh pineapple, chopped
2	cans (8.5 oz.)	peaches
1	each	jalapeño pepper, seeds and ribs removed*
1/2	medium	red onion
1	each	red bell pepper
1	teaspoon	ground cumin
1/2	teaspoon	salt
2	each	lemons, juiced
1	bunch	fresh cilantro, chopped

Directions:

1. Finely chop pineapple, peaches, jalapeño, red onion and red bell pepper.
2. Combine all ingredients and chill for about 30 minutes before serving.

*Remove seeds and ribs for a 'medium' salsa. For more heat, leave in some of the seeds.

Pistachio Crusted Halibut with Goat Cheese

submitted by Terry Gadaire

1/2	cup	unsalted pistachios
12	ounces	halibut or other mild, white fish fillet such as tilapia or cod
1	teaspoon	grated lemon zest
3	tablespoon	goat cheese, divided
1	tablespoon	skim milk
		lemon slices and parsley for garnish

Preparation:

Use a blender to chop the pistachios until they are the size of very course breadcrumbs. Combine with the lemon zest and spread on a flat plate or waxed paper.

Mix one tablespoon of the cheese with milk until it is smooth and put in a pie plate or shallow dish.

Cut fish crosswise into two pieces, then rinse and pat dry.

Dip the fish first in the cheese and milk mixture, then in the pistachio crumbs, coating both sides.

Lay the fish on a baking pan sprayed with non-stick spray and put in a preheated oven at 400 degrees F.

Bake for 8 minutes, until almost done. Remove the fish from the oven and top with the remaining cheese. Return the fish to the oven for about 6 more minutes, until the cheese is very soft and the fish flakes easily. Garnish with lemon and parsley.

Yield: 4, 3 ounce servings

Pineapple Peach Dessert Quesadilla with Lemon Dipping Sauce

submitted by Charlie Wright

1/2	medium	fresh pineapple, cut into 1/2" pieces
1	can (8oz.)	sliced peaches, rinsed and cut into 1/2" pieces
1	tablespoon	unsalted butter
1	tablespoon	brown sugar
4	ounces	goat cheese, crumbled
4	each	thin tortillas, 8"
1/2	cup	pistachio nuts, toasted and chopped
1/2	cup	plain yogurt
2	tablespoon	lemon juice, fresh
1/2	teaspoon	salt
		cinnamon, sprinkle

In a medium fry pan over medium heat, cook the pineapple until slightly toasted,, approximately 8 minutes.

Add the peaches and cook about 1 minute to heat. Move mixture to a bowl.

Wipe out the frying pan, add the butter and brown sugar. Cook until the sugar melts.

Add back the pineapple peach mixture and stir to coat.

Heat a large fry pan on low and place a tortilla in it to start warming it.

Place 1/4 of the pineapple peach mixture on 1/2 of the tortilla and add the goat cheese.

Sprinkle with cinnamon and close the tortilla and cook for 2 minutes.

Flip the tortilla and cook an additional 2 minutes.

Remove from the pan and let cool slightly on a cutting board before cutting.
Repeat cooking the balance of the tortillas as above.

Dust with powdered sugar.

Mix the yogurt, lemon juice and salt and place in a bowl.

Yield: 4

Alumafiesta Game Day Tapas

submitted by Pam Lindsay

Pineapple Salsa:

2	cups	fresh pineapple cubed 1/2"
3	tablespoon	Cilantro thinly slivered
1-2	each	jalapeños (red if you can find them), seeded and minced
2	tablespoon	lime juice
1-1/2	tablespoon	lemon zest
1	tablespoon	light brown sugar

Place pineapple, cilantro, peppers, lime juice, lemon zest, and brown sugar in a non-reactive bowl, but don't mix until 5 minutes before serving.

Taste and add more lime juice/sugar as necessary.

Serve with chips.

Game Day Salad:

1-1/2	each	peaches, fresh (or canned equivalent) (one diced, the other portion sliced)
1	tablespoon	olive oil
1	tablespoon	red wine vinegar
1/4	teaspoon	salt
1/4	teaspoon	pepper
4-5	cups	baby arugula
1/2	each	small red onion, thinly sliced
1/4	cup	goat cheese, crumbled
1/4	cup	dry toasted pistachios (see bottom of recipe to toast raw pistachios)

Cut 1 peach into bite size chunks, add to oil, vinegar, salt and pepper.

Blend ingredients until smooth.

Set aside.

Put arugula, red onion and sliced peach in a serving bowl.

Drizzle with dressing and toss.

Sprinkle with crumbled cheese and nuts.

Add extra pepper if desired.

To roast pistachios: preheat oven to 350 degrees. Slightly toss in 1 tablespoon oil. Place in single layer on baking sheet. Bake for 5 minutes and turn over. Bake another 10 minutes or until fragrant. Salt to taste.

Goat Cheese Tapas done Two Ways:

Touchdown Tapas

1	tablespoon	olive oil
1/2	each	medium onion, chopped
1	cup	mushrooms, chopped (the more unique the mushroom the better!)
1/3	cup	baby arugula
4	sheets	Filloy dough, room temperature
2	ounces	goat cheese

Preheat oven to 350f degrees.

Spray baking sheet with non-stick cooking spray.

Place sheets of Filloy on a work surface and cover with damp towel.

In a large non-stick skillet, heat oil.

Sauté onion until softened, about 5 minutes.

Stir in mushrooms and cook until softened, about 5 minutes.

Add arugula and cook until wilted, about 2 minutes.

Stack 2 Filloy sheets on a cutting board or other cut resistant surface, and spray with butter flavored non-stick spray.

Stack the remaining 2 Filloy sheets directly on top and spray them also.

Cut the Filloy into two 12 x 8-1/2 inch rectangles, or smaller for individual tartlets.

Place goat cheese in the center of each Filloy rectangle and top with mushroom mixture.

Pull up corners of Filloy sheets and twist, forming pockets that look like drawstring pouches.

Place on prepared baking sheet and spray tops lightly.

Bake until golden brown, about 15 minutes.

Second Half!—

30	each	Filloy mini shells or pastry sheets
1/3	cup	cream cheese, softened
5-1/2	tablespoons	(about 1/3 cup) goat cheese, softened
1	each	egg white
2	tablespoons	honey
1	tablespoon	flour
2	each	medium Granny Smith apples, peeled and coarsely grated (about 3/4 cup)
1/2	cup	fig jam
1/8	teaspoon	ground allspice

Preheat oven to 350f degrees.

Arrange Filloy shells on a cookie sheet/cut and shape 4 sheets to hold mixture as above, leaving an open top by pinching the sheets together.

In a medium bowl, using electric mixer, combine cream cheese, goat cheese, egg white, honey, and flour until thick and creamy, about 5-6 minutes.

Spoon 1 teaspoon of filling into each shell.

Bake until set, about 15 minutes.

Remove from oven and let cool.

Meanwhile in a small saucepan, combine the grated apple, jam and allspice. Set saucepan over medium heat.

Cook, stirring frequently, until jam melts and mixture thickens slightly. (Juice from apples will evaporate).

Remove from heat and let cool to room temperature.

Just before serving, spoon 1 teaspoon apple compote onto each tart.

Winning Ice Bucket Sauce:

1	cup	orange/pineapple juice
1-1/2	tablespoons	arrowroot powder (substitute cornstarch ok)
2	tablespoons	lemon juice
1/3	cup	honey
2	teaspoon	lemon zest

In a small saucepan, whisk together the orange juice and arrowroot powder. Set saucepan over medium heat.

Whisk in lemon juice and honey. Cook, stirring until thickened.

Stir in lemon zest and serve.