

CANORIENT SENIORS' CLUB

CULINARY LESSONS

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MENU

STARTER

Winter Pear Salad

Page 2

MAIN COURSE

Sea Roll

Page 3

DESSERT

Sweet Island

Page 4



Winter Pear Salad



Bosc pear, baby spinach, feta cheese, and lemon orange dressing, fresh pomegranate, candied spiced walnuts.

INGREDIENTS

For The Dressing:

1/2 lemon
1 orange
1/2 tsp. Dijon mustard
1 tsp. maple syrup
4 tbsp. olive oil
1 tsp. red onion finely diced
1 sprig thyme finely chopped
salt and pepper

For The Salad (Per serving):

4 thin slices Bosc pear
1 cup spinach
1 tbsp. feta
1 tbsp. candied walnuts
1 tbsp. pomegranate arils



Tip: Cut pomegranate in half and tap the outer shell of the pomegranate in order remove the arils quickly.

DIRECTIONS

For the Dressing:

Take a bowl and place aside. Cut lemon and orange in half and squeeze juice in the bowl, then add Dijon mustard and maple syrup. Whisk in the olive oil slowly till it emulsifies. Then add onion, thyme, salt and pepper for taste.

For The Salad:

Thinly slice the pear and add to the bowl of dressing and toss until all the pears are coated. Set aside till ready to serve.

Wash and chop baby spinach.

Crumble feta.

Roll pomegranate back-and-forth until skin softens slightly, then cut pomegranate in half and remove the arils of the pomegranate.

To Assemble:

Place spinach on a salad plate, arrange the pears on it, add crumbled feta, walnuts, pomegranate arils and some dressing. Enjoy!

Sea Roll

Lobster and shrimp roll, corn and avocado salsa, brioche roll, cilantro chilli dressing, fresh lime, homemade plantain chips

INGREDIENTS

For the Seafood broth:

6 litres water and ½ cup powder chicken or

6 litre of chicken bone broth

2 tbsp. minced garlic

1 tbsp. minced ginger

2 medium diced large onion

2 pcs medium diced celery

1 large carrots or

2 small carrots diced

1 red chilli cut in half

For The Seafood:

1/2 cup shrimp

1/2 cup lobster

DIRECTIONS

For the Seafood broth:

Take a medium to large size pot, add water and ½ cup chicken powder or chicken bone broth. Season the stock to make it taste like salt water. Add garlic, ginger, onion, celery, carrots and chilli.

Boil for 20 minutes then turn the heat down to simmer for 40 minutes.

For the Seafood:

Place your lobster in the stock and cover with a lid for 7-14 mins for a 1 lb lobster or 8-12 mins for 1 1/4 lb lobster.

Remove lid and lobster carefully and place it on a plate to drain and cool.

Then place your shrimp in the water for 3-5 min check for doneness till cooked. Strain the shrimp and cool it right away in an ice bath (ice and cold water in a bowl). Strain and dry.

NOTE: You can use this broth for soups, cook rice, potatoes, noodles or make a sauce.

You can buy your lobster from any place selling fresh seafood. Diana's Seafood is a good source for frozen seafood. Its more expensive, but worth the money.



Sea Roll (continued)

Lobster and shrimp roll, corn and avocado salsa, brioche roll, cilantro chilli dressing, fresh lime, homemade plantain chips

INGREDIENTS

For The Salsa:

1/2 avocado medium diced
1 lime
2 tbsp. corn off the cob
1tbsp. red onion finely chopped
3 sprigs of cilantro
1/4 bell pepper finely diced

For The Dressing:

1/2 red chilli finely chopped
1 tbsp. celery finely chopped
1 tbsp. minced garlic
1/2 tsp. paprika
3 sprigs of cilantro
1/2 cup mayo
salt and pepper to Taste

Fresh Bread Roll

For The Plantain Chips:

1 Plantain
1/4 cup cornstarch
1 litre oil
Deep pan for frying

DIRECTIONS

For The Salsa:

Take a medium size bowl and add the diced avocado, and squeeze 1/2 lime over it, then add corn, chopped onion, finely chopped cilantro and bell pepper. Toss and set aside.

For The Dressing:

Take another medium size bowl and add red chilli, celery, minced garlic, paprika, finely chopped cilantro, mayo, salt, and pepper to taste.

Place the cut shrimp and lobster in the dressing and toss with salt and pepper to taste.

To Assemble:

Warm bread roll and fill with seafood mix, plate with corn avocado salsa and plantain chips (homemade or store bought)



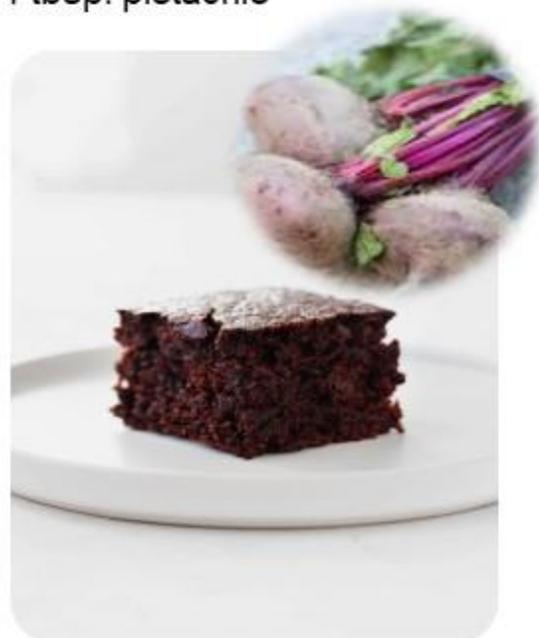
Sweet Bland

Dark chocolate beet cake, mango cheesecake mouse, crushed pistachio, fresh strawberries, fresh mint, Ube(purple yam) ice cream

INGREDIENTS

For The Dark Chocolate Beet Cake:

300 g good-quality dark chocolate (70% cocoa solids)
250 g raw beetroot
4 large free-range eggs
150 g golden caster sugar
120 g ground almonds
1 tsp. baking powder
1 tbsp. good-quality cocoa powder
1 spring mint
3 fresh strawberries diced
1 scoop Ube ice cream
1 tbsp. pistachio



DIRECTIONS

For The Dark Chocolate Beet Cake:

Preheat the oven to 180°C/350°F/gas 4.

Lightly grease the bottom and sides of a 20 cm cake tin with olive oil. Use scissors to cut out a circle of parchment paper and use it to line the base.

Break 200g of the chocolate into small pieces and add to a heatproof bowl.

Place the bowl in microwave on high for 120 min and allow to melt, take out and stir.

Use a Y-shaped peeler to peel the beetroot (you might want to wear gloves to do this), then quarter them on a chopping board.

Separate the eggs, placing the whites into a large clean mixing bowl.

Add the egg yolks and beets to a blender and blend until smooth. Then tip into another large mixing bowl. Stir the sugar, almonds, baking powder, cocoa powder and melted chocolate into the beetroot and mix well.

Sweet Island (continued)

Dark chocolate beet cake, mango cheesecake mouse, crushed pistacho, fresh strawberries, fresh mint, Ube(purple yam) ice cream

DIRECTIONS

For The Dark Chocolate Beet Cake (cont.):

Use an electric hand whisk to whisk the egg whites until you have stiff peaks.

Fold a quarter of the egg whites into the beetroot mixture using a spatula to loosen, then once combined, fold in the rest, try not to over-mix.

Add the mixture to the prepared cake tin and spread out evenly using a spatula.

Bake in the hot oven for around 50 minutes, or until risen and cooked through.

To check if it's done, stick a cocktail stick or skewer into the middle of the sponge, remove it after 5 seconds and if it comes out clean the cake's cooked, if it's slightly sticky it needs to cook a bit longer.

Allow the cake to cool slightly, then carefully turn it out on to a wire rack to cool completely.



Sweet Bland (continued)

Dark chocolate beet cake, mango cheesecake mouse, crushed pistacho, fresh strawberries, fresh mint, Ube(purple yam) ice cream

INGREDIENTS

For The Mango Mousse:

- 0.5 cup (100 g) heavy cream
- 1 cup (255 g) mango purée
- 1 cup (255 g) cream cheese at room temp.
- 1/4 cup (50 g) caster sugar + 2 tsp.
- 1 tsp. vanilla extract



DIRECTIONS

For The Mango Mousse:

Add heavy cream to the bowl of the KitchenAid stand mixer. With the whisk attachment beat on medium high speed till you achieve soft peaks. If you don't have a stand mixer, use a hand mixer.

Once the cream reaches soft peaks, add mango puree, cream cheese, cup caster sugar and vanilla extract. Whisk for a minute or so till combined well.

Spoon into small glasses and keep cool.

To Assemble:

Melt the remaining chocolate (in the same way as done previously), then serve each slice with Ube ice cream and a little drizzle of the melted chocolate, crushed pistachio, fresh strawberries, fresh mint and a glass of mango mousse.