

Chef Fred Laughlin, Great Lakes Culinary Institute
and the
NMC Wellness Committee
presents

THREE SQUARES SQUARED SERIES

Session 3
DINNER

May 11, 2012

1. CHICKEN WITH ROASTED VEGETABLES

INGREDIENT	MEASURE
Whole roasting chicken	1
Onions	2 medium
Potatoes, red	2 LBS
Mushrooms	8 OZ
Red peppers	1
Green peppers	1
Beets	4
Carrots	4 large
Parsnips	4 large
Garlic	8 cloves
Salt, pepper	To taste
Balsamic vinegar, olive oil, soy sauce	To taste

Method

1. Preheat oven to 375°F. Line a sheet pan with aluminum foil and coat with a little oil.
2. Cut the vegetable into bite-size pieces and place into a large bowl.
3. Season with salt and pepper and then pour the soy sauce, oil and vinegar on top.
4. Toss to coat the ingredients. Remove from the bowl and put on the sheet pan.
5. Cut the chicken in half lengthwise, and place into the bowl. Season and add more oil, vinegar and soy sauce. Toss to coat and place on the sheet pan with the vegetables.
6. Put in oven for 40 minutes or until the internal temperature of the chicken is 160°F.

Yield: Serves 4.

2. FISH EN PAPILOTE

INGREDIENT	MEASURE
Fish fillet (snapper, salmon, sole)	1
Snow peas	4 OZ (1 cup)
Carrots, julienned	1 - 2
Celery, julienned	1 rib
Onion, julienned	1 medium
Minced gingerroot	1 TSP
Garlic clove, minced	1
Butter	1 TBSP
A squeeze of fresh lemon juice	
Salt and freshly ground pepper	To taste

Directions:

1. Just to the right of center on a large square of aluminum foil, arrange the fish fillet, skin side down.
2. Arrange the vegetables around it and season the fish and the vegetables with salt and pepper.
3. Sprinkle the ginger root, garlic and lemon juice over the fish and top with butter.
4. Fold the foil in half to enclose the fish and the vegetables and fold down the edges to make a tight package.
5. Bake in a preheated 400 degree oven for 12 to 15 minutes or until the fish is just cooked through.

3. STIR-FRIED TOFU/TEMPEH

Serves: 6 to 8 servings

INGREDIENT	MEASURE
Cooking oil	4 TBSP
Tofu and or Tempeh, 3/4 cubes	1 LB
Garlic, minced	3 cloves
Scallions or onion, julienned	1 cup
Carrot, julienned	1 cup
Celery, julienned	1 cup
Green and/or red pepper, julienned	1 cup
Asparagus	8 OZ
Mushrooms, sliced	8 OZ
Mung bean sprouts	4 OZ
Cabbage	2 cups
Chicken or vegetable broth	4 - 6 OZ
Sherry or mirin (Japanese sweet wine)	3 OZ
Rice vinegar	1 TBSP
Soy Sauce	As needed
Sesame oil	To taste
Ginger, fresh, minced	1 TBSP
Cornstarch	2 TBSP
Brown rice/water/salt	1.5 cups/ 3 cups/2 TSP

Directions

1. In a medium bowl, mix tofu with mirin, rice vinegar, sherry and soy sauce. Cover, and let marinate while you prepare the vegetables.
2. Heat wok or large skillet over medium heat, then coat with oil. Sauté garlic and ginger until fragrant.
3. Increase heat to high. Drain marinade off tofu, and place it into the wok or skillet.
4. Reserve marinade. Cook and stir until tofu is crisp and deep golden brown, about 5 minutes. Remove and set aside.
5. Add oil to the skillet and cook the vegetable over high heat in small batches until crisp tender. When the last batch of vegetables is done, add all the vegetables and the tofu to the skillet. Combine the reserved marinade, broth and soy sauce with the cornstarch and cook about 2 minutes until the mixture is thickened.
6. Serve over the brown rice.

LOW FAT FOOD PREPARATION TIPS

- Identify sources of fat in the recipe.
- Determine the function of the fat (flavor, starch separation, pan prep.).
- Adapt recipes to use less fat.
- Adjust flavors.
- Cooking Techniques that use little or no fat:
 - *Boiling or steaming*: use water, defatted stock, wine or no-fat milk.
 - *Roasting or baking*: Use vegetables with thick skins, marinate meat, roast meat on a rack.
 - *Sautéing or stir-frying*: use stock, vegetable, fruit juices or wine. Use no more than 1 tsp oil per serving.
 - *Grilling*: Grill vegetables, meats, fish and seafood.
 - *Stewing or Braising*: Add arrowroot or cornstarch to thicken liquid.

FAT SUBSTITUTIONS

- Grain and bean thickeners
- Pureed fruits and vegetables
- Use non-stick cooking surfaces
- Sauté in stock
- Dry sauté: sear the food in very hot pan coated with small amount of vegetable spray.
- Use infused oils
- Serve smaller portions of meat
- Poach or steam
- Pan smoke
- Grill
- Cook en pappillote
- Use wines and liquors
- Use fat-free sauces: coulis, chutneys, salsa, and relishes.
- Use essence of vegetable stocks.