Food Studies 11/12(A) Gourmet Meals

Revised March 2017

**MENU**

**(Serves 4-5; One recipe per unit)**

**Chicken Breasts Stuffed with Asparagus**

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**Orzo with Parmesan & Basil**

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**Maple Glazed Carrots**

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**RECIPES:**

**Chicken Breasts Stuffed with Asparagus**

**Day 1:**

 2 boneless chicken breast halves

 4 asparagus spears

 30 mL margarine, melted

 15 mL Dijon mustard

 1 clove garlic, minced

 30 mL chicken stock

 40 mL breadcrumbs

 10 mL Parmesan cheese

 15 mL finely chopped fresh parsley (or 5-7 mL dried)

1. Grease a large loaf pan with shortening.
2. Carefully flatten each chicken breast between sheets of wax paper or plastic wrap with a meat mallet (use flat side of mallet only).
3. Break off fibrous bottom ends of asparagus spears. Blanch asparagus for **2 minutes** in a large pot of rapidly boiling water. Plunge immediately after into ice cold water.
4. Combine the melted margarine, mustard, minced garlic and chicken stock.
5. Dip each chicken breast into this mixture to coat well.
6. Mix the breadcrumbs, Parmesan cheese and parsley together. Place crumbs on a plate. Press **one** side of each chicken breast on to crumb mixture.
7. Place 2 asparagus spears on each chicken breast and roll tightly, securing with 1 or 2 toothpicks. Press any remaining breadcrumb mixture on to rolled chicken breasts, avoiding asparagus.
8. Place prepared chicken pieces **“seam side down”** on prepared pan. Cover well with plastic wrap. **LABEL** with block and unit #.

**Day 2:**

1. Preheat oven to 350° F.
2. Remove plastic wrap.
3. Bake for 30 minutes or until no longer pink inside. Serve whole or sliced into medallions and plated attractively with orzo and carrots.

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**Orzo with Parmesan and Basil**

 20 mL butter or margarine

 80 mL orzo pasta (looks like grains of rice)

 200 mL chicken or vegetable broth (preferably prepared broth such as tetra-pak)

 25 mL grated Parmesan Cheese

 3-5 med fresh basil leaves, finely minced or chiffonade-cut

 Salt and Pepper to taste

1. Melt butter or margarine in a small pot over medium to medium-high heat (don’t burn it).
2. Add orzo and sauté for 2 minutes, until **slightly** brown.
3. Stir broth in to the orzo and bring **just** to a boil.
4. Stir, reduce heat to “Simmer” and cover. Simmer **gently** until orzo is tender and liquid is absorbed, about 15-20 minutes (check and test for tenderness after about 12 minutes).
5. When orzo is tender and all liquid is absorbed, remove pot from heat. Stir in Parmesan cheese and prepared fresh basil. Season with salt and pepper. (Taste with a clean tasting spoon first, **before** adding salt.)
6. Cover pot with a lid to keep warm, or serve directly to plates, if the rest of the food is ready to serve.

**Maple Glazed Carrots**

 2 medium carrots (or 3 small), peeled and **julienned** (matchsticks)

 2 mL cornstarch

**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\RDKT0EG9\MC900019499[1].wmf]()** ½ large navel orange (see step one)

 15 mL maple syrup

 15 mL margarine, melted

 1 mL ground nutmeg (optional)

 f.g. salt

1. Rinse orange and remove at least 10 mL of orange zest. Divide zest in half. Cut orange in half, crosswise. Share zest and orange halves with another unit.

Juice each orange half and reserve juice (about 25-30 mL of juice from each half).

1. In a large saucepan, bring 2-3 cm (1 inch) of water to a boil. Place a steamer basket in the pot and place raw carrot sticks in the steamer basket. Cover the pot tightly with a lid, reduce heat and simmer for 3 to 5 minutes or until crisp-tender. Test with a fork. (Cooking time will vary, depending on how large or small the carrots are cut.)

Remove from heat and uncover immediately so carrots don’t overcook.

1. Meanwhile, in a small saucepan, combine the cornstarch and orange juice. Stir until smooth.
2. Stir in the remaining ingredients (including about 5 mL orange zest). Bring to a boil; simmer and stir for 2 minutes or until sauce has thickened. Remove from heat immediately.
3. ![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2831FB24\MC900014786[1].wmf]()Drain carrots. Pour glaze over carrots and gently stir to coat. Arrange attractively on plates.

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