



November 12th Cooking Class Chef Peter Dewar

Ingredient and Utensil List

Maple Glazed Carrots with Blue Cheese Dressing, Petite Greens, Toasted Farro

Ingredients and Prep List:

2 lb. medium carrots, peeled
6 tablespoons butter, melted
1/3 cup brown sugar
1/3 cup maple syrup
3/4 teaspoon red pepper flakes
Salt and pepper
Petite greens to finish platter

Blue Cheese Dressing:

1/4 cup sour cream
1/4 cup mayonnaise
2 oz. blue cheese
1 tablespoon chopped parsley
1 tablespoon lemon juice

Toasted Farro:

1 cup farro
4 cloves garlic, minced
2 tablespoons shallot, minced
6 tablespoons vegetable oil

Utensil List:

Rimmed baking sheet
Aluminum foil
Sharp knife
Mixing bowl
Serving platter/dish
Small mixing bowl
Large spoon
Whisk
Storage container
Medium saucepan
Large skillet

Salmon En Papillote with Zucchini, Tidal Bay Wine, and Dill Butter

Ingredients and Prep List:

16 oz. salmon fillet
1/2 cup Tidal Bay wine
Salt and pepper
1/2 cup green onions, chopped
8 slices of each, yellow and green zucchini

Dill Butter:

4 oz. butter, softened
Zest of 1 lemon
1 tablespoon lemon juice
1 tablespoon fresh dill, chopped finely

Utensil List:

Spiralizer or vegetable peeler
Baking sheet
Parchment paper
Zester/small-holed grater
Sharp knife
Cutting board

Roasted Cinnamon Peaches, Vanilla Meringue and Almond Praline

Ingredients and Prep List:

4 large peaches, pitted and sliced (other stone fruits like nectarines, apricots, or plums can also be used).
3 tablespoons coconut oil
3 tablespoons honey, warmed
Few dashes of cinnamon

Vanilla Meringue:

4 large egg whites
1 cup sugar
Pinch of kosher salt
1 teaspoon vanilla

Almond Praline:

1/2 cup sugar
1/2 cup brown sugar
1/2 cup water
2 cups whole unblanched and unsalted almonds

Utensil List:

Sharp knife
Mixing bowl
Cutting board
Measuring spoons
Stand mixer OR electric hand mixer
Medium saucepan
Metal mixing bowl
Whisk or spatula
Parchment paper
Medium saucepan
Baking sheet