



**Valley Regional
Hospital Foundation**



November 26th Cooking Class Chef Chris Pyne

Ingredient and Utensil List

Mixed Green & Apple Fall Salad with Brown Butter Apple Vinaigrette

Ingredients and Prep List:

Mixed local lettuces - 1 handful
Honey crisp apple - 1
Cooked drained rinsed pat dried chickpeas - 1/4 cup
Fennel bulb - 1
Ran-Cher Acres goat cheddar - 15 g
Apple butter - 2 tbsp
Smooth Dijon - 1 1/2 tsp
Apple cider vinegar - 2 1/2 tbsp
Pomace oil - 1/4 cup
Butter - 1/4 cup
Salt & fresh cracked black pepper to taste
Canola oil - 1 cup

Substitutions:

A light olive oil, avocado oil, or vegetable/nut oil blend may be substituted for pomace oil

Pork Tenderloin with Apple BBQ Glaze, Apple Barley Orzotto

Ingredients and Prep List:

Pork tenderloin - 5 oz sliver skin removed
Pearl barley - 1/3 cup
Shallot - 1 brunoised
Garlic - 3 clove (2 fine chopped)
White wine - 1/3 cup
Chicken stock - 2 litre
Russet apples - 5
Butter - 1/3 cup
Lemon juice - to taste
Asiago grated - 15g
Salt & fresh cracked black pepper to taste
Spanish onion - 1/4 cup diced
Smoked paprika - 2 tsp
Chili flake - 1/2 tsp
Molasses - 3 tbsp
Brown sugar - 3 tbsp
Ketchup - 1/4 cup
Cherry tomato - 1/2 cup
Apple cider vinegar - 1 tbsp
Broccolini - 4 pieces
Fresh thyme - 4 sprigs

Apple Clafoutis with Almond, Fresh Pressed Cider & Crème Fraiche

Ingredients and Prep List:

Gravenstein apple - 2
Fresh pressed cider - 1/2 cup reduced to 2 tbsp
Granulated sugar - 3 tbsp
Egg yolk - 3
Vanilla - 1/4 pod scraped or 1/2 tsp if bean unavailable
Icing sugar - 200g
Ground almond - 200g
Cornstarch - 2g
Custard powder - 10g
Butter (melted tepid) - 100g
Milk 3.25% (melted tepid) - 100g
Whole eggs whisked - 2
Sliced almonds - 1 tbsp

Substitution:

Whole milk (3.25%) may be substituted for Crème Fraiche

Crème Fraiche (Prep in advance):

To make crème fraiche whisk together 3/4 cup heavy cream, 1/4 cup buttermilk, 1tsp lemon juice & leave out at room temperature covered with plastic wrap for 6-8 hours until thickened

Utensil List

Cutting board x2	Stick blender
Chef knife	Blender
Medium sized mixing bowl x2	Vegetable peeler
High rimmed deep frying pan or deep fryer	Kitchen scale
Small oven safe frying pan	Measuring spoons
Medium sized frying pan	Measuring cups
Medium sized pot x2	Can opener
Small sized pot x2	Strainer
Baking Sheet	Cast iron pan
Whisk	Microplane or box grater
Wooden spoon	Thermometer
Spatula	Slotted spoon
Ladle	