



INDIVIDUAL FENNEL, LEEK, THYME, & SWISS GRATINS

- Class Team Portion -

Ingredients

¼ large	Fennel Bulbs, slice thinly leaving core intact
¼ medium	Leeks, halved lengthwise, sliced thinly
1 clove	Garlic, minced
1 ½ tsp	Thyme, minced
1 ½ tsp	Olive Oil
½ cup	Swiss Cheese, shredded or grated
2 Tbsp	Parmesan, grated
1 Tbsp	Parsley, minced
To Taste	Salt & Pepper
1 recipe	Bechamel*

Equipment

- Chef's knife
- Cheese grater
- Sauté pan
- Sauce pan
- Baking dishes
- Spatula
- Sheet tray

****Prepared in Advance by KOF***

Directions

1. Preheat oven to 450°F. Add fennel to a baking dish, oil salt and pepper and roast until golden brown. Remove from oven, cool, and chop.
2. Heat oil in sauté pan on med-high heat. Sweat leeks until soft, add garlic, thyme salt and pepper.
3. Place fennel and leek mixture into individual baking dishes/ramekins. Pour béchamel over each dish. Sprinkle with Swiss and parmesan. Place dishes onto a sheet tray. Bake in oven for 15-25 minutes, until cheese is golden brown. Let cool slightly. Garnish with parsley.



ROASTED BRUSSEL SPROUTS

Serves 6-8

Ingredients

3 lbs Brussels Sprouts, halved or quartered
2-3 Tbsp Olive Oil, for roasting
½ cup Balsamic vinegar, for sprinkling
To taste Salt & Pepper

Equipment

- Chef's knife
- Mixing bowl
- Sheet tray

Directions

1. Preheat the oven to 425°.
2. Toss the sprouts in the olive oil, rosemary, salt and pepper.
3. Place the sprouts on an oiled or nonstick sheet tray into the oven for 20-30 minutes until nicely colored. Pull the tray and sprinkle the Brussel sprouts with balsamic vinegar. Tent loosely with foil and put back for another 15 or so minutes.



ROASTED CHICKEN THIGHS WITH ROSEMARY MUSTARD SAUCE

- Class Team Portion -

Ingredients

½ - 1 lb	Chicken Thighs, skin-on, bone-in
2 ½ Tbsp	Dijon or Sweet & Spicy Mustard
1 ½ tsp	Rosemary, minced
To Taste	Garlic, finely minced or pasted
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Sauce pan
- Sauté pan
- Spatula
- Tongs
- Sheet tray
- Whisk
- Mixing bowl

Directions

1. Preheat oven to 400°F.
2. Pat the chicken thighs dry with towels/paper towels.
3. Heat oil in oven-safe sauté pan on high heat. Sear chicken, a few minutes on each side, until golden brown.
4. Place pan with chicken, skin side up, into oven for 8-10 minutes (depending on thickness of meat and sear time) until done through. Remove from pan (reserve meat juices). Let meat rest on a sheet tray while making the mustard sauce (5 minutes).
5. Whisk mustard, meat juices, and rosemary together until well incorporated. Adjust seasoning with salt and pepper.
6. Slice meat into medallions and serve with mustard sauce.



ROASTED FISH

Serves 4

Ingredients

1 lbs Thick White Fish Filets
2 Tbsp Extra Virgin Olive Oil
1 Tbsp Fresh Thyme, roughly
 chopped

Equipment

- Sheet trays, lined with parchment paper
- Chef's knife

Directions

1. Preheat the oven to 425°F.
2. Place the fish onto a sheet tray lined with parchment or a nonstick baking mat. Season with salt & pepper, drizzle with olive oil and sprinkle with the herbs. Place into the oven for about 8-12 minutes until just done through. Serve on top of the roasted potatoes.



ROASTED ROOT VEGETABLES, TUBERS OR WINTER SQUASH

- Class Team Portion -

Ingredients

½ lbs	Vegetable(s)* of choice, peel, cut to desired size
1 Tbsp	Oil of choice
1 Tbsp	Herb(s) of choice, minced
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Peeler (optional)
- Mixing bowl
- Sheet tray
- Parchment paper
- Spatula or tongs

*Carrots, Brussels sprouts, turnips, parsnips, new potatoes, sweet potatoes, butternut squash, delicata squash, etc.

Directions

1. Preheat oven to 400°F.
2. In a mixing bowl; toss veggies, oil, herbs, salt, and pepper. Transfer to sheet tray lined with baking mat or parchment paper.
3. Roast in oven. Stir occasionally, until tender and golden brown.



STUFFED ZUCCHINI CUPS WITH GOAT CHEESE & SUNDRIED TOMATOES

Class Team Portion

Ingredients

3-4 small	Zucchini
6 oz	Fresh Goat Cheese
2 Tbsp	Herbs de Provence Mix (or any herb mix you like)
2 Tbsp	Sundried Tomatoes, finely chopped
1-2 Tbsp	Olive Oil
To taste	Salt & Pepper

Equipment

- Chef's knife
- Sheet tray
- Parchment Paper or Aluminum Foil
- Melon baller
- Pastry bag

Directions

1. Preheat the oven to 400°F.
2. Mix the goat cheese, chopped tomatoes and herbs in a bowl with a fork. Season mixture with salt and pepper to taste.
3. Cut zucchinis into 2 inch disks. Using a melon baller, being careful to not go all the way through, create a chamber for the cheese and tomato mixture. Season zucchini cups with salt and pepper.
4. Place the zucchini cups on a sheet tray lined with parchment paper or foil, drizzle with olive oil and bake for 4-5min, until just tender. Remove from the oven.
5. Fill a pastry bag halfway with the cheese and tomato mixture. Pipe mixture into zucchini cups then place zucchinis back in the in oven for 8-12 minutes until cheese mixture is golden brown.