



A Mediterranean Recipe for a Healthy Life



THE CULINARY ACADEMY

AT THE BILTMORE

BENESSERE APPROVED MENUS

ROASTED CHICKEN BREAST

stuffed with Asparagus and Tomato
Serves 4

4 chicken breasts, boneless and skinless
Salt and pepper, to taste, 2 tablespoons olive oil
1/2 cup grated Parmesan cheese
1 tomato, seeded and cut into julienne strips
8 asparagus spears, ends trimmed

1. Preheat oven to 375 F. If chicken is thick pound between two pieces of plastic wrap until about 3/8 inch thick. Season chicken on both sides with salt and pepper.

2. Heat oil in a large skillet over medium high heat. Sear chicken breasts until chicken is golden brown on one side only, about 2 minutes.

3. Transfer chicken to a baking sheet, browned side down. Sprinkle chicken pieces with half the cheese; layer each with a tomato slice and 2 asparagus pieces. Roll up; secure with a toothpick. Sprinkle remaining cheese over rolls; bake until chicken is cooked through, 20-25 minutes. Remove toothpicks and serve.

SALAD OF SEASONAL VEGETABLES

with Fresh Tomatillo and Avocado Sauce
Serves 6

Vegetables

1/2 pound asparagus spears, ends trimmed
1 head broccoli, florets removed
1/2 pound baby carrots, peeled
Cherry Tomatoes, cut in half
1 large or 2 small heads of bibb lettuce, leaves removed

Fresh Tomatillo Sauce

1/2 pound tomatillos (about 5), husks and stems removed
1 jalapeño, stem removed
1/2 cup cilantro, plus more for garnish
1 clove garlic, peeled
2 large green onions or scallions, tops and roots trimmed
1/4 teaspoon salt, plus more to taste
1/2 haas avocado

Garnish

Fresh Chives, minced
2 limes, cut into wedges

Make the sauce

Place the tomatillos, jalapeño, cilantro, garlic, green onions, salt, water, and half of the avocado in a blender or food processor. Puree until smooth. Check for seasoning and adjust if necessary. Set aside.

Blanch the vegetables

Prepare an ice bath and set aside. Bring a large pot of water to a boil and add salt. Blanch the asparagus by plunging them in the boiling water for 1 minutes and then refreshing them in the ice bath. When cooled through, remove from the ice bath and pat dry. Repeat the same procedure with the broccoli and baby carrots.

Prepare the salad

Line a dish with the leaves of the bibb lettuce and place some of the dressing over it. Arrange the vegetables on top of the dressing and garnish with sprinkled chives and lime wedges.



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BENESSERE APPROVED MENUS

STEAMED GINGER COD

over Crunchy Jicama
Serves 4

Banana leaves or large sturdy lettuce leaves

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| 1 1/2 pounds Cod fish fillets, or other firm white fish such as snapper or bass | |
| 1/2 teaspoon salt | 1-inch cube ginger, grated |
| Freshly ground pepper | 2 scallions, sliced thinly crosswise |
| 1 teaspoon brown sugar | 1 1/2 tablespoons oyster sauce |
| 3 tablespoons vegetable oil | 3 tablespoons coconut milk |
| 1 medium onion, sliced finely | 4 tablespoons peanuts, chopped |
| 3 garlic cloves, minced | |

Jicama

1/2 pound (small) jicama, peeled and cut into thin strips
1/2 English (seedless) cucumber, sliced in half lengthwise then sliced in thin strips
2-3 limes, juice 2 of them and quarter the last one
1/2 cup packed cilantro leaves
1/2 teaspoon salt
Cayenne pepper, to taste

1. Toss the jicama and cucumber in a large bowl. Add the lime juice, cilantro leaves, and salt and allow to marinate for 30 minutes (this can be done on the counter at room temperature or in the refrigerator). Just make sure to cover the salad with plastic wrap.
2. Line the bottom of a bamboo steamer with banana or lettuce leaves. Repeat with a second steamer.
3. Fill 2 shallow pans (one for each steamer) with 1 inch of water. Place on an un-lit burner until ready for use.
4. Rub the fish inside and out with the salt, pepper, and sugar and place in the bamboo steamer.
5. Heat the vegetable oil in a fry pan over medium heat and stir fry the onions until translucent. Add the garlic and continue sautéing for another minute. Set aside.
6. In a small bowl, mix the oyster sauce and coconut milk and drizzle over the fish in the bamboo steamer. Scatter the ginger, scallions, and onion/garlic mixture over the fish and cover the steamer.
7. Turn the heat on the burners with the shallow pan to high. Once the water begins to boil place the bamboo steamer in the pan. Allow to sit in the boiling water for 2 minutes. Turn the heat down to medium high and steam for another 10 minutes or until the fish is done.
8. Right before serving, sprinkle with the cayenne pepper, if using, and taste for seasoning. Add more salt if necessary.
9. Once the fish is done, garnish with peanuts and serve in the steamer alongside the jicama.