



John Folse Culinary Institute

Garlic Knots	
Class and Instructor	
Source: https://tastesbetterfromscratch.com/garlic-knots/	
Yield: 24 Knots	
<p>1/3 cup very warm water 2 1/4 teaspoon active dry yeast 1/4 cup + 1/4 teaspoon granulated sugar 1 1/3 cup milk , warmed 5 tablespoons butter , softened 1 large egg 1 1/2 teaspoon salt</p>	<p>Combine warm water, yeast, and 1/4 tsp sugar and stir—allow to rest for 5-10 minutes until foamy.</p> <p>Pour yeast mixture into the bowl of an electric stand mixer (or into a large bowl if you plan on kneading by hand). Add remaining 1/4 cup sugar, warm milk, butter, egg and salt. Blend mixture until combined.</p>
<p>4-4 1/2 cups all-purpose flour</p>	<p>While mixing on low speed, slowly add the flour, mixing until the dough is smooth and elastic, about 5 – 6 minutes. You may not use all of the flour called for!</p> <p>The dough should be soft, very slightly sticky when touched with a clean finger. It should be pulling away from the sides of the mixer.</p>
	<p>Grease a large bowl with cooking spray or a tiny bit of oil. Place the dough in the bottom of the bowl and turn it over once to coat all sides in oil. Cover the bowl with plastic wrap. Allow to rise in a warm place until doubled in size, about 1 hour.</p>
	<p>Gently punch the dough down. Add a little flour to your countertop or work surface (or spray it lightly with cooking spray).</p>

	Grab a ball of dough, about the size of a golf ball, and roll it out into a long rope (about ½ inch thick and around 9 inches long). Tie the rope into a knot and place it on prepared baking sheet.
	Cover garlic knots loosely with plastic wrap and allow to rise again in a warm place until doubled in size, about 1 hour.
	Preheat the oven to 400° F. Spray a baking sheet with non-stick cooking spray or line it with parchment paper. Bake for 10-12 min. or until lightly golden on top.
1 Tablespoons olive oil 1 Tablespoons butter , melted 1 teaspoons garlic powder 1/2 teaspoon dried parsley flakes	While they're baking, make the garlic sauce by combining all ingredients in a small bowl. After removing knots from the oven, while still warm, brush them lightly with garlic sauce.



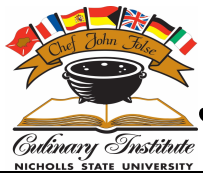
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Roasted Butternut Squash Soup

CULA 315 Chef Jana

Source: Savory Nothings	
Yield: 8 servings (6 oz portions)	
<ul style="list-style-type: none"> - 1 large butternut squash peeled and cubed (seeds removed) (about 3-4 pounds before peeling) - 1 onion peeled and chopped - 4 cloves garlic peeled - 2 potatoes peeled and chopped - 2 carrots peeled and chopped - 2 tablespoons oil - salt & pepper to taste 	<p>Roast vegetables: Heat oven to 400°. On a large rimmed baking sheet, toss all vegetables with oil, salt and pepper. Roast in the hot oven until tender, about 15-20 minutes. Watch it. Do not let it burn.</p>
<ul style="list-style-type: none"> - 1 tablespoon butter - ¼ teaspoon ground cumin - ¼ teaspoon dried thyme 	<p>Prepare soup: Once vegetables are done, melt butter in a large pot over medium heat. Add cumin and thyme and cook for 1-2 minutes, until fragrant. Add roasted vegetables, then add chicken broth. Simmer for 10 minutes on low heat.</p>
<ul style="list-style-type: none"> - 1 quart low-sodium chicken broth OR vegetable broth 	<p>Finish: Blend soup until creamy using an immersion blender. Add cream to taste, then simmer for another few minutes. Adjust seasoning and cream to taste before serving.</p>

- heavy cream to taste	Take the cream and add a swirl of cream and finish off with a shave of Black Truffle.
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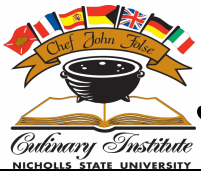


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Recipe Name: Creamy polenta
Class and Instructor
Source: https://www.insidetherustickitchen.com/creamy-polenta/
Yield: 6 serving

<p>1 cup polenta or medium yellow cornmeal (175g)</p> <p>3 cups water (710ml)</p> <p>2 cups milk (470ml)</p>	<p>Heat the water and milk in a large saucepan or pot until boiling. Once boiling slowly pour the polenta into the hot liquid whilst whisking to avoid any lumps. Constantly stir the polenta until it starts to thicken then turn the heat down to low.</p>
	<p>Cook the polenta on a low heat for at least 30 minutes or until it starts to come away from the edge of the pot, stirring occasionally with a wooden spoon (different brands and how fine or coarse the polenta is will make a difference in cooking times but generally 30 minutes is enough time for medium ground cornmeal).</p>
<p>2-4 tablespoon butter (30-60g)</p> <p>½ cups freshly grated parmesan</p> <p>Salt and pepper to taste</p>	<p>Add the butter, parmesan, salt and pepper to taste and stir until melted and combined.</p>
	<p>Serve immediately or pour into a baking dish to cool.</p>

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Recipe Name: Beurre Blanc Sauce

Class and Instructor: Bisto, Chef Jana

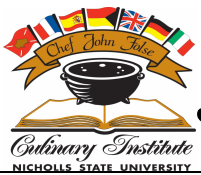
Source: <https://www.savoryexperiments.com/beurre-blanc-sauce/#wprm-recipe-container-18159>

Yield: 1.5 cups

½ cup dry white wine
2 Tablespoons lemon
juice
1 medium shallot ,
minced

In a medium saucepan, bring the white wine, lemon juice, and shallot to a low simmer.

<p>¼ teaspoon fine seas salt ¼ teaspoon ground white pepper ⅓ cup heavy cream</p>	<p>Whisk in the fine sea salt, white pepper, and cream.</p> <p>Pour the sauce through a fine mesh sieve to remove large pieces of seasoning or shallot. Serve immediately.</p>
<p>2 cups unsalted butter, cold and cut into cubes</p>	<p>When barely bubbling, slowly whisk in a few butter cubes at a time until all are added and fully melted. The sauce will thicken. If you don't keep the temperature low and whisk continuously, the sauce will separate.</p>
	<p>Pour the sauce through a fine mesh sieve to remove large pieces of seasoning or shallot. Serve immediately.</p>



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Recipe Name: Roasted portobello pepper caps with goat cheese

Class and Instructor: Bisto, Chef Jana

Source: <https://toriavey.com/roasted-portobello-pepper-caps-with-goat-cheese/>

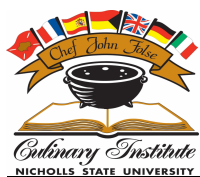
Yield: 6 (4 oz portions)

24 baby bella
mushrooms
1/4 teaspoon smoked
paprika

Preheat the oven to 425 degrees F. Grease a half baking sheet generously with olive oil. Cut the stems out of the portobello mushrooms, then place them on the oiled baking sheet, ribs facing upward. Sprinkle the mushrooms with smoked paprika, salt and pepper. and set aside.

<p>2 roasted red bell peppers skinned, seeded, and diced</p> <p>1 ripe roma tomato seeded and diced</p> <p>8 pitted Castelvetrano olives</p>	<p>In a bowl, stir together the chopped bell peppers, chopped tomato, and chopped olives. Crumble the goat cheese into rough crumbles.</p>
	<p>Divide the vegetable mixture evenly between the 24 caps, spooning it into the cap to make an even layer.</p>
<p>5 ounces goat cheese</p> <p>4 teaspoons breadcrumbs</p>	<p>Divide the crumbled goat cheese evenly between the caps. Sprinkle the top of each stuffed cap with 1 tsp breadcrumbs.</p> <p>Put them in the oven and roast for 25 to 30 minutes.</p>

<p>1 teaspoon za'atar spice blend</p> <p>2 teaspoons extra virgin olive oil</p>	<p>Meanwhile, stir together the za'atar with the olive oil until well blended. Let the mixture sit while mushrooms are roasting.</p>
<p>1 teaspoon chili pepper flakes</p>	<p>When the cheese starts to lightly brown around the edges, remove the caps from the oven. Drizzle lightly with the za'atar oil, then sprinkle with the chili pepper flakes (use more or less to taste). Sprinkle it with salt and pepper to taste. Serve.</p>



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Recipe Name: Saltimbocca di Pollo alla Romana (Prosciutto-Stuffed Chicken Breast Roulades)

Class and Instructor: Bisto, Chef Jana

Source: <https://www.allrecipes.com/recipe/246810/saltimbocca-di-pollo-alla-romana-prosciutto-stuffed-chicken-breast-roulades/>

Yield: 4 each 6 oz portions

4 (6oz.) skinless,
boneless chicken breast

Trim the chicken. Then pound the chicken between some plastic wrap to make it as thin as possible.

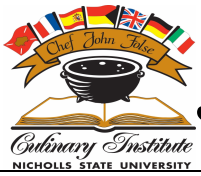
Place chicken breasts onto a sheet of parchment paper.

4 slices prosciutto

Place a prosciutto slice and a sage leaf onto each breast. Roll chicken from the short end over prosciutto and secure with wooden skewers.

4 fresh sage leaves

<p>1 tablespoon butter</p> <p>3 fluid ounces dry white wine (or more as needed)</p> <p>1 pinch salt</p> <p>black pepper (to taste)</p>	<p>Melt butter in a skillet over medium-high heat. Add rolled chicken and cook until well browned, 2 to 3 minutes per side. Add wine, salt, and pepper; cook until chicken is no longer pink in the center, 8 to 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Let rest for 5 minutes before serving.</p>
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Recipe Name: Italian Salsa Verde	
Class and Instructor: Bistro Chef Jana	
Source: The Delicious Life	
Yield: 65 portions, 2 oz each, 1 gallon	
1 cup Capers 47-49 Anchovy Filets	Rinse Capers in cold water then drain. Set aside. Take anchovies in cold water for 5 minutes, then pat dry and remove any big obvious bones.
33 Cloves Garlic (pealed) 1 cup Extra Virgin Olive Oil	Using a food processor, process capers, anchovies, garlic, and olive oil until smooth. Make in batches if you need too. Transfer to a large bowl.
35.4 oz Fresh Parsley leaves and tender stems (chopped) 9 oz Basil Leaves 1.7 oz Chives 1 quart Extra Virgin Olive Oil 4 tsp sea salt	Add the herbs and mix. Slowly pour in the olive oil until you get a chunky texture (not oily). Season with salt.
Transfer to two separate containers for service day 1 and 2. Label and store in cooler.	

2 cups Fresh Lemon Juice, divided	Stir in lemon juice right before service. (1 cup on day 1 and one cup on day 2)



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Recipe Name: Baked Artichokes

Class and Instructor: Bistro Chef jana

Source: Chef Jana and La Cucina Italiana

Yield: 2 cups (12 artichoke halves) 2 to 3, 4 oz portions

6 Artichokes (trimmed and halved)
2 cups Water
2 Lemons (quartered and juiced)

Trim and halve artichokes. Store in water with the lemons

1 ½ cups Water
½ cup White Wine
1 Tbsp Lemon Juice
1 Tbsp Sugar
1 Tbsp Salt

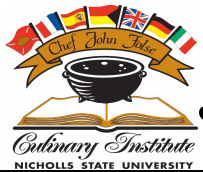
Heat water, wine, lemon juice, sugar, and salt. Add the artichoke halves and cook at a simmer until tender. (You can store them in the blanching liquid if not cooking right away).

1 cup Bread Crumbs
4 Tbsp grated Parmesan Cheese
¼ Salt
½ tsp Black Pepper
2 tsp Fresh Thyme (minced)
2 tsp Fresh Parsley (minced)
2 tsp Fresh Oregano (minced)

Mix bread crumbs, parmesan cheese, salt, pepper, and herbs in a bowl.

Preheat the oven to 350 F degrees. Line a baking sheet with parchment paper. Stuff the artichoke halves with about a 1 Tbsp of bread filling each.

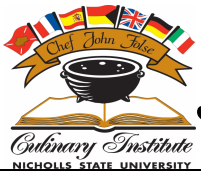
2 Tbsp Olive oil	Drizzle olive oil over the artichokes before placing them in the oven. Bake them for 10 to 15 minutes. Serve immediately.
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Recipe Name: Grilled Lamb Chop with Italian Marinade	
Class and Instructor: Bistro, Chef Jana	
Source: Pinch and Swirl / Food.com	
Yield: 2 6 oz portions; 4 chops (2 per person)	
1 tsp Dried Oregano 1 tsp Dried Rosemary ½ tsp Dried Basil ½ tsp Dried Sage (Ground) ½ tsp Garlic Powder ½ tsp Salt	Mix dried herbs, garlic powder, salt, pepper, and olive oil all together in a small bowl. Coat the lamb chops in marinade and let sit for at least 30 minutes.

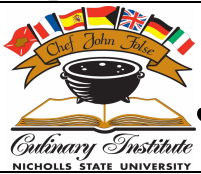
½ tsp Black Pepper 4 Tbsp Olive Oil 4 lamb chops	
Oil for coating grill	Heat Grill to high heat. Whip grill using tongs holding a paper towel covered in oil. This will oil the grill and prevent your chop from sticking.
	Grill lamb chops for 2 to 4 minutes each side for desired doneness. Don't forget to angle chop for grill marks. (135 F degrees is medium-rare).
	Transfer to a platter and let rest for 5 minutes before serving.



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Recipe Name: Lemon Risotto	
Class and Instructor: Bistro 315 Chef jana	
Source: Food.com	
Yield: 6 portions	
1 medium White Onion, diced 4 Tbsp Oil 1 Lemon, zest 1 cup Arborio Rice	Sautee the diced onion over medium to high heat in butter until soft. Stir in the lemon zest to the pan. Add to the pan and coat grains in mixture. Adjust heat to low-medium.
2 cups Chicken Stock 2 cups Water	Add lemon juice and ½ cup of stock. Bring to a simmer and let thicken and reduce.

2 Tbsp Lemon Juice	Add another cup of stock and stir until absorbed. Repeat the process with remaining stock and water. Add more water is necessary
¾ cup Grated Parmesan 2 Tbsp Parsley leaves (chopped)	When rice is done (tender and not mushy), remove from heat and parmesan cheese and parsley.
Salt Pepper 1 tsp Lemon Juice	Season with salt, pepper, lemon juice Garnish with extra grated parmesan

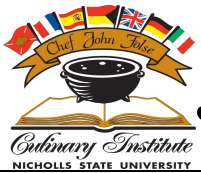


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Recipe Name: Shrimp and Spinach Alfredo	
Class and Instructor: Bistro, Chef Jana	
Source: Savory Thoughts	
Yield: 6 portions	
½ lb Dried Fettuccine Pasta 1 Tbsp olive oil	Fill a pot with water. Salt the water and heat until a rolling boil. Add in the pasta and cook until al dente. Remove from water and place in a bowl. Drizzle olive oil over pasta and set aside.
4 Tbsp Canola Oil 2 lbs. 21/25 Shrimp (peeled and deveined)	In a large saute pan warm oil over medium heat. Add the shrimp and seasoning to the pan. Cook the Shrimp, about five minutes, turn it only once. Remove the shrimp to a bowl and set aside.

<p>1 Tbsp Cajun Seasoning ½ tsp Salt</p>	
<p>4 Garlic Cloves, minced 1 lb. Spinach Leaves ½ Medium Onion chopped.</p>	<p>In the same pan, add the onions, spinach, and garlic. Cook until the spinach is wilted. Stir constantly to avoid sticking. This should take about 4 minutes.</p>
<p>2 cups Heavy Cream 2 Tbsp All-Purpose Flour 2 ½ cups Sharp White Cheddar, shredded</p>	<p>Add cream and flour to the pan. Mix until there are no flour lumps and bring to a boil. Once the sauce begins to boil, reduce the heat to medium-low. Add the cheese in slowly and let cook fully into the sauce before adding more. Repeat until all the cheese is incorporated. Add the cooked shrimp back to the pan.</p>
<p>Salt, Pepper, and Cajun Seasoning to taste</p>	<p>Check seasoning. Add in the al dente pasta and mix well. Cover and simmer for 5 to 8 minutes over low heat.</p>
<p>2 Tbsp Fresh Chopped Parsley</p>	<p>Garnish with a chopped parsley and serve.</p> <p><i>*On a hot plate take the heated noodles and the alfredo mixture (with the spanish) and place it right in the middle</i></p> <p><i>*Then take the shrimp on the pan and place them neatly around the pasta.</i></p> <p><i>*Take some shredded cheese and sprinkle it on the pasta.</i></p>

**Sprinkle parsley and serve!*



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Recipe Name: Berry Tiramisu

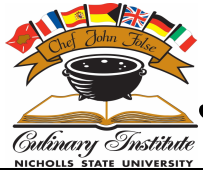
Class and Instructor

Source: <https://www.thatskinnychickcanbake.com/berry-tiramisu/#mv-creation-35-jtr>

Yield: 12 serving (5 oz each)

1 cup sugar $\frac{3}{4}$ cup water $\frac{1}{4}$ cup Grand Marnier	Make Grand Marnier syrup by combining sugar and water in a saucepan and heating, stirring occasionally, till sugar is dissolved. Add Grand Marnier and cool to room temperature.
6 egg yolks $\frac{3}{4}$ cup sugar	Heat egg yolks and the $\frac{3}{4}$ cup sugar in a double boiler, whisking constantly until thick and doubled in volume. Remove from heat and continue whisking for a minute or so. Set aside.

<p>1 ¼ cups heavy cream</p> <p>1 pound mascarpone cream</p> <p>2 teaspoons vanilla</p>	<p>In a large bowl, beat the heavy cream, mascarpone, and vanilla till thick and smooth.</p> <p>Add the yolks and fold together until well combined. Set aside.</p>
<p>2 3-ounce packages of ladyfingers (sponge cake variety)</p> <p>16 ounces strawberries, hulled and sliced</p>	<p>Separate ladyfingers and dip, one at a time, into the syrup and lay on the bottom of a medium-sized baking dish. Layer with half the custard, then arrange about ¾ of the strawberry slices over the custard.</p>
	<p>Repeat with a second layer of soaked ladyfingers, then top with the remaining custard.</p> <p>Garnish with remaining strawberries or reserve to top individual servings. Chill for 2 hours before serving.</p>



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Recipe Name: Mint Chocolate Truffle	
Class and Instructor: Bisto, Chef Jana	
Source: Live Well Bake Often	
Yield: 20 Truffles	
8 oz Semi-Sweet Chocolate	Roughly chop chocolate and place into a small heatproof bowl. Set aside.
½ cup Heavy Cream	Warm the heavy cream in a saucepan on the stove top over medium heat. Watch carefully and do not let the cream boil. Take the pan off the burner.
½ teaspoon Mint Extract	Mix the warm cream with the extract. Pour the cream mixture over the chocolate that you had set aside and allow it to sit for 4 to 5 minutes. Gently stir in one direction until smooth. (If chocolate does not fully melt, microwave the mixture in 15 second increments until smooth.) Place plastic wrap directly on chocolate and transfer to a refrigerator to chill for 3 hours.
	Line a baking sheet with parchment paper. Use a small cookie scoop to scoop spheres from the chilled chocolate mixture. Roll the spheres into balls between your palms. Place

	onto the baking sheet. Once all are rolled, place back in the refrigerator as you prepare the chocolate coating.
7 oz Semi-Sweet Chocolate	Chocolate Coating: Line a separate baking sheet and set aside. Melt chopped chocolate on stove top in a double boiler (bain marie), stirring occasionally until smooth. Remove from the heat.
	Dip the chilled chocolate balls into the melted chocolate and place onto the prepared baking sheet. Once all balls are covered, return tray to the refrigerator until the shells are firm
2 oz White Chocolate Green food coloring	Melt chopped white chocolate on stove top in a double boiler (bain marie), stirring occasionally until smooth. Remove the chocolate from the heat. Add 1 to 2 drops of green food coloring. Let the chocolate chill slightly.
	Place the melted chocolate into a piping bag. Take the truffles out of the refrigerator. Pipe the chocolate onto the shells in a zig zag. Return the truffles back to the refrigerator until chocolate has firmed up. Let truffles come to room temperature before serving.