

Cooking for Junior Chefs

California Rolls

Mixed Greens with Carrots, Tomatoes and Cucumbers

Chicken and Mushroom with Herbed Pan Sauce

Flourless Chocolate Cake

California Rolls

Sushi Rice:

2 cups sushi or short grain rice
2 cups water, plus extra for rinsing rice
4 tablespoons season rice vinegar

4 sheets nori, cut in half
1 medium avocado, peeled, pitted, and sliced into 1/4-inch thick pieces
½ batch sushi rice, recipe follows
1 small cucumber, peeled, seeded, and cut into matchstick-size pieces
4 crabsticks, torn into pieces
Wasabi
Soy sauce, for serving

1. Soak the rice in a bowl of cold water for a couple of minutes. Drain and repeat 2 or three times or until water is clear.
2. Add rice to a sauce pan with water. Bring to a boil, lower heat and cook at a very gently simmer until water is absorbed, about 10 minutes. Remove from heat and let stand 10 minutes to steam.
3. Transfer the rice to a large bowl and add the vinegar. Fold thoroughly to coat each grain of rice with the mixture. Allow to cool to room temperature before using to make sushi or sashimi.
4. Cover a bamboo rolling mat with plastic wrap. Lay 1 sheet of nori, shiny side down, on the mat.
5. Wet your fingers with water and spread about 1/2 cup of the rice evenly onto the nori.
6. Turn the sheet of nori over so that the rice side is down. Place 1/8 of the cucumber, avocado and crab sticks in the center of the sheet.
7. Grab the edge of the mat closest to you, keeping the fillings in place with your fingers, and roll it into a tight cylinder, using the mat to shape the cylinder. Pull away the mat and set aside. Cover with a damp cloth.
8. Repeat until all of the rice has been used. Cut each roll into 6 pieces. Serve with wasabi and soy sauce.

Mixed Greens with Carrots, Tomatoes and Cucumbers

3 tablespoons balsamic vinegar
1 teaspoon Dijon mustard
½ cup extra virgin olive oil
6 cups spring mix
½ pint cherry tomatoes, halved
1 Cucumber, peeled and sliced
1 carrot, peeled and sliced
Salt and pepper, to taste

1. Add balsamic vinegar and Dijon mustard to a mixing bowl.
2. Slowly whisk in oil. Add salt and pepper.
3. Add greens, cherry tomatoes, cucumber and carrots to large mixing bowl.
4. Toss salad with just enough dressing to coat the leaves. Season with salt and pepper.

Chicken and Mushroom with Herb Sauce

2 tablespoons olive oil
2 chicken breasts
2 shallots, sliced
8 ounces mushrooms, quartered
1 tablespoon flour
1 cup chicken stock
1 tablespoon chopped fresh herbs (parsley, rosemary, thyme)
Salt and pepper

1. Bring oil to medium-high heat in a heavy skillet.
2. Season chicken with salt and pepper. Add to pan and cook, turning once, until golden brown. Set aside.
3. Add shallots to pan. Cook until soft.
4. Add mushrooms cook until browned.
5. Lower heat and add the flour. Cook 1 minute (be careful not to burn).
6. Add chicken stock and bring to a simmer.
7. Return chicken to pan. Simmer until chicken is cooked through.
8. Add herbs and season with salt and pepper.

Flourless Chocolate Cake

9 ounces bittersweet chocolate, finely chopped
9 tablespoons unsalted butter
6 large eggs, separated
¼ teaspoon salt
1/8 teaspoon cream of tartar
½ cup granulated sugar
¼ cup cornstarch, sifted
Confectioners' sugar

1. Set rack in middle of the oven and preheat to 350 degrees. Lightly butter and flour a 9-inch cake pan.
2. Melt the chocolate and butter in a double boiler, stirring occasionally. When melted, transfer to a clean bowl and let cool to room temperature.
3. In a mixer, whip the egg whites at medium speed until frothy. Add the cream of tartar and whip until semi-stiff. With the machine running, slowly add the granulated sugar. Continue whipping until egg whites are stiff and glossy.
4. In a separate bowl, lightly scramble the egg yolks. Add to egg whites and fold together with a rubber spatula.
5. Sprinkle the cornstarch over the mixture and fold it in to the eggs. Pour the egg mixture over the chocolate and fold until blended.
6. Pour the batter into the cake pan. Bake for 35 to 40 minutes or until center jiggles just slightly when the pan is shaken.
7. Remove from oven and let cool. Sprinkle with confectioners' sugar just before serving.