



THE
INTERNATIONAL
CULINARY
SCHOOLSSM
at The Art Institutes

THE ART INSTITUTES BEST TEEN CHEF 2009 SAMMY JO CLAUSSEN'S WINNING RECIPES

Houston Pork Tenderloin with Orange Sauce

Yields: 4 Servings

Ingredients	Quantity
Paprika	¼ tsp.
Black Pepper	¼ tsp.
Sea Salt	¼ tsp.
Canola Oil	1 tbsp.
Pork Tenderloin	1.5 lbs.
Orange Juice	¾ cup
Granulated Sugar	2 tbsp.
Garlic Cloves	2
Orange Zest	½ tsp.
All-Purpose Flour	2 tbsp.
Water	¼ cup

Procedures:

1. Pre-heat oven to 300 degrees
2. Combine paprika, fresh pepper, and sea salt to make dry rub to cover both sides of pork tenderloin
3. Use a large sauté pan to brown pork in 1 tablespoon canola oil on all sides, when pork is golden brown, place pork on a cookie sheet and place in oven to finish cooking, about 25 minutes
4. Use the same skillet from the pork and begin the pan sauce, combine orange juice, sugar, garlic cloves and grated orange peels (orange zest) on medium heat. Cook for 5 minutes
5. After cooking pan sauce for 5 minutes, combining all-purpose flour, cold water, pour slowly until sauce is smooth and thicken
6. Remove pork tenderloin from oven, let rest 10 minutes, slice into medallions and drizzle with pan sauce
7. Serve with garlic mashed potatoes and snap"n" mushrooms

Garlic Mashed Potatoes

Yields: 4 Servings

Ingredients	Quantity
Red or Red New Potatoes	1 lb.
Milk	$\frac{3}{4}$ cup
Butter	$\frac{1}{2}$ cup
Garlic Cloves	4
Garlic Powder	1 tsp.
Sea Salt	To Taste
Fresh Pepper	To Taste

Procedures:

1. Place potatoes in a stock pot $\frac{3}{4}$ full with cold water, a pinch of sea salt, crushed garlic cloves and bring to boil
2. When potatoes are fork tender, drain into a strainer
3. Cut potatoes into fourths
4. Place potatoes in a mixing bowl, add the milk, butter, garlic powder and mix until a little lumpy, season with salt and pepper

Snap “n” Mushrooms

Yields: 4 Serving

Ingredients	Quantity
Fresh Snap Peas	½ lb.
White Mushrooms	2 oz.
Canola Oil	1 tbsp.
Sea Salt	To Taste
Fresh Black Pepper	To Taste

Procedures:

1. Clean white mushrooms, cut into thin slices, pull sting off snap peas.
2. In a medium size sauté pan, add canola oil on medium heat
3. Sautee mushrooms until golden brown, add snap peas and continue to sauté until tender-crisp and lightly browned, season to taste

Pan Fried Catfish with Ginger Sweet Potato Cakes, Maque Choux Relish and Sautéed Green Beans

Serves: 2

Pan Fried Catfish

Cornmeal Breading

¼ cup cornmeal

¼ cup all purpose flour

¼ cup cornstarch

2 tablespoons old bay seasoning

1 teaspoon ground black pepper

1 teaspoon salt

1 tablespoon butter

1 tablespoon vegetable oil

2 each 5 ounce catfish fillets

Mix all breading ingredients; dredge both sides of the catfish in seasoned flour. Melt butter and oil in large sauté pan, place fish in hot pan and cook until golden brown, turn fish and place pan in 325 degree oven for 10 to 12 minutes until fish is done.

Ginger Sweet Potato Cakes

1 each small sweet potato, about 8 ounces, peeled

1 inch piece whole ginger, peeled

2 ounce cheddar cheese

2 tablespoons all purpose flour

1 egg

1 teaspoon salt

1 teaspoon ground black pepper

1 tablespoon butter

1 tablespoon vegetable oil

Grate sweet potato and cheddar cheese on large holes of box grater into mixing bowl, mince 1 teaspoons ginger on with chef knife, add flour, egg, salt and pepper and mix well. Divide sweet potato mixture into

four equal portions, ½ inch thick and 3 inches round. Melt butter and oil in large sauté pan, in hot pan, cook until golden brown on both sides, place pan in 325 degree oven for 8 to 10 minutes until potato is cooked through.

Maque Choux

1 ear fresh sweet corn

¼ cup onion, ¼ inch diced

¼ cup red pepper, ¼ inch diced

¼ cup green pepper, ¼ inch diced

1 each roma tomato, peeled seeded and ¼ inch diced

½ cup chicken stock

1 tablespoon butter

Salt and black pepper to taste

Remove corn from cob and scrape cob to remove juice. Melt butter in large sauté pan, sauté onion and both peppers until tender, add corn, tomatoes and chicken stock and simmer for 5 minutes until vegetables are tender. Season with salt and pepper to taste.

Sautéed Green Beans

4 ounces green beans, ends trimmed

2 ounces button mushroom sliced

1 teaspoon butter

Blanch green beans in boiling water until tender, shock in ice bath and reserve.

Melt butter in large pan and sauté mushrooms add green beans and heat through, season with salt and pepper.

Plating

On 12 inch dinner plate.

Cut each sweet potato cake into a square and then into a triangle. Place 4 triangles on the top left of each plate. Place catfish across sweet potato cakes, place green beans on opposite side of the sweet potato. Spoon Maque Choux across fish.