

MENUS CHANGE[®]

The Business of Healthy, Sustainable, Delicious Food Choices

The following collection of recipes are curated from the
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The Culinary Institute of America
and Harvard T.H. Chan School of Public Health

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EGGPLANT SALAD WITH TEA SMOKED CHICKEN AND TOMATO JAM

Yield: 8 Portions

Ingredients	Amounts
<i>Eggplant Salad</i>	
Eggplants, large	2 ea.
Shallot, fine brunoise	1 ea.
Ginger, fine brunoise	1 Tbsp.
Green onions, green and white parts, sliced paper thin	2 ea.
Red Thai chili, seeds removed, fine brunoise	1 ea.
Cilantro leaves	2 Tbsp.
Lime juice	as needed
Fish sauce	as needed
Agave nectar	as needed
 <i>Szechuan Pepper-Salt</i>	
Salt	1 Tbsp.
Szechuan peppercorns, dry roasted, and finely ground	½ tsp.
Five spice powder	¼ tsp.
 Chicken, whole	
Sesame oil	½ Tbsp.
Five spice powder	½ tsp.
 <i>Smoking Mix</i>	
Chinese green tea	½ cup
White rice	½ cup
Orange, zest of	½ ea.
Brown sugar	½ cup
Szechuan peppercorns	1 tsp.
Coriander seeds	1 tsp.
Star anise, whole	1 ea.
Cinnamon, stick, broken into pieces	1 ea.
 Tomato Jam (recipe follows)	 as needed

Method

1. *For the Eggplant Salad:* Roast the eggplants over an open flame until charred and completely soft. Place in a colander (not on top of each other), split open and allow to drain until completely cool.

2. Holding the eggplant by its stem, carefully peel and discard the skin. Using your fingers, carefully remove all the seeds.
3. Cut and discard the stem end of the eggplant and shred the remaining pulp with a fork into a mixing bowl.
4. Toss the eggplant pulp gently with the shallot, ginger, green onion, Thai chili, and cilantro leaves. Season to taste with lime juice, fish sauce, and agave. Refrigerate until ready to serve.
5. *For the Szechuan Pepper-Salt:* In a small bowl, mix together all ingredients.
6. Leaving the skin intact, remove the breasts and legs from the chicken, reserving the legs for another use.
7. Season the breasts with the sesame oil and dust lightly with the five spice powder. Set aside until ready to smoke.
8. *For the Smoking Mix:* In a bowl, combine all ingredients. Line a wok with foil and place the Smoking Mix on top of the foil. Place a wire rack above the Smoking Mix and place the chicken, skin side up, on the rack.
9. Cover the wok with a lid and apply heat to the wok until the ingredients begin to smoke. Turn down the heat to “low”, and smoke for 4 minutes.
10. Remove the chicken immediately from the smoking wok and reserve.
11. Just before serving, grill or pan fry the chicken to desired doneness.
12. Season with the Szechuan Pepper-Salt and slice into long aiguillettes.
13. Serve with Eggplant Salad and Tomato Jam.

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TOMATO JAM

Ingredients	Amounts
Canola oil	3 Tbsp.
Brown mustard seeds	1 Tbsp.
Apple cider vinegar	½ cup
Cumin seed, toasted and ground	2 Tbsp.
Turmeric powder	2 tsp.
Cardamom pods, broken	4 ea.
Cinnamon stick	1 ea.
Young ginger, finely grated	6 Tbsp.
Garlic clove, finely minced	10 ea.
Red Thai chilies, very finely minced	4 ea.
Ripe tomatoes, peeled, cored, and diced	3 lb.
Agave nectar	as needed
Salt	as needed
Ground black pepper	as needed

Method

1. In a medium saucepan, heat the canola oil and the mustard seeds until the seeds begin to pop.
2. Add the apple cider vinegar and simmer for 5 minutes.
3. Add all the remaining ingredients except for the agave nectar, salt, and pepper.
4. Simmer, stirring occasionally to prevent scorching, for 30 to 45 minutes until reduced to a thick jam-like consistency (the thicker it gets, the more often it will need to be stirred).
5. Remove and discard the cardamom pods and cinnamon stick.
6. Season carefully with the agave nectar, salt, and pepper to get a tangy, very slightly sweet, jam.
7. Chill and store refrigerated.

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CAULIFLOWER PASTA WITH BURRATA, ALMOND, AND ANCHOVY PANGRATTATO

Yield: 4 Portions

Ingredients	Amounts
<i>Almond and Anchovy Pangrattato</i>	
Garlic clove, finely minced	2 ea.
Whole wheat breadcrumbs, freshly prepared	1 ½ cups
Extra-virgin olive oil	¼ cup
Lemon, zest of	½ ea.
Italian parsley, finely chopped	¼ bu.
Almonds, toasted and chopped	¼ cup
White anchovies (boquerones)	6 ea.
Ground black pepper	as needed
 <i>Cauliflower Pasta</i>	
Cauliflower, finely chopped	1 hd.
Extra-virgin olive oil	¼ cup
Yellow onion, finely chopped	1 ea.
Garlic cloves, peeled and chopped	4 ea.
Aleppo pepper flakes	1 tsp.
Tomato paste	2 Tbsp.
Tomato sauce	2 cups
Pasta cooking water	as needed
Italian parsley, chopped	½ bu.
Barilla Protein Plus Penne Pasta, cooked	3 cups
Salt	as needed
Ground black pepper	as needed
 <i>Garnish</i>	
Burrata	2 ea.
Extra-virgin olive oil	as needed
Almond and Anchovy Pangrattato (see above)	as needed

Method

1. *For the Almond and Anchovy Pangrattato:* Sauté the garlic and breadcrumbs in the olive oil until crisp and golden; set aside to cool.
2. Gently fold in the lemon zest, parsley, almonds, anchovies and season with black pepper.
3. *For the Cauliflower Pasta:* Sauté the cauliflower over high heat with half the olive oil until caramelized; set aside.

4. Sauté the onion in the remaining olive oil until softened. Add the garlic and pepper flakes, and continue to cook until caramelized.
5. Add-back the cauliflower, and stir in the tomato paste and sauce. Adjust consistency with the pasta cooking water, simmer for 5 minutes and season with salt and black pepper.
6. Prior to serving, add the parsley and cooked pasta, and heat through.
7. Divide into 4 serving bowls, top each with ¼ burrata, a drizzle of extra-virgin olive oil and top with the Almond and Anchovy Pangrattato.

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GREENS, GRAINS, AND LENTIL PANCAKES WITH OVEN ROASTED TOMATOES AND FRENCH FETA

Yield: 6 Portions

Ingredients	Amounts
<i>Roasted Tomatoes</i>	
Roma tomatoes	9 ea.
Extra-virgin olive oil	3 Tbsp.
Garlic clove, minced	1 tsp.
Shallot, minced	1 tsp.
Basil, chopped	1 Tbsp.
Thyme, chopped	1 tsp.
Salt	as needed
Ground black pepper	as needed
 <i>Greens, Grains, and Lentil Pancakes</i>	
Extra-virgin olive oil	3 Tbsp. + additional
Spinach leaves, triple washed	½ lb.
All-purpose flour	1 cup
Baking powder	1 Tbsp.
Sugar	1 tsp.
Salt	2 tsp.
Plain Greek yogurt	½ cup
Milk	2/3 cup
Eggs	2 ea.
Green onions, chopped	1 bu.
Dill, chopped	1 bu.
Farro, cooked	¾ cup.
Lentils, cooked	¼ cup
Parsley, chopped	¼ bu.
Tarragon, chopped	½ bu.
Lemon zest	1 tsp.
 French feta	 8 oz.
Microgreens	as needed
Smoked or plain sea salt	as needed

Method

1. *For the Roasted Tomatoes:* Preheat oven to 275°F.
2. Remove the cores from the tomatoes and cut into halves lengthwise.
3. In a mixing bowl, whisk together the olive oil, garlic, shallots, basil, and thyme.
4. Add the tomatoes to the bowl, toss gently to coat evenly, and season with salt and pepper.
5. Arrange in a single layer skin side down on a rack over a sheet pan.

6. Oven-dry the tomatoes in the preheated oven until the tomatoes are dried and lightly browned, 1 to 1 ½ hours.
7. *For the Greens, Grains, and Lentil Pancakes:* Heat a large sauté pan. Add 1 tablespoon of olive oil and spinach leaves, and toss for 30 seconds until the spinach wilts.
8. Remove to a colander and allow to drain for 5 minutes. Squeeze excess moisture from the spinach and chop.
9. In a mixing bowl whisk together the flour, baking powder, sugar, and salt.
10. In a separate bowl, mix the yogurt, milk, eggs, and 2 tablespoons of olive oil. Add the chopped spinach, green onions, dill, farro, lentils, parsley, tarragon, and lemon zest.
11. Mix together the wet and dry ingredients, and mix until just combined..
12. Heat a nonstick pan, and add a small amount of olive oil. Make the pancakes by scooping ¼ cup amounts into the pan and cooking on medium heat until bubbles appear on the surface. Flip and cook on the other side, about 3 minutes per side, so that both sides are a nice, even golden brown. Keep warm in a low oven until ready to serve.
13. *To Serve:* Place 2 warm Pancakes on each plate. Top with the Roasted Tomatoes and juice, crumbled French Feta and a good pinch of microgreens. Finish with a sprinkle of smoked or plain sea salt. Serve immediately.

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GRILLED TEMPEH "RIBS" WITH CHIPOTLE BBQ SAUCE

Ingredients	Amounts
<i>BBQ Spice Rub</i>	
Salt	½ cup
Ground black pepper	1 cup
Cayenne pepper	1 cup
Sweet paprika	2 cup
Onion powder	1 ½ cup
Garlic powder	1 ½ cup
Cumin	1 ½ cup
Chili powder	1 ½ cup
Dry mustard	1 cup
 <i>Chipotle BBQ Sauce</i>	
Chipotle, canned in adobo	2 cans
BBQ sauce	1 gal.
 <i>Brine</i>	
Cold Water	1 gal.
Salt	4 cups, separated
Brown sugar	4 cups, separated
Pickling spice	2 cup, separated
Cinnamon sticks	10 each, separated
Cloves	10 each, separated
Juniper berries	20 each, separated
Liquid smoke	¼ cup
 Tempeh	 2 lb

Method

1. *For the BBQ Spice Rub:* Combine all ingredients.
2. *For the Chipotle BBQ Sauce:* Combine the chipotle peppers with the BBQ sauce and purée until smooth.
3. *For the Brine:* Heat 1 quart of the water with 2 cups of the salt, 2 cups brown sugar, 1 cup pickling spice, 5 cinnamon sticks, 5 cloves, and 10 juniper berries, saving the remainder of these ingredients for poaching. Remove brine from heat when sugar and salt have dissolved. Add remaining water and liquid smoke. Brine tempeh for 7 to 10 days.
4. Poach brined tempeh in barely simmering water with the remaining ingredients from the brine recipe for 1 hour.
5. Cut into tempeh into "ribs." Rub ribs with spice mix and grill to order. Finishing the grilling while basting with the sauce.

BROCCOLI AND CAULIFLOWER WITH FERMENTED BEAN CURD

Ingredients	Amounts
Broccoli	1 lb
Cauliflower	1 lb
Fermented bean curd	4 oz.
Palm sugar	1 oz.
Rice vinegar	1 oz.
Mirin	½ oz.
Shao Hsing	½ oz.
Soy sauce	½ oz.
Hot pepper paste	½ oz.
Shrimp paste	½ tsp.

Method:

1. Cut the broccoli and cauliflower into bite-size pieces.
2. Blanch broccoli and cauliflower in boiling salted water for approximately 3-4 minutes. Strain, and plunge into ice water to stop the cooking process. Strain and set aside.
3. Pass bean curd through a sieve.
4. Mix sieved bean curd with the rest of the ingredients together in a mixing bowl.
5. Combine vegetables and dressing together.