

A Chef's Sample CEC Menu

June 7, 2015

Le Cordon Bleu, Orlando, Florida

FISH COURSE

Pan-Seared Salmon

Chilled lobster with apple and fennel, Southern grits cake, saffron beurre blanc

Cooking Techniques: *Saute (salmon), Poach (lobster)*

Required Ingredients: *Salmon, Lobster, Apple*

Sauce: *Butter*

Knife Cuts: *Brunoise (apple, fennel)*

SALAD COURSE

Salad of Boston Lettuce, Radicchio, and Endive

House-made goat cheese, artichoke, pickled beet, crispy root vegetables, tomato vinaigrette

Cooking Techniques: *Deep Fry (root vegetables)*

Required Ingredients: *Boston Lettuce, Belgian Endive, Grape Tomatoes, Artichoke, Bacon*

Emulsified Vinaigrette: *Tomato Vinaigrette*

Knife Cuts: *Julienne(endive), Paysanne (beet)*

ENTRÉE

Roasted Airline Breast of Chicken

Carrots, spinach, mushrooms, horseradish whipped potatoes, pan reduction

Cooking Techniques: *Roast (chicken, mushrooms)*

Required Ingredients: *Chicken, Carrots, Spinach, Potato*

Sauce: *Reduction*

Knife Cuts: *Batonnet (carrots)*