

Recipes from the UAF Community & Technical College Culinary Arts & Hospitality Kitchen

For recipe questions please email Chef Michael Roddey at mtroddey@alaska.edu or call 455-2903.

Broccoli and Blue Cheese Gratin

From the UAF Community & Technical College
Culinary Arts & Hospitality Kitchen

Ingredients

- 6 large heads broccoli, about 4 ½ lbs
- 6 ½ Tbsp unsalted butter
- ¾ cup fresh bread crumbs
- 4 ½ Tbsp all-purpose (plain) flour
- 3 cups whole milk
- 1 tsp fine sea salt
- 1 tsp fresh ground black pepper
- 1/8 tsp cayenne pepper
- 3 oz blue cheese, crumbled

Note: Choose a more mild blue cheese, such as blue d'Auvergne or Gorgonzola, for this recipe.

Make it

1. Preheat oven to 350 F (180C) degrees.
2. Trim and peel the thick stalks from the broccoli, cut into round slices. Cut the heads in half lengthwise.
3. Place all of the broccoli in a steamer rack set over boiling water. Cover and steam until easily pierced with the tines of a fork.
4. Drain and rinse under cold running water, then coarsely chop. Drain again, transfer to a bowl, and set aside.
5. In a fry pan over medium heat, melt 1 tablespoon of the butter. Add the bread crumbs and cook, stirring, until golden brown, about 5 minutes. Remove from the heat and set aside.
6. In a sauce pan over medium heat, melt 4 ½ Tbsp of the butter. Whisk in the flour to make the roux, lower the heat to medium. Slowly pour in the milk, whisking constantly.
7. Add the salt, black pepper, and cayenne pepper.
8. Continue to simmer stirring occasionally until the mixture has thickened enough to coat the back of the spoon.
9. Stir in the blue cheese and cook, stirring, just until melted.
10. Remove from heat. Pour the sauce over the broccoli and turn gently to mix.
11. Spoon the mixture into the prepared gratin dish, smooth the surface, and top with the buttered bread crumbs.
12. Cut the remaining 1 tablespoon butter into bits and dots.
13. Bake until bubbling around the edge and golden on top, about 20 minutes.

Serve warm.



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Wild Rice Pilaf with Dried Cranberries and Pecans

From the UAF Community & Technical College
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Ingredients

- 4 cups Chicken stock
- 2 Tbsp unsalted butter
- 1 Tbsp canola or grapeseed oil
- 3 large shallots, minced
- 1 cups wild rice
- 1 cup short grain brown rice
- ½ cup dried cranberries
- 1 bay leaf
- 2 fresh thyme
- Fine sea salt and freshly ground pepper
- ½ cup pecans, toasted and coarsely chopped
- ¼ cup minced fresh flat leaf parsley

Make it

1. Preheat the oven to 375F (190C) degrees.
2. In a saucepan over medium low heat, bring to a simmer.
3. In a heavy 2-qt. flameproof casserole, melt the butter with the oil over medium heat.
4. Add shallots and sauté until translucent, 2-3 minutes.
5. Add the rice and stir until the grains are well coated, about 3 minutes.
6. Stir in the simmering stock, dried cranberries, bay leaf, thyme, ½ teaspoon sea salt, and 1/8 teaspoon white pepper
7. Bring to a simmer, stir, and cover.
8. Transfer the casserole to the oven and bake until all the liquid has been absorbed and the rice is tender, 40-45 minutes.
9. Remove from the oven and discard the bay leaf and the thyme sprigs.
10. Taste and adjust the seasonings.
11. Stir in pecans and parsley.

Serve hot or warm.



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