

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

For recipe questions please call 455-2902.

Orange and Blue Grilled Romaine Salad

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

Ingredients

- 2 romaine hearts, halved lengthwise through the core
- Lemon flavored olive oil
- Kosher salt and freshly cracked black pepper
- ½ cup crumbled blue cheese (recommended Shropshire)
- 1 navel orange
- ½ small shallot, sliced



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Make it

1. Preheat a grill pan over high heat.
2. Brush the romaine spears with lemon oil and season with salt and pepper to taste.
3. Put the spears on the grill pan and cook, turning once, until grill marks appear and lettuce begins to wilt, about 2 minutes.
4. Immediately remove from the grill to a serving platter and sprinkle each half with 2 tablespoons of the crumbled blue cheese.
5. With a sharp knife, cut the peel and pit from the orange. Carefully remove the orange segments by cutting them lengthwise away from the membrane, into a bowl.
6. Squeeze the juice from the membrane over the segments and slowly whisk in 2 tablespoons lemon oil until combined.
7. Season with salt and pepper to taste
8. Add the shallots and stir to combine.
9. Drizzle the citrus vinaigrette and orange sections over the grilled romaine spears and garnish with the remaining blue cheese.

Chopped Apple Salad

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Ingredients

- 6 cups Romaine Lettuce
- ¾ cup Radicchio, thinly sliced
- 2 Granny Smith Apples, cored, skins left on and diced to ½ inch
- 4 Pink Lady Apples, cored, skins left on and diced ½ inch
- 1 cup Toasted Walnuts chopped
- ¾ pound Blue Cheese
- Black Pepper
- Raspberry Vinaigrette

Make it

1. Rinse the romaine lettuce and apples, let dry. (remove stickers from apples)
2. Toast walnuts in sauté pan over medium low heat until toasted. (do not burn)
3. Crumble blue cheese, small pieces.
4. Tear the romaine lettuce into bite size pieces, place in bowl.
5. Quarter radicchio then cut into thin strips, place in bowl
6. Add raspberry vinaigrette to lettuce and toss. Add salt and pepper to taste.
7. Add the apples, toasted walnuts and blue cheese.

Chopped Apple Salad

Ingredients

- ¼ cup Raspberry juice
- 2 tbs. Rice vinegar
- Sugar to taste
- Salt to taste
- 4 tbs. Salad oil

Make it

1. Rinse and dry raspberries. Juice raspberries, place juice in a bowl.
2. Add rice vinegar, salad oil, sugar and salt to taste.
3. Whisk ingredient until sugar and salt are dissolved. Do not over mix, the vinaigrette will turn pink.



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