



# **Knife Skills & Cuts**

**MEDITERRANEAN ORZO**

**LENTIL AND ESCAROLE SOUP**

**UPSIDE DOWN APPLE-CARAMEL TART**



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## KNIFE CUT DEFINITIONS

Brunoises – 1/8 inch cubes

Chiffonade – Literally translates to “made of rags”. This French term refers to thin strips or shreds of vegetables or herbs.

Chop - To cut food into squares, usually about ½ inch in diameter. The squares do not have to be perfectly equal, but should be approximately the same size in order to cook evenly.

Cube - To cut foods into exact squares, ½ inch in diameter.

Dice – to cut into ¼ inch cubes.

Julienne – To cut into 1/8 inch matchstick strips, and any desired length. Typically the length is around 2½ inches.

Mince - To cut into very small pieces. This term means the smallest possible pieces, smaller than dice or chop.



## Knife Skills & Cuts

### MEDITERRANEAN ORZO

- 1 ½ cup dry orzo pasta
- 1 pint grape tomatoes, halved
- 2 green onions, trimmed and chopped (both white and green parts)
- ½ red bell pepper, seeds removed, chopped
- 1 cup packed chopped fresh parsley, about 1 ½ ounces
- ½ cup packed chopped fresh dill, about 0.5 ounces
- ¼ cup sliced pitted kalamata olives, about 1 ounce
- 2 tsp capers
- 1 cup feta cheese, crumbled
- 1 lemon, zested and juiced
- 1 TBSP red wine vinegar
- ¼ cup [extra virgin olive oil](#)
- 1 garlic clove, minced
- 1 tsp oregano

Cook the orzo pasta according package. Drain and cool briefly.

In a large mixing bowl, combine the grape tomatoes, green onions, bell peppers, parsley, dill, olives and capers (hold the feta for now). Add the orzo pasta.

Make the dressing. In a small bowl, combine the lemon juice, lemon zest, extra virgin olive oil, garlic, oregano and a good pinch of kosher salt and black pepper. Whisk to combine.

Pour the dressing over the salad and toss until well combined and the orzo pasta is well coated with the dressing.

Top with feta cheese. Cover and refrigerate before serving.



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### LENTIL AND ESCAROLE SOUP

- 2 TBSP extra virgin olive oil
- 1 small onion, finely chopped
- 1 large or 2 small carrots, cut in small dice
- 3 garlic cloves, minced
- ¼ tsp red pepper flakes
- 1 14-ounce can chopped tomatoes, with juice
- 1 cup lentils, washed and picked over
- 1 tsp thyme
- 1 TBSP parsley, chopped
- 1 parmesan rind
- 1 small head escarole, washed and roughly chopped about 6 cups
- 6 cups water
- Salt
- freshly ground pepper
- lemon juice

Heat 1 tablespoon of the olive oil over medium heat in a large soup pot or Dutch oven. Add the onion and carrots. Cook, stirring often, until the onion is tender, about five minutes. Add the garlic and red pepper flakes. Cook, stirring, until the garlic is fragrant, 30 seconds to a minute. Stir in the tomatoes. Bring to a simmer, and cook, stirring, until the tomatoes have cooked down slightly and smell fragrant, five to 10 minutes.

Add the lentils and simmer with the tomato mixture for a few minutes, then add the herbs, parmesan and the water. Bring to a boil, reduce the heat and add salt to taste (1 to 2 teaspoons). Cover and simmer 30 minutes.

Add the escarole, and bring back to a simmer. Reduce the heat, cover and simmer for 15 to 20 minutes until the escarole and the lentils are tender. Season to taste with salt and pepper.



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### UPSIDE DOWN APPLE-CARAMEL TART

- 1 puff pastry sheet, defrosted
- 1 egg, whisked for egg wash
- 3 apples, quartered, cored and sliced thin
- 1 tsp cinnamon
- 1 TBSP honey

Set the oven to 400 degrees.

Cut the thawed puff pastry sheet into 6 even rectangles. Cut the large sheet into 3 rectangles along the fold lines, then cut those in half.

Line a baking sheet with parchment paper. Then assemble the tarts, making sure to evenly space them.

Drizzle the honey (1/2 tbsp) on the parchment paper. Sprinkle cinnamon (1/2 tsp) on top. Next place the apple slices (4-6) on top of the honey and cinnamon, making sure to keep them compact enough for the puff pastry rectangle to fit on top. Place the puff pastry on top of the apples.

Once all of the upside-down puff pastry squares are assembled, gently press down on the edges of each one with a fork to seal and crimp them. Brush the top of each tart with a thin layer of egg wash.

Bake for 15 - 20 minutes.

Remove the puff pastry tarts from the oven and let cool for a few minutes before flipping over. Once cooled slightly, gently flip with a spatula.