# WASHINGTON'S BEST

## 2015 CULINARY STUDENT RECIPE CONTEST WINNERS

# WINNING WAYS
## WITH WASHINGTON POTATOES

The Washington Potato Commission's annual student recipe contest challenges culinary students at the state's ACF accredited programs to create innovative and creative recipes for Washington state potato products.

Dozens of students from programs all across the state showed their stuff; using potatoes and potato products in soups, salads, entrees, sides, small plates, appetizers, breads and even desserts. The top twelve recipes are featured in this booklet.

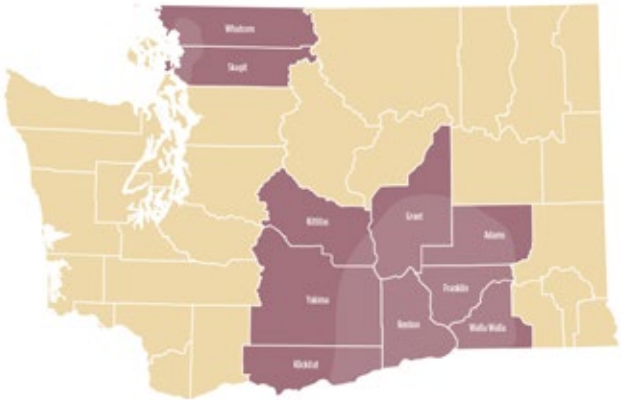
At the final judging, chefs and food experts selected two unique recipes in a tie for first place: Eric Nelson, Inland Northwest Culinary Academy for Herbed Potato Gnocchi, and Emily Romnes, Renton Technical College for White Chocolate Yukon Chill. They each took home $750. You'll find their recipes on page 12 and page 26.

Several of the schools included the recipe development for the contest as a part of the curriculum, encouraging students to learn about Washington's several fresh varieties and processed products, to consider the benefits of sustainable local products, and to learn the disciplines of recipe development and writing.

**PARTICIPATING ACF-CERTIFIED SCHOOLS THROUGHOUT WASHINGTON STATE:**

- Bellingham Technical College
- Inland Northwest Culinary Academy
- International Culinary School at the Art Institute of Seattle
- Lake Washington Institute of Technology
- Renton Technical College
- South Puget Sound Community College
- Seattle Culinary Academy at Seattle Central Cimmunity College

## *Washington* GROWING AREA MAP



**SKAGIT & WHATCOM:**
Reds
Whites
Yellow/Golds
Purple/Blues
Fingerlings

**NORTH BASIN:**
Russets

**SOUTH BASIN & YAKIMA:**
Russets
Reds
Whites
Yellow/Golds
Purple/Blues
Fingerlings

# POTATOES
## IN WASHINGTON

Twenty-three percent of all the potatoes grown in the U.S. come from Washington, where the state's family farmers are proud of their state-of- the-art growing, harvesting and processing. Washington leads the nation in french fry production and almost 87% of Washington's potato crop is produced especially for processing of golden fries, crunchy chips, creamy mashed potatoes and more.

Washington's potato growers are first when it comes to per acre yield of potatoes – 44% higher than the average of other potato-producing states, and far above other potato-producing regions around the globe. The ideal combination of sun, controlled water sources, nutrient rich soil and grower know-how make these yields possible.

# WASHINGTON POTATO VARIETIES

**From Russets to reds to fingerlings and more, Washington state grown potatoes provide one of the most versatile, cost-effective and palatable menu options for the home or restaurant. No matter which meal you are preparing, Washington potatoes provide a tasty dish that everyone can enjoy.**

Russets, because they are high in starch (solids) and low in moisture are the very best for baking, mashing and french frying. They cook up fluffy and light.

Red potatoes and white potatoes have low to medium starch and high to medium moisture and are often described as waxy. These potatoes hold their shape when cooked, so are preferred for boiling, roasting, steaming and in soups, stews and salads.

Yellow/gold potatoes can be baked, boiled, mashed or roasted and add a buttery color and flavor to a variety of dishes.

Fingerlings are small, finger-shaped potatoes with a texture much like reds. Their unusual shape and size make them popular for plate presentations.

Purple/Blue potatoes have a moist, firm flesh and nutty, earthy flavor. Their rich, vibrant color makes them a lovely addition to any salad. The best way to preserve the color is microwaving, but steaming and baking are also delicious.

## *Potato* NUTRITION

**Ongoing research shows that potatoes can play an important part in a healthy, varied diet. An average potato supplies 45% of the daily value for vitamin C, 620 mg of potassium (Higher than bananas, spinach and broccoli), trace amounts of thiamin, riboflavin, folate, magnesium, phosphorous, iron and zinc, and all with no fat, cholesterol or sodium and for only 110 calories.**

ALOO CHOP

## **Student Chef:** Adila Esbhani

**Adila Esbhani is soon to graduate from the Seattle Culinary Academy and hopes to have her own Indian street food cart. The Aloo Chop, also known as Aloo Tiki, an Indian-style meat-filled potato croquette, is a popular street food in India. Here it could be an appetizer, a light entrée or lunch item or star on a bar menu. Using almond meal instead of bread crumbs will make the recipe gluten-free.**

# ALOO CHOP

*WITH CURRY KETCHUP*

**Potato Croquettes:**
1 1/2 pounds Washington Russet potatoes
1 teaspoon lemon juice
3/4 teaspoon salt
1/4 teaspoon white pepper
1 egg, beaten

**Meat Filling:**
1 teaspoon sunflower or canola oil
2 cloves garlic, microplaned
1/2-inch piece fresh ginger, microplaned
1/2 Serrano pepper, seeded and minced
3/4 teaspoon Madras-style curry powder
1/2 pound lean ground beef
1/2 cup water
1/2 teaspoon salt
1 tablespoon thin-sliced green onions

**Curry Ketchup:**
1/2 teaspoon Madras-style curry powder
1 cup ketchup

**Breading:**
1 egg
1/2 tablespoon water
1 cup Panko, lightly crushed
Oil for frying

*Makes 6 servings of 2 croquettes each*

**Croquettes:** Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes. Drain well.

Put potatoes through ricer or food mill into large mixing bowl. Stir in lemon juice, salt and pepper and mix well. Stir in beaten egg until mixture is smooth. Set aside.

**Meat Filling:** While potatoes are cooking, in large skillet over medium-high, heat oil. Add garlic, ginger, pepper and curry powder. Sauté for 1 minute. Add ground beef and salt, stirring to break up beef. Add the 1/2 cup water . Reduce heat to simmer. Cook 20 minutes, stirring frequently, until all liquid is evaporated. Remove from heat. Stir in green onions and set aside to cool.

**Curry Ketchup:** In small skillet over medium-low heat, lightly toast the curry powder for 1 minute. Stir in ketchup. Remove from heat and set aside. Note: Curry Ketchup can be made ahead, so flavor can develop.

**Breading:** In shallow bowl, beat egg with water. Place crushed Panko crumbs in another shallow bowl.

Portion about 1/2 cup of potato mixture into ball, then flatten with hands. Spoon 1 tablespoon meat mixture into center and wrap potato mixture around meat mixture. Flatten with hands to form a disk about 2 1/2 inches in diameter and 1 inch thick. Repeat with remaining potato and meat mixtures. Wet palms with water to prevent sticking, if necessary.

Dip each croquette into egg mixture, then in Panko crumbs, coating evenly. (Croquettes can be fried immediately or covered and refrigerated for up to one day.)

Fry croquettes in deep fryer or in oil in large pot at 350°F until golden brown, about 2 minutes per side. Drain on paper towels.

Serve immediately or let cool to room temperature. Accompany with Curry Ketchup.

COUNTRY FRIED STEAK & GRAVY

## **Student Chef:** Dave Johnson

Dave Johnson, student in the culinary arts program at Lake Washington Tech in Kirkland, noted that most of Washington's potatoes are processed. So he came up with this perennial favorite combination of chicken fried steak, biscuits and gravy – but using instant mashed potatoes (dehydrated potato flakes) to coat the steaks, add to the biscuits and thicken the gravy. The judges said, "Traditional idea, great taste and usage of potato product."

# COUNTRY FRIED STEAK & GRAVY

*WITH POTATO DROP BISCUITS*

**Potato Drop Biscuits:**
1 3/4 cups all-purpose flour
2 cups dehydrated potato flakes
1 1/2 tablespoons baking powder
1 tablespoon sugar
1 1/2 teaspoons salt
1/2 cup unsalted butter, cold
1 1/4 cups buttermilk

**Potato Country Gravy:**
1/2 pound bulk pork breakfast sausage
3 cups whole milk
1/2 to 2/3 cup dehydrated potato flakes
1 teaspoon paprika
1/2 to 1 teaspoon black pepper
1/4 teaspoon cayenne pepper

**Steak:**
2 cups dehydrated potato flakes
1 teaspoon black pepper
1 teaspoon paprika
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 eggs, beaten
1/3 cup buttermilk
6 (3- to 4-ounce) cube steaks
2 tablespoons oil

*Makes 6 servings*

**Biscuits:** Preheat oven to 400°F. In large bowl combine all dry ingredients. Using pastry blender, fingertips or food processor, cut butter into flour/potato mixture until mixture resembles coarse meal. Gradually stir in buttermilk until all dry ingredients are moistened. Drop dough by rounded tablespoonsful onto parchment-lined baking sheet. Bake until biscuits are golden brown and cooked through, about 15 to 20 minutes.

**Gravy:** While biscuits are baking, in large skillet over medium-high heat, brown sausage, breaking up with wooden spoon. Add milk, reduce heat to medium-low and stir to scrape up all sausage bits from bottom of pan. Sprinkle in potato flakes, paprika and peppers and cook, stirring occasionally, until thickened, about 8 to 10 minutes (use higher amount of potato flakes if you prefer thicker gravy). Keep warm while cooking steaks.

**Steak:** Combine potato flakes, pepper, paprika, salt and cayenne in shallow pan. In mixing bowl, beat eggs and buttermilk until blended. Pat steaks dry. Dip each steak in egg mixture, then in potato flakes, then again in egg and again in potato flakes. In large skillet over medium-high heat, heat oil. Add steaks and cook until golden brown and crisp, about 3 minutes per side.

Place each steak on warmed serving plate and top with gravy. Serve biscuits on the side.

CRISPY POTATO JACKET

## **Student Chef:** Lynette Clemens

Lynette Clemens is not your average student at Lake Washington Technical Institute in Kirkland, WA. She will graduate with an Associate's Degree in baking and culinary arts and a certificate in wine pairing. She's a mother of 6, grandmother of 2 and has had a varied career in both Alaska and Washington. She plans to open her own restaurant (Rez Point) where this recipe is already on the menu, and a bed and breakfast.

# CRISPY POTATO JACKET

*WITH SOUTHWEST FILLING*

6 medium-sized Washington Russet potatoes

**Avocado Ranch Dipping Sauce:**
1 small avocado, peeled and seeded
2 tablespoons mayonnaise
2 tablespoons sour cream
2 teaspoons buttermilk
1 teaspoon white vinegar
Pinch each salt, dried parsley and onion powder
Dash each garlic powder, dried dill weed and pepper

**Southwest Filling:**
1 1/2 tablespoons oil
1 cup canned black beans, rinsed and drained
1 cup frozen or canned corn kernels
1 tablespoon each finely chopped sweet red pepper, finely chopped green onion, spinach and parsley
1 tablespoon chopped jalapeño pepper
1/4 teaspoon each ground cumin and chili powder
1/8 teaspoon salt
Dash cayenne pepper
2 tablespoons red wine
2 tablespoons vegetable stock
1/3 cup shredded Monterey Jack cheese

**Potato Coins:**
1 egg, beaten
3/4 teaspoon salt
1/4 to 1/2 teaspoon pepper
1/4 teaspoon each ground cumin and chili powder
Dash cayenne pepper
3 tablespoons all-purpose flour
Oil for frying

**Garnish:**
1 tablespoon diced peeled tomato
2 teaspoons chopped green onion

*Makes 6 servings (1/2 potato or 1 jacket per serving)*

Preheat oven to 425°F. Scrub potatoes with vegetable brush under cold running water. Rub skins generously with olive oil. Sprinkle with salt. Pierce each potato several times with a fork. Arrange on foil-lined baking sheet. Bake until tender when squeezed, about 50 minutes. Let stand until cool enough to handle. Slice each potato in half lengthwise. Scoop out flesh into a medium bowl, leaving about 1/4 inch of peel for a shell. Set shells and flesh aside.

While potatoes are baking, prepare Avocado Ranch Dipping Sauce and Southwest Filling.

**Avocado Ranch Dipping Sauce:** In medium bowl or blender or food processor, blend all ingredients. Cover tightly and refrigerate until ready to serve

**Southwest Filling:** In large skillet over medium-high heat, heat oil. Add beans and all remaining ingredients except cheese. Cook, stirring occasionally, until heated through, about 3 to 5 minutes. Keep warm until ready to serve.

**Potato Coins:** Press reserved potato flesh through ricer or food mill into medium bowl or mash well with potato masher. Blend in egg, salt, pepper, cumin, chili powder and cayenne. Gradually stir in flour, 1 tablespoon at a time, until mixture holds together but is not too stiff. Using measuring tablespoon, form into balls, cylinders or coins.

In large to medium saucepan or deep fryer, heat 3 inches of oil to 350°F. Add potato coins and cook on both sides until golden brown, about 4 to 5 minutes total. Lift out and drain on paper towels. In same pan, cook the potato jackets until just crisp, about 3 minutes. Lift out and drain on paper towels.

Arrange potato jackets on individual plates or serving platter. Stir Monterey Jack cheese into Southwest Filling and then divide among potato jackets. Drizzle some of the Avocado Ranch Sauce over the filled potato jackets. Spoon remaining Avocado Ranch Sauce on plates and top with Potato Coins. Garnish with chopped tomato and green onion.

WASHINGTON RED POTATO SALAD

**Student Chef:** Erica Weiler

Erica created this modern day version of sweet-sour German potato salad with the unique additions of crispy pancetta and crumbles of rich goat cheese. She suggests serving it as a side with steak or other proteins, or, because it can be made ahead, on a buffet or lunch menu. When she graduates from the Inland Northwest Culinary Academy in Spokane she hopes to work in a restaurant where she can create high quality dishes for vegan, vegetarian and gluten-free diets.

# WASHINGTON RED POTATO SALAD

*WITH FIG, PANCETTA, & CHÈVRE*

- 3 pounds medium-size Washington red potatoes
- 4 ounces pancetta, diced
- 1/2 small to medium-size onion, peeled and finely chopped
- 3 ounces dried figs, stems removed and chopped (1/3 of 9-ounce package)
- 1 1/2 ounces crumbled goat cheese (chèvre), divided
- 1/3 cup apple cider vinegar
- 1 1/2 tablespoons sugar
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/3 cup vegetable oil
- 2 green onions, sliced thin

*Makes 6 servings*

Scrub potatoes with vegetable brush under cold running water. Cut into 2-inch chunks (do not peel). Place potatoes in large saucepan and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until potatoes are just tender, about 10 minutes. Drain and set aside in large mixing bowl.

In large skillet, over medium-high heat, sauté pancetta until crisp. Lift pancetta out and set aside. Add onion to skillet and cook, stirring occasionally, until translucent. Stir onion, figs, half the goat cheese, vinegar, sugar, salt and pepper into potato/onion mixture and toss to mix well. Cover and chill for at least 45 minutes.

Stir in reserved pancetta and oil. Taste and season with additional salt and pepper, if needed. Top each serving with remaining goat cheese and green onions.

HERBED GNOCCHI

## **Student Chef:** Eric Nelson

Eric Nelson, a recent graduate of Inland Northwest Culinary Academy in Spokane, wowed the judging panel with this spectacular variation on Gnocchi. He adds toasted fennel seeds, rosemary, Parmesan and red pepper flakes to the basic potato mixture, then tops it with a rich Pomodoro Sauce. His final garnish is a clever use of the potato peels – he deep fries them to make a crispy crown for the gnocchi. Eric, a former special ed teacher, is now Sous Chef at Spokane's Italian Kitchen.

# HERBED GNOCCHI

*WITH POMODORO SAUCE & RED WINE GASTRIQUE*

**Herbed Gnocchi:**
1 1/2 pounds Washington Russet potatoes
Oil for frying
1 tablespoon fennel seeds
1/2 cup grated Parmesan cheese
1 1/2 tablespoons dried rosemary or oregano
1 tablespoon salt
1 teaspoon white pepper
1/2 teaspoon red pepper flakes
3 eggs, well-beaten
2 cups all-purpose flour

**Red Wine Gastrique:**
1 tablespoon sugar
2 tablespoons water
1 tablespoon red wine vinegar

**Pomodoro Sauce:**
2 teaspoons olive oil or clarified butter
2 tablespoons each finely chopped celery, onion and carrot
1 clove garlic, minced
1 1/2 teaspoons dried basil
1/2 teaspoon grated nutmeg
1/2 cup vegetable stock
3/4 cup tomato puree
2 teaspoons olive oil or clarified butter
5 ounces sliced mushrooms
1 small tomato, diced
Salt and pepper to taste

*Makes 6 servings*

**Herbed Gnocchi:** Scrub potatoes with vegetable brush under cold running water. Peel potatoes, reserving peels. Deep fry potato peels in 350°F. deep fryer until crisp. Sprinkle with salt and pepper and set aside for garnish.

Cut peeled potatoes into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 15 minutes. Meanwhile preheat oven to 275° F. Drain potatoes well. Cut potato pieces into 1-inch chunks, spread evenly on baking sheet and place in preheated 275° F. oven to dry, about 15 minutes.

While potatoes are cooking and drying, in small skillet over medium-high heat, cook and stir fennel seeds until toasted, about 2 to 3 minutes. In food processor with metal blade, process fennel seeds, Parmesan, rosemary or oregano, salt, pepper and red pepper until well blended.

Also while potatoes are cooking and drying, prepare Red Wine Gastrique and Pomodoro Sauce.

**Red Wine Gastrique:** In small saucepan or skillet over high heat, stir together sugar and water until sugar dissolves. Continue to cook until sugar mixture just begins to caramelize. Stir in vinegar until blended. Reduce heat and stir until mixture is reduced to a syrup. Set aside.

**Pomodoro Sauce:** In large skillet over medium-high heat, heat 2 teaspoons oil or clarified butter. Add celery, onion, carrot and garlic and sauté until onion and garlic are translucent. Add basil and nutmeg. Add vegetable stock to pan and stir to deglaze. Stir in tomato puree and 2 teaspoons Red Wine Gastrique. Pour into blender and blend until smooth. Set aside. In same skillet over medium-high heat, heat 2 teaspoons oil or clarified butter. Add mushrooms and diced tomato and sauté until mushrooms are tender. Stir in sauce from blender. Keep warm.

Press potatoes through food mill or ricer onto cutting board or clean work surface. Make a well in the center of the potatoes. Add eggs and herb mixture and gently mix to blend with potatoes. With hands, gradually mix in flour until mixture holds together. Add additional flour, 1 tablespoon at a time, if necessary. Form into a rope about 1-inch in diameter. Cut in 1/2-inch sections.

In large pot, heat salted water to boiling. Drop in gnocchi a few at a time (do not crowd) and cook just until done, about 3 to 5 minutes. Lift out with slotted spoon and drain on paper towels.

In large skillet over medium-high heat, heat 1 tablespoon clarified butter. Add Gnocchi and sauté until browned at edges

Plate 6 Herbed Gnocchi on each of 6 preheated plates. Top each with about 1/2 cup Pomodoro Sauce. Garnish with reserved fried potato skins and sprigs of fresh rosemary.

JAPANESE POTATO CROQUETTES

## **Student Chef:** Michelle Tolentino

**Michelle Tolentino, now in her final year at Lake Washington Technical College in Kirkland, WA, created this flavorful version of a popular Japanese dish that is found in Japan's delis or butcher shops. She hopes to one day own and operate an Italian/Asian fusion restaurant. She suggests this savory recipe as an appetizer, a main dish, a breakfast or lunch special or for small plates or bar service.**

# JAPANESE POTATO CROQUETTES

*WITH SPICY TONKATSU SAUCE*

**2 pounds Washington Russet potatoes**
**2 tablespoons minced garlic, divided**
**1 tablespoon heavy cream**
**1 tablespoon butter**
**1 tablespoon oil**
**1 onion, peeled and minced**
**1 pound ground beef**
**1/2 cup each chopped red bell pepper, peeled carrots and chopped green onions**
**1/4 cup oyster sauce**
**1/4 cup minced and seeded jalapeño**
**1 cup all-purpose flour**
**3 eggs, beaten**
**2 cups Panko**
**Oil for frying**

**Spicy Tonkatsu Dipping Sauce:**
**2 tablespoons ketchup**
**1 1/2 tablespoons Worcestershire sauce**
**1 tablespoon sugar**
**1 tablespoon oyster sauce**
**1 teaspoon chili flakes**

*Makes 6 servings*

Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes.

While potatoes are cooking, prepare Spicy Tonkatsu Dipping Sauce by combining all ingredients in small bowl. Set aside.

Also while potatoes are cooking, in small saucepan over low heat, combine 1 teaspoon of the garlic and the heavy cream and heat to simmer.

Drain potatoes well and turn into large mixer bowl. With paddle and at low speed, mix potatoes with garlic/cream mixture. Add butter. Season to taste with salt and pepper. Mix briefly but do not overmix. Set aside while preparing meat mixture.

In large skillet over medium-high heat, heat oil. Add onion and remaining garlic and sauté until translucent. Stir in beef, breaking up into small pieces, cooking until browned. Stir in red pepper, carrots, green onion, oyster sauce and jalapeño. Simmer about 5 minutes. Season to taste with salt and pepper.

Add meat mixture to potato mixture and blend well. Let cool briefly, then form into logs or cylinders, about 1/2 cup each. Cover and chill at least 1 hour.

Put flour in a shallow bowl, beaten eggs in another shallow bowl and Panko in a third. Dip potato cylinders first in flour, then eggs, then Panko. Heat oil in deep fryer or 1-inch of oil in large skillet to 350° F. Cook Croquettes, several at a time, until golden brown on all sides, about 3 to 4 minutes. Drain on paper towels.

Serve with Spicy Tonkatsu Sauce.

LOADED FRIED POTATOES

## **Student Chef:** Cynthia Alvarez

Cynthia Alvarez of Inland Northwest Culinary Academy in Spokane came up with this bite-sized-tater-tot version of loaded baked potatoes, perfect for bar food, as an appetizer or as a side with barbecue. She volunteers with Prostart and other community activities, as well as at her school. She hopes to run her own restaurant one day and perhaps also teach.

# LOADED FRIED POTATOES

*WITH BACON, CHEESE, & CHIVES*

12 ounces Washington Russet potatoes
1/2 pound bacon
3/4 cup shredded Cheddar cheese
3/4 cup shredded Monterey Jack cheese
1/2 cup chopped chives
1 1/2 teaspoons salt
3/4 teaspoon garlic powder
3/4 teaspoon pepper
12 ounces frozen shredded Washington hash browns
2/3 cup sour cream
3 cups Panko
1 cup flour
2 eggs
Oil for frying

*Makes 6 to 7 servings*

Scrub potatoes with vegetable brush under cold running water. Peel and cut in 3-inch chunks. Place potatoes in large saucepan and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes.

While potatoes are cooking, chop bacon and cook until crisp. Drain well and set aside.

Drain potatoes well. Turn into large bowl and mash. Stir in cheeses, bacon, chives and seasonings. Mix well. Stir in frozen hash browns and sour cream until well mixed. Cover and chill overnight.

To prepare, divide potato mixture into 14 to 16 logs. Measure Panko into shallow bowl. Measure flour into shallow bowl. Beat eggs well and place in shallow bowl. Bread logs by rolling first in flour, then in beaten eggs, then in Panko. Fry in preheated (350°) oil until browned on all sides. Drain on paper towels and serve hot.

PARSNIP MASHED POTATOES

## **Student Chef:** Henry Ramos-Cruz

Henry Ramos-Cruz, a culinary arts student at Lake Washington Technical Institute in Kirkland, created this elegant but easy mashed potato recipe for the Student Recipe Contest and placed in the top six. The judges raved about the combination of parsnips with ever-popular mashed potatoes and praised the flavorful addition of fresh tarragon. Henry's ambitions are clear cut – to be a sous chef by the time he turns 25 and, after 5 years, to have his own restaurant, either Italian or Mexican.

# PARSNIP MASHED POTATOES

*WITH FRESH CHIVES*

- 2 3/4 pounds Washington yellow/gold potatoes
- 2 1/2 pounds parsnips
- 2 3/4 cups heavy cream or half and half or whole milk
- 1 1/2 tablespoons minced garlic
- 2 tablespoons chopped fresh tarragon
- 1 1/2 tablespoons chopped chives
- Salt and white pepper to taste
- Tarragon and chopped chives for garnish

*Makes 6 generous servings*

Scrub potatoes and parsnips with vegetable brush under cold running water. Peel potatoes and parsnips and cut into 3-inch chunks. In large pot over medium-high heat, heat cream and garlic just to boiling. Add potato and parsnip chunks, cover pot. Simmer until tender, about 15 to 20 minutes, stirring occasionally to prevent sticking. Set colander or strainer over a large bowl and drain potatoes/parsnips, reserving cream. Using ricer or food mill, rice potatoes and parsnips into large bowl. Add reserved cream, about 1/4 cup at a time, mashing until smooth and creamy. Stir in tarragon and chives. Season to taste with salt and white pepper.

Garnish with tarragon sprigs and sprinkling of chopped chives.

POTATO MOCHI

## **Student Chef:** Kim Trieu

**Kim Trieu is studying at the Seattle Culinary Academy. She hopes to become a caterer in her native Vietnam to meet the demand of Westernized food industry yet preserve authentic Vietnamese cuisine. She has combined her Vietnamese flair for freshness and flavor with Washington potatoes and traditional Mochi, creating unique dumplings accompanied by a tangy Dipping Sauce.**

# POTATO MOCHI

*WITH POTATO FILLING*

**Mochi:**
1 pound glutinous rice flour (also known as sweet rice flour)
1 tablespoon rice flour
3/4 teaspoon salt
1 3/4 cups warm water
1/2 teaspoon vegetable oil

**Potato Filling:**
1 3/4 pounds Washington yellow/gold potatoes
2/3 cup butter, softened
1 1/2 ounces dried mung beans
1 tablespoon oil
1 teaspoon minced shallot
1 teaspoon chopped green onion (white part only)
1/2 pound ground pork (20% fat)
1 1/2 tablespoons fish sauce
1 tablespoon sugar
1 1/2 teaspoons pepper

**Dipping Sauce:**
2 1/2 cups water
1 cup each sugar and fish sauce
2/3 cup lime juice
1/2 teaspoon minced red chili

**Garnish:**
1 shallot, sliced
Flour
1/2 cup oil
5 green onions, julienned
1 small carrot, peeled and julienned

*Makes 6 servings of 2 mochi each*

**Mochi:** In mixing bowl combine rice flours and salt. Add water and oil and mix at low speed until combined. Cover with plastic wrap and set aside while preparing Potato Filling.

**Potato Filling:** Scrub potatoes with vegetable brush under cold running water. Peel and cut into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover. Heat to boiling, then reduce heat to simmer. Cover and cook until very tender, about 20 to 30 minutes. Drain well. Turn potatoes into large mixing bowl. Add butter and mix until mashed. Do not overmix.

While potatoes are cooking, rinse mung beans well. Place beans in saucepan and add cold water to cover. Heat to boiling, then reduce heat to simmer. Cook, stirring occasionally, until beans are very soft, about 30 minutes, adding additional water if necessary. Drain, if needed, and turn into blender or food processor and blend until smooth.

In large skillet, heat 1 tablespoon oil over medium-high heat. Add the minced shallot and white portion of green onion. Cook, stirring occasionally, until just beginning to brown, about 3 to 5 minutes. Stir in pork, breaking it up with wooden spoon, spatula or chopsticks. Sprinkle pork with fish sauce, sugar and pepper and mix well. Season to taste with salt.

Stir cooked mung bean mixture and mashed potatoes into pork mixture until combined. Cool briefly until comfortable to handle. Form 12 balls, about 3+ ounces each

**Dipping Sauce:** In large mixing bowl, stir together water, sugar, fish sauce, lime juice and minced chili. Set aside.

Divide Mochi into 12 portions. Pat each portion into a disk about 4 to 5 inches in diameter. Place ball of potato filling in center of each mochi disk and bring edges together to seal filling inside, pinching to seal. Heat a large pot of water to boiling, add 1 tablespoon oil. Gently lower Potato Mochi into boiling water, a few at a time, cooking until Potato Mochi floats to the top. Cook an additional 2 minutes. Lift out and set aside while cooking remaining Potato Mochi.

**Garnish:** Coat sliced shallot with flour and fry in hot oil until golden brown.

Garnish Potato Mochi with fried shallots and julienned green onion and carrots. Pass Dipping Sauce.

POTATO SOUP

## **Student Chef:** Amanda Hillmann

**Amanda, a student at Spokane's Inland Northwest Culinary Academy, created this creamy and flavorful Thai-style soup with both Russet and sweet potatoes. She plans to volunteer with various community service events involving the food industry. She also will continue polishing her culinary skills while working at one of Spokane's finest restaurants.**

# POTATO SOUP
## *WITH CURRIED PORK DUMPLINGS*

**Soup:**
1 tablespoon olive oil
1 1/2 medium carrots, peeled and diced
1 small to medium onion, diced
1 leek, cleaned and diced
3 cloves garlic, minced
1 1/2 pounds Washington Russet potatoes, peeled and quartered
1 medium sweet potato, peeled and quartered
1 1/2 quarts chicken stock
1/3 cup coconut milk
2 tablespoons chopped cilantro
1 tablespoon brown sugar
1 1/2 teaspoons red curry paste
1 teaspoon fish sauce or salt to taste

**Dumplings:**
1 1/2 pounds ground pork shoulder
1 egg
3 kaffir lime leaves
1 tablespoon red curry paste
Oil for frying

**Garnish:**
2 green onions, julienned
1 leek, cleaned, cut in 1/4 inch slices
Oil for frying
6 eggs, cooked sunny-side up

*Makes 6 servings*

**Soup:** In large saucepot over medium high heat, heat oil. Add carrot, onion, leek and garlic and cook, stirring occasionally, until just tender, about 5 minutes. Add potatoes and chicken stock and simmer until potatoes are tender, about 15 minutes. Add coconut milk, cilantro, brown sugar, red curry paste and fish sauce and simmer 5 minutes. Puree with immersion blender or in batches in large blender until smooth.

**Dumplings:** While potatoes are cooking, in mixer or food processor blend pork, egg, lime leaves and curry paste to a smooth paste. Form 18 dumplings. Fry in fryer or oil in skillet until golden brown.

**Garnish:** In ice water, soak green onion julienne for 15 minutes or until curly. Set aside. Fry leek slices until crisp. Set aside.

To serve, fry eggs sunny-side up. Spoon soup, about 2 cups per portion, into heated serving bowls. Top each bowl with a sunny-side up egg, 3 pork dumplings, the fried leek slices and julienned onions.

TURKISH MASHED POTATO BALLS

## **Student Chef:** Dilek Dilekci

**Dilek Dilekci, from Turkey, is studying at Lake Washington Institute of Technology. After finishing the culinary arts program at Lake Washington Tech she hopes to work in New York to gain experience before returning to Turkey to open her own restaurant in Istanbul. Her mashed potatoes combine spice and garlic as well as the crispness of the colorful coating of shredded fresh vegetables. She stirs up an easy yogurt sauce to top the mashed potato balls.**

# TURKISH MASHED POTATO BALLS

*WITH CREAMY YOGURT SAUCE*

1 1/2 pounds Washington Russet or yellow/gold potatoes
1/2 cup milk
1/4 cup unsalted butter
1/4 cup sour cream
2 cloves garlic, minced
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon ground red pepper or cayenne
2 carrots, washed, peeled and finely shredded
1 cup finely shredded red cabbage
1 bunch parsley, finely chopped

**Yogurt Sauce:**
1 cup unflavored Greek yogurt
1/2 bunch baby dill, chopped
1/8 teaspoon salt

*Makes 6 servings*

Scrub potatoes with vegetable brush under cold running water. Peel potatoes and cut into 3-inch chunks. Place potatoes in large saucepan or pot and add cold water to cover completely. Heat to boiling, then reduce heat to simmer. Cover and cook until tender, about 10 to 15 minutes.

While potatoes are cooking, prepare Yogurt Sauce by combining all ingredients in medium bowl. Cover and refrigerate until service.

Drain cooked potatoes well. Put potatoes through ricer or food mill into large bowl. In small saucepan over medium-high heat, heat milk and butter just until butter melts. Add to potatoes along with sour cream, garlic, salt and peppers and mash until well combined. Using large spoon or scoop, form potato mixture into 18 balls.

Turn shredded carrots into one bowl, red cabbage in another and parsley in a third. Roll 1/3 of potato balls in each vegetable.

Serve one ball of each color per serving. Pass Yogurt Sauce.

WHITE CHOCOLATE YUKON CHILLI

## **Student Chef:** Emily Holmes

No surprise that the judges picked this recipe to tie for first prize. Renton Technical College student Emily Romnes made a semifreddo with a white chocolate ganache and baked Yukon Gold potatoes then rolled ovals of the rich and creamy mixture in cocoa powder to look like a baked potato. Only 16, Emily plans to apprentice and then become a sous chef in Ireland, where she will learn cheese-making and earn her Bachelors' in hospitality at the University of Dublin.

# WHITE CHOCOLATE YUKON CHILL

*WITH BUTTERSCOTCH BUTTER*

**Semifreddo:**
1 1/2 pounds Washington Yukon Gold or yellow/gold potatoes
12 ounces white chocolate
3 3/4 cups whipping cream, divided
3 egg yolks
3 cups sugar
1 teaspoon vanilla
1 cup Dutch-process cocoa

**Butterscotch Butter:**
2 tablespoons butter
1/2 cup brown sugar
1/3 cup plus 1 tablespoon whipping cream
1/2 cup butter, softened
1/2 teaspoon vanilla
1/4 teaspoon salt

**Garnish:**
6 slices bacon, crisp-cooked
1/4 cup semi-sweet chocolate pieces, melted
6 sprigs parsley
Sugar
Oil for frying

*Makes 6 servings*

**Potato:** Preheat oven to 400° F. Scrub potatoes with vegetable brush under cold running water. Pierce each potato several times with a fork. Arrange on foil-lined baking sheet. Bake until tender when squeezed, about 45 to 50 minutes, depending on size of potatoes. Let stand until cool enough to handle. Peel potatoes or scoop flesh out of peel. Set aside.

While potatoes are baking, prepare white chocolate ganache. In saucepan over low heat, melt white chocolate in 3/4 cup of the cream to make a ganache. In medium bowl, beat egg yolks. Beat in a small amount of ganache, then gradually stir warmed egg yolks into ganache in saucepan until well blended. Stir ganache and potatoes together and, working with about 1 cup of the mixture at a time, press through fine sieve. Cover and refrigerate until cold.

In mixer bowl, whip remaining cream, sugar and vanilla at high speed to stiff peaks. Fold whipped cream into chilled potato mixture. Freeze 45 minutes. To make potatoes, divide partly-frozen potato mixture into 6 portions. Form each portion into potato shape. Place on parchment-lined baking sheet and freeze 5 to 10 minutes. Place cocoa powder in shallow plate or bowl. Roll each "potato" in cocoa, coating completely. Return to freezer until ready to serve.

**Butterscotch Butter:** In medium saucepan over medium-low heat, melt the 2 tablespoons butter, then stir in brown sugar. Cook, stirring occasionally, until mixture begins to bubble and forms ribbons. Add cream all at once and whisk to mix. Let mixture cool completely, about 15 minutes. Stir in the 1/2 cup butter, vanilla and salt. On plate or baking sheet, form into sticks like butter. Cut in pats or squares to serve alongside semifreddo potatoes.

**Garnish:** In small bowl, microwave semi-sweet chocolate until just melted, about 15 to 30 seconds, checking frequently. With spoon, brush melted chocolate over 1 /2 of each bacon slice. Sprinkle parsley sprigs with sugar. Fry parsley sprigs in small amount of hot fat until crisp.

Cut each semifreddo potato almost in half, lengthwise, as you would a baked potato. Serve on chilled plates with Butterscotch Butter pats, chocolate bacon strips and fried parsley sprigs.

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