

Upscale Fair Food

September 26, 2013
with Chef Robert Almirizaie



Lamb burger

2 lb ground Lamb
2 each shallots finely chopped
4 cloves garlic finely chopped
½ bunch fresh parsley finely chopped
½ bunch fresh mint finely chopped
3 springs fresh oregano finely chopped
3 springs fresh thyme finely chopped
Juice of 1 lemon
Salt and pepper to taste
Mix all ingredients in a bowl shape in to 3 oz patties grill and serve.

Quinoa Salad

Direction

4 cups salted water or vegetable stock
2 teaspoons chopped fresh thyme
2 cups quinoa

16 oz Seasonal Vegetables trimmed
Olive oil, for brushing
Kosher salt and freshly ground black pepper
1 cup olives
4 ounces aged goat cheese, shaved
1/4 cup chopped fresh basil
1/4 cup fresh parsley leaves

Bao Recipe

(Chinese Steamed Bun)

1 cup warm water (100° to 110°)
3 tablespoons sugar
1 package dry yeast (about 2 1/4 teaspoons)
3 1/4 cups all-purpose flour (about 14 2/3 ounces)
3 tablespoons canola oil
1/4 teaspoon salt
1 1/2 teaspoons baking powder

Combine 1 cup warm water, sugar, and yeast in a large bowl; let stand 5 minutes.

Lightly spoon flour into dry measuring cups; level with a knife. Add flour, oil, and 1/4 teaspoon salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes). Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85°), free from drafts, 1 hour

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Directions

For the quinoa salad: Bring the salted water or vegetable stock to a boil and add the thyme. Stir in the quinoa, bring to a boil, reduce the heat to low, cover and simmer until cooked through, about 30 minutes. Remove from the heat and let sit 5 minutes. Fluff with a fork.

Preheat the oven at 450. Brush the Vegetable with olive oil and season with salt and pepper. Roast until just cooked through, about 5-8 minutes. Remove and cut into 1/2-inch pieces.

Transfer the quinoa to a large bowl, fold in the vegetable, olives, goat cheese, basil and parsley. Add just enough vinaigrette to moisten the salad; don't make it too wet. Transfer to a platter and drizzle with more of the vinaigrette.

or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)

Punch dough down; let rest 5 minutes. Turn dough out onto a clean surface; knead in baking powder. Let dough rest 5 minutes.

Divide dough into 10 equal portions, forming each into a ball. Working with one dough ball at a time (cover remaining dough balls to keep from drying), roll ball into a 5-inch circle of dough circle. Bring up sides to meet on top.. Repeat procedure with remaining dough

Add water to a large skillet to a depth of 1 inch; bring to a boil over medium-high heat. Place steamer in pan; steam 15 minutes or until puffed and set

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