

THE CULINARY INSTITUTE OF AMERICA'S



**GLOBAL PLANT-FORWARD
CULINARY SUMMIT**

Wednesday, April 19, 2023
3 - 4 PM
Napa Valley Vintners Theater

SEMINAR A-2

**OLIVE OIL AND THE PLANT-FORWARD KITCHEN:
STRATEGIES AND TECHNIQUES FOR LEVERAGING FLAVOR
IN MEDITERRANEAN-INSPIRED COOKING**

Greg Drescher
Moderator

Mercedes Fernández Albaladejo
Daniel Olivella
Presenters

#CIAPlantForward

SOFRITO

Yield: 2 Cups

Ingredients	Amounts
Extra-virgin olive oil	1/3 cup
Onion, medium, small diced	1 ea.
Tomatoes, canned, peeled whole strained (juice reserved), roughly chopped, 5 to 6 tomatoes total per can	32 oz.
Salt	1/4 tsp.

Method

1. Heat olive oil in a deep sauce or sauté pan over a medium-high flame. Add the onions and reduce the heat to low.
2. Braise the onion slowly covered, stirring often, especially at the end. The onions will turn translucent, then golden. This should take about 30 minutes.
3. When the onions are done, add in the tomatoes. Gently simmer, uncovered, for 60 and 75 minutes, gradually adding in the conserved juice as the liquid evaporates out.

Source: Daniel Olivella, as presented at the 2023 Global Plant-Forward Culinary Summit.
Published with permission of the author. All rights reserved.

ONION CONFIT WITH LENTILS AND ROASTED SQUASH AIOLI

Yield: 4 Portions

Ingredients	Amounts
<i>Onion Confit</i>	
Onion, yellow, medium	1 ea.
Extra-virgin olive oil	as needed
Salt	as needed
Tarragon leaves	20 ea.
Pine nuts	2 oz.
Lentils, Baby French	1 cup
Water	as needed
Bay leaves	3-4 ea.
<i>Roasted Squash Aioli</i>	
Acorn squash, medium	1 ea.
Extra-virgin olive oil	1-2 cups
Salt	as needed
Paprika	as needed
Garlic cloves, peeled	6 ea.
Blood orange vinegar	1 Tbsp.
Carrot, medium	1 ea.
Chayote, remove seed	1 ea.
Apricots, dried, small diced	12 ea.
<i>Serving</i>	
Apple cider vinegar	1 Tbsp.
Black pepper	as needed
Sunflower seeds	2-3 Tbsp.

Method

1. *For the Onion Confit:* Small dice the onion and sweat in olive oil and a sprinkle of salt covered at a very low heat for about 30 minutes stirring occasionally. Once they are done, set them aside to cool.
2. Place the cooled onions in a blender with tarragon and pine nuts to finish the picada.
3. In a stock pot, cook the lentils with water and the bay leaf for about 15 minutes until they are cooked (don't cook for too long, keep them crunchy).
4. *For Roasted Squash Aioli:* Cut the acorn squash in half, remove the seeds, drizzle with olive oil, salt and paprika, then set on a sheet pan lined with parchment paper face down and bake at 325°F until it is cooked (approximately 30 minutes).
5. Cover the garlic with olive oil and bake next to the squash until it is roasted.

6. Remove the squash from the oven and once it is cool enough to handle remove the inside meat, place on a blender or thermomix, and puree adding the garlic, olive oil and a touch of blood orange vinegar.
7. Meanwhile cut in small dice the chayote squash and carrots. Set aside.
8. *For Serving:* Mix the cooked lentils with the chayote squash, carrots, and apricots. Toss this with the Onion Confit. Season with a splash of apple cider vinegar and black pepper as needed. Then, serve with the Roasted Squash Aioli and sunflower seeds.
9. This salad can be served cold or at room temperature.

Source: Daniel Olivella, as presented at the 2023 Global Plant-Forward Culinary Summit.
Published with permission of the author. All rights reserved.

MUSHROOM CONFIT

Ingredients	Amounts
Garlic, peeled	3 oz.
Parsley, curly	1 bu.
Extra-virgin olive oil	1 cup
Orange, zest of	1 ea.
Red chili flakes, a pinch	1 ea.
Mushrooms, shiitake	1 lb.
Salt	as needed

Method

1. Heat a sous vide water bath to 176°F.
2. Meanwhile in a blender make a picada with the garlic, parsley, extra virgin olive oil, orange zest and red chili flakes. Puree and check for salt.
3. Pour all the mushrooms in a large bowl and smear them with some of the picada.
4. Place mushrooms in plastic bags and seal.
5. Cook at 176°F for 30 minutes. Once ready place in an ice batch and chill.
6. Can be eaten cold out of the bag.

Source: Daniel Olivella, as presented at the 2023 Global Plant-Forward Culinary Summit.
Published with permission of the author. All rights reserved.

SWORDFISH CONFIT

Ingredients	Amounts
Swordfish loin, 1 ½ lb. pieces, cut 2" thick	2 ea.
Salt, a pinch	1 ea.
Lemon, zest and juice	2 ea.
Thyme leaves	1 bu.
Mint leaves	1 bu.
Extra-virgin olive oil	as needed

Method

1. Set a sous vide bath at 130°F.
2. In a blender, combine the lemon zest and juice, add extra virgin olive oil, thyme, mint add a pinch of salt and puree.
3. Place the pieces of swordfish in bowl. Add the puree and toss to coat.
4. Place one piece of fish per bag with half the marinade, seal and sous vide at 130°F for 40 minutes.
5. Once done place in an ice bath and cool.
6. When ready to serve, place a non stick pan on medium heat add a sprinkle of extra virgin olive oil and sear the fish on both sides.
7. Slices and drizzle with a bit more extra virgin olive oil.

Source: Daniel Olivella, as presented at the 2023 Global Plant-Forward Culinary Summit.
Published with permission of the author. All rights reserved.

STEWED CHICKPEAS WITH SPINACH, PINE NUTS, CURRANTS AND PIMENTON OLIVE OIL

Yield: 1 Portion

Ingredients	Amounts
<i>Pimenton Olive Oil (yield: about 3 cups)</i>	
Extra-virgin olive oil	1 1/3 cups
Onion, yellow, medium, halved and thinly sliced	1 ea.
Garlic cloves, peeled	4 ea.
Salt	as needed
Bay leaves	2 ea.
Thyme sprigs	2 ea.
Oregano sprigs	2 ea.
Black peppercorns	6 ea.
Pimenton (smoked paprika)	1/4 tsp.
<i>Picada</i>	
Garlic cloves, roasted in extra-virgin olive oil	15 ea.
Parsley, curly, chopped	2 Tbsp.
Chickpeas, cooked	1/2 cup
<i>Stewed Chickpeas</i>	
Extra-virgin olive oil	1 Tbsp.
Chickpeas, cooked	2 cups
Salt, pinch	1 ea.
Vegetable stock	8 oz.
Sofrito (recipe index)	2 Tbsp.
Picada (see above)	4-6 Tbsp.
Spinach, a handful	1 ea.
<i>Garnish</i>	
Pine nuts, roasted	1 tsp.
Currants	1 Tbsp.
Pimenton Olive Oil (see above)	as needed

Method

1. *For Pimenton Olive Oil:* In large skillet, heat half of the olive oil over medium-high heat. When the oil is shimmering, add the onion and garlic, season with salt, and reduce the heat to medium-low. Cook slowly until the onion is translucent and the garlic is golden brown, about 15 minutes, stirring frequently.
2. Stir in the bay leaves, thyme, oregano, peppercorns and the rest of the olive oil.

3. When the onion begins to sizzle, after a minute or two, remove the pan from the heat and stir in the pimenton. Set aside to cool completely, for about 15 to 30 minutes.
4. Strain the Pimenton Olive Oil, and store at room temperature for up to 4 weeks until ready to serve.
1. *For the Picada:* Puree all the ingredients and set aside.
2. *For the Stewed Chickpeas:* Place a one-handle stockpot over medium heat, and then add the olive oil.
3. Once the pan is heated, sauté the chickpeas briefly, then add salt, vegetable stock, Sofrito and Picada. Stir until the Picada is dissolved.
4. Add spinach, stir until wilted, remove from the heat.
5. Serve the Stewed Chickpeas in a bowl and garnish with pine nuts, currants, and a drizzle of Pimenton Olive Oil.

Source: Daniel Olivella, as presented at the 2023 Global Plant-Forward Culinary Summit.
Published with permission of the author. All rights reserved.