

INSIDE THE PLANT-FORWARD KITCHEN: NEW YORK



Unilever Food Solutions Recipes

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ROASTED CARROT TAMALES

Yield: 30 – 40 tamales

Ingredients	Amounts
<i>For the roasted carrot filling</i>	
Heirloom carrots, peeled and large diced (reserve peelings for carrot broth)	2 lb.
Serrano chiles, stems and seeds removed	4-6 ea.
White onion, peeled and quartered	1 ea.
Olive oil	2 Tbsp.
Salt	1 tsp.
Pepper	1 tsp.
<i>For the coulis</i>	
Carrots, peeled and diced (reserve peelings for carrot broth)	2 lb.
Habañero chiles, stems and seeds Removed, diced	2-3 ea.
Knorr® Professional Caldo de Vegetales, prepared	1 ½ quarts
Oregano	2 tsp.
Salt	as needed
Pepper	as needed
<i>For the carrot broth</i>	
Carrot peelings	all scraps
Knorr® Professional Caldo de Vegetales, prepared	2 quarts
<i>For the masa dough</i>	
Vegetable shortening	1 ½ cups
Carrot broth (recipe above)	3 ½ cups
Masa harina	4 cups
Baking powder	2 tsp.
Salt	1 tsp.
<i>For the tamales</i>	
Corn husks, soaked in warm water for 30 minutes	30-40 ea.
Masa dough (recipe above)	1 recipe
Filling (recipe above)	1 recipe

For assembly

Crema

½ oz.

Micro greens

2 Tbsp.

Method

1. *For the roasted carrot filling:* Toss carrots, chiles, and onions with olive oil, salt, and pepper.
2. Roast in a 425°F oven for 30-45 minutes, or until tender. Remove and cool.
3. Pulse in a food processor to small course consistency, and combine with chives. Adjust seasoning and reserve.
4. *For the coulis:* Combine all coulis ingredients in a saucepan, and bring to a boil. Allow to simmer until very tender.
5. Remove the vegetables from the broth, and puree smooth using broth to adjust the consistency.
6. *For the carrot broth:* Simmer carrot peelings in prepared Knorr® Liquid Concentration Vegetable Base for about 15 minutes to extract flavor. Strain, reserving the broth, and discarding the peels.
7. *For the masa dough:* In a stand mixer, beat shortening with about 2 tablespoons of carrot broth until fluffy.
8. In another mixing bowl, combine masa harina, baking powder and salt.
9. Add the masa mixture to the shortening, and mix to form a soft dough.
10. Add additional broth as needed to make dough that has the consistency of a soft paste. Cover and set aside.
11. *For the tamales:* Place corn husk on work surface with the shiny side up. Spread about ¼ cup masa dough on husk, about ¼-inch thick. Place 1 -2 tablespoons roasted carrot filling into the center of the dough. Roll up and tie the tamales. Repeat until all corn husks are filled and tied.
12. Steam the tamales for 45 minutes to an hour. To check to see if the tamales are done, unroll one and see if the masa still sticks to the husk. If it does, cook an additional 15 minutes. If it releases, it is cooked.
13. *For assembly:* Cover the bottom of serving plate with about 3 oz. hot coulis and drizzle with crema. Remove tamale from husk and place in center of coulis, and top with micro greens.

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KIMCHI BOWL

Yield: 6 portions

Ingredients	Amounts
<i>For the kimchi</i>	
Cabbage, chopped	1 ea.
Carrots, finely shredded	6 ea.
White onion, thinly sliced	1 ea.
Green onions, coarsely chopped	6 ea.
Gojuchang	6 - 8 Tbsp.
Garlic, chopped	4 - 5 cloves
Soy sauce	3 - 4 Tbsp.
Rice vinegar	4 Tbsp.
Sesame seeds	2 Tbsp.
Sesame oil	2 Tbsp.
Salt	to taste
Pepper	to taste
Vegan fish sauce	3 Tbsp.
<i>For the smoked farro pilaf</i>	
Farro, raw kernels smoked for 20 minutes	2 cups
Knorr® Professional Ultimate Vegetable Base, prepared	4 quarts
<i>For assembly</i>	
Poached egg	6 ea.
Hellmann's® Spicy Mayonnaise	as needed

Method

1. *For the kimchi:* Combine the cabbage, carrots, white onion, and green onions.
2. Combine the gochugaru, garlic, soy sauce, rice vinegar, sesame seeds, sesame oil, salt, pepper, and vegan fish sauce.
3. Toss the vegetables together with the aromatics.
4. Place in a fermentation crock. Cover but do not seal, and allow to ferment for 2-3 days.
5. *For the smoked farro pilaf:* In a saucepan, soak smoked farro in prepared Knorr® Professional Ultimate Vegetable Base for 20 minutes.
6. Bring to a boil, reduce to a simmer, and cover. Simmer for 30 minutes until tender. Strain and set aside, keeping farro warm.
7. *For assembly:* Place pilaf in serving bowl. Place kimchi in bowl next to pilaf. Top with poached egg. Drizzle with Hellmann's Spicy Mayonnaise.

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BLACK BEAN TLAYUDA

Yield: 4 servings

Ingredients	Amounts
<i>For the fermented fennel</i>	
Fennel bulb, thinly sliced	750 grams
Red onion, thinly sliced	230 grams
Garlic, thinly sliced	20 grams
Salt	20 grams
<i>For the tortillas</i>	
Masa harina	2 cups
Water	1 ½ cups
Salt	1/2 tsp.
<i>For the black bean puree</i>	
Guajillo chiles, stems and seeds removed	1 oz.
Knorr® Professional Ultimate Vegetable Base	3 cups
Poblano peppers	10 oz.
Serrano chiles	4 oz.
Black beans, cooked	1 lb.
Cumin	½ tsp.
Salt	¾ tsp.
<i>For the smoked mushrooms</i>	
Assorted mushrooms	2 lb.
Olive oil	as needed
Salt	as needed
Pepper	as needed
<i>For the garlic aioli</i>	
Hellmann's® Vegan Mayonnaise	1 cup
Roasted garlic puree	¼ cup
<i>For assembly</i>	
Baby arugula	2 oz.
Olive oil	as needed
Salt	as needed
Pepper	as needed

Method

1. *For the fermented fennel:* Combine the sliced fennel, red onion, and garlic. Massage to release moisture.
2. Press for one or more hours to extract moisture.

3. Place in fermentation crock with liquid. Liquid should just cover the vegetables. If not enough liquid, add just enough water to cover slightly. Cover but don't seal.
4. Allow to sit at room temperature (70 - 85°F.) until desired flavor is achieved, about 3 - 7 days. Move to refrigerator.
5. *For the tortillas:* Combine masa harina, water and salt and form a soft dough. If too dry, add a little water.
6. Roll into 6 oz. balls.
7. Using a tortilla press, press the dough balls between plastic to form a large disk.
8. Quickly griddle on both sides until crisp.
9. *For the black bean puree:* Soak the guajillo chiles in warm, prepared Knorr® Professional Ultimate Vegetable Base to soften, about 15 - 30 minutes.
10. Drain chiles, and reserving soaking liquid.
11. Puree chiles with just enough of the broth to get a smooth puree. Reserve.
12. Roast and peel the poblano and serrano chiles. Remove stems and seeds, and chop.
13. Pulse the beans and the chili puree in a food processor until slightly pureed, but still somewhat chunky. Add the chopped peppers, cumin and salt. Mix well. The puree should be very spreadable. If too thick, thin with the remaining chile broth to the desired consistency. Reserve.
14. *For the smoked mushrooms:* Place mushrooms in smoker and smoke for 20 minutes
15. Preheat oven to 425°F.
16. Once mushrooms are done smoking, toss them with olive oil, salt, and pepper.
17. Place mushrooms in oven and roast for 15 - 20 minutes to concentrate flavor. Reserve and keep warm.
18. *For the garlic aioli:* Mix together Hellmann's® Vegan Mayonnaise with roasted garlic puree, and place in a squeeze bottle.
19. *For assembly:* Heat bean puree, smoked mushrooms, and fennel.
20. Toss arugula with olive oil, salt, and pepper.
21. Spread bean puree on crispy tortilla. Top with smoked mushrooms, fennel, and arugula.
22. Drizzle with garlic aioli.

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SILKEN TOFU BOWL WITH ROASTED MUSHROOMS AND WINTER GREENS

Yield: 3 Servings

Ingredients	Amounts
<i>For roasted mushrooms</i>	
Assorted mushrooms	2 lb.
Olive oil	¼ cup
Salt	2 tsp.
Pepper	2 tsp.
Rosemary, finely chopped	2 Tbsp.
<i>For braised greens</i>	
Olive oil	2 Tbsp.
Shallots, thinly sliced	4 oz.
Thyme leaves	2 Tbsp.
Assorted winter greens (such as kale, chard), coarsely chopped	1 ½ lb.
Knorr® Liquid Concentrated Vegetable Base, prepared	1 cup
Knorr® Professional Brown Gravy, prepared	1 ½ cups
<i>For silken tofu</i>	
Soy milk (at least 12 grams protein per serving)	2 cups
Nigari Tofu Coagulant (magnesium chloride)	¾ tsp.
Boiling water	as needed

Method

1. *For the roasted mushrooms:* Toss mushrooms with olive oil, salt, and pepper. Roast at 425°F for 20 minutes. Set aside and keep warm.
2. *For braised greens:* Heat olive oil and sauté shallots for 1 minute. Add thyme. Add greens and sauté until wilted.
3. Add Knorr® Liquid Concentrated Vegetable Base and Knorr® Professional Brown Gravy. Bring to a boil, cover and gently simmer for 15 - 30 minutes, until greens are tender. Set aside and keep warm.
4. *For silken tofu:* Heat soy milk to 167°F.
5. Pour into three serving cups and add ¼ teaspoon Nigari Tofu Coagulant to each cup and mix briefly.
6. Place into a dry pan with a lid. Pour hot water into the box around cups, to level of soy milk. Cover and let sit for 5 - 10 minutes. Once set, remove cups from pan.
7. Top the tofu with warmed greens and roasted mushrooms, and serve immediately.

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GRILLED SQUASH BANH MI

Yield: 6 sandwiches

Ingredients	Amounts
<i>For pickled vegetables</i>	
Daikon, cut into julienne	4 oz.
Carrot, cut into julienne	4 oz.
Rice vinegar	2 cups
Sugar or honey	¼ cup
<i>For squash</i>	
Butternut squash, peeled and sliced ¼" thick lengthwise	6 slices
Soy sauce	1 cup
Vegan fish sauce	¼ cup
Knorr® Professional Liquid Concentrated Vegetable Base, prepared at double strength	½ cup
<i>For assembly</i>	
French roll	6 ea.
Hellmann's® Vegan Mayo	9 oz.
Cucumber, peeled and sliced lengthwise	12 slices
Jalapeños, sliced	30 slices
Thai basil leaves	¾ oz.
Mint leaves	¾ oz.
Cilantro leaves	¾ oz.

Method

1. *For pickled vegetables:* Dissolve sugar or honey in vinegar. Combine carrot and daikon. Cover with vinegar mixture and marinate 12 - 24 hours. Drain and reserve.
2. *For the squash:* Combine soy sauce, fish sauce, and Knorr® Professional Liquid Concentrated Vegetable Base. Mix well.
3. Marinate sliced squash in sauce for a minimum of 2 hours.
4. Grill squash until tender, and keep hot.
5. *For assembly:* Spread each side of the French roll with Hellmann's® Vegan Mayo. To the bottom slice, add slices of grilled squash, cucumber, pickled vegetables, jalapeños, and herbs. Place top of French roll on sandwich, and serve.

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