

# INSIDE THE PLANT-FORWARD KITCHEN:



## Unilever Food Solutions Recipes

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# CAULIFLOWER AND EGGPLANT ADOBO

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Japanese eggplant, large dice	2 ea.
Oil, for frying	as needed
Garlic cloves, crushed	3-4 ea.
Whole black peppercorns	1 tsp.
Bay leaves	3-4 ea.
Soy sauce	¾ cup
White vinegar	¾ cup
Knorr® Liquid Concentration Vegetable Base	2 Tbsp.
Cauliflower, cut into florets	1 ea.
Scallions, sliced	¼ cup
Rice, cooked, held hot	as needed

## **Method**

1. Quickly deep-fry the diced eggplant to give it some color and soften.
2. Combine the garlic, peppercorns, bay leaves, soy sauce, vinegar, and vegetable base in a sautoir.
3. Add the cauliflower florets and bring to a simmer, simmer, and reduce, stirring occasionally, until the cauliflower is tender.
4. Remove the cauliflower and continue to reduce the liquid until it thickens into a syrup.
5. Add the cauliflower back into the pan, as well as the eggplant. Reheat and glaze with the sauce, it may have to reduce again to get to the right consistency once the vegetables are added.
6. Garnish with the sliced scallions and serve with steamed rice.

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# FLATBREAD WITH ROASTED MUSHROOM SAUSAGE, FENNEL, CASHEW PARMESAN AND ROASTED RED PEPPERS

*Yield: 6 flatbreads, each serving 1-2 people*

<b>Ingredients</b>	<b>Amounts</b>
<i>Dough</i>	
OO flour	464 g
Active dry yeast	¼ tsp.
Sugar	1 tsp.
Salt	2 ½ tsp.
Water	340 g
<i>Sauce</i>	
Cherry tomatoes	2 lbs.
Olive oil	as needed
Salt	as needed
Pepper	as needed
Garlic cloves, chopped	2 ea.
Oregano, chopped	1 ½ Tbsp.
Thyme, chopped	1 tsp.
Tomato paste	2 Tbsp.
Knorr® Liquid Concentrated Vegetable Base, prepared	½ cup
Salt	½ tsp.
<i>Roasted Mushroom Sausage</i>	
Roasted mushrooms, chopped (1 lb. roasted at 400F for 50 minutes)	9 oz.
Risotto (Made with ½ cup Knorr® Liquid Concentrated Vegetable Base, no butter or cheese, slightly over cooked)	6 oz.
Wild rice, cooked, slightly over cooked	3 oz.
Fennel seeds, toasted	1 Tbsp.
Dried thyme	½ tsp.
Ground black pepper	1 tsp.
Granulated garlic	½ tsp.
Salt	as needed
<i>Cashew Parmesan</i>	
Raw cashews	1 cup
Nutritional yeast	¼ cup + 1 Tbsp,
Garlic powder	½ tsp.
Salt	1 ½ tsp.
<i>Flatbread</i>	
Dough ball	4 oz.

Tomato sauce	2 oz.
Shallots, sliced	½ oz.
Red pepper, roasted, julienne	1 oz.
Fennel bulb, sliced	¾ oz.
Roasted mushroom sausage	2 oz.
Coarse cornmeal	as needed
Cashew parmesan	1 Tbsp.
Baby arugula	½ oz.
Olive oil	½ oz.
Salt	as needed
Pepper	as needed

## Method

1. *For The Dough:* Mix the ingredients together in a bowl, let it rise for 12-24 hours.
2. Cut into 6 equal pieces, approximately 4-ounce balls, let rise for at least one additional hour
3. *For The Sauce:* Toss the tomatoes in the olive oil and salt and pepper. Roast at 450 degrees for 15 minutes.
4. In a pan, sweat the garlic in olive oil with the herbs for 1-2 minutes. Add the roasted tomatoes, tomato paste, and Knorr vegetable base. Season with salt and bring to a simmer, simmer for 5 minutes.
5. Puree in a blender. Adjust the consistency by reducing it if necessary and adjust seasoning, let chill.
6. *For the Roasted Mushroom Sausage:* Combine all the ingredients and mix well. Puree half of the mixture in a food processor. Combine both mixtures and adjust seasoning, let chill.
7. *For the Cashew Parmesan:* Pulse in a food processor to desired consistency.
8. *For the Flatbread:* Preheat the oven to 500 degrees, set the pizza stone inside the oven until hot. Roll the dough ball into an oval shape, approximately 10" x 6". Dock with a fork and sprinkle pizza peel with corn meal, place dough sheet on the pizza peel.
9. Stretch the dough and place it on the peel, make sure it slides on the cornmeal or it will stick to the stone. Top the dough with the tomato sauce, followed by shallots, roasted red peppers, and sliced fennel.
10. Top with the small balls of roasted mushroom sausage, approximately 6 balls each, weighing 10 grams each.
11. Transfer the flatbread to the hot oven and bake for 6-8 minutes.
12. Toss the arugula with olive oil, salt, and pepper, set aside.
13. Remove from the oven and sprinkle with cashew parmesan and top with the seasoned arugula. Cut and serve.

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# CAULIFLOWER RISOTTO WITH SEARED SCALLOPS

*Yield: 4 servings*

<b>Ingredients</b>	<b>Amounts</b>
Olive oil	2 Tbsp.
Onion, diced	¼ ea.
Garlic cloves, minced	2 ea.
Fresh thyme leaves	1 ½ tsp.
Cauliflower, riced	2 ea.
White wine	2 oz.
LeGout® Cream Soup Base, prepared	2 cups
Parmesan, shredded	1 cup
Fennel bulb, grilled, diced	6 oz.
Jumbo scallops	4 ea.
Salt	as needed
Pepper	as needed
Baby arugula	1 ½ oz.
Hellmann's® Lemon Za'atar Salad Dressing	1 oz.

## **Method**

1. Heat a saucepan and add in the olive oil and onions cook until aromatic, add in the garlic and cook until translucent. Add in the thyme and cook.
2. Add the cauliflower into the pan and cook for 2-4 minutes. Deglaze the pan with white wine and cook until the cauliflower is tender.
3. Add the cream soup base and parmesan, mix for 1 minute, turn off the heat and mix in the grilled diced fennel, season to taste.
4. Season and sear the scallops until golden brown.
5. Plate the cauliflower risotto into 4 bowls, top with the arugula that has been dressed in the Hellmann's lemon za'atar vinaigrette and top with the seared scallop. Serve immediately and enjoy.

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# RICE NOODLE BOWL

*Yield: 6 Servings*

<b>Ingredients</b>	<b>Amounts</b>
<i>Pickled Okra</i>	
Apple cider vinegar	1 ½ cup
Water	1 cup
Sugar	½ cup
Okra, washed and cleaned	8 oz.
<i>Roasted Vegetables</i>	
Assorted vegetables (Beets, parsnips, carrots, etc.)	2 lbs.
Olive oil	as needed
Salt	as needed
Black pepper, ground	as needed
<i>Curried Quinoa</i>	
Knorr® Liquid Concentrated Vegetable Base, prepared	4 cups
Curry powder	2 Tbsp.
Quinoa	1 cup
Hellmann's® Lemon Za'atar Vinaigrette	¼ cup
<i>Rice Noodles</i>	
Vermicelli rice noodles	7 oz.
Knorr® Liquid Concentrated Vegetable Base, prepared	2 cups
Tamari sauce	¼ cup
<i>Arugula</i>	
Baby arugula	2-3 oz.
Hellmann's® Lemon Za'atar Vinaigrette	1-2 Tbsp.
Watermelon radish, sliced	as needed
Hellmann's® Spicy Mayonnaise Dressing	as needed

## Method

1. *For the Pickled Okra:* Bring the vinegar, water, and sugar to a boil.
2. Pour the hot liquid over the okra and let soak in the refrigerator for 12-24 hours. Drain and reserve.
3. *For the Roasted Vegetables:* Toss the vegetables in olive oil, salt, and pepper to coat. Roast in a 425°F oven to desired tenderness and color.



4. *For the Curried Quinoa:* Combine prepared Knorr® Liquid Concentrated Vegetable Base and curry powder in a 2-quart saucepan.
5. Bring to a boil and add quinoa. Simmer approximately for 7 minutes or until the quinoa is tender.
6. Drain and rinse well. Toss with the Hellmann's® Lemon Za'atar Vinaigrette.
7. *For the Rice Noodles:* Soak the noodles in hot water for 10 minutes. Combine the noodles, Knorr® Liquid Concentrated Vegetable Base, and tamari in a sauté pan.
8. Bring to a boil, simmer, and reduce until most of the liquid is gone and the noodles are tender.
9. *For the Arugula:* Toss the Arugula in the Hellmann's® Lemon Za'atar Vinaigrette just to coat.
10. *To Assemble:* Divide the rice noodles between 6 bowls, place about 1/3 cup of quinoa to one side of the bowl.
11. Place ¼ - ½ oz. of arugula beside the quinoa, and place the roasted vegetables on the other side of the quinoa.
12. Place the pickled okra beside the vegetables, and top with sliced watermelon radish.
13. Drizzle with Hellmann's® Spicy Mayonnaise Dressing and serve warm.

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# MUSHROOM AND QUINOA FILLING

*Yield: 4 cups*

<b>Ingredients</b>	<b>Amounts</b>
Assorted mushrooms	2 lbs.
Olive oil	as needed
Salt	as needed
Black pepper, ground	as needed
Quinoa, cooked in Knorr® Liquid Concentrated Vegetable Base	1 cup
Walnuts, chopped	1 cup
Salt	1 tsp.
Black pepper, ground	½ tsp.

## **Method**

1. Toss the mushrooms in a small amount of olive oil, salt, and pepper to coat.
2. Roast in a 475°F oven until done. Allow to cool. Pulse in a food processor until medium fine and uniform.
3. In a sauté pan add the cooked quinoa and chopped walnuts, and mix well and heated through, about 5-7 minutes, season with salt and pepper.

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# MUSHROOM AND QUINOA TACOS WITH PICKLED RED ONIONS

*Yield: 8 tacos*

## *Mushroom and Quinoa Taco Filling*

Mushroom and Quinoa filling (recipe above)	1 cup
Chili powder	2 tsp.
Ground coriander	½ tsp.
Ground cumin	½ tsp.
Ground oregano	½ tsp.
Smoked paprika	½ tsp.
Cayenne	to taste

## *Pickled Red Onions*

Apple cider vinegar	1 ½ cup
Water	1 cup
Sugar	½ cup
Red onion, sliced	1 ea.

Tortillas, 4-inch	8 ea.
Green onions, sliced	½ cup
Cotija cheese	¼ cup
Cilantro leaves	¼ cup
Hellmann's® Real Ancho Chipotle Sauce	as needed

1. *For the Taco Filling:* Combine all the ingredients and mix well. Sauté for 3-5 minutes and reserve.
2. *For the Pickled Red Onions:* Bring the vinegar, water, and sugar to a boil.
3. Pour the hot pickled liquid over the sliced onions and let soak in the refrigerator for 2-12 hours. Drain and reserve.
4. *To Assemble:* Heat the tortillas and top with the mushroom filling, pickled red onions, sliced green onions, cotija cheese, cilantro, and a drizzle of Hellmann's® Real Ancho Chipotle Sauce.

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# MUSHROOM AND QUINOA EMPANADAS

*Yield: 12 Empanadas*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom Taco Filling (recipe above)	1 cup
Hellmann's® Spicy Mayonnaise Dressing	¼ cup + more for dipping
Empanada dough discs	12 ea.
Egg wash	as needed

## **Method**

1. Combine the seasoned Mushroom Taco Filling with ¼ cup Hellmann's® Spicy Mayonnaise Dressing and mix well.
2. Brush the empanada dough disks with the egg wash.
3. Fill with 1 tablespoon of the Mushroom Taco Filling mixture, fold over and seal with a fork. Brush with the remaining egg wash.
4. Bake at 425 degrees for 12-14 minutes. Serve with a side of Hellmann's® Spicy Mayonnaise Dressing for dipping.

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# MUSHROOM AND QUINOA STUFFED EGGPLANT

*Yield: 2 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chinese eggplant	2 ea.
Oil for frying	as needed
Mushroom Quinoa Filling (recipe above)	1 cup
Hellmann's® Lemon Za'atar Vinaigrette	¼ cup
Cilantro, chopped	1 Tbsp.

## **Method**

1. Peel one strip off the length of each eggplant. Cut lengthwise through the peeled section,  $\frac{3}{4}$  of the way through the eggplant.
2. Shallow fry the eggplant in the oil until cooked through and it has reached a nice brown color. Remove and drain on a paper towel.
3. Toss the Mushroom Quinoa Filling with the Hellmann's® Lemon Za'atar Vinaigrette and cilantro.
4. Stuff the two eggplants with the mushroom filling. Bake at 350°F for 10 minutes, and serve immediately.

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