

A close-up photograph of a bowl of Vietnamese beef pho. The bowl is filled with a dark, rich broth, tender slices of beef, and a variety of fresh garnishes including sliced cucumbers, bean sprouts, shredded carrots, and fresh cilantro. A pair of wooden chopsticks with intricate carvings rests across the top of the bowl. The lighting is bright, highlighting the textures and colors of the ingredients.

CULINOLOGY®

The Official Magazine of the Research Chefs Association

*March
2006*

Cape Cod

By Andrew Hunter

Recipe:

Ingredients

- 4 oz. orange-juice concentrate
- 5 oz. water
- 1 oz. vegetable oil
- 1 tablespoon fresh garlic, minced
- 2 teaspoons fresh ginger, minced
- 1 teaspoon kosher salt
- 1 teaspoon black pepper, freshly ground
- 4 4-5 oz. wild Alaska cod fillets

Orange-Cranberry Salad

- 4 oz. fresh oranges, peeled and segmented
- 2 oz. frozen cranberries, halved
- 1 oz. fresh fennel, shaved
- 1 teaspoon fresh ginger, minced
- 4 oz. arugula
- 1 tablespoon fresh dill
- 1 oz. extra-virgin olive oil
- 2 teaspoons rice vinegar
- Kosher salt to taste
- Freshly ground black pepper to taste

Procedure: Whisk together the orange-juice concentrate, water, oil, garlic, ginger, salt and pepper in a small bowl. Place the cod fillets in a large, resealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place in a bowl and refrigerate for 2 to 3 hours, turning occasionally. Remove the cod fillets from the bag and discard the marinade. Place the fillets on a baking sheet and bake in a preheated 375°F oven for 8 to 10 minutes. While the fish is baking, combine the orange segments, cranberries, fennel, ginger, arugula and dill. Drizzle the salad with the oil and vinegar, and toss to dress. Season to taste with salt and freshly ground black pepper. Arrange a fish fillet on each of four plates. Top each fillet with an equal portion of salad. Makes 4 servings.

Formula:

Ingredients % by Weight

Baked Cod

Orange-juice concentrate.....	5.25
Water.....	3.55
Vegetable oil.....	2.41
Garlic, fresh, minced.....	2.07
Salt, kosher.....	1.72
Cod, 4-5 oz. each.....	85.00

Total:100.00

Ingredients % by Weight

Orange-Cranberry Salad

Oranges, segmented.....	70
Cranberries, frozen.....	30

Total:100

Procedure: Combine the orange-juice concentrate, water, oil, garlic and salt in a mixer to blend well. Place cod fillets in a container. Pour marinade over cod and marinate at or below 38°F for 2 hours. Drain off and discard marinade. Bake cod to an internal temperature of 165°F. Cool to 38°F. Vacuum-pack individual fish fillets and freeze. Mix the oranges and cranberries together; deposit 2 oz. of the orange-cranberry salad into vacuum-pack pouches and freeze. Packaging suggestion: For retail, package a fish fillet pouch with a salad pouch in a printed retail box. End user: Thaw product in the refrigerator overnight. Reheat fish in a 350°F oven for 4 to 5 minutes.

Serving suggestion: Toss thawed orange-cranberry salad with fresh arugula, fennel, dill and a splash of oil and vinegar. Serve cool salad on top of hot fish fillet.

The Cape Cod was initially developed as a sandwich concept for chain restaurants. Converting the concept from a casual-dining sandwich to a frozen retail entrée provided few R&D obstacles.

As the freezer case catches up with consumers' healthier eating habits, the Cape Cod is right on-trend. It's a simple, marinated fish, which has a healthful perception, topped with a fresh, sweet-and-savory salad. The crisp salad provides an interesting temperature and textural contrast to the hot, baked fish. The salad also provides a complementary crunch without the fat and calories associated with breaded and fried items.

As a manufactured product, the cod is marinated and baked in different batch sizes and with slightly different equipment than at the restaurant level. However, the ingredients and method largely remain essentially the same.

The challenge came with how to provide a "fresh" salad in the freezer case. It was determined that the best way to handle this was to create a two-pouch system: one pouch for the cod fillet and a second smaller pouch with a salad of orange segments and cranberries.

Although the product could stand on its own without added ingredients, simple, step-by-step instructions on the retail packaging would suggest that the consumer add fresh greens to complete the entrée. These instructions help merchandise the product and capitalize on the growing home meal-assembly trend. ●

Green Thai Curry Pot Pie

Formula:

<i>Ingredients</i>	<i>% by Weight</i>
Canola oil.....	2.0
Chicken, skinless, boneless, 1/2-in. dice.....	25.0
Onions, yellow, 3/8-in. dice....	8.0
Red bell pepper, 1/2-in. dice....	8.0
Carrots, 1/2-in. dice.....	5.0
Garlic, fresh, minced.....	0.6
Ginger, fresh, minced.....	0.6
Coconut milk, canned.....	31.0
Green curry paste.....	1.0
Lime juice.....	3.0
Brown sugar, light.....	0.7
Salt, kosher.....	0.3
Kaffir-lime oil.....	0.7
Water.....	0.8
Modified food starch.....	0.8
Tomatoes, canned, 1/2-in. dice.....	5.0
Mushrooms, straw, canned....	5.0
Cilantro, fresh, chopped.....	2.5

Total:100.0

Egg wash glaze (eggs, water)

Procedure: Preheat a steam-jacketed kettle to a surface temperature of 185°F. Add the oil, chicken and onions. Cook until the chicken is opaque, about 5 minutes. Add the bell peppers, carrots, garlic and ginger. Cook until the vegetables are soft, another 5 minutes. Add the coconut milk, curry paste, lime juice, sugar, salt and kaffir-lime oil. Combine under slow agitation and cook until the sauce is 180°F; the internal temperature of the chicken must reach 165° during this step. Make a slurry with the water and starch. Add the slurry to the kettle under slow agitation. Stir in the tomatoes, mushrooms and cilantro and cook to 180°F. Cool immediately to below 38°F. Deposit desired amount of filling in a preformed pie crust, crimp on top crust and brush with egg glaze. Cut small vent holes in the top crusts. Package pot pies and freeze for frozen distribution. *End user:* Bake frozen pot pies at 450°F for 25 to 30 minutes, or until crust is golden brown and the filling is bubbling hot.

The Green Thai Curry Pot Pie was developed as a quick-service restaurant concept to fit into a menu featuring pot pies from around the world, but it can also work as a retail product. There was some concern during the ideation phase of development that consumers wouldn't accept a Thai flavor profile baked into a traditional pot pie pastry—that a curry flavor profile is at odds with the traditional cream-based white sauce. However, at its heart, this Thai curry is a gravy-based combination of chicken and vegetables baked in a crust, which is how consumers define a classic pot pie.

When converting the benchtop recipe to a manufacturing formula, it became obvious that the most cost-effective way to produce the pot pies was to channel them from the production line through a tunnel freezer before boxing for frozen distribution. The end user can bake the pot pies in batches from frozen. This reduces waste and increases freshness, quality and consistency.

The manufacturing formula remained largely the same as the benchtop. One change was the cooking method, which was converted from a small-batch assembly where cooked components were stirred into the finished sauce to a kettle preparation. Also, the starch was changed from corn starch to a modified starch, and diced tomatoes and onions were substituted for cherry tomatoes and pearl onions. The kaffir-lime leaves, which give the curry its signature flavor, were the biggest challenge. Since it wasn't realistic to use leaves in a production-size batch, an infused oil was developed and stirred into the sauce. The kaffir-lime flavor diminished slightly in this format, but the trade-off for consistency and operational efficiency was acceptable. ●

Recipe:

Ingredients

- 1 oz. canola oil
- 1 oz. yellow onions, finely diced
- 1 tablespoon green curry paste
- 1 tablespoon fresh ginger, minced
- 1 tablespoon fresh garlic, minced
- 1 tablespoon brown sugar
- 2 tablespoons fresh lime juice
- 8 oz. coconut milk
- 2 kaffir-lime leaves
- Kosher salt to taste
- 2 teaspoons corn starch
- 2 teaspoons water
- Prepared pie dough
- 1 egg
- 1 teaspoon water
- 4 oz. chicken meat, preferably legs and thighs, cooked, 1/2-in. pieces
- 2 oz. carrots, blanched, diced
- 4 oz. cherry tomatoes
- 2 oz. pearl onions, blanched
- 1 oz. canned straw mushrooms
- 8 oz. fresh cilantro

Procedure: In a medium-size saucepan, heat the oil over medium-low heat. Add the onions and curry paste, and stir until the onions are soft and the curry paste is aromatic, about 2 minutes. Add the ginger, garlic and sugar and cook for another 2 minutes, stirring often. Add the lime juice, coconut milk and lime leaves. Bring the sauce to a boil, reduce to medium-low and simmer for 5 minutes. Season to taste with salt. In a small bowl, combine the corn starch and water and stir together. Whisk the slurry into the simmering sauce and cook for 30 seconds or until slightly thickened. Let cool, and remove kaffir-lime leaves. Place dough on a floured surface and roll to 1/4-in. thick. Cut four 7-in circles and four 5-in. circles. Place the larger circles of dough into four ungreased 5-in. pie tins. Whisk together the egg and water to make egg wash. Stir the cooked chicken, vegetables and cilantro into the cooled sauce until well combined. Spoon an equal portion of the chicken mixture into each pie tin, and brush the edges of the dough with the egg wash. Top with the remaining dough circles, crimp the edges and brush the tops of the pies with more egg wash. Cut vent holes and bake at 450°F for 15 to 20 minutes.