

2014 BFS Food Show **CULINARY COMPETITION RECIPE**



Chef Jamal Small
Villas at Ocean Club

Smoked Barbeque Beefless Beef Strips with Toasted Sesame Seeds served with Go Green Wasabi Mash, Petite Market Vegetables, Crispy Avocado with Thai Chili Vinaigrette and Micro Seedlings



Smoked Asian B.B.Q Veggie Protein

4 cups Gardein® Beefless Beef Strips
2 cups cornstarch
½ cup all-purpose flour
Kosher salt
Badia® cayenne pepper
1 tbsp sesame oil
Oil for frying and Hickory chips for smoking
Method

1. Cut strips into uniform pieces and place into a ziplock plastic bag.
2. Use a smoking gun to put smoke into the bag and seal. Shake bag to distribute smoke evenly. Let sit for 1 hour, shaking at intervals.
3. Release smoke and pour strips into a bowl. Season with salt, pepper and sesame oil and let sit for 5 minutes.
4. Add flour and cornstarch and toss to coat.
5. Shake excess and deep fry in 350°F oil until crisp. Drain on wire rack. Set aside to plate.



½ cup Florida Crystals® white sugar
¼ cup Blossom Sweet® honey
Salt and pepper
Crushed pepper
1 tsp Kitchen Bouquet® browning

Method
Bring all ingredients to a rapid boil for 5 minutes in a pot. Reduce heat to simmer until consistency will coat the back of a spoon. Strain and set aside.

FINISH & PLATE
Coat a wok lightly with sesame oil over high heat. Pour in sauce, add strips and toss over until heated through. Finish with chopped scallions, toasted sesame seeds and micro cilantro. Plate with Wasabi Mash and Crispy Avocado.



Asian BBQ Sauce

1 cup basic barbeque sauce
1 cup ketchup
1½ cup sweet chili sauce
¼ cup soy sauce
3 pieces star anise
1 nob fresh ginger
1 shallot, thinly sliced
2 cloves garlic, thinly sliced
1 bunch scallions, cleaned and sliced
Fresh thyme
3 cups water
¼ cup white wine vinegar

Crispy Avocado

Ripe avocado cut into 2" pieces
Panko breadcrumbs
All-purpose flour
Salt and black pepper
Badia® Cajun Seasoning
Eggland's Best® whole eggs
Oil for frying

Method
1. Set up dredging station with flour, beaten eggs and

- breadcrumbs.
2. Place avocado pieces in flour, then eggs, flour, eggs and then breadcrumbs to coat. Let sit 5 minutes.
 3. Deep fry in 350°F oil until golden. Drain on wire rack.
 4. Sprinkle with Cajun seasoning, salt and black pepper while hot.



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