# FOOD

## Mt. Hood Adds Culinary Arts



Mt. Hood Community College has added a Culinary Arts Program to prepare students for careers in restaurant work, professional cooking or food service.

Culinary Arts students can complete their training in six months and be prepared to enter the workforce with hand-on experience in a cooperative education internship. The internship will help develop students' marketable workplace readiness skills, apply classroom learning on the job and gain specific occupational skills through a live learning lab. Students who successfully complete the training will receive assistance in securing employment.

Students who are interested in pursuing additional education may apply all of their courses to an associate degree in hospitality and tourism management.

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#### Manicotti

It just wouldn't be a holiday without my mom preparing a pasta course, whether it precedes the turkey at Thanksgiving or follows antipasti at Easter. My mom's manicotti recipe (which comes from her Italian mother), feeds our immediate family of 40, but I've scaled it down to feed a smaller group of 6. The tender manicotti wrappers are made by quickly cooking a batter to form a pastalike crêpe.

#### For sauce

- 3 tablespoons olive oil
- · 1 medium onion, chopped
- · 3 garlic cloves, minced
- 2(28-to 32-oz) cans Italian tomatoes in juice, drained, reserving juice, and finely chopped
- 1/2 cup water
- · 1 teaspoon sugar

#### For filling

- 2 lb fresh ricotta (3 cups)
- · 2 large eggs
- 1 oz finely grated Parmigiano-Reggiano (1/2 cup)
- 1/3 cup chopped fresh parsley • 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 lb fresh mozzarella



- · 1 teaspoon salt
- · 1/4 cup chopped fresh basil
- For crêpes
- · 3 large eggs
- 1 1/2 cups water
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- · 1 tablespoon unsalted butter, melted

Active time: 1 1/4 hr Start to finish: 2 hr. Servings: Makes 6 main-course servings. Special equipment: 2 glass or ceramic baking dishes, one 13 by 9 inches and one 8 inches square



### Pasta and Chicken Gratin

Think macaroni and cheese - only ten times better. This sophisticated version combines the nuttiness of Gruyère with the intense flavor of parmesan, juicy poached chicken, and a crisp, cheesy crust. If you're short on time, feel free to use cooked rotisserie chickens (see cooks' note, below). In that case, though, don't add salt to the sauce, as the stock made from the rotisserie chickens will already be salty.

#### For chicken and stock

- · 2 (3 1/2- to 4-lb) chickens
- · 10 cups cold water · 1 celery rib, quartered
- · 1 carrot, quartered · 1 medium onion, quartered
- · 1 large garlic clove, smashed
- 2 fresh thyme sprigs
- 1 teaspoon salt
- 1/4 teaspoon whole black peppercorns

Active time: 2 hr Start to finish: 4 hr (includes poaching chicken). Servings: Makes 10 to 12 servings. Special equipment: 2 (2 1/2- to 3-qt) shallow gratin dishes (13 by 9 inches)

#### For cheese sauce and casserole

- · 1 stick (1/2 cup) unsalted butter plus additional
- for greasing gratin dishes · 1 garlic clove, minced
- 1/2 cup all-purpose flour
- · 3 cups whole milk • 1 cup crème fraîche (8 oz)
- · 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne
- 1 lb Gruyère, coarsely grated (6 cups)
- · 1 oz Parmigiano-Reggiano, finely grated with a rasp (1 1/4 cups)
- 1 lb penne rigate or other short tubular pasta · 6 cups fine fresh bread crumbs (from 14 slices firm white sandwich bread)

#### Almond Cream Crepes

A French import, crepes saw great popularity in the United States during the 1970s and epitomize elegance in desserts.

#### Ingredients

- 1/3 cup sugar • 3 tablespoons flour,
- all-purpose • 3 tablespoons milk
- · I each egg
- · I each egg yolk
- **Directions** 1. In small saucepan combine sugar and flour.
- 2. Add milk and cook and stir until thickened and bubbly, then cook 2 minutes more. 3. Beat egg and yolk together slightly; gradually stir in 1/2 of the hot mixture into eggs.

· 1 tablespoon butter

1 teaspoon vanilla

• 1/4 cup almond

· 24 each crepes

• 1/4 teaspoon almond

extract

extract

- 4. Return all to saucepan.
- 5. Cook and stir just to boiling.
- 6. Remove from heat, beat smooth.
- 7. Stir in remaining ingredients except chocolate; cool.
- 8. Spread 1 tablespoon filling on unbrowned side of 24 mini crepes, fold in quarters.
- 9. Place in ungreased pan and heat uncovered in 350 degrees F. oven 10 minutes. 10. Garnish with shaved chocolate

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