

MYERBERG CENTER – COOKING WITH CHEF ALBA

“CHEF ALBA IS GETTING FRESH IN THE KITCHEN”

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RICE INSALATA MANGO PINEAPPLE AND FETA

2 cups cooked basmati rice, cooled
1 small red onion, small dice
Extra virgin olive oil
Salt and black pepper
1/8 pineapple, cut in small triangles
1 mango, peeled and cubed
3-4 ounces feta, cubed
Fresh chive, minced
Fresh mint, minced
1/3 cup frozen petite peas, thawed

1. In a pan add the extra virgin olive oil with the onions and let them cook for a few minutes until soft and barely golden. Cooking the onion will soften the taste, should you prefer a stronger flavor do not cook the onion. Add the peas if using and cook about 5-6 minutes.
2. As soon as the rice and peas are cold, transfer to a large bowl. Add the mango cubes and the pineapple triangles. Add the chive, mint, and the feta cubes.
3. Mix all ingredients well and if you like put the rice salad in glass jars and refrigerate before serving for a few hours.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Cook the rice ahead and cool

COD IN ALMOND AND HERBS CROSTA

4 Cod fillets, skinless and boneless

Salt and pepper

Extra virgin olive oil

1 shallot, minced

½ cup sliced almonds

1 cup minced fresh herbs: sage, chive, chill, basil, Italian Parsley, dill

1 lemon, cut in quarters

1. Season the cod fillets with salt and pepper.
2. Add a drizzle of oil in a skillet and cook the shallot until soft and barely golden. Add the minced herbs of choice and the almonds and toast about 5 minutes on medium. Season with salt and pepper.
3. In another skillet add a drizzle of olive oil, when hot add the cod fillets and cook on medium heat until golden on both sides, turning only once. Top the fillets with the herb and almond mixture. Drizzle fresh lemon juice on top and serve warm.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Have the cod skinned and boneless

HALLOUMI CHEESE WITH FRESH GRAPES AND GREENS SALAD

1 endive, sliced round

1 small package mixed greens of choice

1 small apple, diced in small cubes

½ cup red seedless grapes, but in half

1/3 cup walnuts

1 (8 oz) halloumi cheese, dried and cut into ¼ inch slices

1-2 tablespoons extra virgin olive oil

Dressing:

2/3 cup extra virgin olive oil

¼ cup apple cider vinegar

1 tablespoon honey

1-2 teaspoon Dijon mustard

1. On a platter place the greens. Add the sliced endive, cubed apple, grapes, and top with walnuts.
2. Dry the halloumi cheese slices by blotting them with a paper towel. Place the slices on a plate and brush both sides lightly with the olive oil to coat each thoroughly.
3. Sear the cheese in the hot pan until each slice develops a deep brown crust, about 1 minute on the first side and 1 to 2 minutes on the other.
4. Dressing: Mix and whip all ingredients in a bowl. You can prepare the dressing ahead, drizzle on the salad and then add halloumi on top. Or you can put the dressing on the side.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Have all of the salad and fruit rinsed and totally dried

BONUS DESSERT: COPPA MERINGATA

8 ounces heavy whipping cream, cold

8 meringues, coarsely crumbled

12 strawberries, roughly chopped (leave a few whole)

Whip the cold cream in a cold bowl until stiff peaks. Add the coarsely crumbled meringues with a spatula in gentle movements from the bottom up. Add the chopped strawberries and gently mix again. Place the mixture into glass bowls or glasses and decorate with whole fresh strawberry.

What to prep ahead:

- Have all ingredients measured and ready on a tray
- Have the whipping cream and metal bowl in refrigerator until ready to make dessert
- Rinse and dry strawberries right before class