

# JUNIOR SOUS

COOKING CLASSES  
FOR YOUNG CHEFS

## Cauliflower Stuffing

*Serves 6*

*Preheat to 425°*

### **Ingredients**

- 1 Onion, Diced
- 3 Stalks Celery, Diced
- ¼ Cup Chopped Mushrooms
- 4 Cups Cauliflower Florets
- 1 ½ Cups Ground Pork
- ¼ Cup Chopped Pecans
- 1 ½ Tablespoons Fresh Sage
- ½ Cup Chicken Stock
- 2 Eggs
- ½ Teaspoon Black Pepper
- 2 Tablespoons Olive Oil
- 2 ½ Teaspoons Salt

### **Instructions**

Add olive oil to a large sauté pan. Over medium-high heat cook celery, onion, and mushrooms until slightly browned. Pour into a large mixing bowl. Add raw cauliflower florets. Wipe out the sauté pan, heat to medium-high heat, and cook the pork until fully cooked, about 5 minutes. Add to the mixing bowl. Add remaining ingredients and mix well. Pour into a lightly oiled baking dish. Bake for 20 minutes.

## Butternut Squash Mousse Parfait

### Cranberry Sauce

*Serves 8*

#### Ingredients

- 4 Cups Cranberries
- ½ Cup Honey
- 1 Strip Orange Zest (or 2 Strips Lemon Zest)
- Juice from 1 Orange
- Pinch Salt

#### Instructions

Combine all ingredients in a small saucepan. Cook over low heat, stirring occasionally, for 10 minutes. Increase heat to medium-high and cook until cranberries burst, about 10 more minutes.

### Coconut Whipped Cream

*Serves 8*

#### Ingredients

- 2 Cans Full Fat Coconut Milk
- ¼ Cup Honey
- Optional: ½ Teaspoon Vanilla

#### Instructions

Chill coconut milk in fridge for one hour. Remove and open cans. Remove all the solids and place into a mixing bowl and add honey. Reserve the liquid part for another use. Use an electric beater to whisk on high until the coconut milk reaches the consistency of whipped cream, about 2 minutes.

### Butternut Squash Mousse

*Serves 8*

#### Ingredients

- 1 Can Full Fat Coconut Milk
- 1 ¼ Cups Butternut Squash Puree
- 3 Teaspoons Gelatin

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- 1/3 Cup Honey
- ½ Teaspoon Cinnamon
- ¼ Teaspoon Ginger
- ¼ Teaspoon Nutmeg

## Instructions

Combine half the coconut milk with the gelatin, stir and let sit for 5 minutes. In a saucepan combine the remaining coconut milk with all other ingredients. Whisk and heat over medium-high heat for 5 minutes. Add the gelatin and coconut milk mixture and whisk. Continue whisking over medium heat for 2 minutes, do not let boil. Make sure the gelatin is completely dissolved. Pour into a heat proof bowl, put plastic wrap touching the mixture so that a skin does not form. Cool in refrigerator overnight.

Remove mousse from refrigerator and take off the plastic wrap. Using electric beaters beat the mousse on high until light and fluffy, about 2 minutes. To assemble put about 1 inch of mousse into a small glass cup. Then put a very light layer of cranberry sauce on top. Finish with a dollop of coconut whipped cream. Optional garnish: Freshly grated nutmeg.

## Roasted Brussels Sprouts with Bacon and Apple

*Serves 6*

*Preheat to 425 °*

### Ingredients

- 2 Pounds Brussels Sprouts
- 2 Apples (Honeycrisp, Gala, Fuji, Jonagold)
- 8 Strips Bacon
- 1 Teaspoon Salt
- Squeeze of Lemon Juice

### Instructions

Cut the brussels sprouts in half lengthwise. Set aside. Cut the apple into a small dice and set aside. In a large sauté pan or cast-iron pan cook bacon until cooked, but not super crispy. Remove from pan. In the same pan place all brussels sprouts cut side down. Cook over medium-high heat for about 5 minutes. Add bacon, apples, and salt, and toss to combine. Roast in the oven for 10 minutes or until brussels sprouts are cooked through. Finish with a squeeze of lemon juice and serve.