

Fired up @ REV

Fall 2022



**HOT HEALTHY INTERNATIONAL
ENTRÉE RECIPE BOOK**

About University of Waterloo Food Services

University of Waterloo Food Services (UWFS) provides a range of products and services to students, faculty, staff, and the broader community through the operation of 24 outlets. The department includes residence cafeterias, cash operations outlets, franchises, Catering Services, Conference Services, vending and a casual restaurant at the University Club.

The department provides meal plans, food-related wellness and nutritional programs, in addition to a range of initiatives supporting student life, diversity and culture.

UWFS is a self-operated ancillary service, not a common format for today's institutions. As a key stakeholder in student services, UWFS strives to create and cultivate a comprehensive service that promotes a healthy, sustainable university environment.



Introduction



Executive Chef Javier Alarco

This challenge is for all the marbles. Our talented campus chefs are vying to knock off the cooking throne, our last year's winner Chef Denise Allen-McMaster. We ask you to taste / challenge your taste buds and help us crown 2022 Fall Fired up at Rev champion chef.

Why did you choose the theme 'Healthy HOT International'?

I wanted to entice and encourage our chefs to practice more international flavours both during this event and on our cyclical menus in our dining halls as our campus population is growing internationally as well.

How did Fired Up @ REV come to be?

This tradition was created by my predecessor, the groundwork of this tradition has not really changed. It's a competition between our chefs, allows friendly banter and bragging rights. I changed the name, added a huge trophy, and made a drive to encourage and showcase healthy menu creation as much as possible.

Cooking Terms and Conversions

Quantity	Metric	Abbreviation
teaspoon	5mL	tsp
tablespoon	15mL	tbsp
¼ cup	60mL	-
⅓ cup	80mL	-
½ cup	125ml	-
⅔ cup	160mL	-
¾ cup	180mL	-
1 cup	250mL	-

Preparation Terms

Minced	Ingredients are chopped into ⅓ cm pieces or smaller.
Finely chopped	Ingredients are chopped into ½ cm sized pieces.
Coarsely chopped	Ingredients are chopped into roughly 1.5 cm sized pieces.
Cubed	Ingredients are cut into roughly 1.75 cm sized cubes.
Blanching	Immersion of ingredient into boiling water then immediate immersion into an ice bath for 30-60 seconds, to stop cooking process.

Ingredient Definitions

Galangal	A root from the same family as ginger and used in Southeast Asian cuisine.
Gochugaru	A spice made up of dried, deseeded chili peppers, used in Korean cooking. Substitute: Chili powder.
Rempah	A spice paste containing chilies, garlic and shallots, commonly used in Southeast Asian Cuisine.
Sweet soy	A reduction sauce made with cane sugar and soy sauce.

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Chef Daniel Lemay

REV

Theme: Jamaica

“There was no specific reason why I picked **Grilled Jerk Chicken with curried relish and Baigan Choka**, but I enjoy the jerk flavour on chicken and the crunchiness of the curry fruit relish on a bed of roasted eggplant. Little heat on the dish as the colder season is approaching is always welcome as well! And last but not least, I want to take the Trophy back from Denise!”

Grilled Jerk Chicken Thighs with Curried Relish and Baigan Choka

By: Chef Daniel Lemay
Yield: 3 servings

Chicken Marinade

Ingredients

- 2 lbs boneless chicken thighs
- 1 medium onion
- ¼ tsp fresh thyme
- 2 tbsp brown sugar
- ¼ cup white balsamic vinegar
- ¼ cup orange juice
- 4 cloves of garlic, *minced*
- 1 tsp red pepper flakes
- 1 tsp allspice
- 1 tsp kosher salt
- 1 tbsp molasses
- 2 tbsp lime juice
- 2 tbsp vegetable oil

Instructions

- 1) Combine onions, thyme, salt, allspice, pepper, lime juice, molasse, brown sugar, garlic, orange juice, red pepper flakes, oil and vinegar in a blender.
- 2) Blend until smooth.
- 3) Rub all over the chicken and put in a covered container.
- 4) Put container in the fridge overnight and prepare the relish and Baigan Choka.
- 5) Grill the chicken until fully cooked, to an internal temperature 165F.
- 6) First plate the Baigan Choka, add the grilled chicken and top with a scoop of relish and serve.

Curried Pineapple & Mango Relish

Relish Ingredients

- 1 ½ cup peeled and cubed ripe pineapple
- 1 ½ cups peeled and cubed mango
- 2 large tomatoes
- 1 medium red onion, *finely chopped*
- 1 tbsp grated fresh ginger
- 1/2 tsp kosher salt
- 1 tbsp vegetable oil
- 1 tbsp curry power
- 2 tbsp sugar
- 1 tbsp lime juice

Instructions

- 1) Blanch the tomatoes in boiling water for 10 seconds, cool, peel and coarsely chop tomatoes.
- 2) In a saucepan, add the vegetable oil and sauté the onion, ginger, curry power until the onion gets soft.
- 4) Add the pineapple, mango and tomatoes (with juice), sugar, lime juice.
- 5) Lightly simmer until mixture is thick but still has a bit of crunch.
- 6) Cool and serve.



Baigan Choka

(Roasted Eggplant)

Baigan Choka Ingredients

- 1 large eggplant
- 2 large tomatoes
- 4 cloves of garlic, *minced*
- 2 medium onions, *finely chopped*
- 1 scotch bonnet or Jalapeño pepper, *finely chopped*
- ¼ tsp fresh thyme
- 2 tbsp vegetable oil, *separated*
- ¼ tsp kosher salt
- ¾ tsp pepper

Instructions

- 1) Preheat oven at 375F
- 2) Cover eggplant, onions, and tomatoes in 1 tbsp oil and roast vegetables for 30 minutes in the oven.
- 3) Cover the garlic in 1 tbsp of oil and roast separately from the other vegetables, at 375F.
- 4) Once the eggplant is done, split down the center and remove the insides into a mixing bowl, discard the peel.
- 5) Mash the eggplant with a fork.
- 6) Once tomatoes are done roasting, remove the skin.
- 7) Mash tomatoes and add onions and garlic. Add this mixture to the eggplant.
- 8) Add the onions, salt, pepper, thyme and mix together.



Chef Sean Locke

CMH

Theme: Hawaii

I chose to prepare the **Hawaiian Ahi Poke** because I love everything about Hawaii and the culture, ever since my vacation to the big island in 2019. While I was there the most popular Hawaiian food was poke, this is one of their most traditional ahi poke bowls.

Hawaiian Ahi Poke

By: Chef Sean Locke

Yield: 3 servings

Poke Ingredients

- 1 lb fresh sashimi-grade ahi steak, *chilled and cut into ½-inch cubes*
- 1 ½ tbsp soy sauce
- 1 tbsp sesame oil
- ¾ tsp Hawaiian salt ('alaea) or table salt, *plus more to taste*
- ¼ cup thinly slices Maui or yellow onion
- ½ cup chopped green onions
- 1/8 tsp gochugaru* (*substitute: chili powder*)
- 1 tbsp finely chopped toasted macadamia nuts
- 4 cups of steamed basmati rice, *for serving*

**More information about this ingredient on page 4*

Instructions

- 1) In a bowl, combine the cubed ahi, soy sauce, sesame oil, salt Maui (or yellow) onion, green onions, gochugaru, and toasted macadamia nuts and gently toss with your hands or a spoon.
- 2) Adjust seasoning to your liking.
- 3) Marinate for no more than 1 hour.
- 4) Serve over rice and enjoy immediately.

Chef notes:

To roast the macadamia nuts, set oven to 375F and roast on a baking sheet for 10 minutes, checking frequently.

Dish can be stored in the fridge for up to two days.



***Chef Denise Allen-
McMaster***
South Side Market
Theme: Greece

I chose to prepare **Grecian Chicken Souvlaki Rusks** because it is a great fall dish when the weather is turning cool. The crispy rusk, combined with the creamy chicken and spinach then the fresh notes of the Greek salad topping, make it a great Autumn dish.

Grecian Chicken Souvlaki Rusk

By: Chef Denise Allen-McMaster

Yield: 6 servings

Spinach Dip

Ingredients

- 1 – 8 oz brick of cream cheese, *softened*
- ¼ cup sour cream
- ½ cup mayonnaise
- 1 – 10oz package frozen spinach, *thawed and drained*
- 1 tbsp lemon juice
- 1 cup shredded mozzarella
- 1 tbsp minced onion
- 3 garlic cloves
- ¼ tsp salt
- ½ tsp pepper
- ¼ tsp red pepper flakes
- 2 cups cooked chicken, *chopped*

Instructions

- 1) Preheat oven to 350 F and spray an 8x8 pan with cooking spray, set aside.
- 2) In a large bowl, mix together cream cheese, sour cream, sour cream and mayonnaise, until thick and smooth.
- 3) Add spinach, lemon juice, mozzarella, onion, garlic, salt, pepper, pepper flakes and cooked chicken. Stir until thoroughly combined.
- 4) Transfer to the prepared baking dish, smooth out and bake it for 15-20minutes.
- 5) While to dip bakes, prep the Greek topping and rusks.
- 6) On serving plate, top the rusk with spinach dip and Greek topping and serve.

Greek Topping & Rusk

Greek Topping Ingredients

- ½ cup feta cheese, crumbled
- 1 cup diced tomatoes
- 2 tbsp diced red onion
- ½ cup diced red peppers
- ½ cup diced yellow peppers
- ¼ cup olive oil
- ¼ tsp salt
- ½ tsp pepper
- 2 tbsp lemon juice

Rusk Ingredients

- Marble rye bread (or your favorite bread)
- Olive Oil

Instructions

Greek Topping: Mix all ingredients together in a bowl and set aside in the fridge for the flavours to blend.

Rusk: Slice bread and top with olive oil, approximately 2 tsp.

Place in the oven at 250 F for 5 – 10 minutes or until warm and toasted.

Chef notes:

To make vegetarian, replace chicken with soy chicken or garbanzo beans.

For an appetizer, you can use baguette crisps or crackers instead of rusks.

For a quick dinner, buy premade spinach dip and add chicken.



Fired Up @ REV 2021 winner Chef Denise Allen-McMaster



Chef Richard Cramm
University Club
Theme: Vietnam

I chose Gou Tie with Spicy Pecel Sauce because I cooked it many times when I lived in Asia, and it was always well received. There is no specific ingredient, but combined, they create an explosion of flavour!

Gou Tie with Spicy Pecel Sauce

By: Chef Richard Cramm

Yield: 2 servings

Chicken mousse

Ingredients

- 1 lbs ground chicken, *thawed*
- 1 egg
- 3 sprigs of mint, *finely chopped*
- 3 sprigs of Thai basil, *finely chopped*
- 3 sprigs of coriander, *finely chopped*
- 4 tsp fish sauce
- 1 ½ tbsp chopped shallots
- 2 tbsp of minced mushrooms
- 1 tbsp red curry paste

Gou Tie Ingredients

- 10 regular shrimp
- 20 Wonton wrappers

Instructions

Chicken Mousse:

- 1) Combine all chicken mousse ingredients together and mix well.
- 2) To test, take a spoon full and fry until thoroughly cooked. Let it cool, taste it and adjust seasoning if desired.

Gou Tie:

- 1) Take Wonton wrapper and place 1 tsp of chicken mousse in the center of the wrapper.
- 2) Place 1 shrimp on top of the mousse. Using an egg wash, lightly brush a little around the mousse.
- 3) Cover with another Wonton wrapper and seal where the egg wash was brushed.
- 4) Shallow fry in a pan on medium heat until crispy, approximately 3 minutes.

Spicy Pecel Sauce

Spicy Pecel Sauce

Ingredients

- 1 tbsp vegetable oil
- 3 tbsp shallots
- 2 tsp minced garlic
- 1 tbsp shredded galangal*
- ¼ cup chopped peanuts (*optional*)
- 2 ½ tbsp palm sugar
- 2 tbsp tamarind
- ¼ cup rempah*
- 2 tsp sweet soy*
- 1 ½ cup water
- ¼ tsp salt
- ½ tsp pepper

**More information about this ingredient on page 4*

Instructions

- 1) Combine all ingredients in a saucepan.
- 2) Bring mixture to a boil and simmer for 5 minutes.
- 3) Remove from heat and let it cool for 10 minutes.
- 4) Pour into a blender and blend until smooth.
- 5) Serve with Gou Tie.

Fired Up @ REV Memories

Fired Up @ REV 2021 Competition



From left to right: Executive Chef Javier Alarco, Chef Daniel Lemay, Chef Roland Lynn, Chef Denise Allen-McMaster, Chef Mark Meinzinger, Chef Sean Locke and Chef Djura Novta



Chef Kylie Thomas

V1

Theme: Mexico

I chose Mexican cuisine because it is one of my favorites and it's also incredibly flavorful with healthy, fresh ingredients. My husband and I took our honeymoon in Mexico and some of my fondest memories are from the food we shared there. Corn has a deep history in Mexico dating back to the ancient Aztec civilization. Elote salad, also known as Mexican street corn, has roots from Mexico City and is one of the most popular foods from street vendors. Refried beans, also known as frioles refritos, are a traditional staple of Mexican cuisine.

It's main ingredient, pinto beans are primarily comprised of carbs, fibre, and protein. They also pack an incredible punch of vitamins and minerals. Pinto beans are also rich in various antioxidants and may help lower your risk of chronic disease.

Elote Salad, Refried Beans and Guacamole Tostadas garnished with Pickled Red Onion

By: Chef Kylie

Yield: 10 servings

Elote Salad Ingredients

- 2 ½ cup canned corn, drained and rinsed
- 1 small red onion
- ¼ cup crumbled feta cheese, *plus more for garnish*
- 1 clove of garlic
- 1 Jalapeño pepper
- 1 ½ tbsp plain Greek yogurt
- 1 ½ tbsp mayonnaise
- ½ tsp chipotle paste
- ¾ tsp chili powder
- 1 tsp paprika
- ¼ cup lime juice
- 4 sprigs of fresh cilantro, *plus more for garnish*

Instructions

- 1) Roast corn kernels for 15 minutes at 375F, stirring halfway through. Remove from oven when slight charring develops.
- 2) While corn is roasting, dice your red onion, and Jalapeño pepper, mince garlic, and roughly chop cilantro.
- 3) When corn has cooled, mix all ingredients together and season according to your desired taste.

Note: If you like it spicy add more chipotle paste, chili powder and Jalapeño.

Refined Beans

Refried beans

Ingredients

- 2 x 439g cans of pinto beans, *drained and rinsed*
- 1 medium white onion
- 2-3 cloves of garlic
- 1 ½ tsp cumin
- ¾ tsp chili powder
- 1 tsp chipotle paste
- 2 tbsp lime juice
- 3 sprigs of cilantro
- 1 cup water
- ½ tsp salt

Instructions

- 1) Dice onions, mince garlic, and rough chop cilantro. Drain and rinse pinto beans.
- 2) Sauté onions until translucent, add garlic and stir for 30 seconds.
- 3) Add all remaining ingredients and stir.
- 4) Bring to a simmer and cook until beans start to soften.
- 5) Puree beans or mash them with a potato masher (*I like to keep mine a bit chunky for texture*).
- 6) Season to taste.



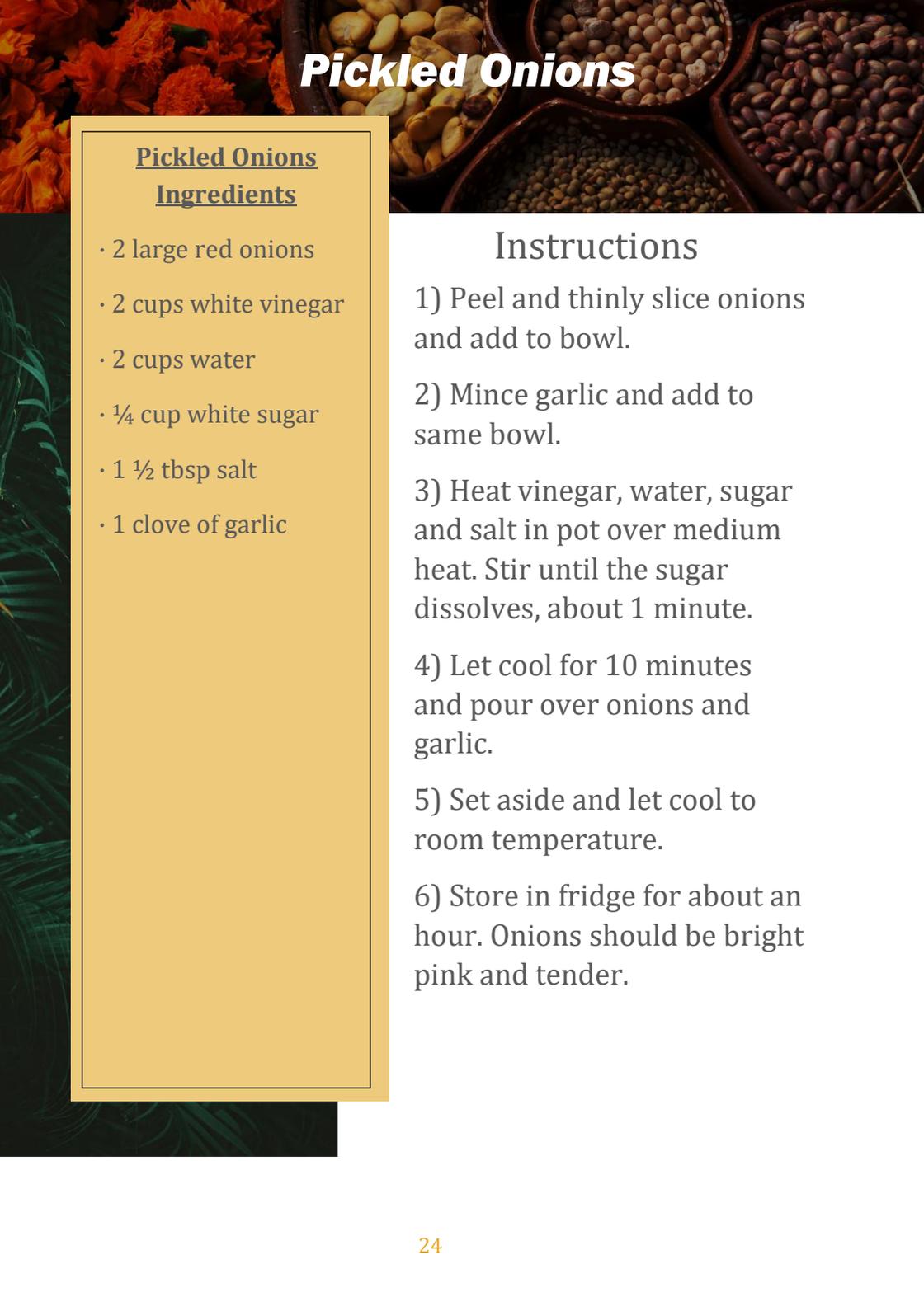
Guacamole

Guacamole Ingredients

- 3 large avocados,
ripe but firm
- 1 small red onion
- 1 medium tomato
- 3 sprigs of cilantro
- 1 clove of garlic
- $\frac{1}{4}$ cup lime juice
*(roughly juice of 2
limes)*
- $\frac{1}{2}$ tsp salt

Instructions

- 1) Cut avocados in half, remove pits, and scoop out insides with a spoon. Mash but leave slightly chunky.
- 2) Dice onions and tomatoes, mince garlic and roughly chop cilantro.
- 3) Add all ingredients and season as desired.



Pickled Onions

Pickled Onions

Ingredients

- 2 large red onions
- 2 cups white vinegar
- 2 cups water
- ¼ cup white sugar
- 1 ½ tbsp salt
- 1 clove of garlic

Instructions

- 1) Peel and thinly slice onions and add to bowl.
- 2) Mince garlic and add to same bowl.
- 3) Heat vinegar, water, sugar and salt in pot over medium heat. Stir until the sugar dissolves, about 1 minute.
- 4) Let cool for 10 minutes and pour over onions and garlic.
- 5) Set aside and let cool to room temperature.
- 6) Store in fridge for about an hour. Onions should be bright pink and tender.

Baked Tostadas

Tostadas Ingredients

- 10 corn tortillas
- Cooking spray/vegetable oil
- salt and pepper to taste

Instructions

Tostadas:

- 1) Pre-heat oven to 400F. Spray tortillas and season tortillas on each side.
- 2) Line tortillas on parchment lined baking tray. Make sure not to overlap.
- 3) Bake tortillas for 10 minutes flipping over halfway through.
- 4) Remove from oven when they are crispy and let cool.

Assembling tostadas:

- 1) Spread layer of warm refried beans on tostada.
- 2) On top of the refried beans, layer guacamole, Elote salad and top with pickled onions.
- 3) Garnish with cilantro, crumbled feta and juice from a lime wedge.
- 4) Don't build too far ahead of time as you want the tostada to stay nice and crispy.
- 5) Enjoy!