



CALC 2021 Cooking Class Recipes

Cooking with Chef Eric Szymczak

Executive Chef, The Statler Hotel



TRINIDADIAN DOUBLES

(Curried Chickpea Flatbread Sandwiches)

SERVES 6 TO 8

Bara Flatbread

3 cups AP flour
1 tsp cumin
1 tsp turmeric
2 tsp active dry yeast
½ tsp salt
½ tsp black pepper
1 ¼ cup warm water
1 T sugar

Chickpea Curry

¼ cup olive oil
3 T curry powder
1 onion, diced
2 tsp garlic, minced
1 tsp allspice
1 tsp nutmeg
1 ½ tsp smoked paprika
2 tsp thyme
1 tsp cumin
1 tsp black pepper
2 cans chickpeas
½ C water
½ tsp cayenne
1 scotch bonnet or
habanero pepper, minced
2 green onion, chopped
2 T parsley, chopped
Salt to taste

FOR THE FLATBREAD:

In a large bowl, combine AP flour, yeast, salt, sugar, cumin, turmeric.
Mix thoroughly

Add the warm water and mix together either by hand or in a standup mixer with a dough hook. Once it comes together into a soft ball, knead for at least 2 minutes.

Place dough in an oiled bowl, cover with plastic and set in a warm location and let rise for about an hour or two. It should double in size.

Punch dough down and reform into a large ball. On a floured surface, divide the ball into about 16 size smaller sized balls (about the size of a golf ball)

Using a rolling pin, roll out each ball to about 5-6 inches in diameter.

In a hot skillet, or non-stick pan, add a layer of vegetable oil to evenly coat the pan about ½ inch thick.

Cook each piece of flat bread for about 45 second to a minute on each side, it should puff up a bit, and some color is a good thing on each side. Once cooked, remove from pan and place on paper towels to remove excess oil. Cover with towels to keep warm until needed.

FOR THE CHICKPEA CURRY:

Heat olive oil in a medium sauce pot.

Add onions, garlic, thyme, cumin, allspice, pepper, smoked paprika, nutmeg, and curry powder, stir together and cook until onions are translucent.

Add chickpeas (including the liquid in the can), scotch bonnet, green onion, and water. Bring to a simmer, and cook until thickens, about 20 minutes.

Taste and adjust the seasoning as needed with salt and pepper. Finish with fresh chopped parsley.

To serve, Place 1 or 2 pieces of bread as a base and then cover with the curried chickpeas, or traditionally this is eaten as sandwich, with the chickpeas between 2 pieces of bara. The choice is yours! If you are wearing a white shirt... I recommend a knife and fork and many napkins!!!

KALUA PORK

SERVES 8

Kalua Pork

1 4-6lb pork shoulder
(bone in is fine)
Kosher Salt, as needed
2 banana leaves

For best preparation, open up pork shoulder, dry thoroughly and allow to sit in the refrigerator uncovered for at least 12 hours to help dry out meat. If space is an issue, dry with paper towels and let sit at room temperature for an hour before cooking.

Place pork shoulder on a cutting board and using a sharp pairing knife poke the meat evenly (every inch or two) about an inch deep. This will allow salt to season the interior of the roast as well.

Coat evenly and fairly heavily with salt. It's a big roast, a lot of salt is needed to make sure the inside tastes as good as the outside.

Lift up roast and place on banana leaves, wrap the entire roast with the leaves. You can use some butchers twine to tie it in place, but if cooking in a slow cooker (which I highly recommend) then you won't need too.

Place in a slow cooker, and cook on low for 18-20 hours, flipping at about half way through. The pork will be done when it falls apart with a gentle push from a fork. Shredding this should be effortless. If there is any resistance, the pork needs to cooked longer. Also, make sure to discard of the banana leaf before shredding, Banana leaves are not edible, but they do impart a nice tea like flavor to the meat.

When I make this, I remove the banana leaves and shred everything right in the slow cooker. There will be a lot of juices in the pot. It will incorporate in the pork once it's all shredded.

This pork is very versatile. It can be placed on a Hawaiian roll with some coleslaw and eaten traditionally. It can be mixed with some BBQ sauce and eaten like a southern pulled pork sandwich. It can be rolled into one of the best burritos you have ever had! You can cook it with a little tomato sauce, maybe some red wine and you have a wonderful ragu for an awesome pasta dish. Place it on a pizza with some pineapple and you have an incredible Hawaiian pizza! Enjoy!

OVEN ROASTED CHICKEN WINGS

with Alabama White Sauce

SERVES 4

Wings and Spice Rub

3lbs chicken wings
1 T baking soda
1 T Kosher salt
2 tsp smoked paprika
2 tsp cumin
1 ½ tsp garlic powder
1 ½ tsp onion powder
1 tsp chili powder
1 tsp brown sugar
1 tsp mustard powder

Alabama White Sauce

1 c mayonnaise
¼ c apple cider vinegar
1 T hot chili sauce (such as sambal oelek or sriracha)
1 tsp Worcestershire sauce
½ tsp celery seeds
¼ tsp red pepper flake
¼ tsp cayenne pepper
2 T white miso paste

First make the sauce to give time for flavors to mingle and marry.

Combine all sauce ingredients together, mix well, cover and place in the refrigerator for at least an hour before serving.

Dry wings as best as you can with paper towels

Pre-heat oven to 450 degrees

Mix all spices together and toss wings to evenly coat

Place wings on a roasting rack over a sheet tray to allow the wings to crisp evenly

Cook for 45-50 minutes flipping once.

To serve you can either toss the wings in the sauce, like a buffalo wing, or you could leave them dry and use the sauce as a dip, both are a wonderful way to enjoy them!

ELOTE

(Mexican Street Corn)

SERVES 6

Elote

6 pieces of corn on the cob,
with husk removed
½ cup of sour cream
½ cup of mayonnaise
½ bunch cilantro
1 clove of garlic, minced
½ tsp chili powder
1 lime, zested
1 lime, juiced
½ cup cotija cheese
salt and pepper as needed

Pre-heat a grill or cast-iron griddle.

Mix together sour cream, mayonnaise, cilantro, lime juice, lime zest, taste and adjust flavor with salt and pepper as needed

Place corn on to pre-heated grill. The goal is a nice even charring over the kernels, a little color is good. Roll to make sure it is grilled evenly

Brush hot corn with cream mixture and sprinkle with crumbled cotija cheese, and sprinkle with chili powder and enjoy!

You can also add other toppings to get creative with other toppings anything from bacon, chopped pine nuts, truffle salt, crushed Cheetos... get crazy and have fun!

ROCKY ROAD POPCORN BALLS

MAKES 14-16 POPCORN BALLS

Popcorn Balls

8 cups popped popcorn
3 cups mini-marshmallows
¼ cup butter
½ cup dry roasted peanuts
½ cup chocolate chips

Place marshmallows and butter into a pot over medium-low heat, and melt together, stirring constantly until smooth and blended. Remove from heat.

Stir in popcorn and peanuts, mix gently, then add chocolate chips.

With greased hands, latex gloves help if you have any, shape into 3-inch balls. To store, place in cupcake wrappers, and wrap with plastic.

This recipe is super customizable. White chocolate chips, caramel chips, crushed cookies, dried cranberries or cherries, any kind of nut, Nutella, Peanut Butter... The options are endless!