

La Porte High School Culinary Department
"The Bulldog Bistro"



**The 2016
Recipe Competition**



Sponsored by La Porte ISD
School Nutrition

April 13, 2016

Guest Judges



Joe Bertuglia - grew up in the food industry working in his family's meat market, where he learned to process meat and how to pick out the best beef at market. He worked in large meat production facilities and specialized in Italian cheeses and dried meats cured and manufactured on premises. He opened his first restaurant at the age of 26 - a successful barbecue restaurant which was notable for a transplanted New Yorker. He next operated a 200-seat restaurant and 500-seat banquet facility in Pennsylvania's Lehigh Valley with his brother-in-law. After operating a fast-serve grill in Southeast Florida, he came back to Texas in 2006 and opened La Porte's successful Main 101 Grill and Bar.



Michael Yates - is the Executive Chef of Mainly Drinks, a restaurant in historic downtown La Porte. Prior to his tenure at Mainly Drinks, Chef Yates was a chef for Chartwells at Texas A&M University in Galveston; chief steward and chef manager at Cardinal Culinary Services, which provides culinary talent to off-shore vessels and rigs; and executive chef at Whole Foods Market. He has attained the rank of 'Professional Chef' and holds titles from the Texas Chefs Association (TCA) and the American Culinary Foundation (ACF). He is a graduate of the three-year ACF Apprentice Program. He has met and worked with many celebrity chefs including Paula Deen, Giada De Laurentiis, Jacque Pepin, Charlie Trotter and Wolfgang Puck.



Daniel Arocha - is the University of Houston Conrad N. Hilton College of Hotel and Restaurant Management's director of enrollment. He is an enthusiastic and passionate recruiter and a true advocate of Hilton College and all of its programs and people. Danny graduated from Hilton College himself in 1995 with a BS in Hotel and Restaurant Management and brings to his position more than 15 years of industry work experience. Danny is the advisor to the Conrad N. Hilton College Ambassadors, which he founded in 2003. He has also served on the National Advisory Boards to the Distributive Education Clubs of America, the Future Business Leaders of America, and the National Academy Foundation, to mention but a few of his "extracurricular" activities.



Mark Riley - is the Executive Chef of Hilton University of Houston and Hilton College. Chef Mark comes from Brix Wine Cellars and has more than eight years' banquet experience in country clubs and resorts, including Houston Country Club and Barton Creek Resort in Austin. He's a Bayou City native, a graduate of the culinary program at the Art Institute of Houston and also spent time studying at Le Cordon Bleu in Paris. When he's not whipping up magic in the kitchen at work, Chef Mark enjoys cooking Cajun food for his fiancé at home.



Timothy Banks, CEC - graduated from the Houston Community College Culinary Arts Program in 1994. He received his associate degree from Kanawha Valley Community and Technical College. He has served the culinary community as director of the Houston Chapter of The Texas Chefs Association 2009-2011 and has had over 500 of his recipes published. From executive chef, director of catering, corporate executive chef and food consultant, Chef Tim Banks joined San Jacinto College as an adjunct instructor in the fall of 2009, where he is currently the program director and a distinguished faculty member. In May 2012 Chef Banks received the 2012 NISOD Excellence Award from the National Institute for Staff and Organizational Development.

Guest Judges



Todd Schoppe - is the principal of La Porte High School. He has been an educator for 28 years in La Porte ISD, Clear Creek ISD, Crosby ISD, and Santa Fe ISD. He is married to his wonderful wife Adrienne and has two daughters, Megan and Mckenna. He graduated from the University of Houston in 1986 and went on to obtain his master's degree at the University of Houston Clear Lake. He describes himself as a connoisseur of fine foods.



Yvonne Bennett - a registered dietitian and proud lunch lady, joined the La Porte ISD family in 1997 as the assistant director of school nutrition and was promoted to the director position in 2004. She received her bachelor's degree from the University of Texas in 1986 and began her career as a clinical dietitian at UT Medical Branch in Galveston. She transitioned to school nutrition in 1990 having worked for both Galveston ISD and Pearland ISD. Yvonne enjoys cooking and traveling, and loves to go on foodie tours while on vacation. She and her husband are empty nesters after raising three children.



Ralph Wilkins - is the assistant director of school nutrition for La Porte ISD as well as a registered and licensed dietitian. He received his BS in Nutrition from the University of Houston and his master's from Texas Woman's University. His previous work experiences include clinical dietetics for Memorial Hermann Hospital, nutrition supervisor for Texas Children's Hospital, and five years as a litigation paralegal for Shell Oil Company. He is also a proud veteran of the United States Army and Operation Iraqi Freedom. He enjoys studying physics and Japanese, woodworking, fishing, and spending time with his wife Angela and 15-month old daughter Elise.



Adam J. Holland - when he is not knee-deep in public school communications, he can be found roaming the aisles of area grocers and farmer's markets or quizzing local fishmongers about the best catch of the day. About five years ago, he began his own website *The Unorthodox Epicure: Confessions of an Aspiring Food Snob*, which combines recipes and cooking techniques and welcomes hundreds of thousands of visitors annually. He has been featured by NBC Today's Food Club as well as by Stubb's Bar-BQ sauces and Johnsonville, where his Brats-in-a-Blanket with Caramelized Kraut recipe was a national finalist in the 2015 Camp Johnsonville recipe contest.

Rules & Guidelines

La Porte High School Culinary Arts Healthy Recipe Competition
Sponsored by the La Porte ISD Nutrition Department
Spring 2016

1. Create one entrée.
2. Food cost budget for entrée is \$1.25 per serving.
3. Contestants will have two opportunities to develop and finalize their recipes prior to competition week.
4. Recipes must include standard U.S. weights and volume measures and include a complete list of ingredients, complete preparation directions, pan sizes, cooking times, temperature, and yield. Include food safety statements, as appropriate.
5. Recipes must be standardized to yield 6 servings and 50 servings.
6. Entrées must fit within the USDA School Meal Standards and not exceed 900 mg sodium and 1,000 calories.
7. Recipes must include ingredients commonly available to school food service. The common availability of an ingredient will be determined by the Nutrition department in its sole discretion. A list of available items will be provided.
8. Recipes must be replicable in a school cooking environment using conventional commercial equipment. The ability to replicate recipes will be determined by the Nutrition department in its sole discretion.

Once the final recipe is submitted, no changes or alterations to the recipe can be made.

Criteria	Maximum Number of Points Available
Taste and Appearance – How recipes are aesthetically pleasing in taste and appearance.	25 Points per category
Creativity & Originality – Innovative use of ingredients and presentation to create a student-friendly recipe.	25 Points per category
Recipe Presentation – Presentation of recipe.	25 Points per category
Ease of Use in Schools – Recipe could easily incorporate into school foodservice menus as relates to cost, meal pattern, and ease of preparation.	25 Points per category

Sample Score Sheet

April 13, 2016

Recipe Competition Score Sheet

Team /Member Name: _____

Entrée: _____

Criteria	Points per Item (0-5 points each)
<ul style="list-style-type: none">• Taste and appearance	_____ points
<ul style="list-style-type: none">• Flavor	_____ points
<ul style="list-style-type: none">• Texture	_____ points
<ul style="list-style-type: none">• Eye appealing	_____ points
<ul style="list-style-type: none">• Color	_____ points
<ul style="list-style-type: none">• Creativity & originality	_____ points
<ul style="list-style-type: none">• Innovative use of ingredients	_____ points
<ul style="list-style-type: none">• Presentation	_____ points
<ul style="list-style-type: none">• Acceptability to students	_____ points
<ul style="list-style-type: none">• Recipe ingredients complement each other	_____ points
<ul style="list-style-type: none">• Fresh	_____ points
<ul style="list-style-type: none">• Colorful	_____ points
<ul style="list-style-type: none">• Proper serving temperature	_____ points
<ul style="list-style-type: none">• Ingredients are easily available	_____ points
<ul style="list-style-type: none">• I would eat this again	_____ points
<ul style="list-style-type: none">• Recipe is easy to follow	_____ points
<ul style="list-style-type: none">• Meets federal meal pattern requirement	_____ points
<ul style="list-style-type: none">• Ease of preparation in school cooking environment	_____ points
<ul style="list-style-type: none">• Meets cost per serving requirements	_____ points
<ul style="list-style-type: none">• Meets federal nutrient requirements	_____ points
TOTAL	_____ points out of 100

COMMENTS:

Judge's Signature

Printed Name

Team 1

Recipe for Six

Yasmin Mitchell & Brianna Telford
Chicken Pasta Salad

Ingredients:

3 c uncooked whole-wheat elbow pasta
1 c diced yellow bell pepper
2 c small broccoli florets
3 c diced cooked chicken breast
1 c diced onion
1 c shredded carrot
1 T olive oil

Dressing:

½ c light mayonnaise
1 ½ T red wine vinegar
1 t dried oregano
1 t freshly ground black pepper
2 ½ T lemon juice

Directions:

1. Cook the pasta according to package directions.
2. Drain in colander, add 2 cups of ice to prevent further cooking.
3. In medium heavy skillet, add 1 T olive oil, sauté carrots, bell peppers, onions and broccoli.
4. In a large bowl, mix together the pasta, red bell pepper, broccoli, carrots, and chicken.
5. In a small bowl, whisk together the dressing ingredients.
 6. Pour the dressing over the pasta, vegetables, and chicken and mix well.
 7. Garnish with lemon and broccoli.
 8. Serve chilled.



Team 1

Recipe for Fifty

Yasmin Mitchell & Brianna Telford

Chicken Pasta Salad

Ingredients:

1 ½ gal + 1 c uncooked whole-wheat elbow pasta
½ gal + ⅓ c diced yellow bell pepper
1 gal + ⅔ c small broccoli florets
1 ½ gal + 1 c diced cooked chicken breast
½ gal + ⅓ c diced onion
½ gal + ⅓ c shredded carrot
½ c olive oil

Dressing:

1 qt + ⅛ c light mayonnaise
½ c + 1 T red wine vinegar
½ c dried oregano
½ c freshly ground black pepper
1 ¼ c lemon juice

Directions:

1. Cook the pasta according to the package directions.
2. Drain in colander, add 1 gallon of ice to prevent further cooking.
3. In medium heavy skillet, add ½ cup olive oil, sauté carrots, bell peppers, onions and broccoli.
4. In a large bowl, mix together the pasta, red bell pepper, broccoli, carrots, and chicken.
5. In a small bowl, whisk together the dressing ingredients.
6. Pour the dressing over the pasta, vegetables, and chicken and mix well.
7. Garnish with lemon and broccoli.
8. Serve chilled.

Team 2

Recipe for Eight

Kayla Walker & Gerald Hubbard

Chicken Parm Pizza

Ingredients:

- 1 16" frozen prepared cheese pizza
- 2 c frozen precooked chicken breast
- 1 t olive oil
- $\frac{3}{4}$ c shredded Parmesan cheese
- $\frac{1}{8}$ c butter
- 1 t Italian seasoning
- $\frac{3}{4}$ c half & half
- 1 T cornmeal

Directions:

1. Preheat oven to 350°.
2. Place liner on cookie sheet, followed by the breaded chicken breast.
3. Place pan in preheated 350° oven and cook chicken for 25-min, or until crisp.
4. Preheat stone at 425° until pizza is ready to bake.
5. When chicken is done, cut into $\frac{3}{4}$ " – 1" cubes.
6. Prepare Alfredo sauce by melting the butter in a sauce pan on med/high heat, followed by adding the half & half, Parmesan cheese, and Italian seasoning. Stir until smooth.
7. Remove pizza from freezer and evenly top it with diced chicken.
8. Drizzle Alfredo sauce evenly over pizza.
9. Sprinkle cornmeal on preheated stone to prevent pizza from sticking.
10. Place pizza on preheated stone and bake in oven at 425° for 10-15 minutes.
11. Remove pizza from oven and brush 1 t olive oil around the edge of the crust.
12. Garnish crust with Italian seasoning.
13. Slice and serve.

Team 2

Recipe for Fifty-six

Kayla Walker & Gerald Hubbard

Chicken Parm Pizza

Ingredients:

- 7 frozen prepared cheese pizzas
- ½ gal + 1 ½ qt frozen precooked chicken breast
- 2 T + 1 t olive oil
- 5 ¼ c shredded Parmesan cheese
- 1 c butter
- 2 T + 1 t Italian seasoning
- 5 ¼ c half & half
- 7 T cornmeal

Directions:

1. Preheat oven to 350°.
2. Place liner on ½ sheet pan, followed by the breaded chicken breast.
3. Place pan in preheated 350° oven and cook chicken for 25-min, or until crisp.
4. Preheat stone at 425° until pizza is ready to bake.
5. When chicken is done, cut into ¾" – 1" cubes.
6. Prepare Alfredo sauce by melting the butter in a sauce pan on med/high heat, followed by adding the half & half, Parmesan cheese, and Italian seasoning. Stir until smooth.
7. Remove pizza from freezer and evenly top it with diced chicken.
8. Drizzle Alfredo sauce evenly over pizza.
9. Spread cornmeal on preheated stone to prevent pizza from sticking.
10. Place pizza on preheated stone and bake in oven at 425° for 10-15 minutes.
11. Remove pizza from oven and brush olive oil around the edge of the crust.
12. Garnish crust with Italian seasoning.
13. Slice and serve.



Team 3

Recipe for Six

Erica Andrade & Kelsey Garrett

Sloppy Joes

Ingredients:

- 1 lb ground beef (80/20)
- 1/3 c diced yellow onion
- 3/4 c diced green bell pepper
- 3/4 c diced celery
- 3/4 c shredded carrot
- 1 11 1/4 oz can tomato paste
- 1/4 c light brown sugar
- 1 T Worcestershire
- 1 1/2 t chopped roasted garlic
- 1/4 t cayenne pepper
- 1/2 T beef base
- 1 T prepared yellow mustard
- 1/4 c ketchup
- 6 whole-grain hamburger buns

Directions:

1. In a large skillet over medium heat, brown the beef until thoroughly cooked.
2. To the undrained ground beef, add beef base and diced vegetables.
3. Sauté the mixture for 2 minutes.
4. Add all remaining ingredients, and bring to a boil for approximately 2 minutes.
5. Cover and reduce heat to a simmer for 15-20 minutes or until vegetables are tender.
6. To serve the sandwiches, lightly toast the buns and fill each one with a #8 scoop of the meat mixture.
7. Garnish with a sliced pickle spear, celery stick, and a baby carrot.
8. Serve.

Tip: To avoid soggy bread, serve the Sloppy Joes with a slotted spoon so the excess juices stay behind. They're a little less sloppy that way!



Team 3

Recipe for Fifty

Erica Andrade & Kelsey Garrett

Sloppy Joes

Ingredients:

8 ½ lb beef (80/20)
2 ¾ c diced yellow onion
1 ½ qt + ¼ c diced green bell pepper
1 ½ qt + ¼ c diced celery
1 ½ qt + ¼ c shredded carrot
8 11¼ oz cans tomato paste
2 ⅛ c light brown sugar
2 c Worcestershire
4 T chopped roasted garlic
2 t cayenne pepper
4 T beef base
½ c prepared yellow mustard
2 c ketchup
50 whole-grain hamburger buns

Directions:

1. In a large skillet over medium heat, brown the beef until thoroughly cooked.
2. To the undrained ground beef, add beef base and diced vegetables.
3. Sauté the mixture for 2 minutes.
4. Add all remaining ingredients, and bring to a boil for approximately 2 minutes.
5. Cover and reduce heat to a simmer for 15-20 minutes or until vegetables are tender.
6. To serve the sandwiches, lightly toast the buns and fill each one with a #8 scoop of the meat mixture.
7. Garnish with a sliced pickle spear, celery stick, and a baby carrot.
8. Serve.

Tip: To avoid soggy bread, serve the Sloppy Joes with a slotted spoon so the excess juices stay behind. They're a little less sloppy that way!

Team 4

Recipe for Six

Annie Lane & Marcella Wallace

3-Layer Leafy Lasagna

9x13 pan

Ingredients:

2 T extra virgin olive oil
3 ½ c low fat cottage cheese
4 c spaghetti sauce
1 c shredded mozzarella cheese
¼ c grated Parmesan cheese
14 oz fresh baby spinach
16 dry lasagna noodles
1 large egg, beaten
non-stick cooking spray
fresh parsley sprigs

Directions:

1. Preheat oven to 350°, spray 9x13 pan with non-stick cooking spray.
2. Lightly grease a sauté pan with 2 T olive oil.
3. Place the pan over medium-high heat, add spinach. Stir to coat the spinach, then cover using a slightly smaller pan. Once wilted, remove the spinach from heat. Transfer to a bowl.
4. Place cottage cheese in microwave safe bowl. Heat cottage cheese in microwave for 15 second increments, stirring until spreadable. Add lightly beaten egg to the softened cheese and whisk until smooth.
5. For first layer of lasagna, spread 2T of spaghetti sauce across bottom of pan. Place 4 noodles lengthwise over the sauce. Spread 9 oz of the cottage cheese and egg mixture evenly over the noodles. Spread 4.5 oz spinach evenly over the cottage cheese. Spread 1 cup of spaghetti sauce evenly. Repeat for two more layers. Top the last layer with 4 more noodles and remaining spaghetti sauce.
6. Cover with foil and bake for 20 minutes.
7. Remove foil, sprinkle mozzarella cheese on top of the lasagna, followed by the Parmesan cheese. Place back in the oven uncovered until the noodles are cooked, about 20-30 minutes (time may vary depending on your oven). The cheese on top should be melted and lightly browned. Remove from the oven and let stand for 10 minutes before cutting and serving.
8. Garnish with fresh parsley.

Team 4

Recipe for Fifty

Annie Lane & Marcella Wallace

3-Layer Leafy Lasagna

4 full hotel pans

Ingredients:

- | | |
|---------------------------------------|-------------------------|
| 1 c extra virgin olive oil | 7 lb fresh baby spinach |
| 1 ½ gal + 2 qt low fat cottage cheese | 132 dry lasagna noodles |
| 2 gal + 1 c spaghetti sauce | 8 large eggs, beaten |
| 2 qt shredded mozzarella cheese | non-stick cooking spray |
| 1 c grated Parmesan cheese | fresh parsley sprigs |

Directions:

1. Preheat oven to 350°, spray pans with non-stick cooking spray.
2. Using 1 cup of olive oil, lightly grease a sauté pan.
3. Place the pan over medium-high heat, add spinach. Stir to coat the spinach, then cover using a slightly smaller pan. Once wilted, remove the spinach from heat. Transfer to a bowl.
4. Place cottage cheese in microwave safe bowl. Heat cottage cheese in microwave for 15 second increments, stirring until spreadable. Add lightly beaten egg to the softened cheese and whisk until smooth.
5. For first layer of lasagna, spread ¼ cup of spaghetti sauce across bottom of pan. Place 8 noodles lengthwise over the sauce. Spread 1 pint of the cottage cheese and egg mixture evenly over the noodles. Spread 2/3 lb spinach evenly over the cottage cheese. Spread 1 cup of spaghetti sauce evenly. Repeat for two more layers. Top the last layer with 8 more noodles and the remaining spaghetti sauce.
6. Cover with foil and bake for 20 minutes.
7. Remove foil, sprinkle mozzarella cheese on top of the lasagna, followed by the Parmesan cheese. Place back in the oven uncovered until the noodles are cooked, about 20-30 minutes (time may vary depending on your oven). The cheese on top should be melted and lightly browned. Remove from the oven and let stand for 10 minutes before cutting and serving.
8. Garnish with fresh parsley.



Team 5

Recipe for Six

Morgan Poston & Isabel Beltran

Chicken Quesadillas

Ingredients:

6 8-inch whole-grain flour tortillas	½ c cool water
¼ c diced red onion	1 ½ c boiling water
3 c black beans, drained & rinsed	1 t black pepper
3 c cooked chicken, diced	1 t cumin
nonstick cooking spray	1 t onion powder
¾ c white gravy mix	½ t cayenne pepper

Directions:

1. Follow gravy mix directions, set aside.
2. Spray a medium-heavy skillet with nonstick cooking spray and sauté onions until soft.
3. Once onions are sautéed, add chicken and black beans to pan and warm over medium heat.
4. In a large bowl, combine chicken, onions, black beans, and gravy. Stir mixture.
5. Spray a sandwich grill with nonstick spray on medium-high heat.
6. Divide mixture evenly among 6 tortillas.
7. Fold tortilla in half and place on warm sandwich grill.
8. Cook for two to three minutes or until golden brown.
9. Remove from heat.
10. Keep grill warm while grilling the remaining quesadillas.
11. Garnish with fat-free sour cream, salsa, shredded cheese & dried cilantro.

Gravy Mix Directions:

1. Bring 1 ½ cup of water to a boil.
2. Mix together ½ cup cool water with ¾ cup white gravy mix in a separate bowl, stirring until smooth.
3. Add the gravy mixture to the boiling water, stir continuously until thick.
4. Add black pepper, cumin, cayenne, and onion powder to the gravy.



Team 5

Recipe for Fifty

Morgan Poston & Isabel Beltran

Chicken Quesadillas

Ingredients:

50 8-inch whole-grain flour tortillas
2 ¼ cup diced red onion
1 ½ gal black beans, drained & rinsed
1 ½ gal cooked chicken, diced
nonstick cooking spray
1 ½ qt + ¼ c white gravy mix
1 qt + ¼ c cool water
3 qt + ½ c boiling water
3 T black pepper
3 T cumin
3 T onion powder
2 1/8 t cayenne pepper

Directions:

1. Follow gravy mix directions, set aside.
2. Spray a medium-heavy skillet with nonstick cooking spray and sauté onions until soft.
3. Once onions are sautéed, add chicken and black beans to pan and warm over medium heat.
4. In a large bowl, combine chicken, onions, black beans, and gravy. Stir mixture.
5. Spray a sandwich grill with nonstick spray on medium-high heat.
6. Divide mixture evenly among 6 tortillas.
7. Fold tortilla in half and place on warm sandwich grill.
8. Cook for two to three minutes or until golden brown.
9. Remove from heat.
10. Keep grill warm while grilling the remaining quesadillas.
11. Garnish with fat-free sour cream, salsa, shredded cheese & dried cilantro.

Gravy Mix Directions:

1. Bring 3 qt + ½ c of water to a boil.
2. Mix together 1 qt + 1/8 c cool water with 1 ½ qt + ¼ c white gravy mix in a separate bowl, stirring until smooth.
3. Add the gravy mixture to the boiling water, stir continuously until thick.
4. Add black pepper, cumin, cayenne, and onion powder to the gravy.

The 2016 Recipe Competition

Many, many thanks to all who made this annual event a success! Thank you to Hope Salas and her talented students who enthusiastically embraced the competition from beginning to end. To all the judges, a heartfelt thanks and appreciation for sharing your time and talent with the next generation of aspiring chefs. To the behind the scenes folks, especially to the Nutrition Dept. office staff who volunteered their time and expertise working with the students during recipe development. Lastly, a huge thanks to Chef Gene Roblyer who took my idea and transformed it into an event that exceeded expectations!

Yvonne Bennett - Director, La Porte ISD School Nutrition



We are very appreciative of the collaborative efforts that collectively shaped this event into such a huge success. Thanks to our School Nutrition Dept. and Chef Gene, this annual event has moved to a whole new level. We are so fortunate in La Porte ISD to have administrators, staff, and industry partners who take such an interest in helping prepare our students for college and career readiness in the culinary industry. To our guest judges, thank you for taking time to help us today; I know you will enjoy tasting the competition entries, but most importantly, I know you will enjoy interacting with our superstar students. To Hope Salas and her students, thank you for working so tirelessly and with such enthusiasm throughout the whole process from the very first recipe ideas to your final products. Your efforts are greatly appreciated!

Debbie Seibert
Coordinator, Career & Technical Education

