

Ingredient and Equipment List for Homecoming Cooking Demonstration

Cucumber Ribbon Salad:

Equipment:

Blender
Mandolin
Sharp paring knife
Squeeze bottle
Small - medium plate

For Salad:

1 seedless cucumber
1/2 cup shredded carrot
3 each cherry tomato
1 cup mixed greens lettuce

For Dressing:

1-1/8 oz peeled shallot
1/2cup+2-3/4 tsp extra virgin olive oil
1/3cup+1tbsp+1tsp apple cider vinegar
1tbsp+1/4tsp Dijon mustard
1tbsp+1/4tsp honey
1/4tsp kosher salt
1/2tsp ground cinnamon
1/4tsp ground nutmeg
1/4tsp fine ground black pepper

Pan Seared Sea Scallops with Spiced Carrots

Equipment:

Sauté pan
Box Grater or micro plane

Ingredients:

Part 1;
1lb. 3oz sea scallops
1 Tbsp unsalted butter
1 Tbsp canola oil
1 Tbspn minced chives

PART2;

2 tsp unsalted butter
15-1/2 oz fresh carrots bias cut

3/4 tsp fresh grated ginger
2 1/2 Tbsp orange juice
kosher salt
black pepper
parsley fresh chopped for garnish