

Grand Tasting Gala
2014 Iowa Restaurant Association
Culinary Competition

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Menu

Chef Agustin Quintana
Prairie Meadows

Grilled Espresso Rubbed Rib Cap Roulade
In a Wild Mushroom Marsala Reduction
Served with a Homemade Tofu Ricotta Ravioli &
Lobster Tofu Fritter

Espresso Rubbed Rib Cap Roulade

Yield: Approx. 4-6oz Steaks

1 Rib Cap (approx. 3lbs)
2 tsp Espresso and Espresso Brava Rub
1 tsp Black Truffle Salt
2oz Dark Chocolate Balsamic Vinegar

Remove and clean the rib cap steak
Rub each side of steak with Espresso Rub
Sprinkle Black Truffle salt on each side
Drizzle 1oz of Dark Chocolate Balsamic Vinegar on each side
Roll the cap into a log shape and tie with kitchen twine
Wrap in plastic and marinate over night

Remove plastic but leaving it in the rolled form grill the steak on each side until medium rare. Allow to rest for 8 minutes then cut into 6oz steaks.

Tofu Ricotta Ravioli

*Chef Agustín Quintana
Prairie Meadows*

Tofu Ricotta

**1lb extra firm pressed tofu
1 tsp Lemon Juice
¼ cup Nutritional yeast
2T Italian Seasoning
¼ tsp granulated garlic**

Crumble pressed tofu and add all remaining ingredients.

Fresh Pasta Dough for Ravioli

**1 ½ C all-purpose flour
2 eggs
¼ tsp salt**

Make and roll ravioli dough, add tofu ricotta filling. Boil in salt water for 4 minutes then sauté in a small amount of olive oil and butter on each side for 1 minute.

Wild Mushroom Marsala

*Chef Agustín Quintana
Prairie Meadows*

1 ½ C Marsala Wine
4oz Unsalted Butter
2 Shallots Sliced
2 Fresh Garlic Cloves
½ Cup Shitake Mushrooms
½ Cup Baby Bella Mushrooms
½ Cup Button Mushrooms
1 Quart Heavy Cream
2oz Glace De Poulet
4oz Silken Tofu Puree

Sauté and sweat shallots, garlic and mushrooms in 1oz of the butter until caramelized. Add wine and reduce by half, add remainder of ingredients. Bring to a boil then reduce and allow simmering for 10 to 15 minutes until cream is reduced by ½ and flavors are infused, chip in remainder of butter.

Tofu Lobster Fritter

Yield: Approx. 15 Fritters

*Chef Agustín Quintana
Prairie Meadows*

¼ Cup finely diced onion
¼ cup finely diced red pepper
1 cup of fresh corn kernals
1 cup of diced pressed firm tofu
2 eggs
¼ cup milk
2 cloves of garlic
1 cup cook diced lobster meat
2 tsp chili garlic paste
1 cup flour
1 ½ T baking powder
1 tsp S & P
3 T Parsley

Make fritter batter by mixing all the ingredients. With a tablespoon, shape fritters into small balls and drop carefully into the heated oil. Using tongs, roll the fritters around in the oil until they are deep golden brown, 3 to 4 minutes.