



Main Course: Steak

Recipe by L. Fernando Mojica, CEC
Degrees Restaurant at Columbus State Community College

Mushroom Crusted Filet of Beef

Serves 4

Ingredients:

- 4 tenderloin filets, 6 oz. each
- 4 oz. Tiger Mushroom Farms Mushroom Seasoning
- 2 oz. canola oil
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 2 sprigs parsley
- 4 oz. butter, softened

Directions:

Preheat the oven to 375° F. Dry the filets with a paper towel to remove any excess moisture. Coat the filets with Tiger Mushroom Farms Mushroom seasoning.

Heat a heavy-bottomed pan over high heat, and then add the oil to the pan then heat the oil until it almost reaches the smoke point. Cook the steaks in the pan until they are seared on all sides. If the seasoning starts to burn, reduce the heat to medium-high. Do not reduce the heat so much that the steaks begin to steam, as that will prevent the steaks from searing properly.

Once the steaks have been seared on all sides, add the fresh herbs to the pan and cook the steaks in the preheated oven until they reach the desired temperature. Once the steaks have been cooked, remove them from the oven and add the butter to the pan. Place the pan over a low flame and carefully baste the steaks with the butter for about 2 minutes or until the butter has completely melted.

Remove the steaks from the pan and allow them to rest for about five minutes before serving.



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Short Rib Croquettes

Serves 4

Ingredients:

- 1 lb. boneless beef short ribs
- 2 oz. clarified butter
- 2 oz. onions, minced
- 1 oz. celery, minced
- 1 oz. carrots, minced
- 1 shallot, minced
- 1 garlic clove, minced
- 1 Tbsp. tomato paste
- 4 oz. red wine
- 1 qt. veal stock or beef broth
- 4 eggs, lightly whipped
- 1 cup flour
- 3 oz. panko breadcrumbs, finely ground

Directions:

Pre-heat a conventional oven to 275° F. In a rondeau pan or brazier, heat the butter over high heat. Season the ribs with salt and pepper and sear them until they are golden brown on all sides.

Remove the ribs from the pan and set aside. Make a *pinçage* (the *flavor base for the dish*) by adding the onion, celery, and carrot to the pan and cooking until the vegetables are caramelized. Stir in the shallot and garlic and cook for about 2 minutes. Stir in the tomato paste and cook over low heat, stirring frequently, until the paste reaches a deep red color and starts to lightly brown. Be careful not to burn the tomato paste. Deglaze the pot with the wine and cook until it is evaporated.

Once the *pinçage* is done, stir in the stock and add the ribs to the pot. Bring to a simmer and cover with a lid or buttered parchment paper and aluminum foil. Braise the ribs in the oven until they are tender enough to pull apart using a fork. This will take anywhere from 1.5 to 3 hours. Remove the ribs from the oven, drain the liquid into a clean pan, and place the ribs back into the strained liquid. Allow the ribs and braising liquid to cool down completely then dice the ribs into very small pieces. (*Reserve the rest of the braising liquid for later use.*) Place the diced ribs in a bowl, mix with a little of the braising liquid, and form them into balls about ½-inch in diameter

Place the croquettes into the freezer and lightly freeze (*this will help the croquettes stay together*). Remove them from the freezer and bread them by tossing them in flour, then egg, then breadcrumbs. Fry in oil until they are golden brown and warmed through.

Red Wine Sauce

Ingredients:

- 1 qt. braising liquid (*from the short ribs*)
- 2 oz. clarified butter
- 2 oz. onions, minced
- 1 oz. celery, minced
- 1 oz. carrots, minced
- 1 shallot, minced
- 1 garlic clove, minced
- 4 oz. red wine
- 1 Tbsp. arrowroot
- 1 Tbsp. tomato paste
- Water, as needed

Directions:

In a saucepan, heat the butter over high heat. Add the onions, celery, and carrots to the pan and cook until they are caramelized. Stir in the shallot and garlic and cook for about two minutes. Deglaze the pot with the wine and cook until it is evaporated. Add the braising liquid from the short ribs to the saucepan, and cook over medium heat, stirring occasionally, until the sauce comes to a boil.

In a small bowl, make a slurry by whisking the arrowroot with cold water until a thick paste has formed. Whisk the slurry into the boiling sauce. Bring the sauce back to a boil and cook for about five minutes or until sauce begins to thicken. Strain the sauce, adjust seasoning if needed and reserve for serving.



Main Course: Steak Side Dishes

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Caramelized Mushrooms

Serves 4

Ingredients:

- 1 lb. Tiger Mushroom Farms shiitake or oyster mushrooms
- 1 Tbsp. canola or vegetable oil
- 1 Tbsp. unsalted butter
- 1 shallot, finely minced
- 1 Tbsp. hoisin sauce
- 2 Tbsp. brown sugar
- 1 Tbsp. balsamic vinegar
- 1 ½ tsp. chives, finely minced
- 1 ½ tsp. parsley leaves, finely minced
- 1 tsp. thyme leaves, finely minced
- 3 oz. veal stock

Directions:

Clean the mushrooms with a damp towel to remove any excess dirt. Do not rinse the mushrooms with water. In a nonstick pan, heat the oil and butter until they almost begin to smoke. Add the mushrooms to the pan, and sear until they are golden brown in all sides. Stir in the shallots, sugar, hoisin sauce, vinegar, and stock and reduce the heat to low. Cook the mushrooms, stirring occasionally, until they are thoroughly cooked and caramelized. Toss in the herbs right before serving.

Savory Bread Pudding

Serves 4

Ingredients:

- 6 oz. brioche bread
- 8 oz. Tiger Mushroom Farms shiitake mushrooms
- 3 eggs, beaten
- 3 oz. whole milk
- 1 oz. heavy cream
- 1 oz. shallots, minced
- ½ oz. garlic, minced
- 1 Tbsp. fresh chives, minced
- 1 Tbsp. fresh tarragon, leaves only, chopped
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Directions:

Preheat oil in a sauté pan. Mince the mushrooms, combine with the garlic and shallots, and sweat in the pan until the vegetables are soft but have not taken on any color. Once the mushrooms are cooked, remove from heat and allow them to cool for a few minutes.

Cut the bread into small dice and place in a mixing bowl. In a separate bowl, whisk the eggs, milk and herbs until thoroughly combined, then pour into the bowl with the bread. Use a rubber spatula to mix until thoroughly combined, then let the mixture sit at room temperature for about 15 minutes.

Add the mushroom mixture into the bread and egg mixture, add the fresh herbs, season with salt and pepper to taste and combine until well mixed.

Line the bottom of a baking dish with parchment paper and spray the sides with cooking spray, then pour the pudding mixture into the dish. Cut a sheet of foil big enough to cover the baking dish and spray it with cooking spray. Place the foil, sprayed side down, on top of pudding mixture and bake in a water bath in a 400° F oven until halfway cooked—about 15 minutes or until the pudding does not shake when you lightly jiggle the baking dish.

Uncover the pudding and finish cooking until the egg has set, about 15-20 minutes, with a golden-brown color on top. You can check the doneness by inserting cake tester or a toothpick into the pudding. If it comes out dry, the egg mixture is fully cooked.

Remove the bread pudding from the water bath and keep warm until serving.

Vegetable Medley

Serves 4

Ingredients

12 grape or cherry tomatoes
4 oz. baby carrots, peeled, cut into obliques
4 oz. rutabaga, peeled
4 oz. baby beets, yellow
4 oz. turnip, peeled
1 oz. salad oil
1 oz. shallots, minced
1 oz. fresh chives, minced
1 oz. white wine
1 oz. fresh parsley, leaves only, minced
Kosher salt, to taste
Ground black pepper, to taste

Directions:

Place the beets in a pot with enough water to fully cover them and leave about 3 inches between the beets and the top of the water. Bring the water to a boil and simmer until the beets are cooked.

Fill a separate pot with water and bring to a boil. Cut a shallow “x” on the bottom of the tomatoes and set them aside. With a melon baller, scoop the rutabaga into “pearls” and set them aside. Dice the turnips into ½-inch pieces and set aside.

Once the pot with water comes to a boil, get a container with ice water and a colander ready. Blanch the vegetables in the boiling water for a few minutes each until they are tender. Blanch them in this order: turnips, tomatoes, carrots, rutabaga. After each vegetable is blanched shock it in the ice water until they are cool. Once the vegetables are cooled, drain them from the ice water and set them aside.

Once the beets are fully cooked, remove them from the water and allow them cool for a few minutes. Peel the beets while they are still warm, then allow them to cool down in the refrigerator. Once cooled, cut them into quarters lengthwise.

In a sauté pan, heat the oil and sweat the shallots over low heat. Add all the vegetables to the pan, deglaze with wine and warm the vegetables in a 350° F oven. Once the vegetables are warmed through, toss in the chopped herbs and season with salt and pepper to taste.

Main Course: Steak Cocktails and Wine Pairings



St. Francis Cabernet Sauvignon Sonoma County

For more than four decades, the wines of St. Francis Winery & Vineyards have reflected the finest mountain and valley vineyards in Sonoma County. Today, a new generation of winemakers continues our long tradition of luscious, elegant, fruit-driven wines from Sonoma County grapes. Robust but refined, this cabernet has layered aromatics and flavors of cassis, currant, black cherry, and vanilla, cocoa and spice with a note of black licorice, then a long, smooth finish.

Recipe by Avishar Barua, Service Bar

Double Barrel Slightly Imperfect Manhattan

Ingredients:

2 oz. MWS Dark Pumpernickel Rye
¾ oz. sweet vermouth
¼ oz. dry vermouth
1 Luxardo cherry
Luxardo syrup, to taste
2 drops barrel-aged bitters

Directions:

Scale recipe for barrel size (*only rye and vermouths*). While no one is looking, blend in one cherry per cocktail and as much cherry juice as preferred. Age in barrel for preferred length (*in a 1 liter barrel, one month is a good amount of time*). Pour cocktail over a big block of ice, or stir over little rocks. Garnish with cherry, drops of barrel-aged bitters (sold at Service Bar) and enjoy.



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