



## Chef 101

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### Recipe #1 **Avocado Hummus**

3 cups garbanzo beans  
¼ cup extra virgin olive oil  
4 avocados  
3 tbsp cumin  
3 tbsp salt  
1 whole jalapeno  
½ cup fresh cilantro

In a food processor add all ingredients except for the oil..... as the ingredients are mixing add the oil until mixture is consistently smooth (you can add more oil to for a smoother texture) ..... add hummus to a serving bowl and garnish with chopped tomatoes and green onions.... Serve with pita or tortilla chips

I am going to show the versatility of this recipe and do 2 more entrée style plates using the hummus with shrimp and chicken

### Recipe #2 **Smoked Salmon Bruschetta with Pecan Pepper Relish and Goat Cheese**

6oz Smoked Salmon  
6oz of goat cheese  
1 French baguette  
¾ cup chopped pecans  
½ cup chopped roasted red peppers  
¼ cup chopped green onion  
¼ cup chopped Kalamata olives  
1 tbsp minced garlic  
1 tsp salt  
1 tsp sugar  
1 tbsp chopped fresh basil  
2 tbsp extra virgin olive oil

In a medium mixing bowl add pecans, roasted red peppers, green onions, olives, garlic, basil, salt, sugar, and olive oil.... With a rubber spatula fold ingredients together until incorporated..... slice baguette in half then in 3 sections (you should six 3 inch pieces of bread) brush with olive oil and toast..... After toasted lay a thin layer of smoked salmon on top of each baguette..... Then top each baguette with about 3 tbsp of the relish... then slice each one at an angle and finish with crumbled goat cheese..... You should yield 12 pieces of bruschetta

### Recipe #3 **Cheesecake Pops**

3 cups of cream cheese

1 cup of crushed up graham crackers

½ cup of crushed walnuts

2 tbsp sugar

1 tbsp vanilla extract

In a large mixing bowl add cream cheese, ½ graham crackers (save a half cup for coating), walnuts (save a ¼ cup for coating), sugar, and vanilla extract..... With an electric mixer mix until all ingredients are incorporated.....

With a 1 ounce ice-cream scooper make individual ball with the cream cheese mix.... Place on wax paper and refrigerate until the cream cheese is firm..... In a medium mixing bowl mix together the remaining graham crackers and walnuts....after the cream cheese portions are firm roll them in the extra walnuts and crackers to coat..... (Makes about 20 Pops)