

## AHF Culinary Competition

Recipe Name:

Emilia-Romagna meets New Orleans

Recipe Description:

Handmade ravioli filled with blackened lump crab, creamy red bean mash, and house-made ricotta, crowned with a savory oyster mushroom and pecan duxelles. Served atop wilted collard greens and velvety sweet potato purée, accompanied by a vibrant Maque choux and finished with a delicate garnish of microgreens.

Full Recipe:

- Prep Time: 40 minutes
- Cook Time: 45 minutes
- Yield: 6 portions

### **Cajun Ravioli**

420 grams	Fresh Pasta Dough
¾ cup + 2 teaspoons	Blackened Crab and Fresh Ricotta Cheese filling
6 tablespoons	Red Bean Mash

### **Method of Preparation:**

1. Bring 1 gallon of water with 1 tablespoon Kosher salt to a boil
2. Using stand mixer and pasta roller attachment, pass dough through roller starting with the widest setting, continue to pass through, reducing the size until the dough is approximately 1/16".
3. Lay one sheet of pasta dough flat on a dry, lightly floured surface – lay a damp clean towel over the pasta to keep it from drying out while you roll additional pasta sheets.
4. Starting 1" from the upper left edges of the pasta dough, pipe 1 teaspoon of red bean mash every 2" until you have 18
5. Using a teaspoon, place a heaping teaspoon of the crab-ricotta mixture on top of the red bean mash
6. Pasta dough should be slightly tacky to the touch, if not use a pastry brush to dampen the dough around the filling.
7. Place a second sheet of pasta dough over the top of the filling, gently pressing around each filling portion, being careful not to create an air pocket.
8. Cut out individual ravioli using a round cutter, approximately 1 ½" to 1 ¾" in diameter
9. When water has reached a rolling boil, add pasta and cook until al dente, about 6-7 minutes
10. Once cooked, place ravioli into reserved Maque choux sauce

### **Pasta Dough**

180 grams	Fresh Eggs
240 grams	"00" Flour

### **Method of Preparation:**

1. Add flour to the bowl of a stand mixer, make a small well in the center, add eggs.
2. Using the dough hook attachment, combine and knead ingredients together until smooth and elastic, about 10-12 minutes.
3. Remove dough from mixer bowl and form a ball. Wrap tightly in plastic wrap, allow to rest for 15-20 minutes before processing through pasta roller.

**Ricotta Cheese**

1 gallon	2% Milk
¼ cup	White distilled vinegar
1 teaspoon	Kosher Salt

**Method of Preparation:**

1. Heat milk over medium-high heat until 190F-195F is reached, stirring occasionally to prevent scorching
2. Once milk has reached desired temperature, add vinegar and gently stir to combine.
3. Allow to stand for 5 minutes so that curds can fully form.
4. Line China cap with cheesecloth and set over large container/stock pot
5. Carefully pour the curds into cheesecloth, allow the whey to drain for 5-10 minutes
6. Transfer to stainless mixing bowl and add salt, gently incorporate into cheese curds
7. Cover and hold for use.

**Red Bean Mash**

1 tablespoon	Butter
2 tablespoons	White onion, brunoised
1 each	Garlic clove, minced
½ cup	Red beans, canned, drained
1/8 <sup>th</sup> teaspoon (pinch)	Kosher salt
1 tablespoon	Chicken stock

**Method of Preparation:**

1. In a nonstick pan, melt butter over medium heat until foamy
2. Add white onion and cook until translucent then add garlic and sweat until fragrant
3. Add beans and cook until heated through, taste and salt to taste
4. Transfer to food processor and blend until mostly smooth – add chicken stock as needed to reach desired consistency

**Blackened Lump Crab**

4 oz	Lump crabmeat
¾ teaspoons	Cajun seasoning
1 ½ teaspoons	Butter

**Method of Preparation:**

1. Combine lump crabmeat with Cajun seasoning, allow to rest for at least 5 minutes
2. In a nonstick pan, heat butter until foamy over medium heat
3. Add crab to pan in a shallow layer and press lightly into pan. Allow crab to cook untouched until fragrant and then flip over and repeat on other side.
4. Once blackened, transfer to stainless mixing bowl, set aside.

**Sweet Potato Puree**

2 each (medium)	Sweet potato, washed, peeled, diced
1/8 <sup>th</sup> teaspoon (pinch)	Kosher salt

**Method of Preparation:**

1. Place sweet potatoes into saucepan, cover with water, bring to a boil
2. Cook sweet potatoes until fork tender, about 15 minutes
3. Drain sweet potatoes
4. Pass sweet potatoes through ricer, season with kosher salt to taste
5. Transfer to piping bag and keep hot until ready to plate

### **Oyster Mushroom and Pecan Duxelles**

1 tablespoon	Butter
2 tablespoon	White onion, brunoised
½ pound	Oyster mushrooms, cleaned
1 ounce	Pecans, finely chopped
½ teaspoon	Kosher salt
¼ teaspoon	Black pepper, coarse grind

### **Method of Preparation:**

1. Melt butter over medium heat in pan
2. Add onion, cook until softened, about 3 minutes
3. While onions cook, chop mushrooms in food processor until they are approximately brunoise in size
4. Add chopped mushrooms and salt to pan with onions, cook until mushrooms have softened and released their liquid, about 5 minutes
5. Stir in pecans, raise heat until medium-high, cook until liquid has evaporated
6. Season with black pepper, stir until incorporated

### **Maque Choux**

¼ cup	Butter
½ each	White onion, small diced
1 each	Celery stalk, small diced
1 each	Red bell pepper, julienned
½ each	Poblano, small diced
3 cups	Corn, cut off cob
1 cup (approx. 6-8 each)	Okra, cut
½ teaspoon	Cayenne pepper
½ teaspoon	Smoked paprika
1/8 <sup>th</sup> teaspoon (pinch)	Kosher salt
1/8 <sup>th</sup> teaspoon (pinch)	Black pepper
1 cup	Heavy cream
1 cup	Whole Milk

### **Method of Preparation:**

1. Melt butter in saucepan over medium heat
2. Add onion, celery, bell pepper, poblano pepper, and corn to pan and cook until onion is translucent, about 5 minutes.
3. Add cut okra and seasonings, cook for 3 minutes
4. Add cream to the corn mixture, simmer for 10 minutes folding mixture to be sure liquid bathes vegetables
5. Once liquid has reduced slightly, remove from heat

### **Wilted Collard Greens**

2 Tablespoons	Vegetable oil
3 each	Garlic cloves, minced
1 large bunch	Collard Greens, cleaned, destemmed, thick sliced
1/8 <sup>th</sup> teaspoon (pinch)	Kosher salt
1/8 <sup>th</sup> teaspoon (pinch)	Black pepper
¼ cup	Chicken stock

### **Method of Preparation:**

1. Heat oil in saucepan
2. Sweat garlic over medium heat until fragrant
3. Add greens and sauté until bright green, about 4 minutes
4. Season to taste with salt and pepper
5. Stir in chicken stock and cook until liquid evaporates

**Ravioli Filling**

3 ounces	Blackened Crab
¼ cup	Ricotta Cheese

**Method of Preparation:**

1. Combine ingredients, set aside

**Chicken Stock**

1 ounce	Chicken Bones
½ pounds	Mirepoix
1 each	Thyme sprig
1 each	Parsley sprig
1/4 <sup>th</sup> each	Bay Leaf
4 each	Peppercorns
1 each	Garlic clove
3 ½ fluid ounce	Water

**Method of Preparation:**

1. Place chicken, vegetables, and herbs and spices in saucepan. Pour over water. Cook on high heat until you begin to see bubbles break through the surface of the liquid. Turn heat down to medium low so that stock maintains low, gentle simmer. Skim the scum from the stock with a spoon or fine mesh strainer every 10 to 15 minutes for the first hour of cooking and twice each hour for the next 2 hours. Add hot water as needed to keep bones and vegetables submerged. Simmer uncovered for 6 to 8 hours.
2. Strain stock through a fine mesh strainer into another large stockpot or heatproof container discarding the solids. Cool immediately to below 41 degrees. Place in cooler overnight. Remove solidified fat from surface of liquid and store in container with lid in cooler.

**Instructions on How to Plate and Serve:**

1. Using an entrée bowl, carefully pipe ¼ cup sweet potatoes in a straight line across center of dish, then pipe a second ¼ cup line of sweet potatoes directly on top of the first pass.
2. Lay ¼ cup of wilted collard greens to the left of the sweet potatoes in a straight line, leave room to the left of the collard greens.
3. Spoon ½ cup Maque choux into remaining space to the left of the collard greens.
4. Starting at the back of the plate, take one ravioli and gently place on top of collard greens and sweet potatoes along the center line in between.
5. Top ravioli with 1 tablespoon of duxelles
6. Repeat with remaining two ravioli and duxelles to create a shingled look
7. Place micro green garnish across the top of the ravioli, creating a delicate accent to the dish.

# Emilia-Romagna meets New Orleans

## Nutrition Facts

1 serving per container

**Serving size** 1 each (443g)

**Amount per serving**  
**Calories** 560

**% Daily Value\***

**Total Fat** 19g **24%**

**Saturated Fat** 9g **43%**

**Trans Fat** 0g

**Cholesterol** 160mg **54%**

**Sodium** 530mg **23%**

**Total Carbohydrate** 76g **28%**

**Dietary Fiber** 8g **27%**

**Total Sugars** 16g

**Added Sugars** 0g **0%**

**Protein** 21g

**Vitamin D** 0% • **Calcium** 4%

**Iron** 4% • **Potassium** 6%

\*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## INGREDIENTS: Maque Choux

[Corn, Yellow, Out, Frozen, Cream, Half&Half, Okra, Onion, Unsalted Butter (Pasteurized Cream (Milk), Natural Flavorings.), Bell Pepper, Celery, Poblano Pepper, Smoked Paprika, Ground Cayenne Pepper, Salt (Salt, Yellow Prussiate Of Soda), Black Pepper], Cajun Ravioli Reduced Fat-AHF [Pasta Dough (OO Flour-AHF, Pasturized Egg), Ravioli Filling Redu (Unanalyzed Recipe), Red Bean Mash-AHF (Kidney Beans (Dark Red Kidney Beans, Water High Fructose Corn Syrup, Sugar, Salt, Calcium Chloride, Disodium Edta (To Preserve Color), Natural Flavorings.), Onions, Chicken Stock tablespoon-AHF (Water, Parsley, Fresh, Bunch 3 bunches in bag, Chicken Bones, AHF, Garlic, Thyme, Bay Leaf, Fresh, Peppercoms, Black), Butter (Pasteurized Cream, Natural Flavorings.), Garlic, Salt (Salt, Yellow Prussiate Of Soda)], Oyst Mahm&Pcan Dux [Oyster Mushrooms-AHF, Nut, Pecan, Piece, Medium, Fancy, Unsalted, Raw, Shell Off, Onions, Unsalted Butter (Pasteurized Cream (Milk), Natural Flavorings.), Salt (Salt, Yellow Prussiate Of Soda), Black Pepper], Sweet Potato Puree-AHF [Sweet Potato, Salt (Salt, Yellow Prussiate Of Soda)], Wilted Collard Green [Collard Greens, Fresh, Chicken Stock (Water, Parsley, Fresh, Bunch 3 bunches in bag, Chicken Bones, AHF, Garlic, Thyme, Bay Leaf, Fresh, Peppercoms, Black), Oil, Vegetable, Garlic, Salt (Salt, Yellow Prussiate Of Soda), Black Pepper]



