



OCTOBER 16, 2016
CHEFS' CULINARY CHALLENGE

FOR THE
LOVE
OF FOOD



A Benefit for
West Suburban
Community Pantry

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Bull Valley Golf Club
1311 Club Road, Woodstock, IL
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Peppered Chicken with Butter Pecan Maple and Sweet Potato Waffle with Honey-Sage Butter

Peppered Chicken

INGREDIENTS

4-3oz. skinless chicken breasts
.5 qt. of buttermilk
.5 cups all-purpose flour
2 cups crushed corn flakes
2 large eggs, separated
Salt & pepper to taste

PREPARATION

1. Rinse the chicken and pat dry with a paper towel, put aside.
2. Sift flour, salt, and pepper together & add crushed corn flakes into one of the large bowls.
3. Separate whites and whisk for one minute, put in small bowl.
4. Pour cold buttermilk into the other large bowl. Meanwhile, dip chicken pieces one at a time into the buttermilk, then the eggs, then the flour & cornflake mixture, pressing the mix in to hold. Double dip into the buttermilk, egg, and cornflakes mix again, pressing the flakes into the chicken. Fry in evenly-heating heavy pan until cooked thoroughly and golden brown.

Sweet Potato Waffles

INGREDIENTS

1 1/2 cups peeled and cubed sweet potatoes

2 cups all-purpose flour

1 tablespoon baking powder

1/2 teaspoon salt

6 egg whites, at room temperature

1 cup milk

1/4 cup firmly packed light brown sugar

1/4 cup butter, melted

1 tablespoon grated orange rind

Vegetable spray, for waffle iron

PREPARATION

Place cubed sweet potatoes in a steamer basket. Place the basket in a large pot of simmering water that is no closer than 2 inches from the bottom of steamer. Allow potatoes to steam for 20 minutes or until fork tender. Mash cooked potatoes and set aside.

In a large bowl, whisk together flour, baking powder, and salt and set aside.

In another bowl combine the sweet potatoes, milk, brown sugar, butter, and grated orange rind. Stir the sweet potato mixture into the flour mixture and thoroughly combine. Beat egg whites until stiff peaks form. Gradually fold egg whites into batter 1/3 at a time. The batter will be thick. Using a 2oz. ladle or scoop, place 2 scoops of batter onto a preheated, oiled waffle iron, and cook until lightly browned, about 5 to 6 minutes.

Honey-Sage Butter

INGREDIENTS

.25 lb. Butter

1 tablespoons chopped fresh sage

2 tablespoons Honey

Salt and freshly cracked black pepper

PREPARATION

Use softened unsalted butter. Mix ingredients in blender or by hand. Do not let butter melt. Roll up compound butter in plastic wrap and freeze until needed. When ready to use, cut off a small piece for each portion

YIELD 4