Manitoba Pulse Growers Association Inc.
Soybeans • Dry Beans • Peas

RED RIVER COLLEGE
SCHOOL OF HOSPITALITY AND CULINARY ARTS

GARLIC ROMAN FLATBREAD WITH JALAPENO BRICK CHEESE

25	g	Sugar, granulated	40	mL	Garlic, minced fine
20	g	Yeast, instant	20	mL	Canola oil
565	g	Water, tepid	225	mL	Olive oil (plus 180 mL)
675	g	Bread flour	15	g	divided Kosher salt
175	g	Navy bean flour	35	mL	Rosemary leaves, fresh, chopped fine
235	g	Onion small, diced	250	g	Jalapeno brick cheese, grated

GARLIC ROMAN FLATBREAD WITH JALAPENO BRICK CHEESE

Add canola oil to a 10-inch sauté pan. Heat until it just begins to smoke. Add onions and garlic. Toss every 10 seconds until the onions/garlic are caramelized. Transfer the caramelized mixture to a separate bowl. Cool to room temperature.

Sift the bread and bean flours with half of Kosher salt together into the bowl of a food mixer.

Dissolve yeast and sugar in the water and stir. Add yeast mixture to the flour. Using a dough hook, turn the machine to speed 1 and let the dough mix. Occasionally stop the machine, lower the bowl to scrape the flour into the liquid to better incorporate the dough. Raise the bowl up and continue to knead on speed 1 for approximately 7-8 minutes. Test a piece of dough using the windowpane method. If you get a good pane, add the caramelized onion mixture and knead for one more minute. This is a wet dough.

Spray the inside of a large stainless steel bowl, (the deeper, the better) with pan release spray (spray both hands as well to prevent dough sticking). Transfer the dough to the sprayed bowl. Lightly spray the top of the dough and cover with cling film. Leave on the counter for 1 hour or until doubled in size.

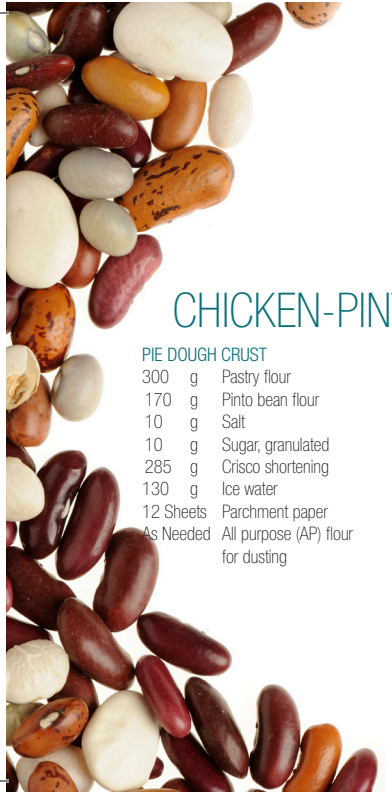
Using the 225mL amount of olive oil, generously oil the bottom, sides and lip of your sheet pan. Remove the cling film and invert your dough onto the sheet pan (18" x 13 " x 1 inch deep). Gently spread the dough out to the corners.

Do not push the gas out of the dough. Proof in the oven with a pan of water in the bottom of the oven for approximately 25 minutes.

Remove the pan of dough from the oven. Drizzle remaining olive over top. Sprinkle top with remaining Kosher salt and rosemary. Remove the pan of water from the oven and turn your oven up to 450°F. Bake on the second lowest rack for approximately 15 minutes or until the bread turns a light golden appearance. Remove from the oven and sprinkle cheese on top. Continue to bake for another 4-5 minutes or until the cheese has completely melted. Remove the flatbread from the oven and transfer to a cooling rack. Let rest for 10-15 minutes before cutting into desired portions.

RECIPE YIELD: 48 PIECES CUT 2" X 2"

SERVING SIZE: 45g CALORIES: 140 FAT: 9g (SAT.1g) PROTEIN: 3g CARB: 14g FIBRE: 2g CHOL: 0mg SODIUM: 130mg
FLAT BREAD (WITHOUT CHEESE)



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RED RIVER COLLEGE
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CHICKEN-PINTO POT PIE WITH PINTO BEAN CRUST

PIE DOUGH CRUST

300	g	Pastry flour
170	g	Pinto bean flour
10	g	Salt
10	g	Sugar, granulated
285	g	Crisco shortening
130	g	Ice water
12 Sheets		Parchment paper
As Needed		All purpose (AP) flour for dusting

POT PIE FILLING

1	kg	Chicken meat, cooked and diced ¾ inch cubes
300	g	raw Pinto beans soaked overnight and simmered in water to fork tender.
1	L	Chicken stock or flavorful broth heated
100	g	Butter or margarine
75	g	All purpose flour
50	g	Pinto bean flour
500	mL	Milk, hot
500	g	Mushrooms, quartered
175	g	Onion, fine dice
20	mL	Garlic, minced fine
100	g	Butter or margarine
45	mL	Basil leaves, fresh, coarse chop
150	mL	White wine
15	mL	Tabasco sauce
20	mL	Worcestershire sauce
Half Lemon		Lemon juice, fresh
500	mL	Whip cream, scalded
500	mL	Frozen peas, thawed
1		Red pepper, ½ inch diced and blanched.

CHICKEN-PINTO POT PIE WITH PINTO BEAN CRUST

Dough Preparation: Cut shortening into small pieces and scatter on a parchment paper lined cookie sheet. Place in the freezer for 40 minutes to completely chill the shortening.

Sift the two flours, sugar and salt into a large stainless steel bowl. Using your fingers (or pastry knife) crumble/cut the chilled shortening into the flour mixture until coarse crumbs are formed. Pour in water and quickly/lightly form the dough. Place the dough onto a parchment-lined pan and press to about 1 ½ inch thick. Cover completely with cling film and let rest in a refrigerator for 30 minutes.

Remove the dough from the fridge. Scale the dough off to 90g balls.

Lay a sheet of parchment paper on a work table and dust with AP flour. Place the one ball over top and dust with AP flour. Place a second sheet of parchment on top and roll the dough out. Roll a bit on one side, flip the dough over, lift the top sheet off and lightly dust. Flip the dough over again, lift the other sheet off and dust again. Keep rolling and repeating the dusting procedure above until the dough is approx. 1/8th of an inch thick. Repeat with remaining balls of dough. Cover again with cling film and refrigerate the disks for another 20-30 minutes.

Filling Preparation: In a 10-inch non-stick sauté pan add 100g of butter and sauté the onions and garlic until tender. Add mushrooms. Continue to sauté until mushrooms develop a caramel color. Season the mushrooms with salt and pepper to taste. Add white wine and cook until the wine has reduced until nearly dry (au sec). Add basil and remove from the heat.

In a 7quart heavy bottom sauce pan (pot), add 100g of butter to the pan to melt. Add the two flours and cook over low-medium heat for 10 minutes, stirring constantly.

Blend heated chicken stock gradually into your white/blond roux (cooked flour butter mixture) along with your milk and stir. Whisk the mixture using a wire whisk (only if your saucepan is stainless steel) to remove any lumps. Simmer for 2-3 minutes and remove from the heat. Add whipping cream, tabasco, Worcestershire and lemon juice. Check for seasoning and adjust if necessary.

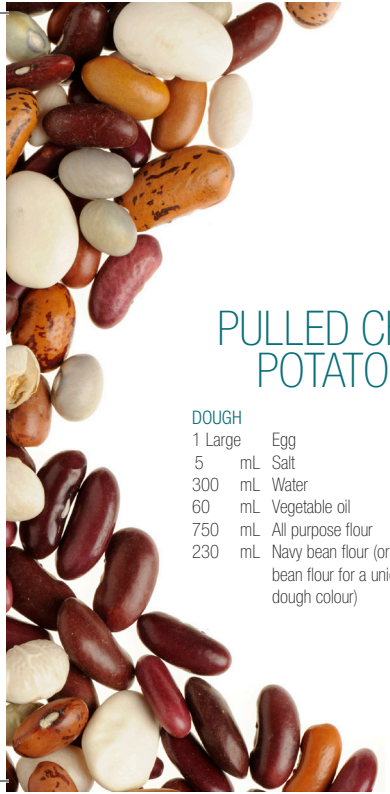
Add cooked chicken meat, cooked pinto beans, peas and red pepper. Remove from heat. Chill completely, cover with cling film once chilled and refrigerate until needed.

Pot Pie Preparation: Preheat your oven to 350°F. Divide the filling evenly between 10 French onion soup bowls. Brush the lip of the soup bowl with egg wash. Cover with a round lid of pie crust, cut a hole in the middle to vent. Crimp the edges.

Place the soup bowls on a sheet pan and bake on the lowest rack for approximately 30 minutes or until the crust is golden. Remove from oven and let rest for 2 minutes before eating.

RECIPE YIELD: 10 SHELLS FOR FRENCH ONION SOUP BOWLS

SERVING SIZE: 243g CALORIES 450 FAT 24g (SAT.10g) PROTEIN 22g CARB 34g FIBRE 7g CHOL 64mg SODIUM 470mg



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SCHOOL OF HOSPITALITY AND CULINARY ARTS

PULLED CHICKEN, ROASTED GARLIC MASHED POTATO AND SMOKED GOUDA PEROGIES

DOUGH

1	Large	Egg
5	mL	Salt
300	mL	Water
60	mL	Vegetable oil
750	mL	All purpose flour
230	mL	Navy bean flour (or pinto bean flour for a unique dough colour)

FILLING

250	g	Cooked fryer chicken (according to recipe), meat pulled, coarsely chopped
460	mL	Apple juice
60	mL	Apple cider vinegar
1	Medium	Yellow onion, peeled and quartered
600	g	Russet potatoes, peeled and cut in half lengthways
250	g	Smoked gouda, grated using fine side of a 4-sided grater
1	Medium	Bulb Garlic cloves, peeled, brushed with vegetable oil, roasted until golden brown.
45	ml	Green onion, sliced razor thin
200	ml	Barbecue sauce
To Taste		Salt and pepper

PULLED CHICKEN, ROASTED GARLIC MASHED POTATO AND SMOKED GOUDA PEROGIES

For the Perogy Dough: Add wet ingredients to dry. Add a bit more water if necessary. Knead the dough for 3-4 minutes. Place dough in a bowl, cover tightly and refrigerate the dough for half an hour to rest.

For the Filling: Place the quartered onion, apple juice and vinegar and cut up cooked chicken in the bottom of a slow cooker (crockpot). Cover with the lid. Cook overnight. Remove chicken from the cooker, discard skin and bones. Shred the chicken meat.

Place potatoes either in a steamer or in a pot of lightly salted cold water. Steam the potatoes until tender enough to mash, or bring your pot of water to a boil and cook the potatoes to mash tender. Mash potatoes with cheese and roasted garlic, or for best results, run potatoes through a food mill.

Add the cooked chicken, barbecue sauce and green onion to the mix. Season with salt and pepper to taste.

Using a bench scraper (or knife) cut a ¼ piece of the dough off and roll to approx. 1/16th of an inch thick. Cut rings out using a 2 inch pastry ring cutter. Place approximately 1/2 tbsp. of filling into the ring, rub water on the edge of the dough and press to seal. Crimp with a fork if if desired. Repeat until all filling and dough is used.

To Cook: Bring a pot of lightly salted water to a boil and cook the perogies in batches until they float to the surface. Remove and serve immediately or cool down in water, drain well.

If freezing: toss the perogies with generous amounts of vegetable oil to prevent sticking.

If eating immediately: pan fry in margarine or butter. Serve with sour cream or for extra spice add hot sauce to the sour cream.

RECIPE YIELD: 6 DOZEN PEROGIES

SERVING SIZE: 6 PIECES (220g) CALORIES: 340 FAT: 12g (SAT.4.5g) PROTEIN: 17g CARB: 42g FIBRE: 2g CHOL: 55mg SODIUM: 610mg

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GLUTEN FREE GRANA PADANO SODA CRACKERS WITH FRESH THYME

230	mL	Cornstarch
160	mL	Pinto bean flour
75	mL	Tapioca flour
115	mL	Red quinoa (or black)
5	mL	Baking powder
5	mL	Xanthan gum
75	g	Unsalted butter, cold and cut into small cubes
200	mL	Milk 2%
40	g	Grana padano cheese, grated on a micro plane grater
25	g	Medium cheddar, grated on a micro plane grater
30	mL	Fresh thyme leaves, chopped coarse
As Needed		Kosher salt

GLUTEN FREE GRANA PADANO SODA CRACKERS WITH FRESH THYME

Add red quinoa to a medium sized stainless steel bowl. Sift cornstarch, pinto bean flour, tapioca flour, baking powder and xanthan gum into the bowl with the quinoa.

Rub the butter into the sifted ingredients and quinoa until coarse crumbs form. Mix in grated cheeses and thyme.

Add milk and mix until just barely combined. The dough will seem too wet. Let it rest covered and refrigerated for a half hour. The xanthan gum will set the dough up to a firmer state.

Remove from the refrigerator and divide the dough up into 5 equal sections. Roll one section at a time between two generously pinto flour dusted sheets of parchment paper until 1/16th of an inch thick.

Carefully remove the top layer of parchment paper. Using a two-inch round pastry cutter ring, cut out the dough. Place the cut rings on a parchment paper lined half sheet pan (cookie pan) Repeat with remaining 3 sections of dough. Place on 2 new half sheet pans

Preheat your oven to 375°F and place your rack on the second lowest shelf. Lightly sprinkle each cut out circle with Kosher salt. Bake for approximately 20 minutes. Check for doneness at this time by biting into one of the crackers. If it is still chewy and not crisp, continue baking until they are.

Remove from oven once crisp and let air cool to room temperature. Place in an airtight container until needed.

RECIPE YIELD: 3 DOZEN CRACKERS

SERVING SIZE: 3 CRACKERS (61g) CALORIES: 190 FAT: 7g (SAT.4g) PROTEIN: 5g CARB: 27g FIBRE: 4g CHOL: 15mg SODIUM: 210mg

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ORANGE AND NAVY BEAN CRÈME BRÛLÉE

320	mL	Whipping cream
5	mL	Orange extract
4 Large		Egg yolks, room temp
60	mL	Granulated sugar
240	mL	Navy beans, cooked to very soft
50	mL	Granulated sugar

ORANGE AND NAVY BEAN CRÈME BRÛLÉE

Preheat your oven to 350°F, with the rack on the lowest shelf

If using raw navy beans; measure out 200mL of navy beans and soak in 1L of water overnight. The next day, discard the soaking water, rinse the beans and cook to very soft in 2L of simmering water (approximately 1 hour). Drain well and air cool.

Place the whipping cream in a pot over low heat just until bubbles form on the side of the pot. The cream should be hot but not boiling.

In a separate stainless steel bowl, combine the egg yolks, 60mL of sugar and orange extract. Using a wire whisk, whisk the egg mixture until pale and creamy (approximately 2 minutes)

Put approximately 1L of water in a pot on to boil.

Temper the egg yolk mixture by pouring in approximately 45mL of your heated cream whisking vigorously. Keep adding the cream until well blended. Place the tempered egg/cream mixture, along with the cooked navy beans, into a blender. Puree on high speed for 3-4 minutes. Pour the puree into 4 inch round shallow ceramic ramekins. Place the filled ramekins in a 2 inch deep half-sized hotel pan (or baking dish). Take the pan of filled ramekins to the oven.

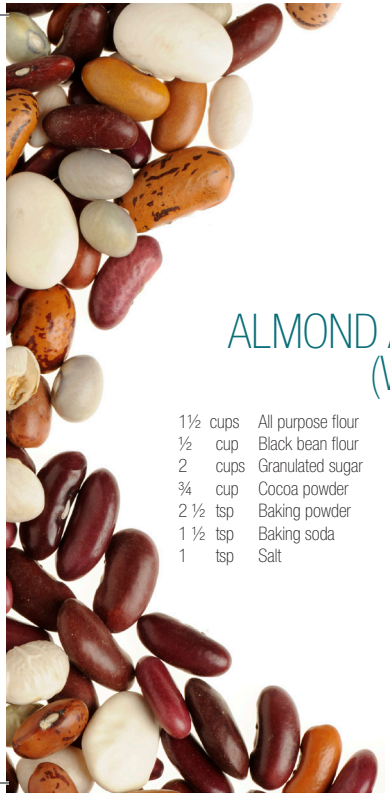
Slowly pour or ladle boiling water into the pan until it reaches 1/3rd or half way up the sides of the ramekins. Take a sheet of tin foil large enough to cover the top of the pan and punch approximately 9 holes through the foil with a sharp knife to allow the steam to escape. Cover the pan loosely with the foil and carefully place the pan in the oven.

Bake for approximately 18 minutes and check.

The centers should still be a bit wiggly. If not place back in the oven and check again after 2 minutes. Remove the pan from the oven carefully and let the ramekins sit in the water bath uncovered for 1 minute. Remove the ramekins from the water bath and let sit at room temperature for 10 minutes. Place in the refrigerator overnight (covered with cling film once cooled completely). Before serving, sprinkle no more than15mL of sugar on top, covering the entire top of the set custards, and burn with a butane torch until the sugar is caramelized but not burnt. Wait one minute and serve immediately.

RECIPE YIELD: FOUR - 4oz RAMEKINS

SERVING SIZE: 168g CALORIES: 480 FAT: 33g (SAT.19g) PROTEIN: 8g CARB: 38g FIBRE: 3g CHOL: 290mg SODIUM: 35mg



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ALMOND AND CHOCOLATE ESPRESSO CAKE (WITH BLACK BEAN FLOUR)

1½	cups	All purpose flour
½	cup	Black bean flour
2	cups	Granulated sugar
¾	cup	Cocoa powder
2 ½	tsp	Baking powder
1 ½	tsp	Baking soda
1	tsp	Salt
1	cup	Milk 2%
½	cup	Canola oil
2	only	Eggs large
3	tsp	Almond extract
1	cup	Boiling water
2	tsp	Instant espresso

FOR DECORATING

1	Recipe	Chocolate Espresso Icing
1 ½	cups	Unsalted butter, softened
1	cup	Cocoa powder
5	cups	Icing Sugar
1½	cups	Milk 2%
3	tsp	Almond Extract
1	tsp	Instant espresso
2	cups	Sliced blanched almonds, toasted
1	cup	Assorted fresh berries

ALMOND AND CHOCOLATE ESPRESSO CAKE (WITH BLACK BEAN FLOUR)

Preheat your oven to 350°F and place racks on the second lowest shelf. Prepare two 9 inch round cake pans, by cutting two circles of parchment paper to line the bottom of each pan and spray the sides of the pans and the parchment circles with pan release spray.

For the Cake Sift the flour, sugar, cocoa powder, baking powder, baking soda and salt into either the bowl of a stand mixer, or a medium sized stainless steel bowl. If using a stand mixer use the whip attachment to thoroughly mix the dry ingredients on low speed.

In a separate stainless steel bowl, whisk eggs and then add bean puree, canola oil and almond extract and whisk briefly to combine. While your machine is running on low-medium speed add your egg mixture to the dry ingredients and run the machine for 40 seconds. Stop the machine, lower the bowl and scrap the bottom of the bowl with a rubber spatula. Raise the bowl back up again.

Add your boiling water to the instant espresso to dissolve. On low speed add the espresso liquid to the bowl. Once espresso has absorbed, turn the machine on high for 1 minute to incorporate air into the batter. Stop the machine and scrap the bowl one more time. Run on high for 20 seconds more.

Divide the batter equally among the two prepared cake pans. Put the cakes into the oven and bake for approximately 35-40 minutes. Check after 30 minutes by inserting toothpick or wooden skewer into the center of the cake and remove. If it comes out clean, then they are ready to remove from the oven. Let the cakes rest at room temperature in their pans on a wire cooling rack. Once to room temperature, cover the cakes (still in their pans) and refrigerate for 2 hours, or overnight. Remove the cakes from the pans and decorate with the chocolate espresso icing, toasted sliced blanched almonds, and fresh berries.

For Chocolate Espresso Icing Heat the milk, almond extract and instant espresso in a small saucepot until hot (but not boiling) and the espresso is dissolved. Cool the liquid in a refrigerator.

In a stand mixer using the whip attachment, starting at a low speed, whip the butter with the cocoa powder until soft and creamy. In turns add one cup of the icing sugar with one tbsp. of milk mixture and beat until incorporated. Repeat the above step until all the milk and sugar have been combined. Lower the bowl and scrape the bottom and sides with a rubber spatula. Raise the bowl up and turn the machine on high for 1 ½ minutes to whisk it fully.

If the icing appears to be too dry, whisk in a little milk one tbsp. at a time until it reaches the proper consistency. If the icing appears to be too wet, then add some icing sugar a tbsp. at a time to get to the right consistency.

Use either a baker's straight stainless steel spatula or a rubber spatula to decorate the cake.

RECIPE YIELD: 8 PORTIONS – DOUBLE LAYER CAKE

SERVING SIZE: 64g CALORIES 230 FAT 10g (SAT.4.5g) PROTEIN 2g CARB 33g FIBRE 1g CHOL 25mg SODIUM 125mg

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Red River College
School of Hospitality and Culinary Arts

THAI BANANA SQUASH AND NAVY BEAN PUREE SOUP

75	g	Butter
330	g	Yellow onions, small dice
30	mL	Garlic, minced fine
30	mL	Gingerroot, minced fine
600	mL	Navy bean puree *(Canadian Prairie Garden Puree)*
1.8	L	Thai banana squash puree *(Canadian Prairie Garden Puree)*
15	g	Basil, coarse chopped
30	g	Thai red curry paste
500	mL	Coconut milk
300	mL	Whipping cream, heated
20	mL	Chicken or vegetable base
15	mL	Worcestershire sauce
15	mL	Lemon juice, fresh

THAI BANANA SQUASH AND NAVY BEAN PUREE SOUP

(If you are not using Canadian Prairie Garden Puree Brand Navy bean puree you may need to thin down your puree with some water until it is takes on a cream soup like consistency)

In a heavy bottomed stainless steel pot add butter and heat on high.

Add onions, garlic and gingerroot and saute until tender.

Add the two purees, basil, curry paste and coconut milk to the pot and turn the heat down to low/medium heat. Stir constantly. Cook for approx. 20 minutes.

If the soup is too thick add more vegetable stock.

Dissolve chicken or vegetable base with your heated cream.

Add heated cream to the soup along with the Worcestershire sauce and lemon juice. Season with s/p to taste. Puree the soup with a hand held immersion blender.

Strain the soup into a separate pot. Using a 6oz ladle, ladle the soup into warmed soup bowls.

RECIPE YIELD: 15/180ML PORTIONS

SERVING SIZE: 180ml CALORIES: 250 FAT: 19 g (SAT.13g) PROTEIN: 5g CARB: 18g FIBRE: 4g CHOL: 35 mg SODIUM: 340mg