

## Sea Bream Accompanied by Risotto, Sea Vegetables and Mousseline Sauce

(Garnishes : Turkish Wheat Risotto, Glazed Asparagus, Vegetables, Prawns, Caviar, Cherry Tomatoes

(Sauces: Mousseline Sauce and Raspberry, Strawberries and Pomegranate / Fruit Sauce)

### Materials / Contents :

1. **Sea Bream** (100 g)
2. **Prawn** (20 g)
3. **Risotto** (50 g) (starch garnish)
4. **Sea Vegetable** (deniz börülcesi) (garnish 30 g)
5. **Asparagus** (garnish) (10 g)
6. **Onion, garlic, olive oil** (starch garnish) (20 g)
7. **Parmesan cheese** (for risotto) (20 g)
8. **Mushroom** (for risotto garnish) (5 g)
9. **Chicken stock** (for risotto) (500 ml)
10. **Parmesan cheese** (for Mousseline sauce) (10 g)
11. **Butter, cream** (Mousseline sauce)
12. **Egg, lemon juice, water** (for sauce)
13. **Raspberry, strawberries, pomegranate** (for sauce)
14. **Cherry tomatoes** (for presentation)
15. **Frankish onion** (for presentation)
16. **Fish marinade ingredients** : (Rock salt,
17. **Garlic, white pepper, rosemary, olive oil**)
18. **A bouquet garni** (for prawns)

### Preparation / Process Steps :

1. The sea bream is cleaned, the filet is removed as a tail.
2. Fish is marinated with spices, garlic, vegetables and olive oil.
3. The tail of the marinated fish filet is placed upside down and closed with a pot.
4. The fish is cooked in a rotisserie for 16 minutes in a preheated 160 degree oven.
5. Chicken bones, vegetables and spices are used to prepare risotto's **chicken stock**.
6. Sea bolls are boiled in boiling water, the bones are removed and heated in oil and polished.
7. Risotto is added with wine and wine is taken. Rizotto is taken from the fire and rested for 10 minutes.
8. The chicken stock is gradually added to the risotto and the chopping process is applied.
9. It is flavored with cream and butter and rizotto.
10. Risotto is connected with parmesan cheese. Thus, Rizotto belonging to Italian cuisine is prepared.
11. Add wine, vinegar, brunoise onion, bay leaf, black pepper to the sauce pan and a little bit in the oven.
12. Cream is added and the mixture is added a little more.
13. Add the butter to the sauce and mix thoroughly with low heat with the whisk.
14. The sauce is filtered through the strainer to prepare the fish sauce in homogeneous consistency.
15. Strawberries, pomegranate are boiled, passed through blender and homogenous sauce is prepared.

### Presentation :

1. The presentation tray is heated to 40-50 degrees.
2. Vegetables and mushroom risotto garnishes are put on the presentation plate.
3. Fish is placed on the vegetables.
4. **Beurre Blanc sauce** poured on the presentation plate.
5. Strawberry-pomegranate sauce is squeezed in small drops on top of the fish mash. In this sauce composition, the sauce is given the impression of two fish moving in the sea.
6. Presentation plate's hygiene control is performed. Food will be presented to the **jury**.

### Energy and Nutritional Values (100 g)

Energy Calories	Carbohydrate	Fats	Protein	Calcium	Iodine	Vit. A	B <sub>1</sub>	B <sub>2</sub>	B <sub>12</sub>	Vit. C
615 calories	30 g	15 g	90 g	150 mg	0,8 mg	120 I.U.	0,4 mg	0,3 mg	0,6 mg	10 mg

## Shrimp Sauteed With Lemon Butter Sauce and Vegetable Garnishes

(Garnishes: Poached Potatoes, Glazed Vegetable/Spinach)

(Sauces: Lemon Butter Sauce with Chestnut and Almond)

### Materials / Contents :

1. Prawn/Schrimp (100 g)
2. Potatoes (garnish 30 g)
3. Vegetable (ebegümeçi) (garnish) (30 g)
4. Red chili pepper (for shrimp (5 g)
5. Garlic, bay leaf (sauteed shrimp)
6. White pepper (for shrimp&garnish) (10 g)
7. Salt (for shrimp&garnish) (10 g)
8. Onion and garlic (for vegetable sauteed) (5 g)
9. Olive oil and butter (for shrimp saute) (25 g)
10. Butter (for lemon butter sauce)
11. Lemon juice (for lemon butter sauce)
12. Onion (for lemon butter sauce)
13. White peper (for sauce)
14. Salt (for sauce)
15. Chestnut (for sauce)
16. Almond (for sauce)
17. Bird grape (for sauce decoration)
18. Water (for boiling potatoes) (1 liter)

### Preparation / Process Steps :

1. The head and the skin of the **shrimps/prawns** are removed and cleaned.
2. Put lemon juice and chopped onion in a sauce pan.
3. Add the butter to the sauce and melt the butter.
4. Put chestnuts and almonds and cook them.
5. Cook the sauce with low heat stirring.
6. The tomato's skin is lyophilized and chopped in the form of paysanne.
7. The green charleston pepper is chopped in the form of paysanne.
8. Shrimp and leaf garlic are placed in the pan and sautéed in oil.
9. Tomato, green pepper, bay leaf and black pepper are added.
10. Vegetables and shrimps are cooked together with the cover closed.
11. Pulp pepper, salt and butter and prawns are delicious.
12. Shrimp heads are cooked for half a minute with boiling water in boiling water.
13. The squids are cooked with salt and pepper and cooked in golden oil with frit technique.
14. Finally, the head of the pigeon is fried for half a minute to leave the bouquet of color without flour.
15. Slices of **pumkins** and **avocados** are lightly cooked in a pan with the technique of poole.
16. **Asparagus** is boiled and flavored in butter.

### Presentation :

1. The presentation plate is heated to 40 degrees. The sauces are decorated in the picture on the table.
2. Asparagus, avocado, zucchini garnishes are placed on the plate.
3. Squids are placed on avocado or asparagus, shrimps are placed on zucchini.
4. **Hygiene control** of the plate is made and a **jury** is presented for starter **evaluation**.

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## Chocolate Souffle Dessert Accompanied by Vanilla Ice Cream

(Garnishes : Pistachios, Strawberries, Bananas, Kiwi)

(Sauces: Chocolate Sauce, Raspberry Sauce)

### Materials / Contents :

1. Dark Chocolate (100 g)
2. Flour (for soufflé 50 g)
3. Butter (for soufflé 50 g)
4. Milk (0,5 liter)
5. Sugar (for souffle) (200 g)
6. Cocoa (25 g)
7. Ice Cream (a kind of Turkish ice cream) (100 g)
8. Egg (for soufflé 6 peace)
9. Starch (for soufflé 10 g)
10. Pistachios (for presentation) (10 g)
11. Raspberry Sauce (for decor) (50 g)
12. Water (for bain-marie cooking) (2 liter)

### Preparation / Process Steps :

1. Heat oven to 200 degrees.
2. Boil sugar and milk in a saucepan over medium heat.
3. Melt 3 tablespoons butter in saucepan adjunct availability.
4. Milk to be added to the mixture.
5. Lubricate your soufflé mold with butter or margarine.
6. Separate egg yolks and whites of each other.
7. Beat the egg yolks and whites separately.
8. Eat slowly grated chocolate milk into the flour mixture.
9. Add egg yolks and then.
10. Place the cookware souffle.
11. Souffle in the oven at 200 degrees and cook for 7 minutes.
12. Remove the souffle from the oven.

### Presentation :

15. **Presentation plate** is heated between 30-50 degrees.
16. Place souffle dish upside down.
17. Put the ice cream presentation plate.
18. Put the banana, kiwi resentation plate.
19. Sprinkle peanuts on top of your ice cream.
20. Squeeze your complete presentation plate drops into raspberry-strawberry sauce.
21. Sprinkle over dessert peanut presentation is complete.
22. **Hygiene control** is performed on the plate.
23. Sweet plate will be presented to the **jury**.

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