

수업 날짜 : 2024년 11월 4일 월요일 2024년 11월 6일 수요일



실습 과목 : 서양조리실습, 이기성(교수)

실습인원 및 분반 : 월요일(11반, 13명, 6조) / 수요일(12반, 14명, 7조)

음식 작품 : 각 조당 음식 1개씩 제출 후 시식할 것

실습명 : ① Tuna Tartare with Lemon Dressing and Grill Herb Tomato

② Grilled Lemon Marinated Shrimp, Beet Root with Sour Cream, Basil Oil

Ingredients	1 Q'ty (1인분)	Order Q'ty (주문량)	Unit	Standard & Remark
① Lemon dressing				
Fresh lemon	0.25ea			
Lemon juice	10ml			
Pure olive oil	60ml			
Italia parsley or Parsely	some			
Honey or Sugar	some			
Salt & Pepper	some			
② Basil Oil(Common sauce)				
Fresh basil	10g			☞ Mix everything and grind it in a blender.
Italia parsley or Parsely	20g			
Pure olive oil	150ml			
③ Tuna Tartare with Lemon Dressing and Grill Herb Tomato <u>2 ways (Mold, Endive)</u>				
Tuna	50g			
Grill herb tomato	1/4ea			
Cucumber small dice	20g			
Red onion or Shallot small dice	10g			
Grapefruit small dice	10g			
Italia parsley chopping	some			
Garlic chopping	1ps			
Lemon dressing	15ml			
Endive	1ps			
Sslmon Roe	3~4ps			
Pure olive oil	10ml			
Salt & Pepper	some			
Garnish(Edible flowers, Chive)	some			
④ Grilled Lemon Marinated Cajun Shrimp, Beet Root with Sour Cream, Basil Oil				
31-35 Cocktail Shrimp	2ps			
Lemon dressing	10ml			
Cajun power	some			
Paprika power	some			
Beet root chopping	20g			비트는 반으로 컷팅(수요일날 사용 예정)
Mashed boiled potatoes	40g			

Sour cream	6g			
Sugar	2g			
Salt & Pepper	some			
Basil oil	some			
Balsamic reduction	some			
Grill herb tomato	1/4ea			
Garnish(Edible flowers, Chive)	some			

⑤ Balsamic reduction(Common sauce)

Balsamic vineger	500ml			
Honey	80ml			

◆ Cooking Method ◆

* 참치로 한 여러가지의 안티파스토의 응용 음식들



* 레몬드레싱에 마리네이드한 그릴 새우와 비트메쉬 만드는 방법



One Of My Favorite Shrimp Recipes