

실습 과목/교수 :

서양조리실습

이기성(교수)

수업 일(분반) :

2026년 10월 13일 (화)

2026년 10월 15일 (목)

인원 및 수업시간 :

11반 ▶ 6조(학생)+1조(교수)

TUE ⇒ Time: 09:00 ~ 13:00

12반 ▶ 6조(학생)+1조(교수)

WED ⇒ Time: 14:00 ~ 18:00

음식 작품 :

(검사 후 시식 할 것!!!)

★1인 1작품 완성★



Lemon Dressing, Green Basil Oil, Balsamic Reduction

***실습명 : Grilled Lemon Marinated Cajun Shrimp, Beet Root with Sour Cream

Grilled Eggplant with Couscous and Balsamic Vegetables

☒ 주의 사항(실습 배분) ☒

레몬드레싱, 그린바질오일, 발사믹리덕션은 식재료 분배 금지, 소스류 분배 금지

비트는 껍질을 벗겨 빨강색 도마에서 아주 곱게 찹할 것(교수님꺼만), 감자 1개만 오븐(스팀)에서 25분(100도) 익힐 것

Ingredients	1 Q'ty (1인분)	Order Q'ty (주문량)	Standard & Remark
A. Lemon Dressing			* 각 조별로 만들어 완성할 것
Fresh lemon	0.25ea	1조당 1/4개	
Lemon juice	10ml		
Pure olive oil	90ml		
Italia parsley or Parsley	some		
Honey or Sugar	some		
Salt & Pepper	some		
B. Green Basil Oil			* 교수님 만듬
Fresh basil	50g		☞ Mix everything and grind it in a blender.
Italia parsley or Parsely	50g		* 튜브에 2개로 나누어서 담을 것
Pure olive oil	200ml		
C. Balsamic reduction			* 교수님 만듬
Balsamic vinegar	500ml		~ Cooking Method ~
Honey	100ml		(1) Reduce the balsamic vinegar to one-third
Sugar	some		(2) Add honey to the reduced balsamic vinegar
			(3) Add honey to achieve the desired consistency

D. Grilled Lemon Marinated Cajun Shrimp, Beet Root with Sour Cream, Basil Oil

* 소스는 각 조별로 만들 것

D-1. Grilled Herb Tomato			
Tomato fresh cutting	1/8ea	조당 1/2ea	🔥Temperature 180 degrees for 10 minutes
Oregano dried	some		
Basil dried	some		
Oil	some		
Salt & Pepper	some		
D-2. Shrimp Marinade			
31-35 Cocktail Shrimp (Thawing)	2ps	1인당	* 각 조 8ps씩 배분
Lemon dressing	10ml		
Cajun power	some		
Paprika power	some		
White wine	some		
Salt & Pepper	some		
D-3. Beet Root with Sour Cream			* 아이스 큐브로 찍어 됨
Beet root (Pine chopping)	20g		* Finely mince it.
Mashed potatoes (Boiled)	40g	각조 1개(감자)	* Steam the potatoes in the oven in advance.
Sour cream	10g		
Sugar	4g		
Salt & Pepper	some		
D-4. Garnish / Assembly and "Plating"			
Grilled Shrimp Marinade	2ps		
Beet Root with Sour Cream	40g		
Green Basil oil	some		
Balsamic reduction	some		
Grilled herb tomato(cold)	1ea		
Salmon Roe	some		
Edible" chrysanthemum" flower	some		* 식용 소국화

E. Grilled Eggplant with Couscous and Balsamic Vegetables		* 가지 속 재료는 각조별로 만들 것	
E-1. Grilled Eggplant			
<i>Eggplant sliced</i>	0.15ea	각 조 1개	* Slice it using a slicing machine.
<i>Oil</i>	some		
<i>Salt & Pepper</i>	some		
E-2. Cuscus boiled			
<i>Cuscus boiled (Cold)</i>	20g		전자레인지 이용 또는 찜으로 저준다.
<i>Oil</i>	some		식힌 후에
<i>Italia parsley or Parsely</i>	some		
E-3. Yogurt sauce			
<i>Sour cream OR Yogurt</i>	20-30ml		
<i>Cucumber chopping</i>	10g		
<i>Onion Red chopping</i>	some		
<i>Italia parsley OR Coriander</i>	some		
<i>Honey or Sugar</i>	some		
E-4. Marinated Vegetabe			
<i>Paprika Yellow(small dice)</i>	10g		* Drain the oil from the tuna.
<i>Red onion(small dice)</i>	10g		* Lightly sauté them in a pan.
<i>Cucumber(small dice)</i>	10g		
<i>Italia parsley or Parsely</i>	some		
<i>Balsamic vineger</i>	10ml		
<i>Salt & Pepper</i>	some		
E-5. Marinated Tuna Filling			
<i>Tuna can</i>	100g		* Drain the oil from the tuna.
<i>Mayonnaise</i>	15g		
<i>White pepper</i>	some		
E-5. Garnish / Assembly and "Plating"			
<i>Cuscus boiled (Cold)</i>	5g		
<i>Grilled Eggplant+ Marinated Tuna Filling</i>	1ps		
<i>Marinated Vegetabe (Sauté)</i>	10g		
<i>Green Basil oil</i>	some		
<i>Balsamic reduction</i>	some		
<i>Yogurt sauce</i>	some		
<i>Chives OR Scallion</i>	1ps		

◆ Cooking Method ◆

A. 에피타이저(Appetizer)

* 에피타이저는 본격적인 식사나 메인요리 전에 제공하여 식욕을 돋우고 입맛을 준비시키는 소량의 음식 또는 음료
우리말로 일반적으로 전채요리/식전요리(前菜料理)라고 함

* 에피타이저의 주요 역할

식욕을 돋움-->적절한 산미, 향, 색깔과 식감을 이용하여 다음 음식에 대한 기대감을 높

입맛을 준비시킴-->산뜻하고 가벼운 맛으로 미각을 깨우고 메인요리를 자연스럽게 받아들이도록 함

메뉴의 첫인상을 결정-->코스요리에서 손님이 처음 접하는 음식이므로 식당과 셰프의 조리 방향을 보여주는 역할

코스의 흐름을 연결-->뒤에 나오는 수프, 생선요리, 육류요리와 맛·색·온도·식감이 자연스럽게 이어지도록 구성

* 에피타이저의 주요 특징

- ☞ 메인요리보다 양이 적어야 함(전체무게 120g내외)
- ☞ 지나치게 기름지거나 무겁지 않아야 함
- ☞ 색과 형태가 선명하고 보기 좋아야 함
- ☞ 산미·짠맛·향을 적절히 활용함
- ☞ 한두 입 또는 소량으로 먹기 편해야 함
- ☞ 이후에 제공될 메인요리와 재료·소스가 지나치게 중복되지 않아야 함

* 레몬드레싱에 마리네이드한 그릴 새우와 비트메쉬 만드는 방법



One Of My Favorite Shrimp Recipes

* 유럽음식의 사례 --> **Roasted Eggplant with Date-Almond Couscous**

Roasted Eggplant with Date-Almond Couscous Recipe



How to Make Roasted Eggplant with Date-Almond Couscous

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Cut eggplants in half length-wise. Score the flesh in a criss-cross pattern. Season eggplant with salt, drizzle with olive oil, place on a baking tray lined with baking paper and put in preheated oven to bake at 180°C (160°C fan forced) for about 30 minutes.
3. While the eggplant is roasting, prepare couscous. Place 1 cup of couscous in a bowl and pour over 1 cup of salted boiling water. Cover with a lid and let sit for about 5 minutes, or until the couscous has soaked up the liquid. Run through with a fork to loosen it and set aside.
4. Add the dates, cranberries, almonds, parsley and mint to the couscous and toss to combine. Season to taste.
5. When the eggplant shells are baked and soft to the touch, remove from oven. Scoop out the scored flesh and mix it in with the couscous. Place eggplant shells on a serving platter. Fill each shell with the couscous mixture, drizzle with yogurt sauce and sprinkle with parsley. Season to taste. Serve immediately.

Ingredients

- 3 medium-sized eggplants
- Remano olive oil
- 1 cup prepared Remano couscous
- ½ cup Sweet Vine pitted dates, chopped
- ½ cup dried cranberries
- ½ cup chopped almonds
- ¼ cup fresh parsley, finely chopped, plus leaves for garnish
- ¼ cup fresh mint, finely chopped
- Salt and cracked pepper, to taste

Yogurt dressing:

- 1 cup Greek yogurt
- ½ lemon (zest and juice)