



*USA Pulses
Blending Project*

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PRO-TIPS FOR PULSE AND ANIMAL PROTEIN BLENDING

BY CHEF BARBARA ALEXANDER

- Most pulses can easily be substituted for most other pulses of choice with a little experimentation; however, some pulses work better with certain animal proteins: see chart
- Rule of thumb: Match color and firmness of the protein to the pulse i.e.:
 - delicate flesh with delicate bean/lentil
 - o *halibut: navy bean; salmon: white kidney*
 - medium texture/flavor with medium firm/flavor pulse
 - o *chicken: split pea; pork: lentil*
 - firmer, bolder flavored meats to a heartier bean
 - o *beef/lamb: kidney, black bean /black eye pea*
- Canned and Vacuum-Packed Pulses work wonderfully to save time. Alternatively, presoaked cooked pulses can be substituted for any recipe.
- $\frac{3}{4}$ cup of dried beans, soaked and cooked will give you approximately 1 -15 oz can of beans.
- 1-15 oz can of beans contains about 9 oz of drained beans or 1 $\frac{3}{4}$ cup
- Pro-tip: if using canned pulses, always rinse and drain the pulses well and then pat dry on paper towels before mixing to avoid the pulses "popping out"
- Pro-tip: when using beans, use whole or lightly crushed/finger-broken. Over crushing the pulses will result in a pasty texture in the blends. Lentils and Split Peas can be left whole.
- Pro-tip: Lighter poultry and fish are best with a binder (egg/bread) to hold the mixture together. This can also allow for a higher ratio of pulses to meat.
- Pro Tip: After mixing and forming patties or meatballs allow the shaped pieces to rest in the refrigerator for 30 minutes to overnight to ensure that they will hold together when cooking
- Braises can easily be 50/50 ratio protein: pulse combinations
- All recipes for burgers can be made into 10-12 sliders for entertaining. Serve on slider buns skewered with a toothpick.
- Non-Stick Pans and Non-Stick Grills work best for pulse blends due to the starchy coating on pulses that naturally like to stick.

A GUIDE TO BLENDING PULSES AND ANIMAL PROTEINS

Animal Protein (AP)	Recommended AP: Pulse Ratio	Best Blend Choices
Beef	2:1 for burgers 1:1 for meatballs with binder 1:2 for corned beef hash	Kidney, Red, Pinto, Black Lentils: Brown, French Green, Beluga Black Eye Peas
Lamb	2:1 for burgers 1:1 for meatballs or croquettes with binder	Lentils: Brown, French Green, Beluga
Pork	2:1 for burgers 1:1 for meatballs or fillings (gyoza) with binder	Light Red Kidney, Pinto, Black Lentils: Brown, French Green Split Peas
Chicken, Turkey, Duck	2: ¾ -1 for burgers/meatballs 1:1 for meatballs or fillings (gyoza) with binder 3:1 for pot pies	White Navy, White Kidney Cannellini, Pinto Split Peas: Yellow or Green, Lentils: Brown, Red
Red Fish	2:1 for burgers with binder 1:1 for meatballs/ filling or stuffings with binder 1:1 Casseroles	All White Beans, Pinto Beans, Yellow Split Peas, Red Lentils
White Fish	As above	White Navy, White Kidney
Shrimp, Crab, Lobster	As above	White Navy, White Kidney, Yellow Split Peas, Red Lentils

MENU

BEEF

American Western Blue and Crispy Onion BBQ Burger

Corned Beef, Tater Tot, and Black Bean Hash

Texas Green Chili and Jack “Smash” Burger

LAMB

Middle Eastern Lamb and Lentil Meatballs,
Salted Tahini Yogurt, Pickled Cucumber and Herbs

PORK

Lacy Chicken or Pork and Beluga Lentil Gyoza

Pulled Pork and Beans Sandwich with Zippy Pineapple Slaw

CHICKEN

Chicken Tikka Masala Burger

Chicken and Green Split Pea Pot Pie with Scallion Cheddar Biscuit

Crunchy Gochujang Chicken and Navy Bean Burger

SEAFOOD

Crunchy Spicy Salmon and White Kidney Bean Bahn Mi

“Fish and Chip” Burger

Giant Shell Tuna Casserole

American Western Blue & Crispy Onion BBQ Burger

PRIMARY METHOD: 2:1 AP: Pulse Ratio, Blended Beef and Pulse Burger

PORTIONS: 4

DESCRIPTION: Classic American Burger but healthier with a blend of Beef and Red Kidney Beans.

STEP 1

8 oz • Onions - sweet • sliced into very thin rings

1/2 cup • All-purpose flour

1 tsp • Smoked paprika

1 tsp • Salt

2 cups • Canola oil

For The Crispy Onions:

To get even thin slices, slice the sweet onions on a mandolin.

Mix the flour, paprika and salt in a bowl.

In a deep saucepan or tabletop deep fryer, heat the canola oil to 350°F

Dredge the onions in the flour and deep fry until they stop bubbling and are golden brown.

Remove from the oil to a paper-towel lined cookie sheet and immediately sprinkle with salt.

STEP 2

1 lb • Ground beef • American Wagyu

2 tsp • Salt

1 tsp • Black pepper

2 tbsp • BBQ sauce

1/2 cup • BBQ Sauce • for basting

1 can • Red kidney beans • rinsed and drained and patted dry on paper towels

For The Burger Patties:

Very gently mix the ground beef, salt, pepper and 2 tbsp. of BBQ sauce. Break the kidney beans up a little with your fingers (do not crush or mash them)

Fold the beans into the meat and form 4 equal patties.

Refrigerate for 30 minutes or more.

Grill the burgers over a hot fire or in a grill pan for about 3-4 minutes per side or until desired doneness. Baste the burger with a generous amount of BBQ sauce after you have flipped it.

When the burgers are done, keep warm in a very low oven (150°F) until ready to assemble.

STEP 3

1/2 cup • Mayonnaise

3 tbsp • BBQ Sauce

4 • Blue cheese

8 slice • Tomato • optional

8 leaf • Lettuce - butterhead • optional

Dill pickles

4 • Sesame Hamburger Bun - or other

For Assembly:

Mix the mayonnaise with the BBQ Sauce.

Lightly toast or grill the Sesame Buns.

To assemble the burgers: Spread both sides of the bun with the BBQ Mayo, add lettuce and sliced tomato, meat and bean patty, blue cheese, a pile of the crispy onions and the top bun. Serve with dill pickles on the side.



Corned Beef, Tater Tot & Black Bean Hash

PRIMARY METHOD: 1:2 Ratio AP: Pulse, Breakfast Pulse Blend

PORTIONS: 4

DESCRIPTION:

Corned Beef, Tater Tots and Black Beans make this tasty traditional hash, healthier with a twist.

STEP 1

8 oz • Corned Beef, cooked • medium diced

For the Hash:

20 • Tater Tots

Cooked corned beef is easily found in the deli section of the grocery store. Ask them to cut two 1/2-inch slabs rather than slicing. Dice the slabs into 1/4 inch pieces when you get home.

1 can • Black Beans • rinsed and drained

3 tbsp • Olive Oil

Preheat the oven to 425°F. Tear the tater tots in 1/2s and cook on a cookie sheet in a single layer until nicely brown. Keep warm.

1 each • Red Bell Pepper • small diced

In a large cast iron or non-stick sauté pan, heat the olive oil until very hot and sauté the bell peppers and onions for a few minutes, until they are al-dente. Season with salt and Aleppo pepper.

1/2 each • Red Onion • sliced

1 tbsp • Aleppo Pepper flakes

Add the corned beef and black beans and continue to sauté over medium heat until heated through, about 4-5 minutes.

1 tsp • Salt

1/2 cup • Sour Cream • optional

Add the sour cream, stir to combine. Put a lid on the pan and turn off the heat.

3 each • Green onions • sliced

In a little olive oil, cook the eggs sunny-side up and season with salt and Aleppo pepper when done.

1/4 cup • Italian parsley (flat-leaf) • leaves, shredded

4-8 each • Whole eggs • 1-2 per person

To finish, remove the lid from the corned beef. Stir in the tater tots and the herbs. Serve, topped with a sunny-side up egg.



Texas Green Chili & Jack "Smash" Burger

PORTIONS: 4

DESCRIPTION:

All Beef and Black Eye Pea "Smash" Burger with a Classic Texas Taste, Charred Chili Aioli and 30% less animal protein!

STEP 1

1 lb • Ground beef

2 oz • Red onion • finely minced

2 tsp • Garlic • finely minced

1 tsp • Chipotle chile powder

2 tsp • Ancho chili powder

8 oz • Black eyed peas - cooked • well drained

2 tsp • Salt

4 oz • Jack Cheese • sliced

For the Burger Patties:

Prepare the caramelized onions in step 2. Set aside.
Gently mix the ground beef, onion, garlic, and chili powders.

Add the black eye peas and salt and mix .

Form into 4 equal loosely packed balls (not patties) and refrigerate for 30 minutes or more.

To Cook the Smash Burgers:

Heat a cast-iron skillet or non-stick griddle pan over medium-high heat. Place the beef balls on the hot skillet, flattening them evenly with a heavy, metal spatula. Season with salt and pepper, and top with 1/2 the caramelized onions pressing them with a spatula into the burger patty. To brown the meat, cook for approximately 3 minutes. Flip the patties, season add remaining onions and press and crisp the opposite side; cook 2-3 minutes more. Top with the Jack Cheese and keep in a warm oven (150 °F) until ready to assemble.

STEP 2

8 oz • Red Onion • thinly sliced

2 tbsp • Water

1 tbsp • Butter

1 pinch • Salt

For the Caramelized Onions:

In a large saute pan, place the onions, water, butter, salt and place over high heat, tossing regularly until the onions are nicely caramelized and all the liquid has evaporated.

STEP 3

2-3 each • Jalepeño • or 1/4 cup canned green chilies

2/3 cup • Mayonnaise

1 clove • Garlic clove • crushed to a paste with a pinch of salt

1 tbsp • Lime juice

2 each • Green onions (green part only) • finely sliced

1/4 cup • Cilantro leaves • shredded

For the Charred Green Chili Mayo:

Place the green chilies in a dry, hot, cast iron skillet, pressing down and turning them now and then, until they are blackened on all sides and quite soft. Remove from the pan and scrape off most of the char with a knife. Split open and remove the seeds. Chop roughly. Don't worry if there are some remaining black bits.

Mix the chilies with the mayo and add all remaining ingredients.

Refrigerate until ready to use.

STEP 4

4 each • Pretzel Buns or burger bun

1 each • Avocado

1/2 head • Frisee Lettuce

For Assembly:

Lightly toast the Pretzel buns.

Slather each bun with the green chili aioli, the patty, avocado slices and Frisee.



Middle-Eastern Lamb & Lentil Meatballs, Salted Tahini Yogurt, Pickled Cucumbers and Herbs

PRIMARY METHOD: 1:1 AP:Pulse Ratio, Beef, Lamb and Pulse Blend Meatballs

PORTIONS: 4

DESCRIPTION:

Mid-East Flavored Beef, Lamb and Lentil Meatballs with Tahini Yogurt Sauce, Pickled Vegetables and Fresh Mediterranean Herb Salad

STEP 1

2 tbsp • Extra-virgin olive oil

For the Spice Paste:

2 oz • Onion

Heat a small sauté pan. Add the olive oil and onion and sauté until golden brown.

2 each • Garlic clove

Add the garlic, chilies and lemon zest and sauté until fragrant--about 2 minutes.

1 tbsp • Fresh red chiles

1 • Lemon zest

Add the spices and salt and sauté for another minute.

1 tsp • Spanish smoked paprika

Add the lemon juice and remove to a large mixing bowl to cool.

1/2 tsp • Turmeric - ground

1/2 tsp • Cumin - ground

1/2 tsp • Cinnamon - ground

1 tsp • Chili powder

1/2 tsp • Salt

1/4 cup • Lemon juice

STEP 2

4 oz • Ground beef

4 oz • Ground lamb

1 slice • Whole Wheat Bread • torn into crumbs

1 each • Egg

8 oz • Lentils - brown • cooked

1/4 cup • Olive oil

For the Croquettes:

When the above spice paste is cool, add the ground meat and mix well with hands to combine.

Add the whole wheat bread and egg and mix again to combine thoroughly.

Carefully fold in the lentils without crushing them.

Cook a tablespoon size patty and test for seasoning adjusting if necessary with salt.

Form into 2 oz patties and if you have time, refrigerate for 30 minutes before cooking.

In a non-stick pan, heat the remaining olive oil and pan the patties for 3-4 minutes per side until they register 155°F on an instant read thermometer.

For Assembly:

Spoon the Salted Yogurt Sauce onto 4 plates. Top with the patties and the herbs serving the pickles on the side.

Alternatively, serve all components in a pocket bread or pita as a sandwich.

STEP 3

1/2 cup • Water

1/2 cup • White wine vinegar

1 tsp • Turmeric

1 each • Garlic clove

1 tbsp • Sugar

1 tsp • Salt

1/2 each • Red onion • thinly sliced

1 each • Fresh red chili • seeded and thinly sliced

1/2 each • Cucumber - Long English • unpeeled, thinly sliced

For the Pickled Vegetables:

In a small non-reactive saucepan, bring the water, vinegar, turmeric, garlic, sugar and salt to a full rolling boil.

Pour over the vegetables, pressing to submerge. Allow to cool to room temperature and refrigerate.

These quick pickles will last for up to one week in the fridge.

STEP 5

1 cup • Yogurt - plain, full fat

2 tbsp • Tahini

1 tsp • Salt • plus more if needed

1/4 cup • Lemon juice

For the Salted Yogurt Sauce:

In a small bowl whisk together all ingredients.

Adjust the seasoning with more salt if needed. This sauce should be quite salty and lemony.

STEP 6

1/2 cup • Mint leaves

1/2 cup • Cilantro leaves

1/2 cup • Dill sprigs

1/2 cup • Parsley - flat leaf- leaves

splash • Extra-virgin olive oil • for dressing

pinch • Salt

For the Herb Salad:

Right before serving, toss the mixed leaves with a splash of Extra Virgin Olive Oil and a pinch of salt.

Serve immediately.



Lacy Chicken or Pork & Beluga Lentil Gyoza

PRIMARY METHOD: 2:1 AP:Pulse Ratio (by volume), Gyozas with Chicken (or Pork) and Beluga Lentils

PORTIONS: 6-10

DESCRIPTION:

Asian style Gyoza with an optional edible Lace-top, equally good with either Chicken or Pork Blended with Beluga Lentils

STEP 1

1 tbsp • Fresh ginger root • minced

1 each • Garlic clove • minced

4 each • Water chestnuts • minced

3 each • Shiitake mushroom caps • finely minced

2 each • Green onions • finely sliced

3 leaf • Napa Cabbage • finely shredded

8 oz • Chicken or Pork Ground

2 oz • Beluga Lentils, cooked

1 each • Egg

Sesame oil

Soy sauce

Gochujang or other Chili sauce

1/2 tsp • Salt

For the Gyoza Filling:

Mix all ingredients together very well. Cook a small amount to test for seasoning.

Chill until ready to use.

STEP 2

1 pkg • Gyoza Wrappers

warm water • for sealing

2 tsp • Cornstarch

pinch • Salt

3/4 cup • Water

Canola Oil • for frying

Making the Dumplings:

Have a cookie sheet lined with wax or parchment paper.

Place a gyoza wrapper in your non-dominant hand and a scant tablespoon of filling in the center of the wrapper.

Dip your finger in the warm water and circle it around the edge of the wrapper.

Fold the gyoza in half, and working with the edge of the wrapper that is on top, seal one end and then begin making 1/4 inch pleats all the way to the opposite end pinching to seal. Place the finished gyoza on the wax paper and repeat until you have used all filling .

To cook the gyoza and make the optional lacy top, heat a tablespoon of oil in a skillet and place the gyoza flat side down in a single layer.

Cook over medium heat until golden brown on the bottom.

For the lace top, mix the cornstarch, salt and water and pour quickly into the pan. This step is optional but very pretty.(if not doing simply use only water)

Cover with a lid and steam for 5 minutes. Remove the lid and allow all water to evaporate and the lace crisp to brown to a golden color. Serve with home made dipping sauce

STEP 3

1/4 cup • Rice vinegar

1/4 cup • Soy sauce

2 tbsp • Gochujang • or more if desired

For the Dipping Sauce:

Mix all ingredients together and serve with the gyoza.



Pulled Pork & Beans Sandwich with Zippy Pineapple Slaw

PRIMARY METHOD: 2:1 Ratio Pork:Beans after braising, Braised Pork and Beans Blend

PORTIONS: 6

DESCRIPTION: A Classic but healthier Pulled Pork Sandwich with 1/3 less animal protein!
Same classic taste complimented by Pineapple Slaw

STEP 1

2 lb • Pork shoulder or butt • sliced into 1 inch slabs

1 each • Onion - medium • sliced thinly

3 each • Garlic cloves • crushed

10 oz • Cider Vinegar

5 oz • BBQ Sauce

4 oz • Brown Sugar

1 tbsp • Kosher salt

1 tsp • Spanish paprika, smoked

1 tsp • Cumin, ground

2 tbsp • Hot Sauce

2 tbsp • Tomato Paste

1 can • Red kidney beans - canned • rinsed and drained

6 each • Brioche Bun or Sweet Hawaiian Hamburger Size Bun

For The Pulled Pork:

Preheat the oven to 325°F

Place the pork in a saucepan that hold the slices in a layer no more than an inch deep.

Add all ingredients except the beans and the buns to the pot, and bring to a simmer over medium heat. Cover with aluminum foil and a tight fitting lid. Place in the oven and cook slowly for 2 hours.

Remove the meat from the sauce. When cool enough to handle, shred the meat and add back to the sauce with the kidney beans. Reheat to serve or cool and refrigerate until ready to use.

To assemble the sandwiches: lightly toast the buns and divide the filling equally amongst them. Serve immediately with a side of Zippy Pineapple Slaw.

STEP 2

4 oz • Red cabbage • very finely shredded

4 oz • Green cabbage • very finely shredded

1/2 • Jalepeno • seeds removed and very thinly shredded

8 oz • Fresh pineapple • cut into matchstick size pieces

1 • Carrot • peeled and then stripped lengthwise using the peeler

2 tbsp • Lime Juice

2 tbsp • Canola oil

1 tsp • Salt

1 tsp • Sugar

1/2 bunch • Cilantro leaves • leaves only

For The Slaw:

To get the cabbage very finely sliced, a mandolin is the preferred piece of equipment. But watch your fingers!

To prepare the carrot, using a vegetable peeler--peel lengthwise strips off the carrot.

Mix the cabbage, jalepeno, pineapple and carrot in a bowl and toss with the lime juice, canola oil, salt and sugar. Adjust the seasoning if necessary.

Toss in the cilantro leaves and serve or refrigerate for later use.



Chicken Tikka Masala Burger

PRIMARY METHOD: 2:1 AP: Pulse/Veg Mix (approx), Poultry and Pulse Blend Burger

PORTIONS: 4

DESCRIPTION:

Indian-Spiced Ground Chicken and Split Pea Burger

STEP 1

4 oz • Yellow split peas or Heirloom lentil mix • dry

Water (to cover)

1 lb • Ground chicken

2 oz • Red onion • finely chopped

2 tsp • Garlic • finely minced

4 tbsp • Chicken Tikka paste/marinade

1/2 tsp • Turmeric

1/2 tsp • Cumin - ground

1 tsp • Paprika

1 pinch • Cinnamon - ground

1 tsp • Chili flake

2 tsp • Honey

1 1/2 tsp • Salt

4 tbsp • Canola oil and butter

1/3 cup • Mango Chutney

For The Tikka Massala Patties:

Cover the split peas with cold water and a pinch of salt.
Cook for 5 minutes or until tender but still slightly crunchy.

Drain well and spread on a paper towel to remove any excess water.

Mix the ground chicken, red onion, garlic, chicken tikka paste, spices, honey, and salt.

Fold in the well-drained split peas or lentils.

Shape into four equal patties, and refrigerate for at least 30 minutes or longer.

Heat a non-stick skillet. Add 2 tbsp canola oil and 2 tbsp butter and heat until foaming.

Cook the patties about 5 minutes per side and until the interior of the patty registers 155°F internally.

Brush both sides of the patty liberally with Mango Chutney on both sides when done.

Keep Warm in a very low oven (150°F) until ready to serve.

STEP 2

8 oz • Yogurt - plain, Greek

For The Raita:

1 oz • Onions - sweet • finely chopped
1 clove • Crushed garlic • finely minced
3 oz • Cucumber English • sliced thinly
1 tbsp • Lemon juice
1/2 tsp • Salt
2 tbsp • Fresh mint leaves • shredded
1 tbsp • Green Chili • shredded

In a medium bowl, mix all ingredients.
Refrigerate until ready to use.

STEP 3

1/4 cup • Rice Vinegar
2 • Red Onion
2 tbsp • Sugar
1 tbsp • Salt

For The Pickled Onions:

Mix vinegar, sugar and salt.

Pour over sliced onion and press down to submerge.

Stored in the refrigerator, these pickles will last up to one week.

STEP 4

4 each • Brioche or Sweet Bun or Packaged Naan Bread

1/2 cup • Mango Chutney

For Assembly:

Warm the Naan Bread (to eat as a wrap) or lightly toast the Sweet Bun.

Spread the bread/bun with Mango Chutney.

Top with Chicken and Split Pea Burger, Yogurt Raita Sauce and Pickled Onions.

Serve immediately.



Chicken & Green Split Pea Pot-Pie with Scallion Cheddar Biscuits

PRIMARY METHOD: 3:1 AP: Pulse Ratio plus vegetables, Poultry and Pulse Braised Stew for Pot Pie

PORTIONS: 4

DESCRIPTION:

Savory Chicken and Split Pea Pot Pie with a Cheddar Scallion Biscuit Top

STEP 1

12 oz • Boneless - skinless chicken breasts • cut into 1" cubes

4 tbsp • Extra-virgin olive oil • divided into 2 amounts of 2 tbsp.

4 oz • Mushrooms - Crimini • sliced

4 oz • Onion • small diced

2 each • Carrots • split 1/2 lengthwise and diced

2 cloves • Garlic • minced

1 tsp • Fresh thyme leaves • finely chopped

2 each • Fresh sage leaves • finely chopped

2 each • Celery rib • split 1/2 lengthwise and diced

2 tbsp • All-purpose flour • heaping

1/4 cup • White wine, optional

16 oz • Chicken broth • hot

For the Pie Filling:

In a pot of salted water, cook the split green peas for exactly 6 minutes -- they will still have a bit of a crunch. Drain and reserve.

In a large sauté pan heat 2 tbsp. of olive oil until very hot and add the mushrooms and cook until golden brown. Add the onion and carrot and sauté for a few minutes. Add the garlic, thyme, sage and celery and continue to cook for another minute until fragrant. Remove from pan.

Add the remaining 2 tbsp. of olive oil and when hot, add the chicken cubes and lightly brown on all sides.

Add the vegetables back to the pot, sprinkle in the flour, stirring to coat.

Add the white wine and hot chicken broth and stir. Simmer for 5 minutes.

Add the split peas and simmer for another 5 minutes.

Refrigerate until ready to use (up to overnight) or spoon directly into an 8 inch casserole dish or individual 12 oz baking dishes. This filling also freezes well.

Preheat the oven to 400°F

4 oz • Green split peas • dry

Top each individual pot pie with a raw biscuit below, (or top the casserole with biscuits). Brush the biscuits with a little of the extra buttermilk, sprinkle with cheese and bake for 30 minutes. Serve immediately.

STEP 2

1 cup • All-purpose flour • plus 1/4 cup for rolling out

For the Biscuits:

1 1/2 tsp • Baking powder

Place the flour, baking powder, salt and pepper in a bowl and whisk to combine.

1/2 tsp • Salt

Add the very small cubes of butter and work between your fingers until the butter is the size of green peas.

1/2 tsp • Freshly ground black pepper

Add the cheddar cheese and green onions and mix into the flour. Add the buttermilk and using a fork, mix until JUST combined.

5 tbs • Butter • cold and cut into very small cubes

3/4 cup • Buttermilk • plus 1/4 cup for finishing the top

Sprinkle the work surface with flour and pat the dough into a circle, 3/4 inch thick. Cut circles that will fit just inside your individual containers, or cut enough smaller circles to cover the surface of the casserole dish.

4 oz • Sharp Cheddar Cheese • grated, 1 oz reserved for the tops

2 each • Green Onions • green part only, thinly sliced



Crunchy Gochujang Chicken & Navy Bean Burger

PRIMARY METHOD: 2:1 AP: Pulse (approx), Chicken and Pulse Blend Burger

PORTIONS: 4

DESCRIPTION:

Korean flavored Chicken and Navy Bean Burger with a crunchy noodle coating and coleslaw.

STEP 1

1 tbsp • Canola oil

2 oz • Onion • finely chopped

4 oz • Brown mushroom • finely chopped

2 tbsp • Soy sauce

2 tsp • Honey

1 tsp • Garlic clove • finely chopped

For the Flavor Base:

In a sauté pan, heat the canola oil, sauté the onion, mushroom, and garlic for 5-7 minutes or until golden brown.

Turn off the heat.

Add soy sauce, gochujang, honey; stir to combine.

Remove to a medium bowl and allow to cool down and set aside.

2 tsp • Gochujang

STEP 2

1 lb • Ground chicken

6 oz • Navy Beans • drained

2 each • Green onions • sliced thin

Mushroom - gochujang mixture from step 1

1 tsp • Salt

2 tsp • Korean chili flakes

1 can • Chow Mein Noodles • snack-style

4 tbsp • Canola oil

For the Burger Patties:

Mix the ground chicken, navy beans, and green onion into the cooled mushroom flavor base.

Season with Salt and Korean Chili flakes (or 1 tsp. regular chili flakes)

Spread the crispy chow mien noodles on a cookie sheet.

Shape the burger mix into four equal patties and place on the chow mein noodles, turning to coat on all sides. Refrigerate for 30 minutes or more.

Heat the canola oil over medium heat and cook the crispy coated burgers on each side for 5 minutes or until they register 155°F.

Keep warm in a low (150 °F) oven until ready to assemble.

STEP 3

1/2 cup • Mayonnaise

3 tbsp • Gochujang

3 oz • Red Cabbage • very finely shredded on a mandolin

3 oz • Green Cabbage • very finely shredded on a mandolin

3 each • Radishes • very finely sliced on a mandolin

1 each • Jalapeño • de-seeded and very finely shredded

2 tbsp • Rice Vinegar

1 tbsp • Canola oil

1 tbsp • Honey

Salt to taste

1/2 cup • Cilantro leaves

4 each • Burger Bun

For the Garnishes & Assembly:

Mix the mayo and Gochujang and set aside for spreading on the buns.

Mix the cabbage, radishes, jalapeño.

Make the dressing by whisking the rice vinegar with the honey, oil and salt.

Toss the cabbage mixture, the dressing and the cilantro leaves.

To assemble the Burger: Lightly toast the buns and spread both sides with the Gochujang mayo. Place the Chicken and Navy Bean Burger and top with Slaw.



Crunchy-Spicy Salmon & White Kidney Bean Bahn Mi

PRIMARY METHOD: 2:1 Fish: Pulse Blend, Red Fish and Pulse Blend Sandwich

PORTIONS: 4

DESCRIPTION:

Vietnamese flavored Fish and Pulse Blend sandwich with traditional garnishes.

*This can also be done with White Shrimp instead of Salmon

STEP 1

8 oz • Fish - Atlantic salmon - wild • cut into 1 inch cubes

1 each • Garlic clove • finely minced

2 each • Green onions • finely sliced

1 tbsp • Fresh ginger root • finely grated

1 tbsp • Jalapeño • de-seeded and finely minced

1 tsp • Lime zest • finely grated

1 each • Egg • whisked

1/2 cup • White bread crumbs • fresh (not panko)

4 oz • White kidney beans • well drained, and patted dry on a paper towel

For the Salmon Patties:

Chop the salmon until you have 1/4 inch uneven size pieces. (this should not be very fine, rather a coarse uneven chop is best!)

Add the aromatics: garlic, green onions, ginger, lime zest, jalapeño.

Stir in the egg and the bread crumbs.

Lightly crush the white kidney beans with a fork (do not crush to a paste, the beans should still be somewhat intact) and fold into the salmon

1 tbsp • Lime juice

1 1/2 tbsp • Vietnamese fish sauce

2 cups • Potato Chips, plain • crushed

4 tbsp • Canola oil

Add lime juice and fish sauce and stir gently to combine.

Sprinkle a cookie sheet with the crushed potato chips.

Shape the Salmon mixture into 4 equal oval patties the length of your bun and place on the crushed potato chips patting the crushed chips over all surfaces. Refrigerate for 30 minutes .

In a non-stick pan heat the canola oil on medium heat.
Pan fry the chip-coated Salmon and Bean Patties until golden brown, about 3 minutes each side.
Assemble as in step 4.

STEP 2

1/2 cup • Mayonaise

1 tsp • Garlic • minced

1 tsp • Lime zest

1 tbsp • Lime juice

1 tbsp • Jalapeño

1 tsp • Sugar

1 tsp • Vietnamese fish sauce (optional)

1/4 tsp • Black pepper (to taste)

1/4 cup • Cilantro leaves • chopped

For the Vietnamese Mayo:

Mix all ingredients in a bowl.Refrigerate until ready to use.

STEP 3

1/3 cup • Rice vinegar

1/3 cup • Water

2 tbsp • Sugar

1/2 tbsp • Salt

1 oz • Watermelon raddish or Daikon • julienne

1 oz • Carrot • julienne

1/2 oz • Chiles red or green • julienne

For The Pickled Vegetables:

In a small pot, bring vinegar, water, sugar, and salt to a boil.

Pour over julienne vegetables and allow to sit.

These will last up to one week in your refrigerator.

STEP 4

Bahn Mi Buns or Torpedo Rolls • this can also work on a baguette cut into 4 equal lengths

1/4 cup • Mint leaves

1/4 cup • Thai Basil leaves

4 sprig • Cilantro sprigs

1/2 each • Cucumber English • shredded

4 leaf • Lettuce - red leaf

Sriracha sauce • on the side

To Assemble the Bahn Mi:

Lightly toast the buns and smear both sides generously with the Vietnamese Mayo.

Top with the Crunchy Salmon & White Kidney Patties, herbs, pickled radish and carrot, shredded cucumber, red leaf lettuce and serve extra Sriracha sauce on the side.



"Fish & Chip" Burger

PRIMARY METHOD: 2:1 Fish : Pulse Ratio (approx), Fish and Navy Bean Burger

PORTIONS: 4

DESCRIPTION:

A play on British Fish and Chips, this White Fish and Navy Bean Blended Burger has a generous handful of Shoestring Potatoes and Tartar Sauce.

STEP 1

1 lb • Fish - halibut - or other firm fleshed white fish •
chopped in 1/2 inch cubes

2 oz • White Onion • finely chopped

2 each • Egg whites

pinch • Salt

pinch • White pepper - ground

6 oz • Navy beans - canned, drained • just barely crushed
with fork

2 tbsp • Lemon juice

1 cup • Panko

2 tbsp • Canola oil

2 tbsp • Butter

For the Fish Patties:

Place the fish and onion in the bowl of a food processor.

Pulse a few times--only until coarsely ground. do not over-pulse--this should be a VERY coarse mix, not a paste. Alternatively, you can chop this mixture by hand.

Remove to a bowl. Add the egg white, a pinch of salt, and white pepper, and barely crushed Navy Beans and fold together with a rubber spatula to combine.

Form into four equal patties. Coat both sides of each patty with panko and refrigerate for 30 minutes or until ready to use.

When ready to serve, heat the butter and oil in a non-stick pan.

Brown each side of the patties, approximately 3-4 minutes each side.

Assemble as indicated in step 4.

STEP 2

2/3 cup • Mayonnaise • Store-bought

3 tbsp • Pickle relish

1 1/2 tbsp • Capers (non-perell) • chopped

2 • Green onion • finely minced

1 1/2 tbsp • Malt vinegar or lemon juice

1 tsp • Lemon zest

1 tsp • Sugar

1 pinch • Salt

1/2 tsp • Ground black pepper

2 tbsp • Fresh dill sprigs • chopped

For the Tartar Sauce:

Mix all ingredients together.

Refrigerate until ready to use.

* For an authentic British flavor, use malt vinegar instead of the lemon juice, but both are equally good!

STEP 3

2 oz • Red onion • thinly sliced

2 oz • Rice Wine Vinegar

1 tbsp • Granulated sugar

For the Pickled Red Onion:

Pour vinegar and sugar over red onion.

Stir and allow to sit for 30 minutes to overnight.

STEP 4

4 oz • Iceberg lettuce • shredded

4 each • Potato bun • split and toasted

1 cup • Shoestring potatoes • Pik-Nik brand

For assembly:

Spread tartar sauce on the both sides of each of the lightly toasted buns.

Top with shredded lettuce, the fish patty, the pickled red onion, and a generous handful of shoestring potatoes.

*If you cannot find Shoestring Potato Chips --good quality chips plain, or salt and vinegar work well.

Place the top bun, and serve immediately.



Giant Shell Tuna Casserole

PRIMARY METHOD: 1:1 Fish:Pulse Ratio, Tuna and White Bean Blend Casserole

PORTIONS: 4

DESCRIPTION:

A crusty, cheesy topping, giant shells and half pulses make a healthier take on a homey classic.

STEP 1

2 tbsp • Butter

For the Cheese Sauce:

2 tbsp • All-purpose flour

In a small saucepan, melt the butter until foaming. Whisk in the flour until smooth.

8 oz • Milk - 2%

Add the milk in a steady stream while whisking to remove any lumps. Add the thyme sprigs and cook over medium heat until the sauce has simmered for 3 minutes.

2 sprig • Fresh thyme

1/2 tsp • Salt

Remove from heat and stir in 1/2 the cheese (reserving the other half for the baking step)

1/4 tsp • Ground black pepper

3 oz • Cheddar, white, grated • reserve half for later

Set aside.

3 oz • Mozzarella, grated • reserve half for later

STEP 2

2 tbsp • Butter

3 oz • Button mushrooms • thinly sliced

2 oz • Onion • finely chopped

2 stalk • Celery, sliced in 1/2 lengthwise • finely sliced

2 each • Garlic clove • finely chopped

2 oz • White wine

For the Vegetables:

In a sauté pan, heat the butter until foaming. Add the mushrooms and onions, and cook over high heat until nicely brown,

Add the garlic and the celery and sauté a few more minutes until aromatic.

Add the white wine and reduce just until there is no visible liquid in the bottom of the pan. Reserve.

STEP 3

8 oz • Giant Shell Pasta

1 can • Tuna, canned in olive oil, drained • 4 oz.

4 oz • Cannellini beans

Cheese Sauce from above

Mushroom mix from above

2 tbsp • Italian parsley (flat-leaf) • shredded

1 tbsp • Basil - Fresh • shredded

2 cups • Tomato Sauce

For the Assembly:

In a large pot of boiling salted water cook the giant shells 7-8 minutes or until al dente (still some resistance to the tooth). Pour through a colander and run some cold water over the shells to cool them. Allow to drain thoroughly.

In a medium bowl, combine the drained tuna, white beans, cheese sauce, mushroom mix and the herbs. Taste for seasoning and adjust if necessary.

1/2 cup • Water

Cheddar and Mozzarella, reserved from above

1 cup • Panko

1/4 cup • Extra-virgin olive oil

salt and pepper to taste

Preheat the oven to 375°F

Butter a 9x13 casserole dish and smear the bottom with 3/4 of the tomato sauce.

Fill each of the shells completely with the tuna filling and place on the tomato sauce.

Drizzle the casserole with 1/2 cup of water. Dot with remaining tomato sauce and sprinkle with cheese.

Mix the panko olive oil and a pinch of salt and pepper. Sprinkle over the cheese.

Cover with aluminum foil and bake for 30 minutes. Remove the tin foil and continue to bake for another 10-15 minutes until the cheese and panko are brown and crusty.



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Instructional Designers and Editors

Chef Barbara Alexander

Demetra Stamus

Erika Utarini

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