

For the Post Secondary competition, each competitor will be making a warm spinach salad from the recipe below, and then developing the rest of their menu from the market basket which they will receive the night before the competition. (Please see the April update for post secondary on this web site)

The community storeroom below will be available to use to compliment the market basket that they are given.

Warm Spinach Salad with Bacon Dressing

2 portions

1 clove garlic, peeled and minced
1 tsp. sugar
1/2 tsp. dijon mustard
2 tbsp. fresh lemon juice
Salt and freshly ground black pepper
2 oz slab bacon
1/2 lb. fresh spinach (about 1 medium bunch), stemmed, washed, and dried
3-4 medium white mushrooms, cleaned, trimmed, and thinly sliced
1 medium shallot, peeled and thinly sliced
1 tbsp. Olive Oil (if necessary)
1 hard-cooked eggs, peeled and coarsely chopped

1. Combine garlic, sugar, mustard, lemon juice, and salt and pepper to taste in a small bowl and let rest for 30 minutes.

2. Meanwhile, cut bacon into small lardons and cook in a sauté pan over medium heat until golden brown and crispy, 10–15 minutes. Transfer bacon to paper towels, reserving 3 tablespoons of the bacon fat in the pan.

3. Put spinach, mushrooms, and shallots into a large salad bowl and set aside.

4. To make the dressing: Return pan with rendered bacon fat to medium heat. Stir in oil and lemon–garlic mixture and heat until hot. Pour hot dressing over spinach salad and toss well. Adjust seasonings and serve immediately

Community Storeroom

These items will be available for any contestant to use in developing his/her menu. We will do our best to have every item on the list and try to have a sufficient amount of each item on hand, but there is no guarantee that every item will be available. If an item is not available, it is up to the competitor to find a suitable substitution.

Dry Goods	Produce	Dairy
AP Flour	Apples	Butter
Bread Flour	Oranges	Cream
Corn Meal	Lemons	Milk
Corn Starch	Shallots	Eggs
Sugar	Garlic	Cheddar Cheese
Honey	Onions	Swiss Cheese
Vegetable Oil	Carrots	Parmesan Cheese
Extra Virgin Olive Oil	Celery	Blue Cheese
Soy Sauce	Leeks	
Tabasco	White Mushrooms	Stocks
Dijon Mustard	Red Peppers	Chicken Stock
Grain Mustard	Frisee	Beef Stock
		Demi Glace
Tomato Paste	Green Leaf Lettuce	
Tomato Puree	Scallions	Non-Food
Walnuts	Parsley	Butcher's Twine
Almonds	Oregano	Skewers
Capers	Thyme	Tooth Picks
Calamata Olives	Rosemary	2 oz Portion Cups
Sun Dried Tomatoes	Sage	
Sherry Vinegar	Basil	
Red Wine Vinegar	Cilantro	
White Wine Vinegar		
White Wine		
Red Wine		
Port		
Vermouth		
Madeira		
Dry Spices		