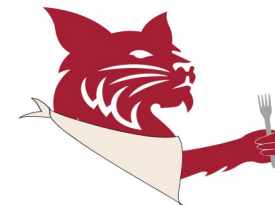


**We hope you enjoyed the
Bates Iron Chef Competition!**



Iron Chef Competition May 2014

Christine Schwartz, A.V.P. Dining, Conferences & Campus Events
Cheryl Lacey, Director
CHEWS



Notes

This cookbook was created for you by Bates Dining Services and CHEWS. These recipes are the Iron Chef Competition creations from May 2014.

We hope that you enjoy experimenting in Commons with these recipes and continue to always make your dining experiences memorable here at Bates.

Remember: Be Bold, Be Creative, &
Be a Healthy Bobcat

Happy Creative Cooking,

CHEWS
Bates College



Toasted Rosemary Borealis Sandwich

Ingredients

- ♦ toasted rosemary borealis bread
- ♦ little bit of mayo spread on both sides of toasted bread
- ♦ turkey
- ♦ crushed pepper spread on turkey
- ♦ mixed lettuce (not iceberg)
- ♦ swiss cheese
- ♦ sprinkle with a bit of oregano

Lila Chalabi

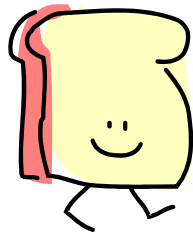


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Lexy's Strawberry Tart

Ingredients

Crust

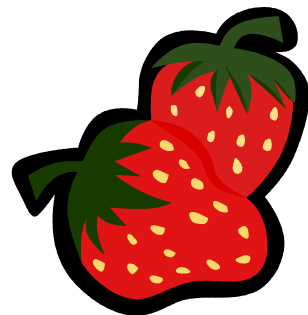
- ◆ 1 package of graham crackers
- ◆ 1 spoonful of melted butter

Filling

- ◆ 2-3 spoonfuls of cream cheese
- ◆ 1 spoonful of strawberry jam
- ◆ a squeeze of honey
- ◆ a dash of lemon juices

1. Melt butter in the microwave in a small ceramic bowl.
2. Mash the graham crackers up with the melted butter and mold it to the bottom/sides of the bowl.
3. In a separate bowl, combine the filling ingredients. Mix well.
4. Put the filling into the bowl with the crust, top with whipped cream.
5. Enjoy!

Abby Weinreb



Pita with Spiced Shredded Beef & Yogurt Sauce

Ingredients

Seasoned Beef

- ◆ beef
- ◆ cumin
- ◆ garlic powder
- ◆ curry powder
- ◆ cinnamon
- ◆ diced onion
- ◆ a little honey
- ◆ cayenne pepper

Yogurt Sauce

- ◆ plain yogurt
- ◆ olive oil
- ◆ oregano
- ◆ salt
- ◆ fresh cracked pepper

Toasted Quartered Pitas

1. Add all of the ingredients for the seasoned beef and mix.
2. Add all of the ingredients for the yogurt sauce and mix.
3. Place seasoned beef on top of toasted pita and top with yogurt sauce.

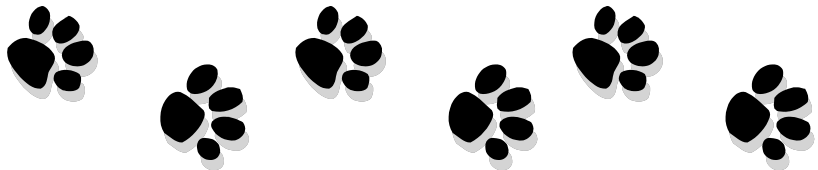
Michael Arsnow

Chicken Pesto Pizza

Ingredients

- ◆ chicken
- ◆ pesto of your choice
- ◆ mozzarella
- ◆ olive oil
- ◆ onion
- ◆ mushroom
- ◆ hot pepper flakes
- ◆ onion powder
- ◆ parmesan

Jeremy Mack



Pita Pizza

Ingredients

- ◆ whole wheat pitas
- ◆ meat sauce
- ◆ shredded cheese
- ◆ black beans
- ◆ artichoke hearts
- ◆ chicken
- ◆ black olives
- ◆ pesto

Ben McCormack



Traditional Bruschetta

Ingredients

- ◆ 5 one inch thick slices of 12 grain sandwich bread
- ◆ 3 tomatoes, chopped
- ◆ 6 basil leaves, finely chopped or 2 tablespoons dried basil leaves
- ◆ about 3 tablespoons olive oil
- ◆ salt and pepper to taste
- ◆ 2 tablespoons chopped parsley(optional)

1. Cut bread slices in half and toast until just brown. Place toasted bread slices on a platter.
2. Place chopped tomatoes in a medium sized bowl. Add the basil, salt and pepper and about 1 tablespoon of the olive oil; toss together until combined.
3. Spoon enough of the tomato mixture onto each piece of toasted bread so that the bread is covered, about 1-2 tablespoons depending on the size of the bread slices. Drizzle the bruschetta with the remaining olive oil and garnish with parsley if desired.

Gideon Ikpekaogu



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Chicken Pasta Primavera

Ingredients

- ◆ unsauced noodle of your choice
- ◆ shredded chicken or can be substituted with tuna
- ◆ olive oil
- ◆ parmesan cheese
- ◆ crisp vegetables such as peas, broccoli, carrots, green bell peppers, or tomatoes
- ◆ powdered onion and garlic

1. Fill bowl half way with unsauced noodles of your choice.
2. Add 3 serving scoops of shredded chicken or tuna.
3. Cover noodles and chicken or tuna with 3 teaspoons of olive oil.
4. Lightly sprinkle with parmesan cheese.
5. Mix in preferred "crisp" vegetables.
6. Season with onion and garlic powder.

Gideon Ikpekagu



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