

# Top Chef Competition: Winning Recipes

## Entrée Winner

### Balsamic and Fig Glazed Pear-Topped Chicken Breast

#### Ingredients:

- 4 oz goat cheese
- $\frac{3}{4}$  tsp. thyme
- $\frac{1}{4}$  tsp. fresh minced garlic
- $\frac{1}{2}$  cored pear
- $\frac{1}{2}$  cup low sodium chicken broth
- 1  $\frac{1}{2}$  cup dried figs
- $\frac{3}{4}$  cup balsamic vinegar
- $\frac{1}{4}$  cup sugar
- chicken breast
- salt
- pepper

#### Directions:

Preheat oven to 375\* degrees.

Goat Cheese Filling:

1. Combine the goat cheese, thyme and garlic until thoroughly mixed.
2. Take the cored pear and with a rounder tablespoon, scoop the mixture into the pear. Put aside.

Fig Sauce:

1. Puree the low sodium chicken broth, dried figs, balsamic vinegar and sugar in a blender until smooth.
2. Strain out solid and pour half of the fig sauce into a 13/9 in. pan.

Chicken:

1. Place a chicken breast over the fig sauce in the 13/9 in. pan.
2. Sprinkle with salt and pepper. Place filled pear on top of the chicken, open side down.
3. Drizzle chicken with remaining fig sauce.
4. Bake at 375\* degrees for 20 minutes, basting occasionally. Bake for another 30-40 minutes until chicken breast reaches an internal temperature of 160 degrees.
5. Serve and enjoy.

\*Baking time will vary, depending on how many chicken breasts you wish to cook at once.

## Side Dish Winner

### Mac-N-Cheese Muffin Surprise

This recipe makes 12 mac 'n' cheese muffins! This is an item you can really be creative and have a lot of fun with!

#### **Ingredients:**

- ¾ Lb. whole wheat pasta
- ½ gallon 1% milk
- 3 ¼ cup low fat cheddar cheese
- ¼ cup diced broccoli
- ¼ cup diced sundried tomato
- ¼ cup diced red peppers
- ¼ diced carrots
- ¼ cup of diced red onion
- 1 tbsp. flour
- ¼ cup panko bread crumbs
- 1 tbsp. of Smart Balance Butter

#### **Directions:**

1. Boil water and add pasta, turning down the heat to medium. Drain but do not rinse off.
2. In a sauce pan bring milk to a slight boil add 3 cups of cheddar cheese, stirring constantly with wire whip and until blended. Add 1 tbsp. of flour to mixture, simmer for 10 minutes.
3. Dice vegetables and sauté them with 1 tbsp. olive oil. Be careful not to overcook, vegetables, they should be al dente.
4. Add your vegetables and cheese sauce to pasta, mix together.
5. In a small bowl mix ¼ cups of panko crumbs with 1 tablespoon of smart balance butter.
6. Grease muffin tins. Using a 4oz scoop, scoop mixture into each tin; top each one with a sprinkle of bread crumb mixture and a little shredded cheddar cheese. Garnish with a piece of sundried tomato and a fresh parsley sprig. You can also take a little of the cheese sauce and put a dollop down on each plate and place the muffin on top.

## Dessert Winner

### Sweet Potato Bread Pudding

#### Ingredients:

- 3-4 large sweet potatoes
- ½ stick earth balanced butter
- 3 eggs
- ½ cup fresh orange juice (strained from orange)
- 4 tsp. cinnamon
- 2 tsp. nutmeg
- 1 cup agave nectar
- 5 qts wheat bread
- 1 tsp. vanilla
- 1 cup soymilk
- 1 cup pecans & walnuts
- ½ cup brown sugar

#### Directions:

Sweet Potato Bread Pudding:

1. Preheat oven to 350 degrees. Cook sweet potatoes. Add cinnamon, nutmeg, agave nectar, orange juice, beaten eggs, butter and vanilla.
2. Once potatoes are soft & tender, break up and add pecans. Taste and adjust seasoning to taste.
3. Cut bread into cubes, toss sweet potatoes mixture with bread. Bake for 40-45 minutes. Let stand for 10 minutes.

Glaze:

1. Take the juice from the sweet potatoes and let it cool down. Add ½ cup orange juice and ½ cup soy milk.
2. Reduce down and glaze top of pudding.

3. Roast the pecans and reduce the agave nectar, dipping the pecans into the nectar,  $\frac{1}{2}$  cup brown sugar.
4. Garnish with orange peels (julienne), glazed whole pecans and mint leaf.