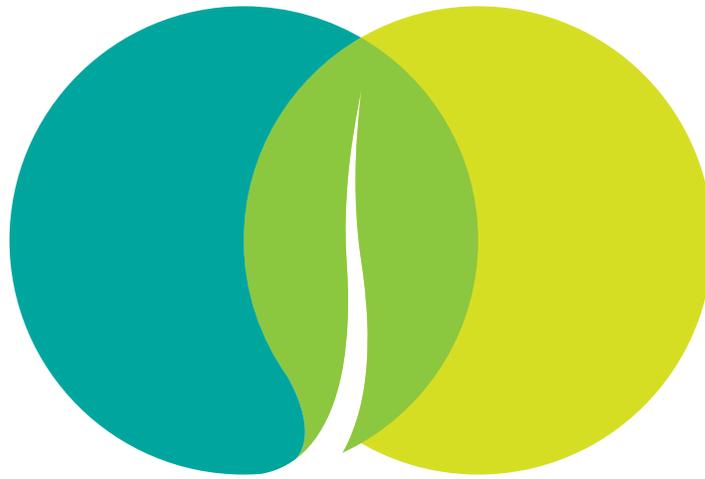


ECOHABIT

DINNER PARTY MENUS

A taste of our home

Hoboken, New Jersey



WELCOME TO OUR HOME

The team from Stevens Institute of Technology in Hoboken, NJ, is delighted to share both our home and our favorite foods as a part of the U.S. Department of Energy Solar Decathlon 2013 competition.

In 2012, our state endured the severe devastation to both our shores and local communities from Hurricane Sandy. In an effort to celebrate the seasonal treasures of our state's cuisine, and revive the "down the shore" tradition, our two menus feature the best of New Jersey produce, local delights, and historic boardwalk treats. Each of our menu items presents a unique blend of local, seasonal ingredients infused with authentic Jersey flavors.

We invite you to relax and enjoy yourself as we present to you the best of the Garden State!

Live, Learn, and Grow,

-Team Stevens Institute of Technology



REFRESHMENTS

before dinner snacks

Hors D'oeuvres

Tortilla Chips with Fresh Corn Salsa

Beverages

Natural Sodas



SUMMERTIME JERSEY CLASSICS

MENU ONE

Appetizer

Jersey Tomato and Watermelon Shish Kebab with Pan-Fried Basil

Entrée

Peach and Avocado Wrap

Fresh Greens with Strawberry and Hoboken Mutz, Raspberry Vinaigrette

Dessert

Hoboken's Famous Carlo's Bakery Cannoli's

Beverage Choice

Mint Lemonade

Sparkling Spritzer with Fresh Berries



JERSEY SHORE BOARDWALK TREATS

MENU TWO

Appetizer

Long Beach Island Clam Steamers

Entrée

Seaside Heights' Sausage Sandwich
with Peppers and Onions on a Hard Roll

Dessert

Jersey Shore Frozen Custard

Johnson's Popcorn on the Ocean City Boardwalk

Beverage Choice

Watermelon Mocktail

Fresh Orangeade

REFRESHMENTS COOKBOOK STYLE RECIPES

Tortilla Chips *with* Fresh Corn Salsa

INGREDIENTS

- 1 can (15 ounces) tomato sauce
- 1 can (14-1/2 ounces) stewed tomatoes, cut up
- 1 can (11 ounces) Mexicorn, drained
- 1 can (10 ounces) diced tomatoes with green chilies
- 2 medium tomatoes, chopped
- 1 cup chopped onion
- 1/2 cup minced fresh cilantro
- 2 tablespoons lime juice
- 2 tablespoons minced garlic
- 1/4 teaspoon garlic salt
- 1/4 teaspoon chili powder
- Tortilla chips

DIRECTIONS

In a large bowl, combine the first 11 ingredients. Chill until serving. Serve with tortilla chips.

MENU 1 APPETIZER COOKBOOK STYLE RECIPE

**Jersey Tomato *and* Watermelon
ShishKebab *with* Pan-Fried Basil**

INGREDIENTS

- 1 pound heirloom cherry tomatoes, halved
- 1 pound watermelon cubed
- Fresh basil
- 1 tablespoon vegetable oil
- Balsamic reduction

DIRECTIONS

1. Heat 2 cups of oil until steaming and drop basil in until bright green and crisp. Remove from oil and leave on paper towel to dry.
2. Pour balsamic vinegar into a pot and heat until lessened by half.
3. On a skewer, alternate cube of watermelon, half of tomato until at desired length. Garnish with basil on top and drizzle with balsamic reduction.

MENU 1 ENTRÉE COOKBOOK STYLE RECIPE

Peach *and* Avocado Wrap

INGREDIENTS

- 1 extra large wrap
- 1 small peach, sliced
- 1/2 avocado, sliced
- Handful of fresh basil leaves, shredded or chopped
- Splash of lemon juice
- Balsamic dressing (below)

BALSAMIC DRESSING

- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar
- Pinch of salt
- Pinch of fine black pepper
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped onion

DIRECTIONS

1. Slice peaches and avocado - toss together with a splash of lemon. Set aside.
2. Blend dressing ingredients in a food processor or blender. Store in the fridge.
3. Heat the wrap in a pan for 5-10 seconds on each side.
4. Toss peaches, basil and avocado with a splash of dressing. Fill wrap. Add another drizzle of dressing if desired.
5. Roll wrap. Allow wrap to cool and set before slicing.

MENU 1 ENTRÉE COOKBOOK STYLE RECIPE

**Fresh Greens *with Strawberry and*
Hoboken Mutz *with Raspberry Vinaigrette***

INGREDIENTS

- Romaine lettuce, torn or cut into bite-sized pieces
- 1 8-ounce container of fresh strawberries, hulled and sliced
- 3 ounces part-skim Hoboken mozzarella cheese, diced
- 1/4 cup fresh basil leaves, cut into ribbons
- Raspberry vinaigrette (below)

RASPBERRY VINAIGRETTE

- 1/2 cup canola oil
- 12-16 raspberries
- 3 tablespoons raspberry vinegar
- 2 tablespoons seedless raspberry jam
- 1 tablespoon Dijon mustard

DIRECTIONS

1. Process raspberry vinaigrette ingredients in a food processor until thickened. Refrigerate until use.
2. Toss lettuce and strawberries with vinaigrette. Top with cheese and sprinkle with basil.

MENU 1 DESSERT COOKBOOK STYLE RECIPE

Carlo's Bakery Cannoli

INGREDIENTS

- Pre-packaged cannoli shells
- 4 cups whole milk ricotta cheese
- 1 1/2 cups powdered sugar
- 1 tablespoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 cup semisweet mini chocolate chips

DIRECTIONS

1. Combine ricotta cheese, powdered sugar, vanilla extract, and cinnamon until thick.
2. Stir in chocolate chips and cover.
3. Fill each cannoli shell with mixture.
4. Cover well and refrigerate until ready to serve.

MENU 1 BEVERAGE COOKBOOK STYLE RECIPE

Mint Lemonade

INGREDIENTS

- 2 cups sugar
- 6 cups water
- 2 cups fresh lemon juice
- 1/2 cup mint leaves, chopped

DIRECTIONS

1. Place 2 cups sugar and 2 cups water in a saucepan and bring to a boil.
2. Stir until sugar is dissolved and let cool.
3. Place lemon juice in a large pitcher, add remaining 4 cups water and the simple syrup mixture.
4. Stir in chopped mint leaves and refrigerate until use.
5. Serve over ice.

MENU 1 BEVERAGE COOKBOOK STYLE RECIPE

Sparkling Spritzer *with* Fresh Berries

INGREDIENTS

- Sparkling water
- 1 cup raspberries
- 1 cup blackberries
- Fresh squeezed lime

DIRECTIONS

1. Crush fresh berries and put in the bottom of a glass.
2. Squeeze lime juice over fruit.
3. Add sparkling water.
4. Serve over ice.

MENU 2 APPETIZER COOKBOOK STYLE RECIPE

Long Beach Island Clam Steamers

INGREDIENTS

- 3 to 4 pounds of soft shell steamer clams
- 1/2 cup of melted butter

DIRECTIONS

1. Let clams sit in salty water overnight until open.
2. Place clams on steamer rack in water and let boil for 5-10 minutes until shells are completely open.
3. Serve in bowl with melted butter on side.

MENU 2 ENTRÉE COOKBOOK STYLE RECIPE

Seaside Heights' Sausage Sandwich *with* Peppers *and* Onions *on a* Hard Roll

INGREDIENTS

- 8 four-ounce sweet Italian sausage links
- 2 tablespoons butter
- 1/2 cup vegetable broth
- 1 yellow onion, sliced
- 1/2 red onion, sliced
- 4 cloves of garlic, minced
- 1 large red bell pepper, sliced
- 1 large green bell pepper, sliced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 8 bakery hard rolls

DIRECTIONS

1. Place the sausage in a large skillet over medium heat, and brown on all sides. Remove from skillet, and slice.
2. Melt butter in the skillet. Stir in the yellow onion, red onion, and garlic, and cook 2 to 3 minutes. Mix in red bell pepper and green bell pepper. Season with basil, and oregano. Stir in white wine. Continue to cook and stir until peppers and onions are tender.
3. Return sausage slices to skillet with the vegetables. Reduce heat to low, cover, and simmer 15 minutes, or until sausage is heated through.

MENU 2 DESSERT COOKBOOK STYLE RECIPE

Johnson's Popcorn *on the* Ocean City Boardwalk

INGREDIENTS

- Microwave popcorn
- 1 cup brown sugar
- 1/4 cup corn syrup
- 1 stick of butter
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract

DIRECTIONS

1. Place popped corn in a large brown paper bag.
2. Combine butter, corn syrup, sugar and salt in an 8 cup bowl.
3. Microwave on high, 1-2 minutes or until it bubbles.
4. Boil for 3 minutes, stirring after each minute.
5. Add baking soda and vanilla, stir well, and pour over popcorn.
6. Shake well, fold down bag and microwave on high for 1 minute. Shake well.
7. Microwave on high for 1 minute. Shake well.
8. Microwave on high for 30 seconds. Shake well.
9. Microwave on high for 30 seconds.
10. Pour out. Let cool. Store in airtight container until ready to eat.

MENU 2 BEVERAGE COOKBOOK STYLE RECIPE

Watermelon Mocktail

INGREDIENTS

- Fresh seedless watermelon, cubed
- 1/2 cup mint leaves
- 1 lemon
- Sugar
- Water as needed

DIRECTIONS

1. Grind watermelon in a mixer.
2. Add 1/2 cup mint leaves to mixer.
3. Filter the liquid with a strainer and add sugar as needed.
4. Add fresh squeezed lemon juice and dilute liquid to required consistency with water.
5. Serve over ice.

MENU 2 BEVERAGE COOKBOOK STYLE RECIPE

Fresh Orangeade

INGREDIENTS

- 8 cups water
- 1 1/2 cup white sugar
- 1 1/2 cup freshly squeezed orange juice
- 1/3 cup freshly squeezed lemon juice

DIRECTIONS

1. Bring 2 cups water and sugar to a boil in a small saucepan; stir to dissolve sugar and make simple syrup.
2. Combine simple syrup, 6 cups water, orange juice, and lemon juice in a large pitcher.
3. Refrigerate until cold. Serve over ice.

COMPREHENSIVE INGREDIENTS LIST

Refreshments

TORTILLA CHIPS WITH FRESH CORN SALSA

Packaged tortilla chips, canned tomato sauce, canned stewed tomatoes, canned Mexicorn, canned diced tomatoes with green chilies, tomatoes, onion, cilantro, lime juice, minced garlic, garlic salt, chili powder

MENU 1: Summertime Jersey Classics

JERSEY TOMATO AND WATERMELON SHISH KEBOB WITH PAN-FRIED BASIL

Cherry tomatoes, watermelon, basil, vegetable oil, balsamic vinegar

PEACH AND AVOCADO WRAP

Pre-packaged wrap, peach, avocado, basil, lemon juice

BALSAMIC DRESSING

Extra virgin olive oil, balsamic vinegar, salt, black pepper, Dijon mustard, onion

FRESH GREENS WITH STRAWBERRY AND HOBOKEN MUTZ WITH RASPBERRY VINAIGRETTE

Romaine lettuce, strawberries, mozzarella cheese, basil

RASPBERRY VINAIGRETTE

Canola oil, raspberries, raspberry vinegar, raspberry jam, Dijon mustard

CARLO'S BAKERY CANNOLIS

Pre-packaged cannoli shells, ricotta cheese, powdered sugar, vanilla extract, cinnamon, semisweet chocolate chips

MINT LEMONADE

Sugar, water, lemon juice, mint leaves

SPARKLING SPRITZER WITH FRESH BERRIES

Sparkling water, raspberries, blackberries, lime

MENU 2: Jersey Shore Boardwalk Treats

LONG BEACH ISLAND CLAM STEAMERS

Soft shell steamer clams, butter

SEASIDE HEIGHTS' SAUSAGE SANDWICH WITH PEPPERS AND ONIONS ON A HARD ROLL

Italian sausage links, butter, yellow onion, red onion, garlic, red bell pepper, green bell pepper, basil, oregano, packaged hard rolls

JOHNSON'S POPCORN ON THE OCEAN CITY BOARDWALK

Microwavable popcorn, brown sugar, corn syrup, baking soda, butter, salt, vanilla extract

WATERMELON MOCKTAIL

Watermelon, mint leaves, lemon, sugar, water

FRESH ORANGEADE

Water, white sugar, fresh-squeezed orange juice, lemon juice