



URBANEDEN

UNC CHARLOTTE

Dinner Party Menus



CHEF’S STATEMENT

Team University of North Carolina at Charlotte is excited to share two meals prepared in UrbanEden as part of the U.S. Department of Energy Solar Decathlon 2013. These meals provide the perfect opportunity to promote delicious, home grown, and local foods that feature North Carolina produce.

Our meals reinforce UrbanEden’s goal of connecting the home to its region. For this reason, we crafted two menus that use organic, seasonal ingredients almost exclusively from our home garden. Our menu emphasizes the importance of simple high-quality ingredients grown right in your backyard. We are presenting a healthy home-cooked North Carolinian meal that is both regional and appealing to all.

In preparing our menus, we were also mindful of the embodied energy -- the energy expended from garden to dinner plate -- that went into the preparation of each dish. In keeping with UrbanEden’s goals to reduce our carbon footprint, our menus demonstrate that a few careful choices can reduce resources used for food production and transportation.

We hope our dinners will spark discussion about the challenges in today’s food industry. Education each other and ourselves about food will enable us to reevaluate how we grow, process, package, transport, and consume our daily meals and allow us to make choices that are healthier for the environment and for ourselves. We hope that our menus will inspire people in their own cooking.

Cheers!

Team UNC Charlotte



INGREDIENT LIST

Arugula	Jalapeños	Tortilla Strips
Romaine	Shallots	Red Potatoes
Spinach	Onion	
Basil	Garlic	Risotto
Mint	Asparagus	
	Corn on the Cob	Butter
Walnuts		Olive Oil
Almonds	Goat Cheese	Honey
	Cheddar Cheese	Sugar
Strawberries	Mozzarella Cheese	Flour
Raspberries	Brie Cheese	Baking Soda
Golden Delicious Apples		
Lemons/Limes	Shrimp	Milk
	Chicken	Tea
Black Beans	Pork	Sprite
Corn	Prosciutto	
Tomatoes	Grits	



DINNER MENU 1

Salad	Arugula Salad <i>w/ Walnuts, Strawberries, Goat Cheese, & Raspberry Vinaigrette Dressing</i>	6
Appetizers	Baked Brie <i>w/ Apple Compote</i>	8
	Mozzarella, Cherry Tomatoes, & Basil Skewers <i>w/ Olive Oil</i>	10
Entrée	Shrimp & Grits	12
Sides	Sautéed Asparagus Wrapped <i>w/ Prosciutto</i>	14
	Sautéed Spinach <i>w/ Almond Slivers</i>	16
	Grilled Corn on the Cob <i>w/ Garlic Butter</i>	18
Desserts	Warm Apple Crisp <i>w/ Vanilla Ice Cream</i>	20
Drinks	Water	22
	Sweet Tea	
	Lemonade	



DINNER MENU 2

Salad	Wedge Salad <i>w/ Bacon, Tomatoes, & Blue Cheese Dressing</i>	24
Appetizers	Basil & Tomato Tart	26
Entrée	Southern Style Fried Chicken	28
Sides	Baked Skillet Corn Bread	30
	Green Beans <i>w/ Garlic</i>	32
	Sautéed Carrots <i>w/ Brown Sugar</i>	34
	Homemade Mac & Cheese	36
Desserts	Banana Pudding	38
Drinks	Water	40
	Sweet Tea	
	Lemonade	

ARUGULA SALAD

w/ Walnuts, Strawberries, Goat Cheese, & Raspberry Vinaigrette Dressing



INGREDIENTS

- 6 bunches arugula (about 12 cups packed), tough stems discarded. rinsed and dried
- Raspberry Vinaigrette dressing, recipe follows
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 ounces goat cheese, crumbled (about ½ cup)
- Caramelized Walnuts
- 4 ounces strawberries

DIRECTIONS

Toss arugula in a bowl with the dressing dressing and the salt and pepper. Divide greens among 8 salad plates. Top each serving with goat cheese, caramelized walnuts and strawberries. Serve.

Raspberry Vinaigrette Dressing

- ½ cup vegetable oil
- ½ cup raspberry wine vinegar
- ½ cup white sugar
- 2 teaspoons Dijon mustard
- ¼ teaspoon dried oregano
- ¼ teaspoon ground black pepper

In a small bowl whisk together the oil, vinegar, sugar, mustard, oregano, and pepper. Beat to emulsify

Caramelized Walnuts:

- ½ cup walnut halves
- 2 tablespoons brown sugar
- ¼ teaspoon salt
- pinch cayenne
- 1 teaspoon olive oil

In a medium skillet, cook the walnuts, brown sugar, salt, cayenne and oil on medium-high heat. Cook until the sugar caramelizes and coats the nuts, (about 5 minutes), stirring occasionally to separate the nuts. Transfer to a baking sheet covered with waxed paper to cool.

BAKED BRIE

w/ *Apple Compote*



INGREDIENTS

- 1 tablespoon unsalted butter
- 2 Golden Delicious apples, peeled, cored and cut into ½-inch dice
- ¼ cup sugar
- ⅛ tsp. ground cardamom
- 1 round Brie cheese (6-8 oz) and about 4½ inches wide, slightly chilled
- 10-inch round of puff pastry dough, rolled out to ¼-inch thickness
- 1 egg, beaten with 1 tablespoon water
- Plain water crackers for serving

DIRECTIONS

In a 2-quart saute pan over medium heat, melt the butter. Add the apples and saute stirring occasionally until the apples are tender and have released most of their liquid, 5 to 7 minutes. Add the sugar and cardamom, stir to dissolve and cook, stirring occasionally, until most of the liquid has evaporated, 12 to 15 minutes more. Remove from heat and let the apple compote cool to room temperature.

Preheat oven to 375°F. Line a baking sheet with parchment paper.

With waxed (unflavored) floss, cut the cheese in half horizontally so you have 2 rounds. On a clean work surface, place one half of the cheese, sliced side up, and evenly spread ½ cup of the apple compote over it. Set the other half, sliced side down, over the compote and spread remaining apple compote over the top.

Place the dough on a lightly floured surface and set the cheese in the center of the dough. Fold the dough up over the sides of the cheese, pleating the upper edges to fit snugly around the cheese. Pinch the dough together in the center to seal. Brush the dough evenly with the egg wash and place on the prepared baking sheet.

Bake until the pastry is golden all over and crisp, 40 to 45 minutes. Let it rest for 5 minutes, then transfer to a platter along with a sharp knife and the crackers.

MOZZARELLA, CHERRY TOMATOES, & BASIL SKEWERS

w/ Olive Oil



INGREDIENTS

- 24 grape or cherry tomatoes, halved
- 24 fresh basil leaves
- 24 small balls fresh mozzarella cheese (often labeled bocconcini)
- ½ cup balsamic vinegar
- ¼ cup extra virgin olive oil
- salt and pepper to taste
- 8 skewers

DIRECTIONS

Using a skewer, spear a half of a tomato, a piece of basil a mozzarella ball, and repeat 3 times to one skewer. Repeat with remaining ingredients. Place on a serving dish and sprinkle with salt and pepper. Mix the vinegar and oil together in a small bowl and either drizzle over the top, or serve as a dipping sauce.

SHRIMP AND GRITS



INGREDIENTS

- 8 cups water
- salt and pepper
- 2 cups stone-ground grits
- 6 tablespoons butter
- 4 cups shredded sharp cheddar cheese
- 2 pounds shrimp, peeled and deveined
- 10 slices bacon, chopped
- 2 cups sliced button mushrooms
- ¼ cup lemon juice
- 4 tablespoons chopped parsley
- 1 cup thinly sliced scallions
- 2 large cloves garlic, minced

DIRECTIONS

Bring water to a boil. Add salt and pepper. Add grits and cook until water is absorbed, about 25 to 30 minutes. Remove from heat and stir in butter and cheese.

Rinse shrimp and pat dry. Fry the bacon in a large skillet until browned; drain well. In grease, add shrimp and mushrooms. Cook until shrimp turn pink and mushrooms are slightly wilted. Add lemon juice, chopped bacon, parsley, scallions and garlic. Saute for 3 minutes.

Spoon grits into a serving bowl. Add shrimp mixture and mix well. Serve immediately.

SAUTEED ASPARAGUS WRAPPED

w/ *Prosciutto*



INGREDIENTS

- 2 pounds asparagus (about 40 stalks), trimmed
- 2 tablespoons olive oil
- salt and freshly ground black pepper
- 18 paper-thin slices prosciutto, halved lengthwise

DIRECTIONS

Preheat oven to 400°F.

Snap the dry stem ends off of each asparagus and place on a heavy baking sheet. Drizzle with olive oil, sprinkle with salt and pepper, and toss. Roast until the asparagus is tender, about 15 minutes. Cool completely.

Wrap each asparagus with 1 piece of prosciutto, exposing tips. Arrange on a platter and serve at room temperature.

SAUTEED SPINACH

w/ Almond Slivers



INGREDIENTS

- ¼ cup extra-virgin olive oil
- 2 cups sliced almonds
- 2 garlic cloves, minced
- 1 small shallot, chopped
- 2 10-ounce packages of spinach, raw
- salt and pepper to taste

DIRECTIONS

Heat the olive oil in a large skillet. Add the almonds and shallot and cook over moderate heat until the almonds are golden, about 4 minutes. Add garlic and cook for 2 minutes. Stir in spinach in handfuls, adding more as the leaves wilt. When all of the spinach has been added, season with salt and pepper and serve immediately.

GRILLED CORN ON THE COB

w/ Garlic Butter



INGREDIENTS

- 8 ears corn
- 4 fresh limes, quartered
- Garlic butter, recipe follows
- ½ cup parmesan cheese

DIRECTIONS

Preheat grill to medium. Peel back the husks of the corn without removing them. Remove the silks and recover the corn with the husk. Soak in a large bowl of cold water for 30 minutes. Remove corn from water and shake off excess. Place corn on the grill, close the cover and grill for 15 to 20 minutes.

Unwrap corn and brush with the garlic butter. Sprinkle with the parmesan cheese and squeeze with lime.

Garlic Butter

- 2 sticks unsalted butter, slightly softened
- 8 cloves garlic, peeled and coarsely chopped
- ¼ jalapeno pepper, seeded
- ¼ bunch fresh chives
- salt and freshly ground black pepper

Combine butter, garlic, jalapeno, and chives in a blender and process until smooth. Season with salt and pepper. Set aside until ready to use.

WARM APPLE CRISP

w/ Vanilla Ice Cream



INGREDIENTS

- 5 pounds McIntosh apples
- Grated zest of 1 orange
- Grated zest of 1 lemon
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons freshly squeezed lemon juice
- ½ cup granulated sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- For the topping:
- 1½ cups flour
- ¾ cup granulated sugar
- ¾ cup light brown sugar, packed
- ½ teaspoon salt
- 1 cup oatmeal
- ½ pound cold unsalted butter, diced
- 1 quart vanilla bean ice cream for garnish

DIRECTIONS

Preheat the oven to 350°F. Butter a 9 x 14 x 2-inch oval baking dish

Peel, core, and cut the apples into large wedges. Combine the apples with the zests, juices, sugar, and spices. Pour into the dish.

To make the topping, combine the flour, sugars, salt, oatmeal, and cold butter in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed until the mixture is crumbly and the butter is the size of peas. Scatter evenly over the apples.

Place the crisp on a sheet pan and bake for 1 hour until the top is brown and the apples are bubbly. Serve warm with vanilla ice cream.

SUN SWEET TEA



INGREDIENTS

- 4-6 tea bags
- 12 cups water

DIRECTIONS

Place tea bags into a clear 2 quart glass pitcher. Fill with water and cap. Place outside where the sunlight can strike the container for about 3 to 5 hours. Move the container if necessary to keep it in the sun. When the tea has reached its desired strength, remove from the sun and put it in the refrigerator. Do not remove tea bags. Serve when chilled.

LEMONADE



INGREDIENTS

- 12 lemons
- 12 cups cold water
- 1 cup white sugar

DIRECTIONS

Firmly roll the lemons on the countertop before cutting in half. Cut lemons in half and juice the lemons to make 2 cups of juice.

In a gallon pitcher, combine lemon juice, sugar and water. Stir. Adjust water to taste. Chill and serve over ice.

WEDGE SALAD

w/ *Blue Cheese Dressing*



INGREDIENTS

- 2 heads of iceberg lettuce, cut into quarters
- Blue cheese dressing
- 2 tomatoes, minced
- 2 green onions, chopped
- 1 cup crumbled blue cheese
- 1 cup cooked bacon, crumbled

DIRECTIONS

On each salad plate, place 1 wedge of lettuce turned on its side. Pour blue cheese dressing on the wedge. Sprinkle with tomatoes, green onions, crumbled blue cheese, and crumbled bacon.

BASIL & TOMATO TART



INGREDIENTS

- ½ of a 15 oz package folded refrigerated unbaked piecrust (1 crust)
- 1½ cups shredded mozzarella cheese
- 5 medium tomatoes
- 1 cup loosely packed fresh basil leaves
- 4 cloves garlic
- ½ cup mayonnaise or salad dressing
- ¼ cup grated parmesan cheese
- ⅛ teaspoon ground pepper

DIRECTIONS

Unfold piecrust according to package directions. Place in a 9-inch pie dish. Flute edge, press with the tines of a fork, if desired. Pre-bake according to package directions. Remove from oven, sprinkle with ½ cup mozzarella cheese. Cool on a wire rack.

Cut tomatoes into wedges; drain on a paper towel, arrange tomato wedges atop melted cheese in the baked pie shell. In a food processor bowl, combine basil and garlic; cover and process until coarsely chopped. Sprinkle over tomatoes.

In a medium mixing bowl, combine remaining mozzarella cheese, mayonnaise, parmesan cheese and pepper. Spoon cheese mixture over basil mixture, spreading evenly over the top.

Bake in a 375°F oven for 35 to 40 minutes or until top is golden and bubbly. Serve warm.

SOUTHERN STYLE FRIED CHICKEN



INGREDIENTS

- 2 full chickens (3 pounds each) cut into 8 serving pieces
- 1 quart buttermilk
- 1½ tablespoons cayenne pepper
- 2 cups all-purpose flour
- ½ cup plain bread crumbs
- 2 teaspoons smoked paprika
- 1 tablespoon salt
- 1 tablespoon freshly ground black pepper
- Vegetable oil

DIRECTIONS

Season chicken on all sides with salt and pepper and put in a 1-gallon size resealable plastic bag. In a small bowl, whisk together the buttermilk and cayenne pepper until smooth. Pour the buttermilk mixture over the chicken and seal the bag. Refrigerate for 3 hours.

In a medium bowl, mix together the flour, bread crumbs, paprika, salt and pepper.

Preheat oven to 350°F.

In a large heavy-bottomed sauce pan, pour in enough oil to fill the pan about $\frac{1}{3}$ of the way. Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 360°F. Remove the chicken from the buttermilk mixture, allowing any excess to drip off, and dredge in the flour mixture. Repeat steps; coating in the buttermilk mixture and flour mixture. Fry 2 to 3 pieces at a time until golden and cooked through, about 3 minutes per side. Remove the chicken from the oil and place on a metal baking rack set on a sheet pan. Allow oil to return to 360°F before frying next batch. When the chicken is fried, bake for 30 to 40 minutes, until the chicken is no longer pink inside. Serve hot.

BAKED SKILLET CORN BREAD



INGREDIENTS

- 1¼ cups coarsely ground cornmeal
- ¾ cup all-purpose flour
- ¼ cup granulated sugar
- 1 teaspoon salt
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ⅓ cup whole milk
- 1 cup buttermilk
- 1 cup creamed corn
- 2 eggs, lightly beaten
- 1 stick unsalted butter, melted

DIRECTIONS

Preheat oven to 425°F and place a 9-inch iron skillet inside the heat while the batter is made.

In a large bowl, whisk together the cornmeal, flour, sugar, salt, baking powder, and baking soda. Whisk in the milk, buttermilk, creamed corn, and eggs. Whisk in almost all of the melted butter, reserving about 1 tablespoon for the skillet later on.

Carefully remove the hot skillet from the oven. Reduce oven temperature to 375°F. Coat the bottom and sides of the hot skillet with the remaining butter. Pour the batter into the skillet and place it in the center of the oven. Bake until the center is firm and a toothpick inserted into the center comes out clean, 20 to 25 minutes. Allow to cool for 10 to 15 minutes and serve.

GREEN BEANS

w/ Garlic



INGREDIENTS

- 1½ pounds fresh string beans (both ends removed)
- salt
- 2 tablespoons unsalted butter
- 1 tablespoon extra virgin olive oil
- 2 to 3 garlic cloves, sliced
- Ground black pepper

DIRECTIONS

Blanch the string beans in a large pot of boiling salted water for just 1½ minutes. Drain immediately and immerse in a large bowl of ice water to stop the cooking. When they are cool, drain and set aside.

Heat the butter and olive oil in a very large sauté pan over medium heat and cook the garlic for 1 to 2 minutes, tossing occasionally, until lightly browned. Add the string beans, sprinkle with salt and pepper, and toss together. Reheat the string beans and serve.

SAUTEED CARROTS

w/ Brown Sugar



INGREDIENTS

- 16 ounces baby carrots
- 2 tablespoons butter
- ½ cup brown sugar, packed
- 1 cup water
- salt and pepper to taste

DIRECTIONS

In a medium saucepan, combine the baby carrots with remaining ingredients. Stir to blend ingredients. Bring to a boil over high heat. Reduce heat to medium and continue boiling (uncovered) for about 20 to 25 minutes, or until carrots are tender and the liquid has evaporated.



HOMEMADE MAC & CHEESE



INGREDIENTS

- 12 ounces elbow macaroni
- 2 tablespoons butter
- ¼ cup all-purpose flour
- 3 cups low-fat milk
- pinch or ground nutmeg
- 8 ounces sharp cheddar cheese, shredded (2 cups)
- 1 cup Italian bread crumbs
- 2 tablespoons unsalted butter, melted

DIRECTIONS

Cook pasta in boiling water until al dente. Drain; set aside

Preheat oven to 350°F

While pasta is cooking, melt butter over low heat in a large saucepan. Add flour, cook, whisking 1 minute. Gradually, whisk in milk, then nutmeg, salt and a pinch of pepper; bring to a simmer. Cook, whisking constantly, until thick enough to coat the back of a spoon, 2 to 3 minutes. Stir in cheese until melted.

Add cooked pasta to cheese mixture; stir to combine. Place pasta in a 9 x 13 inch lasagna pan. Combine bread crumbs and butter and spread evenly over pasta. Bake in the oven for 10 to 15 minutes until top is golden brown. Serve warm.

BANANA PUDDING



INGREDIENTS

- $\frac{3}{4}$ cup sugar
- 2 tablespoons cornstarch
- 3 cups milk
- 4 egg yolks
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ stick butter
- 2 medium bananas, sliced
- 1 box vanilla wafers

DIRECTIONS

In a double boiler pot, mix together, on low to medium heat, sugar and cornstarch and slowly add milk. Stir constantly until it thickens-do not leave it unattended. Slightly beat egg yolks and temper with a small amount of the hot custard; mix well. Add egg mixture to custard pot and cook 2 more minutes. Remove from heat and add vanilla and butter. Let cool. In a 9 by 9-inch oven proof baking dish, alternate pudding, banana slices, and wafers, beginning with pudding and ending with pudding.

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