

**fluxHome™**

**TEAM USC**

**SO CAL INSPIRATIONS**

**dinner party and movie night menus**

# CHEF'S STATEMENT

**KEEP IT SIMPLE.**

**RESPECT THE INGREDIENTS.**

**CELEBRATE DIVERSITY.**

**Our world is changing fast. Change, in fact, is ubiquitous in our contemporary experience, and the foods we eat every day are no exception. Our goal is to educate each other about how to cook seasonally, and to take advantage of a climate that affords us great variety in ingredients year round. We also celebrate the ethnic diversity that defines Southern California and that so inspires Southern California cooking. Finally, we cook from the heart - we cook for those we love and whose company we enjoy, and we invite all to cook and eat alongside us in a celebration of the flexible, adaptable, and open environment that defines fluxHome™.**

Team USC is pleased to present two meals prepared in fluxHome™ as part of the U.S. Department of Energy Solar Decathlon 2013. Each meal reflects the cultures and local ingredients that inspire Southern California cuisine.

Our meals reinforce fluxHome™'s goal of redefining the Southern California lifestyle by incorporating locally sourced ingredients into simple but well-crafted culinary experiences. Each dish is forged with seasonal ingredients that represent the many Southern California microclimates, which are then combined in ways that celebrate the diverse ethnic cultures that define us.

We hope that each meal will spark a discussion about the need to refocus on the gifts of our natural environment. We wish to take inspiration from the natural bounty that our Southern California landscape has to offer, and to learn from it.

We also want to re-learn how to respect each and every ingredient that goes into the preparation and enjoyment of our meals, so that we value each and every bite. So please join us on our SoCal culinary adventure and don't be shy about asking for seconds! (And thirds, and more!)

# MENU ONE

## STARTERS

### warm black mission figs

with a gorgonzola crumble and aged balsamic reduction

### heirloom tomato and olive crostini

topped with fresh-picked herbs and a drizzle of extra virgin olive oil

## MAIN COURSE

### **citrus-marinated hamachi\* crudo**

with avocado, oroblanco, pomegranate, and thinly sliced shallots  
garnished with roasted pistachios and pistachio oil

*\*final selection of fresh fish will be based upon market and seasonal availability -  
hamachi, scallops, and fluke are possibilities)*

### **mezcla: dos tacos**

choose from beef rib-eye taco and tofu / shitake mushroom taco  
topped with a spicy daikon, cucumber and cabbage slaw

## DESSERT

### **churros with greek yogurt and honey**

### **pear crisp à la mode**

## REFRESHMENTS

### **cold**

mountain spring water, still or sparkling

apple, celery and mint water sweetened with agave syrup

### **hot**

ginger tea

# INGREDIENTS

## **warm black mission figs**

black mission figs, gorgonzola cheese, balsamic vinegar, olive oil, basil

## **heirloom tomato and olive crostini**

french baguette, heirloom tomatoes, black olives, garlic, olive oil, basil, italian parsley

## **citrus-marinated hamachi crudo**

fresh hamachi (or other fish based upon market and seasonal availability), avocado, oro blanco grapefruit, pomegranate, shallots, pistachios, pistachio oil, chervil

## **mezcla: dos tacos**

corn tortillas, rib-eye steak, tofu, shitake mushrooms, daikon, persian (or japanese) cucumber, red cabbage, sesame oil, shoyu, sugar, lemon juice, mayonnaise, greek yogurt, garlic, chili powder, paprika, lime juice

## **churros with greek yogurt and honey**

flour, canola oil, greek yogurt, honey

## **pear crisp à la mode**

filling: pears, orange juice (and zest), lemon juice (and zest), sugar, all-purpose flour, cinnamon, nutmeg

topping: all-purpose flour, sugar, light brown sugar, oatmeal, unsalted butter

ice cream

## **apple, celery and mint water**

apple juice, celery juice, mint, agave syrup, water

## **ginger tea**

water, ginger, lemon, honey

# RECIPE

## WARM BLACK MISSION FIGS

12 firm, black mission figs  
½ cup gorgonzola cheese  
2 tablespoons aged balsamic vinegar  
extra virgin olive oil (for broiling)  
salt and pepper to taste  
basil, coarsely chopped, for garnish

1. Cut each fig in half. Rub with extra virgin olive oil and season with salt and pepper.
2. Place figs on a baking sheet, skin side down. Broil for 1-2 minutes or until warm to the touch but not hot.
3. Remove figs from oven and place them on a serving tray. Crumble gorgonzola cheese on each fig.
4. Drizzle with aged balsamic vinegar and garnish with fresh basil.

# RECIPE

## HEIRLOOM TOMATO AND OLIVE CROSTINI

1 french baguette  
6-8 heirloom tomatoes, diced  
8-10 black olives, coarsely chopped  
3 cloves of garlic  
extra virgin olive oil  
salt and pepper to taste  
basil, coarsely chopped, for garnish  
italian parsley, coarsely chopped, for garnish

1. Preheat oven to 350°F.
2. Thinly slice the french baguette (about 20 pieces) and rub with the cloves of garlic to infuse the flavor into the bread.
3. Brush with extra virgin olive oil and toast in the oven until brown.
4. In a medium bowl, loosely toss the diced tomatoes and chopped olives together. Salt and (freshly ground black) pepper to taste.
5. Place a scoop of the mixture onto each slice of bread.
6. Top each piece with basil and parsley. Drizzle with extra virgin olive oil and serve immediately.

# RECIPE

## CITRUS-MARINATED HAMACHI CRUDO

1½ pounds fresh hamachi (or other fish), sushi grade  
2 oro blanco grapefruits  
1 lemon  
1 lime  
1 pomegranate  
2 shallots  
1 avocado  
½ cup roasted pistachio nuts  
⅛ cup pistachio oil  
chervil, for garnish

1. In a medium bowl, mix the juice from one grapefruit, the lemon and lime.
2. Using the second grapefruit, cut out 10-12 grapefruit supremes. Extract all seeds from the pomegranate. Peel and seed the avocado. Dice it into small cubes. Thinly slice both shallots.
3. Mix the grapefruit, pomegranate, avocado and shallot in another medium bowl. Add pistachio oil and loosely toss.
4. Slice the fish into thin fillets, about three inches wide. Dip each fillet in the bowl with the citrus juices and place on a plate.
5. Spoon the grapefruit, pomegranate, avocado and shallot mixture on top of the fish, taking care to ensure each ingredient is represented.
6. Top with roasted pistachios and a few leaves of chervil.

# RECIPE

## MEZCLA: DOS TACOS

1½ - 2 pounds ribeye steak  
2 boxes soft tofu  
20 corn tortillas  
2 cups fresh shitake mushrooms  
1½ cup daikon  
1 cup persian (or japanese) cucumber  
1 cup red cabbage  
½ cup cilantro  
1 teaspoon sesame oil  
2 tablespoons shoyu  
2 teaspoons sugar  
1 lemon, juiced  
½ cup gochujang aoli (recipe follows)

1. Partially freeze steak (about 1 hour in the freezer). Shave steak by cutting against the grain into thin slices.
2. Rub fresh shitake mushrooms with extra virgin olive oil and roast in the oven, 350°F for 20 minutes. Meanwhile, cube tofu.
3. Mix sesame oil, shoyu and sugar in a medium bowl. Drizzle sauce over tofu and set aside. Place the shaved steak into the remaining sauce.
4. Slice daikon, cucumber and red cabbage into similarly sized, thin strips. Coarsely chop cilantro. Mix all together and toss with lemon juice. Salt and pepper to taste.
5. In a hot pan, sear steak slices. Do not overcrowd.
6. To assemble steak taco, heat a corn tortilla in a pan. Place a few slices of steak into the tortilla. Top with a scoop of slaw and drizzle with gochujang aoli.
7. To assemble tofu taco, heat a corn tortilla in a pan. Place a few cubes of tofu into the tortilla. Slice roasted shitake mushrooms and add it to the taco. Top with a scoop of slaw and drizzle with gochujang aoli.



## GOCHUJANG (고추장) AIOLI

¼ cup mayonnaise  
¼ cup greek yogurt  
1½ tablespoons gochujang  
2 cloves garlic, minced  
½ teaspoon chili powder  
½ teaspoon smoked paprika  
1½ tablespoons fresh squeezed lime juice  
salt and pepper to taste

1. Add all ingredients to a food processor or blender.
2. Process or blend until smooth. Refrigerate until time to serve.

# RECIPE

## CHURROS WITH GREEK YOGURT AND HONEY

1 cup water  
½ cup butter  
¼ teaspoon salt  
1 cup all-purpose flour  
3 eggs, beaten  
canola oil, for frying  
¼ cup sugar  
¼ teaspoon ground cinnamon  
2 cups plain greek yogurt  
2 tablespoons honey

1. Combine 1 cup of water with the butter and the salt in a saucepan and bring to a boil over high heat. Using a wooden spoon, stir in flour.
2. Reduce the heat to low and stir vigorously until the mixture forms a ball, about 1 minute. Remove the dough from the heat and, while stirring constantly, gradually beat the eggs into the dough.
3. Heat about 2 inches of oil in a heavy, high-sided pot over medium-high heat until the oil reaches 360°F.
4. Spoon the churro dough into a pastry bag fitted with a large tip. Squeeze a 4-inch strip of dough into the hot oil. Repeat, frying 3 or 4 strips at a time.
5. Fry the churros, turning them once, until golden brown, about 2 minutes per side. Transfer the cooked churros to a plate lined with paper towels to drain.
6. When the churros are just cool enough to handle, roll them in the cinnamon-sugar.
7. Scoop the greek yogurt into individual bowls or cups and drizzle with honey. Serve the warm churros with the yogurt-honey dip.

# RECIPE

## PEAR CRISP À LA MODE

### THE FILLING

4 pounds ripe Bosc pears (8 pears)  
1 teaspoon grated orange zest  
1 teaspoon grated lemon zest  
2 tablespoons freshly squeezed orange juice  
2 tablespoons freshly squeezed lemon juice  
½ cup granulated sugar  
¼ cup all-purpose flour  
1 teaspoon ground cinnamon  
½ teaspoon ground nutmeg

1. Preheat the oven to 350°F.
2. Peel, core, and cut the pears into large chunks. Place the fruit in a large bowl and add the zests, juices, sugar, flour, cinnamon, and nutmeg.
3. Pour into a 9 by 12 by 2-inch oval baking dish.

### THE TOPPING

1½ cups all-purpose flour  
¾ cup granulated sugar  
¾ cup light brown sugar, lightly packed  
½ teaspoon kosher salt  
1 cup old-fashioned oatmeal  
½ pound (2 sticks) cold unsalted butter, diced

1. Combine the flour, sugars, salt, oatmeal, and butter in the bowl of an electric mixer fitted with the paddle attachment. Mix on low speed for 1 minute, until the mixture is in large crumbles. Sprinkle evenly over the fruit, covering the fruit completely.
2. Place the baking dish on a sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly. Serve warm with ice cream.

# RECIPE

## APPLE, CELERY AND MINT WATER

10-12 celery stalks  
2 Granny Smith apples, peeled and cored  
6 cups cold water  
1 tablespoon fresh lemon juice  
2 tablespoons fresh mint leaves, coarsely chopped  
 $\frac{1}{4}$  agave syrup

1. Purée celery, apple, water and lemon juice in a blender until smooth.
2. Chill mixture in blender, covered, for 1 hour.
3. Re-blend, then strain through a fine-mesh sieve.
4. Stir in agave syrup to taste and serve chilled.

# RECIPE

## GINGER TEA

2-inch piece ginger root, peeled  
2 large strips lemon rind  
12 cups water  
1/2 cup honey  
1 lemon, juiced

1. In a saucepan, bring water to a boil.
2. Add ginger, lemon rind, lemon juice and steep for 20 minutes.
3. Stir in honey. Strain and serve.

# MENU TWO

## STARTERS

### **lamb and pork slider**

with feta cheese, thin red onions and garlic aioli

### **the “classic” slider**

with caramelized onions, pickles, gorgonzola, and two dipping sauces

## MAIN COURSE

### **sand dabs\* and beans**

fresh fish of the day, sauteed in butter, over  
broth-infused seasonal beans, pumpkin, and wilted kale

*\*final fish selection to be determined based on market availability*

## DESSERT

*Ice* **banana cream pie**

## REFRESHMENTS

### **cold**

mountain spring water, still or sparkling

fresh squeezed lemonade

### **hot**

mexican hot chocolate

# INGREDIENTS

## **lamb and pork slider**

hamburger bun, ground lamb, ground pork, feta cheese, red onion, oregano;  
garlic aioli: mayonnaise, lemon juice, garlic

## **the “classic” slider**

hamburger bun, ground beef, gorgonzola cheese, white onions, pickles, ketchup  
(optional), thousand island dressing (optional)

## **sand dabs and beans**

fresh sand dabs (or other fish), seasonal beans, kale, pumpkin, shallots, garlic,  
thyme, red chili, butter

## *Jar* **banana cream pie**

filling: bananas, egg yolks, sugar, cornstarch, whole milk, vanilla bean  
pastry dough: flour, sugar, butter, egg yolks, whipping cream

## **fresh squeezed lemonade**

lemon juice, water, sugar, mint

## **mexican hot chocolate**

whole milk, mexican chocolate, sugar, cinnamon sticks

# RECIPE

## LAMB AND PORK SLIDER

1 pound of ground lamb  
1 pound of ground pork  
10 slider buns, no seeds  
1 cup feta cheese  
1 medium red onion, thinly sliced  
½ cup garlic aioli (recipe follows)  
1 teaspoon oregano  
½ teaspoon sage  
salt and pepper  
unsalted butter, softened, for spreading

1. Combine ground lamb and ground pork. Season with oregano, kosher salt and freshly ground black pepper.
2. Gently form the meat into 8-10 balls, then lightly press into 3-inch wide by ¾-inch thick patties.
3. Preheat grill to medium high (or sauté pan). Grill, undisturbed, until brown on the bottom, 5 to 6 minutes. Turn and grill on the other side until patties feel firm, about 4 to 6 minutes.
4. Meanwhile, spread the cut sides of the buns with a thin layer of butter and toast on the grill or in another pan.
5. Serve the patties on the buns, spread garlic aioli and top with feta cheese and a few slices of onion.

## GARLIC AIOLI

¼ cup mayonnaise  
¼ cup greek yogurt  
4 cloves garlic, minced  
2½ tablespoons lemon juice  
¾ teaspoon salt  
½ teaspoon fresh ground black pepper

1. Add all ingredients to a food processor or blender.
2. Process or blend until smooth.
3. Refrigerate until time to serve (at least 30 minutes).



# RECIPE

## THE “CLASSIC” SLIDER

1½ pounds of 85% lean ground beef  
10 slider buns, no seeds  
1 cup gorgonzola cheese  
1 medium white onion, thinly sliced  
1 cup crispy pickles, thinly sliced  
2 teaspoons sugar (optional)  
extra virgin olive oil  
salt and pepper  
½ cup ketchup  
½ cup thousand island dressing

1. Gently form the meat into 8-10 balls, then lightly press into 3-inch wide by ¾-inch thick patties.
2. In a sauté pan, place 2 teaspoons extra virgin olive oil and thinly sliced onions to caramelize. Add a pinch of salt and if desired, 2 teaspoons of sugar. Cook until soft and golden brown.
3. Preheat grill to medium high (or sauté pan). Grill, undisturbed, until brown on the bottom, 5 to 6 minutes. Turn and grill on the other side until patties feel firm, about 4 to 6 minutes.
4. Meanwhile, spread the cut sides of the buns with a thin layer of butter and toast on the grill or in another pan.
5. Using a mandolin, thinly slice pickles the long way.
6. Serve the patties on the buns, topped with two slices of pickles, a heap of caramelized onions and a sprinkle of gorgonzola cheese.
7. Provide ketchup and thousand island dressing for optional dipping.

# RECIPE

## SAND DABS AND BEANS

20 sand dab (flounder) fillets  
1 pound each of 3 kinds of seasonal beans  
1 small pumpkin (or squash)  
½ pound kale  
3 shallots  
3 whole garlic  
3 sprigs fresh thyme  
3 chile de árbol  
extra virgin olive oil  
salt and pepper to taste  
basil, coarsely chopped, for garnish  
1 stick butter

1. Shell the beans, keeping the three types separated.
2. In three different pots, put one each shallot, whole garlic, fresh thyme and chile de árbol. Put one type of bean in each pot and simmer, about 20-45 minutes depending on type of bean.
3. Preheat oven to 375°F. Seed and cut pumpkin in quarters. Drizzle lightly with extra virgin olive oil and roast for 30 minutes or until soft.
4. Cube roasted pumpkin. Strain all three types of bean, reserving liquid.
5. Combine pumpkin and beans in a large mixing bowl, salt and pepper to taste.
6. In a sauté pan, heat 2 tablespoons of butter. Place fillets skin side down and pan fry until crispy, in batches. Season with salt and pepper.
7. Serve in a bowl or shallow plate by placing a heap of beans and pumpkin in the bottom topped with a few pieces of fresh kale. The kale will wilt from the heat of the beans.
8. Place the fish on top with several spoonfuls of the bean broth.

# RECIPE

## *Jar* BANANA CREAM PIE

### PASTRY DOUGH

2¼ cups plus 2 tablespoons flour, plus more for rolling  
½ cup sugar  
1 cup butter, cubed and chilled, plus more for preparing  
4 egg yolks  
4-5 tablespoons whipping cream  
Nonstick cooking spray

1. Combine flour and sugar in food processor or mixer. With machine running, slowly add butter, and process or mix until you have a fine meal. Mix together yolks and cream, and slowly add into flour mixture. Process until dough just starts to come together.
2. Turn dough onto floured work surface; work with the heel of your palm until it comes together flat and smooth. Form the dough into 8 small disks. Wrap in plastic wrap and refrigerate 2 hours.
3. Butter 8 (4-inch) tart pans. (If you only have 4 pans, you can make 4 shells at a time.) Roll the disks out to 1/8 inch thick. Form dough into tart pans. Use a rolling pin to roll over the tops of the pans until the excess dough drops from the sides. Press the dough gently to the sides of pans. You must chill and weigh down the dough. The easiest way is by spraying a coffee filter with cooking spray and filling it with dried beans, then placing it on top of the dough. Chill the shells for at least another 2 hours.
4. Heat oven to 400 degrees.
5. Bake the shells (coffee filter bags and beans still on top) until they become light amber, 15-20 minutes. Remove the filters and let shells cool to room temperature. Carefully remove shells from pans.

### PASTRY CREAM

7 egg yolks  
½ cup sugar  
4 Tbsp cornstarch  
2 cups whole milk  
1 vanilla bean

1. Beat egg yolks and sugar until mixture is pale and forms ribbons when the beaters are lifted from the bowl. Sift in cornstarch and flour, mixing well.

2. Heat milk in saucepan over medium heat. Split and scrape vanilla bean and place in milk. Once milk comes to a boil, remove bean, then slowly whisk about  $\frac{1}{4}$  of the milk into egg mixture, then whisk rapidly to incorporate and not curdle the eggs.
3. Return mixture to milk in saucepan. Cook over medium-low heat, stirring constantly, until the mixture becomes thick and bubbles, 6-8 minutes. Cover cream with plastic wrap, pressing it flat across the cream's surface so no skin forms. Refrigerate 1 hour, or until chilled.

## **ASSEMBLY**

Pastry Cream

Pie shells

$\frac{1}{2}$  cup whipping cream, whipped to soft peaks, divided

4 ripe bananas, slice  $\frac{1}{4}$  inch thick

1. Place about 1 tablespoon pastry cream in bottom of each shell. In large mixing bowl, fold remaining pastry cream in with  $\frac{3}{4}$  of whipped cream. Gently fold in bananas. Fill each shell just to top. Place large dollop of whipped cream on top to cover.

# RECIPE

## FRESH SQUEEZED LEMONADE

1 gallon cold water  
1 cup hot water  
2 cups sugar  
2 cups fresh lemon juice  
2 lemons, sliced  
Mint sprigs, for garnish

1. In a 1 gallon container, place sugar and hot water. Stir until sugar dissolves.
2. Add lemon juice and cold water. Stir until well mixed.
3. Pour lemonade over glasses of ice, squeeze a slice of lemon on top of each and garnish with a sprig of mint.
4. Optional: Crush fresh strawberries at the bottom of each glass for fresh strawberry lemonade.

# RECIPE

## MEXICAN HOT CHOCOLATE

6 ounces Mexican chocolate (or bittersweet chocolate)  
6 cups whole milk  
4 tablespoons sugar  
pinch of salt  
10 cinnamon (Mexican canela) sticks for serving

1. Using a sharp knife, break up chocolate into smaller pieces.
2. In a saucepan, combine the chopped chocolate, milk, sugar and salt over medium-low flame.
3. Heat and stir until the chocolate is completely melted and milk is very hot but not boiling, about 10 minutes.
4. Remove from the heat and froth with a mini whisk or molinillo. Serve with cinnamon sticks as stirrers.

# MOVIE NIGHT

## SNACKS

### **not your microwave popcorn**

oil popped with salt and butter

### **chocolate-dipped bananas**

in dark chocolate with or without almonds

## REFRESHMENTS

### **soda floats**

choice of soda with two scoops of vanilla ice cream

# INGREDIENTS

## **not your microwave popcorn**

popcorn kernels, canola oil, butter, salt

## **chocolate-dipped bananas**

bananas, dark chocolate, butter, almonds (optional)

## **soda floats**

selection of sodas, vanilla ice cream



# RECIPE

## NOT YOUR MICROWAVE POPCORN

½ cup canola oil  
1 cup high quality popcorn kernels  
¼ cup of butter (to taste)  
kosher salt to taste

1. Heat ¼ cup of oil in a saucepan on medium high heat.
2. Put 3 or 4 popcorn kernels into the oil and cover the pan.
3. When the kernels pop, add ½ cup of popcorn kernels in an even layer. Cover, remove from heat for 30 seconds (this allows the temperature and pressure to evenly build in the pan).
4. Return the pan to medium high heat. The kernels should all pop at around the same time, but be sure to move and shake the pan so none burn on the bottom.
5. Repeat with second batch until all popcorn is popped.
6. Add butter to the hot pan and allow it to melt completely. Drizzle over popcorn and salt to taste.

# RECIPE

## CHOCOLATE-DIPPED BANANAS

5 large bananas  
10 popsicle sticks  
3 cups dark chocolate  
3 tablespoons butter, cut up  
almonds, chopped\* (optional)

1. Peel and cut the bananas in half crosswise so there are 10 pieces.
2. Push popsicle sticks into cut side of banana. Line a cookie sheet with wax paper. Place bananas on cookie sheet and in freezer, at least 10 minutes.
3. Heat chocolate bits with butter in a double boiler over low heat until the chocolate melts and the butter is incorporated. (Do not let water get into the mixture or the chocolate will not be smooth.)
4. Dip the chilled bananas in chocolate and roll with almonds (or other favorite topping). Chill or freeze until ready to serve.

*\*Note: For the fluxHome™ dinner party, half will be plain and half will have almonds to account for any allergies or preferences.*

# RECIPE

## **SODA FLOATS**

variety of sodas (coke, root beer, orange, etc.)  
1 gallon vanilla ice cream

1. Fill a glass with preferred soda.
2. Top the glass with one or two scoops of vanilla ice cream.

