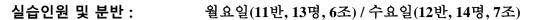
수업 날짜: 2024년 11월 4일 월요일 2024년 11월 6일 수요일

실습 과목 : 서양조리실습, 이기성(교수)



음식 작품: 각 조당 음식 1개씩 제출 후 시식할 것

실습명: ① Tuna Tartare with Lemon Dressing and Grill Herb Tomato

2 Grilled Lemon Marinated Shrimp, Beet Root with Sour Cream, Basil Oil

Ingredients	1 Q'ty (1인분)	Order Q'ty (주문량)	Unit	Standard & Remark		
① Lemon dressing						
Fresh lemon	0.25ea					
Lemon juice	10ml					
Pure olive oil	60ml					
Italia parsley or Parsely	some					
Honey or Sugar	some					
Salt & Pepper	some					
② Basil Oil(Common sauce)						
Fresh basil	10g			☞ Mix everything and grind it in a blender.		
Italia parsley or Parsely	20g					
Pure olive oil	150ml					
3 Tuna Tartare with Lemon Dressing and Grill Herb Tomato 2 ways (Mold, Endive)						
Tuna	50g					
Grill herb tomato	1/4ea					
Cucumber small dice	20g					
Red onion or Shallot small dice	10g					
Grapefruit small dice	10g					
Italia parsley chopping	some					
Garlic chopping	1ps					
Lemon dressing	15ml					
Endive	1ps					
Sslmon Roe	3~4ps					
Pure olive oil	10ml					
Salt & Pepper	some					
Garnish(Edible flowers, Chive)	some					
④ Grilled Lemon Marinated Cajun Shri	mp, Beet Roo	t with Sour C	ream, Ba	sil Oil		
31-35 Cocktail Shrimp	2ps					
Lemon dressing	10ml					
Cajun power	some					
Paprika power	some					
Beet root chopping	20g			비트는 반으로 컷팅(수요일날 사용 예정)		
Mashed boiled potatoes	40g					

Sour cream	6g				
Sugar	2g				
Salt & Pepper	some				
Basil oil	some				
Balsamic reduction	some				
Grill herb tomato	1/4ea				
Garnish(Edible flowers, Chive)	some				
(5) Balsamic reduction(Common sauce)					
Balsamic vineger	500ml				
Honey	80ml				



* 레몬드레싱에 마리네이드한 그릴 새우와 비트메쉬 만드는 방법

