

실습 과목/교수 :

서양조리실습

이기성(교수)

수업 일(분반) :

2025년 10월 28일 (화)

2025년 10월 29일 (수)

인원 및 수업시간 :

11반 ▶ 8조(학생)+1조(교수)

TUE ⇒ Time: 09:00 ~ 13:00

12반 ▶ 8조(학생)+1조(교수)

WED ⇒ Time: 14:00 ~ 18:00

음식 작품 :

[한 조당 1작품씩 완성품 제출할 것\(검사 후 시식 할 것!!!\)](#)



Lemon Dressing, Green Basil Oil, Balsamic Reduction

***실습명 : Grilled Lemon Marinated Cajun Shrimp, Beet Root with Sour Cream

Grilled Eggplant with Couscous and Balsamic Vegetables

☒ 주의 사항(실습 배분) ☒

레몬드레싱, 그린바질오일, 발사믹리덕션은 식재료 분배 금지, 소스류 분배 금지

비트는 껍질을 벗겨 빨강색 도마에서 아주 곱게 찹할 것(교수님꺼만), 감자 1개만 오븐(스팀)에서 25분(100도)

Ingredients	1 Q'ty (1인분)	Order Q'ty (주문량)	Standard & Remark
A. Lemon Dressing			
Fresh lemon	0.25ea	1조당 1/4개	
Lemon juice	10ml		
Pure olive oil	90ml		
Italia parsley(Fresh)	some		
Honey or Sugar	some		
Salt & Pepper	some		
B. Green Basil Oil			
Fresh basil	50g		☞ Mix everything and grind it in a blender.
Italia parsley or Parsely(Fresh)	50g		
Pure olive oil	100ml		
C. Balsamic reduction			
Balsamic vinegar	500ml		
Honey	100ml		
Sugar	some		
D. Grilled Lemon Marinated Cajun Shrimp, Beet Root with Sour Cream, Basil Oil			
31-35 Cocktail Shrimp	2ps		
Lemon dressing	10ml		
Cajun power	some		
Paprika power	some		
Beet root(Pine chopping)	20g		
Mashed potatoes(Boiled)	40g		

Sour cream	10g		
Sugar	4g		
Salt & Pepper	some		*** Grilled Herb Tomato Recipe ***
Green Basil oil	some		☞ Oregano+Basil+Pepper+salt
Balsamic reduction	some		☞ Tomato(1/12) Cutting,
Grill herb tomato	1ea	1조당 1/2ps	☞ Temperature 180 degrees for 10 minutes
Salmon Roe	some		

E. Grilled Eggplant with Couscous and Balsamic Vegetables

Eggplant sliced	0.25ea	1-2ps	
Tuna can	100g		
Mayonnaise	40g		
Cuscus boiled(Cold)	30g		전자레인지 이용 또는 찜으로 저준다.
Balsamic vinegar	10ml		
Paprika Yellow(small dice)	10g		
Red onion(small dice)	10g		
Cucumber(small dice)	10g		
Italia parsley or Parsely	some		
Green basil oil	some		
Salt & Pepper	some		
Honey or Sugar	some		
Balsamic vinegar	10ml		
*** Yogurt sauce ***			
Yogurt	20ml		
Cucumber chopping	10g		
Onion Red chopping	some		
Coriander	some		
Honey or Sugar	some		

◆ Cooking Method ◆

* 레몬드레싱에 마리네이드한 그릴 새우와 비트메쉬 만드는 방법



One Of My Favorite Shrimp Recipes



Roasted Eggplant with Date-Almond Couscous Recipe



How to Make Roasted Eggplant with Date-Almond Couscous

Method

1. Preheat oven to 180°C (160°C fan forced).
2. Cut eggplants in half length-wise. Score the flesh in a criss-cross pattern. Season eggplant with salt, drizzle with olive oil, place on a baking tray lined with baking paper and put in preheated oven to bake at 180°C (160°C fan forced) for about 30 minutes.
3. While the eggplant is roasting, prepare couscous. Place 1 cup of couscous in a bowl and pour over 1 cup of salted boiling water. Cover with a lid and let sit for about 5 minutes, or until the couscous has soaked up the liquid. Run through with a fork to loosen it and set aside.
4. Add the dates, cranberries, almonds, parsley and mint to the couscous and toss to combine. Season to taste.
5. When the eggplant shells are baked and soft to the touch, remove from oven. Scoop out the scored flesh and mix it in with the couscous. Place eggplant shells on a serving platter. Fill each shell with the couscous mixture, drizzle with yogurt sauce and sprinkle with parsley. Season to taste. Serve immediately.

Ingredients

- 3 medium-sized eggplants
- Remano olive oil
- 1 cup prepared Remano couscous
- ½ cup Sweet Vine pitted dates, chopped
- ½ cup dried cranberries
- ½ cup chopped almonds
- ¼ cup fresh parsley, finely chopped, plus leaves for garnish
- ¼ cup fresh mint, finely chopped
- Salt and cracked pepper, to taste

Yogurt dressing:

- 1 cup Greek yogurt
- ½ lemon (zest and juice)