

CHIMICHURRI

PROVIDED BY THE CIA

Culinary Intro:	Try this sauce recipe on top meats, grilled vegetables, or as a spread on sandwiches. It has strong flavor so a little goes a long way!
Nutrition Intro:	

<p>Prep Time: min Ingredients for 16 serving Each serving =1 Tablespoon Cost per serving= \$ Ingredients:</p> <ul style="list-style-type: none"> • 1 head garlic • 2 tsp. kosher salt • ½ cup red wine vinegar • 2 Tbsp. extra virgin olive oil • ¼ cup shallot, finely chopped • ¼ cup spring onion, finely chopped • 2 cups oregano, fresh, coarsely chopped <p>Steps:</p> <ul style="list-style-type: none"> • Using a wooden mortar and pestle, grind the garlic and salt to form a paste. • Add the vinegar and extra virgin olive oil to the paste and stir until combined. • Combine with remaining ingredients and macerate for 24-48 hours prior to serving. <p>NUTRITION FACTS Serving Size = 2 Tablespoons (50g); Servings per container = 8; Calories 60; Total Fat 4g (6%); Saturated Fat 0g (0%); Cholesterol 0mg (0%); Sodium 480mg (20%); Total Carbohydrate 5g (2%); Dietary Fiber 0g (0%); Sugars 1g; Protein 1g.</p>	<p style="text-align: center;">Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 5%; font-size: 24pt;">1</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • If you do't have a mortar and pestle, feel free to use a blender or food processor. • Demo how to chop herbs and onion • <p>Nutrition:</p> <ul style="list-style-type: none"> • The olive oil in the recipe makes it packed with healthy fats. </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">2</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • The vinegar adds acidity to the dish and the olive oil helps cuts some of the bitterness of the herbs and garlic. <p>Nutrition:</p> <ul style="list-style-type: none"> • Chimichurri usually calls for a lot of salt. Slowly add the salt to the dish and taste to see if you don't need to add all that it calls for. </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">3</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> • </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">4</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> • </td> </tr> <tr> <td style="text-align: center; font-size: 24pt;">5</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> • </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • If you do't have a mortar and pestle, feel free to use a blender or food processor. • Demo how to chop herbs and onion • <p>Nutrition:</p> <ul style="list-style-type: none"> • The olive oil in the recipe makes it packed with healthy fats. 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • The vinegar adds acidity to the dish and the olive oil helps cuts some of the bitterness of the herbs and garlic. <p>Nutrition:</p> <ul style="list-style-type: none"> • Chimichurri usually calls for a lot of salt. Slowly add the salt to the dish and taste to see if you don't need to add all that it calls for. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> • 	4	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> • 	5	<p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> •
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Clean-up/Review comments											
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Materials	Shopping List
<ol style="list-style-type: none"> 1. 1 cutting board 2. 1 Chef's knife 3. 1 bowl for trash 4. Mortar and pestle or food processor 5. 1 serving dish for final presentation 6. mise en place cups 7. 1 electric skillet 8. 1 can opener 9. 1 strainer/ sieve 10. silicone spatula 11. measuring cups 12. measuring spoons 13. paper plates/ cups/ soufflé cups 14. tasting spoons 15. paper towels 16. tablecloth 17. kitchen towel 18. gloves 19. copies of recipe 	<p>Produce</p> <ul style="list-style-type: none"> • garlic • shallots • spring onion • oregano <p>Dry Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> kosher salt <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Extra virgin olive oil <p>Condiments</p> <ul style="list-style-type: none"> <input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"> <input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none"> • Shop for ingredients/ Ensure all ingredients are available • Rinse & dry produce • Prep & store for demo as requested in recipe • Label all mise en place items • Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes • If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo • Ensure all equipment is in place and set up table with a tablecloth • Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation: 15 minutes</p>	