

HSBC Jade presents 'Tis the Season for Cooking with Chef Geoffrey Zakarian  
Thursday, November 12, 2020 | Featured Dishes

Ingredients Shopping List

**Turkey Milanese**

Serves 4-6

- 1 bag all-purpose flour
  - ½ dozen eggs
  - 1 container panko
  - 1 small container milk
  - 1 container garlic powder
  - 1 container paprika
  - 1 bunch sage
  - 1 each turkey breast, skin off
  - 2 each lemons
  - 1 container vegetable oil
  - Salt + pepper
  - 1 each sweet potato (for the vegetarian option)
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**Roasted Brussels Sprouts with Plumped Cranberries and Ginger**

Serves 4

- 8 ounces cranberries, dried
  - 1 bottle red wine
  - 1 small bottle red wine vinegar
  - 1 container cinnamon stick
  - 1 small package bacon
  - 1 stick butter
  - 1# brussels sprouts, whole
  - 1 small knob ginger
  - 1 head garlic
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**Magic Mousse**

Serves 4

- 1 ripe avocado
- 2 ripe bananas
- 1 box cocoa powder
- 1 jar maple syrup
- 1 container raspberries
- 1 container cocoa nibs

### Pre-Event Preparation

Whether at home or in a professional kitchen, one of Geoffrey's top cooking tips is ***mise en place*** – A French culinary term which means “putting in place”. This process ensures a successful and simplified cooking experience. Feel free to follow the pre-preparation prior to the event.

#### **Turkey Milanese**

- Beat the eggs.
  - Quarter the lemons for serving.
  - Place the flour, beaten eggs, and panko in separate containers. Whisk the milk into the eggs.
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#### **Roasted Brussels Sprouts with Plumped Cranberries and Ginger**

- Thinly slice the bacon. Reserve in the fridge.
  - Trim the bottom brown parts of the brussels sprouts, and then quarter.
  - Mince the garlic and ginger ahead of time.
  - Quarter the lemons for serving.
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#### **Magic Mousse**

- Ensure your bananas are very ripe.
- Special Tools Used: blender or food processor.

*Find the full recipes on the next two pages.*

Recipes**Turkey Milanese**

Serves 4-6

Ingredients

- 2 cups all-purpose flour
- 4 eggs, beaten
- 2 cups panko
- 3 tablespoons milk
- 1 ½ tablespoons garlic powder
- 1 teaspoon paprika
- 4 sprigs of sage
- 1 turkey breast per person
- 2 lemons, cut into quarters for serving
- About ½ cup vegetable oil
- Kosher salt
- Fresh cracked black pepper

Procedure

1. Heat an oven to warm to keep the finished portions.
2. Divide the flour, eggs, and panko breadcrumbs into three separate shallow containers or large bowls. Whisk the milk into eggs. Whisk the garlic powder and paprika into the flour. Season the flour with 2 tablespoons of salt.
3. Slice the turkey into ¼" medallions, roughly the shape of a thin chicken breast. The total weight will be about 4 ounces. Cut 4-6 servings for this dish.
4. Season the turkey with salt and pepper. Dredge the turkey in the flour, followed by the egg, then the breadcrumbs, being sure to evenly and thoroughly coat each time, shaking off the excess. Place the breaded turkey on a tray while you finish the rest.
5. Heat a 12" sauté pan over a medium high flame. Add enough vegetable oil to fill about ¼", about ½ cup. Test the oil by adding a piece of breadcrumb to the pan; if it sizzles, it is ready.
6. Drop enough portions to fill the pan but not overcrowd. Maintain the heat at about medium to medium high, allowing the crust to brown. After about 5 minutes, flip the turkey over, add a sprig of sage, and repeat. Drain the turkey on a rack and season with salt. Keep warm in the oven.
7. Serve with lemon.

For a vegetarian option

1. Boil a sweet potato until tender. Slice the potato into ½" rounds and peel the skin. Allow to cool in the fridge and they will be easier to handle.
2. Dredge the potato in the same fashion as the turkey, being careful as you handle the potato as it will be tender.

**Roasted Brussels Sprouts with Plumped Cranberries and Ginger**

Serves 4

Ingredients

- ½ cup cranberries
- ½ cup red wine
- ¼ cup water
- 3 tablespoons red wine vinegar
- 1 each cinnamon stick
- 3 slices bacon, thinly sliced
- 1 tablespoons butter
- 1# brussels sprouts (about 5 cups), bottom stem cut and then quartered
- 2 tablespoons ginger, minced
- 1 clove garlic, minced
- Kosher salt
- Fresh cracked pepper

Procedure

1. Heat the cranberries with the red wine, water, 2 tablespoons of red wine vinegar, and cinnamon stick in a small sauce pan. When the pan comes to a simmer, turn off and set to the side.
  2. Render the bacon in a large saute or castiron pan over a medium high flame, about 5 minutes. Remove the bacon from the pan and reserve.
  3. Add the brussels sprouts to the pan along with the butter and turn to medium high. Allow the sprouts to brown, turning every so often. Season with salt and pepper. After about 8 minutes, add the garlic and ginger and cook for 2 more minutes.
  4. Drain the cranberries and discard the cinnamon stick. Add to the sprouts along with the vinegar and bacon, cook for 30 seconds. Season as needed and serve.
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**Magic Mousse**

Serves 4

Ingredients

- 1 ripe avocado, peeled, cored and diced
- 2 ripe bananas, peeled and sliced
- ¼ cup unsweetened cocoa powder
- 2 tablespoons pure maple syrup
- Fresh raspberries, for garnish
- Cocoa nibs, for garnish

Procedure

1. Place avocado, bananas, unsweetened cocoa powder and maple syrup into a blender or food processor.
2. Process on high speed for 1 minute or until smooth and creamy.
3. Transfer into 4 glass jars and refrigerate for a few hours or overnight.
4. Top with fresh raspberries and a sprinkle of cocoa nibs and serve.