

Chef challenges NH-S culinary students

A local chef took time out of his schedule to help local culinary arts students last week.

Marc BrownGold, chef from Just Eat in Buckingham, helped

students from Rosemarie Quaranta's cooking class with a competition. BrownGold gave four competing groups an array of ingredients, some advice,

and let the young chefs create appetizers and entrées.

"We set up like an iron chef type contest," BrownGold said. Students were judged and after a taste-test BrownGold picked a few winners. Students created dishes with filet mignon, shrimp, veal and sausage and named them Beet the Heat, Filet Shrimpon, Feel the Veal and Sausage stuffed with marinated filet. "They did a real nice job and were real creative," BrownGold said. "I would just kind of point them in the right direction."

Beet the Heat

Ingredients:

- 2 medium beets roasted
- 2 Tbsp. Lemon juice
- ½ tsp. lemon zest
- 3 Tbsp. balsamic vinegar
- ¼ cup extra virgin olive oil
- 1 tsp. chopped parsley
- 1 tsp. chopped basil
- ¼ head of radicchio

Method: wash radicchio well. Cover a dinner sized plate with radicchio leaves. Peel and slice the beet thinly and fan out over the plate. In a bowl whisk together the remaining ingredients. Add a small amount of salt and pepper to taste. Pour dressing over beets and raddicho.



Jenna Lee, left, and Hope Hiban sample some of their hard work.



Aequeline Carroll, left, and Cameron Dix, right, learn some helpful hints from Marc BrownGold, chef at Just Eat.