

### Project #3 - Graphic Recipe

#### PROJECT DESCRIPTION:

The goal of this project is to capture meaning and the essence of a recipe in a graphical translation.

#### PROJECT OBJECTIVES:

Create a graphic translation of one recipe that you choose from the three provided.

This project is to create a graphic translation by indicating measurements, ingredients, actions and methods in a way that conveys the nature of the chosen recipe.

The goal of this project is to capture meaning and the essence of the recipe in a graphical translation. This does not have to be an exact translation that is meant to replace the actual recipe; it is a graphical translation that interprets the recipe in a logical sense and tells a story, captures the meaning of the recipe and conveys the actions, motions and processes and displays the outcome in a way that is consistent with the recipe.

**You cannot use any letters, numbers, or words in this graphic translation.**

**Black, white and 50% black can be used. No other tints can be used.**

**No other colors are to be used.**

#### DIMENSIONS:

Final size is to be no larger than 12" x 12".

#### DELIVERABLES:

Digital copy of your final sketch.

Digital copy of your final file in Adobe Illustrator

## Gumbo

2 1/2 quarts vegetable broth  
1 tablespoon Cajun Creole, or Gumbo Seasoning  
1/2 teaspoon coarse cracked black pepper  
1/2 teaspoon crushed red pepper  
1/2 teaspoon chili powder  
1/2 teaspoon ground thyme  
3 large cloves garlic pressed  
1 bay leaf  
1 cups 2 sticks unsalted butter  
2 cups all-purpose flour  
2 large yellow onions diced  
3 red bell peppers diced  
2 green bell peppers diced  
4 stalks celery  
1/4 cup uncooked rice

### Directions:

Place the broth in a pot and bring to a simmer. Add all the spices (Creole seasoning, black pepper, crushed red pepper, chili powder, thyme, chopped garlic, and bay leaf), and simmer for 10-15 minutes. Reduce heat to low to keep it hot until you are ready to use it.

While the broth is heating up, make the roux. Melt the butter in an 8 qt. stockpot on medium heat. Whisk in the flour a little at a time making sure to keep the mixture smooth. Continue stirring and heating until the mixture is foamy at the edges and then reduce heat to the lowest possible setting. Continue cooking the roux, stirring every couple of minutes until dark mahogany, about 1 hour.

Add the broth mix to the roux in small amounts, stirring constantly to keep it smooth. Bring to a boil and then reduce to a simmer.

Caramelize onions in a large stockpot. Once browned, add the peppers & celery and continue cooking until soft. Add the cooked veggies to the roux / broth mix. Add uncooked rice to the pot (optional). Bring the gumbo to a boil, lower heat, and simmer. Cook, skimming fat as necessary, an additional 45 minutes.

Taste for salt and pepper. The vegetarian gumbo is ready at this point. You may add the Andouille sausage, chicken, and/or shrimp at this point, or leave them on the side for each person to add in if they wish.

## Chicken Cacciatore

4 chicken thighs  
2 chicken breasts with skin and backbone, halved crosswise  
2 teaspoons salt, plus more to taste  
1 teaspoon freshly ground black pepper, plus more to taste  
1/2 cup all purpose flour, for dredging  
3 tablespoons olive oil  
1 large red bell pepper, chopped  
1 onion, chopped  
3 garlic cloves, finely chopped  
3/4 cup dry white wine  
1 large can diced tomatoes with juice  
3/4 cup reduced-sodium chicken broth  
3 tablespoons drained capers  
1 1/2 teaspoons dried oregano leaves  
1/4 cup coarsely chopped fresh basil leaves

### Directions:

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly. In a large heavy saute pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and saute just until brown, about 5 minutes per side.

Transfer the chicken to a plate and set aside. Add the bell pepper, onion and garlic to the same pan and saute over medium heat until the onion is tender, about 5 minutes.

Season with salt and pepper. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

## Pot Roast

Salt and freshly ground black pepper  
One 5-pound chuck roast  
3 tablespoons olive oil  
2 whole onions, peeled and halved  
8 whole carrots, unpeeled, cut into 2-inch pieces  
1 cup red wine  
3 cups beef broth  
3 sprigs fresh rosemary  
3 sprigs fresh thyme

### Directions:

Preheat the oven to 275 degrees F.

Generously salt and pepper the chuck roast. Heat the olive oil in large pot or Dutch oven over medium-high heat. Add the halved onions to the pot, browning them on both sides. Remove the onions to a plate.

Throw the carrots into the same very hot pot and toss them around a bit until slightly browned, about a minute or so. Reserve the carrots with the onions.

If needed, add a bit more olive oil to the very hot pot. Place the meat in the pot and sear it for about a minute on all sides until it is nice and brown all over. Remove the roast to a plate.

With the burner still on high, use either red wine or beef broth (about 1 cup) to deglaze the pot, scraping the bottom with a whisk. Place the roast back into the pot and add enough beef stock to cover the meat halfway.

Add in the onions and the carrots, along with the fresh herbs.

Put the lid on, then roast for 4 hours for a 5-pound roast.

The roast is ready when it's fall-apart tender.

## Sour Cream Chicken Enchiladas

1 lb chicken breast, diced  
1 medium onion, minced  
1 tablespoon vegetable oil  
8 (8 inch) flour tortillas, softened  
1 1/2 cups grated monterey jack cheese or  
1 1/2 cups Mexican blend cheese, divided  
1/4 cup butter  
1/4 cup flour  
1 (15 ounce) can chicken broth  
1 cup sour cream  
1 (4 ounce) can chopped green chilies or 2 fresh chili peppers, minced

### Directions:

In a frying pan, cook chicken and onion together in oil over medium-high heat until chicken is just done.

Divide cooked chicken evenly between 8 tortillas; add 1 1/2 tablespoons cheese to each tortilla.

Roll enchiladas and place seam-side down in a 9x13" baking dish that has been lightly sprayed with no-stick cooking spray.

Melt butter in a medium saucepan; stir in flour to make a roux, stir and cook until bubbly, and gradually whisk in chicken broth then bring to boiling, stirring frequently.

Remove from heat; stir in sour cream and green chilies.

Pour sauce evenly over enchiladas.

Top with remaining 3/4 cup cheese (a baking dish may be double-wrapped and frozen at this point) and bake at 400° F for 20 minutes until cheese is melted and sauce near edges of baking dish is bubbly.