



Celebrating the **EAT
Lancet Planetary Health
Diet**, featuring a focus
on **Blue Foods**



RECIPES FROM THE

Nutrition Roundtable

October 1, 2024

PRESENTED BY
HARVARD UNIVERSITY DINING SERVICES



Sorghum, Green Olives, Cucumber, Tomato, Lacinato Kale, Apple Cider Vinaigrette, Parmesan Dust

6 PORTIONS
CHEF MARTIN BRESLIN

- ½ cup pearly sorghum
- ¼ cup cider vinegar,
- ¾ cup extra virgin olive oil
- 2 Tbsp minced shallots
- ½ tsp Dijon mustard
- ½ tsp minced lemon zest
- salt and black pepper to taste
- 3 cups julienne Lacinato kale
- 1 cup diced cucumbers
- 1 cup diced tomatoes
- 2 Tbsp chopped fresh Basil
- 2 Tbsp chopped fresh parsley
- 4 ounces Parmesan grated on micro plane

1. Toast sorghum in a saucepan over medium heat for 1 minute. Add 2 cups water to saucepan and bring to a boil over high heat, reduce to a simmer over medium-low, cover and cook until grains are tender and liquid is nearly absorbed 35-40 minutes; drain.

2. Meanwhile, whisk together vinegar, oil, shallots, Dijon, honey, and lemon zest in a large bowl for the vinaigrette; season with salt and pepper.

3. Add sorghum, kale, cucumber, tomatoes, beans, feta, basil, and parsley to bowl with vinegar, shallots all ingredients.

4. Mix well season salt & pepper serve.

Frisée, Fennel & Pear Salad

6 PORTIONS
CHEF MARTIN BRESLIN

- 2 Tbsp lemon juice (fresh)
- 1 Tbsp red wine vinegar
- 1 tsp Dijon mustard
- 2 tsp honey
- 1/3 cup extra virgin olive oil
- kosher salt & black pepper, to taste
- 1 head frisée chopped
- 1 bulb fennel, cored and thinly sliced
- 2 Bosc pears, sliced thin
- 3 ounces blue cheese (crumbled or grated)

1. In a bowl, combine the lemon juice, vinegar, mustard and honey. Start whisking while slowly drizzling in the oil. Keep whisking until fully incorporated and emulsified. Season with salt and pepper.

2. Place the frisée and fennel in a large salad bowl. Add some of the dressing and toss to combine. Add the pear, pecans and blue cheese and toss gently to combine. Add more dressing as needed.

Chicken Paillard with Whole Wheat Crust, Orange Segments, Arugula

4 PORTIONS
CHEF MARTIN BRESLIN

- (4) 5 ounce skinless, boneless chicken breast halves
- ½ cup whole wheat flour
- 1 Tbsp white wine vinegar
- 3 Tbsp extra virgin olive oil
- 2 tsp lemon zest
- 1 tsp capers
- ½ tsp freshly ground black pepper,
- 4 cups trimmed arugula
- 8 ounces orange segments

1. Place chicken on a cutting board, cover with cling film and flatten with a cleaver or something similar to achieve a flat ¼ inch surface.

2. Heat 1 Tbsp of oil in a pan. Dredge chicken in flour and then sear in pan until internal temp reached 165°F.

3. Add all remaining ingredients in a bowl & mix.

4. Place on top of seared chicken and serve.

Roulade of Salmon with Toasted Walnuts, Beet Greens & Silky Beet Purée

6 PORTIONS
CHEF MARTIN BRESLIN

- 3 ½ pounds fresh salmon fillet, skin removed & deboned
- 5 ounces fresh beet greens
- 1 small shallot, finely chopped
- 2 ounce toasted walnuts
- 4 cloves garlic, finely chopped or grated
- ½ lemon, juiced
- ½ tsp fresh dill
- ¼ cup extra virgin olive oil
- salt & pepper

1. Heat 1 tsp of olive oil in a sauté pan and add shallots, garlic cook without browning.
2. Add beet greens. Cook until wilted. Remove from heat and add walnuts, lemon juice & fresh dill.
3. Using a sharp knife, butterfly open the salmon fillet (so that it opens like a book).
4. Add filling to completely cover salmon, then roll length ways and tie with butcher string.
5. Place in 350°F oven and cook until internal temp 145°F.

Silky Beet Sauce

- 6 chopped small, cooked beets about 8 ounces (still warm)
- 1 garlic clove
- 2 Tbsp lemon juice
- 2 Tbsp extra virgin olive oil
- 1 tsp kosher salt or to taste
- 1 tsp paprika

1. Add all the ingredients into a high-powered blender and blend until smooth.
2. To serve pour puree on a platter, slice the salmon in 2 inch slices on platter and serve.

Martin's Irish Brown Bread

12 PORTIONS
CHEF MARTIN BRESLIN

- 2 ½ cups whole wheat flour
- ¾ cup bran
- ¼ cup wheat germ
- 1 tsp baking soda
- 1 tsp sugar
- 1 tsp salt
- 2 ½ cups buttermilk
- 4 tsp butter (melted)

1. Preheat oven to 375°F.
2. Add all dry ingredients together (put baking soda through a sieve).
3. Melt butter.
4. Make a well with dry ingredients, add buttermilk and butter, mix well.
5. Grease a 1lb. loaf tin with butter. Place dough in pan.
6. Bake at 375°F for 45 minutes.
7. Cool and serve.

Delicious Olive Oil Dip

MAKES APPROXIMATELY 1 CUP
CHEF MARTIN BRESLIN

- 2 garlic cloves minced
- 4 tsps of capers chopped
- 2 tsps chopped chives
- 1 tsp chopped fresh rosemary
- 1 tsp dried oregano
- 1 tsp crushed pepper flakes
- 4 tsps grated Parmesan cheese
- ½ tsp cracked black pepper
- 1 cup extra virgin olive oil

1. Mix and serve with bread.

Blueberry Oat Crisp with Almonds

6 PORTIONS
CHEF MARTIN BRESLIN

Filling

- 5 cups blueberries fresh or frozen
- 1 Tbsp agave nectar
- 2 Tbsp whole wheat flour
- juice of 1 lemon

Topping

- ¼ cup extra virgin olive oil
- ½ cup brown sugar
- ¼ cup whole wheat flour
- ¾ cup oats
- ½ cup almonds chopped
- zest of 1 lemon

1. Preheat the oven to 350°F and spray 6 ramekin dishes with non-stick spray.
2. In a mixing bowl add blueberries, agave, flour and juice of 1 lemon, stir mix well.
3. In a medium sized bowl, mix the flour, oats, almonds, agave, then mix in the olive oil.
4. Using your hands, evenly sprinkle the topping on the blueberries.
5. Bake for 35–40 minutes until the topping is golden and the blueberries are bubbling.

Sparkling Sour Cherry Seltzer

CHEF MARTIN BRESLIN

- 2 ounces sour cherry juice
- 6 ounces of sparkling water
- 2 ounces of ice
- 1 sprig of fresh mint

1. Stir together and serve.

Roasted Eggplant Tartine

6 TO 12 SERVINGS
CHEF LUDGER WESSELS

- 1 ¼ pound eggplant, 1-inch cubes
- ½ small red onion
- 1 each tomato/concassé cut ¼" dice
- 2 Tbsp capers
- ¼ cup extra virgin olive oil
- ¼ tsp kosher salt
- to taste, freshly ground black pepper
- 1 tsp honey
- 2 tsp balsamic vinegar
- 1 Tbsp chopped parsley
- 3 Tbsp fig jam
- 4 slices 1" thick crusty wheat bread
- 1 ounce balsamic glaze

1. Heat the oven to 400°F.
2. Season the eggplant cubes with salt (set aside in a colander to sweat out its bitterness for about 20 minutes, while you prepare the remaining ingredients. Pat dry with a paper towel).
3. Place the seasoned eggplant cubes on a sheet pan, add a generous drizzle of extra virgin olive oil (about three Tbsp or so) and toss to coat. Roast the eggplant in the heated oven for about 25 minutes or until browned.
4. Heat two Tbsp of olive oil in a large skillet. Add the onions, cook for about 1 to 2 minutes, add the tomatoes, cook for a little more and add the capers, honey, and balsamic vinegar. Stir to combine. Simmer on medium heat for about 5 minutes. Stir in the roasted eggplant and cook for another 2 minutes. Finish with fresh parsley.
5. Slice the wheat bread and brush each slice with a bit of olive oil on both sides, grill all four slices until marked on both sides.
6. Spread the fig jam on to all four slices and top with the eggplant mixture.
7. Cut each slice into three pieces.
8. Drizzle with balsamic glaze and serve.

Smoked Mackerel with Labneh, Fresh Dill, Frisée & Lemon Zest

8-12 SERVINGS
CHEF LUDGER WESSELS

- ¾ pound smoked mackerel fillets
- ½ pound labneh
- 2 tbsp chopped dill
- ½ head frisée
- ½ each lemon
- 2 ounces extra virgin olive oil
- 4 slices 1" thick crusty wheat bread

1. Skin the smoked mackerel fillet and cut into 1" cubes.
2. Wash the frisée and cut into 1" pieces.
3. Zest half of a lemon. Roughly chop the dill.
4. Slice the bread into 1" slices, brush each slice with a bit of virgin olive oil on both sides.
5. Grill the bread on both sides until golden brown and there are nice grill marks.
6. Assemble: Spread the labneh on to the bread, add the frisée on to the labneh, place the mackerel on top, sprinkle with lemon zest and chopped dill.
7. Cut each slice into 3 pieces and serve.

Sautéed Blue Hubbard Squash with Great Hill Blue Cheese, Sun-Dried Cranberries & Toasted Walnuts

6 TO 12 SERVINGS
CHEF LUDGER WESSELS

- 1 ¼ pounds pre-cut cubed Hubbard squash.
- 1 large shallot
- ½ pound Great Hill blue cheese
- ¼ pound dried cranberries
- ¼ pound toasted walnuts
- 1 ounce balsamic glaze
- ¼ tsp kosher salt
- to taste, freshly ground black pepper
- 3 ounces extra virgin olive oil
- 4 slices 1" thick crusty wheat bread

1. Peel, seed and chop Hubbard squash into ½ inch cubes.
2. Finely dice one large shallot.
3. Sauté squash, diced shallots with olive oil, salt, and pepper to taste.
4. Place on half sheet pan and finish in the oven at 350°F until squash is tender.
5. Crumble the Great Hill blue cheese.
6. Lightly coat the bread with olive oil and grill all four sides until marked on both sides.
7. Top the bread with squash, crumbled blue cheese, toasted walnuts and dried cranberries.
8. Finish in the oven until lightly warm, cut each slice into three pieces.
9. Drizzle with balsamic glaze and serve.

HUDS New England Kelp Salad with Vermont Maple Vinaigrette

4-6 PORTIONS
CHEF CHRIS KELLY

- 1 cup fresh kelp
- 2 ounces dried cranberries
- 2 cups Boston lettuce, washed and picked leaves
- 1 ounce chopped, roasted walnuts
- 2 ounces pickled red onion
- 1 Tbsp shaved scallion
- 2 Tbsp Vermont maple syrup vinaigrette (*see following recipe*)
- 1 Tbsp champagne vinegar
- 1 Tbsp extra virgin olive oil

1. Flatten kelp, then layer and roll. Cut into thin shreds. Rinse in cold, running water for 3 minutes.

2. Bring pot of water to a boil, cook kelp for 1 minute, drain and cool in ice bath. Drain well.

3. Toss kelp in champagne vinegar and olive oil and hold on side.

4. Toss Boston lettuce in $\frac{1}{2}$ of the Vermont Maple Syrup vinaigrette.

5. Drain kelp very well, toss gently with Boston lettuce leaves.

7. Arrange on plates.

8. Drizzle with remaining vinaigrette, be careful not to overdress the Boston lettuce leaves.

9. Garnish with pickled red onion, toasted walnuts, and shaved scallion.

Pickled Red Onion

- $\frac{1}{2}$ cup apple cider vinegar
- 1 Tbsp sugar
- $\frac{3}{4}$ tsp kosher salt
- 1 medium red onion, thinly sliced

1. Whisk vinegar, sugar, salt together.

2. Place sliced onion in small jar or container, pour vinegar over onion to cover completely.

3. Let sit for 2 days in refrigerator before using.

Vermont Maple Syrup Vinaigrette

- $\frac{1}{4}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup white balsamic vinegar
- 2 tbsp Vermont maple syrup
- $\frac{1}{2}$ tbsp Dijon mustard
- Pinch kosher salt

1. Whisk vinegar, mustard, syrup, and salt together.

2. Slowly add oil while whisking.

3. Store in airtight container until ready to use.

Chilled Mussels and Clams with Uni and Sea Scallop

15 PORTIONS
CHEF CHRIS KELLY

- 3lbs. raw clam in shell, cleaned
- 3lbs. raw mussel in shell, cleaned
- 3 dozen medium scallops (10/20s work well), abductor muscle removed
- 1 tray cleaned uni (approx 1 cup)
- 2 clove garlic, thinly sliced
- ¼ cup white wine
- 1 lemon, cut in half for juice
- 1 cup extra virgin olive oil plus ¼ cup
- 3 fl ounces lemon juice
- ¼ cup shaved chive
- 2 tsp Dijon vinaigrette
- ½ cup chopped Italian parsley

1. Heat ¼ cup olive oil in a large heavy-based saucepan with a lid over high heat. Add garlic and cook, stirring constantly, for 30 seconds or until starting to go golden. Add the wine and cook for 30 seconds. Add the mussels. Cover with a lid and cook, shaking the pan for 1-2 minutes until the mussels have just opened. Discard any that remain closed. Strain mussels through a colander sitting over a large bowl. Keep the mussels in the colander and cooking stock in the bowl.

2. Repeat the same process with the clams in shell, cooking separately from the mussels.

3. Chill mussels, clams, and stocks quickly in the cooler or freezer. Approximately 15 minutes.

4. Remove the mussels and clams from their shells and place in their respective stocks. Reserve the base of the shells and discard the tops.

5. Season scallops well with salt and white pepper, working in saute pan over medium high heat sear one side well, approximately 1 minute, until golden brown. Flip scallop over to warm through, immediately remove from pan cool rapidly. Hold for service.

6. Meanwhile, for the lemon vinaigrette, whisk the remaining lemon juice and Dijon mustard together. Slowly incorporate the olive oil. Season with salt and pepper. Fold in half of the chive and parsley. Reserve.

7. Drain mussels and clams from stock and discard stock. Place reserved mussel and clams shells on a platter and place the meats into the shells. Layer scallops over shellfish. Spoon the vinaigrette over the mussels, clams and scallops. Drape uni over the shellfish. Garnish with chives and parsley.