

Recipe for Savory Main-Course

by Pierre Baran

*Executive Chef ,
Retired Member & Former CIA Instructor. New York.*

Step-By-Step Braised Endives & Hazelnuts



Meet The Chef



Born and raised in France, Chef Pierre Baran has an extensive career, Former Instructor at the Culinary Institute of America and President of the Society Culinaire Philanthropique.

Pierre is now retired and enjoying his life in the Golden States.

One of his students says- “ On my first day of Fundies, he made us all comfortable. He taught us so many valuable things that I will carry through the rest of my time here and in the rest of my life. He is by far the best chef I’ve had so far, and I appreciate him more than anything”.

THIS RECIPE IS 100% VEGETARIAN

Braised endives & hazelnuts



Recipe

Recipe serves

4



Ingredient:	Amount:	
Braised Endives:	Ounces	Grams
Endives Yellow	4	4
Butter	1 Ounces	28 Grams
Olive Oil	1 Ounces	28 Grams
Fresh Squeezed Orange Juice	8 Ounces	0.236 Liter
Sugar	1 Ounces	28 Grams
Grated Ginger	0.04 Ounces	1.13 Grams
Hazelnuts Crumbs:	Ounces	Grams
Chopped Hazelnuts	1 Ounces	28 Grams
Toasted Japanese Breadcrumbs	1 Ounces	28 Grams
Orange Zest	0.16 Ounces	4.2 Grams
Chopped Parsley	0.16 Ounces	4.2 Grams

Method

Braised Endives:

1. Clean, dry, season, the endives with Salt & Pepper.
2. Using a sautéed Pan warm up the butter and the Olive Oil.
3. Brown the endives all around.
4. Add orange juice, ginger, sugar, bring to a boil.
5. Covered and simmer for about 20mn or until tender.
6. Transfer the endives to a plate, keep warm.
7. Reduce the cooking juice to syrupy consistence.
8. Mix together the bread crumbs, orange zest, parsley, and toasted chopped hazelnuts.

Hazelnuts Crumbs:

1. Toast the hazelnuts and bread crumbs in the oven at 350F for 5 minutes.
2. Mix all Ingredients Together.

Plate Up:

1. Pour juice over the endives.
2. Sprinkle with mixture of bread crumbs, orange zest, parsley, and toasted chopped hazelnuts.



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