

# UConn

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## UNIVERSITY CATERING

# Whet Your Appetite

ISSUE 10  
SUMMER 2021

## Updates for Fall Semester

**Surcharge:** Due to the current state of affairs – Catering will be adding a 10% Surcharge to all Catering orders. This will be added on food, beverages, and delivery fees. The main reason for this fee is the cost of goods - food, fuel, and labor, being the most significant. We will be re-evaluating this cost for the Spring semester.

Catering can move forward with standard self-serve buffets and operating as normal for the Fall Semester.

**Substitutions:** Please also be aware – based on our vendors there have been times where we have been subbed items and many times aren't aware of the substitution until delivery.

We ask that everyone be flexible this semester and as always, we will do our best to make your event a success.

**Join our team:** Catering currently has positions open for per-diem bartenders (non-state), full-time kitchen assistants (non-state, union), and a full-time catering coordinator (non-state). For more information on these positions and an application, visit [dining.uconn.edu/employment](http://dining.uconn.edu/employment). Spread the word!

**Marketplace:** Our online ordering site is still active and will be through the Fall semester. Let us help you with the cooking for a weeknight meal or an upcoming event. Our site offers appetizers, complete meals for six, hot hors d'oeuvres, soups, and sides that you can pick up curbside at our building. We require four days notice prior to your pickup date. You can find the marketplace link at [dining.uconn.edu/catering](http://dining.uconn.edu/catering).

We look forward to working with you!



# What's New!

Catering has made some changes to our Menu Guide.  
Here are some new items that we have added – some are brand new,  
some are back by popular demand.

**Additions to our Full Serve Entrée Options:**

Braised Boneless Short Ribs with Root Beer Sauce  
Zucchini Pancakes with Tomato Confit and Sour Cream  
(also available as a Vegetarian entrée on our custom hot buffet menu)

**Another new item to our Custom Hot Buffet Options:**

Italian Meatballs with Marinara and Ricotta Cheese

**New Gourmet Sandwiches:**

Chickpea Salad Wrap  
Chicken, Bacon and Avocado Wrap  
Buffalo Chicken Wrap  
Roasted Vegetable Stack Sandwich (office favorite!!)

**Also, for lunch, try our new Buddha Rice Bowls!**

3 options - Asian Salmon Bowl, Chicken Burrito Bowl or Mediterranean Bowl

**Added to our Breakfast Menu:**

French Toast Bake with Fruit

**Additions to our Receptions:**

Buffalo Chicken Dip with Tortilla Chips, Carrot Sticks & Celery Sticks for Dipping  
Rajili Braised Chicken Meatballs  
Chicken Quesadilla Cornucopias  
French Fry Bar – Crispy Fries with choice of toppings and dipping sauces

AND....Iced Coffee!!



# IN MEMORIAM

## Frank Cameron

It is with great sadness that University Catering and Dining Services mourns the loss of another indispensable part of our team – Frank Cameron. Frank was a part of Dining Services for 40 years.

Frank started with Dining Services as a chef in Crandall B (the old South) on October 2nd, 1978. From there he moved to the chef manager at Terry.

He made the big move to Catering to a production chef in 1998 and became our executive chef in June of 2000.

He left Catering in August 2014 to go back to the dining hall before his retirement in 2018. Even after retiring – he continued to work part-time at Seely Brown as an Assistant, preparing meals for the residents.

Frank was involved in the Les Amis d'Escoffier Society of Connecticut and the Connecticut Chef Association.

During his summers in the 80's and 90's he was the head chef at Camp Walden in Diamond Point, NY where he left a lasting impression on hundreds of kids. He was a father and grandfather and spoke of his family any chance he could.

When we think of Frank, we think of his dedication, hard work and service to others. Especially his infectious smile. Frank loved making cakes and if you ask anyone at Catering, he probably made one for almost everyone here. Whether for them on their birthday or one of their children or spouses – he was always willing, and they looked and tasted amazing.

Whenever Catering was looking for staff recipes for our newsletters, Frank had a recipe for any theme. One of the recipes he contributed was his Bavarian Apple Torte. We even started using it on special Catering events as a dessert choice.

He will be missed and thought of often.

### *Bavarian Apple Torte*

½ cup oleo (margarine)  
1/3 cup sugar  
¼ teaspoon vanilla  
1 cup flour

Cream oleo, sugar and vanilla. Blend in flour. Spread dough onto bottom and sides of 9" spring form pan.

8 ounces cream cheese  
¼ cup sugar  
1 egg  
½ teaspoon vanilla

Combine softened cream cheese and sugar and mix well. Blend in egg and vanilla. Pour into crust. Arrange thin sliced wedges of apple over filling (2 medium apples). Top with a tablespoon of cinnamon sugar. Bake 325 degrees F, approximately 30 minutes or until done.





# STAFF RECIPES

## Our staff share their favorite summer recipes

### SEARED SCALLOPS WITH SPICY RED PEPPER & CILANTRO SAUCE

*By Beth Green, Sales Coordinator*

Serves 2-3



#### For the Scallops

1 pound large all-natural “dry” sea scallops  
2 tablespoons extra-virgin olive oil  
Kosher salt and freshly ground pepper

#### For the Sauce

2 tablespoons extra-virgin olive oil  
1 tablespoon minced garlic (2 large cloves)  
1 fresh serrano chile or small jalapeno, seeded and minced  
1 tablespoon fresh lime juice  
2 heaping tablespoons coarsely chopped fresh cilantro  
Kosher salt and freshly ground pepper

Heat a 10 or 12 inch nonstick skillet over medium-high heat for 1 to 2 minutes.

Pour in the oil and heat until quite hot. Pat the scallops dry and put them in the pan in a single, uncrowded layer. Season with salt and pepper and let sear undisturbed until one side is browned and crisp, 2 to 4 minutes. Take the pan off the heat, transfer the scallops to a plate, and set them in a warm spot. Let the pan cool for a minute before you make the sauce.

#### Make the Sauce

Return the pan to medium heat. Add the oil, garlic, and chile and sauté until fragrant. About 30 to 60 seconds. Stir in the cilantro. Reduce the heat to low and return the scallops and any accumulated juices to the pan. Gently roll the scallops around to coat them in the sauce and to warm them through. Taste for salt & pepper and serve immediately.

### ZUCCHINI AND SUMMER SQUASH CASSEROLE

*By Debbie Secondo, Assistant Operations Manager*

2 small zucchini - sliced  
2 small Summer squash - sliced  
1 pound hamburger (for a healthier option use ground turkey)  
1 cup tomato sauce

3 cloves garlic – minced  
1 small onion - chopped  
1 ½ teaspoon Italian seasoning  
Parm cheese  
Salt/pepper

In a large skillet sauté the ground hamburger making sure to break up in small pieces, drain excess grease. Set cooked hamburger in a separate bowl. Using the same skillet, sauté garlic and onions, when just starting to turn brown add back hamburger, zucchini, summer squash, tomato sauce, Italian seasoning and salt/pepper to taste. Simmer until squash is tender, about 20 minutes. Serve with parm cheese garnish.

### SOUR PATCH GRAPES

*By Kristin Tellier, Assistant Operations Manager*

4 cups grapes cleaned and cut in half (can leave whole; I prefer halves)  
3/4 cup monk fruit (or any sweetener you prefer)  
6 to 8 tbsp. lime juice (fresh or bottled)

Mix lime juice and grapes in bowl and let sit in the fridge for at least 10 min.  
Pull bowl from fridge and roll each grape in the monk fruit sweetener. Coat fully.  
Place the coated grapes on a sheet pan lined with parchment paper.  
Freeze 2 to 3 hours.



# STAFF RECIPES

## MOJITOS

*By Megan Morley, Sales Coordinator*

8 fresh mint leaves, plus more for garnish  
2 ounces (4 tablespoons) white rum  
1 ounce (2 tablespoons) fresh lime juice  
3 teaspoons simple syrup  
ice  
club soda

Add the mint leaves, rum, lime juice and simple syrup to a cocktail shaker or mason jar. Muddle the mint with a wooden spoon. Add 1 cup of ice. Then cover the cocktail shaker or mason jar and shake vigorously for 15 seconds, until chilled. Strain into a tall glass filled with ice. Top with club soda, as well as extra mint or lime wedges for garnish.



## BACON ARUGULA AND CORN PASTA SALAD

*By Megan Morley, Sales Coordinator*

12 ounces pasta (I like rotini)  
10 strips cooked bacon, chopped  
1 cup grape tomatoes, quartered  
1 1/2 cups corn, fresh or frozen (thawed)  
2 1/2 cups arugula  
1 cup white cheddar cheese cubes  
3-4 green onions, chopped  
Kosher salt and black pepper to taste

### For the dressing:

1/3 cup olive oil or canola  
1/4 cup lemon juice  
1 tablespoon dijon mustard  
1 1/2 tablespoons honey  
2 small cloves garlic minced  
Kosher salt and black pepper to taste

Cook the pasta according to package directions. While the pasta is cooking, make the dressing. In a small bowl or jar, whisk together the olive oil or canola oil, lemon juice, Dijon mustard, honey, and garlic. Season with salt and black pepper, to taste.

When the pasta is done cooking, drain and rinse with cold water. Put the pasta in a large bowl. Add the chopped cooked bacon, tomatoes, corn, arugula, cheese, and green onions.

Drizzle the dressing over the pasta salad and toss well. Season with salt and pepper, to taste. Serve

## CHICKEN FAJITA KABOBS

*By David Reid, Production Manager*



1 cup fresh lime juice  
1/4 cup orange juice  
2 tablespoons vegetable oil  
1 tablespoon paprika  
1 tablespoon garlic powder  
1 teaspoon ancho chile powder  
1/4 teaspoon cayenne pepper

2 (14) ounce packages chicken breast (cut into 1- inch pieces)  
1 large white onion  
1 yellow bell pepper (red, orange or more as needed, cut into 1- inch pieces)  
12 12-inches skewers  
Lime wedges  
Fresh cilantro

Mix juices, oil and spices in a Ziploc food bag. Add cubes of chicken, seal and mix well. Refrigerate 4 hours or overnight. Skewer chicken, onions, and peppers. Grill chicken kabobs about 10 mins. Serve with a squeeze of fresh lime juice and garnish with cilantro.

Optional- Use shrimp instead of chicken or add summer squash.

Enjoy with a big margarita!

# STAFF RECIPES

## CHICKEN FLAUTAS/TAQUITOS

*By Lizbeth Robles-Gerena, Operations Supervisor*



Chicken (Can be any piece of the chicken, I prefer the breast since its easier for the shredding)  
Sofrito - onion, peppers, cilantro , finely diced  
½ can tomato sauce  
Corn tortillas (Yellow or white)  
Tooth picks  
Frying pan with oil (enough to cover)  
Seasonings: choice (I use- Salt & Pepper, Adobo, Sazon, Garlic Powder, Paprika)  
Toppings: choice (lettuce, tomato, fresh onion, sour cream, Queso Fresco etc.)

### Prep:

Bring pot of salted water to boil, toss in chicken, cook chicken fully.  
(Tip: to speed up cooking process, cut chicken into smaller pieces)

Allow chicken to cool before shredding. (Tip: You can use two forks or a blender/ food processor to lightly break apart chicken)

Place chicken into a pan and include 1 to 2 cups of chicken stock from before.  
Add seasoning to taste.

Stir in finely chopped peppers, onion, and cilantro for sofrito.

Add about ½ can of tomato sauce; stir everything and allow for stock to evaporate.

Bring chicken to cool.

Toppings Prep: Cut toppings, dice vegetables, julienne lettuce, break apart the Queso Fresco.

### Build:

Preheat oil, medium-high.

Wrap 4 tortillas in a clean dish towel and microwave for 20-40 seconds to soften (helps to prevent the tortillas from breaking).

Place small amount of cooled shredded chicken in a line on tortilla.

Roll tortilla into flute shape, use 2 toothpicks to hold 2 flautas together with the flaps facing each other.

Fry the sets of flautas until golden brown color, remove and place on a plate lined with paper towel or a cooling rack  
(Goal is to drain excess oil)

### Serve:

Separate flauta sets, ensure to remove both toothpicks, place on place.

Add toppings of choice, serve!

### Tidbits:

You can use a roasted chicken from the supermarket to skip the boiling phase of the prep. I still like to season after, but you can do a basic version without the extra work.

**Cheese Flautas:** Purchase “Tropical” brand white cheese block, specifically the “Queso De Freir” type. Cut to about the thickness of a pinky and roll like you would the chicken ones. This cheese will melt but hold its shape and when fried, has a little saltiness to it.

Refrigerating leftovers will make it soggy, allow to cool then cover for later use (same day).