

A PLATE *of* LOVE



Le Cordon Bleu Dusit



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A Booklet for Final Exam
at LE CORDON BLEU DUSIT

2023



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INSPIRATION



Source: simply-delicious-food.com

When I was little, one of the traditional foods that I often ate was croquettes. In Indonesia, croquettes are a market snack that is quite easy to find. Usually the basic ingredient used to make croquettes in Indonesia is chicken. However, this time I used tuna as the main ingredient for making croquettes. One of the characteristics of Indonesian cuisine is the variety of spices and spicy flavors in the food. Therefore, I added spices that have a taste similar to Indonesian spices and chilies to add a spicy taste to the croquettes.

Meanwhile, for the main dish, I decided to use rosemary and pistachio nuts as the main ingredients for cooking lamb rack. The reason is simple, every time I see rosemary and pistachio, I think of my mother. My mother really likes to make tea with a mixture of rosemary. Apart from that, my mother really likes eating nuts, one of her favorites is pistachios. So I thought of combining these two of my mother's favorite ingredients as a one unit would be a great idea. Rosemary has a very fragrant aroma while pistachio nuts have a unique texture and taste. Rosemary and pistachio are two combinations of ingredients that produce a very appetizing aroma and taste.

I'm not good at expressing my feelings through words. For me, cooking is a way for me to express my feelings to the people around me. People who cook must put in all their effort, thought and attention to produce delicious food. Therefore, this menu is inspired by my mother's favorite traditional ingredients and snacks, that is why I cook these dishes with the hope that these dishes can be as delicious as my mother's cooking, because my mother is my inspiration. For me, the most delicious food in the world is my mother's cooking.



STARTER MENU

Tuna Poke & Tuna Croquettes, Beetroot Declination with Basil Mayonnaise



Preparation Time

2.5 HOURS



Cooking Time

2.5 HOURS



Serving Portion

1 PORTION



STARTER MENU

Tuna Poke & Tuna Croquettes, Beetroot Declination with Basil Mayonnaise

Ingredients for Tuna Poke

100 gr Tuna (Raw)
50 gr Soy sauce
50 gr Onion
QS Olive Oil
5 gr Chives
QS Black and white sesame seeds

Ingredients for Tuna Croquettes

100 gr Tuna Raw
50 gr Onion
QS Olive oil
5 gr Garlic
100 gr Tomato
20 gr Flour T55
60 ml Milk
5 gr Chili (Remove the seeds)
3 gr Parsley
2 gr Cayenne Pepper
2 pcs Lime





STARTER MENU

Tuna Poke & Tuna Croquettes,
Beetroot Declination with
Basil Mayonnaise

Ingredients for Dipping Mixture

150 gr Panko Breadcrumbs
100 gr Breadcrumbs
3 eggs
70gr flour T55
QS Salt
QS Black Pepper
2 gr paprika powder



Ingredients for Basil Mayonnaise

2 egg yolks
3 TBS Lemon Juice
100 ml Clarified Butter
10 gr Basil Leaves



STARTER MENU

Tuna Poke & Tuna Croquettes, Beetroot Declination with Basil Mayonnaise



Ingredients for **Beetroot Declination**

- Beetroot Jelly
5 gr Agar-Agar
100 gr Beetroot
3 gr Sugar
QS Cayenne Pepper
QS Paprika powder

- Beetroot Chips:
100 gr Beetroot
1 gr Salt
1 gr Pepper
1 gr Espelette Pepper
QS Olive oil

- Beetroot Pickle:
100 gr Beetroot
5 gr White Distilled Vinegar
5 gr Olive Oil



Cooking METHOD

TUNA POKE

1. Cut Tuna into small cubes
2. Thinly slice the onion
3. Chopped the chives
4. Mix all the ingredients; Onion, chives, garlic, olive oil, soy sauce and tuna into the bowl. Cover the bowl with cling film and chill for around 20 minutes

TUNA CROQUETTES

1. Deep fry Tuna until half cooked, shredded the tuna.
2. Finely chopped onion and parsley.
3. Grated the garlic.
4. Blanch the tomato, peel the skin and remove the seeds, chopped into very small cubes.
5. Remove seeds from red chili, finely chopped.
6. Bowl: pour a little bit flour, onion, tuna (shredded tuna), olive oil, garlic, tomato, milk, red chili, lime zest and lime juice and seasoning with salt, pepper and cayenne pepper.
7. Shape into round shape like meatballs.
8. Dip the croquettes into the mixture in bowls 1, 2 and 3, repeat two times
9. Bowl 1: pour the rest of the flour, seasoning with salt, pepper and paprika powder.
10. Bowl 2: bread the eggs and whisk the eggs.
11. Bowl 3: panko breadcrumbs and breadcrumbs
12. Deep fry in 170 degrees celsius for around 2-3 minutes/ until golden brown



Cooking METHOD

BASIL MAYONNAISE

1. Melt the butter.
2. Finely chopped basil leaves
3. Prepare small pot with hot water, put a bowl on top of the pot and crack the egg yolk into the bowl. Whisk the egg yolks until the texture become thick.
4. Add melted butter into the bowl little by little, keep whisking the egg yolks while adding the butter
5. Pour lemon juice, add chopped basil leaves and seasoning with salt and pepper





Cooking METHOD

BEETROOT DECLINATION

1. Beetroot jelly

- Blender the beetroot, add a little bit water. Strain the liquid
- Pour beetroot liquid into the small pot, add agar-agar, sugar and small amount of water, bring to boil
- Pour the jelly into small tray/silicone pad chill until set

2. Beetroot Chips

- Make a round shape for the beetroot, use mandolin slicer to make s thin chips
- Place beetroot on the tray spread Olive oil and salt
- Bake in the oven 85 degrees Celsius for 45-1 hour
- Deep fry into 170 degrees Celsius oil for some seconds
- Seasoning with some spices and pepper

3. Beetroot Pickle

- Cut the beetroot into Julienne cutting style.
- Bowl: add vinegar, olive oil and beetroot, chill for some minutes





MAIN DISH

Rosemary & Pistachio Crusted Lamb Rack with Boulangère Potatoes and Mushroom Declination



Preparation Time

2.5 HOURS



Cooking Time

2.5 HOURS



Serving Portion

1 PORTION



MAIN DISH

Rosemary & Pistachio Crusted Lamb Rack with Boulangère Potatoes and Mushroom Declination

Ingredients for Lamb Rack

10 gr Rosemary
50 gr mustard
10 gr Garlic
50 ml Olive Oil
150 gr Pistachio

Ingredients for Jus

Lamb trimmings
250 gr veal stock
20 gr butter
5 gr garlic
50 gr carrot
50 gr onion
50 gr celery

Ingredients for Boulangère Potatoes

2-3 pcs potatoes
60 gr butter
20 potato starch

Rosemary & Pistachio Crusted
Lamb Rack with Boulangère
Potatoes and Mushroom
Declination





MAIN DISH

Rosemary & Pistachio Crusted Lamb Rack with Boulangère Potatoes and Mushroom Declination

Ingredients for Onion Compote

100 gr onion
30 gr butter



Ingredients for Mushroom Declination

1. MUSHROOM DEEP FRIED

50 gr Button mushroom
90 gr Flour T55
QS butter
QS Garlic
1 gr Espelette pepper
1 gr Cayenne pepper
QS Salt
QS Pepper
2 eggs
QS Panko breadcrumbs

2. MUSHROOMS SAUCE

400 gr button mushroom
150 gr morel (dried)
150 ml Cream
QS Parsley
40 gr Comte cheese
5 gr Garlic

3. MUSHROOM PURE

150 gr button Mushroom (from mushroom pure)

Ingredients for Asparagus Spears as a Garnish

QS Butter
2 gr garlic

QS lemon juice
QS Parmesan cheese



Cooking METHOD

LAMB RACK

- 1.** Debone the lamb rack, portion into several portions
- 2.** Coat the lamb rack with a little bit of olive oil and then browning the lamb
- 3.** Blender together rosemary, garlic, olive oil and pistachio
- 4.** Coat the lamb rack with mustard and mixture of grinded rosemary and pistachio, marinated for around 30 minutes
- 5.** Bake into oven 200 degrees celsius until lamb rack reach 50-51 celsius, rest until reach 54 degrees Celsius or put the lamb rack into plastic food frade and put the plastic into Sous Vide Machine and keep the temperature for 54 degrees Celsius





Cooking METHOD

JUS

- 1.** Browning the lamb trimmings with oil, strain
- 2.** Cut into mirepoix cutting style the vegetables (carrot, onion, celery)
- 3.** Add into the pot; garlic, mirepoix vegetables, butter, veal stock, lamb trimmings and water to cover
- 4.** Bring to boil and skim the excess fat and cook for about 40 minutes
- 5.** Strain the jus and reduce until the consistency become thicker





Cooking METHOD

ONION COMPOTE

1. Thinly slice the onion
2. Sweat the onion with butter until tender



BOULANGÈRE POTATOES

1. Peel the potato skin. Make a round shape and use mandolin to make a thin slice
2. Bowl: add potato slices and add salt and chill for around 10 minutes in the fridge
3. After 10 minutes, wash the potato, squeeze and rinse
4. Pour potato starch and clarified butter mix well with the potato
5. Use ring as a mold for Boulangère Potato, pile up the potato and spread onion compote in each layers



ASPARAGUS SPEARS



1. Peel the asparagus' skin
2. Blanch in salty water for 2 minutes, rinse
3. Sweat chopped garlic with butter, add asparagus and lemon juice, seasoning with salt and pepper



Cooking METHOD

MUSHROOMS DECLINATION

1. MUSHROOMS DEEP FRIED

- Chopped garlic, sweat with butter and then add mushroom, cook together
- Mix flour and spices together
- Dip the mushrooms into mixture flour, and then dip into eggs
- Dip the mushroom into panko breadcrumbs
- Deep fry the mushroom into 170 degrees Celsius oil for 1 minute

2. MUSHROOMS SAUCE

- Chopped the garlic
- Remove stalk from the mushrooms, chopped the mushroom into some pieces
- Sweat the mushrooms along with garlic and butter. Seasoning with salt and pepper
- After cooking for some minutes pour cream and add cheese
- Turn off the heat and add chopped parsley

3. MUSHROOMS PURE

- Take some mushroom (around 150 gr) from mushroom sauce and use hand blender to make pure





Cost of DISHES

Recipes Cost Unit (In THB)	Total Cost per Dish	
	S	M
1. Alcohols		
2. Compulsory	450	2500
3. Condiments	6	17
4. Dairy Products	152,5	35
5. Dried Goods	181	1545
6. Flours & Starches	5	7
7. Flowers & Finishing	5	5
8. Gelifiant & Binders	2	
9. Herb	87	6
10. Nuts	4	200
11. Oils	6	3
12. Others		
13. Spices	13	3
14. Stocks		50
15. Thai Products		
16. Vegetables	121	183
TOTAL PRICES EACH DISH (A)	1032,5	4554
NO. OF PORTION (B)	2	2
PRICE PER PORTION (A)+(B)	516,25	2277



TIPS TO SUCCEED



Write the workflow in detail. Read and study the workflow that has been created several times so that we understand it well, so that this will reduce the intensity of us looking at recipes during the practical exam



Don't forget to taste the food before serving, make sure the flavors are balanced



Prepare some plating style inspiration for an appetizing final cooking result. Because eyes eat first



CULINARY GOALS



This book was created as a medium of inspiration for other students in taking their final exams. My goal in the culinary field is to create other inspiring menus by mixing and matching spices from various countries. In the next year or two I want to be able to work in the culinary industry to increase my knowledge in this field. I hope I can become a good chef.



ACKNOWLEDGEMENT



I came to this school with home cooking skills. I don't know much about cooking, the only thing I can be proud of about myself about food is that I really like to eat. For me, eating can bring happiness. However, my journey as a student at this school was very enjoyable. Even though my fingers were repeatedly cut by knives, my hands were exposed to the heat of the oven or my face was splashed with hot oil, all the wounds and pain disappeared instantly when I saw the food I was cooking at that time. Like everything was paid off completely and satisfactorily with positive comments and constructive criticism from the chef instructors.

First of all, I would like to thank the chef instructors who have been very patient in guiding and teaching me how to cook properly and well. I learned a lot from the chefs at school, starting from basic things like making stock to complicated things in cooking. All the cooking techniques and recipes provided are very useful for my culinary journey.

Next, I really want to thank my parents. Thank you for being the wind beneath my wings, thank you for letting me bloom in a place I never thought I would. Thank you for your endless support. Without your support it is impossible for me to be here.

Last but not least, to the friends who filled my days while I was studying at Le Cordon Bleu, I would like to say thank you very much for the memories and happy days at school. Hopefully we can meet again soon.

Warm Regards,

Nino Azumi Fajarini



BIOGRAPHY

My name is Nino Azumi Fajarini, I am from Indonesia. I really like traveling. Trying local food in every country is my dream. While I was studying in Le Cordon Bleu, I gained a lot of experience. At first, I was just someone who love eating and cooking simple dishes at home. But since I study here, I have learned new cooking skills, cooking techniques and even learned many new recipes. It is really fun to be here. I hope this recipe I made can inspire many people to try new things.

Nino Azumi Fajarini

2020 - Bachelor of international relations

2023 - French Cuisine Program at Le Cordon Bleu Dusit Culinary School



"Being a Chef never seems like a job, it becomes a true passion"

-Gordon Ramsay



NOTES



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