

Sous Chef



WELCOME!

Thank you for joining Sous Chef on Wednesday, July 14th for a virtual, mixology experience in partnership with the MIT Sloan Boston Alumni Association Resilience Series!

Cheers!



Event Details



DATE: Wednesday, June 14, 2023

TIME: 6:30 – 8:00 p.m. ET

JOINING THE EXPERIENCE:

ZOOM ROOM:

<https://us02web.zoom.us/j/9185319615?pwd=VDkyU3RHZVFuUVp2UjdmCHNEUDRrZz09>

MEETING ID: 918 531 9615 | PASSCODE: 242189 (required)

Preparation



PLEASE COMPLETE THE FOLLOWING STEPS 30 MINUTES IN ADVANCE:

- Optionally prepare Brown Sugar-Spiced Nut Mix according to instructions below
- Have glassware and ice on hand
- Locate and portion all items

TOOLS NEEDED:

- Recommended Glassware: 2 coupe or martini glasses and 1 tall collins glass
- Cocktail shaker (substitute a glass mason jar with a screw top) & mixing glass
- Strainer
- Bar spoon (or teaspoon for measuring)
- Jigger (or a shot glass for measuring)

COCKTAIL MENU



Cocktail One

FANCY PANTS

Yields 1 Drink

INGREDIENTS:

Cocktail

- 2 ounces gin
- 0.75 ounce St. Germain Elderflower
- 0.5 ounce simple syrup*
- 1 ounce fresh lemon juice
- 4 thinly cut cucumber slices, reserve 1 for garnish
- Pinch of salt
- Club soda, to top

Simple Syrup

- 8 ounces granulated white sugar
- 8 ounces water

METHOD:

Simple Syrup

Bring sugar and water to a boil in a small saucepan. Remove from heat and stir until sugar is dissolved. Refrigerate in an airtight container.

Cocktail

Combine all ingredients (sans club soda) in a mixing tin with ice and shake vigorously. Strain through a tea strainer into a tall collins glass. Top with club soda and ice. Garnish with a cucumber slice. Serve immediately and enjoy!

FANCY PANTS (mocktail)

Yields 1 Drink

INGREDIENTS:

Cocktail

- 1.5 ounces lemon juice
- 1.5 ounces simple syrup*
- 4 thinly cut cucumber slices, reserve 1 for garnish
- Pinch of salt
- Club soda, to top

Simple Syrup

- 8 ounces granulated white sugar
- 8 ounces water

METHOD:

Simple Syrup

Bring sugar and water to a boil in a small saucepan. Remove from heat and stir until sugar is dissolved. Refrigerate in an airtight container.

Cocktail

Combine all ingredients (sans club soda) in a mixing tin with ice and shake vigorously. Strain through a tea strainer into a tall collins glass. Top with club soda and ice. Garnish with a cucumber slice. Serve immediately and enjoy!

Cocktail Two

A “REAL” STRAWBERRY DAIQUIRI

Yields 1 Drink

INGREDIENTS:

Cocktail

- 2 ounces white rum
- 1 ounce fresh lime juice
- 1 ounce *strawberry syrup
- Pinch of salt

*Strawberry Syrup

- 1 pint fresh ripened strawberries, quartered and hulled
- 16 ounces granulated white sugar
- 16 ounces hot water

METHOD:

Strawberry Syrup

In a saucepan, gently muddle strawberries and sugar. Add hot water and bring to a boil over high heat. Lower heat to medium-low and simmer for 5 - 10 minutes. Let cool slightly. Transfer all ingredients to a blender. Blend on high for one minute. Strain through cheesecloth into an airtight container and refrigerate.

Cocktail

Combine all ingredients into a mixing tin with ice and shake vigorously. Strain into a chilled coupe or martini glass. Serve immediately and enjoy!

STRAWBERRY COLLINS (mocktail)

Yields 1 Drink

INGREDIENTS:

Mocktail

- 2 ounces fresh lemon juice
- 2 ounces *strawberry syrup
- Club soda, to top
- Mint sprig, for garnish

*Strawberry Syrup

- 1 pint fresh ripened strawberries, quartered and hulled
- 16 ounces granulated white sugar
- 16 ounces hot water

METHOD:

Strawberry Syrup

In a saucepan, gently muddle strawberries and sugar. Add hot water and bring to a boil over high heat. Lower heat to medium-low and simmer for 5 - 10 minutes. Let cool slightly. Transfer all ingredients to a blender. Blend on high for one minute. Strain through cheesecloth into an airtight container and refrigerate.

Mocktail

Combine all ingredients into a mixing tin with ice and shake vigorously. Strain into a tall collins glass. Top with club soda and ice. Garnish with a mint sprig. Serve immediately and enjoy!

Cocktail Three

SOUTHSIDE

Yields 1 Drink

INGREDIENTS:

Cocktail

- 2 ounces gin
- 1 ounce fresh lemon juice
- 1 ounce *simple syrup
- 7 large mint leaves, reserve 1 for garnish
- Pinch of salt

*Simple Syrup

- 8 ounces granulated white sugar
- 8 ounces water

METHOD:

Simple Syrup

Bring sugar and water to a boil in a small saucepan. Remove from heat and stir until sugar is dissolved. Refrigerate in an airtight container.

Cocktail

Combine all ingredients into a mixing tin with ice and shake vigorously. Strain through a tea strainer into a coupe or martini glass. Garnish with a mint leaf. Serve immediately and enjoy!

SOUTHSIDE (mocktail)

Yields 1 Drink

INGREDIENTS:

Mocktail

- 2 ounces fresh lemon juice
- 2 ounces *simple syrup
- 7 large mint leaves, reserve 1 for garnish
- Pinch of salt

*Simple Syrup

- 8 ounces granulated white sugar
- 8 ounces water

METHOD:

Simple Syrup

Bring sugar and water to a boil in a small saucepan. Remove from heat and stir until sugar is dissolved. Refrigerate in an airtight container.

Mocktail

Combine all ingredients into a mixing tin with ice and shake vigorously. Strain through a tea strainer into a coupe or martini glass. Garnish with a mint leaf. Serve immediately and enjoy!

BAR SNACK

Recipe courtesy of Sous Chef instructor Chef Becky Marshall

BROWN SUGAR-SPICED NUT MIX

Yields 10 - 12 Servings

INGREDIENTS:

- 6 tablespoons light brown sugar
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon ground cayenne pepper
- 1 egg white
- 1/2 teaspoon vanilla extract
- 2 teaspoons canola oil, olive oil or avocado oil
- 1 teaspoon Worcestershire sauce
- 1/2 cup raw pecan halves
- 1/2 cup raw whole almonds
- 1/2 cup raw walnuts
- 1/3 cup raw shelled pumpkin seeds

METHOD:

Preheat oven to 350 degrees F.

Combine brown sugar, cinnamon, salt and cayenne pepper in a small bowl. In a separate large bowl, combine egg white, vanilla extract, oil and Worcestershire. Whisk until mixture is frothy. Add nuts, pumpkin seeds and sugar mixture to the large bowl. Stir well until nuts are evenly coated.

Spread nut mixture in a single layer on a baking sheet sprayed with a neutral cooking spray. Bake for 10 minutes. Remove pan from oven. Stir to break apart nuts. Reduce oven temperature to 300 degrees F. Bake for an additional 10 minutes.

Remove nuts from oven and let cool. Stir to break apart nuts. Enjoy!