



## ALPHA OMEGA

### Urfa Chili and Sumac Crusted Shrimp with Apple and Fennel Slaw

Chef Rebecca Peizer  
Owner, All Things Culinary

#### Yield: 4 portions

#### Ingredients

12 each shrimp, 16-20, peeled and cleaned  
1 teaspoon Urfa chili, or Marash  
1 teaspoon sumac  
1/2 teaspoon lemon zest  
1/2 teaspoon salt  
2 tablespoons olive oil

1 each honey crisp or pink lady apple, julienne  
1 small fennel bulb, paper thin slices  
1/4 cup chives, 1-inch pieces  
1/4 cup extra virgin olive oil  
2 tablespoons lemon juice  
1/2 teaspoon salt  
1/4 teaspoon black pepper



#### Directions:

1. Combine shrimp, chili, sumac, lemon zest, salt and olive oil in a bowl.
2. Heat a grill on high heat.
3. Grill shrimp until just cooked through, about 2 minutes each side.
4. Cool slightly.
5. Combine apple, fennel, chives, olive oil, lemon juice, salt and pepper in a bowl.
6. Serve shrimp on a bed of the slaw.

*Enjoy!*

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## ALPHA OMEGA

### Compressed Melon and Beet Poke with Ginger and Cashews

Chef Rebecca Peizer  
Owner, All Things Culinary

**Yield: 4 portions**

#### Ingredients

1/2 lb. cantaloupe or other melon, peeled, seeded, cut into 1-inch-thick slices  
1 cup golden or Chioggia beet, cooked, diced 1/2 inch  
1/2 sheet Nori seaweed, julienne  
2 tablespoons soy sauce  
1 teaspoon rice vinegar  
1/2 teaspoon sesame oil  
1/2 salt  
1 each green onion, thinly sliced, cut on bias  
1/4 teaspoon garlic clove, minced  
1/2 teaspoon ginger, minced  
1/4 cup cashew nuts, toasted, rough chop teaspoon sesame oil  
1 teaspoon black sesame seeds



#### Directions:

1. Place the melon into a vacuum seal bag and compress at 99%. Remove from bag. Dice into 1/2 inch cubes.
2. Combine the cubed compressed melon with all of the poke ingredients. Keep chilled.

*Enjoy!*

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## ALPHA OMEGA

### Tea Smoked Chicken Roulade with Orange Guava Glaze

Chef Rebecca Peizer  
Owner, All Things Culinary

**Yield: 4 portions**

#### Ingredients

2 each chicken breast, boneless, skin on, 8 oz  
2 each chicken thigh, boneless, skinless, 4 oz  
2 each egg white, cold  
1/2 cup heavy cream, cold  
1/4 teaspoon white pepper  
1/4 cumin, ground  
Salt to taste

#### *Smoking mixture*

1/2 cup black tea  
1/2 cup rice, raw  
1/4 cup brown sugar  
1 each cinnamon stick, broken  
2 strips orange zest  
6 each cloves, whole

#### *Orange Guava Glaze*

1 cup orange juice  
1/4 cup guava jelly/paste



#### Directions:

1. Combine smoking mixture and place onto two pieces of foil. Fold foil into a packet about 4-inch square. Pierce packet with a knife.
2. Butterfly the chicken breast. Cover with plastic wrap and pound into a rectangle about 1/3 inch in width. Season with white pepper, cumin and salt.
3. Cut thighs into smaller pieces and place into a food processor.
4. Season with salt and, with the blade running, add one egg white at a time until each is incorporated.
5. Keeping the motor running, slowly pour in the cream until all is incorporated.
6. Using a rubber spatula, scrape all the mixture into a piping bag or a Ziplock bag. Cut off the tip or corner.
7. Place chicken breasts, skin side down, onto a large piece of plastic wrap.
8. Pipe half of the mixture in a line onto each chicken breasts.

9. Roll the breasts up like a log, enclosing the piped mixture.
10. Roll the chicken up into the plastic wrap and twist each end in the opposite direction until the log forms as tight cylinder. Tie each end.
11. Heat a pot with water to 180 degrees. Cook the chicken in the water until a thermometer reaches 160 degrees internally.
12. Remove the chicken and place in an ice bath to chill. Remove plastic.
13. Place the tea packet on the bottom of a foil lined wok or pot. Heat on high heat until smoking, about 5 minutes.
14. Place a rack, colander or steaming basket over the top of the packet and place the chicken inside. Cover tightly and smoke roast the chicken for 5 minutes.
15. Simmer the orange juice and guava until reduced and thickened, about 5 minutes.
16. Remove chicken, brush with the orange guava glaze and slice into 1/3-inch slices.

*Enjoy!*

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## ALPHA OMEGA

CHEF REBECCA PEIZER

Owner, All Things Culinary  
and

Adjunct Professor, The Culinary Institute of America at Greystone



Chef Rebecca Peizer is a seasoned culinary professional with 22 years of industry experience. She is the owner of All Things Culinary, an education, consulting and event business, as well as the Culinary Director at Gray Haven, an upscale rehabilitation facility in historic downtown Napa. She was a Professor of Culinary Arts at The Culinary Institute of America at Greystone for 10 years where she created the Farm to Table Bachelor Concentration as well as wrote curriculum for many of the college's undergraduate courses.

Rebecca helped open Roux restaurant, a farm-driven southern French restaurant in St. Helena, which was awarded Top 10 Bay Area Restaurant by the *San Francisco Chronicle* and has also worked for Mustard's Grill in the Napa Valley; Evan's in South Lake Tahoe; Sarabeth's and Keen's Steakhouse in New York City; and the Elk Creek Ranch, a private luxury resort in northwestern Colorado.

She has served as a chef for Cakebread Cellars, Neibaum Coppola Estate Winery, and Duckhorn Vineyards, where she also taught wine education and food and wine pairing. As an instructor of professional culinary and wine courses at Le Cordon Bleu and the Culinary School of the Rockies, she helped institute the nation's first farm to table culinary program, and brought students to live and work on farms in Colorado as well as extern in the south of France. Her accolades include Top 10 Sous Chef in America by *Food & Wine Magazine*, first place for the National Pork Board Taste of Elegance Competition, first place in the Italian Culinary Institute

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for Foreigners Sintonie Olive Oil Competition, as well as having earned Certified Executive Chef and Certified Hospitality Educator certifications.

Rebecca is active with Digital Media and Consulting, writing articles and recipes and taping educational videos for various clients in the Food Industry and has written the culinary training program for the Salvation Army to train rehabilitees nationwide in job training for their future success. She is a Certified Executive Chef (CEC) and Certified Hospitality Educator (CHE) and has earned certifications in Cheesemaking, Pemaiculture Design, and Sommelier Certification through the Court of Master Sommeliers and the International Wine Guild.