



ALPHA OMEGA

St. Patrick's Creamed Potatoes and Cabbage

Chef Lars Kronmark

CWP Professor

The Culinary Institute of America at Greystone



Ingredients:

Green cabbage	½ lb.
Yukon Gold potatoes	1 lb.
Water, as needed	
Cream	¾- 1 cup
Salt	to taste
Ground black pepper	to taste
Butter, melted	¼ cup
Nutmeg	to taste

Procedure:

- Wash cabbage and shred or finely chop. Cook in salted, boiling water for 5 minutes and drain.
- Cook potatoes in their skins in salted water until soft. Pour off the water and add cream, cabbage, salt, nutmeg and pepper.
- Cover the cream mixture and simmer on a low flame for 3-4 minutes.
- Gradually stir with potato masher until potatoes are roughly mashed.
- To serve, make a hollow in the middle of the mashed potatoes. Pour melted butter or favorite cheese into the hole.

Note: Sliced leeks or green onions may be substituted in place of cabbage.



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New York Steak with Horseradish Herb Crust

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Ingredients:

NY steaks 7-8 oz each	4
Butter, melted	4 oz
Breadcrumbs	½ cup
Horseradish prepared	¼ cup
Chopped parsley or chives	¼ cup
Dijon mustard	1 Tbsp
Salt	to taste
Cracked pepper	to taste

Procedure:

- Leave steaks out 30-45 minutes to reach room temperature.
- Heat a large cast iron pan that fits all four steaks. Brush each steak with melted butter on each side. Add salt and black pepper. Put steaks in medium hot pan and cook steaks for 2-3 minutes on one side only.
- Mix breadcrumbs, horseradish, chopped herbs, Dijon mustard and any remaining butter together in a bowl using a spatula. Add salt and pepper to taste.
- Turn steaks over in the cast iron pan and spread each steak with the horseradish mixture as thickly as possible. Place the cast iron pan in a preheated oven at 400°F for 3 minutes. Remove and let steaks rest on a plate for 2-3 minutes before serving. [When removing, look for a little browning of the crust. Remove the steaks to the preferred degree of doneness, leaving them longer for more doneness or very short for very rare.]



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Lars Kronmark, who was educated in his native Denmark, is the senior chef-instructor at The Culinary Institute of America at Greystone. As part of the start-up “dream team,” Chef Kronmark was hand-picked from the finest culinary educators in the United States to open the school in Napa Valley in May 1995.

As a chef-instructor, Chef Kronmark has led leading professionals in custom and catalog programs as well as food and wine tours in Napa and Sonoma and has been involved with the annual Worlds of Flavors International Conference and Festival since its conception in 1996.

As part of his involvement in several international programs, Chef Kronmark has traveled to several countries including Mexico (with the award-winning chef and restaurateur Rick Bayless), Italy, France and Spain as part of a partnership with the International Olive Oil Council along with Paula Wolfort and trade teams. In 2010, Chef Kronmark spent a month at Macelleria Cecchini with the butcher from Tuscany, Dario Cecchini, working side-by-side with Dario’s staff in the butcher shops and restaurants on a work study program.

Chef Kronmark helped launch the China Educational Project in 2000-2001, for which he spent significant time in Shanghai and Beijing teaching Chinese hotel and restaurant chefs the art of contemporary American cuisine. He also worked in the wine regions of Southern Australia as guest chef instructor in Adelaide for six months.

Chef Kronmark’s interest in wine developed over the past 30 years and has culminated in recognition as a Certified Wine Professional. Besides conducting wine-related cooking classes, he also participates in events at local wineries and has been involved with Auction Napa Valley for the past 28 years. For the past 20 years,

he was the chef for the CIA during Premiere Napa Valley's Barrel Auction. In 2010, Chef Kronmark was invited to be the celebrity guest chef at Auction Napa Valley's Live Auction at Meadowood Napa Valley, joining top chefs from across the United States.

Before joining the CIA at Greystone faculty, Chef Kronmark was a senior chef–instructor at The California Culinary Academy in San Francisco for 14 years. In 2007, Chef Kronmark was voted Chef of the Year by the Cordon d' Or Gold-Ribbon Awards. In 2012, he won the California competition segment of Heritage Fire and Cochon 555 and was named the Prince of Pork in California at Greystone.

Chef Kronmark lives with his family in St. Helena, where for the past 18 years he has grown Cabernet Franc grapes and made his own wine, which includes grapes from The Culinary Institute of America at Greystone property.